

## ACTION PLAN FOR CHILD AND ADOLESCENT HEALTH

### TARGETS

#### UNTIL 2015

- Reducing infant mortality by 10 per thousand live births;
- Reducing child mortality, under 5 years old, by 10 per 1000 live births;
- Reducing newborn mortality by 1/2 of the current level;
- Percentage of exclusively breastfed children reach over 60%;
- Percentage of 6-month children starting complementary feeding on time be 80%;
- Percentage of children continuing breastfeeding into the second year reach 80%;
- Reduction by 30% of the current level of acute respiratory diseases in under-5 children;
- Reduction by 30% of the current level of diarrheic diseases in 0-5 year children;
- Number of children vaccinated with the routine national calendar vaccines reach over 98%.

#### Objective 1 : Ensuring essential health care for every newborn infant.

Interventions	Indicators for measuring intervention	Responsible persons	Timeline	Budget
Appropriate fast registration of birth for every newborn infant.	Percentage of infants registered within 60 days after birth.	Interior Ministry MOH INSTAT	2009-2012	
Regionalization of neonatal care at the county level according to health care level.	Number of health centers offering neonatal care by level of care  Percentage of HC offering essential care for the newborn.	MOH HCII Departments of Pediatrics and Obstetrical-Gynecological Donor	2009-2015	
Ensuring essential care for all newborn infants including intensive care, temperature control, and early breastfeeding.	Percentage of HC offering essential care for the newborn.	MOH HCII Departments of Pediatrics and Obstetrical-Gynecological	2009-2015	

		Donor		
Training personnel that offers obstetrical and neonatal care on practices of newborn care (evidence based).	Number of health personnel trained on neonatal care.	MOH Cont' Education Center School of Medicine School of Nursing Donor	2009-2015	
Preparation of protocols for every level of service related to newborn care.	Number of prepared protocols	MOH School of Medicine School of Nursing NCAQC Standards Donor	2009-2015	
<b>Objective 2: Managing underweight and preterm infants</b>				
Training health personnel on the principles and methods of essential neonatal care for infants.	Number of health personnel trained on neonatal care.	MOH Continued Education Center School of Medicine School of Nursing Donor	2009-2015	
Ensuring a regional transport system to refer complicated cases to reference centers.	Transport system ensured by the 12 counties.	MOH Continued Education Center School of Medicine School of Nursing Donor	2009-2015	
<b>Objective 3: Establishing a national system for monitoring and evaluating health services for mothers and newborn infants</b>				
Including perinatal care indicators in the national system of health indicators disaggregated by social economic situation, gender equality.	Unified health indicators on perinatal care at the national level.	MOH School of Medicine School of Nursing Nat' Accredit. Center HCII INSTAT Donor	2009-2012	
Regular auditing of quality of health care services for mothers and newborn infants.	Number of quality health centers accredited for quality of service.	MOH Natl. Accredit. Center HCII Donor	2009-2015	

Creation of the national periodical certification system for health personnel offering care for the newborn through national programs of intensive care and neonatal care.	Established certification system.	MOH Natl. Accredit. Center Continued Education Center HCII Donor	2009-2012
<b>Objective 4: Ensure that every health institution for mothers and children offers effective and contemporary care for breastfeeding, applying the 10 steps for successful breastfeeding.</b>			
Implementation and strengthening of Albanian law on the protection and encouragement of breastfeeding.	Number of regulations pursuant to the law.	MOH M. AGR. Food Donor	2009-2015
Reviewing legislation on pregnant mothers at work and after work for supporting breastfeeding.	Number of periodic controls by the sanitary inspectorate on legal violations.		
Encouragement of all maternity hospital services in the districts to implement the WHO/UNICEF initiative "Child Friendly Hospitals" regarding the 10 steps to successful breastfeeding.	Number of defined legal acts.	MOH MPCSSHB Donor	2009-2015
Establishment of breastfeeding indicators in the system of monitoring and evaluating the work of health care institutions for mothers and children.	Number of certified infant friendly services.	MOH NACQC Donor	2009-2015
Training health personnel on counseling for breastfeeding and gender issues related with it.	Defined periodically collected indicators of breastfeeding disaggregated by gender, residence, and social-economic condition.	MOH NACQC HCII Donor	2009-2015
Accreditation of health personnel on the basis of continued education curricula on continuing lactation and	Number of health personnel trained on breastfeeding and gender issues related with it.	MOH Cont' Ed. Center Donor	2009-2015
	Number of health personnel accredited for managing breastfeeding.	MOH QKCS HCII	2009-2015

