

MENSTRUAL HEALTH NEEDS COMMITMENT FROM GLOBAL LEADERS

Policy Brief

PANDEMIC PERIODS



Pandemic Periods (PP) acknowledges with thanks all those who contributed to the preparation of this document. Additional thanks are due to the following people, who helped bring the copy to fruition.

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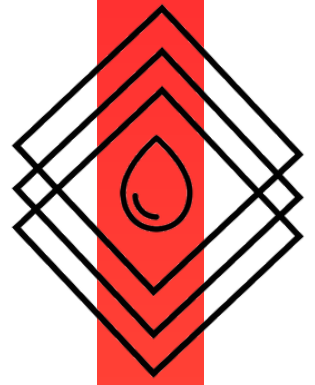
Disclaimer: This report is presented by Pandemic Period. This was an independent audit based on publicly available data.

About Pandemic Periods

Pandemic Periods advocates for menstrual health as a human rights and public health issue. We believe that women, adolescent girls, transgender men, and non-binary people who menstruate have the right to attain their menstrual health. Our mission is to diversify the menstrual health narrative, highlighting that menstrual health requires more than providing products alone. We want to crystalise the global menstrual health movement as a collective because we are stronger together!

Pandemic Periods apply rights-based approaches and an intersectional lens to co-create action-orientated advocacy that will feed into the United Nation's Sustainable Development Goals 2030. We aim to strengthen skills allowing activists to address the six areas outlined in the Priority List of Indicators for Girls' Menstrual Health and Hygiene: Technical Guidance and National Monitoring. We offer knowledge-sharing opportunities on our impact-driven blog, generate compelling thought leadership, host virtual events, and drive new partnerships.

We also support early-career individuals to develop their experience in this space and build skills around writing creative narratives, policymaker engagement, academic writing, multi-cultural team corporation, advocacy, and event curation. We offer mentorship when applying for jobs, interview techniques, and how to work in a professional environment. We partner with our junior team members so they can gain experience in team management, policy analysis, research, recruitment, strategy development, and in getting published. Together, we want to build an inclusive and supportive network to continue to address the challenges that prevent women, adolescent girls, transgender men, and non-binary individuals from attaining menstrual health.



Acronyms

Group of Seven: G7

Group of Twenty: G20

CEDAW: Convention on the Elimination of All Forms of Discrimination Against Women

PP: Pandemic Periods

SDGs: Sustainable Development Goals

SRH: sexual and reproductive health rights

UN: United Nations

UN CRC: United Nations Convention on the Rights of the Child

WASH: water, sanitation and hygiene

WHA: World Health Assembly

WHO: World Health Organization



Pandemic Periods has continued to advocate for menstrual health for women, adolescent girls, transgender men and non-binary people who menstruate since 2020. We aim to voice to the voiceless. We remain a people-oriented organization that strives to elevate menstrual health globally. Now we are advocating for the inclusion of menstrual health at high-level meetings and summits.

We must address menstrual health at high-level global health meetings to attain specific United Nations Sustainable Development Goals such as gender equality, health and women empowerment, and human rights. We need a global commitment by all partners and multi-lateral organizations to address the multi-faceted and diverse nature of the challenges that underpin poor menstrual health.

The time is now for all to include menstrual health in global conversations and commitments.

Sincerely,

Dr Jackline Mosinya Nyaberi
Board member, Kenya
Pandemic Periods





Foreward

To celebrate [#WomenDeliver2023](#), [Pandemic Periods](#) is launching a report calling global leaders to incorporate [#menstrualhealth](#) into their agendas to support progress towards multiple [#SDGs](#). This report builds on our comment in the [BMJ](#) in 2022 that calls for global leaders to do more to drive menstrual justice ([Pandemic Periods has continued to advocate for menstrual health](#))

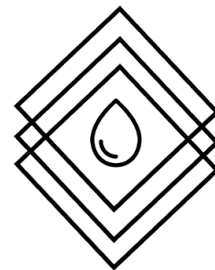
India's G20 Presidency will highlight the adolescent health agenda in September 2023. They started this by hosting the global alliance for Women's Children's and adolescent health ('PMNCH') in June in Delhi, which placed the spotlight on the adolescent and youth SDG agenda, but did this include menstrual health? At the G20, will menstrual health be mainstreamed across education, WASH, leadership, SRHR, gender equality, social inclusion and more?

