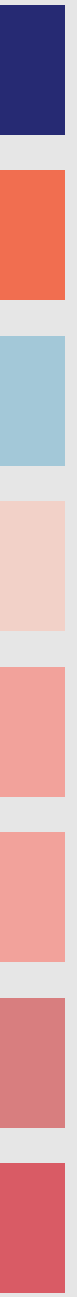


#PeriodVaahaka

Menstrual Health Survey Findings



Survey Duration

30th August 2020 - 15th September 2020 (2 Weeks)

Survey Method

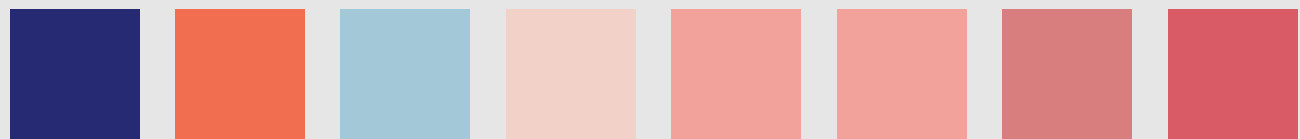
Self-Selection, Google Forms

Sample Size

651 Responses

Survey Reach

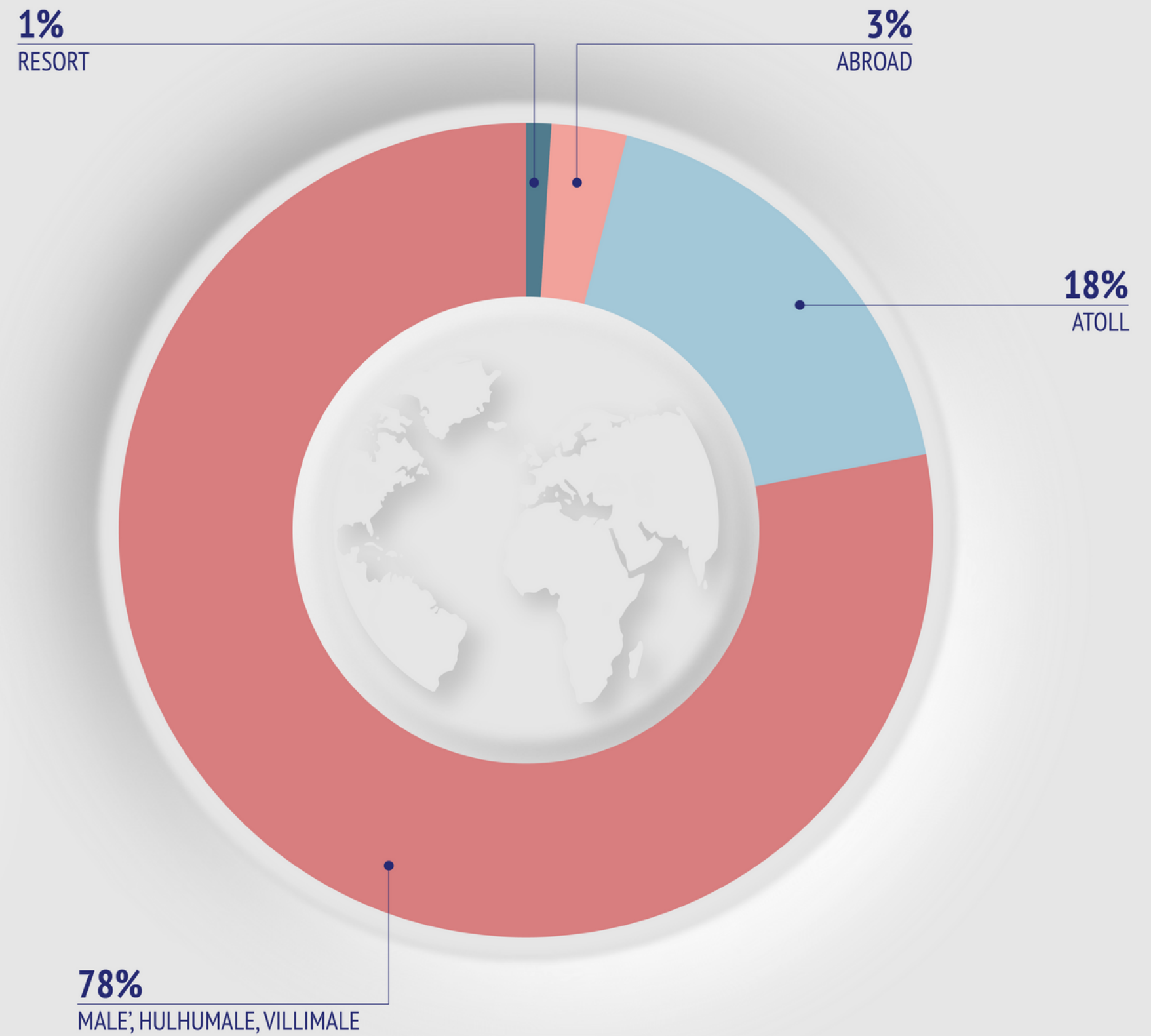
32 locations outside Male' 3 locations outside of Maldives