breastfeeding. Introducing curricula on breastfeeding to schools of medicine for all levels of medical personnel (nurse, doctor, graduate).	Completed curricula.	Donor MOH MES QKEVazhdim School of Medicine School of Nursing	2009-2015
Forming support groups for breastfeeding mothers to help start and prolong breastfeeding.	Number of support groups for mothers.	Donor MOH PHI	2009-2015
Collection of data on breastfeeding regarding the start, continuation, and exclusive breastfeeding through surveys, surveillance programs, and statistical programs.	Indicators of percentage of breastfeeding, starting time, etc.	Donor MOH HCII PHI	2009-2015
<b>Objective 5: Preventing malnutrition and micronutrient deficits in early childhood.</b>			
Defining dietary instructions for children by the needs they have regarding age and sex.	Prepared dietary instructions for children by age and gender.	MOH HCII MBUJQUSHMKonsum PHI Donor	2009-2015
Preparation of unified protocol on regular follow-up of children's growth and development by primary health care.	Prepared protocols.	MOH HCII QKKC School of Medicine, Departamenti Pediatrie Donor	2009-2015
Continued monitoring and evaluation of the nutritional condition of children and pregnant women.	Periodical surveys on the prevalence of malnutrition and lack of micronutrients (LSMS, DHS, etc.).	MOH MAFCP PHI INSTAT Donor	2009-2015
Offering iron, folic acid, and iodine supplements in pregnant women and little children.	Percentage of pregnant women taking micronutrients during antenatal visits in a given year. Percentage of 0-5 year	MOH PHI HCII Donor	2009-2015

<p>Drafting and implementing national programs on Information, Education, and Communication regarding the importance of nutrition in the child's growth and development.</p> <p>Training health care workers regarding nutrition and nutrition counseling.</p> <p>Including nutrition education in school curricula.</p>	<p>children taking micronutrient supplements during control visits on growth and development in a given year.</p> <p>Prepared national IEC programs on nutrition.</p> <p>Percentage of health personnel trained on nutrition and counseling on nutrition.</p> <p>Prepared curricula on nutrition included in school curricula.</p>	<p>MOH PHI Donor</p> <p>MOH Cont' Education Center Donor</p> <p>MOH MES PHI Donor</p>	<p>2009-2015</p> <p>2009-2015</p> <p>2009-2015</p>	
<b>Objective 6: Prevention of overweight and obesity by ensuring healthy nutrition and necessary physical activity.</b>				
<p>Drafting gender sensitive depistation programs in daycare centers, kindergartens, schools for overweight and obese boys and girls.</p> <p>Regulating legislation regarding the prohibition to distribute unhealthy foods and liquids to daycare centers, kindergartens, schools, etc.</p>	<p>Prepared and applied periodical control programs in the compulsory education system to detect overweight and obesity.</p> <p>Number of laws, regulations, instructions on the prohibition to distribute unhealthy foods and liquids to schools.</p>	<p>MES MOH Bashkite PHI Donor</p> <p>MAFCP MOH PHI Donor</p>	<p>2009-2015</p> <p>2009-2015</p>	

Increasing opportunities for organizing physical curricular and extra-curricular activities in schools.	Reviewed and refreshed school curricula for physical activities.	MES MOH PHI Donor	2009-2015
Ensuring appropriate and safe premises for play and physical activities in communities.	Number of communities offering playgrounds for children.	MOH Local government Bashkite NPO Donor	2010 -2015
Drafting national programs to promote healthy nutrition, physical activity, and equal opportunities for boys and girls.	Defined national programs to promote nutrition.	MOH PHI Donor	2009-2015
Offering gender sensitive health promotion and education to sensitize families and communities on healthy ways of nutrition and physical activity.	Implemented gender sensitive promotion programs in communities on healthy nutrition and physical activity.	MOH PHI Local government Donor	2009-2015
Offering specialized individual care and emotional support for overweight and obese children and adolescents.	Percentage of overweight and obese children receiving specialized care by a multi-disciplinary team at health care institutions.	MAFCP MOH PHI Donor	2009-2015
Including gender sensitive education and prevention for oral health in daycare centers, kindergartens, etc.	Number of child care centers offering oral health prevention.	MOH MPCSSHB Local government Fakuteti stomatologjise	2009-2015
Training primary health care personnel on oral and dental care.	Number of dental services for children and adolescents in the health care system.	MOH QEVazhdim Donor	2009-2015
Early detection and treatment of dental caries and dental	Number of health personnel trained on oral health.	MOH	2009-2015
	Percentage of detected and treated cases with		

