



THE AGA KHAN UNIVERSITY

Adolescent and Youth Health and Wellbeing Symposium

SYMPOSIUM PROGRAMME

AKU – UNESCO Chair Youth Leadership
Centre of Excellence in Women & Child Health

In collaboration with



United Nations
Educational, Scientific and
Cultural Organization



University Twinning
and Networking
Programme

Adolescence is a critical period in the life-course and presents many opportunities for intervention to enhance health then and for later adulthood. East Africa has a considerable adolescent population bulge with the challenge of the “demographic dividend” to be achieved. AKU, ICRH, Coastal Counties Governments and partners agreed to hold a two-day International Symposium in Kwale County, Kenya, on Adolescent and Youth Health and Wellbeing.

Expected outcomes include partnership resolutions to strengthen the Jumuiya Health Sector Working to include a multi-sectorial adolescent and youth health and wellbeing policy and strategy development. The collaborative platform (JKP Changing the Story Partnership Network) would include County government agencies, higher education institutions, youth organizations, the Aga Khan Development Network, civil society stakeholders and development agencies, as well as the Network of UNESCO Chairs in Kenya in order to provide evidence-based strategies, practices, and policies. In addition, commitments from governments as well as development partners and stakeholders, needed to implement the policies and strategies, will be discussed.

The Symposium is co-hosted by:

The AKU-UNESCO Chair on Youth Leadership of the Centre of Excellence for Women and Child Health CoEWCH, Aga Khan University

Aligned with the Sustainable Development Goals, the AKU-UNESCO Chair on Youth Leadership seeks to promote civil society development, health, and wellbeing through empowering young people in East Africa focusing on the fields of gender, health, education, science, and leadership. We believe that investing in the next generation of young leaders is investing in a bright and sustainable future for East Africa. The CoEWCH focuses on establishing high quality education, multidisciplinary research and training programmes in women, adolescent and child health. In its various programmes, the CoEWCH works in collaboration with AKDN, governments, academia, private sector, development partners, civil society and other stakeholders.

Jumuiya ya Kaunti za Pwani (JKP)

Jumuiya ya Kaunti za Pwani (JKP) “Commonwealth” is a regional economic development organization representing Kenya’s six coastal counties; Mombasa, Kwale, Kilifi, Tana River, Lamu and Taita Taveta. JKP is focused on championing the region’s economic development initiatives through innovation and partnership with the public, industry and academia.

With the vast shared resources, a unique common historical foundation in culture and heritage; the Mission of Jumuiya ya Kaunti za Pwani (JKP) is to catalyze economic growth of Kenya’s coast regional counties. Our Vision is of a Kenya’s coast regional counties economy that creates wealth and shared prosperity for its communities.

The implementation of the Jumuiya's regional economic agenda is managed by the Governor's Apex, Six Sector Working Groups, and the Secretariat.

The International Centre for Reproductive Health (ICRH)

ICRH Kenya is an independent organization established in the year 2000, dealing with many aspects under the wide umbrella of 'Reproductive Health': Mother and Child Health, Sexual and Gender-based Violence, Sexually Transmitted Infections, HIV and AIDS prevention, treatment and care, Adolescent Health, improving Services in resource-poor settings that serve also the vulnerable populations. We are performing actual intervention projects and research studies. Our interventions are always coupled with a critical analysis and evidence gathering towards best practices. Whilst even the most basic research randomized controlled trials we participate in will always have a social and local component. All our work is done in close collaboration with local and national health authorities and service providers. The organization is thoroughly based on local Kenyan staff at all levels, with a large majority of women.

