



# TUPANGE PAMOJA

NEWSLETTER | ISSUE 1

## ADOLESCENT YOUTH SEXUAL REPRODUCTIVE HEALTH



Mr. Kalamula Richard and Ms. Nakiberu Edith from Goma HCIII in Mukono Municipal council talking to youths during a health talk

## INCREASING THE OPTIONS FOR YOUTH AND ADOLESCENTS



Paul Nyachae, Project Director, The Challenge Initiative (TCI) East Africa – *Tupange Pamoja*

It is with great pleasure that I welcome you to our inaugural Tupange Pamoja Newsletter Issue 1, that focuses on our work in the adolescent and youth (AY), sexual reproductive health space! The Challenge Initiative (TCI) East Africa (known as Tupange Pamoja ‘Let’s Plan Together’) is designed to deliver rapidly scalable and sustainable proven approaches in reproductive health and family planning, for urban poor populations. We work in 41 cities/districts across East Africa, with 15 of these implementing adolescent and youth focused programs.

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### INNOVATION ALERT! UNIQUE APPROACH TO ADOLESCENTS AND YOUTHS.

MUKONO, UGANDA

By Albert Bwire & Brenda Asiimwe

The Challenge Initiative’s (TCI) Adolescent Youth and Sexual Reproductive (AYSRH) program has helped Mukono Municipality escalate the challenges affecting adolescents and youth in health management. According to Mukono Municipal Principal Medical Officer, Dr. Anthony Kkonde, this program triggered him to action.

“Through dialogues and engagements with community influencers and leaders, we are able to advocate for support to reach adolescents and youths with positive messages on reproductive health,” says Dr. Kkonde, adding that core issues affecting adolescents and youth are discussed during community dialogue days.

But to reach more numbers, Dr. Kkonde and his team developed innovative approaches for impact. They incorporated over 300 motorcycle riders, locally known as ‘Boda Boda’, in the campaign. Most of these riders are young men who interact with multitudes of people every day.

“Involving us has changed the way we talk about sexuality. Previously, we relied on scanty family planning information from our peers which hindered us from making informed decisions”, says Mukubwa Michael, one of the riders.

Some of the riders have taken their spouses and girlfriends at Mukono Health Centre IV for counselling on available family planning services. This has seen an increase in the number of clients seeking services at the facility.

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In this Issue, we highlight the successes that these cities have had implementing the Tupange Pamoja AYSRH program through stories and numbers as well as learn about some of the key tools such as the TCI University - a platform that carries resources on our proven high impact interventions and a community of practice, and the TCI dashboard for visualizing near-time real-time data for decision making.

At the core of TCIs success, is a shared change mindset by all whom are involved in its successful implementation. I therefore, would like to extend my gratitude to the Ministries of Health of Kenya, Uganda and Tanzania whose local government leadership and technical teams' efforts have enabled them make commitments over USD 1.9 million to support their own AYSRH programs. Appreciation also to TCI staff, the local

partners including National Council for Population and Development (NCPD), FHOK, KYMDO, AFP as well as the Bill and Melinda Gates Institute for Population and Reproductive Health, for their continued support of this program.

I now invite you to read and share the contents of this newsletter widely, log into TCI University and reach out to us for any further information or collaboration. On a final guiding note, the wise words of Benjamin Disraeli aptly put 'The youth of a Nation, are the trustees of posterity'. Therefore, if we fail to champion for and support their needs, we fail ourselves, we fail humanity.

Happy reading!  
Paul

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When youth and adolescents visit the youth clinics at Mukono Health Centre IV and Goma HC III, trained child spacing champions talk to them about contraception and positive reproductive health behavior.

The Challenge Initiative, locally implemented as Tupange for Better Cities, has enabled the discussion of these seemingly controversial issues through radio shows and integrated outreaches. Health talks are also organized at institutions of higher learning where students engage with skilled providers to talk about contraceptive use.

"I put off all the reservations I had about discussing sensitive topics around youth and contraception as avoidance of discussing these issues contributes to more of our young people dropping out of school," explains one of the Peer Counselors Nakubera Sharina.

## TCI APP

TCI University is available as an app in both the Apple Store and Google Play.

