

# Climate-Smart Menstrual Health Management in Angola

Shifting from Immediate Relief to Long-Term Economic Resilience and Protection

**Ana Paula Andrade**  
UNFPA Angola KM & MHM Focal Point

**April 27th, 2026**

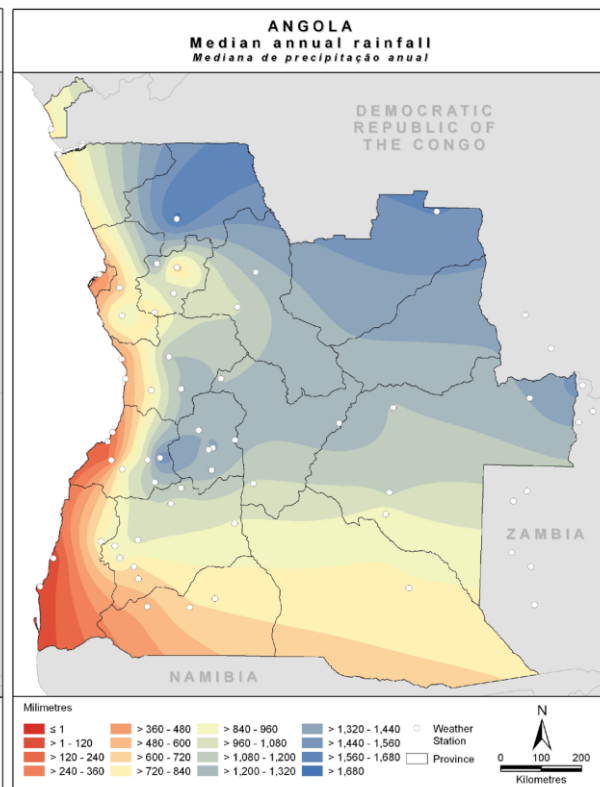
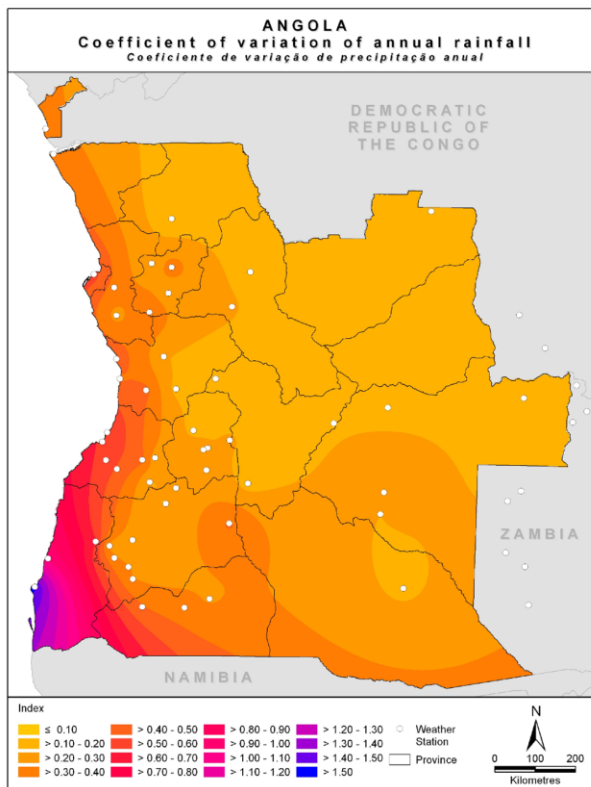


Foto: Noriko Hayashi, UNFPA Angola

# Background & Context

## The Country

Despite its vast biodiversity and natural wealth, Angola faces major climate-related risks.

