

Table 4 Menstrual hygiene practices among Kho and Kalash women

| Variable | Kho % (n) | Kalash % (n) | Total % (n) |
|---|-----------|--------------|-------------|
| Sanitary material** | | | |
| Cloth | 30 (126) | 58 (61) | 36 (187) |
| Pad | 23 (94) | 14 (15) | 21 (109) |
| Both cloth and pad | 38 (158) | 19 (20) | 34 (178) |
| Toilet paper | 9 (37) | 9 (9) | 9 (46) |
| Sum | 100 (415) | 100 (105) | 100 (520) |
| Disposal method* | | | |
| Waste bin | 31 (130) | 35 (37) | 32 (167) |
| Open burning | 29 (120) | 17 (18) | 27 (138) |
| Burning at designated site | 28 (116) | 41 (43) | 31 (159) |
| Discarding in open/river | 12 (49) | 7 (7) | 11 (56) |
| Wrapping material | | | |
| Plastic bag | 82 (340) | 82 (86) | 82 (426) |
| Paper | 10 (43) | 12 (13) | 11 (56) |
| Cloth | 3 (14) | 3 (3) | 4 (21) |
| No wrapping | 4 (18) | 3 (3) | 4 (21) |
| Drying of reusable sanitary materials** | | | |
| In open sunlight | 0 (0) | 100 (105) | 20 (105) |
| Hidden | 100 (415) | 0 (0) | 80 (415) |
| Frequency of underwear change** | | | |
| Daily | 47 (193) | 86 (90) | 54 (283) |
| Alternate day | 39 (162) | 11 (12) | 34 (174) |
| At the end of cycle | 14 (60) | 3 (3) | 12 (63) |
| Changing sanitary materials on heaviest day* | | | |
| Always | 66 (273) | 81 (85) | 69 (358) |
| Sometimes | 27 (113) | 18 (19) | 25 (132) |
| Never | 7 (29) | 1 (1) | 6 (30) |
| Washing body after changing sanitary material* | | | |
| Yes | 78 (322) | 90 (95) | 80 (417) |
| No | 22 (93) | 10 (10) | 20 (103) |
| Handwashing after changing sanitary material | | | |
| Yes | 94 (390) | 97 (102) | 95 (492) |
| No | 6 (25) | 3 (3) | 5 (28) |
| Bathing during menstruation | | | |
| Daily | 40 (167) | 39 (41) | 40 (208) |
| Second day | 42 (176) | 36 (38) | 41 (214) |
| Alternate day | 13 (52) | 22 (23) | 14 (75) |
| At the end of cycle | 5 (20) | 3 (3) | 4 (23) |
| Menstrual hygiene practices (summary) | | | |
| Good | 46 (190) | 90 (95) | 55 (285) |
| Poor | 54 (225) | 10 (10) | 45 (235) |

*P < 0.05; **P < 0.0001 (Chi-square test was used to compare the distribution between Kho and Kalash)