

# **MENSTRUAL POVERTY AND MENSTRUAL HEALTH**

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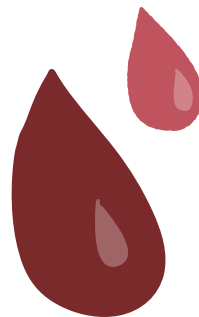
# Key terms

- Menstrual poverty is a term used to describe the **lack of access** to menstrual hygiene products, **education**, and **adequate sanitation facilities**, which can lead to significant health and economic consequences for individuals who menstruate.
- Menstrual health refers to a state of complete **physical, mental, and social well-being** related to menstruation. It includes the ability to **manage** menstrual cycles **safely and hygienically**, without **pain or discomfort**, and without **shame or stigma**.
- Menstrual justice is a **social justice movement** to promote access to menstrual hygiene products, accurate information, and comprehensive reproductive healthcare for all individuals who menstruate.

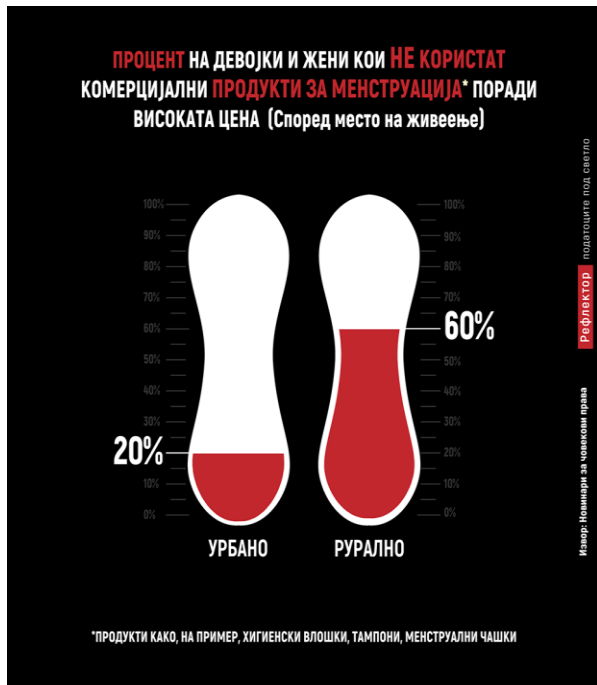
# Reasons leading to menstrual poverty and issues with health

- Inadequate conditions for managing menstrual hygiene at school / workplace
- High cost of products that leads to inaccessibility

Following are examples from North Macedonia:

