

Mind the Gap: Bridging the Menstrual Health Knowledge Gap for Sports Staff (Mind the Gap)



Results Visualisation
Project number: 101134730



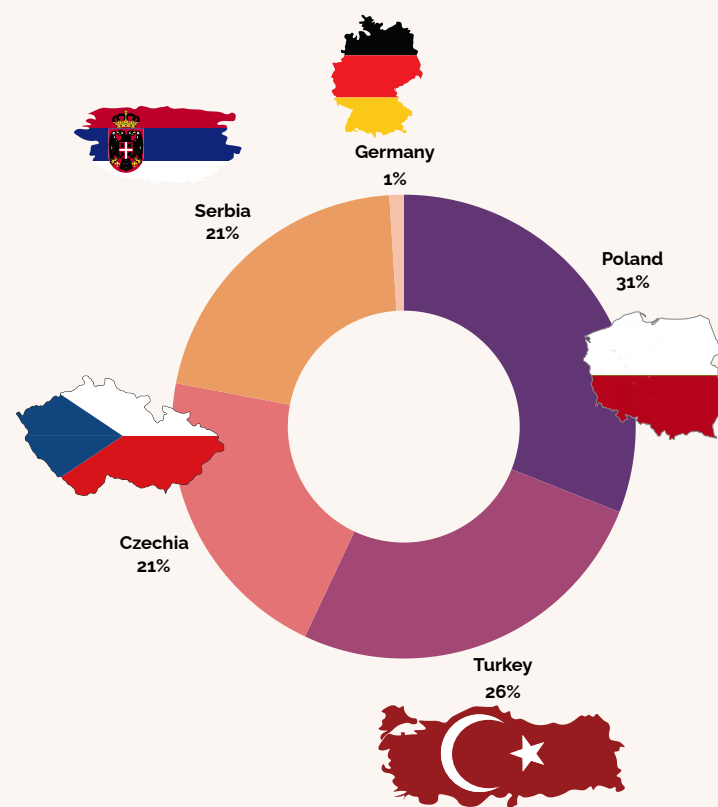
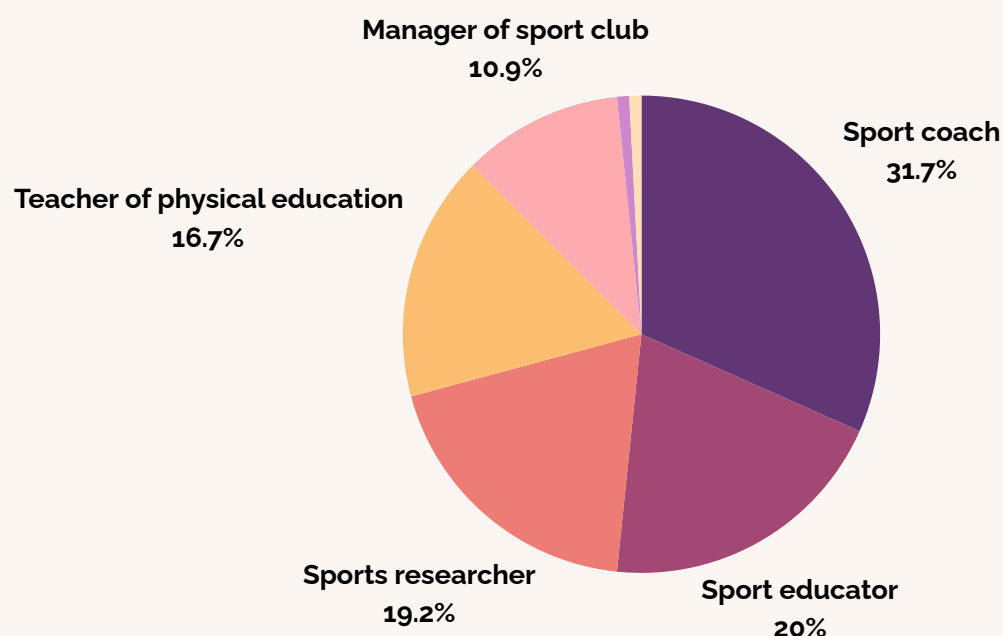
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We asked 124 participants from the
sports field about the *impact of
menstrual health on female athletes*



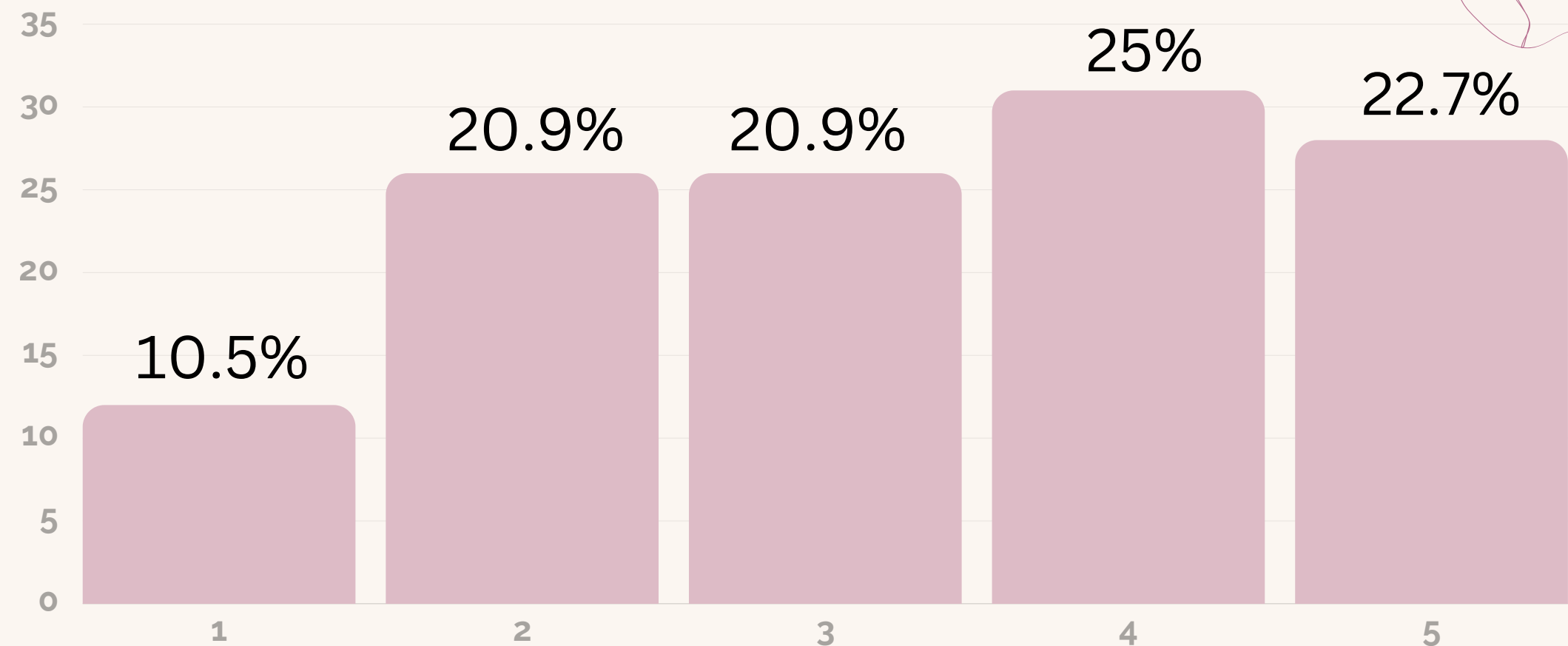


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➤ 1. How confident do you feel in your understanding of the menstrual cycle and its potential impact on female athletes' performance?