Demographics

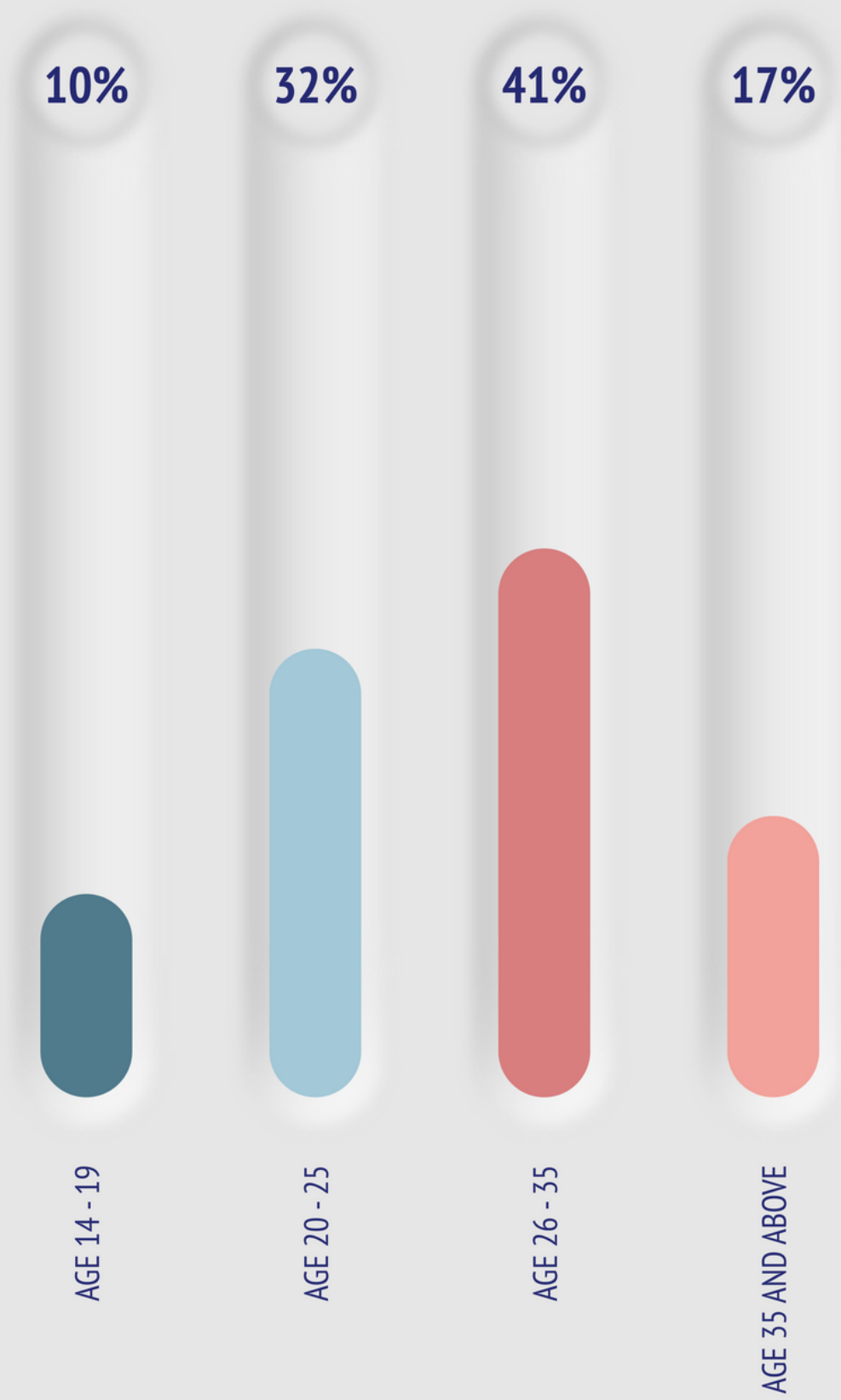
Location of Respondents

**78% Of Respondents
Were From Greater
Male' Area**



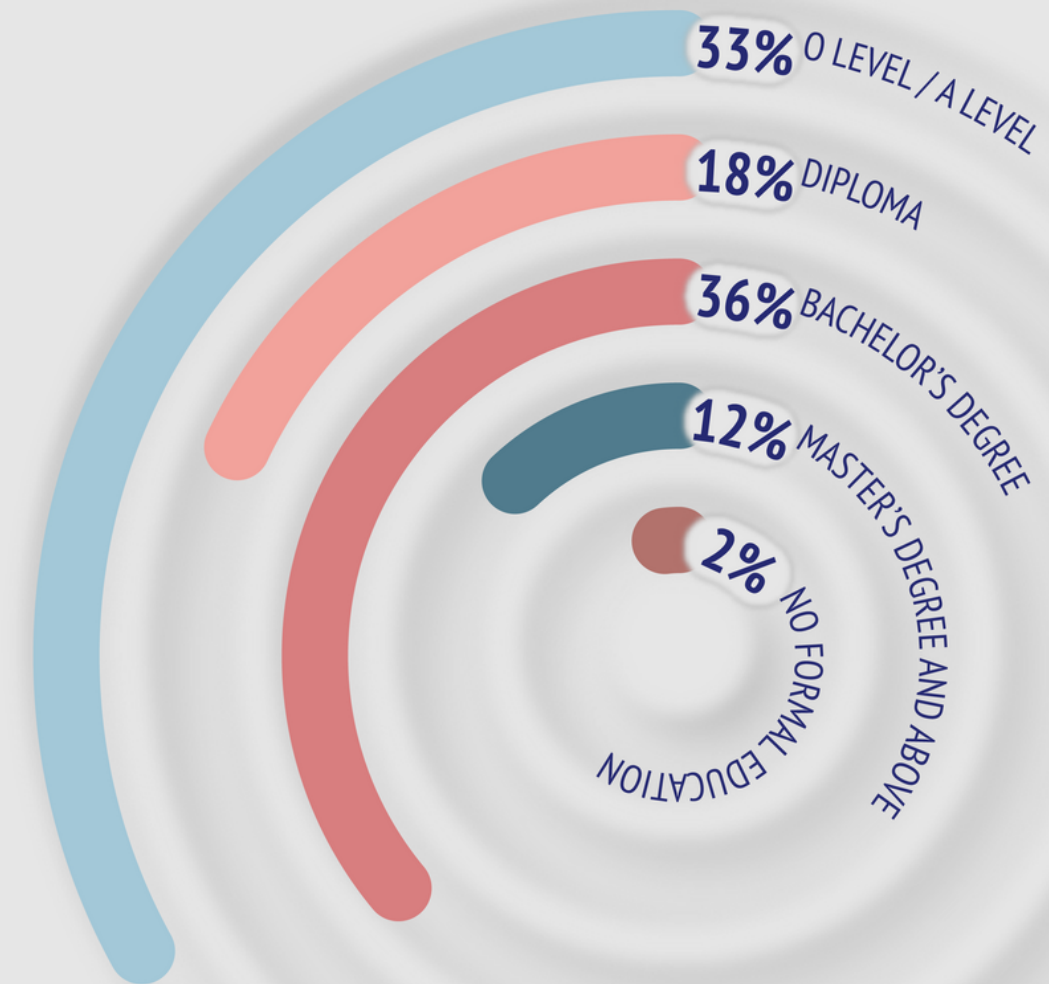
Age of Respondents

73% Of Respondents