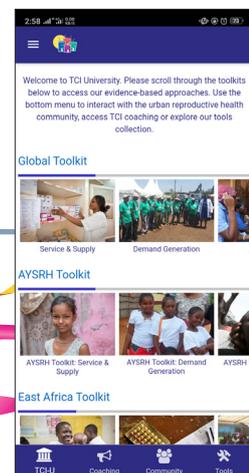
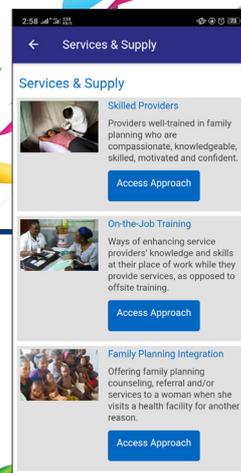
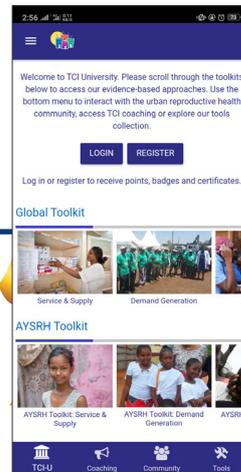
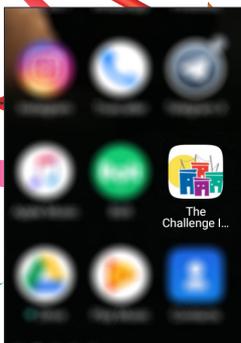
All the TCI toolkits are available on the app as well as assessments and certificates.

Mobile app features

- East Africa toolkit
- Adolescent and Youth Sexual Reproductive toolkit
- Community of practice

Registered users earn badges for their activity on the sites and completing lesson

Experience the app in English, Français and Kiswahili



## IMPROVING FAMILY PLANNING DATA IN THE COMMUNITY

NAIROBI, KENYA

By Tom Maritim

During Tupange Pamoja program implementation meetings, it is rewarding to see how family planning data is being used for decision-making and activity programming. Over the last two years, measurement and evidence has formed the backbone of designing family planning programs for cities implementing Tupange Pamoja. The program implementation team (PIT) was created to oversee and monitor progress in scaling up proven family planning interventions at the city level.

Challenges in measuring and reporting core indicators, however, has hampered the accuracy of program progress updates. With this in mind, Tupange Pamoja has invested in strengthening the capacity of implementers through data workshops. Community health workers have been empowered by the program through coaching on data quality review and analysis as well as provision of reporting tools. This has slowly yielded consensus on the



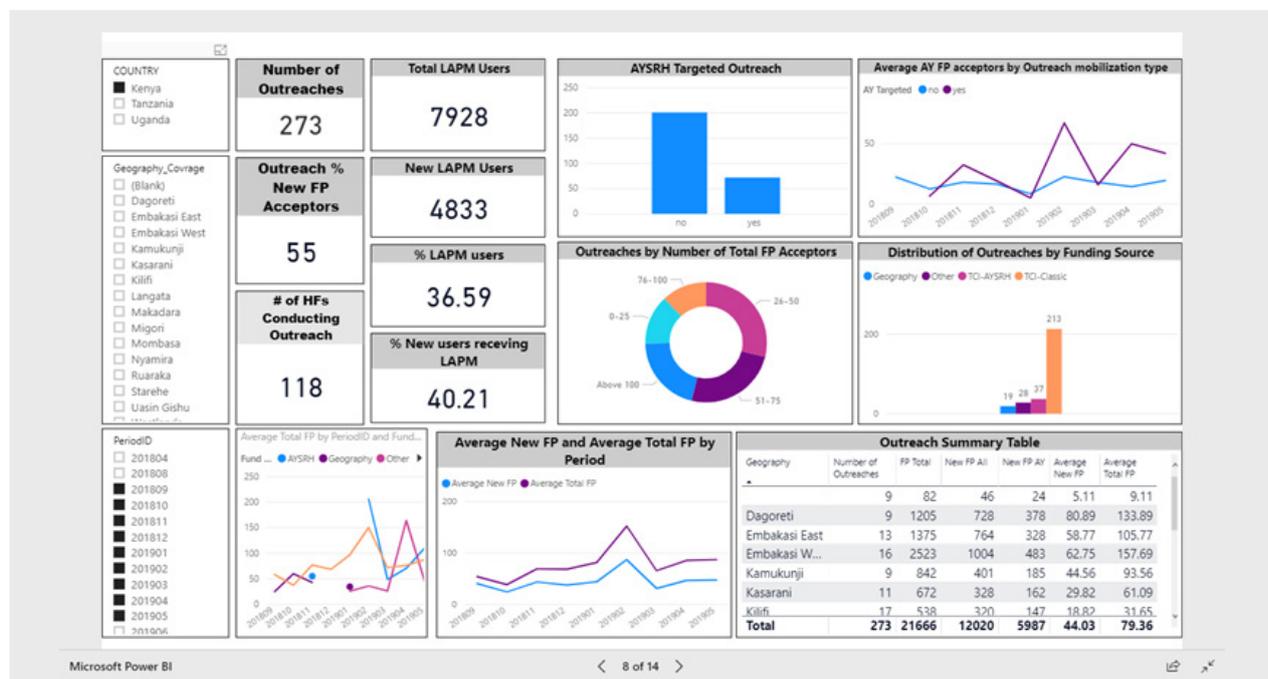
Community Health workers reviewing their family planning data with Community Strategist