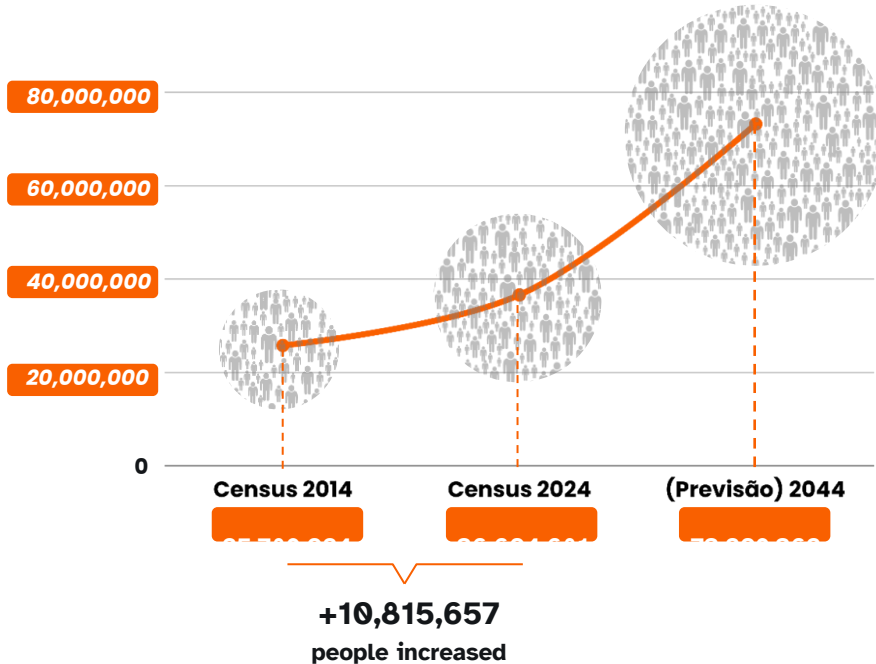


# Demographic Trends

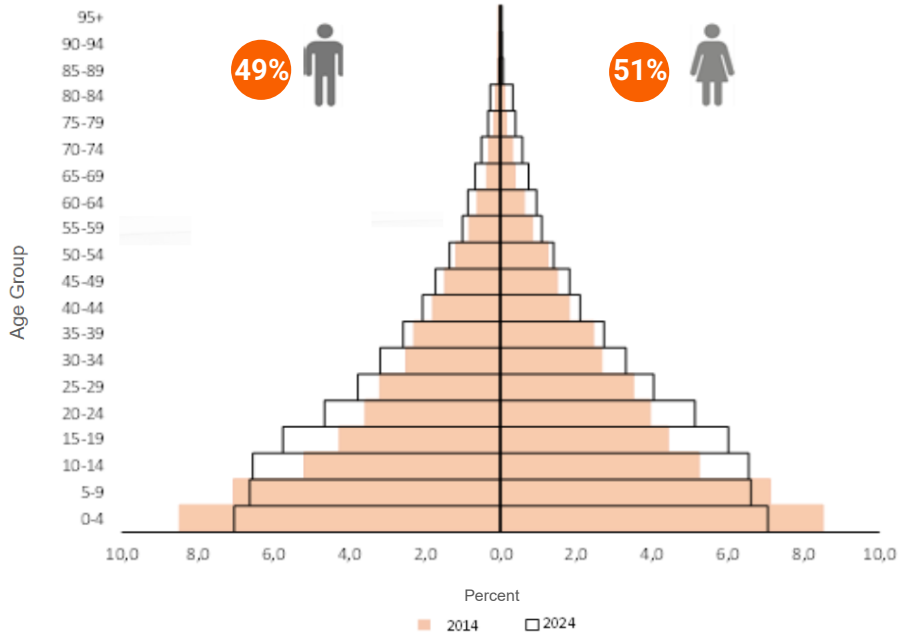
## Accelerated Population Growth

Angola's population annual growth rate of 3.5%

At this growth rate, the population is projected to **double** in ~20 years



# Change in Age Structure, 2014 - 2024



**16 years to 18 years** Median age

Angola is in the early stage of demographic transition.

# Climate Crisis and Gender Inequality

## The Challenge

Angola is highly vulnerable to climate change, experiencing erratic rainfall, extreme weather, rising temperatures, and El Niño-induced droughts and floods.

## The Disparity

Climate stressors hit vulnerable women and girls hardest, deepening existing inequalities.

## The Impact

Scarce livelihoods heighten security risks, violence, and school dropouts for girls.

**Required Action:** An integrated, gender-responsive approach to climate resilience.



*Benguela is currently being affected by severe flooding, cause by heavy rainfall and Cavaco river overflow, with 17,000 people internally displaced, of which 11, 000 are women and girls*

# The Humanitarian Challenge

## The Crisis

Angola's worst drought in 40 years is driving severe food insecurity and displacement across southern provinces, including Cunene, Namibe, Huíla, and Cuando Cubango.

## MHM Challenges

Drought worsens water scarcity, sanitation deficits, and lack of affordable menstrual products for IDPs.

## Consequences for Girls

Limited mobility, increased exploitation risk, school dropout, and exclusion from food programs.

## Health Risks

Adolescent girls also face a high risk of unintended early pregnancy (27.1% for ages 15-19).

***Urgent humanitarian intervention was needed to address the worsening effects of drought on women and girls.***

# Initial Success: 2023 Relief Project

## Project Focus

Menstrual Health Management and Life-Saving Support for Youth and IDP in Drought Affected Provinces (Japan-funded).

## Target

10,500 girls and 3,000 boys, including 2,850 IDP women and girls in Cunene and Namibe.

## Key Interventions

- Distribution of 21,000 MHM kits and 6,000 dignity kits.
- 150 Educational sessions on MH, SRH, and FP.
- 144 Awareness on SRH and GBV prevention.

**Outcome:** Addressed a significant deficit, contributing to improved security and mitigating negative gender disparities.



# Scaling Up: Transition to Resilience (2024–2028)

## Strategic Shift

Shifting from humanitarian relief to sustainable local production and economic resilience.

## New Program

INorway-funded initiative spanning from 2024 to 2028.

## Core Innovation

Establishing 10 community-owned sewing rooms in five provinces, Malanje, Luanda, Cunene, Namibe, and Bié.

## Ownership & Sustainability

Decentralized centers , supported by NGOs, overseen by provincial Social Action and Gender Directorates.

**Progress: 33,577 adolescents** reached with **Comprehensive Sexuality Education (CSE)**

# The Sewing Rooms: Multifunctional Hubs

**300 vulnerable women and youth** empowered



## Local Production

Manufacturing reusable pads, directly combating period poverty.



## Vocational Training Centers

Teaching tailoring and business skills for economic independence.



## Safe Space / Empowerment Hub

Providing peer support, SRH/CSE, life skills, and GBV awareness in safe spaces.

**Vision:** Resilience through Triple Functionality and Community Empowerment



# In Conclusion:

## A Model for Sustainable Impact

### Triple Nexus Programming

Linking humanitarian response with scalable, community-owned development solutions.

### Local Ownership

Community management and government ownership ensure solutions remain sustainable beyond the fund's cycle.



Foto: Noriko Hayashi, UNFPA Angola

### Overall Objective

To provide an integrated approach to empowering young people and building community resilience for vulnerable women and girls in provinces affected by droughts and floods.

# THANK YOU

Thank you for your attention and support for climate-resilient communities in Angola.

([samacumbi@unfpa.org](mailto:samacumbi@unfpa.org)/[aandrade@unfpa.org](mailto:aandrade@unfpa.org)) |  
[angola.unfpa.org/pt](http://angola.unfpa.org/pt)