Were Between The
Age Group 20-35



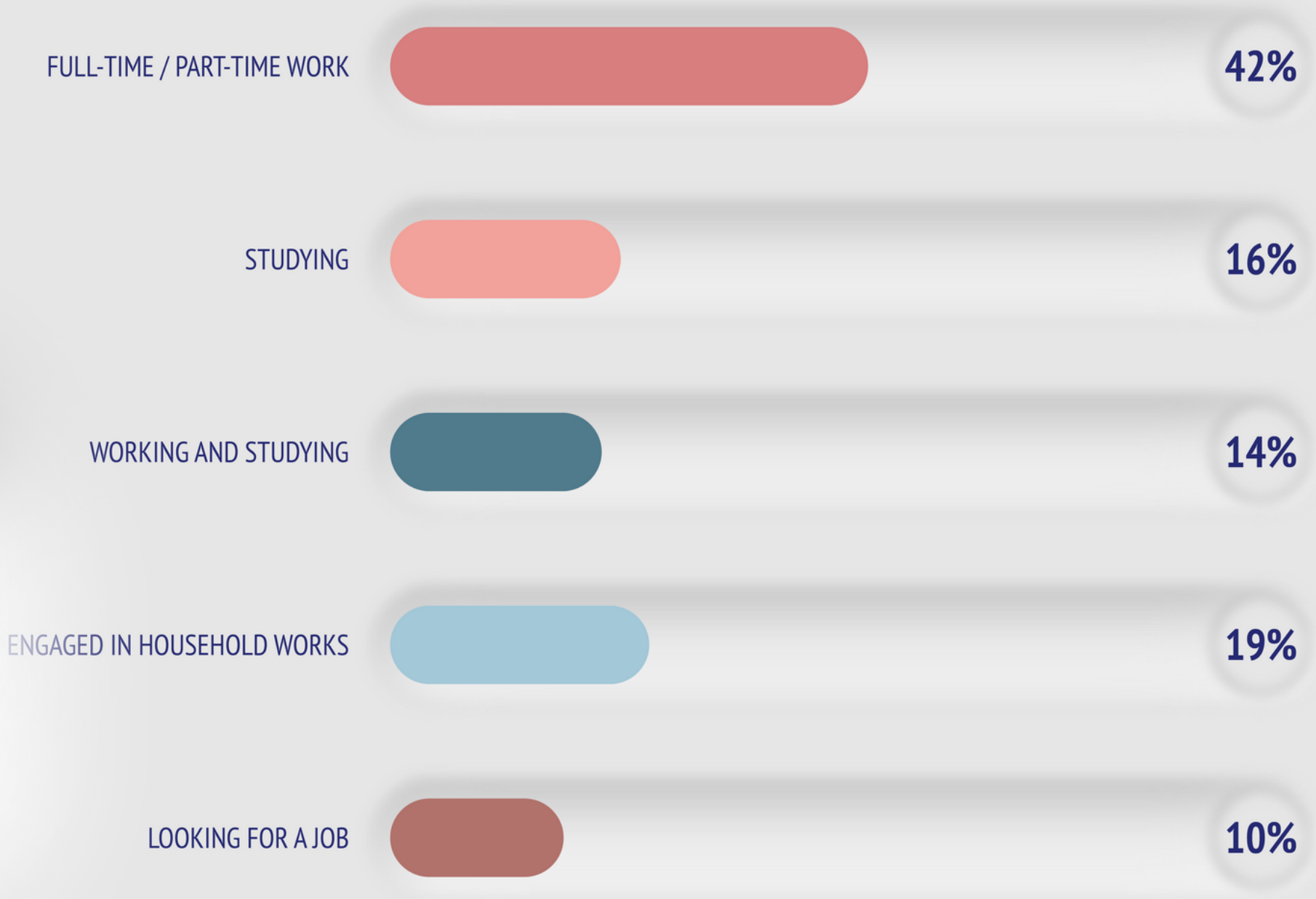
Education Level of Respondents

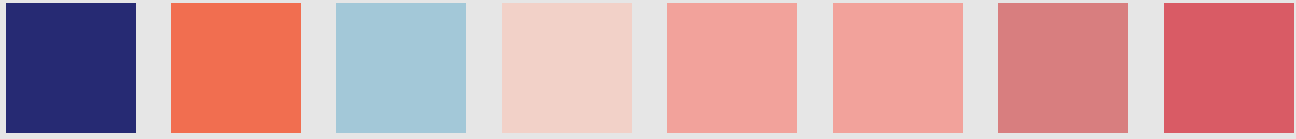
**98% Of Respondents
Have Had Formal
Education**



