



Impact Report

Ghana

Transforming Menstrual Health in Ghana through Reusable Period Products.

Impact Snapshot

Ghana has long grappled with the issue of period poverty, which disproportionately affects women and girls across the country. **In the past, Ghana has been recognised as one of the worst countries for period poverty in Africa**, with many women and girls facing challenges accessing affordable and hygienic menstrual hygiene products. In response to this pressing issue, a local NGO initiated a campaign to distribute reusable period products in communities across the country.

10,543

Products Donated

34

Communities

8

Countries

uzuri

The Objective:

The primary objective of the campaign was to combat period poverty by providing sustainable menstrual hygiene solutions and to empower women and girls to manage their menstruation with dignity and confidence. By donating reusable period products, we aimed to address the systemic barriers to menstrual health and hygiene and promote sustainable practices that contribute to the well-being of individuals and the environment.

Implementation:

Uzuri collaborated with government agencies, local health authorities, and community leaders to identify target communities with the highest levels of period poverty. Leveraging past statistics highlighting Ghana's challenges with period poverty, the organisation strategically allocated resources to areas in most need. Through a combination of awareness-raising campaigns, educational workshops, and distribution events, Uzuri engaged with women, girls, and community members to promote the adoption of reusable period products and advocate for menstrual health rights.

Impact Highlights:

- 1. Reduction in Period Poverty:** The distribution of reusable period products led to a significant reduction in period poverty among women and girls in Ghana. By providing sustainable alternatives to disposable sanitary products, Uzuri empowered individuals to manage their menstruation effectively without financial constraints or social stigma.
- 2. Improved Health and Hygiene:** Access to reusable period products contributed to improved menstrual health and hygiene outcomes among women and girls. By promoting proper menstrual hygiene practices and providing hygienic and comfortable menstrual products, Uzuri's donations helped prevent infections and other health complications associated with inadequate menstrual hygiene management.

3. Enhanced Education Access: The campaign facilitated increased school attendance among girls by removing barriers related to menstruation. With access to reusable period products, girls were able to manage their menstruation discreetly and comfortably, leading to reduced absenteeism and improved educational outcomes.

4. Environmental Sustainability: The adoption of reusable period products contributed to environmental sustainability by reducing the reliance on disposable sanitary products and minimising menstrual waste. By promoting eco-friendly alternatives, Uzuri helped mitigate the environmental impact of menstrual waste on landfills and ecosystems, contributing to a cleaner and healthier environment.

5. Community Empowerment: The campaign fostered community engagement and empowerment by involving local stakeholders in awareness-raising activities and distribution efforts. Through collaboration with government agencies, health authorities, and community leaders, Uzuri ensured the sustainability and scalability of its interventions, thereby fostering long-term change and collective action.

Conclusion:

The campaign led by Uzuri demonstrates the positive impact of donating reusable period products in transforming menstrual health and combating period poverty in Ghana. By leveraging past statistics highlighting Ghana's challenges with period poverty, the organization strategically addressed the systemic barriers to menstrual health and hygiene and promoted sustainable solutions that empower women and girls. This case study underscores the importance of data-driven approaches and community partnerships in driving meaningful change and advancing menstrual health rights in resource-constrained settings.



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