Improving accessibility and affordability of quality youth-friendly FP/RH care in India

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Adolescent Health in India

- Decline in early marriages and teenage pregnancies however 23.3% girls are still married before 18 years of age and Teenage pregnancy rate is 6.8%

- NFHS 5 shows:
  - **Decline in early marriages** in 32 States out of 36 States/UTs.
  - Women aged 15-24 years who use hygienic methods of protection during their menstrual period (%) has improved in 35 out of 36 States/UTs (77.3%)
  - Women aged 15-19 years who were already mothers or pregnant at the time of the survey (%) has also gone down in 25 out of 36 States/UTs.
  - High unmet need (22.2%*) for contraception among married adolescents

Source: NFHS 4* & 5
National Adolescent Health Programme (RKS*K)

• It is a paradigm shift- curative to promotive

• Empowers the adolescents within their ecosystem to provide equitable access to quality healthcare through convergence with sectors outside of health

• A multi-component intervention targeting both determinants of health problems and their consequences covering the 6 thematic areas

- Improve Sexual Reproductive Health
- Improve Nutrition
- Enhance Mental Health
- Address Non-Communicable Diseases
- Prevent Injuries and Violence incl GBV
- Prevent Substance Misuse
Strategic interventions

Facility based approach
- Adolescent Friendly Health Clinics (AFHCs)
- Adolescent Health Counselors, Medical Officers and Auxiliary Nurse Midwives

School based approach
- Menstrual Hygiene Scheme (MHS)
- Weekly Iron Folic Supplementation (WIFS) for in School beneficiaries
- Annual Health Screening for 32 conditions through Health teams
- School Health and Wellness Programme

Community based approach
- Peer Educator Programme
- Adolescent Health and Wellness Days
- Adolescent Friendly Clubs
- MHS and WIFS (Out of School beneficiaries)
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Adolescent Health and Wellness Days (AHWDs)

• Organized every quarter to increase awareness about adolescent health among the adolescents themselves and the various stakeholders and gatekeepers.

• Helps to provide information on health issues and address various myths and misconceptions around adolescence by talks/ discussions and infotainment activities like plays, skits, games, etc.

• AHWDs also help in sensitizing youth about various health services available for them at the nearby AFHCs and Health & Wellness Centers.
Adolescents:
India’s unique window of opportunity:

Thank You