Employment Status of Respondents

Majority Of Respondents Were Working Fulltime Or Studying

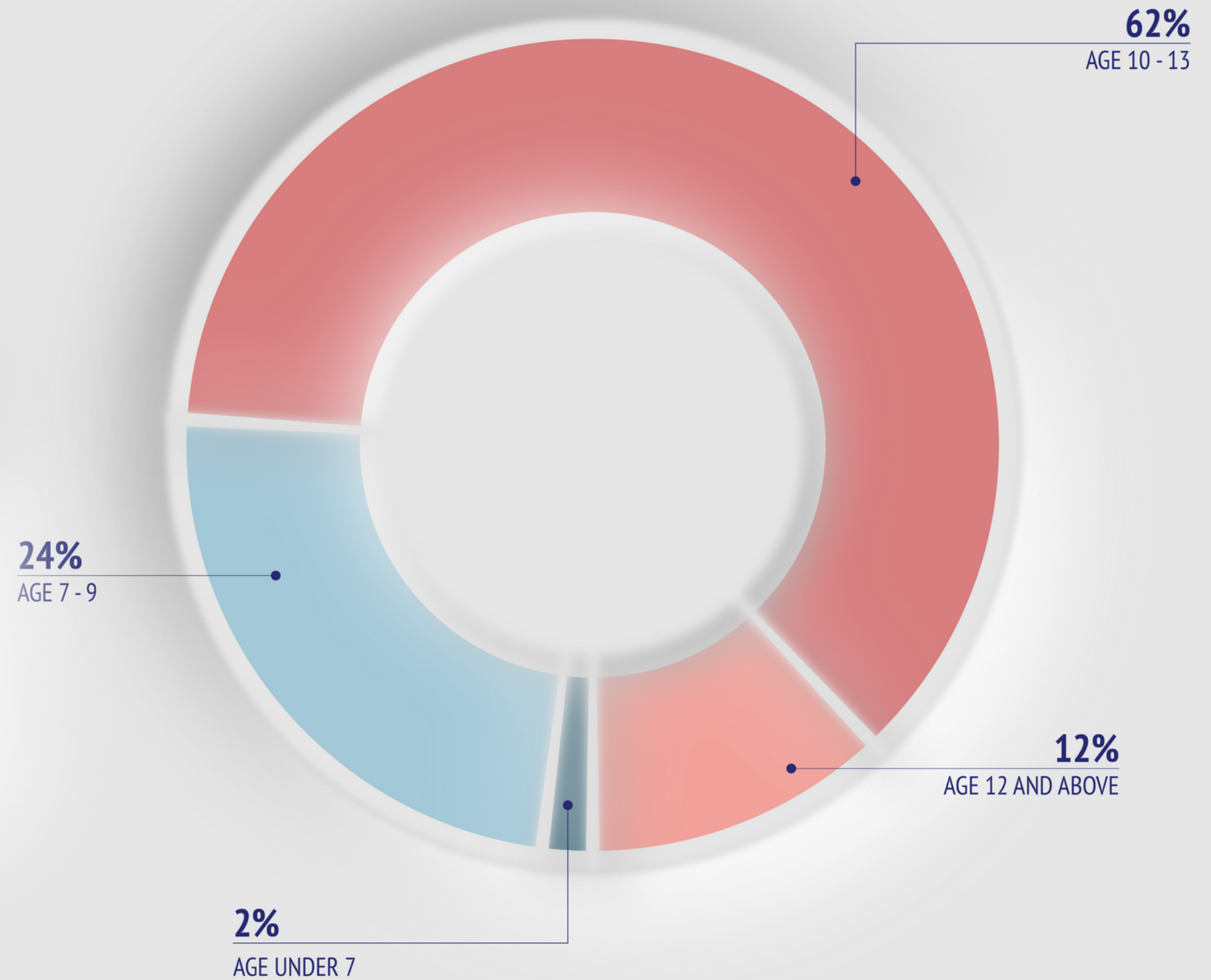




First Period

First Period

**Majority Of The
Respondents Had
Their First Period
Between Age 10-13**



Where did you first learn about periods?