Yes, attaining menstrual health requires more than access to affordable, safe and appropriate products; it requires comprehensive programmes and international collaborations that address the full scope of menstrual health. This includes simultaneously addressing the social determinants of health, such as social stigma, income inequality, and inadequate facilities that transcend geographical boundaries.

Our focus on global leaders such as the G7 and G20 exemplifies that menstrual health is a profoundly political issue that requires global commitment so that finances can be mobilised and menstrual health prioritised at that level. We acknowledge the fantastic work of grassroots activists but call on global leaders to mobilise to support these regional and local efforts.

By recognising the importance of menstrual health as a cross-cutting issue, global leaders such as the G20 or the G7 can leverage their collective resources and influence to promote sustainable development, gender equality, and social well-being.

We welcome thoughts on how we can advance this discussion!



Menstrual Health Requires Commitment from Global Leaders

The World Bank estimates that approximately 1.8 billion women, adolescent girls, transgender men and non-binary people worldwide menstruate. Yet, menstrual health is often absent from the agenda of global fora, government agendas, or government solutions or policies that focus predominantly on providing products to adolescent girls or people in crisis. Whilst we recognise the importance of these initiatives, this policy brief highlights the importance of mainstreaming menstrual health into broader public health and rights-based programmes, interventions, and advocacy to further progress towards the United Nations' Sustainable Development Goals (SDGs) 2030 agenda. By prioritising menstrual health across global platforms like the World Health Assembly, G20, or the G7, we can empower women, adolescent girls, transgender men, or non-binary people who menstruate, promote gender equality, improve health outcomes, and advance multiple SDGs simultaneously.

UNICEF estimates that poor menstrual health affects an estimated 500 million women, adolescent girls, and people who menstruate, and 1.25 billion women and adolescent girls lack access to a safe, private toilet. Menstrual health is "complete physical, mental, and social well-being, and not merely the absence of disease or infirmity concerning the menstrual cycle". Several factors can prevent a woman, adolescent girl, or person who menstruates from attaining menstrual health. These factors include an absence of:

1. Access to menstrual products and safe, discreet, and hygienic spaces to manage menstruation.
2. Comprehensive sexual and reproductive health education that includes menstrual health across the life course.
3. The right to manage menstruation without shame or stigma.

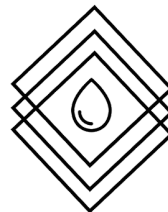
Attaining menstrual health requires more than access to affordable, safe and appropriate products; it requires comprehensive programmes and international collaborations that address the full scope of menstrual health. This includes simultaneously addressing the social determinants of health, such as social stigma, income inequality, and inadequate facilities that transcend geographical boundaries.

Menstrual health is "complete physical, mental, and social well-being, and not merely the absence of disease or infirmity concerning the menstrual cycle" - Hennegan et al, 2021

Period poverty or poor menstrual health affects an estimated 500 million women, adolescent girls, and people who menstruate, and 1.25 billion women and adolescent girls lack access to a safe, private toilet.

According to UNICEF, approximately 1.8 BILLION Women, girls, & transgender, & non-binary people menstruate





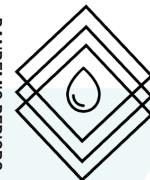
Far-reaching consequences

Menstrual health is often seen as purely a sexual and reproductive health (SRH), WASH, or education issue; however, it is a cross-cutting issue that needs to be integrated and mainstreamed into health, work, school, community, and all areas of society.

