

Preliminary Findings from the
Menstrual health survey in Ukraine
28/05/2025



01. Survey Methodology



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-  **Objective:** The purpose of this short **online survey** is to better understand women's knowledge, practices, and challenges related to menstrual health and hygiene. The activity **aims** to assess the **relevance** of **current support** and **identify gaps in access to information, products, and services**, in order to improve future programming.
-  **Research design:** The survey uses a self-administered format through an **online questionnaire**. It includes a mix of **closed and open-ended questions** designed to capture both quantitative insights and individual experiences. The format allows respondents to complete the survey anonymously and at their convenience, promoting more open and honest feedback..
-  **Sampling:** The survey targets women and girls living across Ukraine, without being representing the woman population. Participation is voluntary and anonymous. The sample includes both direct beneficiaries of past hygiene-related interventions and women from the general. **161 responses** in total.

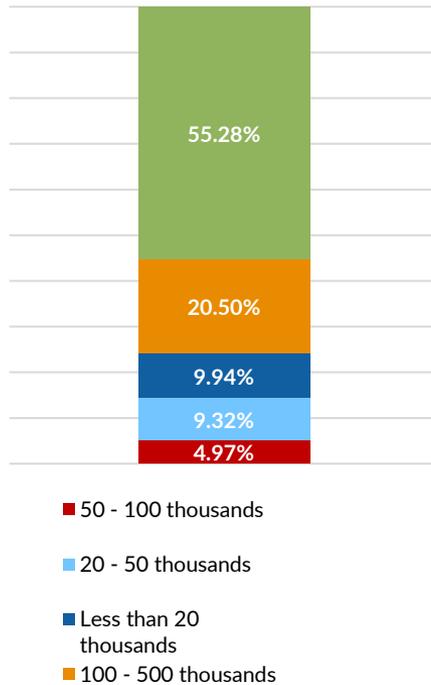
02. Findings



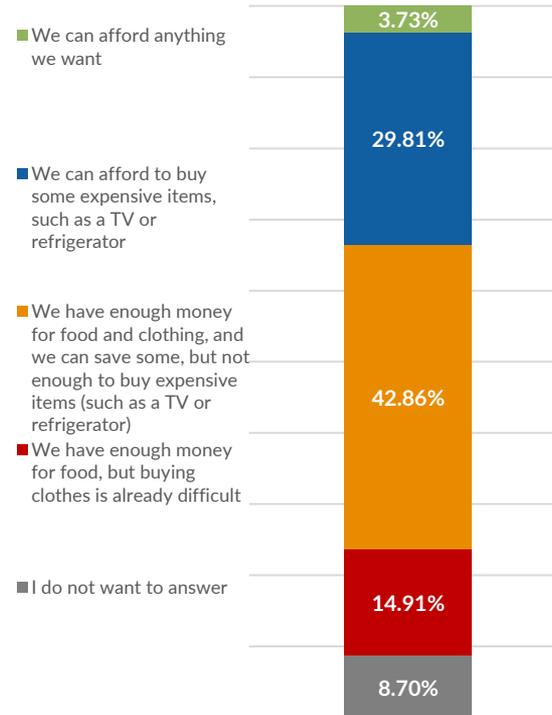
02. Main Findings

Socio-Demography

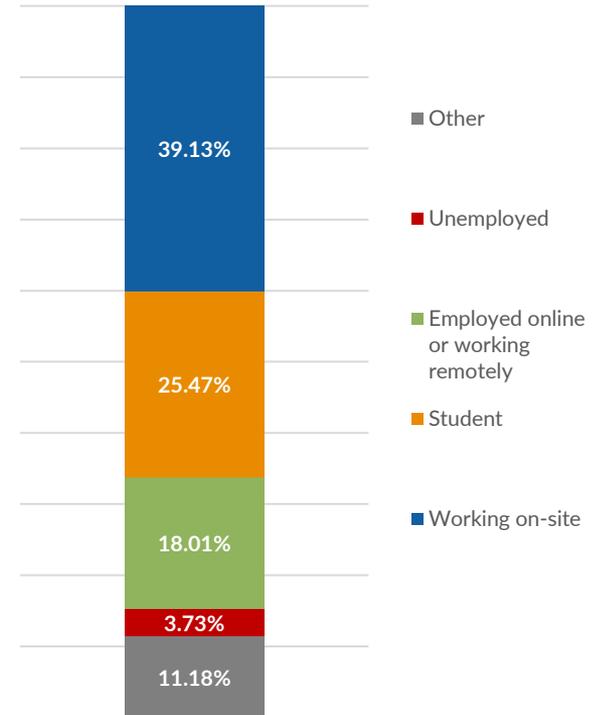
Place where respondent live



Financial status



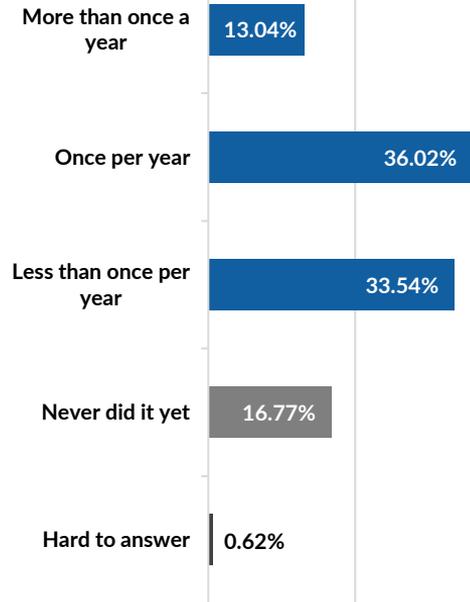
Occupation



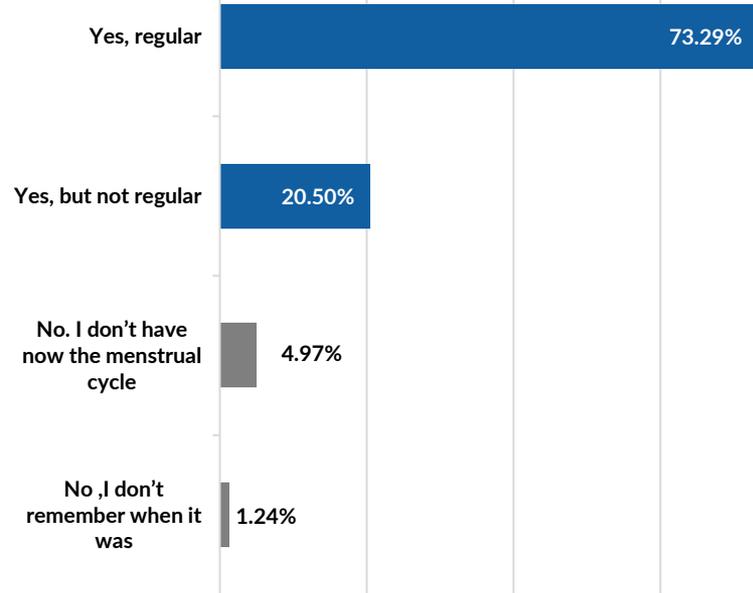
02. Main Findings

Menstrual Awareness

How often do you have examination and consultation with a gynecologist?



