

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.
		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.
		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.
		7 % of schools (primary/secondary) that have water and soap available in a private space for girls to manage menstruation.
 KNOWLEDGE	<i>Individual</i>	8 % of students (male/female) who have ever received education about menstruation in primary and secondary school.
		9 % of females who know about menstruation prior to menarche.
		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.
		12 Existence of pre-service or in-service teacher training about menstruation at the primary or secondary level.
		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.
		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.
		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.
		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.”