Women’s Empowerment through Promotion of Menstrual Hygiene Management
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Abstract
Menstrual hygiene management (MHM) has a broad impact on society, including culture, health, and economy. While the scholarship has recently exposed existing gaps in understanding the issue at large, this research interrogates the connection between health and empowerment of women, that would lead to positive outcomes in economic development. MHM usually results in absenteeism in school, the project argues that promoting menstrual hygiene management in schools could keep them enrolled in schools for longer periods, resulting in higher literacy, numeracy, skills-generation, and greater long-term economic growth, and economic empowerment of women.

Issues and Restrictions
Restrictions girls and women face include: absence of facilities; inadequate education and material; cultural taboos. Efforts to solve the problem have been inadequate. Inadequate information and supplies exacerbate fear and uncertainty about the biologocal process, resulting in absenteeism, truancy, mental health issues, and cultural pressures.

Recommendations
Various outlets have tried to supply female students with proper materials, but in vain due to insufficient facilities and education. The girls receiving the materials lack the “know how” on how to use certain materials properly, or experience too much cultural pressure to ensure proper use.

Sustainable Development Goals
Female students and teachers, in states like Uganda, tend to face hardship every month at the time of their menstrual period. As a result, drop-out rates are high and evidence point to deficient menstrual hygiene management (MHM). Majority of these females are not receiving the necessary education about proper menstrual hygiene management, which is crucial for keeping girls in school. Furthermore, lacking facilities can also be associated with drop-out rates. Key SDGs will therefore not be achieved. Goals promoting equality, education, health, and sustainability, related to the MHM problem are the following:
- **Goal 3.** Ensure healthy lives and promote well-being for all at all ages
- **Goal 4.** Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- **Goal 5.** Achieve gender equality and empower all women and girls
- **Goal 6.** Ensure availability and sustainable management of water and sanitation for all

These problems are also affected by the unavailability and prices of sanitary materials.

References
ECOSOC.


World Economic Forum.