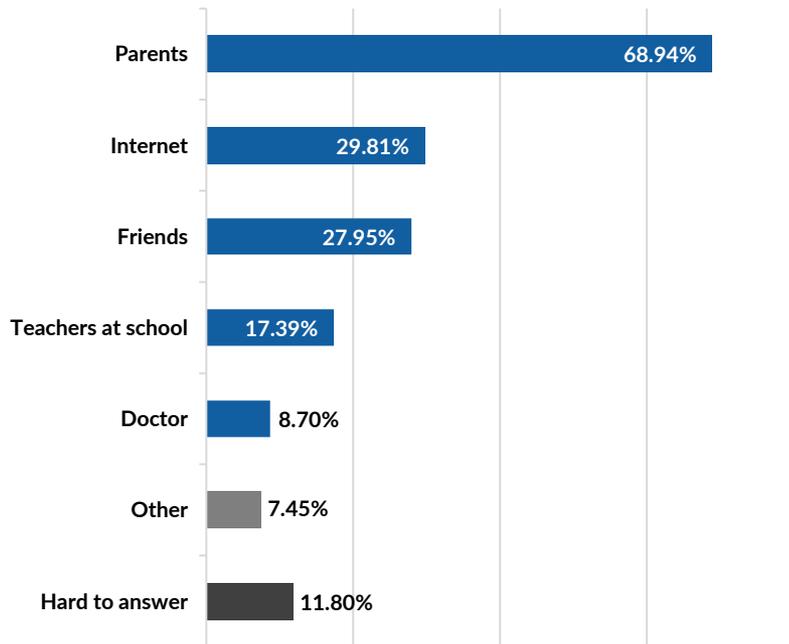
Do you have a menstrual cycle?