importance of reporting at the facility and community level.

Recent successes include more than 70% near real-time reporting on program progress, a strong emphasis on data at the city level and the use of a new program-reporting dashboard. The dashboard illustrates the significance of using routine data from the district health information system (DHIS 2) to make critical decisions that affect the uptake of contraception

services. The dashboard will also be used to articulate the Sentinel Surveillance and PMA Agile data. All these information sources will provide local governments with a platform for ensuring that family planning and contraception programs are data driven and making progress.

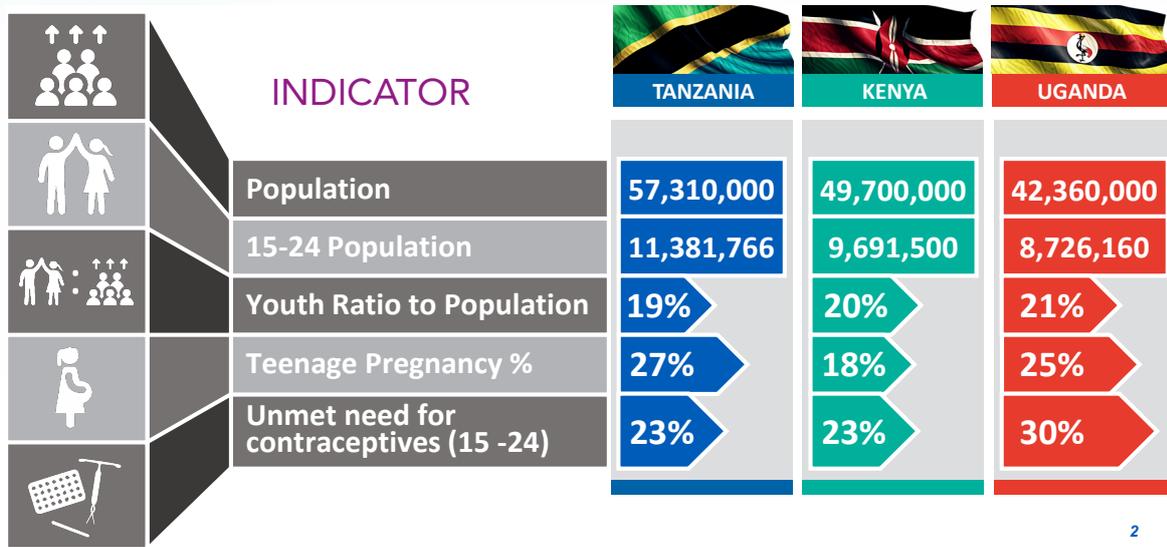
Targeted coaching is conducted regularly to ensure sustained improvement in reporting at all levels.