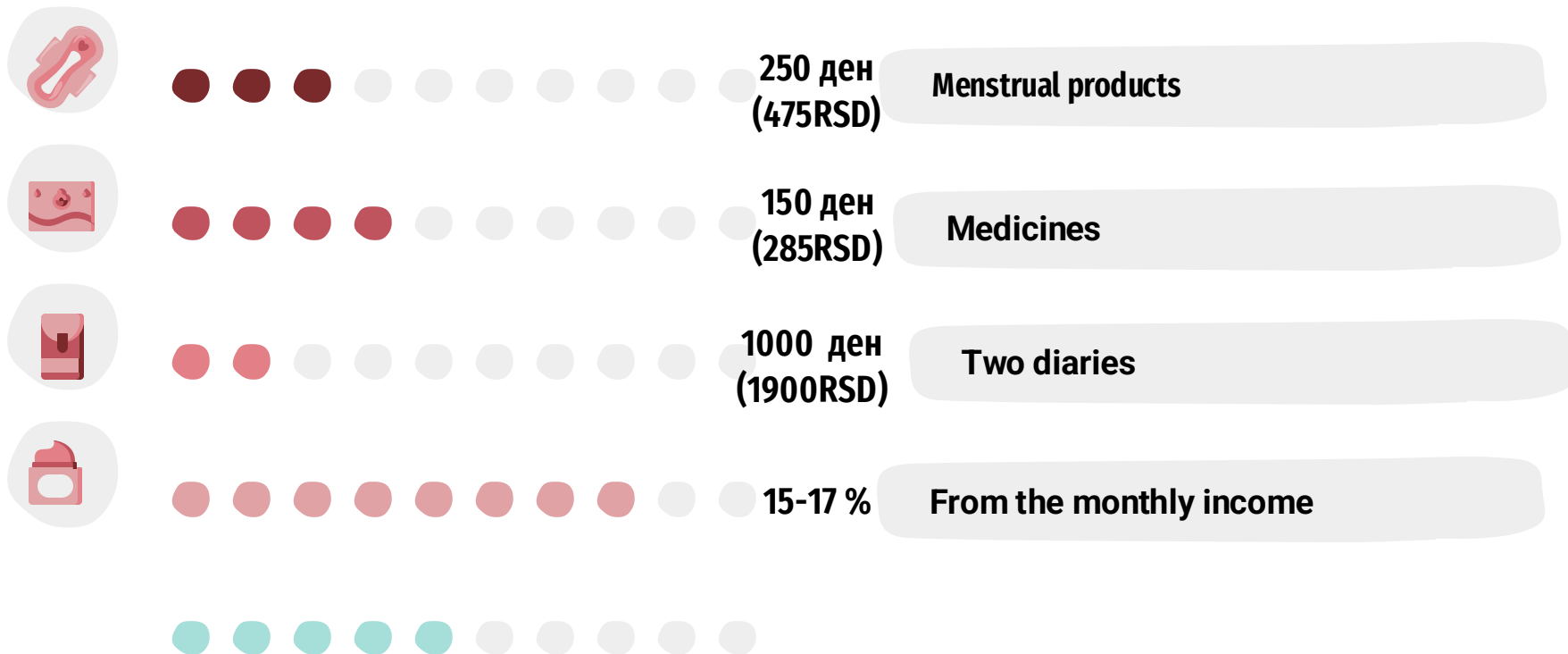


# 15% - DO NOT use any hygienic products!



- They come up with alternatives as fabric pads, od pads made from paper, newspaper...
- Also many products are not as good for health as others

# Monthly expenses in North Macedonia - and their corresponding amounts in Serbia



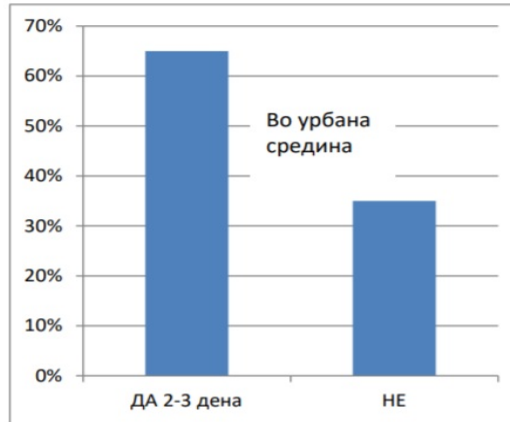
# Conditions of school facilities

- Only one private school has conditions/facilities for MHM
- None of the schools has products for MHM (soap, toilet paper, water)
- None of the schools has appropriate facilities for removing MHM waste