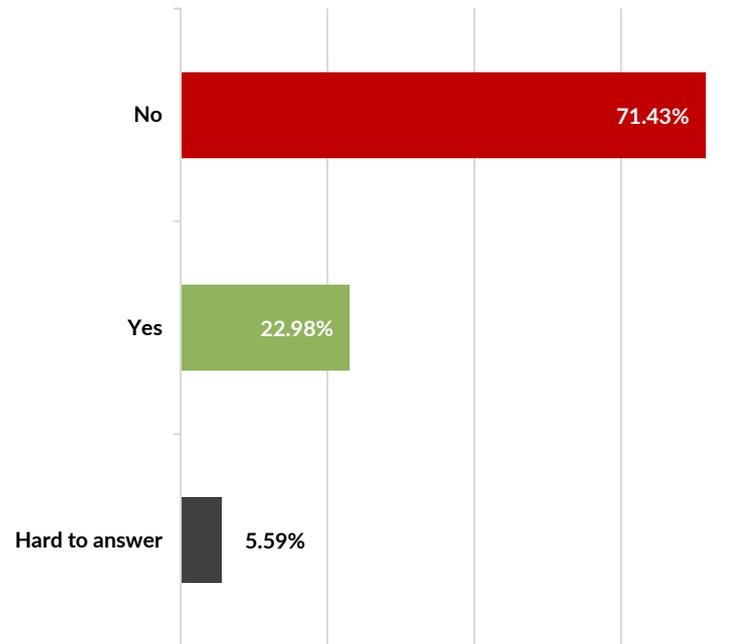
02. Main Findings

Menstrual Awareness

Who informed you about menstruation



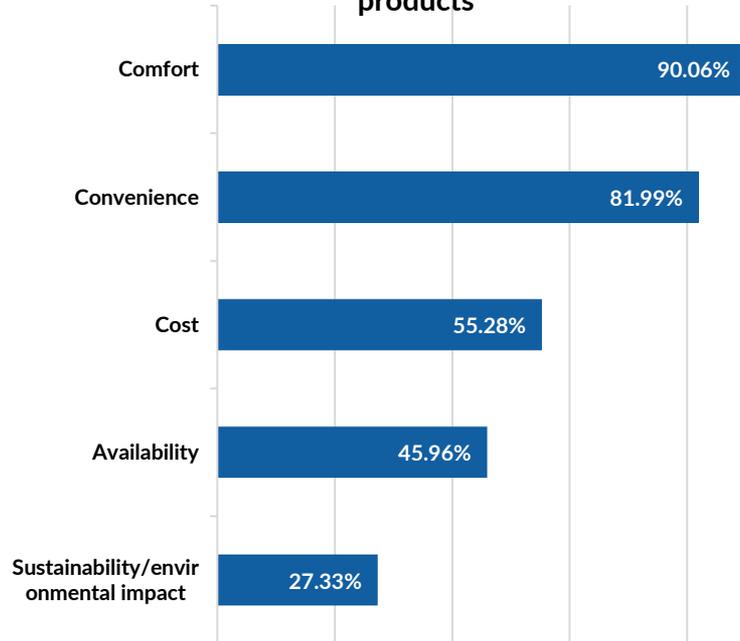
Sex and affective education in past



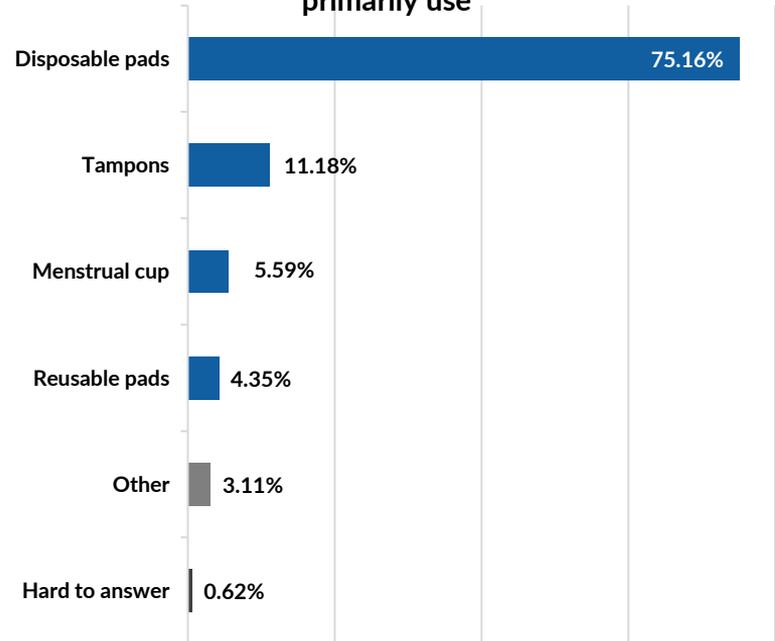
02. Main Findings

Menstrual Products

Most important factors when choosing menstrual products



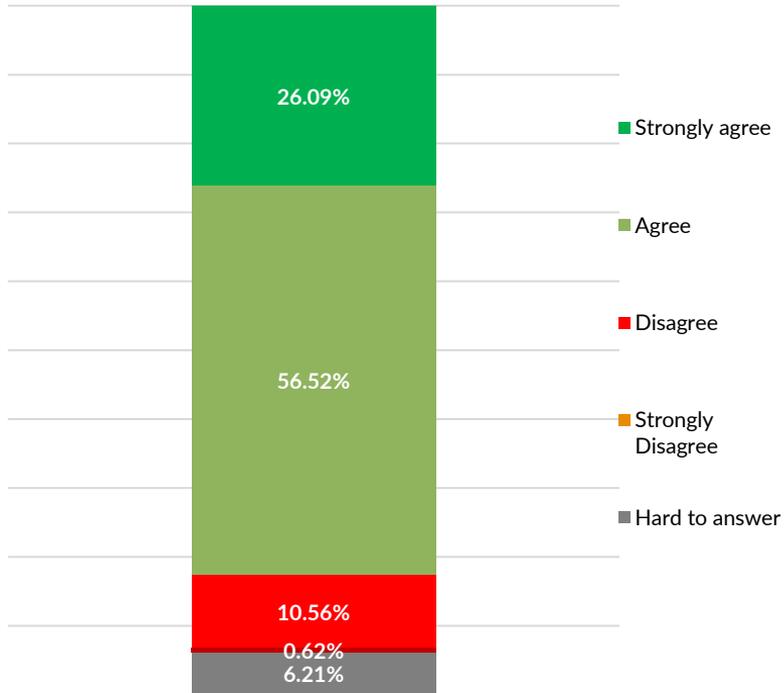
What type of menstrual products do you primarily use



