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Country Director, Kenya





Kenya Sanitation Enabling Environment Programme



Project Timing

January 2023 – December 2023



Project Goal

Improving menstrual hygiene management (MHM) in Mukuru and Mathare informal settlements of Nairobi County



Intervention supports Kenya in achieving MHM goals as well as SDG 6.2 for Sanitation; and SDG 3 on Universal Health Coverage (UHC)

Overall Objective

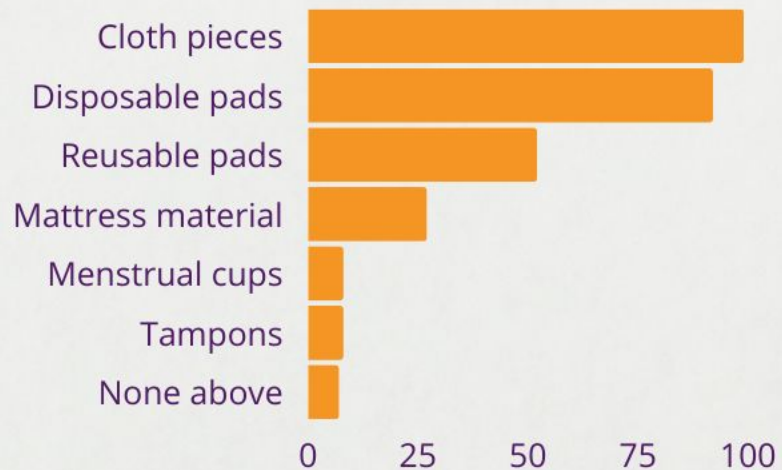
To bring transformational change in the sanitation sector in informal settlements in Kenya by strengthening the enabling environment through:

- Promotion of safe hygiene practices to reduce the risk of COVID-19 transmission and diarrheal diseases
- One-off distribution of essential hygiene commodities to vulnerable households and adolescent girls



Materials used to manage menstruation on Mukuru informal settlement

In reality, they end up having to improvise and use what is easy to access.



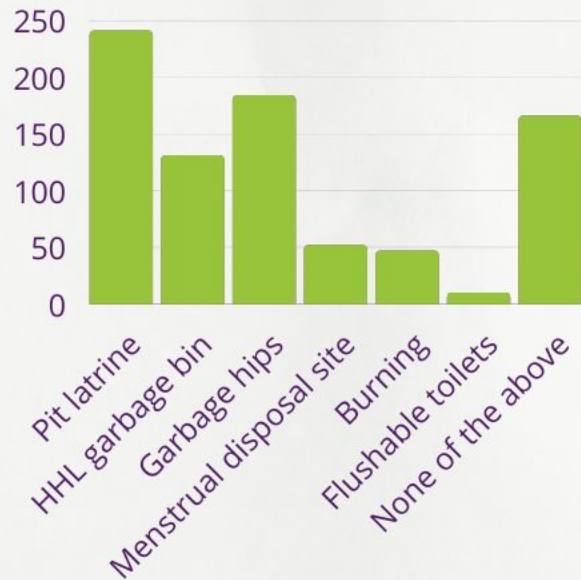
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Top reasons why alternatives are used

- 1 **Cannot afford what I prefer to use**
- 2 **Period started unexpectedly**
- 3 **Ran out before my period ended**
- 4 **Lack of supplies to clean my materials**
- 5 **I do not have access**

Disposal practices and challenges

These settlements lack sanitation waste management



These disposal methods result in further clogging already poor drainage systems or end up being unsafely dumped in open fields and along river bends worsening environmental damage and increase health risk to those living in those areas.



Programme Activities

Recruit and train 50 Huru Health Ambassadors

Identify 1,000 of the most vulnerable girls from Mukuru and Mathare

Conduct education sessions on MHM, reusable pad care and use



Distribute 1,000 kits: 6 Huru pads, 1 panty, 1 laundry bar of soap

Create awareness among 46,600 local members on COVID-19 prevention, MHM, and hand washing with soap

Distribute WASH supplies to 1,000 households





Leah's Story

Challenge of MHM in informal urban settlements



Impact Video

