WEBINAR SERIES

Promoting health throughout the life-course during the COVID-19 pandemic

WEBINAR-6: COVID-19 PANDEMIC – CHALLENGES AND OPPORTUNITIES FOR ADOLESCENT HEALTH

Repurposing activities of the National Adolescent Health Programme (RKS)

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Why Adolescents Matter?

- Adolescents make up **one-fifth** of India’s population; about 253 million.

- Globally, adolescents carry **11%** of the global disease burden, however, they received only **1.6%** of development assistance for health through 2015.

- Comprehensive Primary Health Care is a backbone for UHC- **Health and Wellness Centers aims to provide a critical vehicle** to reach adolescents.

- Investment in this age group can derive a **“triple dividend”**, reduce health expenditure and the interruption of intergenerational transmission of poor health, poverty and discrimination*.

- For every dollar invested in adolescent health, there is an estimated **tenfold social and economic return***

National Adolescent Health Programme

- Mental Health
- Sexual and Reproductive Health
- Injuries & Violence
- Nutrition
- Substance misuse
- Non Communicable Diseases
### RKSJK: Key Implementation approaches

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• Deworming during National Deworming Day (NDD)  
• Provision of sanitary napkins  
• Peer Educator (*Saathiya*) Programme for out of school adolescent groups  
• Quarterly Adolescent Health Day (AHD)  
• Adolescent Friendly Clubs (AFCs) | • Screening of Adolescents for 4 Ds (RBSK)  
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Snapshot of progress under RKSK

Adolescent Friendly Health Clinics

- Since the inception 8018 Clinics have been established at various levels
- >7 million clients registered in 2019-20
- About 400,000 regd in Q1 of FY 20-21

Weekly Iron Folic Acid Supplementation (WIFS)

- WIFS targets 119 million children (in and out of school)
- 34.5% of the target population reached in 2019-20
- 4.80% in Q1 of 2020-21

Peer Educator Programme

- 340,000 (78%) PEs selected.
- 57% of PEs trained.
- >15,000 conducted in 2019-20
- 161 Adolescent Health Days Conducted during Q1 2020-21

Menstrual Hygiene Scheme (MHS)

- Rs. 646.8 million allotted to 20 States in 2020-21 for MHS.
- Rolled out in 10 States/UTs, in remaining, under process.
- >50 million girls covered in 2019-20
- 2.2 million covered in Q1 2020-21

*HMIS Progress as on 30th June 2020
### Snapshot of progress under RKSK

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India’s response on continuation of essential services during COVID-19

• Highlighted the following services as essential:
  ✓ Services related to pregnancy care and management
  ✓ New-born care and childhood illness management
  ✓ Immunization Services
  ✓ Management of SAM children
  ✓ Family Planning Services
  ✓ Comprehensive Abortion Care Services
  ✓ Adolescent Health services

• Health system approach for delivery of these essential services
  ✓ Facility mapping and planning
  ✓ Alternate service delivery mechanisms (Tele-health, modified outreach, home visits),
  ✓ Triaging,
  ✓ Management of human resources
  ✓ Ensuring supplies of medicines and diagnostics
Adolescent Health interventions

- Counsellors in AFHCs conduct teleconsultation of adolescents and provide services on demand to walk-in beneficiaries in containment zones, with special focus on mental health
- AFHC remain fully operational outside containment zone
- Adolescent Health Day - modified services being provided and activities, to avoid crowding
- Community distribution of IFA tablets, Albendazole and Sanitary Napkins strengthened (schools & Anganwadi centres closed) by ASHA/AWW/ANM
- Our CSO partners on the ground supported Government efforts by using their networks to facilitate distribution of napkins/IFA, linking adolescents to govt services, carrying critical information and facilitating relief.

Adolescent Health Day in tribal and hilly areas of a State - Himachal Pradesh
Government of India’s digital initiatives

- **Integrated Govt. Online training' (iGOT)** - a single point of access to the repository of training resources. *e.g.* Ministry of Education DIKSHA platform for the capacity building of teachers -10 million teachers and students accessing it.

- **e-Sanjivini OPD** for easy/confidential access to healthcare services by all ages

- **Helplines** set up with involvement of doctors and counsellors e.g. in Odisha, Kerala, MP

- **Virtual review meetings** of with State Nodal Officers to continue advocacy on adolescent health with the States

- **Web based assessments of the Laboratory District** intervention to understand various roadblocks to implementation of RKSK in the most backward districts with the help of Development Partners incl WHO

- **Peer Educator mobile Apps** developed and under use at a small scale by some NGOs; further evaluation and CBA needed for scalability

- **Digital platforms have helped adolescents** overcome isolation, loneliness and lack of physical interactions, but digital divide remains
Online training of State Nodal Officers on Adolescent Mental Health and Wellbeing

• While young people may not be at direct risk for the Covid-19 infection, the stress of the pandemic has increased their psychological/emotional vulnerabilities.

• 2-part Webinar-series “Fostering well-being and resilience amongst adolescents: during and after the Covid-19 pandemic” conducted for State Programme Officers of the Adolescent Health across all States of India.

• Explained common mental health concerns and psycho-social concerns that adolescents experience.

• Focused on specific vulnerabilities of this group during the pandemic, strategies and effective ways to promote their well-being and resilience in the long run.
School Health & Wellness Ambassador Initiative

• School Heath Programme a joint initiative of Ministries of Health and Education

• Operational Guidelines was launched by Hon’ble Prime Minister of India in 2018

• Training Resource Material was developed by >90 experts under the leadership of National Council of Educational Research and Training (NCERT) which was aunched by Hon’ble Ministers of Education and Health on February 12th, 2020

• In first phase, SHP will be implemented in about 200 districts across India

• Allocated Rs 100 crore (= $13.6 million) to States/UTs

Expected Coverage

- 110,000 Schools
- 110,000 Principals
- 220,000 Health and Wellness Ambassadors
- 20 million students
Virtual trainings of State Resource Group members

- State Resource Group members from Health and Education departments are being virtually trained
- Ministries of Health & Education have already jointly organized 4 phases of training for 4 days each
- Around 1300 SRG members have been trained across 22 States/UTs
- > 40 National experts have been mobilized for conducting sessions
- Learning outcomes are being measured through pre and post test questionnaire
- There is lots of interaction and discussions happening in these sessions
Advocacy materials developed for SHWA for e-distribution
Thank You