

Adolescent Health

Overview ; ARSH Programme

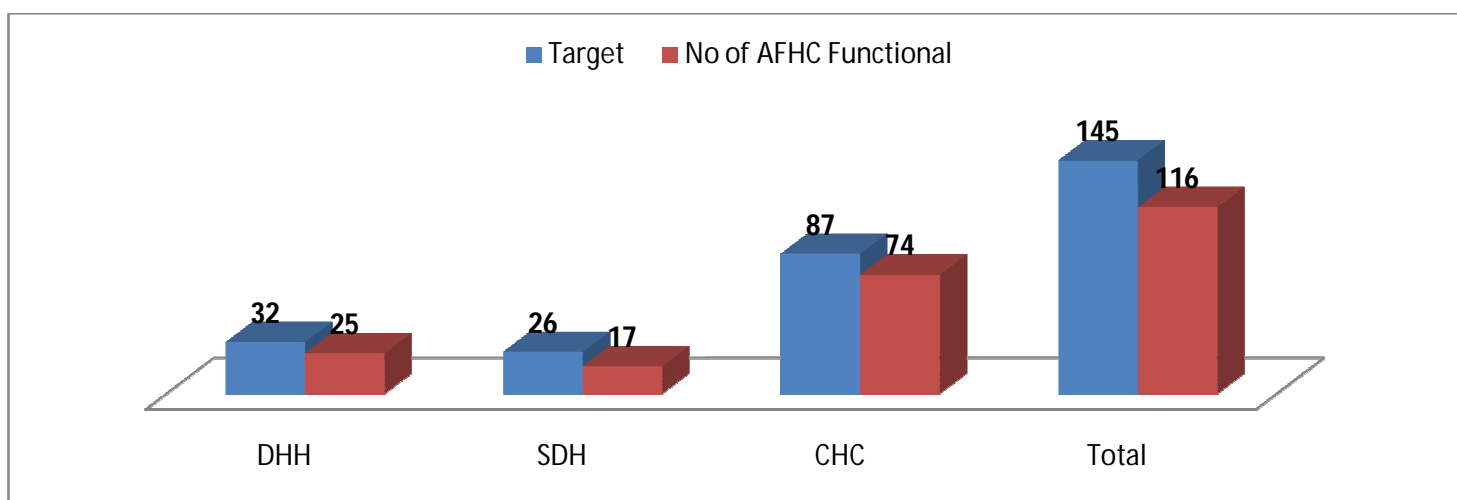
| Component | Facility Based Response | Community Based Response |
|-----------|--|---|
| ARSH | <ul style="list-style-type: none"> Operationalization of AFHCs at all (L3/FRUs) – 145 | <ul style="list-style-type: none"> Quarterly Kishori Mela to provide outreach services to adolescent girls at the village and Nutrition Health Education, across the state |
| AACP/WIFS | | <ul style="list-style-type: none"> Adolescent Anemia Control Programme for out-of school(10-19years) and school going adolescent girls & boys (6-10thstd) along with bi-annual de-worming., |
| MHS | | <ul style="list-style-type: none"> Distribution of sanitary napkins to adolescent girls in 4 districts |

Activities under ARSH

- ▶ Establishment of Adolescent Friendly Health Clinics (AFHCs)/ SHRADDHA Clinics at L-3 institutions, expenditure to be met from RKS
- ▶ Quarterly Kishori Swasthya Mela (for 4 quarters) at VHND level, @ Rs. 1200/- for 5 sessions(By ANM, AWW, ASHA, LS-ICDS)
- ▶ Monthly Adolescent Educative session on adolescent health for adolescent girls at AWC by AWW
- ▶ Annual Dist. level Kishori Balika Meet among Peer Monitors/Sakhi/Saheli in PPP mode (FNGOs/MNGOs working for NRHM in PPP activities)

Adolescent Friendly Health Clinics:

In 2013-14, the AFHCs planned in all 145 L3 (FRU) institutions across the State. Up to October 13, 116 AFHCs are established . The details of established and AFHCs not established status is given below:



Menstrual Hygiene Scheme:

The scheme has been implementing in 4 Districts (Bhadrak, Kendrapada, Jagatsinghpur and Dhenkanal) of Odisha covering 32 Blocks. The objectives of the scheme are to:

- a) Increase awareness among adolescent girl on Menstrual Hygiene, build self esteem and empower girls for greater socialization and
- b) Increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.