More than **50%** of the participants feel comfortable understanding menstrual health's impact on female athletes

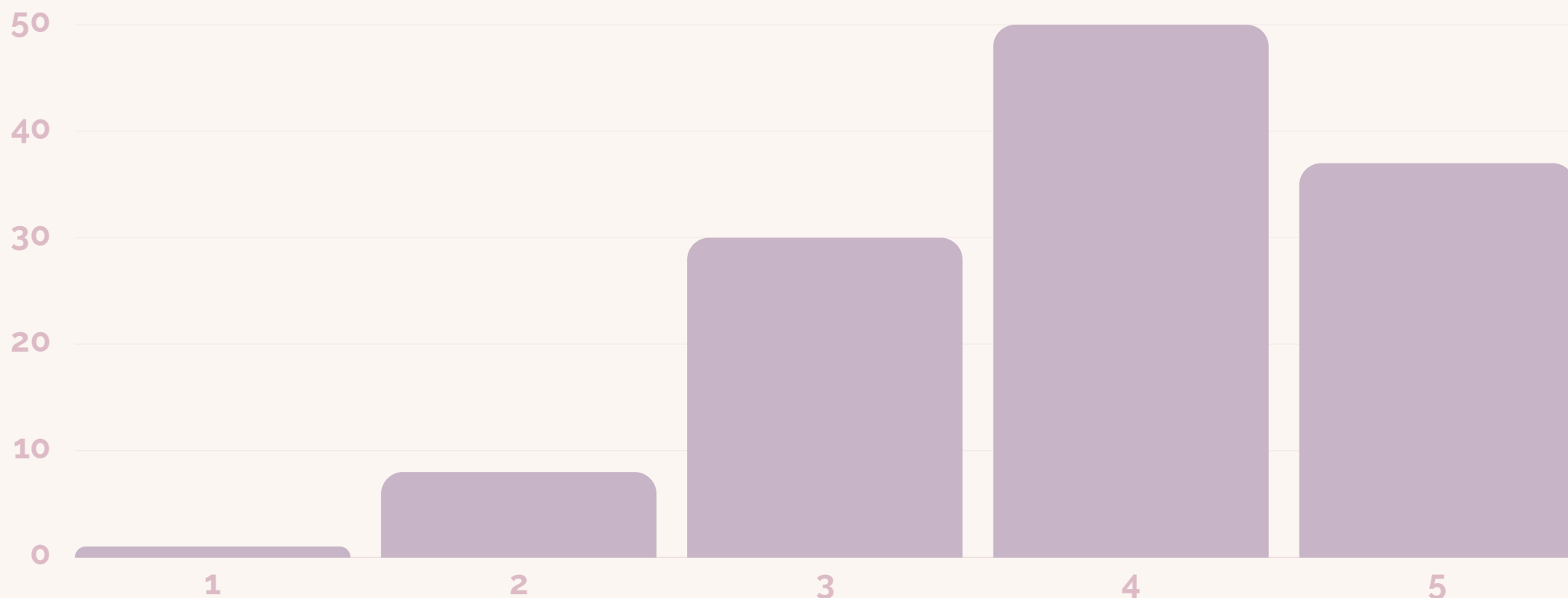




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➤ 2. In your opinion, how significant is the menstrual cycle in influencing the performance of female athletes aged 12-16?



The impact of the female cycle is highly viewed as **crucial** to young female athletes' sports performance.

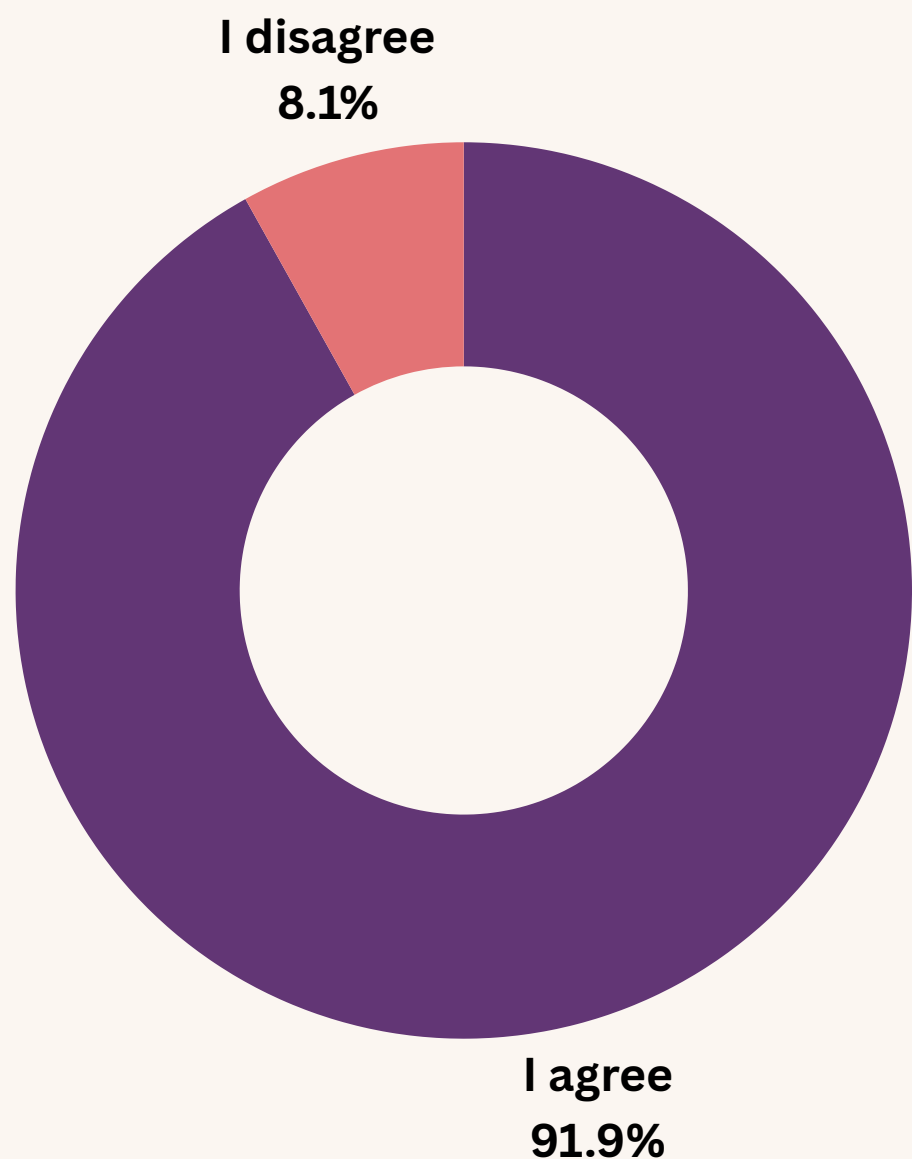




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➤ 3. Do you agree that addressing menstrual health openly with female athletes can positively impact their performance and well-being?



