

Community Health Action Plan (CHAP)
Feminine Hygiene & Safe Sex Promotion: An Observational Pilot Study
PXS 3000 Final Project

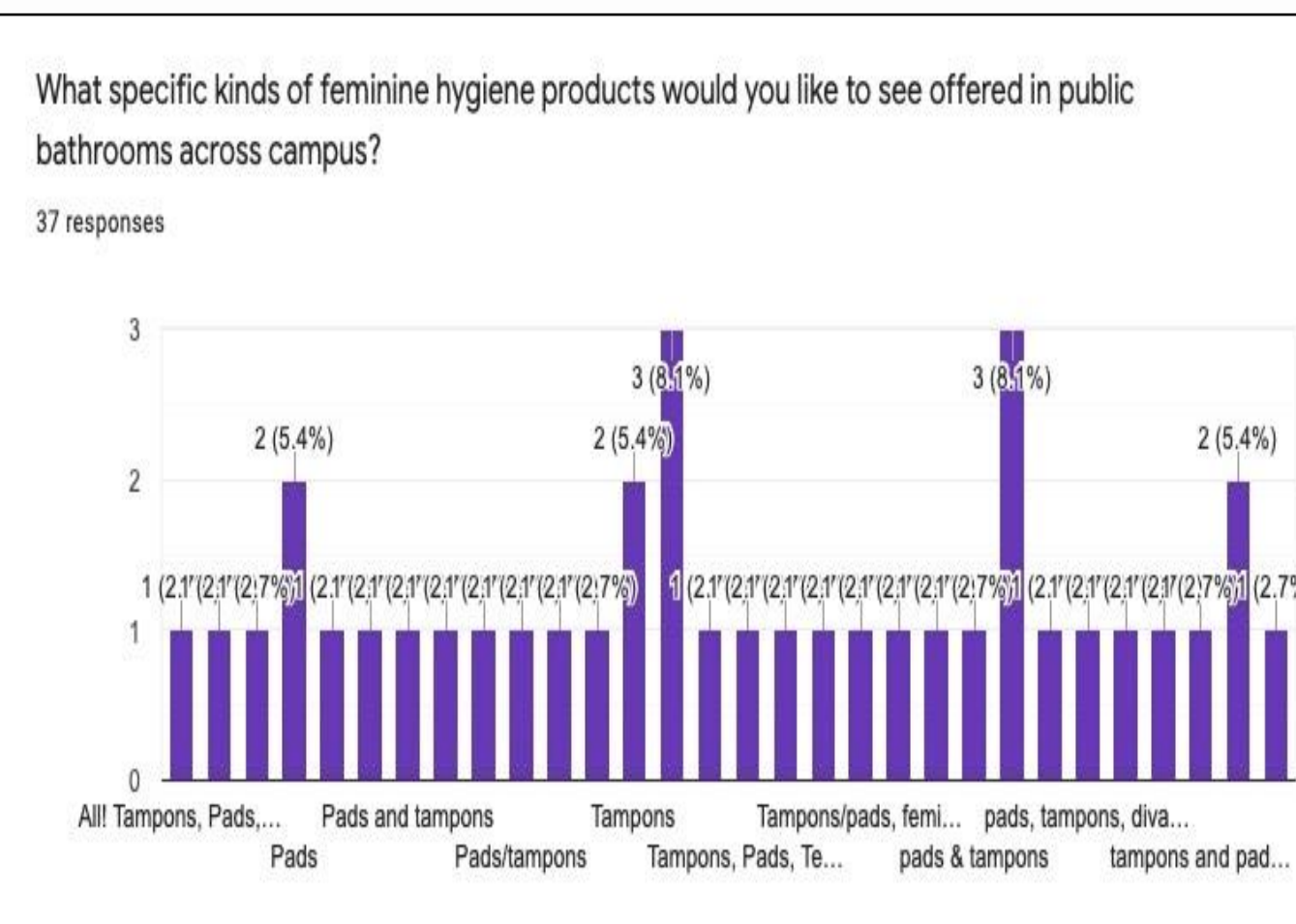
