

Digital health uses mobile phones and other wireless technology to promote health objectives. With increased mobile phone ownership and the rapid expansion of mobile and electronic platforms, digital health has the potential to strengthen health systems and expand the reach of information and referrals to contraceptive services among adolescents and youth.

## Key Outcomes

- Improved knowledge of adolescent and youth sexual and reproductive health (AYSRH) among adolescents and young people in support of healthy reproductive behaviors
- Increased social support for healthy reproductive behaviors among adolescents and youth
- Reach more young people with sexual and reproductive health (SRH) services



## Steps

1

### Identify the most appropriate type of technology to use, content and format

Involve adolescents and youth early in the design process. Ensure the privacy of individual users in the design.

2

### Pretest content

for suitability and appropriateness before application or dissemination to end users.

3

### Share information

about the various SRH services and benefits of contraception and family planning.



## Use a variety of platforms

including social media platforms, as is feasible, for increased retention and comprehension.



## Monitor and evaluate

through quantitative and qualitative approaches such as user surveys or inbuilt analytics deployed via the digital platform.

## Useful Tips

- Digital health strategies should be linked with other approaches such as [community mobilization](#) and [mass media](#).
- The target audience of your digital health technology intervention can be clients, health system managers, providers, or data services. Engage your target audience in the development and dissemination of your intervention to ensure it is an appropriate solution to actual and perceived needs.

For more information, refer to <https://tciurbanhealth.org/courses/east-africa-demand-generation/lessons/aysrh-digital-health-2/>