

A Participatory Approach to Adolescent Reproductive Health in Nepal

ICRW

In Partnership With

EngenderHealth

New ERA

BP Memorial Health

Foundation

Aim of the Project

**To implement and test the effectiveness of
a community-based, client-centered
participatory approach
to improving adolescent reproductive
health in Nepal**

Participatory Approach

- **Involve young people and adults**
 - Defining key issues
 - Prioritizing service needs and gaps
 - Program design
 - Implementation
- **Potential for greater**
 - Program Effectiveness
 - Program Sustainability
 - Community ownership

Strategy For Integrated Program Design

- Formative research
- Intervention design & Implementation
- Monitoring and evaluation

LOCATION

4 sites

- 2 Study (rural and urban)
- 2 Control (rural and urban)

TARGET GROUP

- Male and female youth
- Married and unmarried,
- Ages 14 - 24 years.

FORMATIVE RESEARCH

Triangulated Methodology

- **EXPLORATORY QUALITATIVE (4 sites)**
 - Focus Groups, Key Informant Interviews
- **QUANTITATIVE BASELINE (4 sites)**
 - Household, Adult, Adolescent Surveys (N=965, 752, 724)
 - Service Provider Survey (N=40)
- **PARTICIPATORY TOOLS (2 sites)**
 - 9 Group activities with adolescents, adults, service providers

Substantive Findings

- **Reproductive Health issues specific to youth**
- **Issues beyond Youth & beyond RH**

RH Issues Specific to Youth

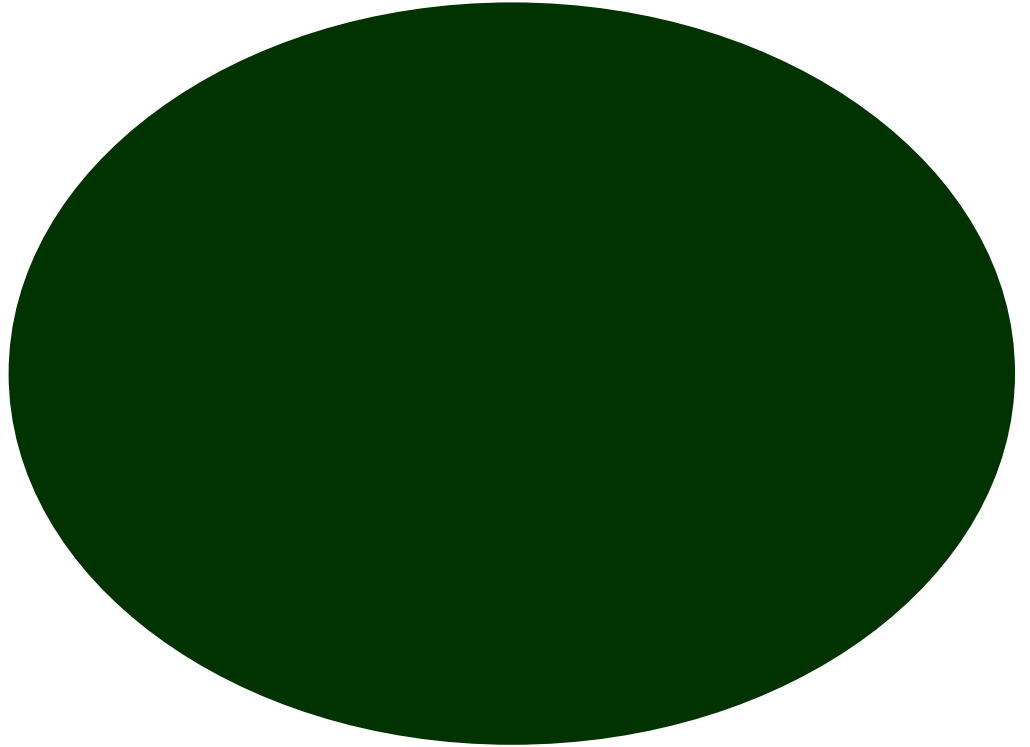
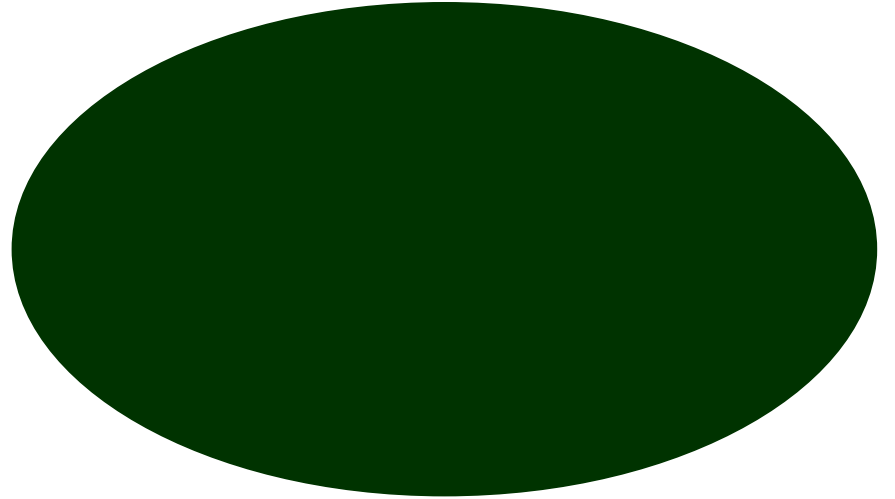
- Youth knowledge, attitudes and behaviors on Reproductive Health
- Service provider perspectives
- Parental attitudes

Issues beyond RH and Youth

Norms and Institutions

Ideals and Aspirations

- Gendered Construction of Adolescence
- Centrality of Early Marriage, Childbearing
- Gendered Construction of Sexuality
- Centrality of Economics for adolescent futures
- Ideals and aspirations similar among youth and adults



Linkage confirmed by the community

- Community members clearly articulated these pathways
- Paradox between individual ideals and social norms

Translating Research to Action – Action Planning Process

1. Share and discuss finding with community members
2. Create task forces to develop interventions
3. Review and prioritize interventions based on acceptability, equity, feasibility, and resource availability
4. Develop integrated plan

2 Key Intervention Strategies

- Direct Reproductive Health interventions
- Interventions beyond Reproductive Health

Direct RH interventions

Using participatory techniques

- Youth Friendly Services
- Peer Education
- Information Education & Communication

Beyond RH & Beyond Adolescents

Reconciling Norms, Social Systems, & Economic Opportunity to Ideals

- Adult program
- Street theater program
- Youth development program
- Economic program

Challenges

- Innovating Research
- Mobilizing community interest without overloading community resources & capacity
- Fully engaging the urban community
- Coordinating multiple agencies
- Building a flexible, multi-talented field team
- Allocating & defining control of resources
- Developing new approaches to monitoring and evaluation processes

Promises

- New lens on youth RH
- Perspective on broader context of youth lives
- Increased community mobilization
- Increased community demand of RH information and services
- More responsive & effective programs
- Sustainable change in the community