

REQUEST FOR EXPRESSION OF INTEREST (EOI)

Research Consultant – Study on Menstrual & Menopausal Health and Cultural Taboos in Benue State (Makurdi & Guma LGAs)

Project: *Voices of Change: Empowering Women Through Menstrual and Menopausal Health Education*

Location: Makurdi & Guma LGAs, Benue State, Nigeria

Contract Duration: December 1 – January 15, 2025

Maximum Budget: ₦1,000,000 (inclusive of all taxes and costs)

Application Deadline: 30 November, 2025

1. Purpose of the EOI

Okaha Women and Children Development Organization (OWACDO) invites qualified **individual consultants, research teams, and research firms** to express interest in conducting a culturally grounded study on menstrual and menopausal health, including cultural taboos and discriminatory practices affecting women—particularly women aged **35+**—in Benue State.

The selected consultant will provide evidence that supports program implementation, guides advocacy, and contributes to the *Sang pour Sang* indicator on **research and knowledge production**.

2. Background

OWACDO is a women-led NGO working to promote gender equality, health, and dignity in underserved communities across Benue State. With support from the *Sang pour Sang* (SpS) flexible funding project, OWACDO is implementing the *Voices of Change* initiative, which aims to reduce stigma and improve menstrual and menopausal health knowledge among women, especially elderly women in rural and peri-urban areas.

Although multiple programs address maternal health in Benue State, **evidence on menopausal and menstrual stigma—especially for older women—is limited**. Cultural taboos, silence, and harmful myths continue to influence health-seeking behaviours, exclusion, and discrimination. This research will fill key evidence gaps and strengthen interventions, advocacy strategies, and community engagement.

The study will also support the production of **evidence-based tools, briefs, and narratives** aligned with SpS learning objectives.

3. Research Objectives

The study aims to:

1. **Identify cultural taboos, stigma, myths, and discriminatory practices** surrounding menstruation and menopause in Benue State, especially among women aged 35+.
2. **Assess the impact** of these cultural beliefs on health, well-being, access to information, and access to health services.
3. **Generate qualitative and quantitative evidence** to inform OWACDO's programming, policy advocacy, and community sensitisation efforts.
4. **Document lived experiences and narratives** from diverse groups, including elderly women, rural women, displaced women, and women with disabilities.
5. Produce **practical, evidence-driven recommendations** for behaviour change communication, programming, and stakeholder engagement.

4. Scope of Work

The consultant will be responsible for:

4.1 Methodology & Planning

- Propose an appropriate **qualitative, quantitative or mixed-methods** research design.
- Develop research tools (FGD guides, questionnaires, interview guides, consent forms).
- Conduct an inception meeting with OWACDO and produce an **Inception Report**.

4.2 Data Collection

- Carry out fieldwork in **Makurdi and Guma LGAs**.
- Conduct (indicative):
 - 8–10 key informant interviews (health workers, traditional leaders, women leaders)
 - 6–8 focus group discussions with women 35+
 - Up to 100 short household/individual surveys (optional depending on methodology)
- Ensure inclusion of **women 35+, including those with disabilities, and rural women**.

4.3 Data Management & Analysis

- Ensure ethical, confidential, Do-No-Harm research practices.
- Transcribe, code and analyse qualitative and/or quantitative data.
- Identify themes, patterns, and evidence related to stigma, norms, and access barriers.

4.4 Reporting & Presentation

- Submit a **Draft Report** (max 30 pages + annexes).
- Incorporate feedback from OWACDO.
- Submit a **Final Research Report** with:
 - Executive summary
 - Methodology
 - Findings
 - Case stories
 - Recommendations
- Produce a **2-page Advocacy/Policy Brief**.
- Present findings to OWACDO and stakeholders.

5. Deliverables

1. Inception Report (methodology, workplan, research tools)
2. Field data collection & transcripts
3. Draft Research Report
4. Final Research Report (30 pages max + annexes)
5. 2-page Summary/Advocacy Brief
6. Presentation slide deck (PPT)

6. Consultant Qualifications

Applicants must demonstrate:

- Minimum **3 years of experience** conducting gender, public health, or social norms research.
- Proven experience working with **women, elderly populations, rural communities**, or marginalized groups.
- Knowledge of **menstrual health, gender norms, and stigma** in Nigerian or similar contexts.
- Ability to design and implement mixed-methods research.
- Strong analytical and report-writing skills.
- High ethical standards and experience applying Do No Harm principles.
- Ability to deliver within a **tight 45-day timeline**.
- Familiarity with Benue State or Middle Belt cultural landscape (an advantage).

7. Eligibility Requirements (Mandatory)

Applicants must submit:

- CAC registration (for firms) OR National ID (for individuals)
- Tax Identification Number (if available)
- Signed Declaration of Non-Conflict of Interest & Sanctions (OWACDO will provide the form after shortlisting)
- Complete application package (as listed below)

Failure to meet these requirements may result in disqualification.

8. Evaluation Criteria

Applications will be assessed using the following weighted criteria:

Evaluation Criteria	Weight
Relevant research experience	30%
Quality & feasibility of proposed methodology	30%
Knowledge of local context (Benue/Middle Belt)	20%
Cost-effectiveness (within ₦1,000,000)	10%
Quality of previous work submitted	10%

Total: **100%**

9. Budget

The maximum budget is **₦1,000,000** (One Million Naira only).

This must cover all costs, including:

transportation, data collection, enumerators, transcription, software, communication, report production, **and taxes**.

OWACDO will not consider proposals above this ceiling.

10. Application Instructions

Interested consultants should submit the following **in one email** to:

eoi@owacdo.ng

Subject line: EOI – Menstrual Health Research Consultant (Benue)

Required documents:

1. **Technical Proposal** (Max 3 pages) including:
 - Proposed methodology
 - Workplan & timeline
 - Ethical considerations
2. **Financial Proposal** (Budget breakdown within ₦1,000,000)
3. **CV(s)** of consultant(s)
4. **Samples** of at least one similar research report
5. **Proof of eligibility** (CAC certificate or ID)

Submissions must be in **PDF format**, maximum size **10MB**, and combined in one email.

Only shortlisted candidates will be contacted.

11. Clarifications

For enquiries (**not submissions**), email: info@owacdo.ng

Clarification window closes **25 November, 2025**.

12. Disclaimer

OWACDO reserves the right to accept or reject any submission, cancel the procurement process, or award the contract to the most technically responsive applicant—not necessarily the lowest bidder. Submission of an EOI does not constitute a contract.

13. Encouragement of Local & Women-Led Applicants

OWACDO strongly encourages applications from:

- Women consultants & women-led research firms
- Researchers with lived experience in Benue State
- Persons with disabilities
- Early-career researchers paired with senior mentors

For Okaha Women & Children Development Organisation



Ijuwo Joy A. (Executive Director)

