

## Faculti Summary

<https://faculti.net/a-socio-ecological-perspective-on-menstrual-health-management/>

This video discusses a study focused on menstrual health and its impact on women's lives, particularly in Bangladesh and Nepal where significant numbers of women miss school and work due to menstruation-related issues. The study identifies key problems including a lack of awareness, poor health literacy, and inadequate access to hygienic menstrual products, leading to health risks and economic repercussions for women.

The importance of menstrual health management is highlighted, with socio-cultural factors influencing the choice of products. The environmental impact of menstrual product disposal is also addressed, noting that a large volume of these products contributes to waste in countries like the UK and India. The current market for menstrual products is influenced heavily by Western consumption patterns, which may not align with local needs and customs.

The researchers advocate for a socio-ecological approach to develop solutions that are effective and culturally appropriate. They suggest that understanding women's needs through qualitative research and embedding community voices into product development can lead to better outcomes.

Findings from the study indicate that biodegradable products are particularly preferred by women in resource-constrained settings, highlighting the importance of affordability, product effectiveness, and social acceptability. The study calls for education and policy changes to improve menstrual health management, emphasizing the importance of creating stigma-free environments and integrating community input into product and service design.

Overall, the text underscores the interconnectedness of menstrual health, environmental sustainability, and socioeconomic conditions, urging a comprehensive approach to addressing these challenges through co-creation and consideration of local contexts.