

## RESULTS

36-50 years  
16.7%

15-21 years  
9.8%

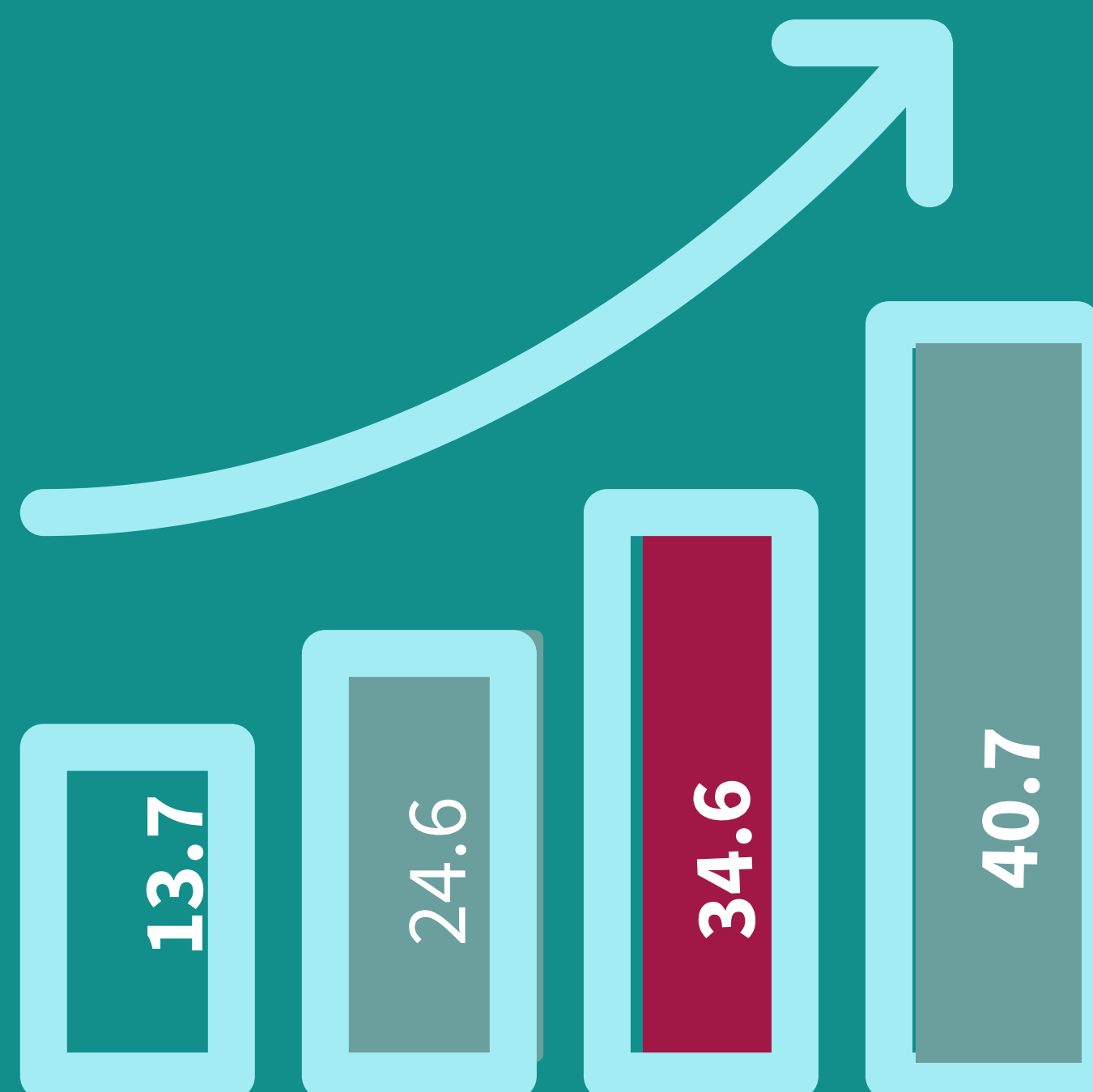


Breakdown of who participated in the survey.

22-35 years  
73.5%



Percentage



Challenges

### KEY:

- Inadequate sanitary wear ○
- No access to clean water ○
- Inadequate access to MHHM information ○
- No access to disposal bins, mirrors etc. ○

83% of women surveyed use disposable sanitary pads, 12% use tampons.

Over 70% respondents indicating a lack of understanding or hardware required to menstruate with dignity

## KNOWLEDGE

## CONTRIBUTION

For socio-economic and cultural reasons, menstrual health and hygiene demands greater intervention in order to improve the lives of women and girls in Zimbabwe particularly in a post pandemic environment.

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# Assessment of access to and uptake of quality integrated maternal health and hygiene management services by women residing in urban areas of Zimbabwe.

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## ABSTRACT SUMMARY

In developing countries there are several challenges associated with access to and utilisation of Menstrual Health and Hygiene Management Services. In 2019, 60% of rural Zimbabwean girls and women experience period poverty due to limited access to sanitary wear and menstrual education. 1 in 10 girls in sub-Saharan Africa miss school during her menstrual cycle.

## METHODOLOGY

A cross sectional study design was used. Data triangulation was done to obtain both qualitative and quantitative data on Menstrual Health and Hygiene Management in urban areas. Secondary data was obtained from relevant surveys and facility reports for content analysis. Primary data was collected from 505 females aged between 18 and 50 years through online survey questionnaire which were developed and administered electronically using Facebook, Instagram, Whatsapp platform, Google form sheets as well as Kubatana.net.

A total of 505 females aged between 18-50 years residing in the urban areas of Zimbabwe were systematically selected to participate in the study.

## KNOWLEDGE FINDINGS

HIGH COST OF SANITARY WEAR

LIMITED MENSTRUAL HEALTH KNOWLEDGE

LOW SELF-ESTEEM

SCHOOL ABSENTEEISM

EARLY CHILD MARRIAGES

SOCIAL EXCLUSION

POOR HEALTH OUTCOMES

CYCLICAL POVERTY

