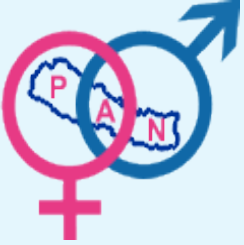




# SEXUAL & REPRODUCTIVE HEALTH STATUS OF ADOLESCENTS & YOUTH IN NEPAL

Prof. Dr. Ram Sharan Pathak, CDPS, TU & President, PAN  
Mr. Trilochan Pokharel, General Secretary, PAN & Dy.  
Director of Studies, Nepal Administrative Staff College



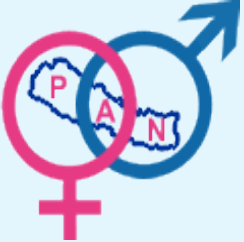
# Presentation Outline

- Context
- Status –Needs and Behaviours
- Issues
- Implications

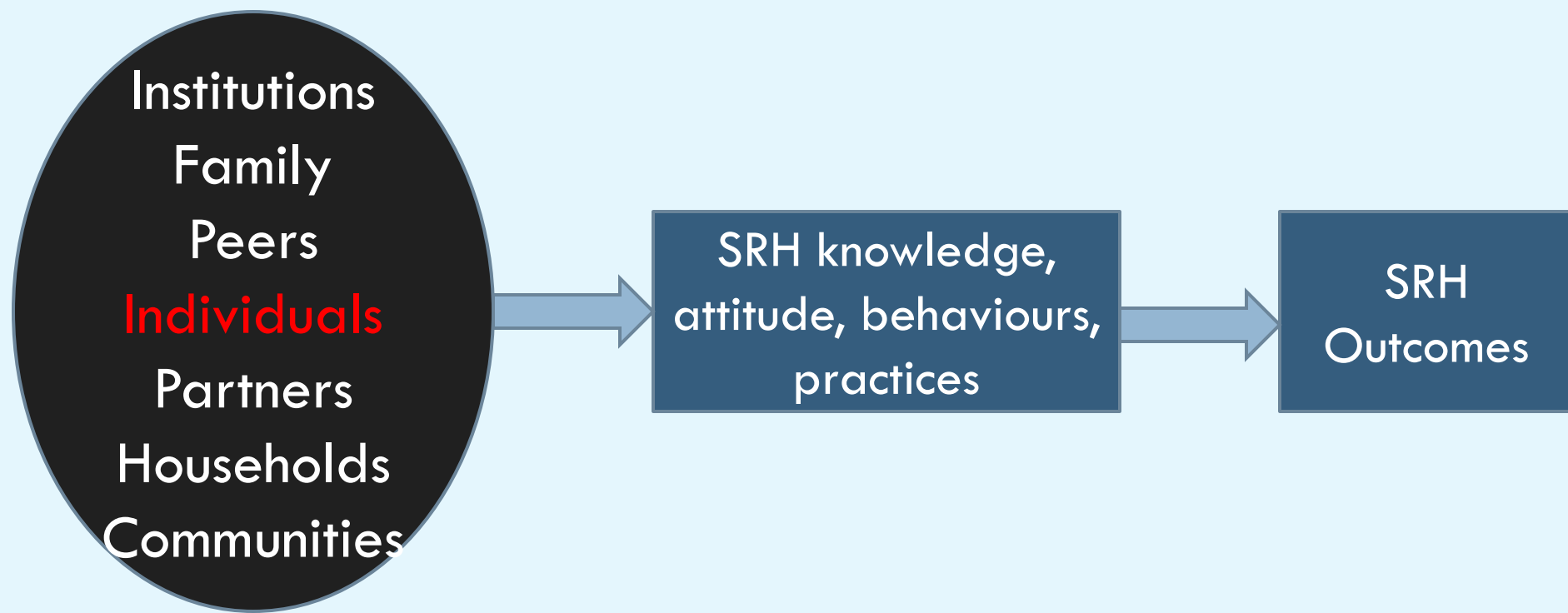


# SRH Context

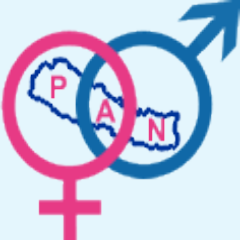
- Shift: FP – RH – SRH - SRHR
- SRH behaviours of adolescents and youth - responsive to changes in the socioeconomic and cultural environment
- ICPD 1994 – Universal Access to RH by 2015
- RH needs of adolescents [and youths] have been largely ignored to date by existing RH services (ICPD, 1994)
- MDG Target 5b (World Summit 2005) - Universal Access to RH by 2015, commitments



# SRH Context...



Source: Adapted from Khan & Mishra (2008)

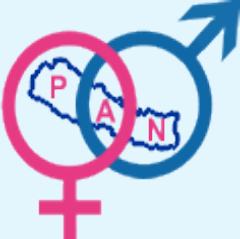


# Young People (10-24 Years)

- Median age
  - ▣ male 18.93 years
  - ▣ female 19.73 years (NDHS 2011)
- Young people (10-24 years)
  - ▣ male 31.6 percent
  - ▣ female 32.7 percent (NDHS 2011)