Wednesday 4 December 2019	
Time	
9:00am-9:15am	<p>Session chair: Prof William Macharia, Aga Khan University</p> <p>Welcome and Opening Remarks</p> <p>Dr Azim Lakhani Diplomatic Representative of the Aga Khan Development Network</p> <p>Prof Marleen Temmerman AKU UNESCO Chair, Centre of Excellence in Women and Child Health,</p>
9:15am-10:30am	<p>Official Opening</p> <p>Emmanuel Nzai, CEO JKP Secretariat H.E Salim Mvurya, Governor, Kwale County (Chairman, JKP)</p> <p>Adolescent and Youth in JKP Counties</p> <ul style="list-style-type: none"> • Hon. Hazel Koitaba, CECM Health Mombasa County (Chairperson, JKP Health Sector Working Group) • Hon. Francis Gwana CECM Health, Kwale County • Hon. Dr. Anisa Omar, CECM Health, Kilifi County • Hon. Mwanajuma Hiribae, CECM Health, Tana River County • Hon. Dr. Anne Gathoni, CECM Lamu County • Hon. Daniel Makoko CECM / CO Health, Taita Taveta County
9:30am-10:30am	<p>Keynote Lectures</p> <ul style="list-style-type: none"> • Dr Chandra-Mouli, World Health Organization, Geneva Global Perspectives on Adolescent and Youth Health. • Dr Hussein Kidanto, AKU, Dar es Salaam, Tanzania Adolescents Sexual and reproductive Health, East Africa. • Dr Jeanne Patrick, Ministry of Health, Kenya: Adolescents and Youth Health, Kenya.
Group Photo	
10:30am-11:00 am	Health break
11:00am – 1:00pm	<p>Concurrent Workshops</p> <p>Workshop 1: Sexual and Reproductive Health and Rights</p> <p>Moderator: Prof Marleen Temmerman, AKU</p> <p>The aim of the SRHR workshop is to focus on a number of key issues for adolescents and youth related to contraception and family planning, as well as adolescent pregnancy, prevention of unsafe abortion and post-abortion care.</p>

These topics will be addressed by experts and discussed by adolescents and young people, health care providers, policymakers and legal experts from a local, regional and global perspective.

Speakers:

- Prof Peter Gichangi: FP2020: family planning in Kenya
- Dr Abdu Mohiddin: Adolescent Pregnancy
- Dr Tumbwene Mwansisya: Prevention of unsafe abortion
- Ahmed Bulhan: Laws and Regulations in relation to SRHR
- Faith Opiyo: Adolescent/Youth voice

Workshop 2: Adolescent Mental Health

Moderator: Prof Amina Abubakar, AKU

The aim of the mental health workshop is three- fold. First, we aim to highlight recent trends and findings on adolescent mental health both local, regional and global. Second, we would like to hear from stakeholders including the youth themselves on mental health care within the Kenyan context. Third, through a series of round tables and brainstorming session come up with knowledge gaps, gaps in programming, an action plan on how to build partnerships to address the gaps and develop youth friendly services

Speakers:

- Dr Manasi Kumar - Mental health outcomes of teenage mothers and their intervention efforts
- Dr Samira Osman - Setting Up adolescent friendly services at coast general
- Dr Wanjiru Korir - Drug abuse services: how youth friendly are they?
- Dr Amina Abubakar- Adolescent mental health: Data from the Coast
- Emmanuel Mbuyi- Youth Representative from Kilifi

Workshop 3: Gender based violence

Moderator: Dr. Griffins Manguro, International Centre for Reproductive Health (ICRH)

An estimated one third of girls and one fifth of boys in Kenya have experienced sexual and gender based violence by the time they turn 18 years. Sexual and gender based violence may leave serious, life-long negative, physical, sexual and psychological effects on survivors

Through this workshop, we aim to heighten the awareness on the extent and scope of SGBV among adolescents and young people, highlight opportunities for care and challenges in optimizing services. This will be addressed through personal experiences from survivors, conversations with service providers and discussions from policy makers.

