



SUMMARY



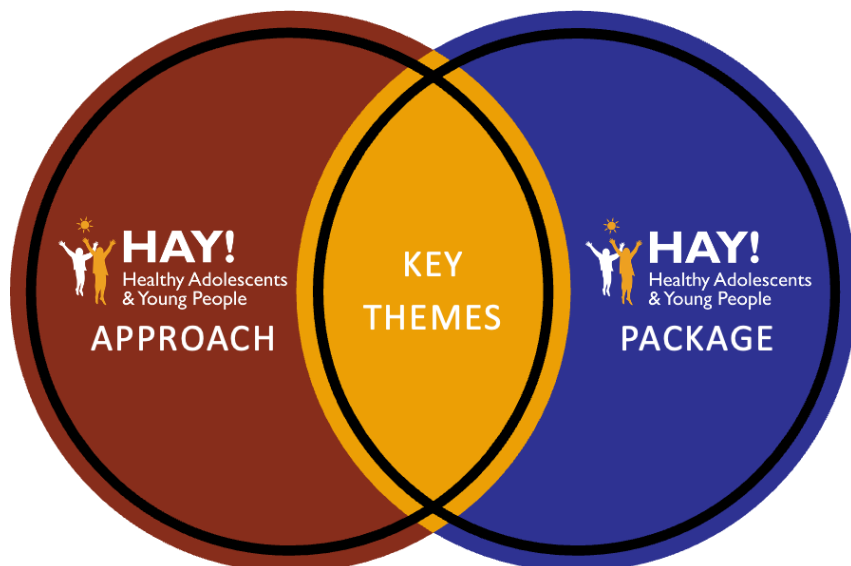
KMIKAGO EMIRUNGI

- Muherezani ekidina.
- Onunhu omwe takafanapatani.
- Ondiyo: Pua kutahi raa.
- Kihemeriswe kutahi raa.
- ho abatikani kutahi raa.
- gyo buringi kutahi raa.
- kano:
- omunhu awamufano
- poemi kapa pkyokireka
- girusu atuu birungi.
- kaga akimari kutahira
- anki mchemerisawa
- i hamwe nekimin
- tu mu p kundi kabi
- ekubahamaze kutahira
- wa kandi, dani kigani
- kutahira ekintu kigani
- kutahira moani
- g. akirankire
- unnamwe.

Overview

Healthy Adolescent and Young People (HAY!) is an exciting initiative which began in 2020 in southwest Uganda. Partners Mbarara University of Science and Technology (Healthy Child Uganda), the University of Calgary (Canada), and Bushenyi and Rubirizi Districts worked together to co-design, co-implement, and co-evaluate HAY!. Shared aims include strengthening readiness for health and wellness for adolescents and young people (AYs) aged 10-24 years old and documenting best practices for AY programming.

HAY! facilitates broad, district-wide engagement, capacity building, community-driven action, and innovation towards AY health. HAY! incorporates an implementation approach, innovative package, and key themes.



The 'HAY! Approach' uses a comprehensive, district-wide population health strategy that is grounded in implementation science, incorporating best practices for community-oriented programming. Activities follow a purposeful series of steps and build on existing government and community structures, aligning with national and local priorities.

The 'HAY! Package' includes messaging, tools, and materials that are shared through orientations, workshops, meetings, home visits, community events, and media. A comprehensive curriculum includes topics like AY nutrition, puberty, family planning, HIV/sexually transmitted diseases, healthy relationships, gender-based violence, substance use, and mental wellness. Participant groups include leaders, health workers, teachers, Village Health Team members (VHTs), parents, and in- and out- of school AYs. Messages are simple, clear and consistent. Engagement and training is highly participatory with emphasis on skills needed to use, share, act, and innovate towards a shared goal of AY health.



AY Strengths

Recognizes that AYs have unique and important talents and qualities to overcome challenges and contribute to communities. Strategies include positive communication and improved relationships with AYs, understanding of developmental stages, risk taking, and acknowledgement of AY achievements.

AY Friendliness

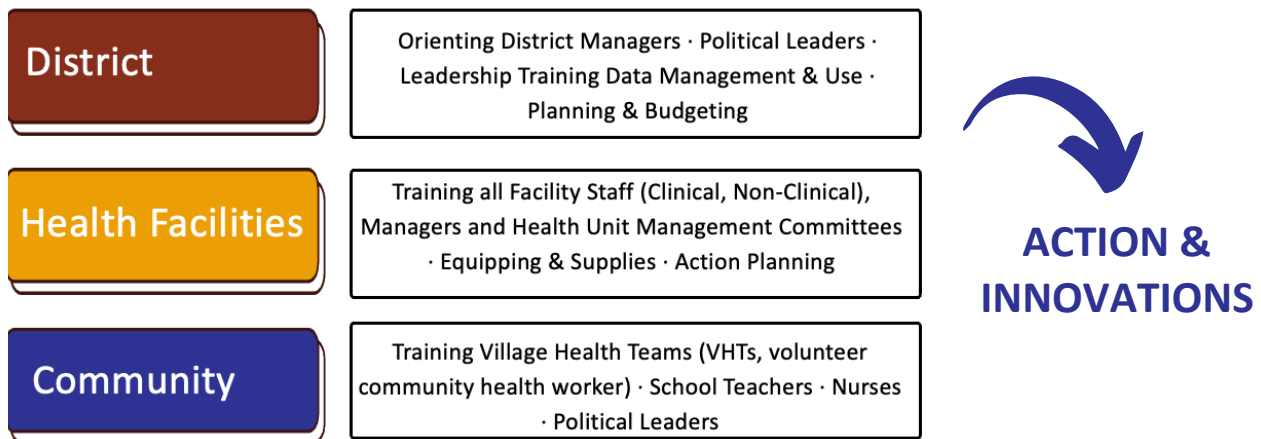
Involves creating accessible, safe, and welcoming spaces, environments, and services for all AYs. Serves as an important entry point for dialogue and actions promoting respectful care and interactions including privacy, confidentiality, non-judgement, and equity.