Snapshot of the TCI dashboard used for evidence based decision making by implementers from Open Data Kit (ODK), Sentinel Surveys and Program Data

# DATA RUSH

## DEMOGRAPHICS

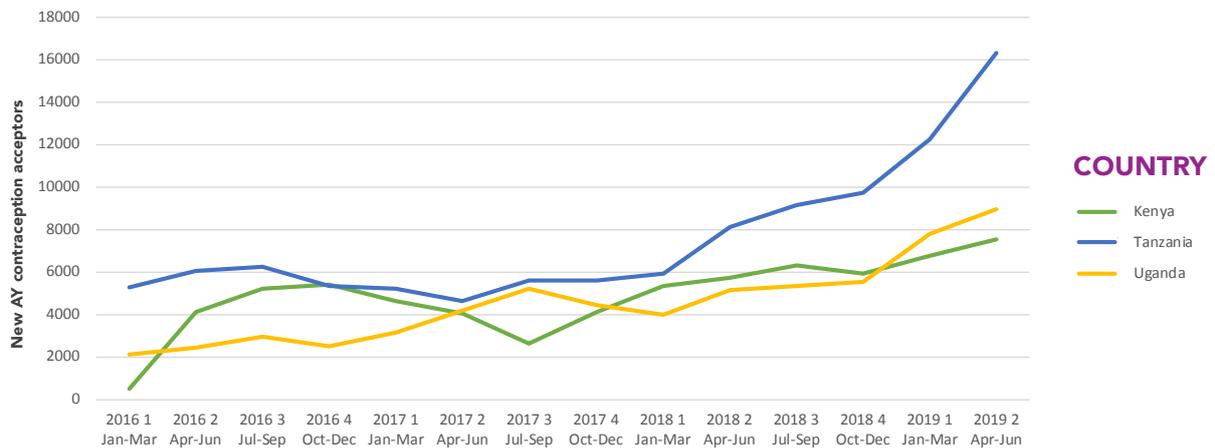


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## GEOGRAPHY CONTRIBUTIONS



## SUM OF NEW CONTRACEPTION ACCEPTORS FROM TCI SITES



## QUOTES



### WHOLE-SITE ORIENTATION CHANGING THE WAY PROVIDERS INTERACT WITH ADOLESCENTS AND YOUTHS

I'm very grateful to TCI for partnering with Buikwe District. The AYSRH whole-site training has transformed our facility. It was the first of its kind to bring together to all health workers, support staff, security guards and cleaners and am happy that all of us were oriented on how to work with adolescents and youth. "I didn't know how to communicate with adolescents and whenever they came to the facility, I would treat them as adults no wonder many did not come back". But from this orientation, I have learnt that adolescents must be treated with love, dignity and in a non-judgmental manner. At our facility, we agreed that adolescents will always be treated first.

Nabwire Racheal, Enrolled Midwife  
Ssenyi HC III Buikwe District



### WORK TOGETHER TO WIN TOGETHER

The County has allocated a budget to pay stipends to motivate CHWs who are FP champions.

With support from Nairobi Governor, the county has allocated Ksh.100 million for CHWs' stipend. This is a plus to our county because data and service delivery at the community level will improve.

Dr. Lucina Koyio, Nairobi County  
Director of Health services



### ADOLESCENT AND YOUTH INFORMATION & SERVICES AIMS TO REDUCE UNWANTED PREGNANCY IN TUMAINI UNIVERSITY

Tumaini University Makumira in Arusha is grateful to the Tupange Pamoja program. Together, we launched TCI club which provides information on contraception services for our students. We have more than 3,000 students and one of the challenges among them is health issues around unsafe abortions, unintended pregnancies and increasing cases of sexually transmitted diseases. Our students are now accessing reproductive health information and services. We sincerely appreciate and congratulate Tupange Pamoja team for the devoted efforts to support our youth with quality reproductive health services.

Madam Tilia, Dean of Student -  
Tumaini University.

# INTERVENTION ON THE SPOTLIGHT



Before facility makeover



After facility makeover

indicating TCI's and the local government's contribution. Being that this innovation is government-led with TCI providing technical support, the community leadership quickly swung into action. They mobilized funds, labour and construction materials and within 72 hours, the facility was turned into a completely new structure that was commissioned on May 23, 2019.

Janet Adongo, TCI's Technical Specialist and 72-hour makeover Coordinator, explains that Kawempe Mbogo's experience was unique compared to the other makeovers.

"Our original plan was to makeover the family planning unit, but the entire facility required renovation. The family planning unit would not have suited a dilapidated structure hence the decision to renovate the entire facility," she explains.

The renovation involved tearing down the roof and walls, and raising them higher. Electricity and the drainage system were also fixed.

"We were motivated by the commitment of the local leadership and the community who supported us through the three days by offering labour, getting materials at subsidized prices and being present throughout the process until the facility was completed," Adongo concludes.