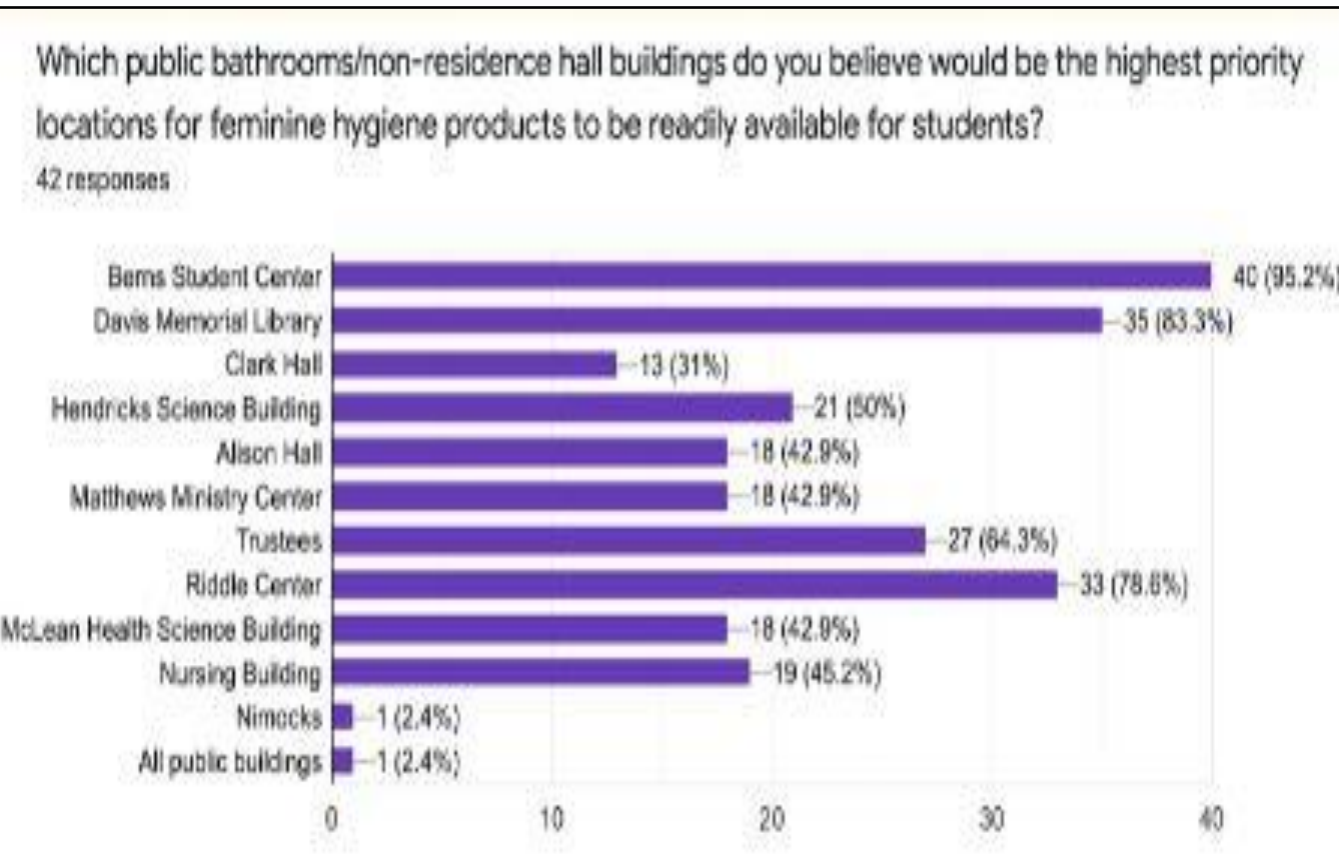
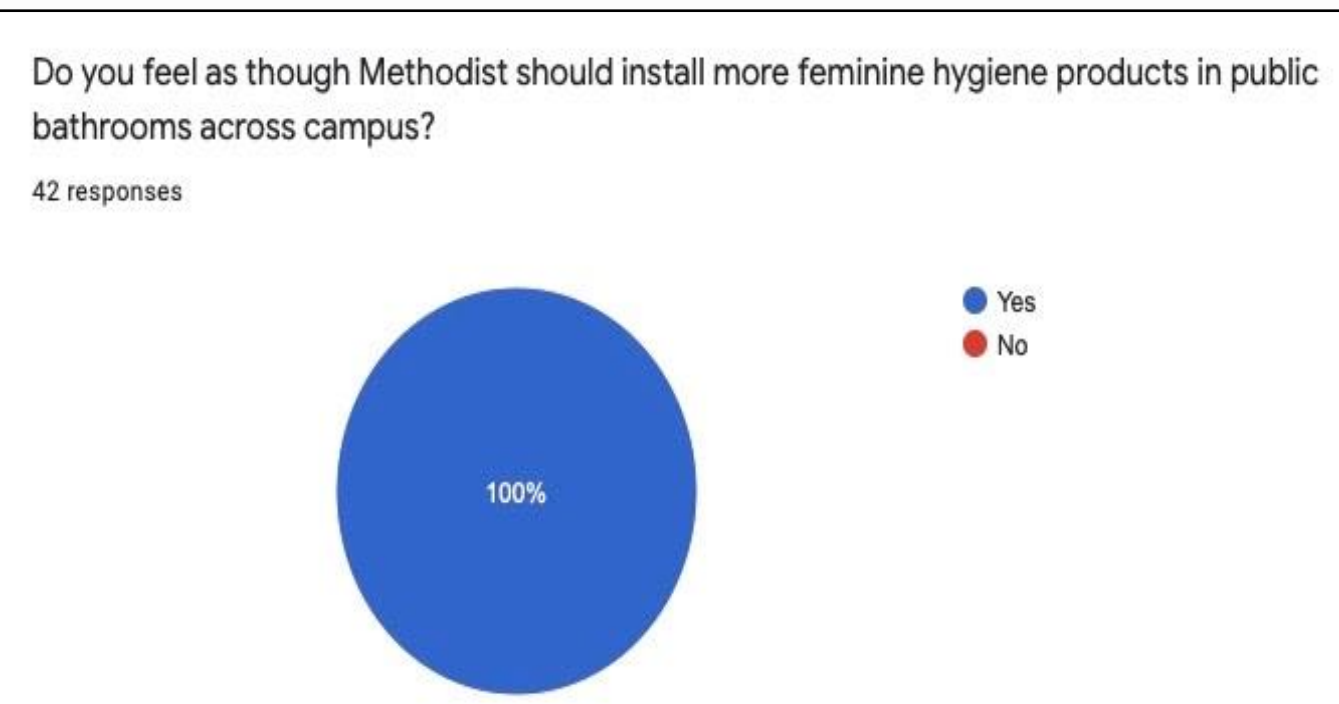
Introduction