malocclusions.	caries and malocclusions in the public health care service in a given year.			
<b>Objective 7: Prevention of infectious diseases through child vaccination by increasing vaccine coverage in children against infectious preventable diseases.</b>				
Full timely vaccination of all children according to the national vaccination calendar.	Percentage of vaccinated children by the routine calendar.	MOH PHI Donor	2009-2015	
Expanding the vaccination calendar scheme through the introduction of new vaccines	Number of new vaccines included in the national vaccination calendar.	MOH PHI Donor	2009-2015	
Continued improvement of the cooling chain system for effective vaccine preservation.	Effective cooling system throughout the country.	MOH PHI Donor	2009-2015	
Inclusion of marginalized groups (e.g. Roma population) in every district into the vaccination calendar.	Percentage of children of marginalized groups vaccinated by the routine calendar.	MOH PHI Donor	2009-2015	
Establishing the regular vaccine procurement and control system in the health system.	Established system.	MOH PHI Donor	2009-2015	
Inclusion of community members, NPOs, and interest groups in advocating for the implementation of the national immunization calendar.	Communities, NPOs, etc., included in the national vaccination program.	MOH PHI Local government	2009-2015	
Training health care workers (especially vaccinators) in every health care level on immunization, logistics preparation, and reporting system.	Number of conducted training courses.	MOH PHI QEV Azhduar Donor	2009-2012	
Training staff working with the cooling chain for effective preservation of vaccines.	Number of trained health personnel on the cooling chain.	MOH PHI QEV Azhduar Donor	2009-2012	
Establishment of a unified system for	Established system.	MOH		

monitoring quality and the surveillance system for the population's immunization.		PHI Donor		
Implementation of national vaccination programs targeting mothers, families of low social economic status and education level, rural communities, etc.	Prepared national vaccination programs.	MOH PHI Donor	2009-2012	
<b>Objective 8: Reduction of cases of main childhood diseases which are the main causes of child mortality and morbidity through the MISF strategy.</b>				
Promotion and use of the MISF model for follow-up and treatment of 0-5 year children in all PHC services of child care.	Number of health institutions applying MISF.	MOH HCII Donor	2009-2015	
Including MISF in the basic PHC services package.	MISF included in the services package.	MOH HCII Donor	2009-2015	
Ensuring medication and equipment for the integrated management of childhood diseases in the PHC package.	List of MISF medication included in the basic MISF package.	MOH HCII Donor	2009-2015	
Offering training and re-training of all PHC personnel on MISF clinical protocols.	Number of health personnel trained on MISF.	MOH Cont' Education Center HCII Donor	2009-2015	
Establishment of the regular MISF supervision system in districts.	Established supervision system.	MOH QKSCA HCII Donor	2009-2015	
Encouraging the referral system and community participation to expand community MISF in communities with low social economic status.	Number of communities applying community MISF.	MOH PHI NPO Donor	2009-2015	
Offering health education and counseling for mothers about child feeding and care for ill children on the basis of the community MISF.	Family education programs on child health and care.	MOH PHI NPO Donor	2009-2015	



Including MISF in continued education training curricula and university education in the School of Medicine and School of Nursing.	MISF included in the continued education program for health service personnel.	MOH Cont' Education Center School of Medicine, Infermierise OBSH Donor	2009-2015	
<b>Objective 9: Protection and treatment of children with HIV/AIDS</b>				
Inclusion of HIV/AIDS information in school curricula	HIV/AIDS information included in school curricula.	MOH MES PHI Donor	2009-2015	
Offering information on HIV/AIDS prevention for the public and particularly for groups at risk.	Number of prepared and distributed HIV/AIDS informative materials.	MOH PHI Media NPO Donor	2009-2015	
Ensuring anti-retroviral medication for PMTCT (prevention of mother to child transmission).	Anti-retroviral medication for PMTCT secured according to needs.	MOH PHI QSUT Donor	2009-2015	
Expanding centers for HIV/AIDS counseling, diagnosing, and treatment.	Number of health centers offering HIV/AIDS (VCT) treatment.	MOH PHI Donor	2009-2012	
Equipping centers for HIV/AIDS counseling, diagnosing, and treatment with reagents and lab equipment.	Number of health centers equipped with reagents and lab equipment for HIV/AIDS.	MOH PHI HCII Donor	2009-2015	
Training health workers on prevention and treatment of MTT.	Number of trained personnel Number of conducted training courses	MOH MOH Cont' Education Center PHI Donor	2009-2015	
<b>Objective 10: Prevention and reduction of morbidity and mortality related to polluted drinkable water and poor hygiene.</b>				
Increasing access to clean sufficient	Percentage of families	Local government	2009-2015	

