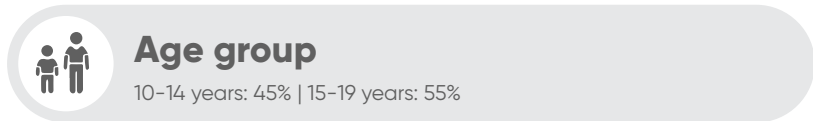
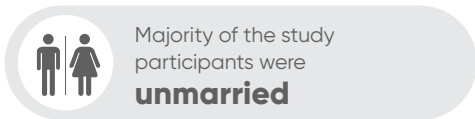


OUR HEALTH OUR VOICE

Placing adolescent health at the heart of urban planning, PRIA, University of Glasgow, and Gurugram University have come together to undertake Participatory Action Research with adolescents residing in urban informal settlements in Gurugram. The study titled 'Our Health, Our Voice' seeks to advance the use of participatory research methodology into the thematic area of adolescent health.



Participatory Adolescent Health Survey - Key Takeaways

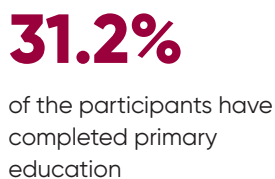
Lack of awareness of, and poor demand for, Adolescent Friendly Health Clinics

Nutrient-rich foods consumed by girls and boys

Safety concerns in public spaces do not fetter daily activities (going to school, meeting friends, etc)

Inadequate knowledge of Sexual and Reproductive Health

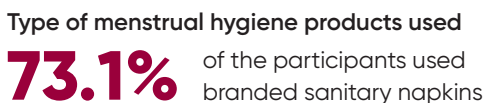
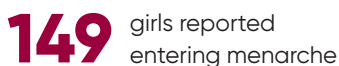
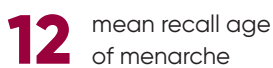
Education, housing and access to water



Sexual and Reproductive Health (SRH)



Menstruation and menstrual hygiene



SRH practices

Mother is the most preferred source to gain information on matters related to SRH

Majority of the participants had no knowledge of at least one symptom of Sexually Transmitted Disease

Ease of discussing issues related to sex was rated **'very difficult'** by the majority of participants



80% adolescents reported not having received any training on SRH

Awareness about Adolescent Friendly Health Clinics (AFHC)



Poor

levels of awareness about AFHC among participants



97.8%

of the participants reported not visiting a health facility to receive services or information related to STD/Contraception/pregnancy/abortion



40.9%

of the participants reported visiting a health facility for treatment of Non-Communicable Diseases (NCD)



Safety



59.7%

of the participants have reported witnessing a harmful or violent incident in neighbourhood



16.1%

of the participants reported hesitancy in going to school because they felt unsafe



28.8%

of the participants reported 'fall' as the main reason of sustaining injury

Substance and drug abuse



89%

of the participants agreed that smoking or consuming alcohol is dangerous and injurious to health



Nutrition



92%

of the participants have never attended a training session on nutrition or nutrition related issues

Consumption of nutrient-rich foods (like fruits and vegetables) was **higher in adolescent girls than adolescent boys**; less than 10% were able to eat fruits more than 4 times a week



Majority of the participants (**30% boys; 43.3% girls**) confirmed eating vegetables more than four times a week; one-third of the participants were able to consume meat or fish only once in a week



Click on the thumbnail to access the detailed research report of the Participatory Adolescent Health Survey



Click on the thumbnail to access the audio-visual of Participatory Adolescent Health Survey methodology

