

Health and wellness, distributing Female sanitary items- Kimara community Development

If you live in the developed world, what you are about to know may sound shocking to you. Did you know that a large portion of rural African women do not have access to decent sanitary protection during menstruation? In many instances, both young adult women use feathers, newspapers, old rag, mud and other less dignifying stuff to absorb the blood. Yes, it's very shocking, but it's also true.

In some parts of the continent, women can not afford the sanitary pads on sale. For example, always sanitary, one of the most popular sanitary pads on the market, sells for about \$10 dollars for a single pack of 10 pads. As a result, millions of schoolgirls across Africa absent themselves from school for three to five days every month(during their menstrual periods) to avoid embarrassment and discomfort. A considerable number of these girls eventually drop out of school and never finish their education.

Adding to that, Women and girls in East Africa especially, as well as many other parts of the world, live in a culture where menstruation and reproductive health are not discussed. This is because menstruation and anything related to it is considered taboo. Both women and girls often do not understand the reproductive cycle of their bodies or know how to manage their menstruation. Girls commonly miss or drop out of school because they do not understand what is happening to them or are unaware of how to hygienically manage their natural cycle. The issue is perpetuated by menstrual hygiene products being expensive and hard to obtain, as well as a lack of easy access to clean water and latrine privacy. Girls are negatively affected in many ways, including a compromised education from missing school, infection or disease due to lack of hygiene, and pressure to engage in transactional sex in order to obtain menstrual hygiene products. Current best practices that aim to improve menstrual hygiene management include providing girls with menstrual hygiene education through workshops and magazines, and increasing accessibility of menstrual hygiene products through distribution of reusable pads.

After looking at all these opportunities, Kimara Community development is partnering with the schools, community leaders, churches to implement the distribution of sanitary pads to the females who are indeed of them. By doing so, it has helped to reduce the rate of school drop out due to menstruation.

Kimara community development is also looking to manufacture the pads so it can be a little bit cheaper and can be made in big quantities.