and good quality water for children and adolescents.	using clean drinkable water.	MOH PHI Donor		
Establishment of national specific targets for children in measures to implement the Protocol on Water and Health (Kyoto Protocol for the Environment, WHO).	Established targets for children.	MOH M Environment	2009-2015	
Improvement of access to safe water and basic sanitary infrastructure for all families and public buildings where children and adolescents spend time.	Percentage of familjeve qe perdorin uje te pijshem te paster.  Percentage of ndertersave publike per femijet qe perdorin uje te pijshem te paster.	MOH Local government MES PHI Donor	2009-2015	
Implementation of community projects for sensitization about removing solid waste from play areas, schools, public beaches, etc.	Projektet e zbatuara Number of komuniteteve te perfshira ne projekt.	MOH PHI M Environment Local government Donor	2009-2015	
Training PHC health personnel regarding child health and hygiene, including prevention and diagnosis of frequent water and hygiene related diseases linked with water and hygiene, and preventive measures for families and communities.	Number of trained personnel Number of conducted training courses.	MOH Cont' Education Center PHI Donor	2009-2015	
Health education and promotion for raising awareness in children, adolescents, families, communities about the importance of water quality and appropriate hygiene and environment practices.	Number of promotional community programs on the importance of water quality and proper hygiene/environment practices.	MOH PHI Local government Donor	2009-2015	
<b>Objective 11: Sensitizing families and communities on children's vulnerability to environmental threats and the need to protect them against environmental risks.</b>				
Informing and counseling health, education, labor, trade, agriculture	Distributed information.	MOH MES	2009-2012	

sectors, local government, NPOs, voluntary groups on environmental risks to child health.		MPCSSHB Local government PHI NPO Donor		
Implementing scientific research programs on the prevalence of child diseases related to environmental factors.	Number of implemented programs. Prevalence of child diseases related to environmental factors.	MOH PHI M Environment Donor	2009-2012	
Preparation and distribution of materials, books, posters, and leaflets on child health and the environment in communities and the print and broadcast media.	Number of prepared informative materials.	MOH PHI M Environment Donor	2009-2015	
Training health personnel on child health and environment's impact according to sex for exposure and sensitivity to air pollutants.	Number of conducted training courses. Percentage of trained personnel.	MOH PHI Cont' Education Center M Environment Donor	2009-2015	
<b>Objective 12: Offering information and specific indicators to assess environment impact on child health.</b>				
Developing national environmental indicators to assess child condition and health.	Defined national indicators for assessing child health and the environment.	MOH PHI M Environment Donor	2009-2013	
Increasing child health and environment surveillance, establishment of mechanisms for information exchange at the national and local level.	Established surveillance system on child health and the environment at the national level.	MOH PHI M Environment Donor	2009-2013	
Identification, assessment, study of major child health environment related problems and potential solutions.	Number of studies conducted to assess exposure to and impact of environmental factors to child health in a given period.	MOH PHI M Environment Donor	2009-2015	

Training health personnel on child health and the environment, specific models by sex for exposure and sensitivity to air pollutants.	Number of health personnel trained on child health and the environment.	MOH PHI M Environment Donor	2009-2015	
<b>Objective 13: Promotion of public policies to protect child health from the environment and reduction of risks from illnesses/disabilities coming from exposure to chemical, physical, and biological agents of deMoHem</b>				
Protection of adults/women in reproductive age from exposure to chemical/physical deMoHem agents.	Percentage of reproductive age women protected from chemical agents.	MOH PHI M Environment Donor	2009-2015	
Protection of children/adolescents from exposure to dangerous chemicals at home, school, and playgrounds.	Percentage of children and adolescents protected from exposure to dangerous matter.	MOH PHI M Environment Donor	2009-2015	
Defining regulations on working conditions and types of dangerous work for children/adolescents.	Number of prepared regulations.	MOH MPCSSHB PHI Donor	2009-2015	
Training health personnel on child health related to the environment, including prevention, diagnosis, of the most frequent environment related diseases and counseling for preventive care for child custodians, parents, families, and communities from a gender perspective.	Number of trained personnel.	MOH M Environment PHI	2009-2015	
Including counseling/information on environmental health at home visits and in child care centers.	Number of conducted training courses.	Donor		
	Number of promotional activities conducted at home and in child care centers.	MOH M Environment PHI Donor	2009-2015	
Preparation of informing materials on health and the environment in PHC workers.	Number of prepared informative materials.	MOH M Environment PHI Donor	2009-2015	
Gender based health promotion and awareness on health effects coming from sex related changes and	Number of promotional activities on health effects deriving from	MOH M Environment PHI	2009-2015	

sensitivity to exposure to deMoHem environmental factors.	sensitivity and exposure to deMoHem factors.	Donor		
<b>Objective 14: Prevention of infections related to food and nutrition</b>				
Developing programs and a national database to monitor microbiological pollution of foods to assess risks to child health.	Prepared national programs.	MOH M Environment PHI Donor	2009-2015	
Strengthening and implementing legislation to ensure the national system of quality control of foods for infants, and little children.	Number of legal acts on control of food quality for little children.	MOH MAFCP PHI Donor	2009-2015	
Introduction of food safety principles in school curricula.	Prepared school curricula on food safety.	MAFCP MES MOH PHI NPO Donor	2009-2015	
Education of families, children, and adolescents, food industry workers, farmers, etc., on the principles of food safety on child health.	Number of i promotional materials, education campaigns in families, communities, and food industry personnel on food safety principles.	MAFCP MES MOH PHI NPO Donor	2009-2015	
<b>Objective 15: Prevention of accidents, traumas, and injuries at home, family, community.</b>				
Training health care personnel on intoxication, child safety, and proper aid.	Number of trained personnel. Number of conducted training courses.	MOH Cont' Education Center PHI Donor	2009-2015	
Opening intoxication treatment centers/theaters in children and youth in hospital health care.	Number of intoxication treatment centers for youth and children opened at PHC.	MOH HCII PHI Donor	2009-2015	
Promotion of gender sensitive education for parents, families, communities on the prevention and reduction of risks (individual counseling and public awareness campaigns).	Promotional and educational activities to prevent and reduce risks of trauma, intoxication, etc.	MOH PHI Donor	20009-2015	
<b>Objective 16: Prevention of injuries from road accidents</b>				