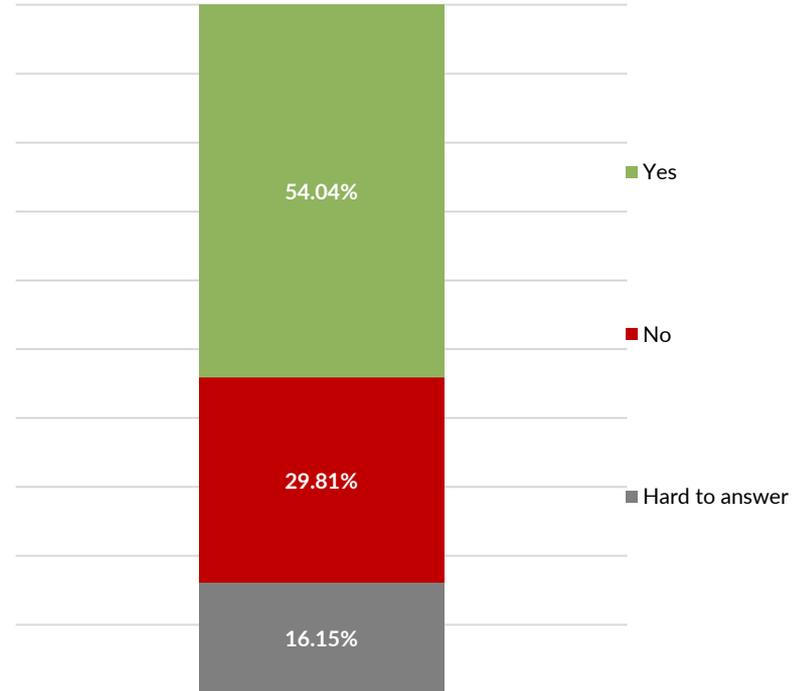
02. Main Findings

Menstrual Products

I am satisfied with current menstrual products



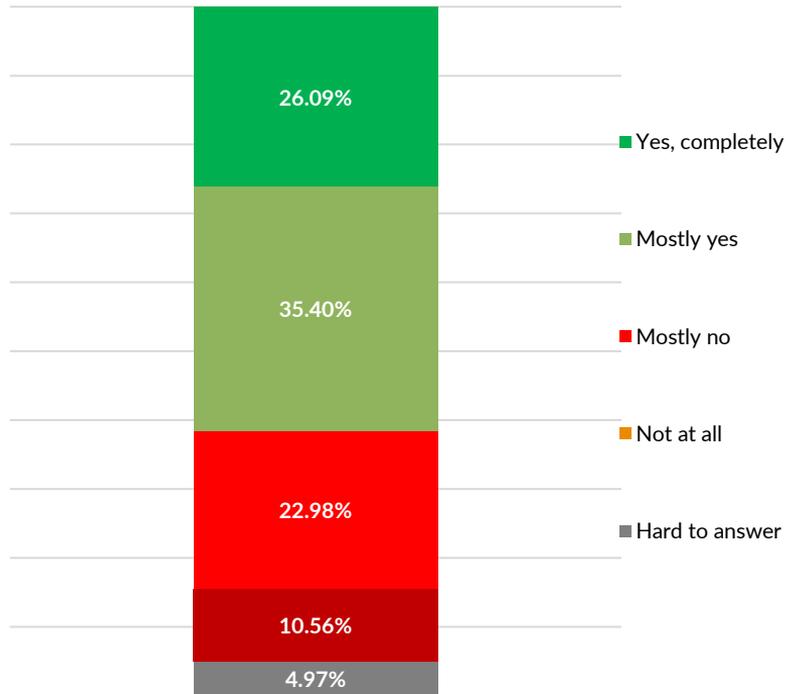
Considering using reusable menstrual pads



