P2.12. Integrates Comprehensive Health and Development Programmes for the Youth: A Success Story · M. Ubaidullah, S.V University, Tirupathi
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Background/Significance: The focus of this paper is on successful provision of integrated comprehensive health services viz., HIV prevention, reproductive and child health and family planning, coupled with development programmes for the youth in a tribal community (Lambada) in India. The lambadas are mostly illiterate. Child marriages are common among them. Moreover, pre-martial and extra-martial sexual relations and liquor additions are quite common among both men and women. Each lambada couple generally has 6-7 children. Only a few of their children go to school. A vast majority of them do not adopt Family Planning (FP). Most of the deliveries, take place at home. A few make use of hospital facilities during pregnancy and delivery. The incidence of HIV among the lambadas is found to be high (4%) among men and women. The incidence of STIs was 18% among their adult population. The high prevalence of STIs / HIV among them is attributed to unsafe sex practices, pre-marital and extra-marital sexual relationships, lack of knowledge of STI's / HIV, low use of condom during illicit sex and absence of proper treatment to those who are affected with STIs. The number of STIs / HIV afflicted people among the Lamadas is increasing day by day. Further, the number of HIV positives among men and women of this tribe is also increasing fast. Infant mortality (102 / 1000 live birth) and maternal mortality (580 / 1,00,000) are very high. Couple protection rate was very low (22). It is very difficult to bring changes in the behavioural patterns of this tribe specially those who are in the age group of 30 years and above. The youth found to be amenable to innovations to certain extent. Against this back-drop, in order to prevent the fast spread of HIV, bring down maternal, infant, child morbidity and mortality and increase the adoption of family planning, an integrated comprehensive health services along with development programmes were designed and implemented is this community for the youth in 2003 by an Non-governmental organization. The programme is still in operation.

Objectives:

- To prevent STIs / HIV in the tribal community, especially youth
- To bring down infant, child and maternal morbidity and mortality in it.
- To increase the family planning adoption and promote small family norm
- To bring about behavourial change among the youth.
- To initiate development programmes for the youth.

Methodology and Data: Khammam is a socially and economically back ward district in the state of Andhra Pradesh (AP). It has the highest percentage of tribals in A.P. A cluster of 100 villages with a population of about 2,00,000 consisting predominantly of Lambadas was selected for the programme. More than 80 per cent of the residents of these villages are tribals. Fourth constitute 20 per cent in the total population.

Intervention Activities:

- Community education and mobilization
- Information, education and communication programmes on STIs / HIV / family planning / development programmes etc. Enactment of dramas
- Folk media
- Distribution of literature on STIs / HIV Family planning / developmental programmes with pictorial illustrations
- Condom promotion
- Free distribution of condoms
- Group discussions
- Meetings
- One-one meetings
- Pre-natal care, natal and post-natal care at the door step and at the hospital
- Treatment for common ailments
- Prevention of peri-natal transmission of HIV
- Applied nutritional programme for pregnant and lactating mothers and children
- Immunization of pregnant women and children
- Family planning services
- Medical termination of pregnancy (in certain cases)
- STIs / HIV prevention Counselling
- HIV – Pre-test counseling

- HIV – testing
- HIV-Post-test counselling
- Social care and support.
- Formation of self-help group
- Non-formal education
- Vocational education
- Placements
- Provision of loans with subsidy
- Provision of loans at low interest rates
- Loans for self employment
- Special educational facilities for the adolescent girl drop-outs
- Health education
- Establishment of creches
- Promotion of cottage industries

Findings: Owing to the impact of this programme in the study areas as many as 20,276 youth persons utilized different services (Voluntary Counselling and Testing of HIV, RCH and family planning, etc., between 2003 and Mid-2007). The VCT of HIV and other HIV prevention services have brought down considerably unprotected sexual inter-course, effected a reduction in sex among multiple partners, and in pre-marital and extra-marital sex, and achieved an increase in condom use during illicit sex. Further, the programme has increased the knowledge of the youth about STIs/HIV/AIDS. It has brought about changes in their sexual behaviour and made them adopt safer sexual practices. Also, today more and more youth are coming forward for the VCT of HIV. In fact, the number of persons infected with HIV annually the incidence of HIV among pregnant women, and the prevalence of STIs among men and women are decreasing. Institutional deliveries have been popular. All pregnant women and infants are immunized as per the immunization schedule. Morbidity among infants and pregnant women is decreasing fast. The health status of pregnant and lactating women, infants and children has been steadily improving in the community. The adoption of family planning has been picking-up. All the socio-economic developmental programmes helped them to eat three times a day and save some money too. Many more achievements of the programme are explained with year-wise achievements in the full length paper.