



# Preventing and improving adolescent pregnancy, health & nutrition outcomes

## Context

In Nepal, there are 21 deaths per 1,000 live births for children whose mothers were between 20 and 29 years of age, as compared with 39 deaths per 1,000 live births, for children whose mothers were less than 20.

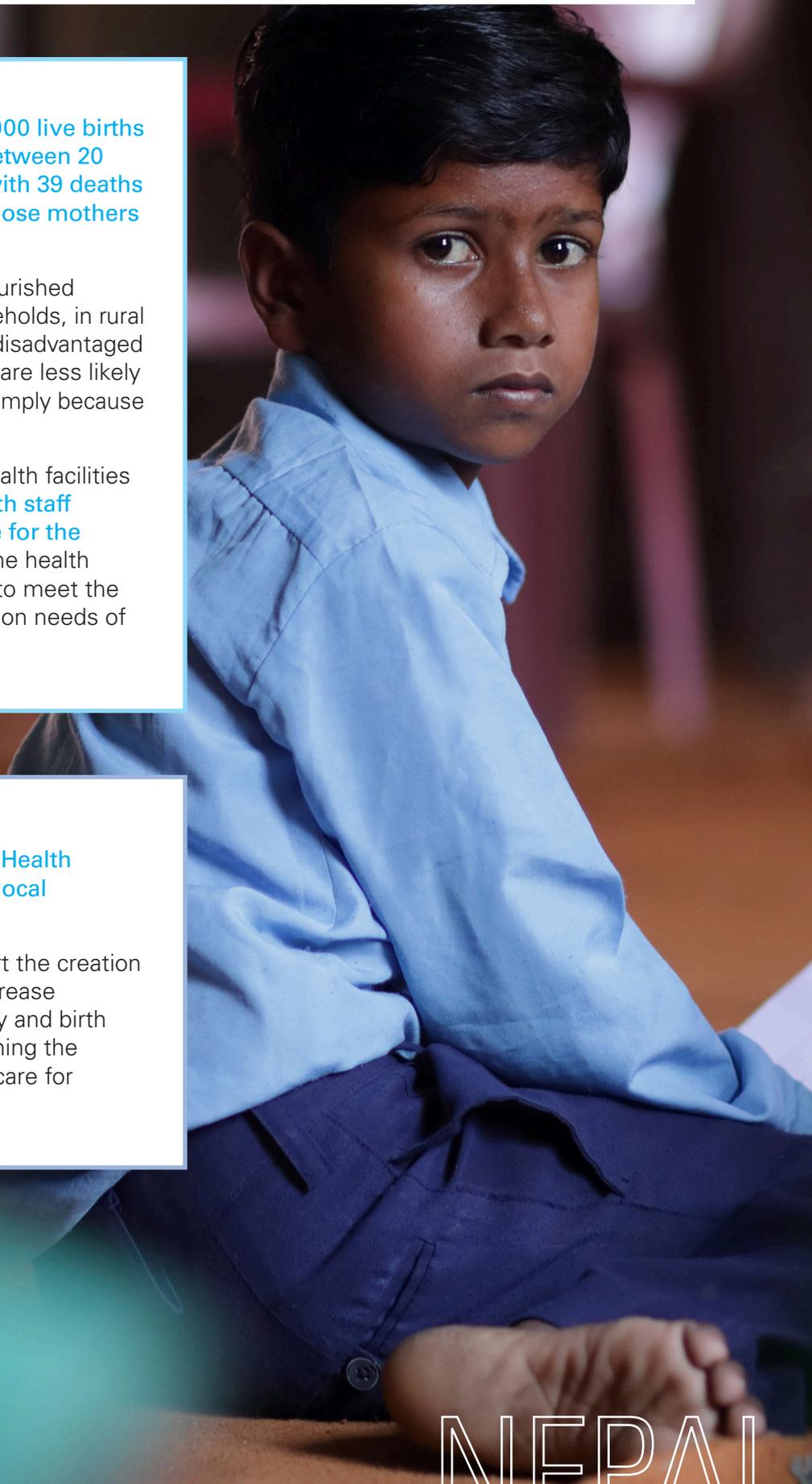
Young, thin, short in stature, undernourished women who live in the poorest households, in rural areas of Nepal, are among the most disadvantaged in the country. The children they bear are less likely to survive beyond their first birthday simply because of where they were born.

In addition, out of the 4,000 public health facilities in Nepal, **only 500 have trained health staff who know how to speak to and care for the specific needs of adolescent girls.** The health system needs to be better equipped to meet the sexual, reproductive health and nutrition needs of adolescent girls.

## Our solution

**UNICEF will support the Ministry of Health and Population, and provincial and local governments.**

More specifically, UNICEF will support the creation of adolescent volunteer groups to increase awareness around teenage pregnancy and birth control, while systemically strengthening the health care system to provide better care for pregnant adolescent girls.



## UNICEF key actions



- Transform 500 health facilities into an adolescent friendly space
- Give 50,000 pregnant adolescent girls per year a 'wellness' package that includes a cash grant, micronutrient supplements, pregnancy and nutrition information, hotline support and peer counselling
- Facilitate pregnant adolescents access to pregnancy checks and make hospital deliveries possible through a network of peer volunteers and with help from female community health volunteers
- To prevent adolescent pregnancy, UNICEF will activate a network of 10,000 adolescent volunteers to increase awareness about this subject, in person and via social media platforms, to reach up to 450,000 of their peers. In total, 500,000 adolescent girls will benefit from this initiative.

## Story from the field

"My pregnancy was anything but healthy. I did not know that going to antenatal care was important and even if I had, the health center nearby did not understand my fears nor needs. I did not realize that once I became pregnant, my unborn baby would struggle to grow to a healthy weight and into a healthy child and adult. My baby weighed 2.1kg at birth which I never thought was a problem.

**What I would have learned in antenatal care is that babies born with a weight of less than 2.5kg are at high risk of dying and if they do survive, they don't grow to their full potential, physically or mentally,"** says Sarita Balkoti (17).

In Nepal, one in four adolescents get pregnant before the age of 20 and 4% of the girls get married before their 15<sup>th</sup> birthday.



## Financing examples

**50,000 €**

2,380 adolescent volunteers are trained to raise awareness about adolescent pregnancy

**150,000 €**

20,900 adolescents receive resources for one year to take care of their babies

**310,000 €**

Develop 500 additional adolescent friendly health care services

**600,000 €**

Total UNICEF support activities for one year (see UNICEF key actions)



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