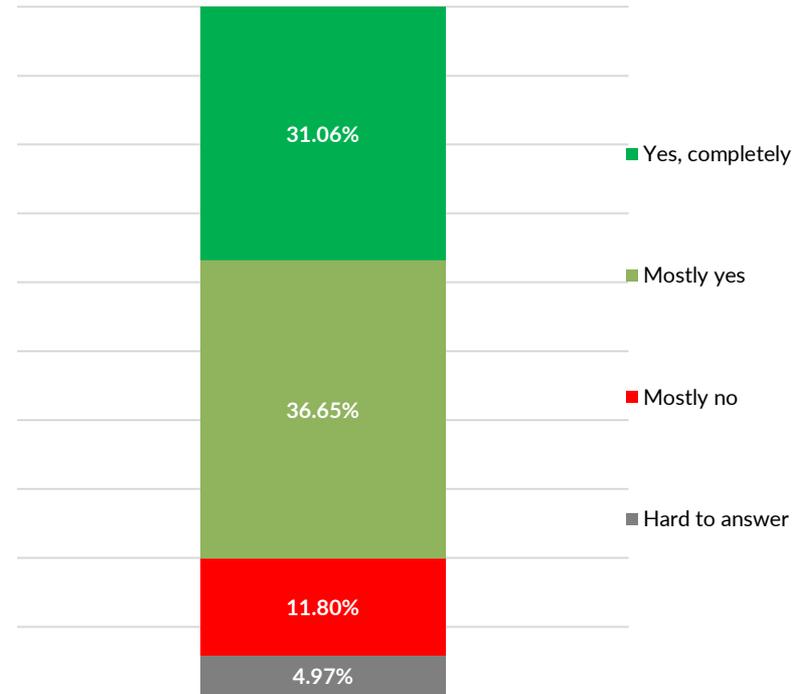
02. Main Findings

Reusable menstrual products

Willingness to try reusable menstrual products



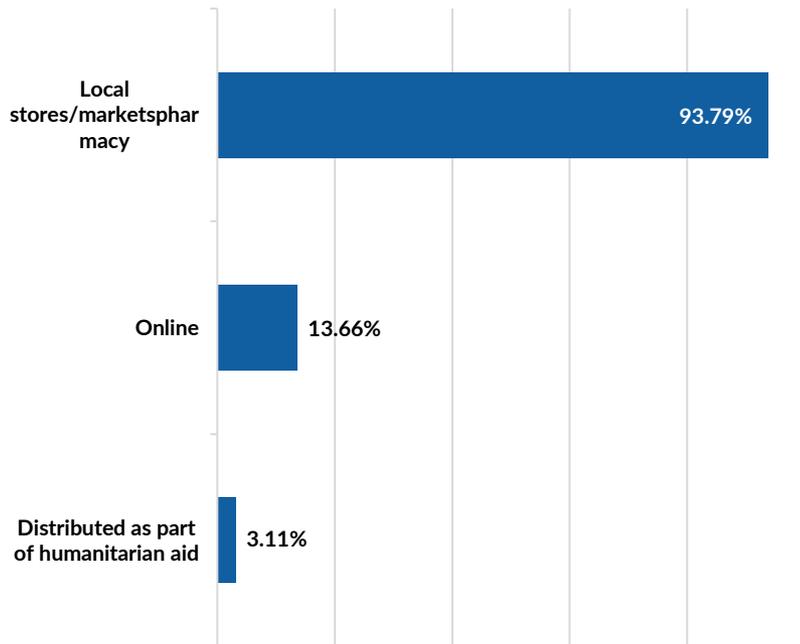
Willingness to use reusable menstrual products if they were included in hygiene kits