Speakers:

- Hilder Mutua – My story: perspectives from a survivor of sexual and gender-based violence
- Saida Wanjiku – Post-SGBV services to adolescents and young people- what are the challenges and opportunities
- Inspector Biberone Umazi, Deputy OCS, Nyali Police Station – Role of the police in reducing SGBV and improving outcomes for young SGBV survivors
- Hon (Justice) Lucy Sindani – Navigating the legal environment in sexual and gender-based violence
- Philip Kaume – Intersection between Mental Health and sexual violence among adolescents
- Austin Ondaba – Bullying in schools, - sexual, physical and emotional violence and effects on adolescent health.

1:00pm – 2:00pm	Lunch Break
2:00pm – 3:30pm	Session chair: Dr. Eunice Ndirangu, Dean, School of Nursing and Midwifery (SONAM), AKU Summary and plenary discussion of the topics addressed in the 3 workshops
3:30pm – 4:00pm	Health break
4:00pm – 5:30pm	Panel discussion: from Evidence to Policies Moderator: Dr. Nancy Abwalabwa - Pwani University Kenya Coast Counties Strategies on Adolescent Health Panel members Panel members: the CEC's or Directors of the 6 counties. Mombasa and Kilifi County have launched their County Strategies in 2019. Other counties could present their plans, followed by a moderated discussion on what is needed to implement county strategies.

End of Day 1

Thursday 5 December 2019	
Time	Session Chair:
9:00am-9:30am	Recap of previous day: Pauline Oginga, Kilifi County
9:30am-10:30am	Keynote Lectures <ul style="list-style-type: none"> • Dr Amina Abubakar in collaboration with a caregiver: Leave no one behind: Adolescents and Youth with Disabilities • Anne Ireri, FIDA - Laws, Rights and Legislation, Safeguarding adolescent and young women's Sexual and Reproductive Health Rights. • Dr Martha Mwangome - KEMRI: Impact of Nutrition on Adolescent Health
10:30am-11:00am	Health break
11:00am – 1:00pm	Voices of Adolescents and Youth from Pwani Moderators/Facilitators: Stephen Ndambuki (NCPD) and Dr. Michaela Mantel (CoEWCH/AKU) Speakers: <ul style="list-style-type: none"> • Mr Kenneth Miriti, AYSRH Focal Person, Kilifi County: Key information about Youth Advisory Committee (YAC) and their role in AYSRH • Winnie Nyabenge, Moving the Goal Posts: What are the key barriers of access to quality SRHR services for adolescents/ youth; adolescents/youth; teachers; parents' perspective • Director of Education: What are the challenges of CSE in schools – pros and cons from the youth / adolescent; teacher's and parents' perspective • Fadhili Hamisi Msuri, CEO, Kenya Muslim Youth Development Organization: The voice of youth/adolescents: What we need and why we need change? • Lucy Nyaga, AQCESS Project Manager, Aga Khan University: results from Adolescent Dialogue Sessions November 2019 • Emmanuel Mwakera, Leila Abdi, Kilifi Youth Advisory Council: YACS views on AYSRH prospects in Coastal Kenya and AYSRH Strategies of the counties in response to the gaps and challenges experienced by youth/adolescents
1:00pm – 2:00pm	Lunch Break

2:00pm – 3:30pm	DEBATES mixed panels on the following topics- PROS and CONS Moderator: Faith Opiyo <ul style="list-style-type: none"> • Matron Emily Mwaringa, Mombasa County and Fr. Pascal Mwakio - Comprehensive Sexuality Education in Schools • Wycliff Muriuki Mutabari and Nelly Munyasia - Contraceptive for young girls • Fr. Pascal Mwakio and Dr Mwaniki Mukaindo - HPV <p>Panel's view on topics such as Adolescent Pregnancy, Parenting and Media</p>
3:30pm – 4:00pm	Health break
4:00pm – 5:15	From Policies and Strategies to Programmes and Implementation <p>Panel with Government leaders (CECs), MCA's, Development Partners (and Stakeholders on the way forward to leverage Adolescent and Youth Health and Wellbeing and accelerate the implementation of the agenda.</p> <p>Moderator: Dr Olajide Ademola - UNFPA</p>
5:15pm – 5:30pm	Closure session with recommendations for research, policies and action
5:30pm – 5:45pm	Vote of Thanks
6:00pm – 8:00pm	Dinner

