

INTRODUCTION

- Early insights from our study into Menstrual Justice in Nepal (**the MeJARa project**) have indicated that girls in remote villages are aware of the **climate crisis** and are keen for solutions to their period challenges to be **eco-friendly**.

BACKGROUND

- Nepal has been a hot spot for WASH and menstruation-related interventions (Coe and Wilbur, 2015; Budhathoki et al., 2017; Morrison et al., 2018; Baumann, Lhaki and Burke, 2019; Thapa, Bhattarai and Aro, 2019; Wilbur et al., 2019; Sharma, McCall-Hosenfeld and Cuffee, 2022) and recently the government has adopted a pad distribution policy for schoolgirls.

RESEARCH AIM

- **To evaluate the success of the pad distribution policy in Gandaki province.**



43rd WEDC International Conference
WATER AND CLIMATE RESILIENCE
9 – 13 SEPTEMBER 2024

Climate Anxiety and Period Product Choice in Nepal

‘Some people irresponsibly throw them outside instead of properly disposing of them, leading to litter and pollution.’

‘It gets thrown into the river, riversides or ditches, and dogs try to eat it up and sometimes bring it back to the house.’

‘It feels like we are spoiling our environment and compromising our health.’

‘I get worried about my future.’

‘An impact on ourselves.’

‘And an impact on the environment’

‘It’s not just about us; there are other living beings in this world we need to think about.’

‘We need to manage it properly’

METHODS

- 12 Focus Group Discussions with Adolescent Girls
- 2 rural provinces of Nepal

RESULTS

- The girls reported that the supply and distribution of the pads was **not reliable**, and the **quality** of the pads was **poor**.
- But most concerns were raised about the **disposal** of the used pads. Girls struggled to find suitable places to dispose of them, and they were variously **buried, burnt, hidden in the jungle or thrown into the river**. Some schools had built an **incinerator**, but we did not observe any that were working properly and receptacles overflowed with used pads.
- The girls were very aware that disposable pads contained toxic chemicals and did not degrade easily. They were worried about their own health and environmental pollution.



DISCUSSION:

- Officials at all levels have shown interest in creating menstrual justice policies and it is clear that young people wish them to be climate resilient. It would be prudent to seek their views and modify the policy accordingly to optimise the success of the programming.

Ethical approval was obtained from the Centre for Research on Environment, Health and Population (CREHPA) Nepal and the University of Bath in the UK.

The MeJARa project is funded by the UKRI. The views expressed in this publication are solely those of the authors.

कपा
CREHPA