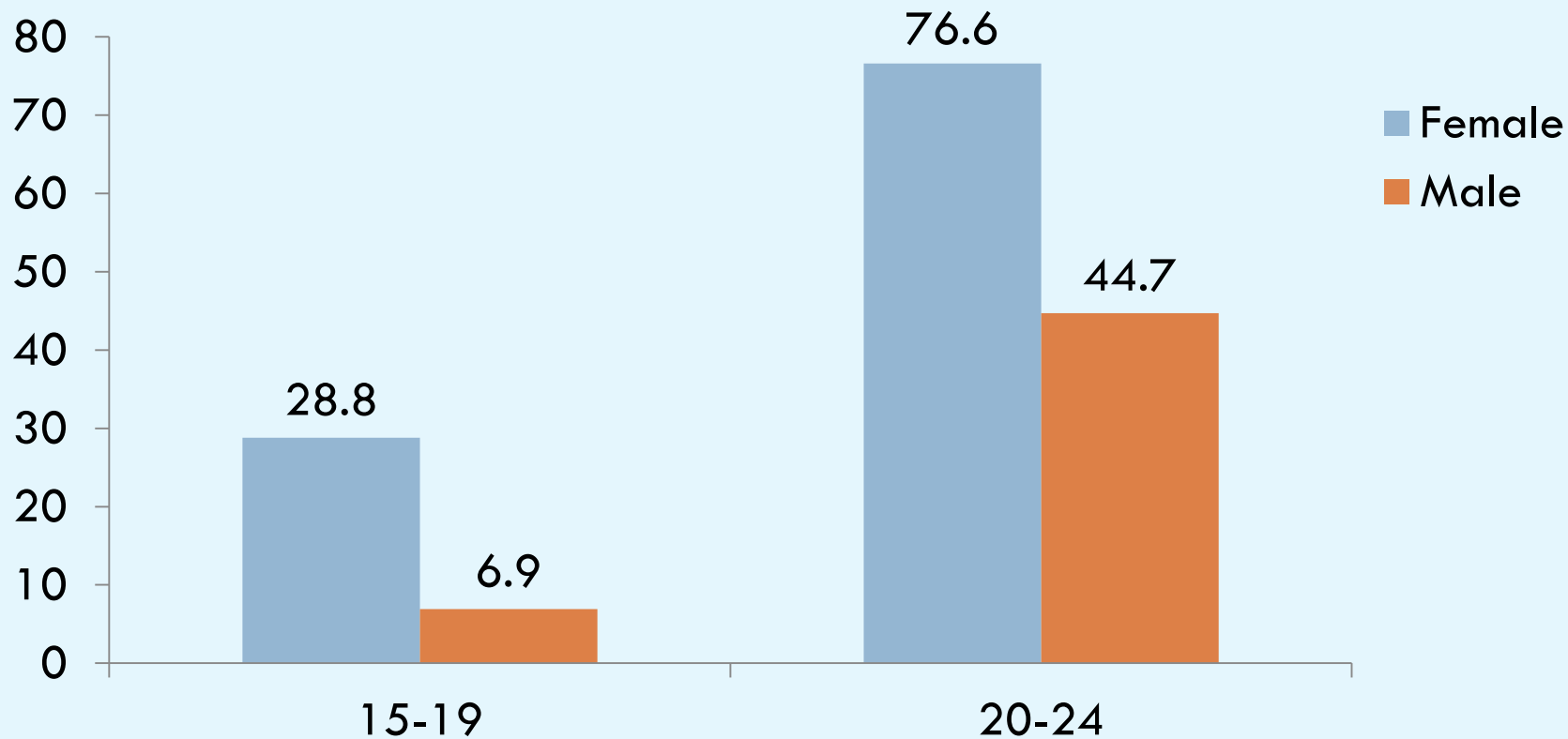
Special needs of adolescents (10-19 years), youth (15-24 years) and young people (10-24 years)