Speakers & Moderator Bios



Prof. Dr. Marleen Temmerman

Is a well-recognized global leader in women, child & adolescent health. She brings academic, research, technical, political, governance, management and leadership skills to the table as well as diplomacy, advocacy, fundraising, training and clinical expertise. She has a strong track record of working with governments, multilateral organisations, academia, professional bodies, development agencies, private sector, consultancy agencies, civil society, non-governmental and faith based organisations, in a global and changing world. Currently, she is Chair of the Department of Obstetrics and Gynaecology, Aga Khan University Hospital and Director of the Center of Excellence in Women and Child Health, Aga Khan University, Nairobi, Kenya. Her interest is women's health and rights, sexual and reproductive health, including cervical cancer prevention and treatment. She is the Founding Director of the International Centre of Reproductive Health (ICRH) at Ghent University, Belgium with sister research organizations in Kenya and Mozambique, and a large global collaborative academic network of 27 Universities globally.



Dr. Venkatraman Chandra-Mouli

Leads the work on Adolescent Sexual and Reproductive Health (ASRH) in the World Health Organization's Department of Reproductive Health and Research (which includes the UNDP/UNFPA/UNICEF/WHO/World Bank Human Reproductive Programme). His work includes building the evidence base on ASRH, and supporting countries to translate this evidence into action through well-conceived and well-managed policies and programmes. His experience in generating knowledge and taking knowledge to action is global in scope and spans over 30 years. Dr Chandra-Mouli

joined WHO in early-1993 and worked on HIV/AIDS prevention till mid-1996. Since then, his work has focussed on adolescent health. Before joining WHO, he worked in Zambia, India and Zimbabwe for 12 years – providing primary care services (with a private Zambian company), preventing childhood malnutrition (with a Zambian NGO – Kitwe Nutrition Group), preventing HIV and responding to people with HIV (with another Zambian NGO – Copperbelt Health Education Project), setting up a regional training and mentoring initiative – ‘School Without Walls’ (with the Canadian Public Health Association); and funding HIV/AIDS related work – ‘NGO AIDS Cell’ (with the Norwegian Agency for Development Cooperation). Drawing upon these experiences, he has presented in scores of global, regional and national conferences, and authored/co-authored books, book chapters, newsletter articles, blog pieces and over 90 peer-reviewed journal articles.



Hon. Dr. Anisa Ahmed Omar

Is a specialist pediatrician and experienced hospital administrator. She is currently working with Kilifi County Government as a County Executive Committee member for health since 4th January 2018. She worked with Pathfinder International as the Deputy Chief of Parties, As the Medical Superintendent of Malindi District Hospital and the District Medical Officer of Health for Malindi District for 8 years, Dr Anisa provided managerial leadership at the district hospital and was responsible for mobilization of funds to effect the expansion of the hospital from an 80 bed to 200 bed capacity with resultant dramatic increase of revenue from 300,000 to 2.5 million Kenyan shillings per month. Hospital infrastructure was considerably expanded under her leadership. In 2000 she was awarded a Head of State Commendation for exemplary work and in 2010 she was awarded the Order of the Grand Warrior for her contribution to health care for the people of Kenya.



Faith Fao Opiyo

Is an advocate of Sexual Reproductive Health and Rights. She is the founder of Centre for Young Women Empowerment (CYWE) a registered community based organization in Kenya Soweto slums that deals with empowerment of youths and adolescent girls with inclusion of boys on matters of Sexual Reproductive Health, Gender and Leadership and governance. She is currently the chairperson of Youth Advisory Panel to UNFPA, representing the 15 counties that UNFPA is supporting, she also sits on the board of Youth Steering Committee of UN Women East and southern Africa furthermore she is a trainer of Trainers in Kenya on Sexual reproductive Health by Ministry of Health.