Talking openly about female athletes' menstrual health issues should be highly encouraged





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4. How comfortable are you discussing menstrual health-related topics with female athletes aged 12-16?

very
confident

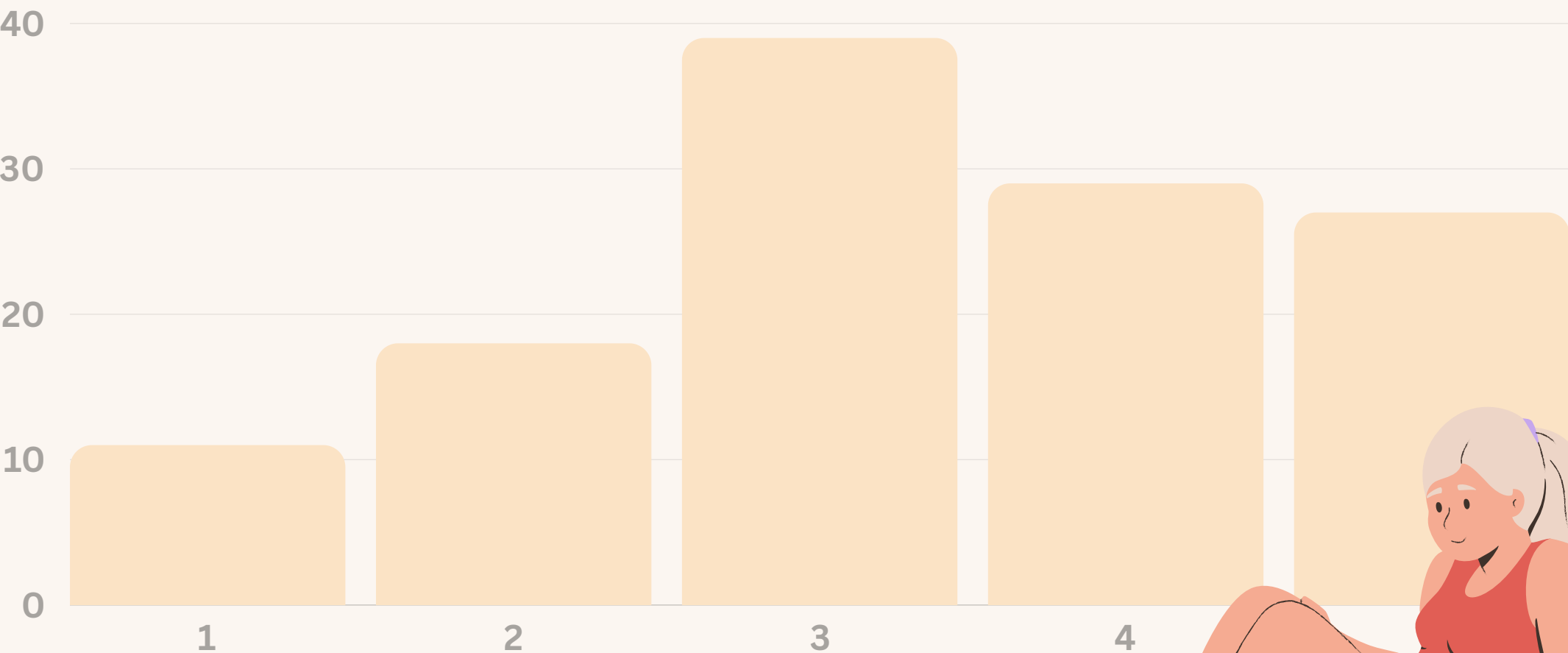
43%

57%

not confident
at all



5. Have you ever encountered challenges or difficulties when discussing menstrual health with female athletes?



The discussion over menstrual health topics with young aged female athletes remains a **sensitive topic**

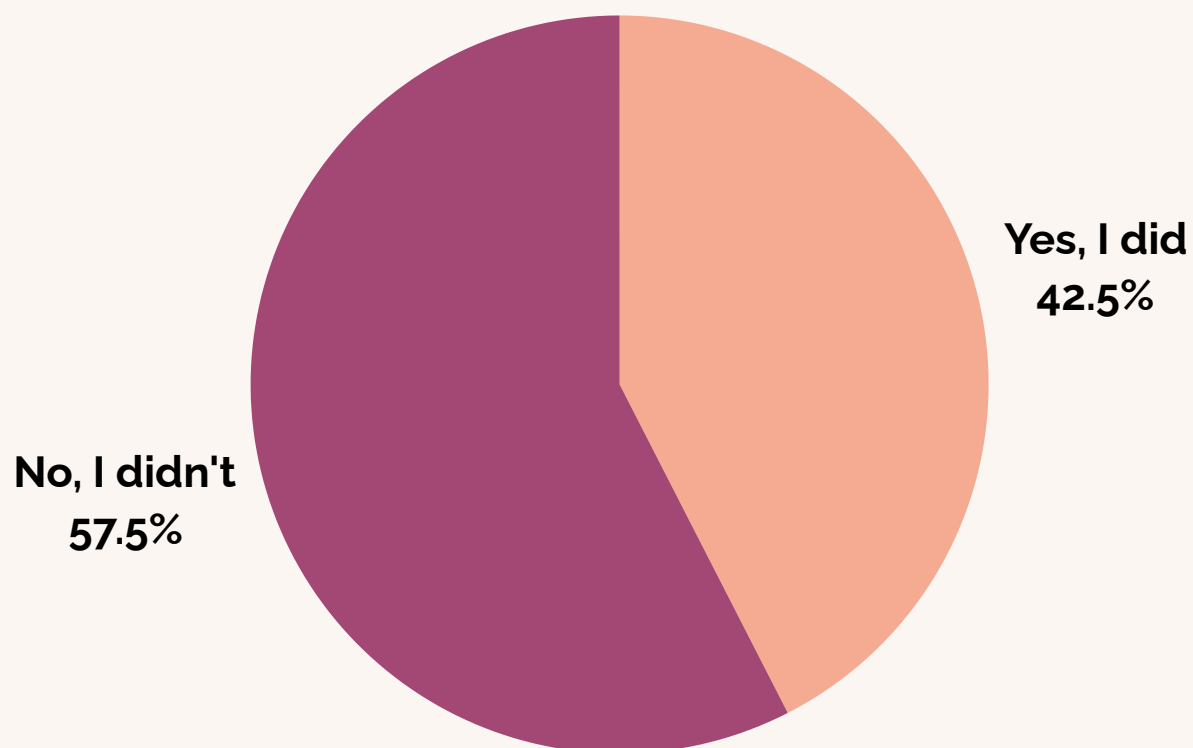




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➤ 6. Have you received any formal training or education regarding menstrual health and its relevance to sports performance?