Less Than Half Of The Respondents First Learnt About Periods From Their Family

43%

FAMILY

37%

FRIENDS

14%

SCHOOL

3%

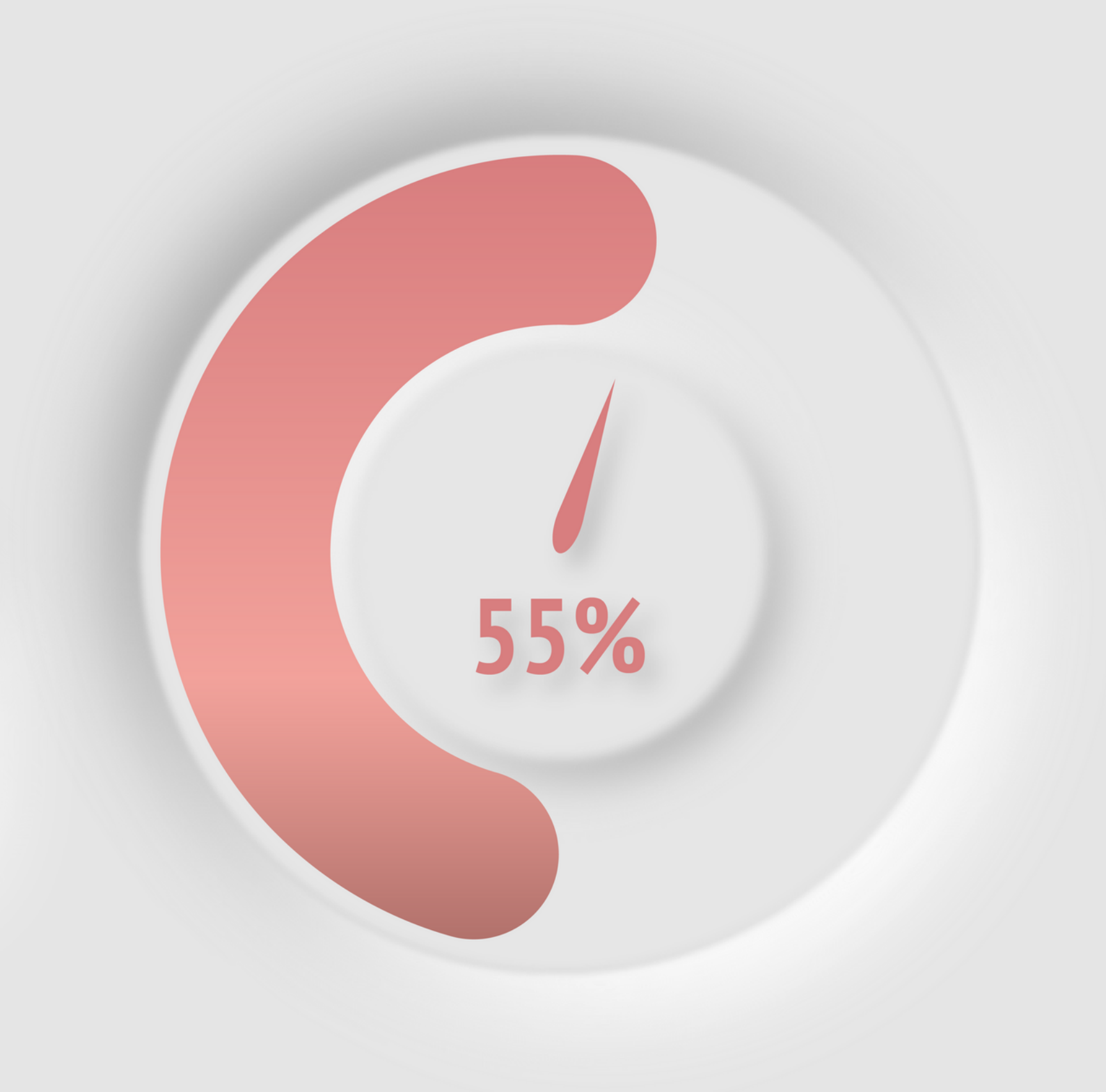
OTHER

3%

DIDN'T KNOW BEFORE THEIR FIRST PERIOD

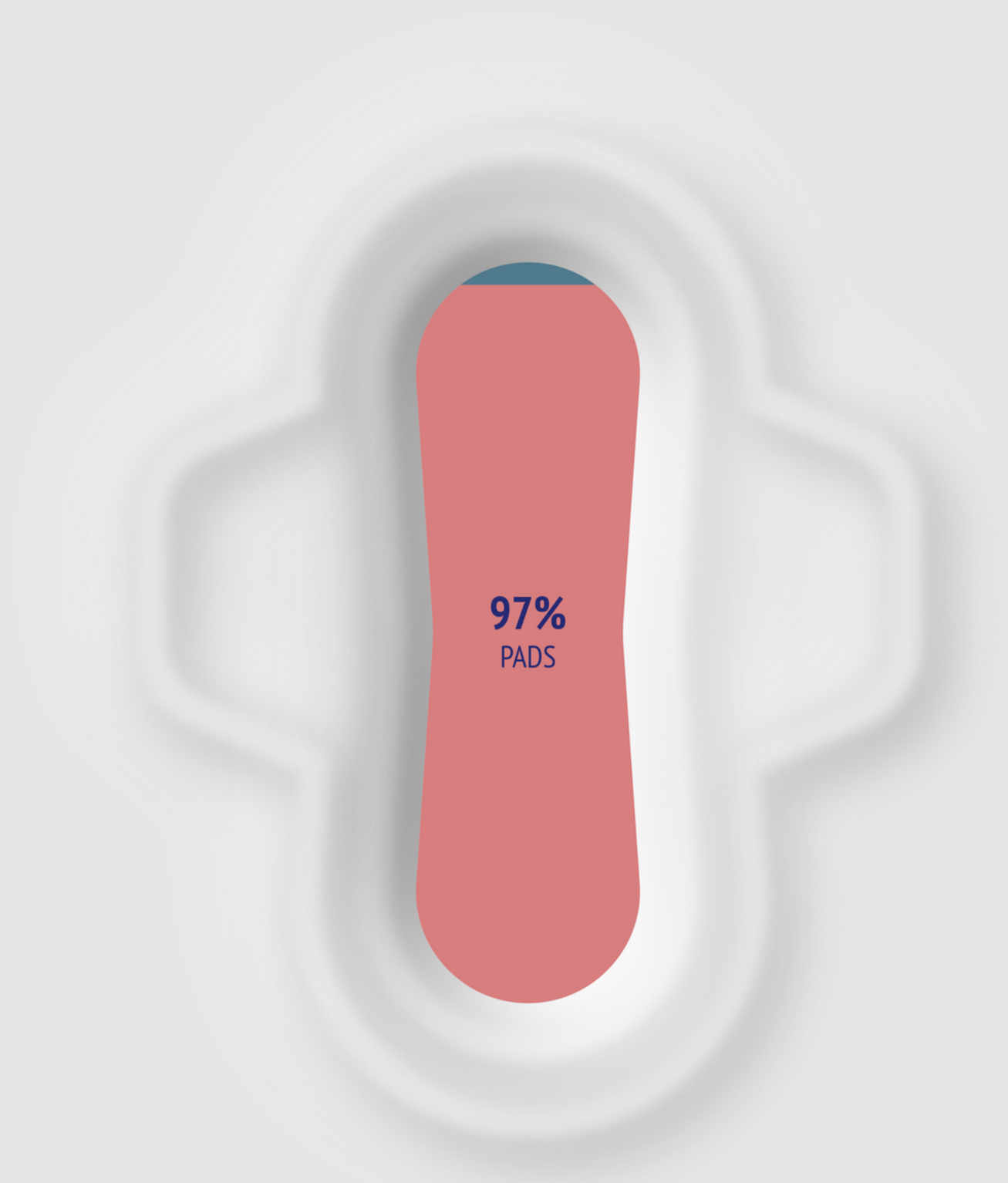
**Did you know what products
to use on your first period?**

**More Than Half
Didn't Know What
Product To Use**



**What product did you use on
your first period?**

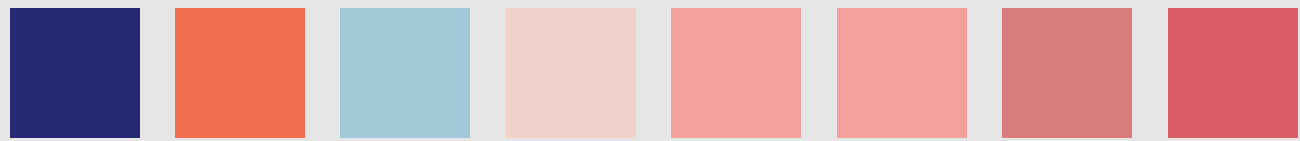
**Almost All
Respondents Used
Disposable Pads For
Their First Period**



97%
PADS

The infographic features a large, light gray, stylized outline of a female torso. Inside this outline, there is a vertical, rounded rectangular bar. The bar is filled with a solid red color, representing 97% of the total. The text '97%' is written in a bold, dark blue font, and the word 'PADS' is written in a smaller, dark blue font directly below it.

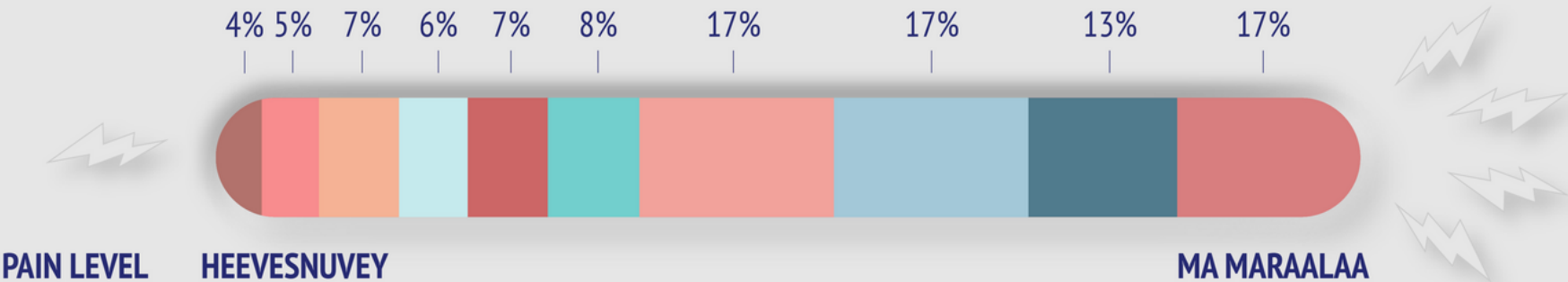
Product Type	Percentage
Disposable Pads	97%



Period Pain

How do you rate your pain level during periods?

72% Of Respondents Said Their Pain Level Was 6 Or More



How do you manage period pain?