Menstrual health as a human right promotes the health and well-being of women, adolescent girls and people who menstruate. It upholds human dignity, advances gender equality, prevents discrimination, and exists by international human rights standards. The SDGs are interconnected, and several would benefit from a focus on improving menstrual health. Recognising the right to menstrual health sets a precedent for protecting women, adolescent girls, and people who menstruate, necessitating comprehensive access to menstrual products, education, and facilities, thereby promoting equal treatment and opportunities for all individuals. It reinforces the need for policy and legislative measures, resource allocation, societal attitudes that uphold the rights and well-being of all who menstruate, and the attainment of the SDGs.

Currently, there are limited opportunities for all actors in menstrual health to share learnings. Conferences are often only available to those that are funded or organisations with funding select speakers. This means the groups share the same messages, and the same people represent the movement at global events, which can result in a lack of intersectionality and diversity in lived experiences and approaches.

For organisations or individuals with limited funding, there is a need for knowledge exchange, case studies, peer learning, and collaborative partnerships that could facilitate the sharing and replication of policies can be challenging to access. Sharing knowledge between countries, governments, and civil society organisations could facilitate the development of coordinated strategies to address menstrual health. This could galvanise a global call to action and enable cross-border collaborations with a broader and more lasting impact.



Addressing Menstrual Health can Accelerate Progress towards SDGs

Discussions at the global level need to mainstream menstrual health into WASH, SRHR, education, workforce, inequalities, gender equality, and poverty-alleviating initiatives because it is a cross-cutting issue that requires intersectional and systems approaches. Addressing menstrual health will accelerate progress towards the following SDGs:

SDG 1: No Poverty: Period poverty can happen anywhere, without access to period or affordable period products. This can disproportionately affect lower-income households. Period poverty can happen to anyone who needs period products but cannot access them in school, at work, or in their daily lives. By destigmatising funding initiatives that offer these households access to menstrual products, we will alleviate the potential challenge of women, adolescent girls, or people who menstruate from choosing between menstrual products or other household necessities.

SDG 3: Enhancing Health and Well-being: Menstrual health is intrinsically linked to women's health and well-being. Insufficient access to menstrual products and healthcare services increases the risk of infections, reproductive health complications, and mental health issues. Investing in menstrual health, the World Health Assembly, G20, and the G7 can improve women, adolescent girls, and menstruating people's overall health outcomes, contributing to SDG 3 (Good Health and Well-being).

SDG 5: Gender Equality: Gender equality is central to the SDGs, and menstrual health is crucial. Lack of access to menstrual products and sanitation facilities leads to school absenteeism, limiting girls' education and perpetuating gender disparities. Funding menstrual health movements and programmes can break down these barriers, enabling girls to attend school regularly and ensuring equal access to education, thereby contributing to SDG 4 (Quality Education) and SDG 5 (Gender Equality).

SDG 8: Decent Work and Economic Growth: Insufficient access to menstrual products and facilities hampers women's productivity and economic participation. By investing in menstrual health initiatives, the G20 can support women's economic empowerment, reduce productivity losses, and contribute to SDG 8.

SDG 10: Reduced Inequalities: Poor menstrual health can affect anyone who menstruates at any time but disproportionately affects women, adolescent girls, and people who menstruate in low socio-economic households. We must encourage menstrual health programmes to be intersectional and employ rights-based approaches so that people with disabilities, those that are incarcerated, people experiencing homelessness, LGBTQIA+ individuals, those living in poverty, and women of colour have access to the products, WASH facilities, and education, in environments that are free from menstrual stigma and shame so they can attain their menstrual health.

SDG 12: Sustainable Consumption and Production, and SDG 13: Climate Action: Sustainable Development and Environmental Protection are critical when increasing access to menstrual products. Products often generate considerable waste, mainly when non-biodegradable materials are used. Investing in sustainable menstrual products, such as reusable pads or menstrual cups, can reduce waste, promote environmental sustainability, and offer comprehensive information about each product and its benefits, which will support individuals in making informed choices about the products they use. Promoting reusable products where possible and building self-efficacy so that individuals can opt to have access to them could contribute to SDG 12 (Responsible Consumption and Production) and SDG 13 (Climate Action).