Prof. Peter Gichangi

Is the Deputy Vice Chancellor Academic Affairs, Research and Extension (ARE) and Research Professor at the Technical University of Mombasa. He is also a visiting professor of obstetrics and gynecology at Ghent University Belgium. Peter received his Doctorate from Nairobi University. His research interests lie in the areas of sexual and reproductive health, maternal and child health, HIV/ AIDS, Family Planning, HIV care and support, as well as gynecological oncology issues. Peter has over 90 publications in a variety of medical and scientific journals. He is the Principal Investigator for the Performance Monitoring for Action project in Kenya.



Dr. Michaela Mantel

Is a Senior Advisor and Senior Health Programme Officer at the Aga Khan University, Nairobi. Her areas of expertise include health system strengthening from community to primary health care and referral levels; maternal, newborn, child, and adolescent health; sexual, reproductive health and health rights; quality assurance in health care; public-private partnerships; capacity building and context relevant research. Dr Mantel



Rev. Fr. Dr. Pascal Mwambi Mwakio

Is a holder of Masters and Doctorate degree in Bioethics at Regina Apostolorum Pontifical University Rome graduating in 2014. He is currently the parish priest of St. Patrick's Catholic Parish Kilifi and the director of St Patrick's Academy Kilifi. He is also the Dean of Kilifi deanery, member of the Kilifi County Education board, and chair of St Michael's Girls' School board. He is an author of a published book (2014) entitled "The Right to Life and African concepts about life: A bioethical approach for Kenya."



Dickson Okong'o

Is a zealous youth advocate on access to justice and sexual reproductive health rights from Mombasa County. He has over eight years' working experience on youth issues, specifically adolescent sexual reproductive health rights, democracy and good governance. He is the co-founder and the current executive director of Stretchers Youth Organization – a community-based organization. The organization champions for United Nations Sustainable Development Goal 3 and 16. Dickson is part of number of networks both at county, national and international level including the Mombasa County Adolescent Technical Working Group.



Nelly Munyasia

Is the Executive Director for the Reproductive Health Network in Kenya, a network of trained health care providers, who are passionate about ensuring provision of quality comprehensive reproductive health information and services especially safe and legal abortion. She is a trained midwife/nurse and a health systems management expert, a sexual and reproductive health provider champion and an activist for girls and women rights.



Kenneth Miriti

Is a holder of BSc nursing, a higher national diploma in medical education and a basic diploma in community health nursing, and certificate in health systems management. Kenneth has strong background in reproductive health Issues with bias on AYSRHR and GBV response. He was key in the development of the adolescents and young people sexual reproductive health and rights, 2019-2022 HIV response for Kilifi. He represents the department of health in the teenage pregnancy taskforce and is the AYSRH coordinator for Kilifi County.



Dr. Mukaindo Abraham Mwaniki

Is a consultant ObsGyn and the Vice Chair of the Department of Obstetrics and Gynaecology at Aga Khan University Hospital, Nairobi. He is active in training, clinical practice and research. Over the last five years, Dr Mukaindo has extended beyond the clinical practice into the interactions between quality of health services and maternal and child health. He is currently leading a research grant examining the value of clinical mentorship for midwives in improving quality of delivery care in rural Coastal and Western Kenya. He has worked in both the private and public sectors. He holds a Bachelors of Medicine and Surgery degree and a Masters of Medicine in Obstetrics and Gynaecology. He is the former vice-chair of the Kenya Obstetrical and Gynaecological Society (KOGS).



Dr. Abdu Mohiddin

Is a public health physician-scientist with interests in public health and health systems, in particular in maternal, child and adolescent health. Most of his work is with the Aga Khan University's Centre of Excellence for Women and Child Health, with additional duties in the Department of Population Health contributing to the development of a Population Health Master's degree. He has over twenty years' experience with multi-sectoral strategies to address needs and improve health. He has worked with a wide range of stakeholders in the UK and Kenya including local and national health authorities, healthcare and related services, academia, the voluntary sector and communities.