## UPTAKE OF FAMILY PLANNING METHODS

	BEFORE MAKEOVER	POST MAKEOVER
 Condoms	129	176
 Injectables	71	136
 IUDs	53	47
 Implants	3	36
 Pills	67	179
<b>TOTAL</b>	<b>323</b>	<b>574</b>

## 72-HOUR MAKEOVER: KAWEMPE

KAWEMPE, EAST - UGANDA

By Brenda Asiimwe

**K**awempe Mbogo Health Centre's main entrance faces the road and is adjacent to Kawempe Mbogo Mosque. On the outlook, rusty iron sheets hang over a brown worn out structure, so low that people had to bend at the entrance while accessing the facility. With the exception of the tilted old signage with facility's name inscribed on it, one would hardly tell that it was a health Centre. The interior was also an eye sore with broken floors, a leaking ceiling, and worn out furniture, doors and windows.

According to Nabuufu Rehema, the facility-in-charge, it had always been their dream to renovate the facility but it seemed impossible because it's

a non-profit health Centre. Established in 1982, the facility was constructed by the Moslem Community to provide subsidized health services. The facility also gets some funding from the government and Kampala City Council Authority to support operations. However, this was not enough to initiate the facelift they desired.

The Challenge Initiative (TCI) program through partnership with Kawempe division introduced the 72-hour innovation.

"We were excited to be selected for the TCI's 72-hour make over approach; this was a chance of a lifetime," says area councilor Ramadhan Lukwago, adding that the project offered a timely boost and motivation to rally the community's support to renovating Kawempe Mbogo Health Centre.

Meetings were held with responsible local leadership and budgets drawn

# OUR STORIES



Community dialogue meeting at Lugazi in Buikwe Geography

## UNLOCKING HEALTH BARRIERS THROUGH COMMUNITY GATEKEEPERS.

LOCATION, UGANDA

By Albert Bwire & Brenda Asimwe

Community gatekeepers are a group of individuals who believe in the values and benefits of providing SRH services to adolescents and youth. Gatekeepers are selected from different sectors of the community. This defines their different roles in advocating and promoting SRH services for the adolescents and

youth. Uganda is championing the use of Adolescents and Youth community gatekeepers to actively support and promote family planning and sexual reproductive health (SRH) services.

Community leaders include religious, cultural, mothers-in-law, parents, and retired health workers. They have and

continue to play a fundamental role in creating an enabling and supportive environment for adolescents and youth to access SRH services. During the meetings, discussions range from challenge from socio-cultural norms and religious beliefs that hinder adolescents and youth from accessing to utilization of SRH services. The religious leaders have been able to incorporate youth and adolescent reproductive health issues into their religious sermons.

“We work with the religious leaders in churches and mosques to mobilize adolescents and youths for integrated youth outreaches. They make announcements immediately after church services which has helped us to get more numbers of adolescents and youth accessing services,” explains Sr. Nangobi Zikula Midwife from Bugono HC IV in Iganga Geography.

As a result, there have been reduced myths and misconceptions around family planning and adolescent sexuality, stigma by adolescents from seeking for SRH services including family planning services.

“It’s our responsibility to ensure that our daughters are kept in school. As parents and community leaders we must be role models and ensure that our girls are safe by making the environment around them safe and supportive,” says Chairperson LC III for Lugazi in Buikwe Geography.



## FIGHTING TEENAGE PREGNANCIES THROUGH PARTNERSHIPS

By Morine Sirera

*“Adolescents and young people are our present and if we do not invest in them, then we definitely do not have a future,” Maureen Mwangovya CEC Gender, youth, Culture and Sports Kilifi County.*

Kilifi is one of the Counties that reports high numbers of teenage pregnancy in Kenya. As the County celebrated World Contraceptive Day in 2018, a 24-year-old woman shared her predicament as a grandmother. She was a representation of the current situation in the County, hence the need to develop homemade solutions to address teenage pregnancy. As a result, this will create a youth workforce that is healthy and able to contribute to the economy.

The Challenge Initiative (TCI) project has been supporting the Ministry of Health to implement evidence-based interventions for family planning. The pendulum is steadily swinging back from focusing on teen pregnancy as a health issue to a broader approach; Multisectoral engagement, including the pivotal issues related to culture and gender norms.