Menstrual Health is Breaking onto the Global Agenda!

The impact of poor menstrual health is far-reaching and requires further high-level commitment from global leaders to address the systemic and structural barriers that perpetuate it. Menstrual health has recently featured on the worldwide health agenda through the following platforms; however, there seems to be limited progress in advancing the discussion, catalysing sustainable action, and galvanising the global menstrual health movement behind a shared agenda.

UN General Assembly

The UN General Assembly has included menstrual health in various resolutions and initiatives but has yet to be a standalone item on its agenda. Some solutions, such as the one on "The Human Rights Towards Safe Drinking Water and Sanitation" (A/RES/70/169) (2015), acknowledge the importance of "menstrual hygiene management".

World Health Assembly

The World Health Assembly, the decision-making body of the World Health Organization (WHO), has also recognised the significance of menstrual health in the past. In 2019, the WHA adopted resolution WHA72.13, which called for improved access to and quality of comprehensive sexual and reproductive health services, including menstrual health and hygiene. This resolution emphasises the importance of integrating menstrual health into national health policies and programmes.

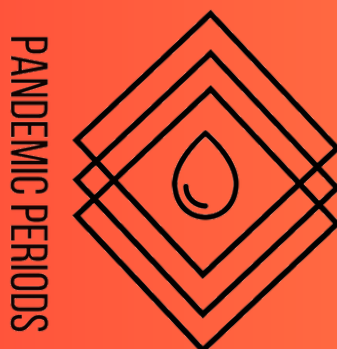
World Health Assembly Resolution 60.25 (2007) on "Strengthening Health Systems to Address Women's and Children's Health" recognises the importance of promoting gender equality, women's empowerment, and reproductive health. Although it does not explicitly mention menstrual health, it emphasises the need to address women's health needs comprehensively.

Human Rights Council

In June 2022, the Office of the High Commissioner of Human Rights convened a session during the 50th session of the Human Rights Council that discussed menstrual health. The focus was predominantly on the critical issue of menstrual health in a humanitarian crisis. Still, it should be extended to include the approximately 500 million women, adolescent girls, transgender men, and non-binary people who menstruate worldwide who face challenges due to inadequate access to menstrual products, education, water, sanitation, and hygiene facilities (WASH), and healthcare services each month. There were also discussions about menstrual health at the UN Commission on the Status of Women 67th Session non-government Organisation (NGO) Forum (but not on the main agenda). At the UN's 2023 Water Conference, there was a side event that focused on "Sanitation and Menstrual health: Engaging stakeholders in advancing menstrual health and school sanitation" Menstrual health remains an often neglected aspect of global health and development that is absent from the agenda of high-level international health meetings.

As of September 2021, menstrual health, menstrual hygiene, or its management had yet to be included explicitly on the agenda of the G20. However, discussions on related topics, such as women's health and empowerment, gender equality, and sanitation, have occurred within the G20 context. Similarly, menstrual health, menstrual hygiene, or menstrual hygiene management had yet to be included on the agenda of the G7 as of September 2021. However, issues related to women's health and gender equality, including access to healthcare and women's empowerment, have been discussed during the G7 summits.

Including menstrual health in discussions at global platforms like the World Health Assembly, the G20, and the G7 is vital for advancing gender equality, protecting human rights, improving public health, promoting education and empowerment, fostering economic development, and ensuring global health equity.





