

Menstrual Health NGO Receives First Ever Research Grant for Project in Tanzania

Femme International, in partnership with the Mwanza Intervention Trials Unit and London School of Hygiene and Tropical Medicine has received a research grant to implement a menstrual health intervention, a first-ever in Tanzania.

[TANZANIA, 25 September 2020]—Femme International, in partnership with the Mwanza Intervention Trials Unit (MITU) and London School of Hygiene and Tropical Medicine (LSHTM) has been awarded a three-year research grant to implement a menstrual health intervention in secondary schools in Tanzania. This is the first menstrual health intervention grant for Tanzania, and this group of researchers.

Even in 2020, or maybe because of it? Menstruation remains a major barrier to bleeders globally. For adolescents in school, they have difficulty concentrating, are limited in their mobility, experience intense anxiety, and may leave early or skip altogether. The cumulative impact on their education contributes to the high number of adolescent girls who drop out of school.

This project incorporates successful elements from existing interventions, bringing them together in a novel and holistic package that includes comprehensive education, WASH facilities, pain management, inclusion of boys, and reusable menstrual products. The intervention aims to improve adolescent girls' menstrual health. At the same time, knowing that such programmes need to be scalable and sustainable, we will work with local government to determine strategies to partner and embed intervention within government structures, creating a model that can be replicated with hybrid partnerships between government, implementing organisations, and funding (funders).

The research project will additionally conduct an economic evaluation to understand the cost-benefit analysis, and incentive for funders and governments to invest. It is also intended as a capacity-building for the lead research institution (MITU) and its principal investigator Dr. Elly Okella, as well as for Femme International. Lastly, the project will contribute to creating and piloting menstrual intervention tools that will then be more broadly applicable

Femme International is a global leader in the menstrual health sector, championing an approach of education, conversation, distribution, and research. We have previously been recognised and spotlighted for our work in the menstrual health sector, including:

- [WHO Africa Top 30 Innovations](#) (2019)
- [Climate Launchpad](#): Tanzania winner, global finalist (2019)
- Women Political Leaders: [Power, Together Award](#) (2019)
- [Duke UNICEF Innovation Accelerator](#) (2020)



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This research grant is a pivotal milestone that will contribute significantly not only to menstrual health research, but to the sector as a whole, providing practical and applicable guidance on measure and evaluation, interventions, and sustainable, scaleable partnerships.

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