**We should encourage
education and formal
training on the topic of
menstrual health in
sports**



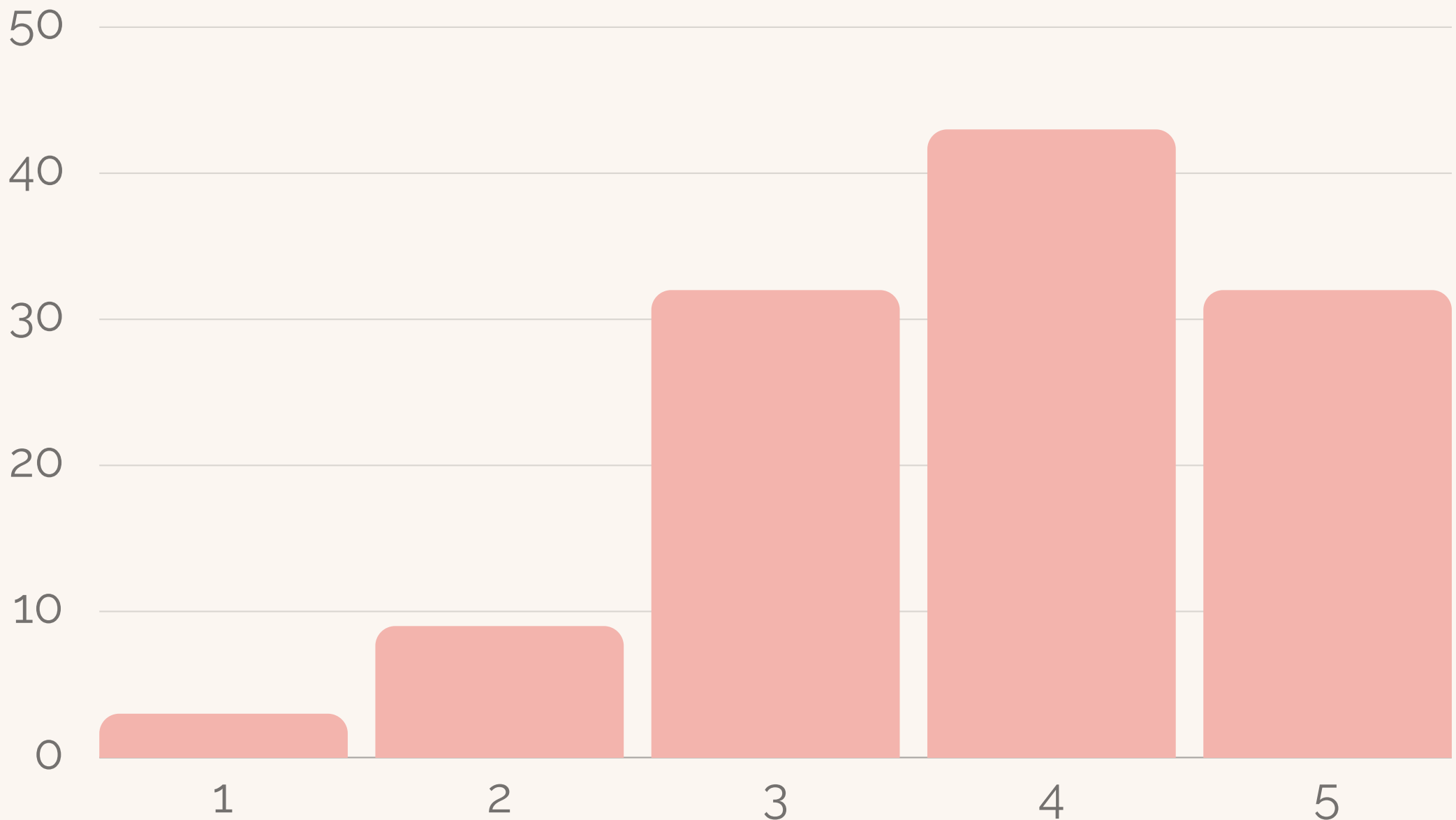


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7. To what extent do you believe misconceptions or taboos surrounding menstruation impact the sports environment for female athletes?

Misconceptions and taboos regarding menstrual health are a common source of impact on the sports field and female athletes life