Strategic Reasons Global Leaders Must Champion Menstrual Health

By recognising the importance of menstrual health as a cross-cutting issue, global leaders such as the G20 or the G7 can leverage their collective resources and influence to promote sustainable development, gender equality, and social well-being. Leaders must include menstrual health in discussions at major international forums like the World Health Assembly for several reasons:

1. Gender Equality, Social Inclusion, and Human Rights: Addressing menstrual health on these global platforms, leaders can contribute to promoting gender equality and advancing human rights. Menstrual health is an integral part of SRH, and ensuring access to proper menstrual care is essential for the fulfilment of women, adolescent girls and people who menstruate rights to health, education, work, and dignity at home and in society. Menstrual health programmes can contribute to achieving gender equality by addressing the stigmas and barriers that women, adolescent girls, and people who menstruate face. By promoting inclusivity, these programmes create a more equitable society where all individuals have equal opportunities to thrive. Gender equality has been shown to have positive economic effects, such as higher GDP growth rates and increased productivity.

2. Public Health Impact: Discussing menstrual health, global health leaders can promote programmes, policies and interventions that address access to information, products, and WASH facilities, leading to improved health outcomes for women, adolescent girls, and people who menstruate worldwide that underpin the social determinants of health that drive poor menstrual health. Menstrual health programmes can also help prevent and manage menstrual disorders, infections, and other health issues associated with poor menstrual health. By providing affordable and accessible menstrual products, these programmes can reduce the likelihood of related complications, leading to lower healthcare costs for individuals and the healthcare system.

3. Education and Empowerment: Addressing menstrual health at global forums, leaders can highlight the importance of providing comprehensive menstrual health education, creating supportive environments, and implementing policies that ensure adolescent girls and people who menstruate can manage their periods with dignity in educational settings. When adolescent girls have access to menstrual health education, they are more likely to stay in school, leading to better educational outcomes. Educated women tend to have higher earning potential and contribute more to the economy. Empowering adolescent girls through education and supporting their menstrual health contributes to their overall well-being and ability to reach their full potential, optimise their ability to enter further education or the workforce, and preserve the women's leadership pipeline.

4. Economic Development and Increased Workforce Productivity: By prioritising menstrual health, global health leaders can create enabling environments that support women's economic participation, reduce gender disparities, and enhance overall economic development. They can do this by acknowledging the basic needs of women and people who menstruate in the workforce, which could reduce menstrual health discrimination in the workplace. Furthermore, more women and adolescent girls can participate fully in the force by providing access to menstrual health products, education, and support. Menstruation-related challenges, such as limited access to menstrual products or stigma, often lead to missed school or workdays. Addressing these issues can reduce absenteeism and increase overall productivity.

Investing in menstrual health programmes can create business opportunities and stimulate local economies. It can support the production, distribution, and sales of menstrual products, generating income for entrepreneurs and providing employment opportunities. This can lead to economic growth and poverty reduction, particularly in low-income communities.

5. Global Health Equity and a Reduction in Social and Economic Inequalities: Lack of access to menstrual products disproportionately affects marginalised communities, exacerbating social and economic inequalities. By investing in menstrual health programmes, governments can work towards reducing these inequalities and promoting social justice. This can lead to a more inclusive society and create conditions for sustainable economic development.

By including menstrual health in global health discussions, leaders can raise awareness, reduce stigma, and mobilise resources to address the specific needs of women, adolescent girls and people who menstruate. This inclusivity promotes global health equity, ensuring no one is left behind pursuing universal health coverage and well-being.

Lack of access to menstrual products disproportionately affects marginalised communities, exacerbating social and economic inequalities. By investing in menstrual health programmes, governments can work towards reducing these inequalities and promoting social justice. This can lead to a more inclusive society and create conditions for sustainable economic development.

Including menstrual health in discussions on global health platforms like the World Health Assembly, the G20, and the G7 is vital for advancing gender equality, protecting human rights, improving public health, promoting education and empowerment, fostering economic development, and ensuring global health equity.

Overall, investing in menstrual health programs at a national and global level not only improves the well-being and empowerment of individuals but also contributes to economic growth, productivity, and social progress. Investing in menstrual health programmes at a national and global level can yield significant economic and societal benefits for society. Here are several ways such investments can contribute to everyone's well-being and benefit society, health, and social systems.