Special population groups



# Current Marital Status...

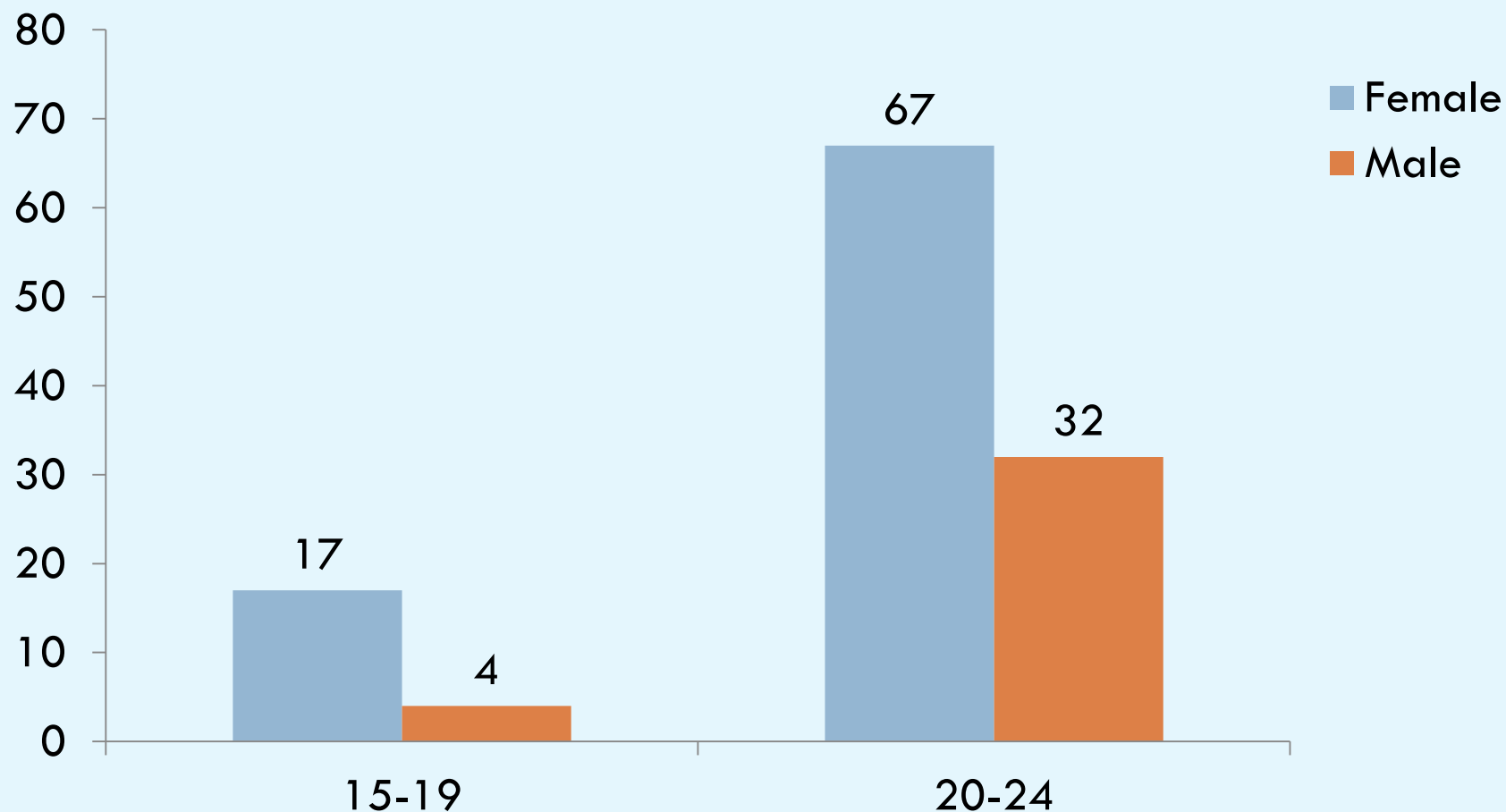
## Percentage married (NDHS 2011)



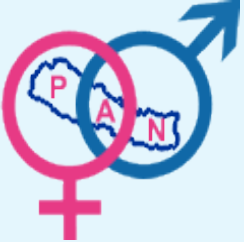


# Marital Status...

Percentage married (NAYS 2010/11)



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# Marriage & Sexual Activity

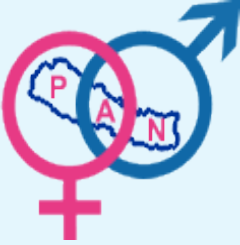
Median age at first marriage (NDHS 2011)

- Women (25-49) - 17.5 years
- Men (25-49) - 21.6 years

Median age at first sexual intercourse (NDHS 2011)

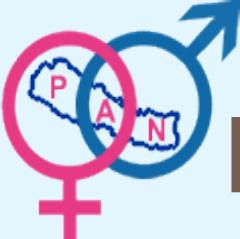
- Women (25-49) - 17.7 years
- Men (25-49) - 20.5 years





# Perceptions on Marriage & Sexual Behaviours

- 58% (10-14); 84% (15-19) & 86% (20-24) male against 46% (10-14); 74% (15-19 & 20-24) female A&Y perceive love marriage appropriate
- 6% (10-14); 23% (15-19 & 20-24) male against 4% (10-14); 10% (15-19) & 11% (20-24) female A&Y approve living together (opposite sexes) before marriage
- 18%(15-19) & 17% (20-24) A&Y consider premarital sexual intercourse - higher male preference (NAYS 2010/11)



# Premarital Love Affairs - Status

Categories	Boys				Girls			
	10-14	15-19	20-24	Total	10-14	15-19	20-24	Total
% Ever fallen in love	3	36	55	21	3	20	29	11
% who had sexual activities done at the time of visit	29	60	75	62	21	27	30	27
% who had sexual intercourse with the lover when visit	5	36	57	40	4	9	11	9
Average number of lover by now	1.17	1.65	1.95	1.71	1.21	1.20	1.34	1.23