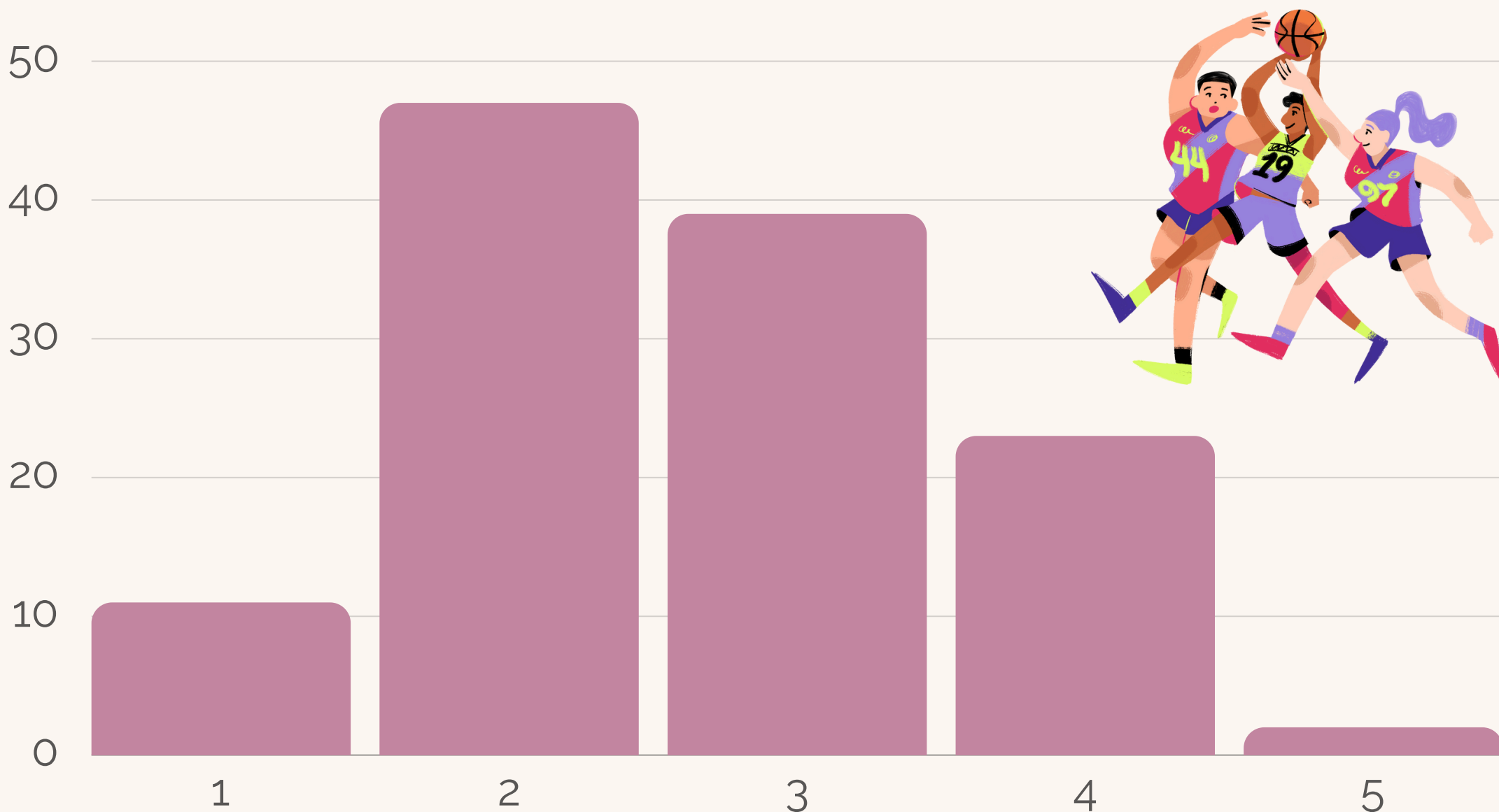




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8. How would you rate the current level of awareness among sports staff regarding menstrual health and its importance for female athletes?



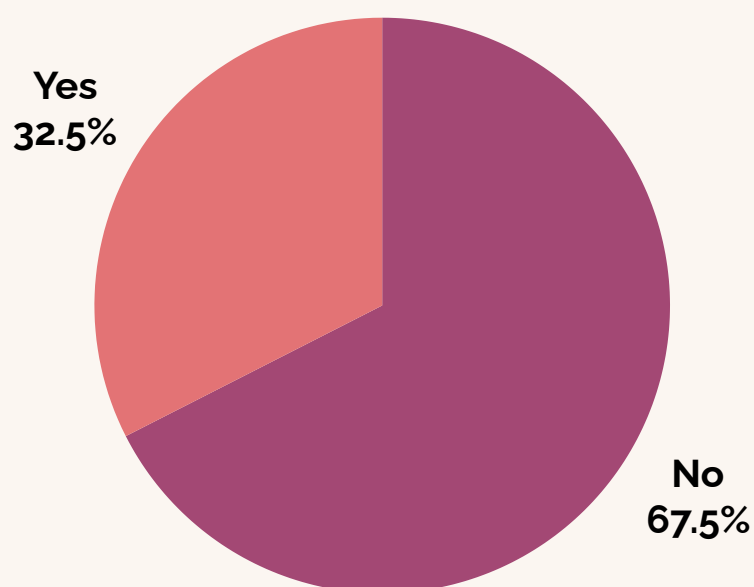
We observe a relative insufficiency on the level of awareness of the sports staff regarding menstruality



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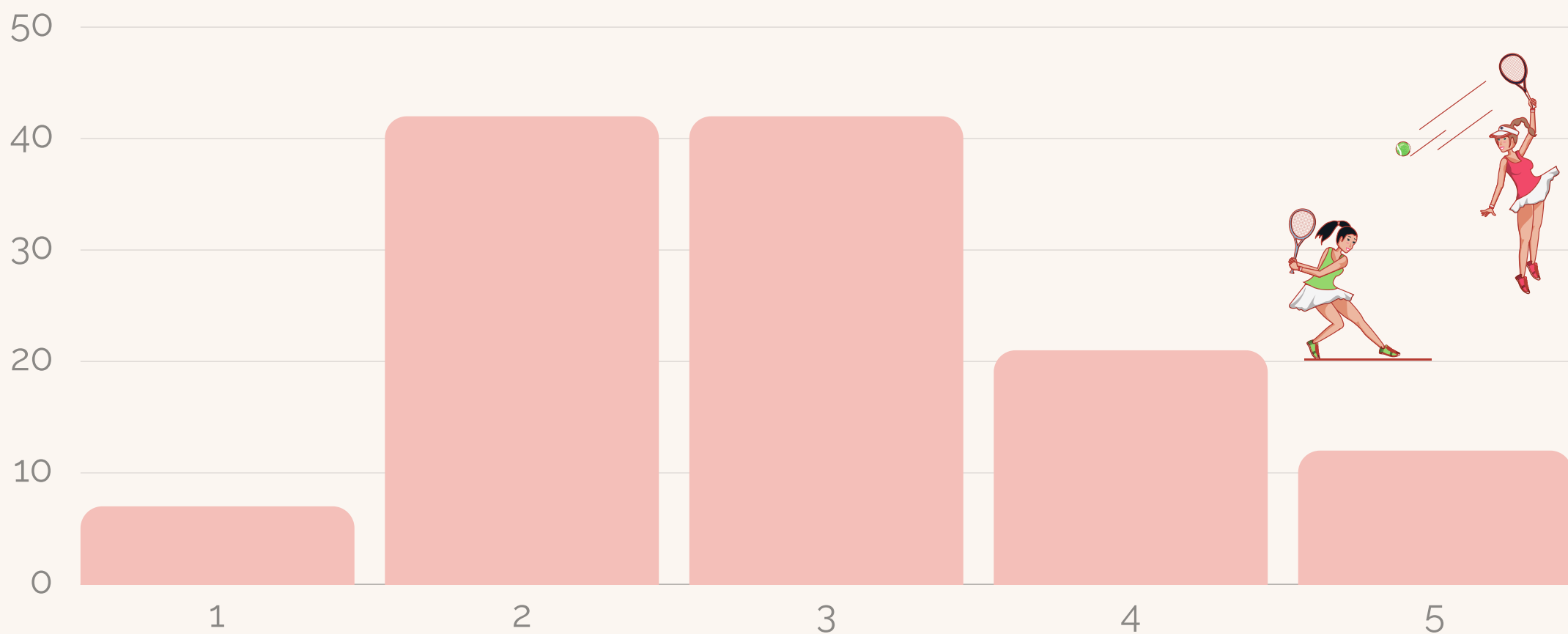


► **9. In your experience, do you think female athletes aged 12-16 are adequately informed about menstrual health and its potential impact on their sports participation?**



More education and information
among young female athletes needs
to be encouraged to facilitate their
participation in sports activities

► **10. At which level do you think there is awareness of female athletes aged 12-16 regarding the menstrual health and its potential impact on their sports participation?**

