








Short List of Priority MHH Indicators^a

MHH Domain	Data Collection Level	Indicators
 MATERIALS	<i>Individual</i>	1 % of girls who reported having enough menstrual materials during their last menstrual period.
	<i>School</i>	2 % of schools with menstrual materials available to girls in case of an emergency.
 WASH	<i>Individual</i>	3 % of girls who reported changing their menstrual materials during their last menstrual period when at school.
	<i>Individual</i>	4 % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.
	<i>School</i>	5 % of schools (primary/secondary) with improved sanitation facilities that are single-sex and usable (available, functional, and private) at the time of the survey.
	<i>School</i>	6 % of schools (primary/secondary) with improved sanitation facilities that are single-sex, usable (available, functional, and private), lockable from the inside, have covered disposal bins, and have discreet disposal mechanisms at the time of the survey.
	<i>School</i>	7 % of schools (primary/secondary) that have water and soap available in a private space for girls to manage menstruation.
	<i>Individual</i>	8 % of students (male/female) who have ever received education about menstruation in primary and secondary school.
	<i>Individual</i>	9 % of females who know about menstruation prior to menarche.
 KNOWLEDGE	<i>Individual</i>	10 % of females with correct knowledge of the fertile period during the ovulatory cycle.
	<i>School</i>	11 % of schools where education about menstruation is provided for students from age 9.
	<i>School</i>	12 Existence of pre-service or in-service teacher training about menstruation at the primary or secondary level.
	<i>School</i>	13 % of schools that have at least one teacher trained to educate primary/secondary students about menstruation.
	<i>Government / National</i>	14 % of countries where national policy mandates education about menstruation at primary and secondary level.
 DISCOMFORT/ DISORDERS	<i>Individual</i>	15 % of girls who report that they were able to reduce their menstrual (abdominal/back/cramping) pain when they needed to during their last menstrual period.
	<i>Individual</i>	16 % of girls who would feel comfortable seeking help for menstrual problems from a health care provider.
 SUPPORTIVE SOCIAL ENVIRONMENT	<i>Individual</i>	17 % of girls who have someone they feel comfortable asking for support (advice, resources, emotional support) regarding menstruation.
 MENSTRUAL HEALTH IMPACTS	<i>Individual</i>	18 % of girls who report a menstrual period does not impact their day.
	<i>Individual</i>	19 % of girls whose class participation was not impacted by their last menstrual period.
 POLICY	<i>Government / National</i>	20 % of countries with policies or plans that include menstrual health and hygiene.
	<i>Government / National</i>	21 National budget is allocated to menstrual health and hygiene; funds are dispersed to the schools in a timely and efficient manner.

a. See **Annex 2** for explanation of indicator level definitions.

b. We use “menstrual materials” throughout the guidance note to be all inclusive (e.g. disposable/reusable pads, cloths)

c. For the purposes of facilitating the uptake of the recommended short list, we chose to utilize the existing wording in country-level indicators, which alternate between “girls” and “females.”

MH1. Proportion (%) of individuals who menstruate who changed their menstrual materials in a space at home was clean, private, and safe during their last menstrual period, by age

MH2. Proportion (%) of individuals who menstruate who reported having enough menstrual materials to change as often as they wanted during their last menstrual period, by age

UN16. During your last menstrual period, did you have trouble participating in the following activities due to your period. (Work, education and training, social activities outside school or work)

UN17. During your last menstrual period, did you worry that someone would see you while you were changing menstrual materials at home?

UN18. During your last menstrual period, did you have enough menstrual materials to change them as often as you wanted to throughout your menstrual period?

UN19. During your last menstrual period, were you able to reduce your menstruation-related pain when you needed to?

UN20. If you were to have a concern about your menstrual period, would you feel comfortable seeking help from a health care provider such as a school nurse, community health worker, or doctor?

UN21. Before you had your first menstrual period, did you know about menstruation?

Proportion of post-menarchal female adolescents (10–19 years) who were aware of menstruation before menarche

2-12. As part of the health services offered to students, are the following health promotion* activities routinely provided? (*Mark yes or no or I do not know for each health promotion activity.*)

3-07. Does this school provide sanitary napkins or other menstrual supplies to students?

6-05. Can students in this school be excused from physical education for an extended period for the following reasons? (*Mark yes or no or I do not know for each reason.*)

238. During your last menstrual period, what did you use to collect or absorb your menstrual blood?

239. During your last menstrual period, were you able to wash and change in privacy while at home? How old were you when you had your first menstrual period?

240. From one menstrual period to the next, are there certain days when a woman is more likely to become pregnant?

241. Is this time just before her period begins, during her period, right after her period has ended, or halfway between two periods?

242. After the birth of a child, can a woman become pregnant before her menstrual period has returned?

5-01/02. Is menstrual health management included in the national curriculum at primary and / or secondary level (either as an independent subject or integrated into core subjects)?