# Sexual Practices - Status

- Proportion being involved in oral (8%), anal (5%), paid (5%) and premarital sex (13%) noticeably appearing
- A large proportion (more males than females) willingly involved in various forms of sexual practices (masturbation, kissing, hugging)
- More females (50%) than males (38%) experienced real sexual intercourse (NAYS 2010/11)



# Mental Health Status

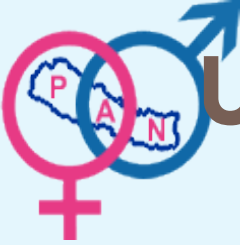
Among the young people who reported any types of Psychological Problems:

- 28% (10-14), 46% (15-19) & 54%(20-24) ever felt hopelessness
- 9%(10-14), 14%(15-19) & 15%(20-24) A&Y ever thought of suicide (NAYS 2010/11)

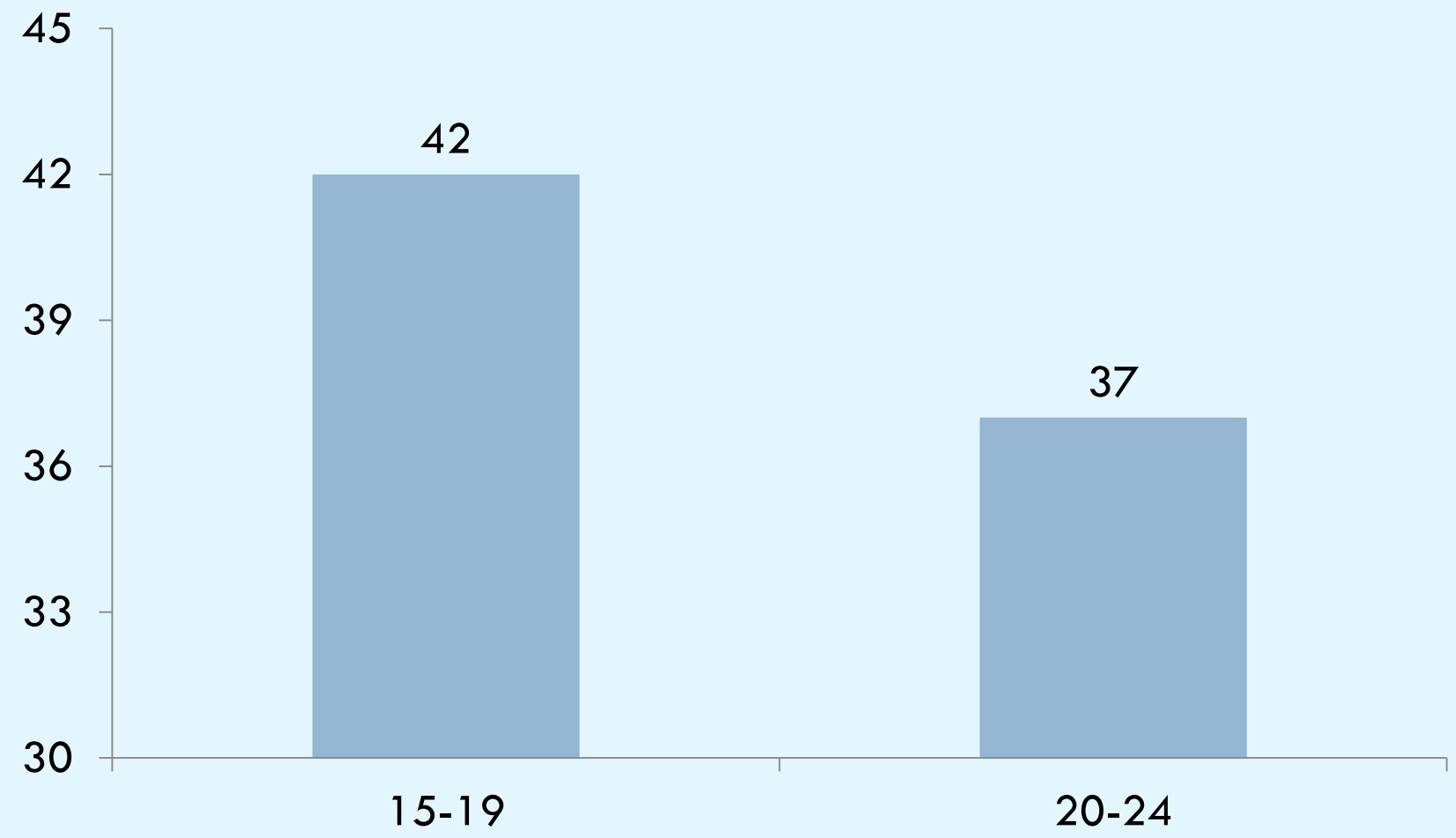


# Contraceptive Use & Fertility

- Use of any modern method is lower among younger women: 14% (15-19); 24% (20-24) – NDHS 2011
- 33% (15-19) & 40% (20-24) males against 59% (15-19) & 72% (20-24) females did not use contraceptive in first sex (NAYS 2010/11)
- 20-24 years age group has highest ASFR (NDHS 2011)
- 15-19 and 20-24 years women follow shortest birth interval (NDHS 2011)
- 17% of adolescent women age 15-19 are already mothers or pregnant with their first child (NDHS 2011)
- Early childbearing in Nepal, with almost one quarter of women giving birth by age 18 & nearly half by age 20 (NDHS 2011)