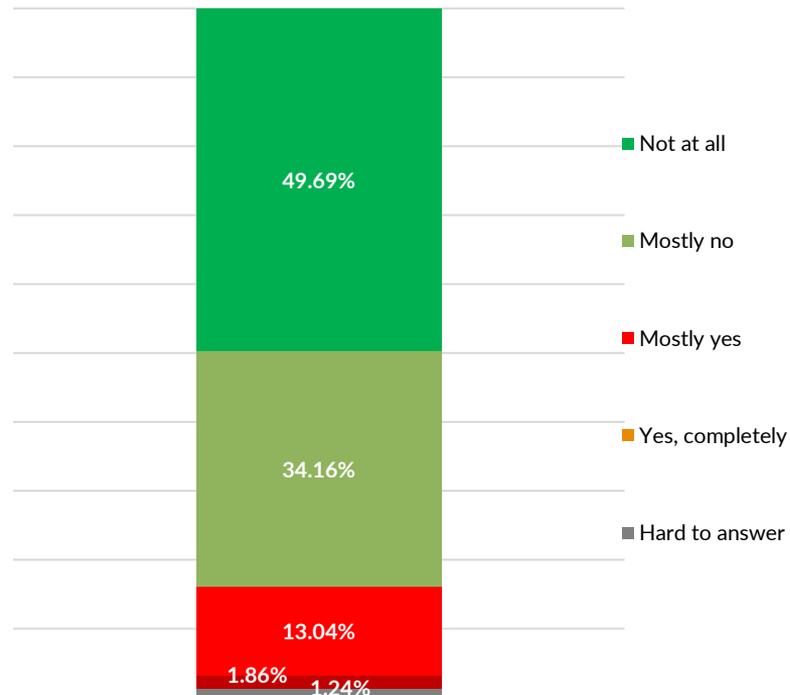
02. Main Findings

Access

Places to obtain menstrual products



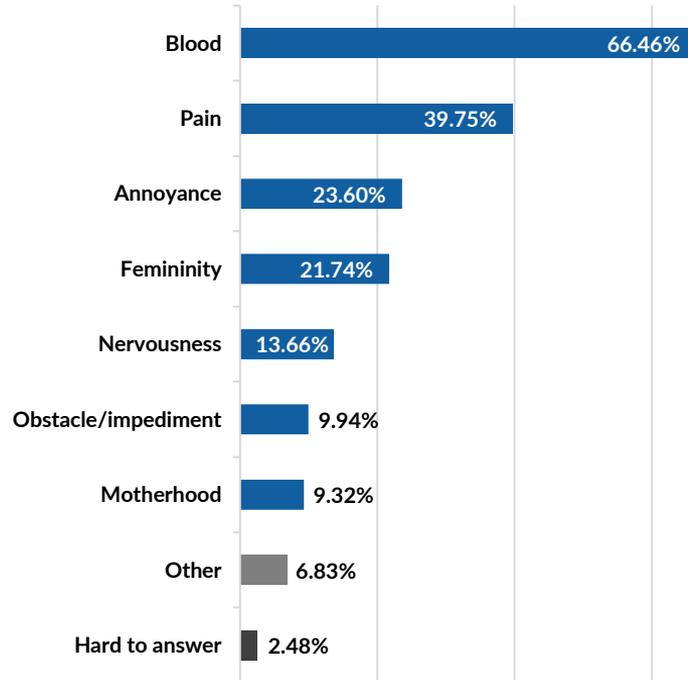
Did respondent faced challenges in access