Promotion or strengthening of legislation confining children to use helmets (for bicycles and motorcycles).	Number of sublegal acts, regulations related to road safety.	MOH M Transport PHI Donor	2009-2015
Implementation and strengthening of the law on alcohol in blood and the limitations on its concentration.	Number of sublegal acts pursuant to the law.	MOH M Interior PHI NPO Donor	2009-2015
Annual promotion and campaigns aiming at preserving speed limits with special attention to urban areas.	Promotional activities and educational campaigns on road safety, preserving speed limits, with special attention to urban areas.	MoH PHI M Transport M Interior Local government Media NPO Donor	2009-2015
Promoting measures for road safety of individuals, families, communities.	Number of promotional activities in families, communities on road safety.	MOH PHI Media M Interior NPO Donor	2009-2015
Annual campaigns for awareness on the risks of drink and drug driving, etc., which consider gender differences in behavior.	Number of campaigns in the media to sensitize on the danger of drunk, drug driving, etc.	MOH PHI M Interior NPO Donor	2009-2015
Introducing child education on road safety in schools, safe walking or bike-riding, addressing gender stereotypes and behavior types.	Curricula on road safety included in schools.	MOH MES PHI M Interior NPO Donor	2009-2013

**Objective 17: Reduction of domestic violence incidence and consequences**

Annual promotion of promotional awareness campaigns on preventing domestic violence, violence in schools and community centers.	Number of conducted promotional and educational programs on domestic violence and violence in schools, and communities.	MOH MPCSSHB School of Social Sciences NPO Donor	2009-2015
Drafting gender sensitive programs in communities offering opportunities for child/youth socialization.	Implemented community programs on child/youth socialization in communities.	MOH MPCSHSHB PHI MES School of Social Sciences NPO Donor	2009-2015
Including health care system professionals in methods of domestic violence detection and evaluation, especially toward children.	Number of health workers depicting and assessing violence cases.	MOH PHI NPO Donor	2009-2015
Adopting an integrated gender based model on the management of children/adolescents suffering from domestic violence consequences at child health care services.	Number of health services for children offering management of child victims of violence.	MOH HCII PHI NPO Local government Donor	2009-2015
Training health personnel on prevention, assessment, and referral of domestic violence, child violence cases.	Number of trained health personnel on assessment and referral of domestic violence cases. Number of conducted training courses.	MOH PHI Donor	2009-2015
<b>Objective 18: Preventing child abuse and negligence</b>			
Drafting specific gender sensitive psychosocial programs for child and adolescent protection in vulnerable situations (rural communities, Roma populations, etc.).	Community programs implemented in communities on child and youth socialization.	MOH MPCSHSHB PHI MES School of Social Sciences NPO Donor	2009-2015

Awareness campaigns in the media against domestic violence.	Number of awareness campaigns.	MOH MPCSHSHB PHI Media NPO Donor	2009-2015
Strengthening legislation on child abuse, violence (child protection) pedophilia, and trafficking.	Legal acts prepared on child abuse and negation (child protection), pedophilia, and trafficking.	MOH MPCSHSB Media PHI MES School of Social Sciences NPO Donor	2009-2013
Training on detecting and managing domestic violence and child abuse and negligence for all professionals, starting from PHC, hospital emergency wards.	Number of conducted training courses.  Number of trained persons.	MOH PHI Continued Education Center NPO Donor	2009-2015
Prenatal and postnatal support with multi-disciplinary teams, including social workers, psychologists for families and communities at risk.	Number of social workers and psychologists for families at risk.	MOH HCII Local government Donor NPO	2009-2015
Offering visitation programs at home for all mothers and the newborn for appropriate follow-up and support to prevent abandonment and negligence.	Number of implemented programs.  Number of visits to families.	MOH PHI Local government Donor NPO	2009-2015
<b>Objective 19: Promotion of child psychosocial development and mental well-being</b>			
Promotion of early cognitive and psychosocial stimulation programs for children, with special attention to groups of children with special needs and disadvantaged ones.	Prepared and implemented programs for children's early cognitive and psychosocial stimulation.	MOH MES QKMZHF NPO Donor	2009-2015
Inclusion of instructions on following child's psycho-cognitive development,	Prepared protocols and instructions on following	MOH Departamenti Pediatrie,	2009-2013