As a part of PXS 3000: Community Health assignment, authors were tasked with identifying and addressing health concern of the MU community. CHAP is a common strategy for improving a health aspect of a particular community (1).

Methods

Authors surveyed 42 female students at MU to identify issues of concern regarding availability of feminine hygiene products on campus. Authors used survey(2) results to create a CHAP proposed to address issues identified.

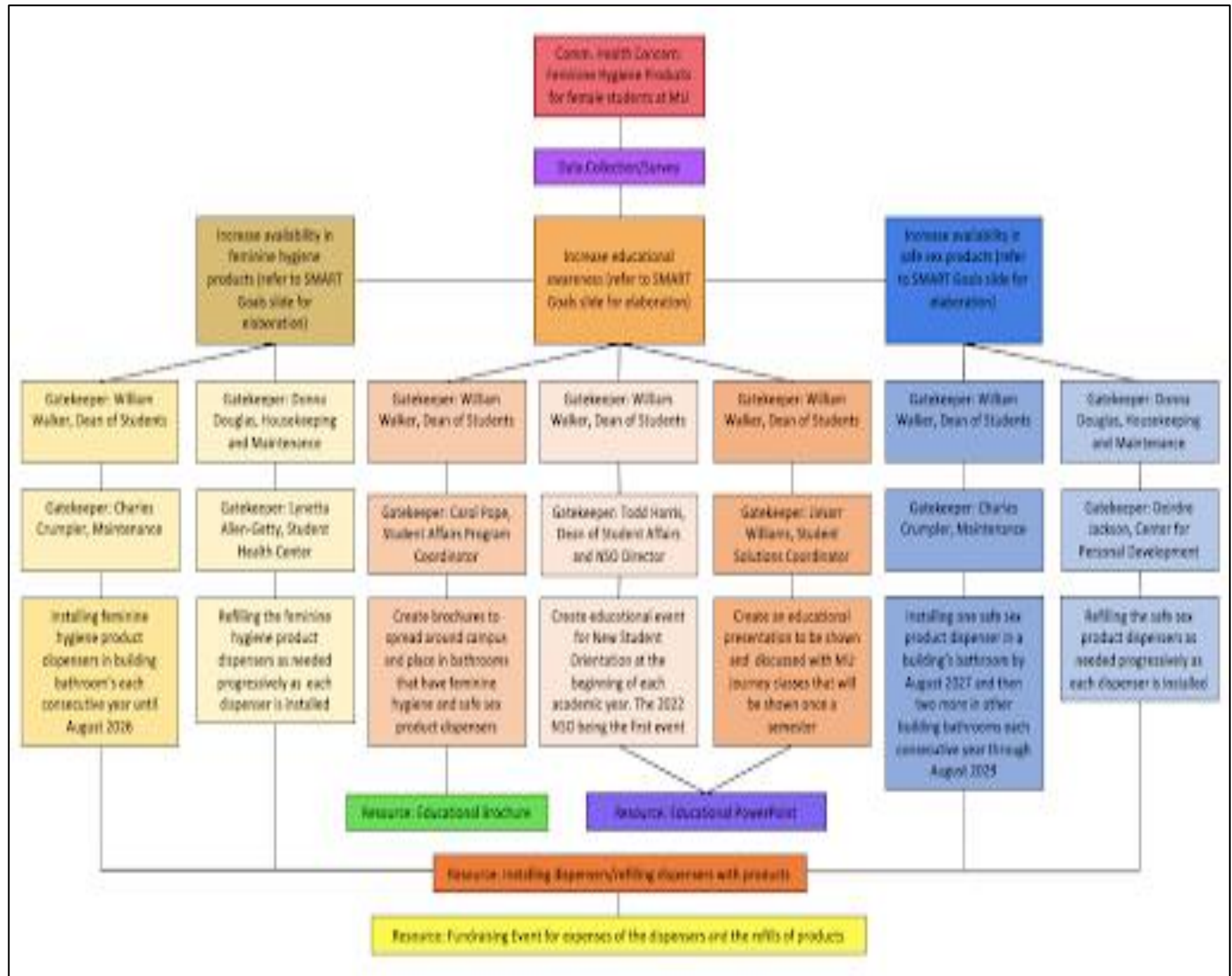