Everyone-ness

Promotes collective momentum towards a shared goal, recognizing the important role each and every individual plays in ensuring all AYs in a community will thrive and reach their maximum potential.

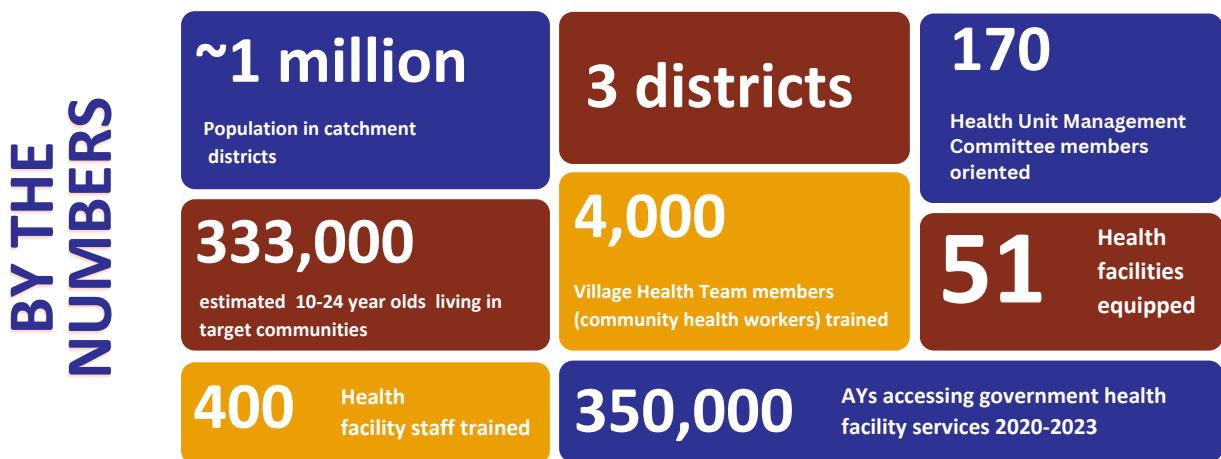
HAY! Activities

HAY! activities and engagement occur at the district, health facility, school, and community levels; a large and strong network of Village Health Teams (VHTs; volunteer community health workers) are key to HAY! success.

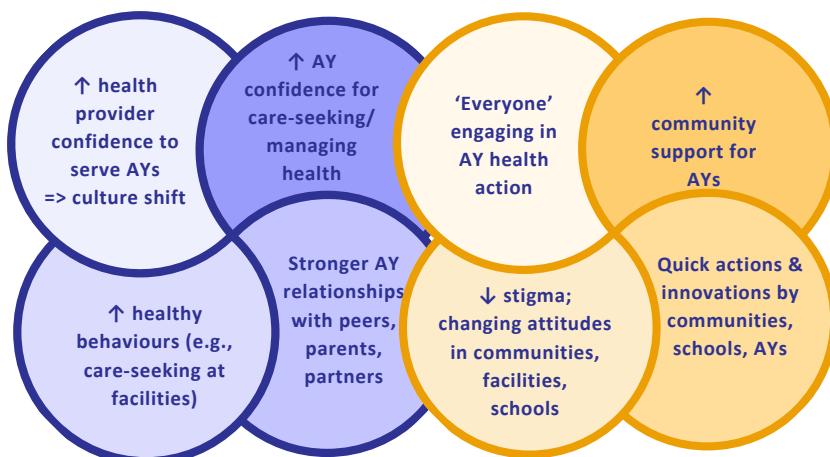


HAY! Achievements

By 2023, HAY! activities had been successfully implemented district-wide in Bushenyi and Rubirizi.



Emerging Qualitative Themes



Post intervention qualitative evaluation involving broad stakeholders including AYs revealed significant positive AY health changes including reported decreases in teen pregnancy and sexually transmitted diseases, improved health practices, increased AY care-seeking at government health facilities, improved capacity for AY service provision (skill, confidence, systems), and diverse participant and AY-driven actions and innovations.



www.healthychilduganda.org

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