without gender differences, in growth and monitoring protocols.	up psycho-cognitive development of children, without gender differences.	School of Medicine HCII QKMZHF Donor	
Training PHC staff on stimulating cognitive and psychosocial development e.g. early reading to infants and little children.	Number of PHC personnel trained on stimulating cognitive and psychosocial development. Number of conducted training courses.	MOH Continued Education Center QKMZHF Donor	2009-2015
Parent education, counseling on stimulating psycho-cognitive development at primary health care.	Number of education, counseling activities conducted by HCs for good growth of children.	MOH PHI QKMZHF Donor	2009-2015
Conducting gender sensitive activities for psycho-social development during early childhood and adolescence in communities.	Number of parents with knowledge on child development (measured in surveys such as MICS). Number of activities conducted in communities. Number of communities involved in psycho-cognitive development.	MOH PHI QKMZHF Donor	2009-2015
Raising family awareness on the importance of detecting and treating postpartum depression for mother and child and support for postpartum mothers.	Number of promotional activities in families and communities on the importance of detecting and treating postpartum depression.	MOH PHI QKMZHF Donor	2009-2015
<b>Objective 20: Ensuring early detection and management of development problems in children</b>			
Offering support programs for families, children, adolescents affected by development disabilities	Support programs for families, children, adolescents affected by	MOH MES MPCSHB	2009-2015

and mental retardation.	development disabilities and mental retardation.	QKZHF Local government NPO Donor		
Training health care staff in early detection and diagnosis of mental retardation and development disabilities in children.	Number of health care personnel trained in early detection and diagnosing of mental retardation and development disabilities in children.	MOH Cont' Education Center QKZHF Donor	2009-2015	
Drafting gender sensitive instructions for the management of development disabilities and mental development retardation for primary health care services, including criteria for referral, diagnosing.	Prepared instructions for the management of development disabilities and mental retardation.	MOH QKMZHF School of Medicine, Infermierise Donor	2009-2013	
<b>Objective 21: Offering specialized care for children/adolescents with mental health problems</b>				
Offering appropriate community services for mental health care for children and adolescents.	Number of community mental health centers.	MOH QKMZHF Local government Donor	2009-2013	
Offering specialized help by trained professionals in managing adolescents with psychiatric emergencies, including acute depression at hospital health services.	Number of professional personnel in hospital care.	MOH QSUT OBSh Donor	2009-2015	
Drafting/implementing community programs for children/adolescents with mental health problems.	Community programs for children and adolescents with mental health problems.	MOH QKZHF PHI Local government NPO Donor	2009-2015	
<b>Objective 22: Preventing use and abuse of substances, smoking, alcohol, drugs in children and youth</b>				
Strengthening law enforcement on smoking in public places.	Number of sublegal acts on smoking in public places.	MOH PHI Sanitary Inspectorate NPO	2009-2013	

Drafting legislation and strategies for drug use and trafficking control and elimination.	Number of controls conducted on the implementation of the law on smoking in public places. Completed legislation and strategies on control and elimination of drug use and trafficking.	Donor MOH M Interior PHI	2009-2015	
Strengthening and enforcing legislation on the use of alcohol in children and adolescents.	Number of legal acts to prevent the use of alcohol in children and adolescents.	Donor MOH M Interior PHI Sanitary Inspectorate NPO	2009-2015	
Including information on misuse and abuse of substances in school curricula.	Prepared school curricula on substance misuse and abuse.	Donor MOH MES PHI Sanitary Inspectorate NPO Donor	2009-2015	
Building integrated health services to manage adolescents abusing with substances (smoking, alcohol, drugs), including strategies for damage reduction, integrated into the health information system.	Number of child friendly services offering treatment of adolescents abusing with substances, including damage reduction strategies.	MOH M Interior PHI Donor	2009-2015	
Ensuring proper information on the effects of substance abuse and misuse (e.g. medication for pain reduction and anti-inflammatory pills).	Inclusion of information on substance abuse and damage reduction in the health information system.	MOH PHI M Interior Donor	2009-2015	
<b>ADOLESCENT HEALTH</b>				
<b>Targets Until 2015</b>				

1. Reduce by ½ of the current level adolescent mortality and morbidity from: acute respiratory diseases, malnutrition, reproductive tract illnesses, traumas, accidents, and mental health.
2. Reach 80% in percentage of services offered for adolescents in primary health care.
3. Reach 70% in percentage of adolescents receiving information, education, communication, and counseling and have knowledge on reproductive health.
4. Reduce by ½ of the current level the percentage of deaths from road accidents in adolescents.
5. Reduce by 30% the percentage of adolescents taking drugs.
6. Reduce by 50% the percentage of smoking in adolescents.