# Unmet need for FP among currently married young women



NDHS 2011

Population Association of Nepal (PAN)



# Exposure to FP Messages

- 21% (15-19) & 23% (20-24) women have not heard of FP from radio, TV, newspaper, poster & street drama (NDHS 2011)
- 95% (15-19) & 85% (20-24) FP non-user women did not discuss FP either with FCHV/RHV or at health facility (NDHS 2011)

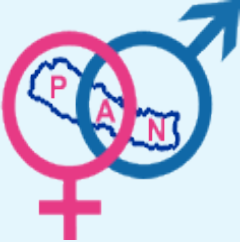


# IMR & Maternal Health Care

- Mother's age  $<20$ , IMR = 69/1000 live births
- Birth order 1, IMR=59/1000 live births
- Mother's age  $<18$ , risk ratio=1.61
- Mothers age $<18$  and birth interval  $< 24$  months, risk ratio=2.69
- 11% mothers  $<20$  do not receive ANC
- 58% mothers age $<20$  deliver at home
- 58% mothers age  $<20$  are assisted by non-skilled person

NDHS 2011

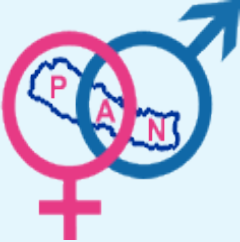




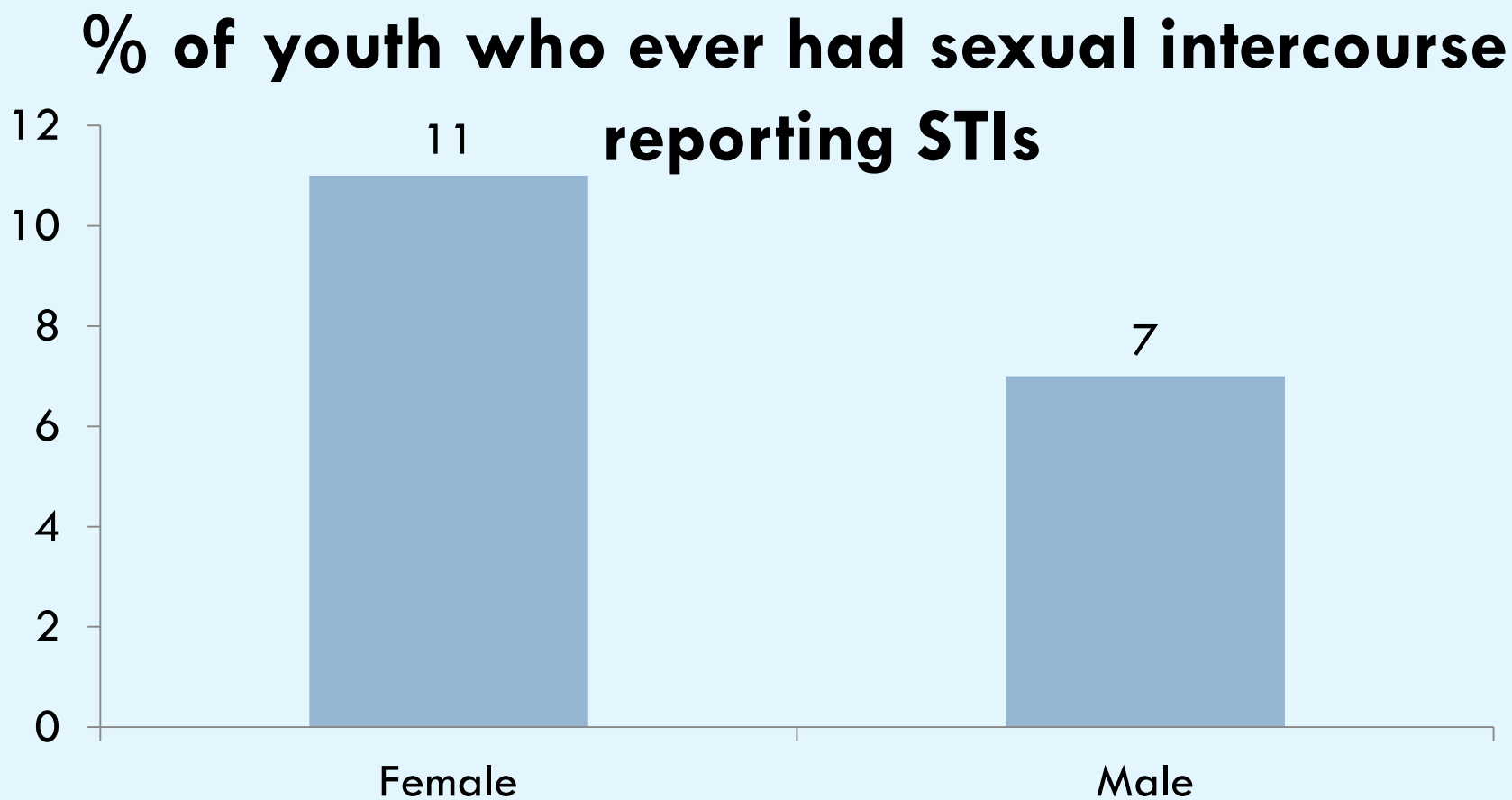
# IMR & Maternal Health Care...