Survey Results



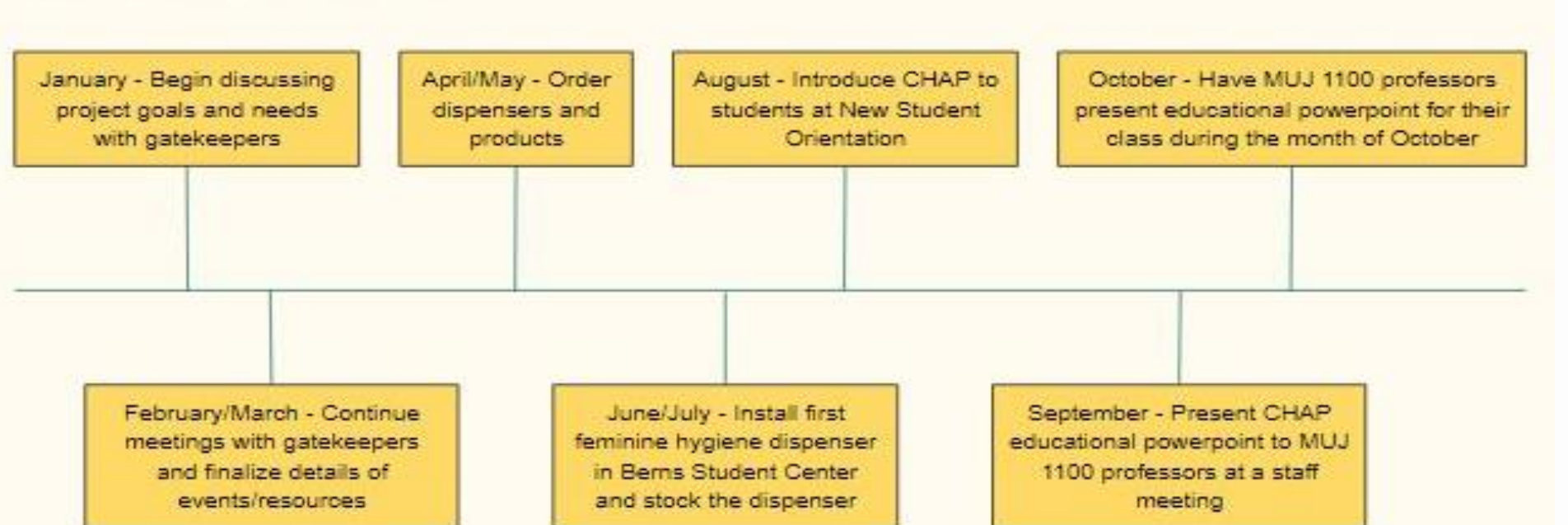
CHAP Goals

1. Install feminine hygiene product dispensers in bathrooms throughout the five listed buildings within the next five years and have them refilled on an as-needed basis by the custodial staff.
2. Create educational brochures focusing on feminine hygiene and same sex promotion to be placed in bathrooms in the five listed non-residential buildings across campus within the next five years.