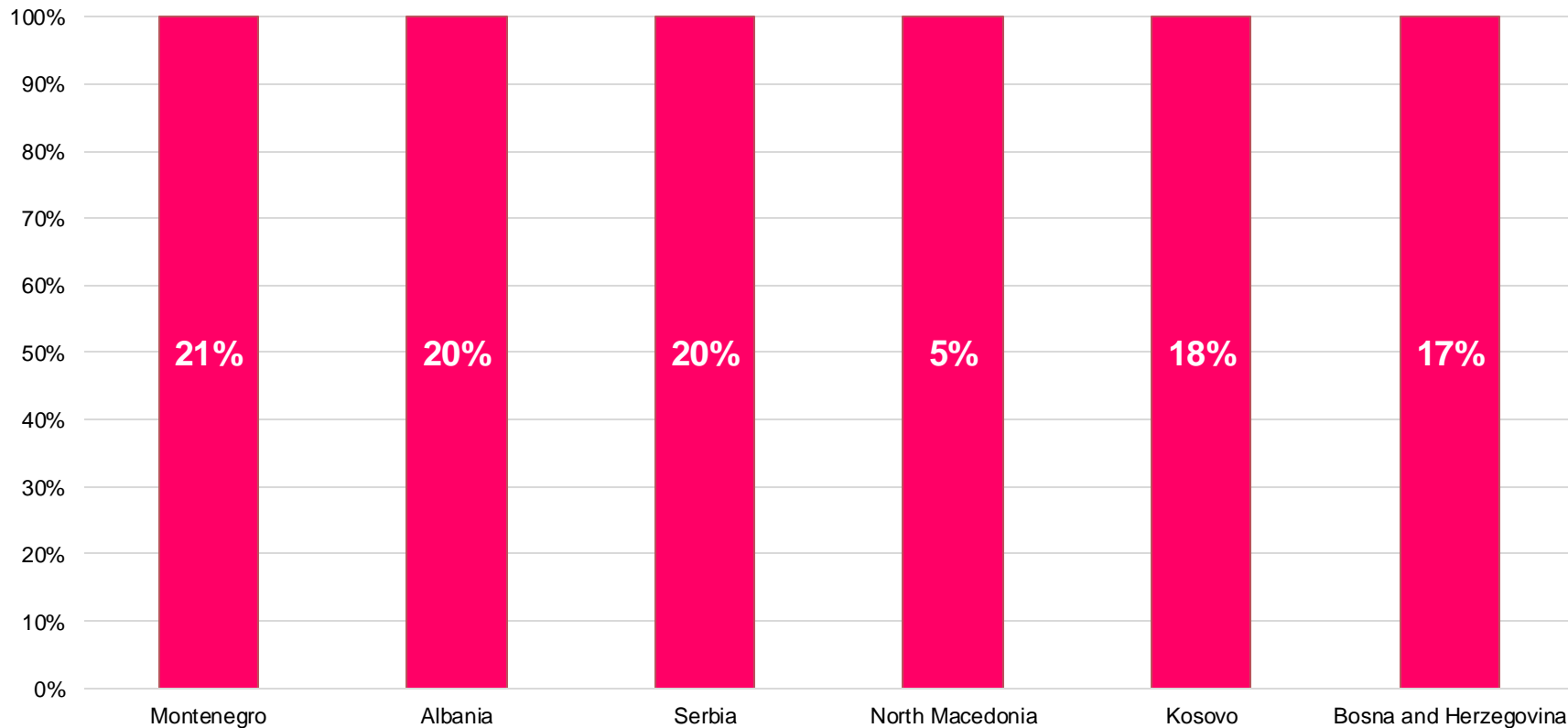


According to the held survey, 90% from the students in rural areas in North Macedonia avoid to go in school **4 to 5 days** while they are on their period. While 75% from the students in urban areas don't visit school **2 to 3 days** while they are on their period.

10. Дали поради месечниот период изостанувате од училиште / работа и ако е да колку дена?

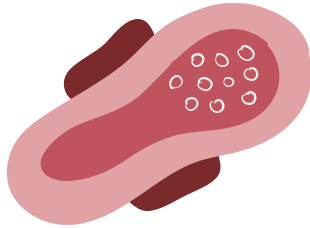


# VAT on menstrual products in Balkan region





# How to do cheaper and better management of menstrual hygiene and health?



Reducing the price of menstrual products by **reducing VAT from 20 to 5%** as has been done in North Macedonia and/or subsidizing products for MHM



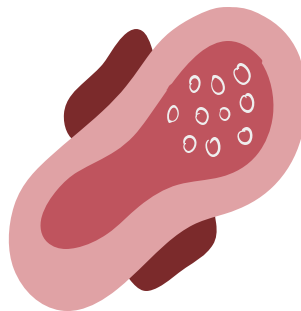
**Subsidizing the menstrual cup**



Free period – or access to free **reusable menstrual pads** for all schoolgirls involved in the regular educational process

## Reducing the price of menstrual products by reducing the VAT from 18 to 5%

30 denar per month



360 denar per annual

- 13 million denars annually in  
the budget

# Subsidizing the menstrual cup

500 до 2500 mkd



3-5 years of tillage life

10 times cheaper

40 years, the cost of pads and tampons is MKD 120,000



40 years will require between eight and 10 cups



If the menstrual cup costs 1,500 denars (average price), the amount for this expenditure for a period of 40 years (the age of the sexual-reproductive period in a woman) is 9,000-15,000 denars



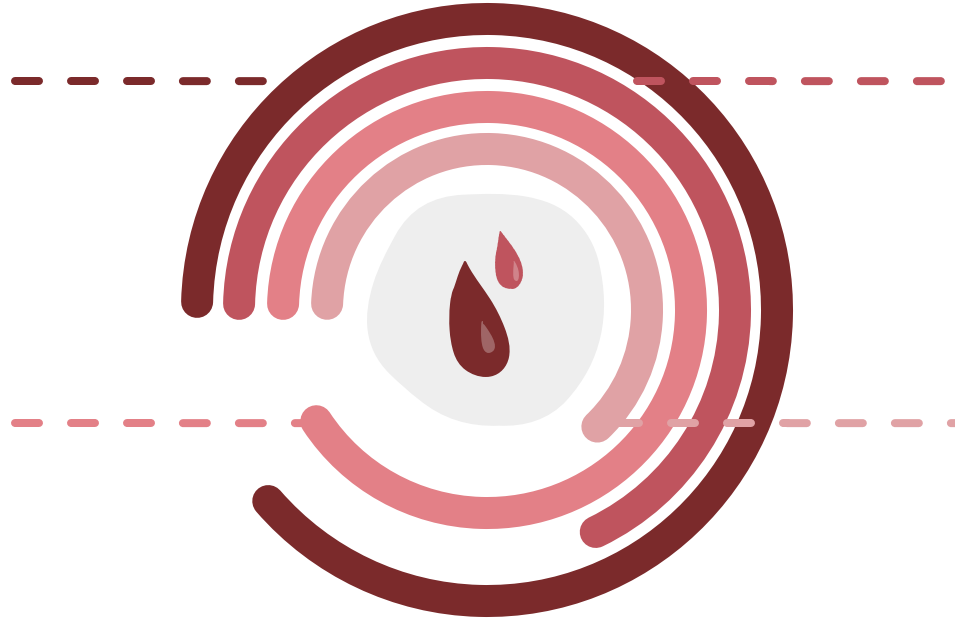
# Free period – or access to free menstrual health products to all female students involved in the regular education process

35,200 in secondary schools and  
38,541 female students in  
primary schools



**73.741 schoolgirls**

For unhindered access to menstrual products, the state needs **159,280,560** denars or **2,654,676** euros for each schoolgirl during one year



**INVESTMENT IN MENSTRUAL HEALTH IS A INVESTMENT IN HEALTHY GENERATIONS!**

# WatSanPlan

Water and Sanitation Safety Planning  
in the Balkan Region: Albania,  
Bosnia - Herzegovina, North Macedonia,  
Romania, Serbia!



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FreePeriods

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