- 50% mothers (<20) do not receive PNC
- 75% (15-19) females having health risk have at least one problem (permission, money, distance, accompany) to access health care
- MMR

NDHS 2011

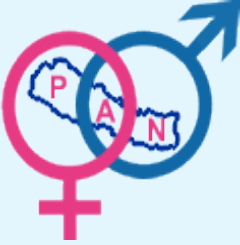


# Self-reported Prevalence of STIs - Youth (STI/genital discharge/sore or ulcer)

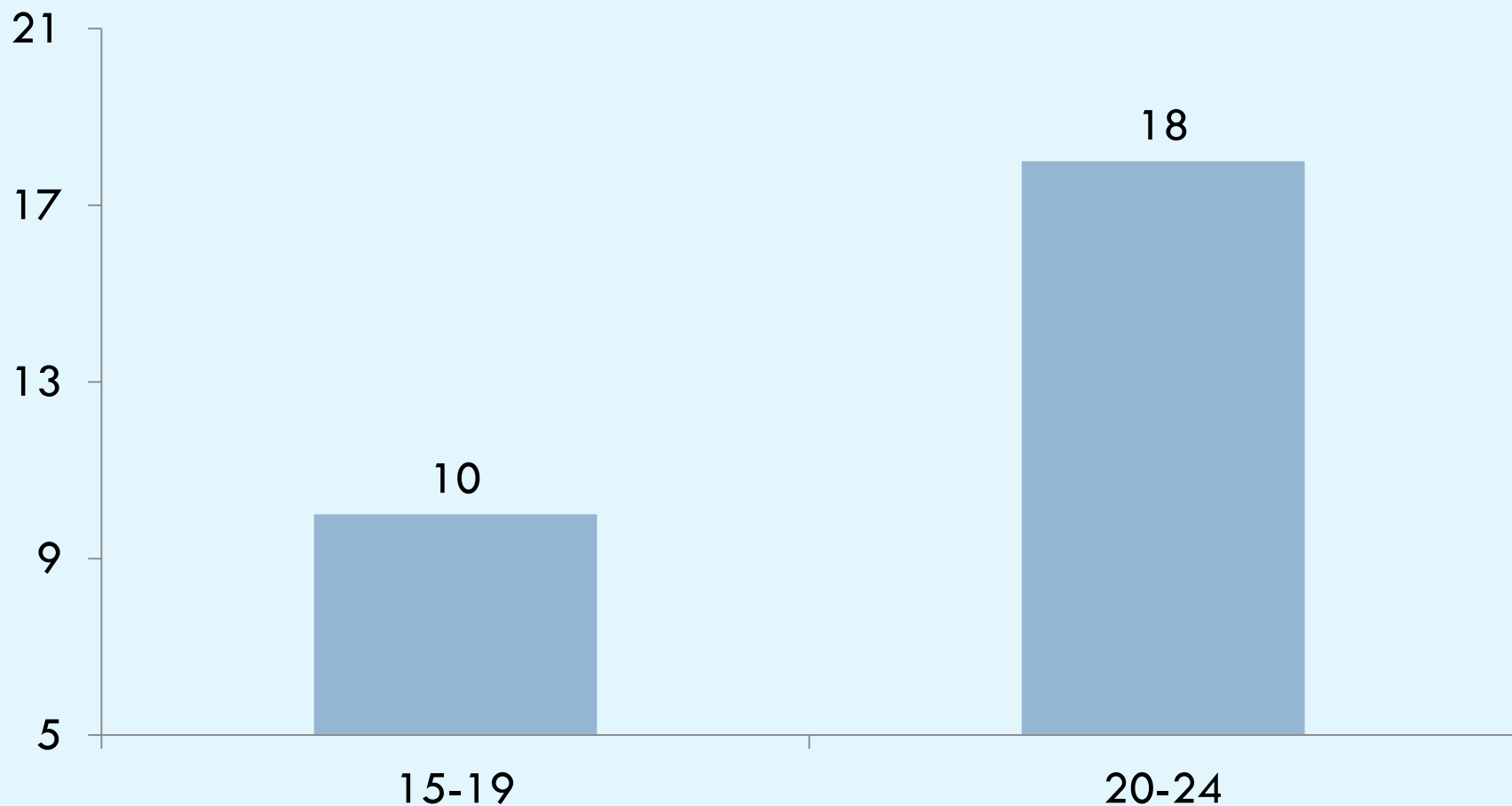


NHDS 2011

Population Association of Nepal (PAN)