Recommendations

As civil society representatives, Pandemic Periods applaud global leaders for addressing critical global challenges. We recognise the significance of esteemed assemblies in shaping policies that affect billions of people worldwide.

Progress is achieved through meaningful dialogue, inclusive decision-making, and collaborative action. By heeding the concerns and perspectives of several civil societies, global leaders can reinforce their role as a catalyst for positive change, channelling people's aspirations worldwide. These recommendations are tailored to address pressing challenges facing menstrual health. They acknowledge socioeconomic disparities, human rights violations, gender inequality, and global health crises. We firmly believe that only addressing these issues comprehensively and holistically can contribute to a sustainable, just, and prosperous future. By incorporating these suggestions into deliberations, we can amplify the effectiveness of its decisions and strengthen its commitment to the well-being of people and the planet. Therefore, we present a set of recommendations rooted in equity, sustainability, and human rights, aiming to enhance menstrual health for all.

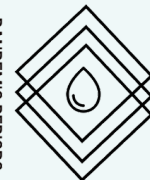
1

Galvanise the Global Movement Co-Creating a Shared Menstrual Health Agenda

Co-creating a shared agenda and global coordination will strengthen the collective voice advocating for menstrual health globally, exerting more significant pressure on policymakers, raising more awareness at international forums, and shaping agendas through one collective ASK. Addressing menstrual health challenges holistically through coordinated global collaborations and stemming from a shared call to action could enable resource mobilisation and harness expertise from different countries and organisations. Facilitating research, broader distribution of menstrual health products, and demanding recognition at the global level.

Promoting menstrual health on global health agendas and policies is essential to promote gender equality, improve the well-being of women, adolescent girls, and people who menstruate, enhance educational opportunities, address health disparities, and advance sustainable development. For example, is the Convention on the Elimination. At the same time, CEDAW recognises the importance of reproductive health and requires states to ensure equal access to healthcare services, including family planning and prenatal care. This is further echoed by the absence of menstrual health discrimination (including perimenopause and menopause discrimination) in the ILO's Violence and Harassment Convention, 2019 (No. 190).

By recognising and prioritising menstrual health (including menstrual disorders, perimenopause and menopause), global health leaders can drive meaningful change, demonstrate leadership, encourage governments to prioritise menstrual health policies, empower women, adolescent girls, and people who menstruate, and contribute to a healthier, more equitable world.



2

Amplify Diverse Voices by Funding Grassroots and Menstrual Health Movements

Movements are driven by local individuals deeply rooted in their communities. By supporting these movements, we empower local leaders and activists to take ownership of menstrual health issues and find contextually and culturally appropriate solutions. This approach fosters community engagement and ensures that interventions are sustainable and relevant to the local context. Grassroots menstrual health movements provide an intersectional lens and prioritise inclusivity, and centre the voices of those directly affected by menstrual health challenges. They often advocate for the rights of marginalised groups, such as low-income individuals, people of colour, LGBTQIA+ individuals, and those with disabilities.

They are promoting community-led initiatives prioritising the meaningful involvement of local stakeholders, including women and adolescent girls, people with disabilities, transgender men, and non-binary people who menstruate in decision-making processes related to menstrual health. Empowerment and ownership at the grassroots level ensure interventions' sustainability, contextual specificity, and cultural relevance.

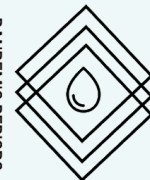
Prioritise allocating financial resources to support menstrual health movements and programmes, both domestically and internationally. This funding can be used for initiatives such as menstrual products provision, education and awareness campaigns, and infrastructure development for menstrual health. The [WHO \(2022\) statement during the Human Rights Council's 50th Session](#) suggests that acknowledging and "breaking the stigma" surrounding menstrual health could lead to more public areas and health facilities designing policies, programmes, and practices to promote menstrual health.

By funding these movements, we can amplify these diverse voices and ensure that policies and programmes are responsive to the needs of all individuals, promoting equity and social justice.

