

# Reaching Teens with Adolescent Friendly Reproductive Health Services in Navoi, Uzbekistan

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## Background

Project HOPE included an adolescent health component to an ongoing child survival project in Uzbekistan. Traditional values discourage open dialogue between adults and youth on sexual issues. A formal MOH ARH policy did not exist and there was a strong feeling of mistrust between adolescents (defined as 16-18 years of age in Uzbekistan) and health care providers.



Adolescents in Uzbekistan during cotton season

## Objective

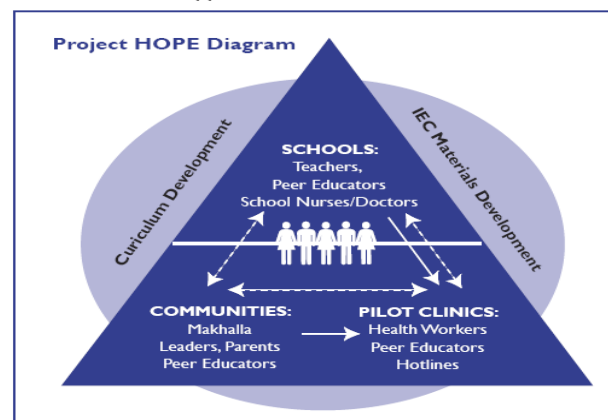
Working with the Uzbekistan Ministry of Health and Ministry of Education, the project introduced Adolescent Friendly Reproductive Health services in several MOH clinics in the Navoi oblast in Uzbekistan.

## Methods

- Include questions for adolescents on HIV/AIDS prevention and pregnancy prevention as part of baseline KPC
- Conduct focus groups with adolescents to determine needs and concerns about ARH services
- Work with Uzbekistan MOH to develop youth friendly service protocols
- Train health care workers, teachers, peer educators, makhalla leaders on adolescent friendly services, implementing WHO's 11 Characteristics for AFHS



The CS project in Uzbekistan produced dozens of booklets, posters and radio spots on the topic of ARH. Entitled, “If There is a Teenager in Your House”, this booklet introduces parents to the ARH education program in schools. Twenty thousand (20,000) copies of this booklet were printed and disseminated to parents in the project area.



An example of multisectorial collaboration in health

## Results

By the final evaluation, 90.7% of adolescents could name two ways of preventing HIV/AIDS, up from the baseline of 44.2%.

By the final evaluation, 59.6% of adolescent girls knew when they were more likely to become pregnant, up from 13.2% at baseline.

## Conclusions

Health providers and community leaders can be effective conduits of information to adolescents, when trained accordingly. Including vocational schools in our program was seen as innovative and should be considered in ARH programs here in the U.S.