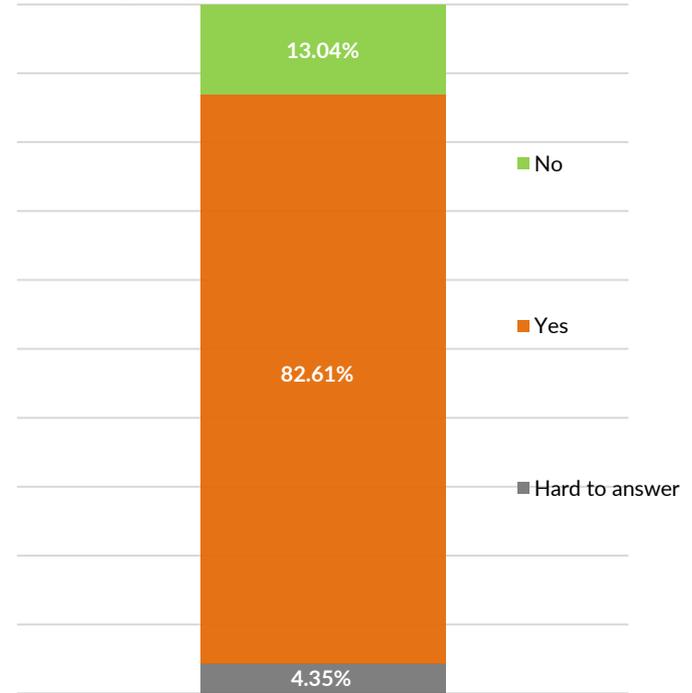
02. Main Findings

Barriers

The first association to word menstruation



Did you have to give up some of the activities because of your period?

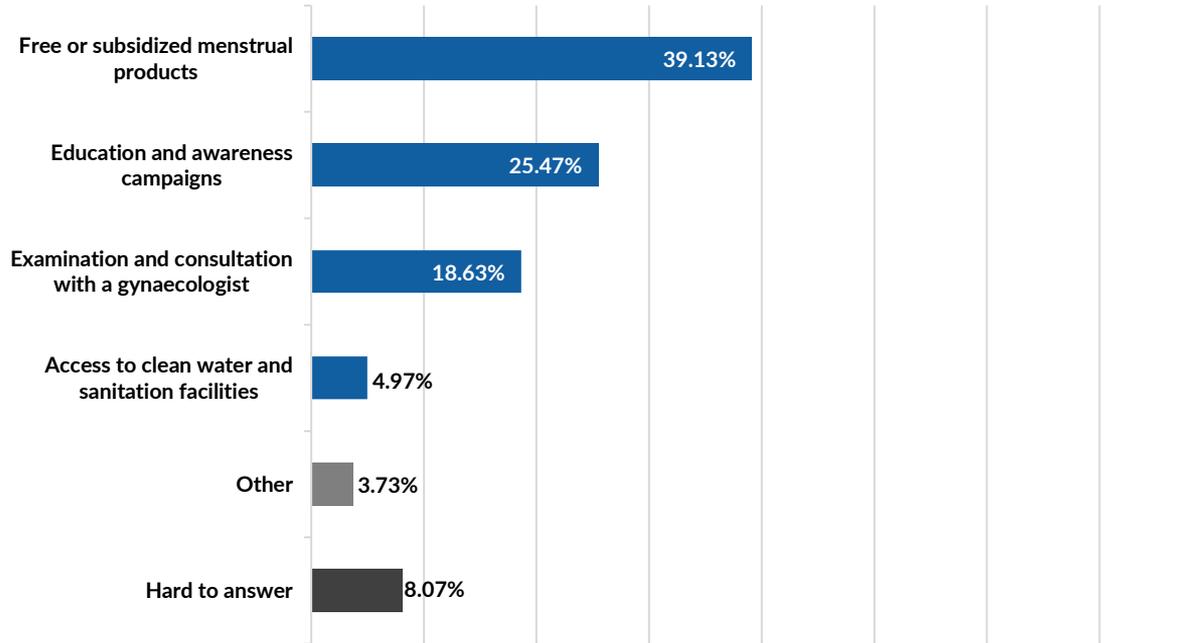


02. Main Findings

Support



Menstrual support in hromada



Thank you for your attention



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