

# Young Health Programme in India

India has the fastest growing urban-poor population in the world. However, urban services and infrastructure have not kept pace with this rapid growth. There are significant issues related to water and sanitation including lack of potable water, waste disposal and sewage maintenance. Access to health services is limited and awareness about sexual and reproductive health and HIV/AIDS is low.

The Young Health Programme in India is focused on improving hygiene, infection and reproductive health in five settlement areas in Delhi.

The Programme is being implemented by Plan India in partnership with the Community Aid and Sponsorship Programme (CASP).



**AstraZeneca** 

Young Health Programme

A global community investment initiative

in partnership with



JOHNS HOPKINS  
**BLOOMBERG**  
SCHOOL of PUBLIC HEALTH





**Key issues for adolescent health in urban slum areas include malnutrition; hygiene and sanitation; infections such as TB and malaria; substance abuse; anaemia in girls; unwanted pregnancy; illegal and unsafe abortion and sexually transmitted diseases. Early marriage, exploitation and violence all compound the difficulties of adolescent physical and psycho-social development.**

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### What do we want to achieve through the Programme?

The Programme expects to reach an estimated 31,000 households in five urban slum areas of Delhi. This will directly reach 38,000 adolescents and indirectly influence an estimated population of 190,000. This will include policy makers, educators, and health professionals in the communities in which these young people live.

#### Objectives:

- Improve health seeking behaviours through raising awareness and knowledge about access to available healthcare systems
- Enable adolescents to make better choices about their health and lifestyle through raising awareness and knowledge about healthcare
- Establish community based actions on key infections
- Address the immediate needs of the community related to healthcare, hygiene and sanitation

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### Local Partner

The Programme is being implemented on the ground by **Plan India** in partnership with the **Community Aid and Sponsorship Programme (CASP)**. The focus of all CASP programmes is child-centred, community development, providing opportunities to the child and its family where there is a lack of information and knowledge. CASP initiatives focus on health camps, infrastructure, development in schools, adolescent health, women's empowerment, livelihood, healthy and hygienic communities, children's participation and child rights.

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### What activities are taking place locally?

- Training adolescents to become educators, who engage and inform their peers on health issues
- Establishing and creating referral services to Health Information Centres (HIC) in all slum communities
- Arranging themed camps and fairs addressing specific adolescent health issues
- Training teachers in how to be more responsive to adolescent health needs
- Increasing health services available in the targeted slum community and training health providers in sexual and reproductive health clinics on how to offer "adolescent friendly" services
- Providing schools with low cost sanitary kits to increase hygiene practices, and training teachers and students on hygiene and sanitation
- Ensuring sustainability of the initiatives by gaining the support of community groups and stakeholders (legislators, community leaders, police) for adolescent health initiatives