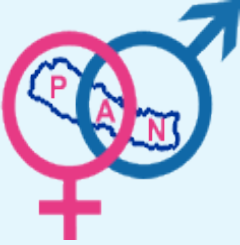


# Experience of Physical Violence (% of women...since age 15)

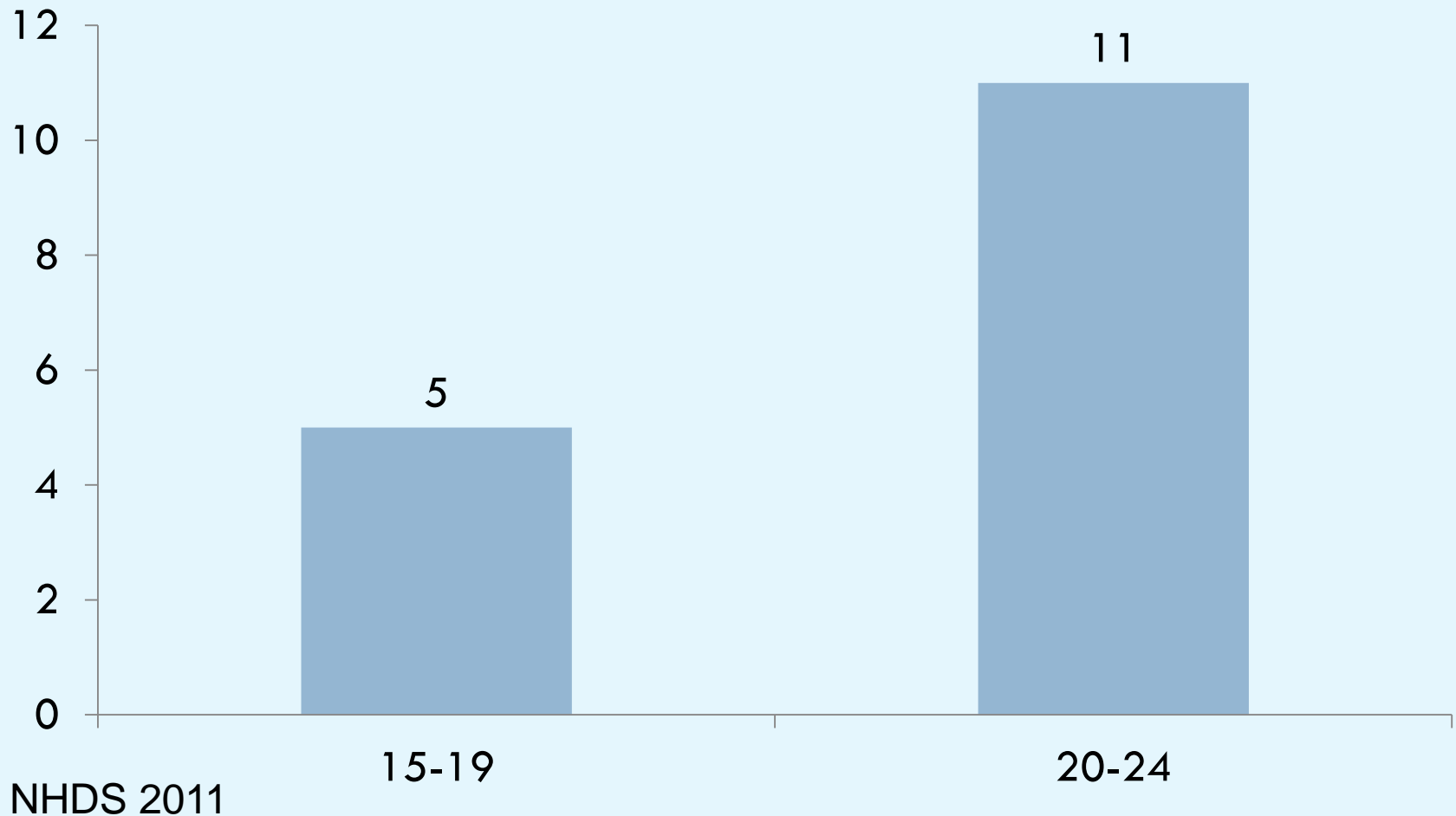


NHDS 2011

Population Association of Nepal (PAN)



# Experience of Sexual Violence (Women)

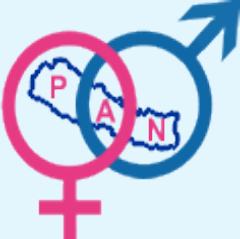


Population Association of Nepal (PAN)