**Pain Medication,
Taking A Rest Day And
Applying A Heat Pack
Are The Most Common
Remedies Used To
Cope With Period Pain**



29%

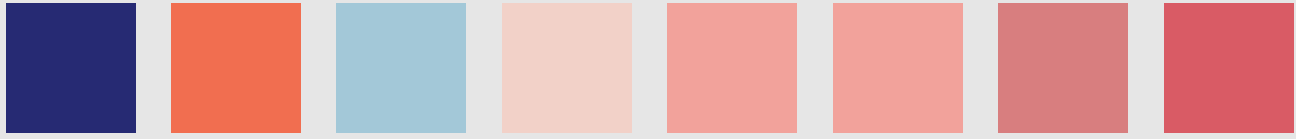


26%



19%

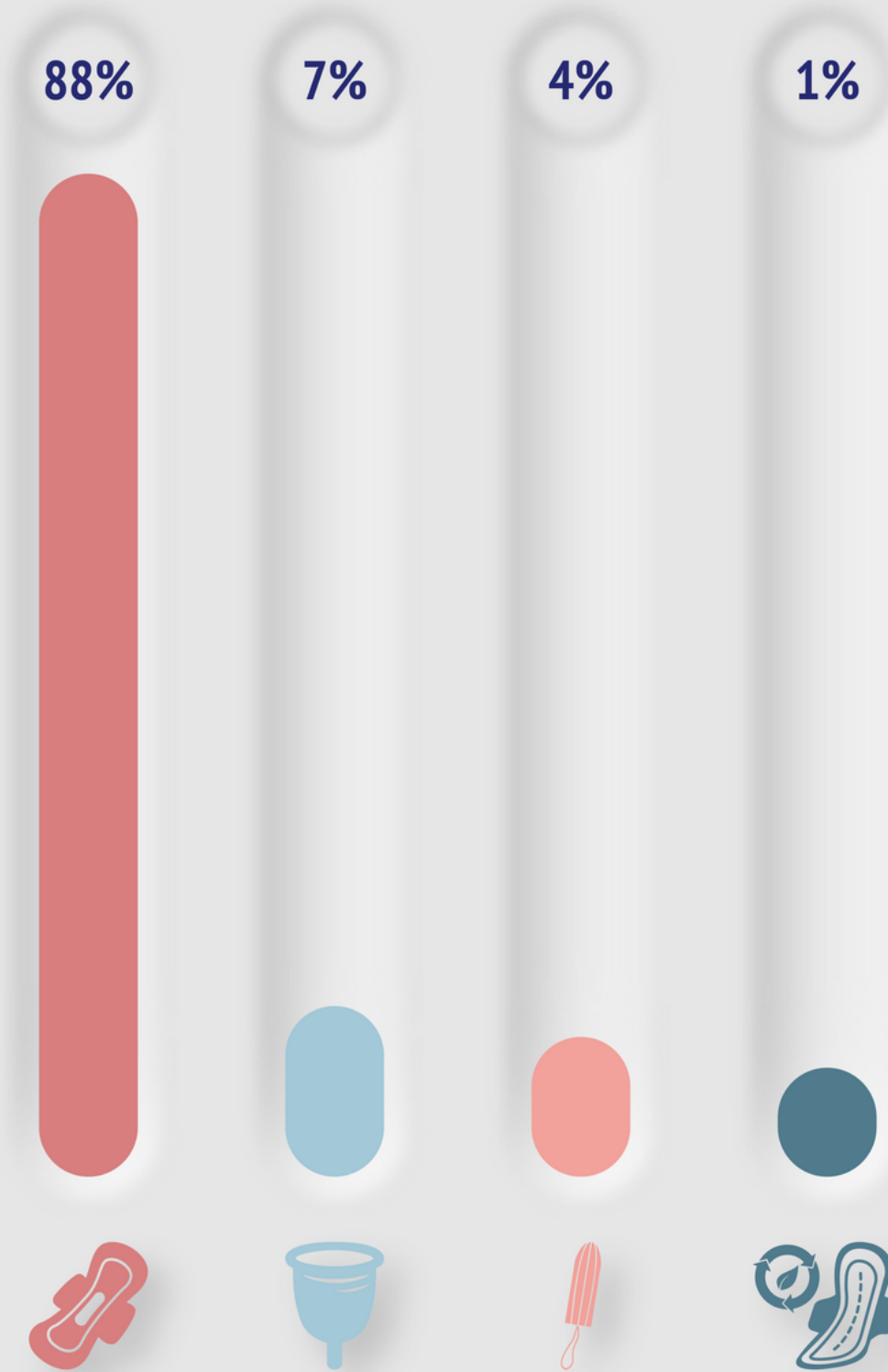
16% DO NOT HAVE SIGNIFICANT PAIN



Period Products

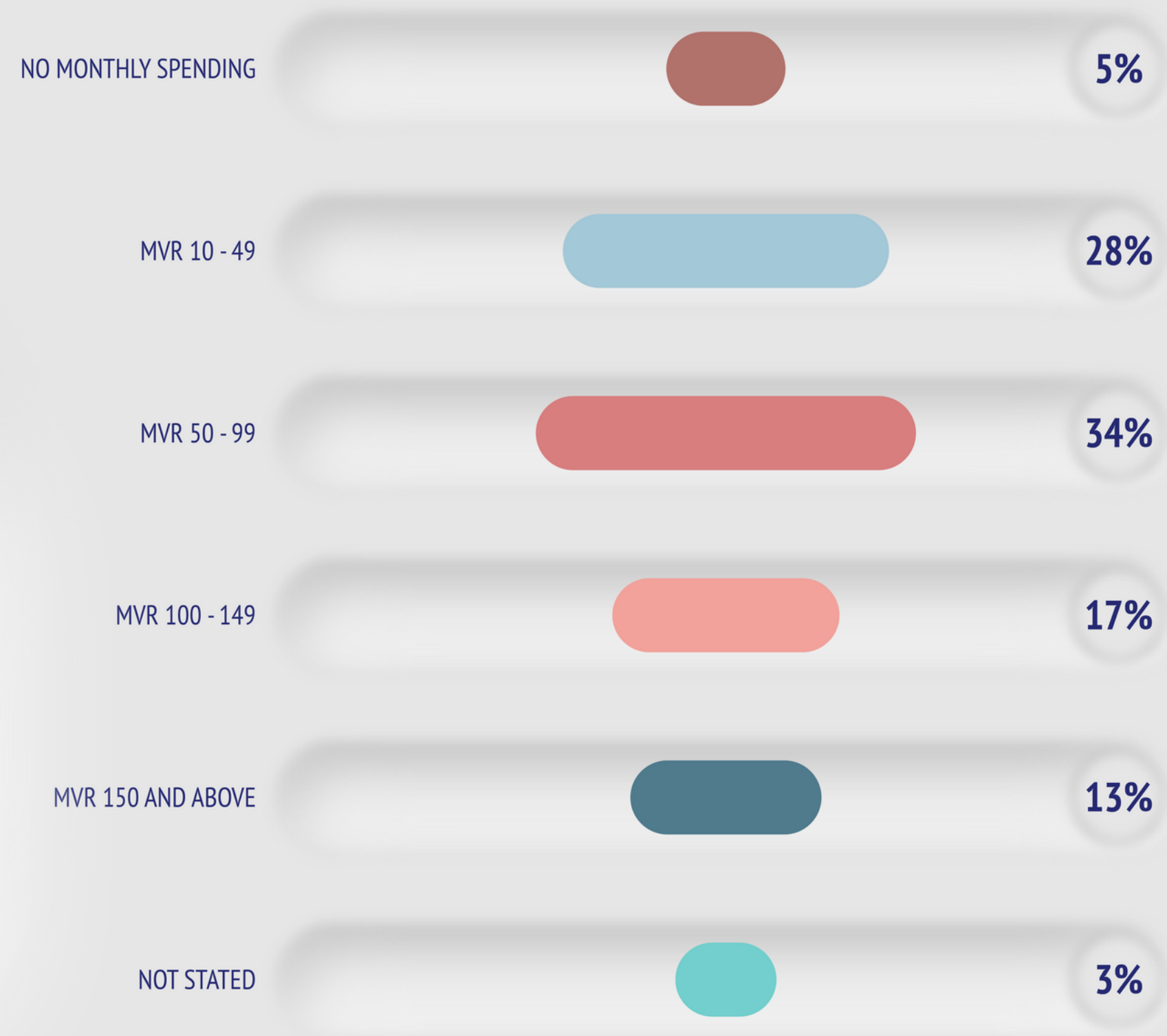
What is the main menstrual product used?