### Objective 1: Promotion of adolescent health and well-being

Development of policies to promote adolescent and youth health and well-being.	Completed inter-sector policies on adolescent health at the central and local levels.	MOH MPCSHB MRKTS Local government PHI NPO Donor	2009-2015
Offer youth-friendly services for free/no payment in all 12 counties.	Completed standards for youth friendly services at PHC.	MOH MPCSHB MRKTS Local government PHI NPO Donor	2009-2015
Reorient existing PHC services to be youth friendly, including reproductive health services.	Number of reproductive health services in PHC, offering services and information for youth.	MOH Local government PHI NPO	2009-2015
Develop policies to promote adolescent and youth health and well-being at the central and local government level.	Completed inter-sector policies at the central and local levels.	MOH MPCSHB MRKTS Local government PHI	2009-2015

Adopt standards for quality services for youth in the PHC services package.	Completed standards on quality services for youth at PHC.	NPO Donor MOH PHI QKASC HCII Donor	2009-2015
Educate adolescents on life skills, including gender specific and culturally sensitive information on health, and health education through curricula in compulsory education.	Curricula prepared and included in the education system.	MOH MES PHI Local government NPO Donor	2009-2015
Improving adolescent nutritional condition with special emphasis on meeting energy and micronutrient needs according to gender needs.	Percentage of youth suffering from nutritional deficits and malnutrition.	MOH MAFCP Local government PHI NPO Donor	2009-2015
Continued education of all personnel working in health services for adolescents on adolescent health.	Number of personnel trained through continued education programs on adolescent health.	MOH Cont' Education Center PHI Donor	2009-2015
Promotion and distribution in the media of important gender and culturally sensitive health messages for adolescents.	Number of activities in the media.	MOH PHI Media Donor	2009-2015
Promotion of peer programs for youth in schools and communities.	Number of peer programs in schools and communities.	MOH MES M Tourism, Culture, Youth, Sports PHI Donor	2009-2015
Monitoring and evaluation of adolescent health programs regarding access, quality and cost-effectiveness.	Number of youth visiting youth friendly services. Number of services offered for free.	MOH HCII NCAQS PHI	2009-2015

<p>Training service providers to deal with adolescent development in primary/hospital health care on Information, Education, Communication.</p> <p>Identification and addressing of health needs of disadvantaged adolescents, e.g. disabled ones, street children/adolescents, and marginalized populations and groups in rural communities.</p>	<p>Periodical monitoring reports.</p> <p>Number of trained personnel</p>	<p>Donor</p> <p>MOH Cont' Education Center PHI</p>	<p>2009-2015</p>	
	<p>Number of conducted training courses.</p> <p>Number of community programs for adolescents with disabilities and marginalized.</p>	<p>Donor</p> <p>MOH MPCSHSB MTKRS PHI Local government Donor</p>	<p>2009-2013</p>	
<b>Objective 2: Preventing unwanted pregnancies in adolescents and ensuring support for new adolescent mothers</b>				
<p>Offering counseling and ensuring access to contraceptive services for youth.</p>	<p>Number of youth visiting youth friendly services.</p>	<p>MOH HCII PHI</p>	<p>2009-2015</p>	
	<p>Percentage of contraceptive method use in youth.</p>	<p>Local government NPO Donor</p>		
<p>Drafting programs for increasing access to contraceptive services and counseling for youth.</p>	<p>Programs for the use of contraceptives in youth.</p>	<p>MOH PHI NPO Donor</p>	<p>2009-2015</p>	
<p>Provision of social and psychological counseling and support by youth friendly services for girls with unplanned pregnancies and adolescent mothers, especially when the family and community are not appropriate.</p>	<p>Number of counseling offered at youth friendly services for young girls.</p>	<p>MOH PHI NPO Donor</p>	<p>2009-2015</p>	
	<p>Percentage of contraceptive methods use in young girls.</p> <p>Number of unwanted pregnancies in a given period.</p> <p>Number of births in young age groups.</p>			
<b>Objective 3: Prevention and management of HIV/AIDS in adolescents</b>				
<p>Inclusion of HIV/AIDS information for</p>	<p>Prepared school curricula</p>	<p>MOH</p>	<p>2009-2013</p>	

