



# "Bridging the Gap between Menstrual Hygiene Management, Health and the Environment"

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## Introduction

This problem statement underscores the urgent need for "Bridging the Gap Between Menstrual Hygiene Management, Health, and the Environment." By addressing these critical issues, the presentation aims to promote a shift toward more sustainable and health-conscious menstrual hygiene products. This shift not only improves health outcomes for individuals but also reduces the environmental impact of menstrual waste, aligning with global efforts towards sustainability and responsible consumption. The introduction of eco-friendly menstrual products like washable/reusable pads, menstrual cups, and organic cotton tampons can mitigate these concerns by providing safer and more sustainable options for menstruators. Additionally, by educating and advocating for changes in consumer behavior and product design, the presentation supports wider societal and environmental benefits.

## Problems

- Disposable pads take 800 year and above and still do exist
- Environmental and health concerns due to pollution
- 1990 report of Dioxin and furan levels in hygiene product
- Dioxin and bleaching effect of exposure to the atmosphere
- Its linked endocrine disruption, cancer, type II diabetes.
- Sanitary pads and tampons are ideally disposed of in trash receptacles and ultimately deposited in a landfill
- Sanitary pad waste disposal cause landfill
- Block the drainage system if flushed, plumbing issues
- Lack of consumer knowledge about water management

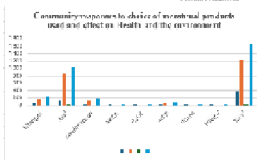


## Result

- Promoting Awareness Action, education campaigns /policy advocacy
- Encourage individuals and organizations to take steps towards more sustainable MHM practices.
- Provide the necessary budget for the effective implementation of educational policies, Set-up mechanisms for consultation and collaboration between the educational sector
- Design public awareness strategies —
- Ensure participation of persons with disabilities, parents, learners, professionals and representative organisations
- Support civil society organisations —
- Hold decision-makers accountable for their commitments /

## Methodology

Do you think reusable pads actually make an environmental difference?  
 . What is the Environmental Impact and Assessments, Surveys ?  
 Data collection methods, analyze the environmental and health impacts of menstrual products  
 Statistical data generate four online suaces  
 ---- cluster randomised trial of integrated sexual and reproductive health services (CHIEDZA). —Overall, 36,991 clients accessed 27,725 (75%) were female. Almost all (n = 26,448; 95.4%) took up the MH service at least once; 25433 took up an MH product with the majority (23,346; 92.8%) choosing reusable pads.groups.



## Quantitative statistics for lifetime

Monthly periods = 1.8million  
 Annual periods = 1.8million x 12 = 21.6million  
 Total periods = 38 Years  
 Per year = 21 per period = 6.25.6million x 38 = 820.8 million  
 Total pads used per period = 6.25  
 Per year = 8.20,8million x 6.25 = 5130 million