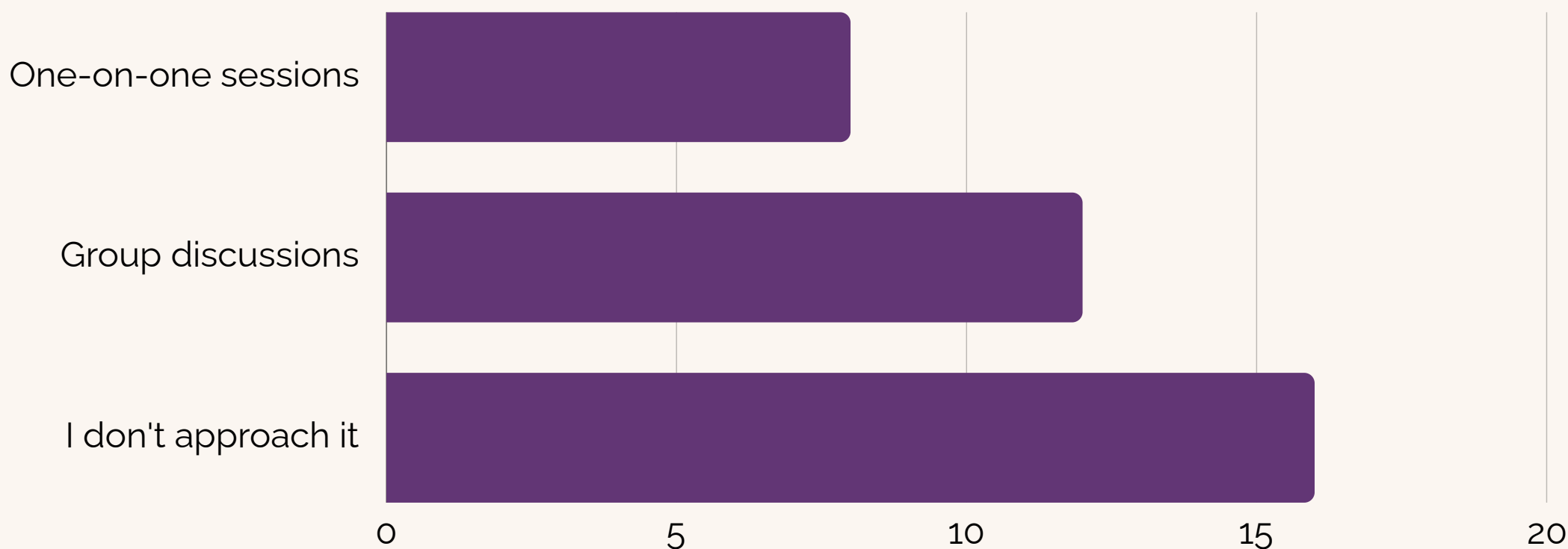




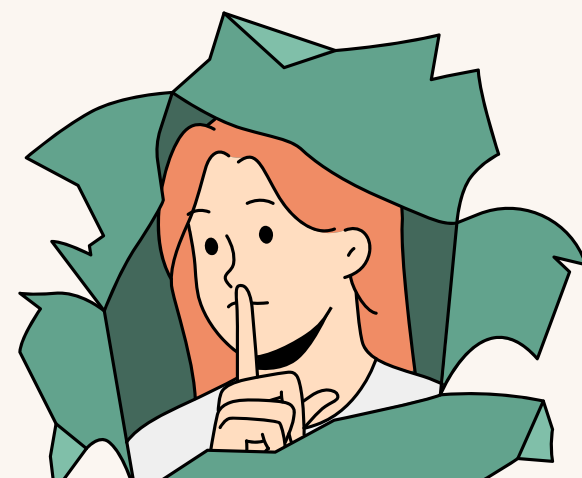
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➤ 11. How do you typically approach discussions about menstrual health with female athletes?



A high percentage **avoids discussions** over menstrual health with women athletes





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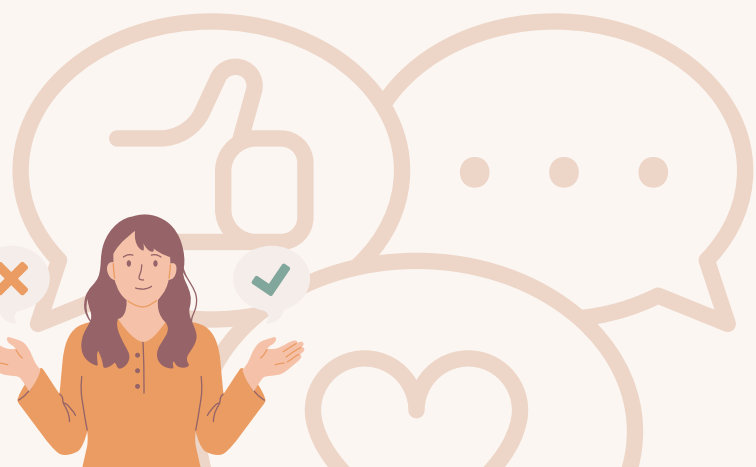
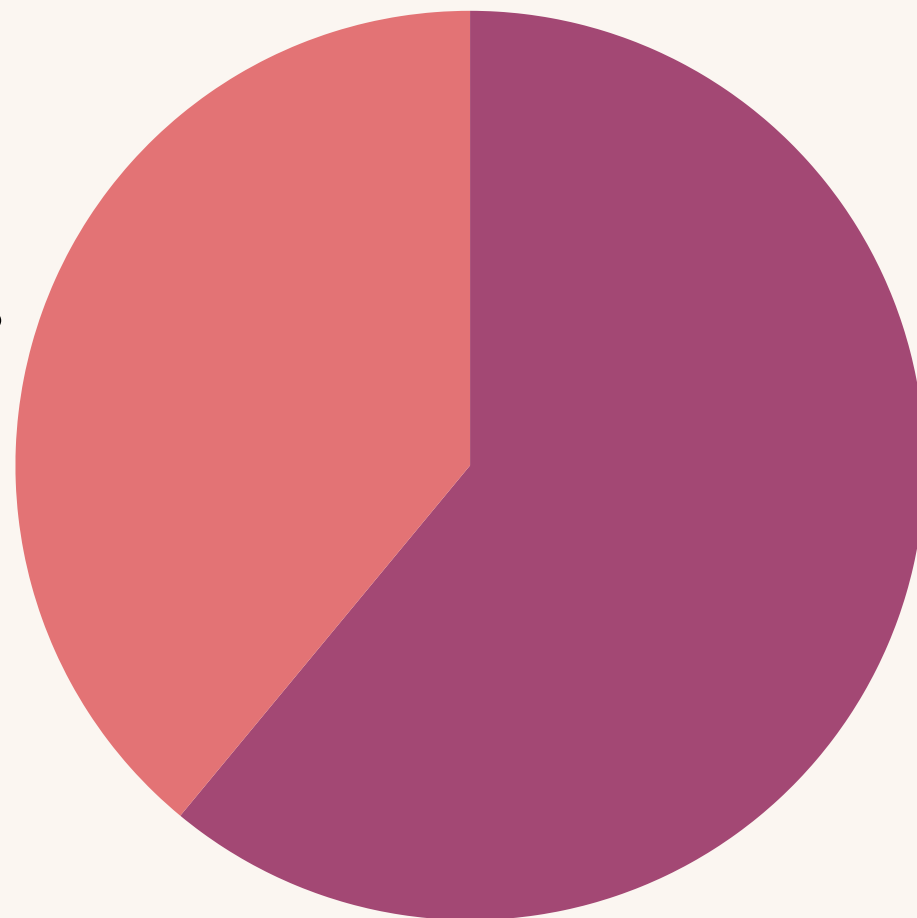