**Almost 9 Out Of 10
Respondents Use
Disposable Pads As
Their Main
Menstrual Product**



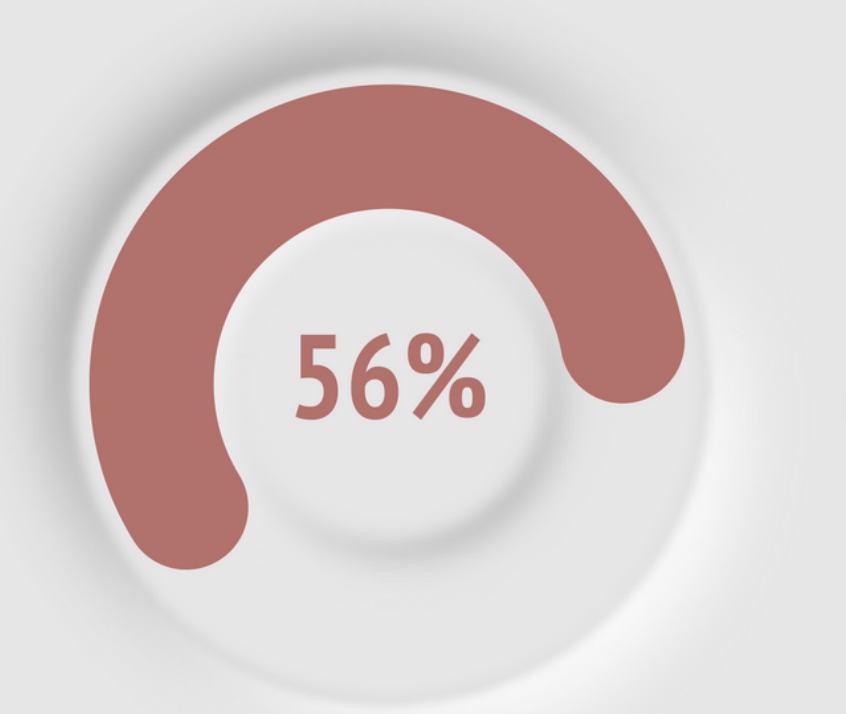
How much do you spend per month on periods?

Majority Of The Respondents Spend Between Mvr 10 – Mvr 100 Per Month On Period Products

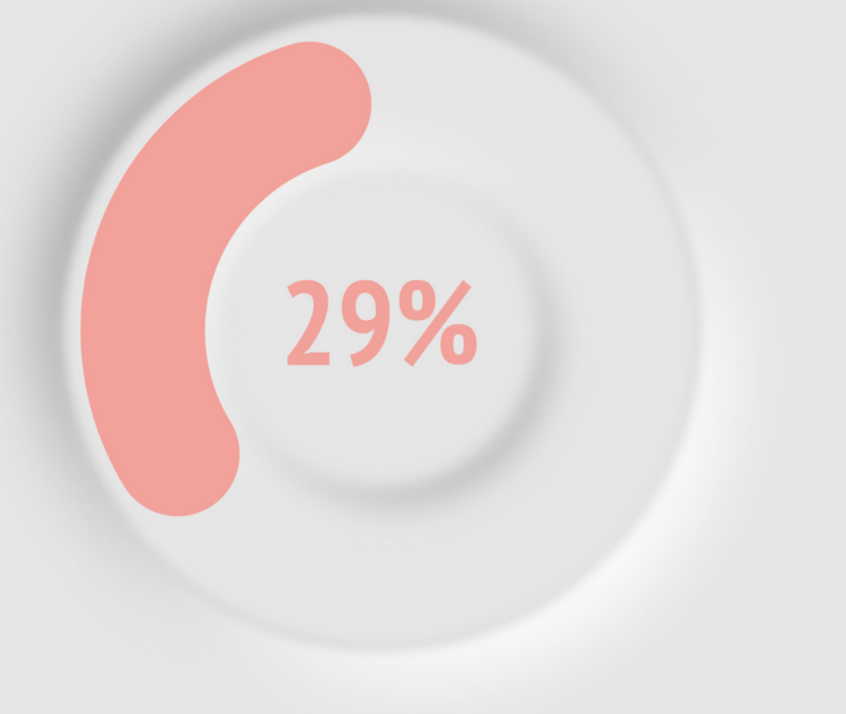


During the Initial outbreak of Covid-19 did you face any difficulty getting access to menstrual products?

