

# ***“Dignity in Every Drop: Advancing Menstrual Health Policy in Nigeria”*** POLICY BRIEF

**Audience:** National Assembly Members, Ministry of Health, Ministry of Women Affairs, Ministry of Education, State Governors, Development Partners

## **Context:**

Menstrual health intersects with health, gender equality, education, sanitation, and economic development. Yet, in Nigeria, menstrual health is **underfunded, understudied, and under-prioritized**.

## **Policy Problems:**

- No national policy on menstrual health exists.
- Product affordability is undermined by **taxes and import restrictions**.
- School and community WASH infrastructure is underfunded. (**WASH** stands for **Water, Sanitation, and Hygiene**).
- Social norms and stigma prevent open conversation or policy prioritization.

## **Policy Recommendations:**

1. **Establish a National Menstrual Health Framework**—with timelines, budget allocations, and measurable outcomes.
2. **Amend the education and health curriculum** to include menstrual literacy at all school levels.
3. **Subsidize or distribute menstrual products** in schools, correctional facilities, IDP camps, and rural PHCs.
4. Develop **state-level menstrual dignity task forces** for localized action.
5. **Incentivize local production** of eco-friendly menstrual products through grants and tax relief.

## **Call to Action:**

Nigeria has committed to ending poverty, improving education, and advancing gender equality. **None of these can be achieved if girls are bleeding in silence.** Make menstrual health part of your legacy. Champion dignity.