# Attitudes & Knowledge - FP, Abortion & HIV/AIDS

- One in 10 (15-19 & 20-24) men believe contraceptive is women's business
- About 2 in 10 (15-19 & 20-24) men believe using contraception may make women promiscuous
- 60% (15-19) & 42% (20-24) females do not know abortion is legal. – unsafe abortion
- Inadequate knowledge about HIV/AIDS prevails – Only 26% females and 34% males (15-24 years) have comprehensive knowledge of AIDS

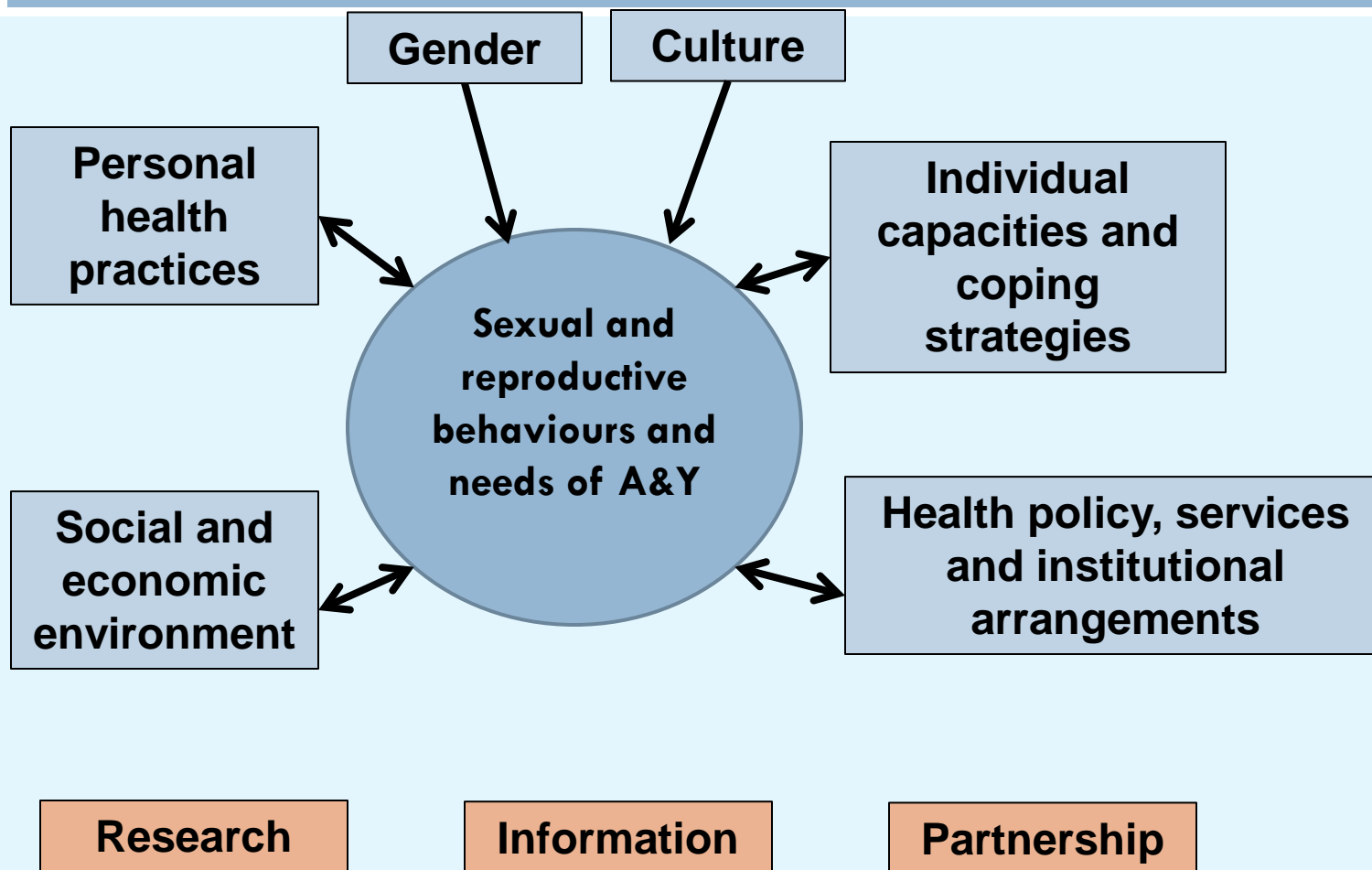


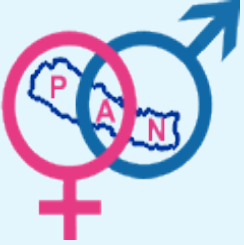
# Issues

- Early marriage & initiation of early sexual intercourse still prevails
- Premarital sex
- Perceptions on marriage
- Sexual practices
- FP & fertility
- IMR & Maternal health care
- STIs/HIV/AIDS
- Abortion
- Domestic violence (physical & sexual)



# Implications





**Thank you  
for  
your patience**