➤ **12. Have you ever received feedback from female athletes regarding the way menstrual health is addressed within the sports program?**

More than 60% of the participants have never received feedback regarding menstruality in sports programs

**Yes
39%**

**No
61%**



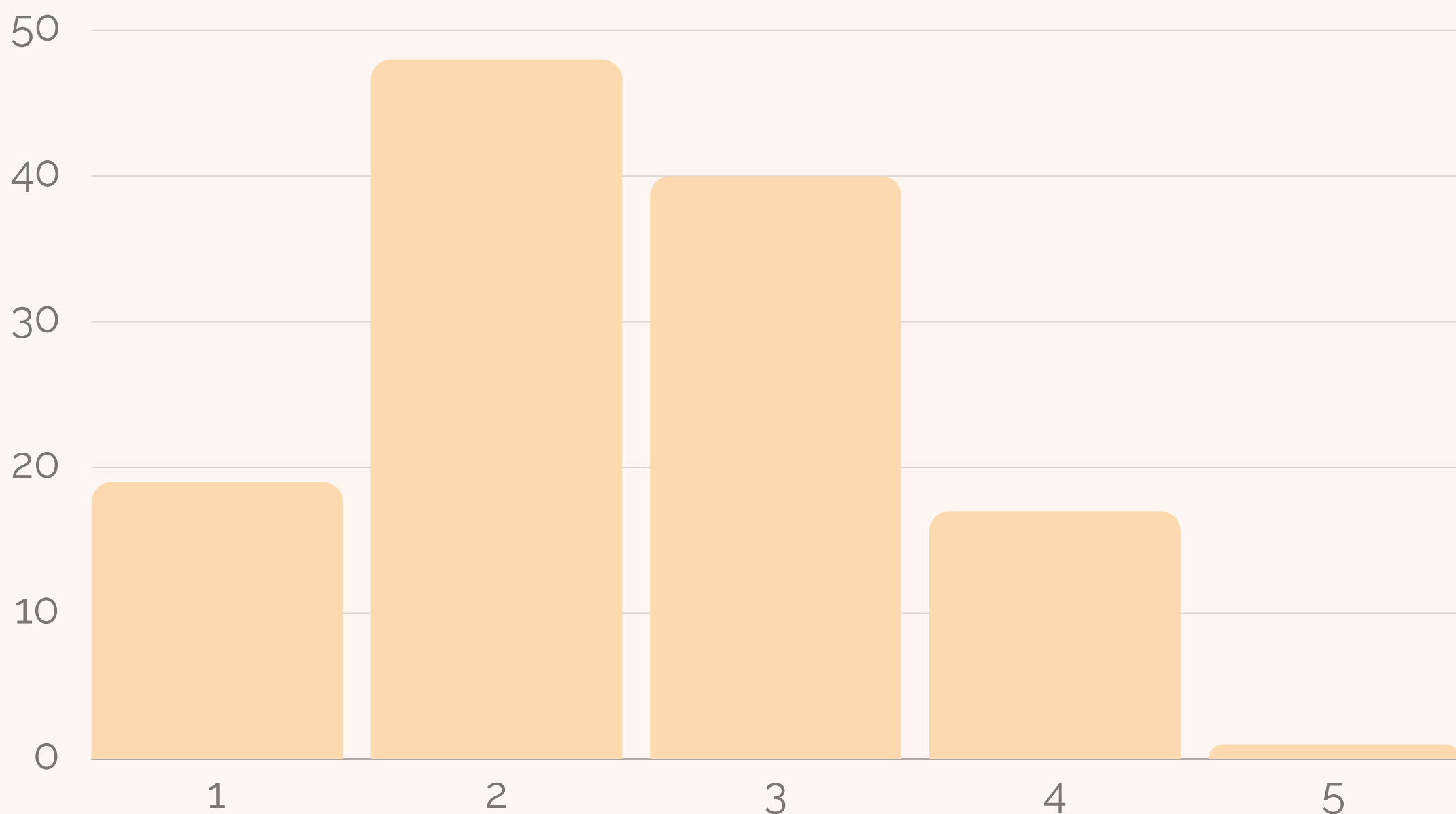


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➤ 13. At which level do you think that menstrual health is addressed within the sports programs?

More than 50% believe that menstrual health is not sufficiently addressed within the sports programs

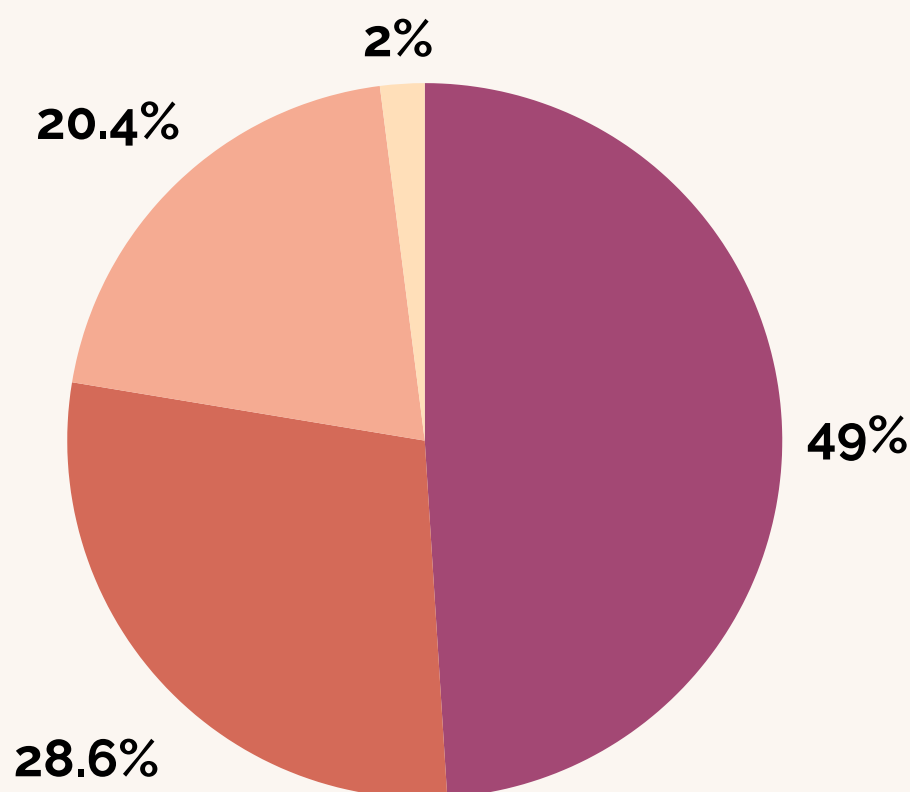




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➤ **14. How do you think addressing menstrual health openly within sports programs can contribute to overall athlete well-being and performance?**



-  Open communication can reduce stigma and discomfort surrounding menstrual issues, leading to improved mental health and confidence among athletes
-  Increased awareness can help female athletes better understand their bodies and tailor training and nutrition accordingly, potentially enhancing performance
-  Providing support and accommodations for menstrual symptoms can prevent disruptions in training and competition, promoting overall well-being and performance
-  Other