youth in school curricula.	on HIV/AIDS.	MES PHI NPO Donor		
Ensuring access to taking condoms easily in all places visited by adolescents (schools, stores, sports centers, etc.).	Number of condoms distributed by centers, places used by youth. Percentage of condom use in young ages.	MOH MES MAFCP PHI Local government PHI NPO Donor	2009-2015	
Expanding HIV/AIDS treatment centers, training of health professionals, equipping labs with reagents, ARVs and other medications for HIV/AIDS and STDs.	Number of HIV/AIDS treatment centers. Number of trained personnel in these centers. Number of lab equipped with reagents for HIV/AIDS.	MOH PHI Cont' Education Center HCII QAKAVC NPO Donor	2009-2015	
Offering confidential counseling for HIV/STD testing in youth friendly services.	Number of centers offering HIV/AIDS voluntary testing and counseling.	MOH PHI NPO Donor	2009-2015	
Use of damage reduction strategies (e.g. distribution of condoms) for groups at risk.	Number of condoms distributed by centers for youth.	MOH PHI NPO Donor	2009-2015	
<b>Objective 4: Encourage families and communities to promote adolescents' health needs for a safe and supportive environment and the implementation of programs securing adolescents' active participation.</b>				
Education/information for both partners on adolescent health and development.	Promotional and educational activities for families on adolescent	MOH PHI Local government	2009-2015	

Drafting promotional community programs on adolescent health.	youth. Community programs on adolescent health.	NPO Donor MOH Local government PHI NPO Donor	2009-2015	
Developing the informative package targeting adolescents, service providers, parents, teachers, decision-makers in a broad community on information on growth, development, sexual maturity, positive behavior, gender equality, abuse of substances, adolescent rights and responsibilities.	Prepared package.	MOH Local government PHI NPO Donor	2009-2015	
<b>Objective 5: Ensuring proper management and support for adolescents with chronic diseases and disabilities.</b>				
Strengthening legislation on allocation of psychosocial and financial support for families of adolescents with chronic diseases and disabilities.	Number of legal acts for the allocation of psychosocial and financial support to help families of children and adolescents with chronic diseases and disabilities.	MOH MSAEO HCII NPO Donor	2009-2015	
Promotion of educational activities in communities on chronic diseases and disabilities in youth.	Number of educational activities for youth with chronic diseases and disabilities.	MOH MSAEO HCII NPO Donor	2009-2015	
Improving access to essential services and medication for adolescents affected by chronic diseases and disabilities.	Number of adolescents with chronic diseases and disabilities, taking services and medication in the health system.	MOH MSAEO HCII NPO Donor	2009-2015	
Training of professionals on chronic diseases and disabilities regarding adolescents' special needs.	Number of trained personnel. Number of conducted training courses.	MOH MSAEO HCII NPO Donor	2009-2015	



Promotion of integrated work among primary health care specialists and professionals for the management of adolescents with chronic diseases and disabilities.	Number of health and non-health personnel offering care for adolescents with chronic diseases and disabilities.	MOH MSAEO HCII NPO Donor	2009-2015	
<b>Objective 6: Prevention of overweight and obesity in youth</b>				
Review of legislation for healthy nutrition in young ages in public places, restaurants, school cafeterias, etc.	Number of legal acts to regulate food ads for children and adolescents in the media.	MOH MAFCP MES PHI NPO Donor	2009-2013	
Including nutrition education in school curricula for young ages.	Number of overweight children depistated in schools. Prepared school curricula on nutrition.	MOH MAFCP MES PHI NPO Donor	2009-2015	
Increasing opportunities for physical activities in schools and communities through offering playgrounds and safe physical activities.	Number of playgrounds and physical activities in communities and schools offering safe physical activities.	MOH MES Local government PHI NPO Donor	2009-2015	
Integration of nutrition counseling and interventions in other national health programs and PHC services.	Number of health centers offering nutrition services and information.	MOH HCII PHI Donor	2009-2015	
Promotion of healthy nutrition programs and physical activity for adolescents.	National programs on healthy nutrition and physical activity.	MOH MES PHI NPO Donor	2009-2015	
Compulsory depistation for	Number of children	MOH	2009-2015	

overweight in school entry age.	depistated in schools every year as overweight and obese.	MES PHI NPO Donor		
<b>Objective 7: Prevention of use and abuse of substances, drugs, alcohol, smoking in youth.</b>				
Promotion of legislation and control on illegal drug trafficking, smoking, and use of alcohol.	Number of legal, sublegal acts and conducted controls.	MOH M Interior PHI NPO Donor	2009-2015	
Inclusion in school curricula of information on abuse and misuse of substances.	Prepared school curricula.	MOH MES PHI NPO Donor	2009-2015	
Establishing integrated health centers for managing adolescent abusers of substances, including damage reduction strategies.	Number of health centers managing substance abuse cases.	MOH HCII PHI NPO Donor	2009-2015	
Promotion, information on the effects of substance misuse (pain reduction, anti-inflammatory medication) and abuse (smoking, alcohol, drugs) by primary health care youth friendly services.	Number of activities on promotion, information on substance abuse.	MOH PHI NPO Donor	2009-2015	
Training health personnel on the prevention and treatment of substance abuse.	Number of trained personnel. Number of conducted training courses.	MOH Cont' Education Center PHI NPO Donor	2009-2015	