

Improving the sexual and reproductive health of adolescents in Tanzania

Project “Adolescent Health in Adolescents’ Hands!” (AHA!) 2022-2024, Ulanga District.

Context

Tanzania has a very young population, with approximately half the population under 17. The pregnancy rate among adolescents in the country is very high: in some rural areas, **39% of 15-19-year-old adolescents already have a child or are pregnant** and are at increased risk of preterm birth, birth complications, and maternal and neonatal mortality. Sexual education is rarely provided in schools. Key overall health challenges for adolescents in Tanzania are related to sexual and reproductive health issues, in particular **teenage pregnancies and limited availability of specialized health services**, especially in rural areas.

Joining forces in education & health to improve the health of 44’000 young people

SolidarMed, specialist in the medical sector and Enfants du Monde, recognized for its expertise in education, launched the AHA! project in 2022 to address the **unmet demand for information and services** in the field of sexual and reproductive health in the rural district of Ulanga (Morogoro region) in Tanzania.

More than **44’000 in and out of school adolescents aged 10 to 19** as well as their caregivers, teachers and communities will benefit from the project from 2022 to 2024.

Changing adolescents’ attitudes with their active participation

Adolescents **participate actively** in the project development and implementation through youth-

led activities, feedback on perceived service quality, and participation in the project advisory team. They also act as **peer educators**. Enfants du Monde and SolidarMed’s approach aims at young people influencing actively their social environment by **raising awareness** at all levels (schools, health facilities, project staff etc.).

Delivering long lasting results

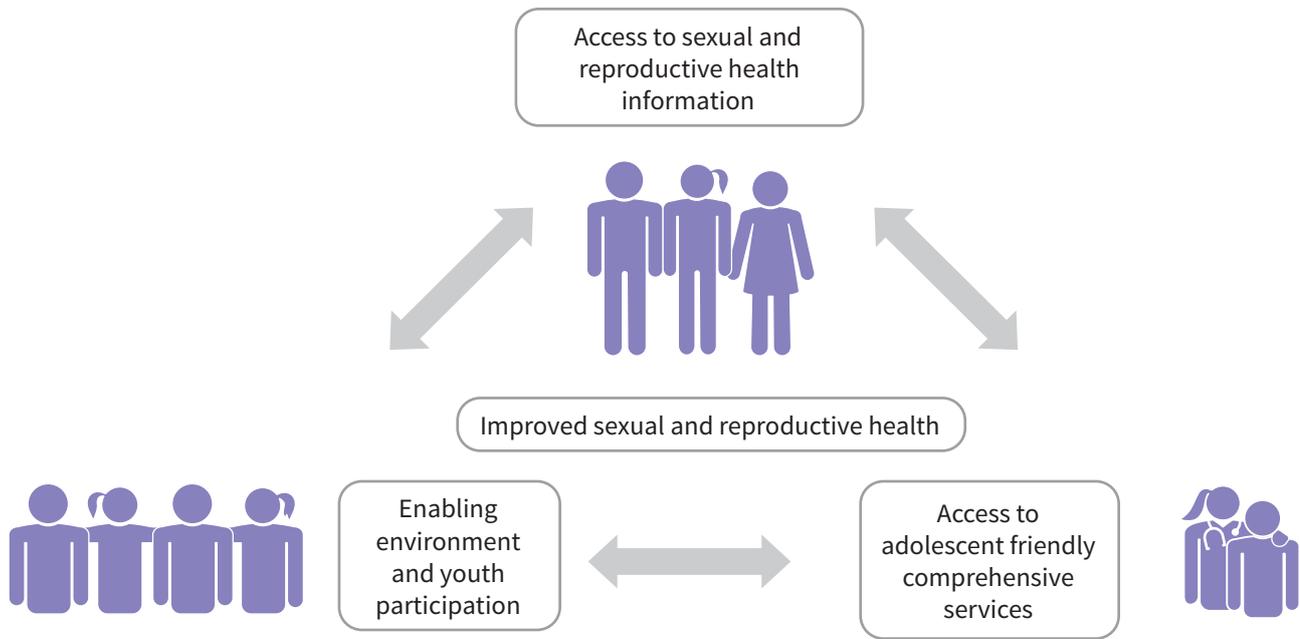
Enfants du Monde and SolidarMed’s project is developed to achieve long-lasting results.

- **Increasing demand for health care** by applying a participative method to provide the beneficiaries with appropriate knowledge, taking into consideration culture and social acceptability;
- **Improving access, quality and scope** of Adolescent Friendly Sexual and Reproductive Health services through capacity building and mentoring of health care workers, improvements in infrastructure and equipment and outreach services.

Key achievements in 2022

- **Conducting a pedagogical assessment** to better understand the current educational practices and young people’s needs;
- **Developing a training approach** based on youth and community first knowledge to further convey scientific knowledge and prevention messages;
- **Needs assessment** through facility based analysis and mystery client survey;
- **Training and mentoring** of health care workers;
- **Renovation of adolescent health corners** and introduction of a patient satisfaction tool at facilities;
- **Awareness raising activities** with communities.

THEORY OF CHANGE



Young pregnant women waiting for counseling at the reproductive and child health care clinic.



Primary school peer educators as part of the Adolescent Sexual Reproductive Health program.

2 SWISS NGOS WITH SPECIALISED AND COMPLEMENTARY SKILLS

Enfants du Monde (www.edm.ch) is a Swiss non-governmental organization based in Geneva. For more than 50 years, it has been providing quality education and access to health services to children and mothers in some of the world's poorest countries. In Switzerland and in the countries where it operates, Enfants du Monde promotes children's rights and education for sustainable development, centred on the participation of children and youth.

In 2021, Enfants du Monde, recognized for its expertise in the health and education sector decided to partner up with SolidarMed to bring its competencies in Tanzania to improve the sexual and reproductive health of Tanzanian teenagers.

SolidarMed (www.solidarmed.ch) improves health care for more than 3 million people in rural Africa and in India. Active since 1926, we combine up-to-date knowledge with many years of experience. We strengthen existing medical facilities and train local health personnel. In Tanzania, SolidarMed has been active since 1999. Through our integrated approach in and with the health system, SolidarMed strengthens the synergies between the different levels and thus fostering improvement in processes and active participation. Our collaboration with the local partners and alignment to Local, National, and Global priorities as well as working within the existing structures makes SolidarMed a highly appreciated partner in the country.