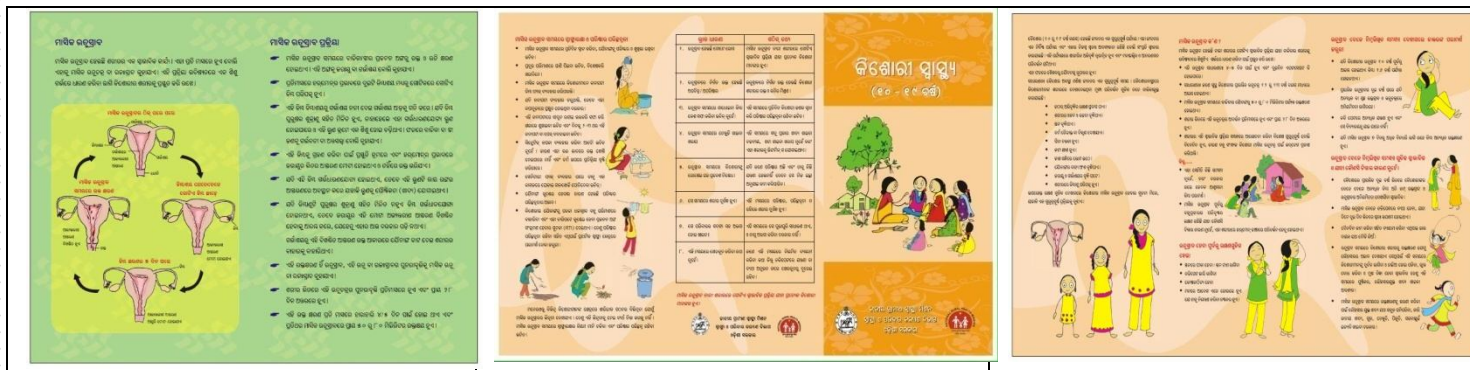
Components / activities under the programme

- GoI has supplied the sanitary napkins to the block PHCs of Bhadrak, Dhenkanal, Kendrapada & Jagatsinghpur .
- Sanitary Napkins are supplemented to adolescent girls (10-19 Yrs) at subsidiary price (@ Rs. 6 per pack of 6) by ASHA.
- ASHA is getting incentives of Rs. 1 rupee for selling 1 pack and a pack of sanitary napkins free for her use.
- Monthly adolescent educative programme on Menstrual Hygiene through demonstration of flipbook (in Oriya) containing important information on menstrual hygiene and sanitary products (use & safe disposal) by trained ASHA.

Key Progress:

- Total number of targeted adolescent girls – 304474
- Total stock received from GoI (no. of sanitary napkin packs of 6 each) –1989600
- Total number of sanitary napkin packs sold (Cumulative) –1243191
- Total free packs given to ASHA (Cumulative) –73528
- Amount of Incentive retained by ASHA for sale of SNs (Cumulative) – Rs. 1243191
- Amount of Funds Recouped to the Health System – 3269895
- No of Girls Attending Monthly Meeting (Cumulative) –337673

IEC Material on MHS:



Weekly Iron Folic Acid Supplementation:

Anaemia is a critical public health problem in India that affects women and children throughout the lifecycle & is the most common nutritional deficiency disorder in the world. As per WHO information India has the highest prevalence of anaemia among the South Asian countries. Prevalence of anaemia in all the groups' children, adolescent girls, pregnant women and adult men and women is higher in India as compared to other developing countries. Different studies show that over 70 % of preschool children were anaemic. As per ICMR survey over 70 per cent of pregnant women and adolescent girls in the country were anaemic. Anaemia begins in childhood, worsens during adolescence in girls and gets aggravated during pregnancy.

Taking into account the above circumstances Ministry of Health and Family Welfare- Government of India has launched the Weekly Iron and Folic Acid Supplementation (WIFS) Programme to address nutritional anaemia among adolescents (age group of 10-19years).

Programme Overview in Odisha:

Target group for the programme are out of school Adolescent Girls of age group (10-19 years) and School going Boys and girls (10 – 19 yrs).

WIFS for out of school adolescent launched in 30th November 2011 and for in school launched in 27th February 2013 in Odisha.

Status and progress of the programme:

- The program is on going across the state.
- State is presently using RED IFA tablet
- The blue IFA tablet will be implemented from April 2014 (Next Education Session
- 19,39,590 in-school beneficiaries covered till September 2013 out of 27,46,866 adolescents which is 70% coverage
- 12, 83,342 out of school beneficiaries covered till November 2013 out of 13, 66,414 adolescents which is 94% coverage