“We work together because teen pregnancy is not just a health issue. It is an economic, cultural and social menace in our County. Our partnership will promote participation of various sectors in the management of teen pregnancy, which will result in improved quality of life for our young boys and girls,” the CEC of Health Dr Anisa Omar.

In the model of Tupange Pamoja, the Ministry of Gender also put in around \$3,000 towards expanding access of adolescent health services. The support focuses on outreach

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# OUR STORIES

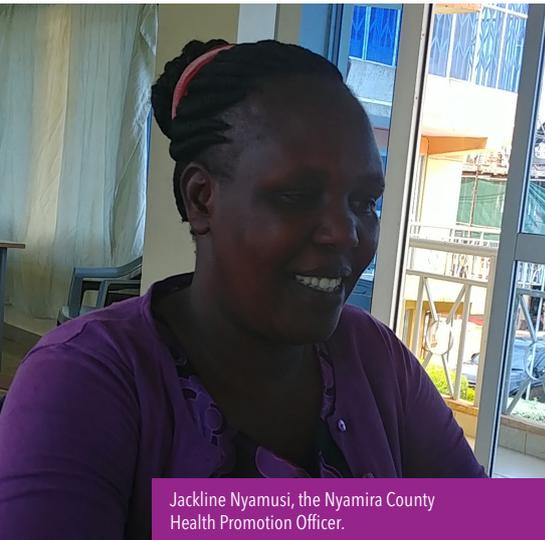
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to young people particularly girls in the underserved regions of the County. Through the Ministry of Health, community health workers have been trained to provide basic sexual information to not-in-school girls, young women and men in their

communities and offer referrals to youth clinics.

“We are motivated to address women and girls’ equality because it is their right. Evidence shows that as indicators for women and girls’

well-being improve, economies will grow, poverty rates will decline, and the environment will benefit,” says Ms. Maurine Mwangofya CEC Gender, Social services, Culture and Sports



Jackline Nyamusi, the Nyamira County Health Promotion Officer.

“My name is Jackline Nyamusi, the Nyamira County Health Promotion Officer. There were limited opportunities for educational radio talk shows on health matters in Nyamira County. But that changed following the Nyamira program design development with support from The Challenge Initiative (TCI) program.

Engagement with media personalities as an advocacy strategy was introduced which led to monthly Adolescent Youth and Sexual Reproductive Health (AYSRH) radio talk shows with one of the local radio station, Kisii FM. The radio talk show became popular and the community demanded for more.

Kisii FM identified me to conduct these sessions. Unlike the other times the department of health had to pay for the talk show, the radio station called me in. I wondered who paid for the program, but the manager said there were demands for frequent health education on radio.

I arrived at the station just in time and was ushered in to the broadcasting

room. The radio presenter requested that I teach the public on any health topic. I chose two relevant topics; AYSRH issues that had a lot of questions and concern, and cholera because there were reported outbreaks in some parts of the county.

After the talk show I decided to ask the presenter what compelled them to give us free radio airtime. She said it was due to public demand and that the health program will be aired frequently. So they agreed to be giving us free radio airtime once in a while to empower the public on issues around health. This decision followed the topic on AYSRH that had raised a lot of concerns and demand from the public.

I don’t know what we could have done without TCI. We not only talk about AYSRH but also incorporate other health concerns hence empowering the community in all aspects of health.

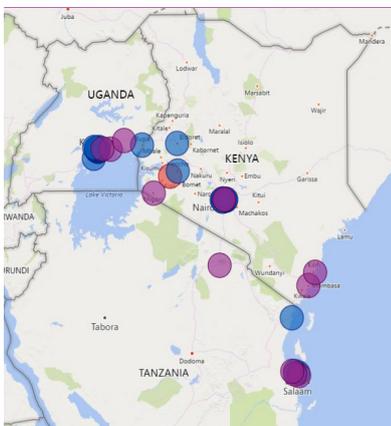
Thanks so to TCI for coming to Nyamira county!”

## USING RADIO AS A MESSAGING TOOL

NAIROBI, KENYA

By Nancy Aloo

## OUR AYSRH FOOTPRINT



- Dar [Kinondoni, Illala, Temeke],
- Arusha City,
- Tanga



- Nairobi [Kasarani, Kamukunji, Ruaraka],
- Migori,
- Mombasa,
- Kilifi,
- Nyamira



- Iganga,
- Buikwe,
- Mukono

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