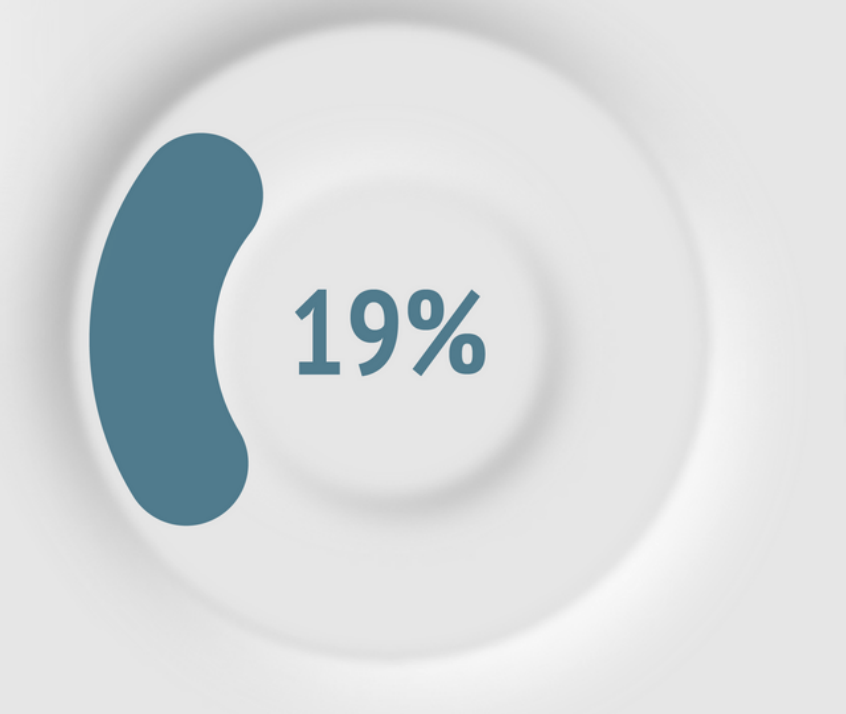
44% Faced Some Difficulties In Getting Menstrual Products



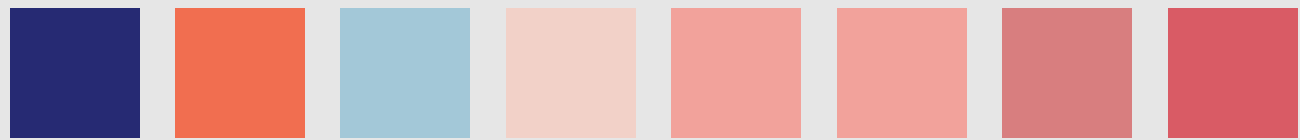
DID NOT FACE ANY DIFFICULTY



DID NOT MANAGE TO GET REGULAR BRAND OF MENSTRUAL PRODUCT



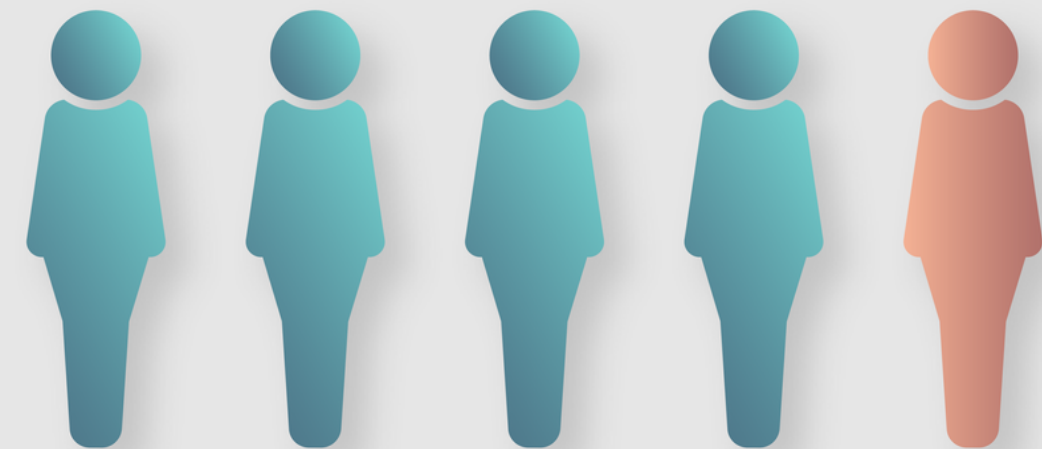
REGULAR SHOP FOR MENSTRUAL PRODUCTS RAN OUT OF STOCK



Menstrual Cups

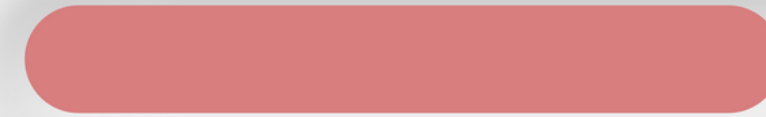
Do you use a menstrual cup?

**1 Out Of 10
Respondents Is A
Menstrual Cup User**

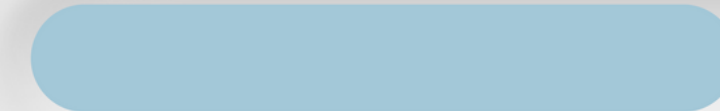


What activities became easier after switching to a cup?

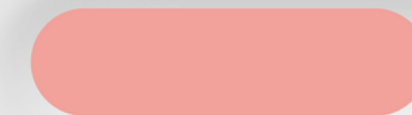
More Than Half Of The Respondents Who Use Menstrual Cups Said That Swimming And Gym Became Easier After Switching



58%



53%



26%

20% DIDN'T FIND ANY NOTICEABLE DIFFERENCE

What are the concerns with switching to a menstrual cup?

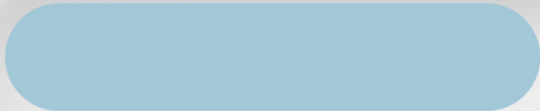
Majority Is Uncomfortable With The Thought Of Inserting A Cup Into The Vagina

UNCOMFORTABLE AT THE THOUGHT OF INSERTING



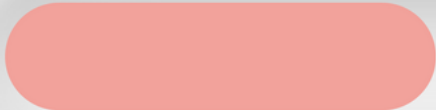
57%

CONCERNS WITH HYGIENE OR LEAKS



42%

CONCERNS ABOUT CUP COMING LOOSE OR FALLING OUT



32%

INITIAL COST

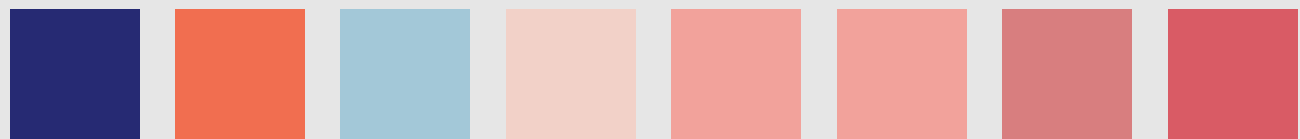


10%

RELIGIOUS CONCERNS



7%



Thank You