

ARFSD-11 SIDE EVENT: X Spaces & Chat (Hybrid)

Date: 8th April, 2025

Time: 3-5:00pm

Hashtags #PromoteMenstrualData #EndPeriodPoverty

Topic: “The Relevance of Menstrual Data in informing Gender Statistics in Uganda

Menstrual health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in relation to the menstrual cycle. Achieving comprehensive actions for menstrual health guarantees compliance with human rights standards and the SDGs framework, as it promotes gender equality and an environment free of discrimination.

Objective: **To establish an enabling environment for menstrual data sharing to influence decision making and policy development.**

SDG 3 (Good Health and Well-being) & SDG 5 (Gender Equality) are 2 of the 5 Sustainable Development Goals that will be reviewed during the 11th Session of the Africa Regional Forum on Sustainable Development. SDG 3 identifies healthcare centers and schools as places where menstrual needs should be met. Access to health services is relevant to guarantee the well-being of women and girls during their menstrual cycles. SDG 5 provides a framework to reduce gender inequality generated by societal taboos and embarrassment around menstruation, as well as neglect of menstrual needs. Therefore, evaluating menstrual health indicators is relevant for measuring the progress of the SDG. An appropriate provision of menstrual health and information about menstrual management are key actions to ensure that the SDG is achieved. The SDG should be translated into policies and programs at global, national and local levels, and their reflection on menstruation related actions can have a positive impact in the lives of girls and women. Although menstrual health is not explicitly mentioned by the SDGs, its targets and indicators provide a framework to address unmet menstrual needs and promote health and well-being of women and girls.¹

Key topics of interaction will include, the importance of collecting/documenting menstrual data, key responsibilities of stakeholders, the legal and policy environment, SDG & Menstrual Health, the End Period Poverty Campaign, menstrual hygiene & the menstruation cycle, gender and cultural norms.

Target Audience: Adolescent girls and young women in rural communities, women and girls with special needs, policy makers.

Panelists: 6 Panelists; representatives from UBOS Gender Department, UN Women Uganda (Gender Statistics Programme), UNFPA Uganda (Department of Adolescents and Young People), Ministry of Education and Sports_Gender Unit, SRHR Alliance in Uganda and the Period Equality Network

Organizing Partners: The Gender Equality and Women Empowerment Cluster in the Youth Coalition for SDGs, The Period Equality Network, SRHR Alliance Uganda, Girls Must Uganda, AfriYAN, TAHI, Terre des Hommes Netherlands in Uganda

¹ Libbet Loughnan et al., “Chapter 44. Monitoring Menstrual Health in the Sustainable Development Goals,” in *The Palgrave Handbook of Critical Menstruation Studies*, ed. Chris Bobel et al. (Singapore: Springer Singapore, 2020), 577–92, <https://doi.org/10.1007/978-981-15-0614-7>.