3

Provide Platforms to Elevate Youth Involvement

Investing in young people's participation, we ensure that menstrual health programmes and policies are appropriate and engaging for young people. This could be a method to help schools address the stigma around menstruation and promote open discussions. It will start a conversation about menstruation and could directly contribute to building leaders for the movement's future. [Creating platforms for young people to share their experiences will empower them to take control of their health and well-being, promote gender equality and inclusion, and contribute to achieving the SDGs.](#) Funding youth involvement (particularly from LMICs) is crucial for creating sustainable change and breaking down taboos and misconceptions surrounding menstrual health education. It also aligns with the [UN's Convention on the Rights of the Child \(1989\)](#), Article 12, which highlights the "right to participation right of children" (individuals under 18 years of age) to participate in decision-making processes that affect their lives and to have their opinions considered.



4

Strengthen Cross-sectoral and Multi-level Partnerships

Foster multi-stakeholder partnerships involving governments, civil society organisations, private sector actors, and international agencies to coordinate efforts, share best practices, and leverage resources effectively. Collaboration can enhance the impact and sustainability of menstrual health programmes. Continued partnership, knowledge sharing, and cooperation with the media and community actors are essential. The media can control the narrative, generating attention and promoting change. This partnership could be leveraged to support outreach to vulnerable/disadvantaged women, people with disabilities, adolescent girls, and people who menstruate.

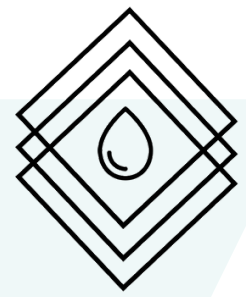
They support collaborations between governments, private sector entities, and civil society organisations to drive innovation. [Babbar et al. \(2021\)](#) suggested that educating people on menstrual health and dedicating research to menstrual health would allow more understanding of the menstrual cycle and promote less stigmatisation. It will also support innovation in menstrual products, how menstrual disorders are diagnosed and managed, and potentially generate new knowledge and partnerships. Furthermore, global organisations must work with local organisations to continue to elevate the agenda across their communications channels, such as social media and mainstream media, and raise awareness of the issue globally.

5

Promote A Systems Approach to Addressing Menstrual Health

Providing menstrual products alone will not alleviate poor menstrual health; it should be the baseline. Global leaders should highlight the need for interventions that address systemic, structural, and socioeconomic issues that underpin poor menstrual health, such as offering a range of options, including single-use and sustainable period products. There is an opportunity for more campaigns to focus on sustainability, the environment, and advocacy for sustainable period products. There should also be programmes that focus on informing women, adolescent girls, and people who menstruate about different period products available on the market and their advantages and disadvantages, so they can make informed choices when choosing the period products that suit them. This will also promote self-efficacy, body literacy, and bodily autonomy.

There is also an opportunity to transition to language that does not perpetuate the idea that menstruation is unclean, such as "*sanitary pads*" or "*menstrual hygiene*". However, we acknowledge that this might not be appropriate for WASH-based interventions, as it could address menstrual stigma. Therefore, we must focus on contextualising programmes, ensuring they meet the population's needs, respond to culture and community, and be led by local organisations who know their communities best!



Conclusion

Investing in menstrual health is a matter of justice, dignity and a strategic opportunity to advance multiple SDGs. By prioritising menstrual health at the WHA, G20, and G7 meetings, we can make significant progress towards achieving health for all, addressing inequalities, and attaining the SDGs.

The recommendations we put forth today represent a commitment to menstrual health, reflecting our unwavering belief in the power of collaboration and our shared responsibility to protect and uplift the most vulnerable among us. We stand ready to collaborate with global leaders in translating these recommendations into actionable policies and concrete steps that can pave the way towards a more equitable, sustainable, and prosperous future for all.

Let us work hand in hand, for it is together that we can forge a world that genuinely upholds the dignity, well-being, and aspirations of every woman, adolescent girl, transgender man, and non-binary individual who menstruates.

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