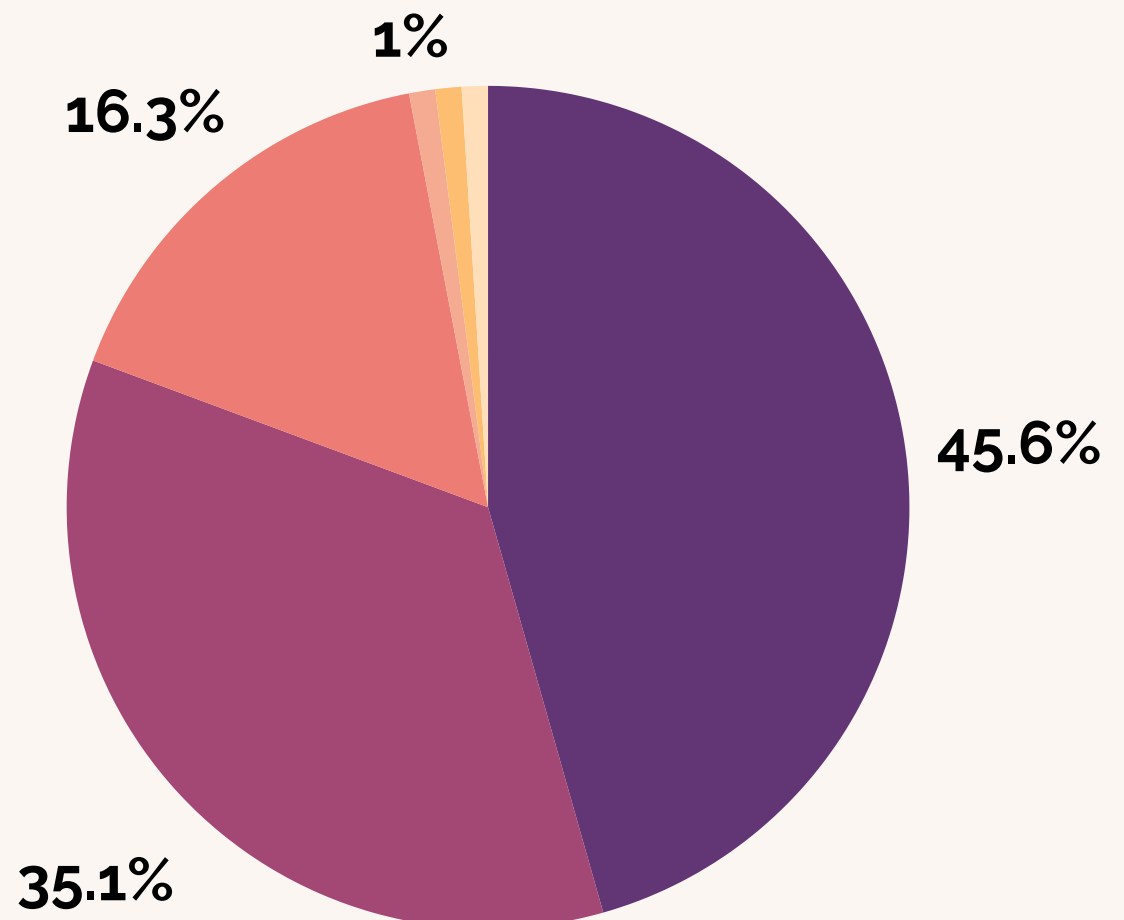


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➡ 15. What barriers, if any, do you perceive in openly discussing menstrual health within the sports environment?

-  Cultural taboos and societal norms may create discomfort or embarrassment around discussing menstruation openly
-  Lack of education and awareness among coaches and staff about menstrual health and its importance in sports may hinder open discussion
-  Fear of judgement or discrimination from peers and coaches may prevent female athletes from seeking help or discussing their menstrual health openly
-  Discrimination of coaches from the side of society
-  Everything mentioned
-  I have never tried



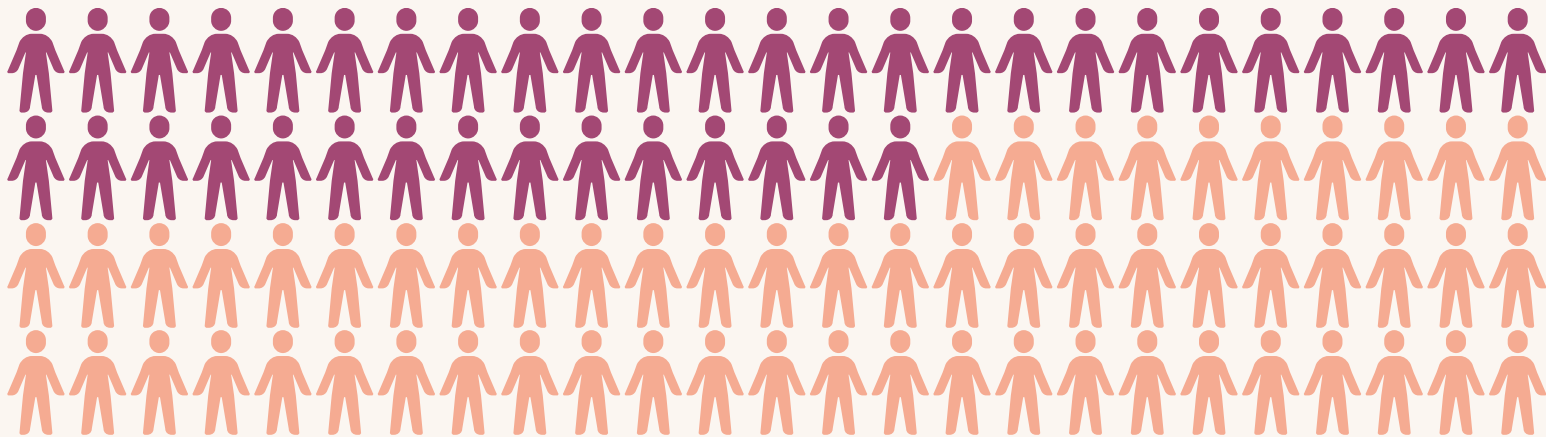


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➤ 16. Have you observed any differences in the way male and female athletes perceive discussions about menstrual health?

40%
Yes



60%
No



As we begin to approach a global understanding of the world as we know today, we need to be more empathetic towards everyone to build a better community, everywhere. To that end we wanted to shed some light towards female athletes and the problems they face.

We asked sports trainers about their opinion on this matter, and we got some very fruitful answers. First, majority of the trainers from 5 different countries (especially Turkish and Polish participants) agreed that **education about menstrual cycles and their effects are inadequate and only falls on formality.**

They also suggested that this kind of education should not only be given to girls of young age but to both sexes to increase awareness and knowledge. Some also suggested, this subject should be accessible to everyone, not just students.

Seminars, more comprehensive and wider curriculum, events, or longer subjects in terms of time are some of the ideas that had been provided to us by the trainers.

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