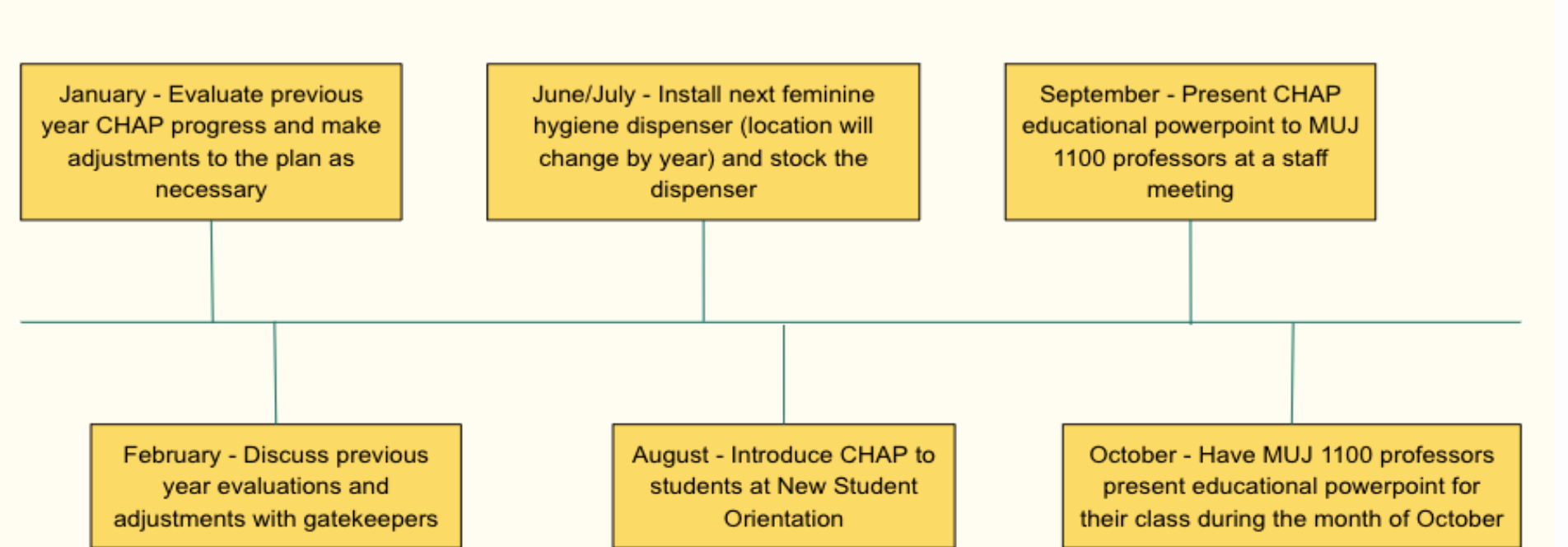
Model



Timeline: 2022



Timeline: 2023-2026



CHAP Resources

Presented by: Alex Parker & Olivia Cramer

Other Survey Results

WHAT KINDS OF HYGIENE PRODUCTS?

For this survey question, we did not go into much detail about brand, rather, we wanted to learn what women in our community normally use.

- All participants answered pads and/or tampons.
- 3 participants answered feminine wipes as well as pads and/or tampons.

Our Plan for Methodist University

Our Community Health Action Plan is designed to focus on feminine hygiene for women on campus at Methodist University.

Let's get into the "Why"

How often do you leave your dorm or apartment and realize you don't have any feminine hygiene products with you? Most women would say more often than they'd like. You then have to ask a friend or even a stranger if they have a pad or tampon and hope they give you one.

Our Community Health Action Plan is specifically designed for your convenience and education about why feminine hygiene is so important!

HOW?

From a recent survey, 100% of the participants said they felt that Methodist University should install more feminine hygiene products in public bathrooms across campus.

Community Health Action Plan

WHERE AND WHEN?

Our goal is for Methodist University to install feminine hygiene product dispensers in bathrooms throughout these five buildings:

- Berns Student Center
- Davis Memorial Library
- Riddle Athletic Center
- Trustees Building
- Hendricks Science Complex

within the next five years and have them refilled on an as-needed basis by the custodial staff. These buildings were chosen based off of survey results and most popular choices within that survey.

THE IMPORTANCE OF HYGIENE

Cleanliness is vital because of the various cycles women go through, especially menstruation. Irregular clearing and poor hygiene during periods could lead to the growth and spread of bacteria in the genitals, with unfortunate repercussions.

Methodist University

MERRY CHAP-MAS

HOLIDAY FUNDRAISER

Join us for our first annual "Merry CHAPmas" fundraiser! We will have a Christmas dinner, a raffle for door prizes, and pictures with Santa, available for purchase!

Raffle tickets will also be available for purchase upon entry.

BERNS STUDENT CENTER
NOVEMBER 30, 2021 7PM

For more information about donating door prizes please contact Alex Parker (919-428-6645) or Olivia Cramer (919-449-4457).

All proceeds of the fundraiser will go to supplies for our feminine hygiene CHAP to support women on campus.

CHAP Cost Breakdown

- **Dispenser:** \$294 at airdelights.com, a commercial restroom supply company.
- **Tampons:** \$66.80 also atairdelights.com, pack of 500.
- **Sanitary Napkins:** \$40, pack of 250.
- **Pads:** \$26.99 from carewell.com, pack of 180.

References

1. Himmelman AT. 1992. Communities working collaboratively for a change. Humphrey Inst. Public Aff., Univ. Minn., Minneapolis. 74 pp
2. Altman, Jeanne. 1974. "Observational study of behavior: Sampling methods." Behaviour 49:227-267.