Dr. Evaline Lang'at

Is a member of the county health management team. She holds a Master of Public Health from Flinders University, a Global Health alumna from the University of Washington. She serves as a research focal person at the Department of Health where her main role among others includes identifying priority areas for research, establish collaboration with health research stakeholders, as well as analyse health data to inform sector performance.



Prof. Hussein Lesio Kidanto

Is an Associate professor, Aga Khan University Medical College, He is currently the associate dean at the medical college. A Tanzanian medical doctor specialized in Obstetrics and Gynecology. He graduated from School of Medicine, University of Marmara, Turkey (1992), and holds a PhD in Public Health from Umea University. He has Masters of medicine in obstetrics and Gynecology from University of Dar es Salaam. He has more than 25 years of clinical experience in the field of Obstetrics and Gynaecology. Until recently, he was the senior consultant in Obstetrics and Gynecology and Director of Maternal, Reproductive Newborn and Adolescent health

at the Tanzania Ministry of Health (2016-2018). Previously, he was the Executive Director of Muhimbili National Hospital (2014-2015). Before that, he was head of the hospital's teaching, research and consultancy unit (2013-2015), and consultant in-charge at the eclampsia ward (2007-2013) He has in-depth experience with development of multiple clinical guidelines for Tanzania Ministry of Health. He is associate editor for BMC pregnancy and childbirth, and member of Institutional Review Boards at AMREF, Tanzania office, and Ifakara medical research institute.

Saida W Mwinyi

Is a Clinical Nurse Counselor working at the ICRHK/CPGH GBVRC (international Centre for reproductive health in partnership with Coast General Hospital Gender based violence recovery centre). She has experience in medical management and psychological support to survivors of sexual violence at the gender-based violence recovery centre, Coast General Hospital. This includes debriefing and trauma counseling, forensic examination, collection of forensic samples and documentation, offering prophylaxis against HIV, STI's and pregnancy, referral services to the legal justice system and follow up care of the survivors.

Dr. Jeanne Patrick

Currently works with the Ministry of Health in Kenya. She has more than a decade of diverse experience working in the public health sector holding different roles of increasing responsibilities. She holds master's degree in International Public Health and Health Management from the University of New South Wales, Australia, PGD in Hospital Management (Germany), MBA in Health care from Neu-Ulm University, Germany and a Bachelor's degree in Medicine and Surgery from the University of Nairobi. Currently she serves in several national advisory and technical working teams focusing on reproductive, maternal, new born, child and adolescent health (RMNCAH) related issues.



Dr. Wanjiru-Korir

Is a Clinical Pharmacist who holds a Bachelor of Pharmacy (BPharm) degree from the University of Nairobi School of Pharmacy and a Master of Science degree in Clinical Pharmacy, International Practice and Policy (MSc. CPIPP) from the University College London, School of Pharmacy. She served as secretary and Pharmacy Lead to the Technical Working Group for the setting up and operationalisation of the medically assisted therapy (MAT) program for people who inject drugs (especially those recovering from heroin addiction) in conjunction with the Department of Health, Mombasa, National AIDS & STI Control Programme (NASCOP) and United Nations Office on Drugs and Crime (UNODC).

Ahmed Bulhan

Is an LLB graduate, with a passion for Women's and Children's Rights. He joined the Aga Khan Center of Excellence providing legal and Rights based support to the current work currently being undertaken by the Center. He is currently undertaking a study regarding the mitigation of Adolescent Pregnancy on a County Level, using a Human Rights Based Approach. He intends to continue Human Rights Research and Advocacy, hoping the provision of Rights already contained in the Kenyan Constitution and Legislation, are finally realised and accessible to marginalised people.



Dr Samira Osman

Is based at the Coast Provincial General Hospital (CPGH) serving in the government sector for over 15 years. She has over 10 years' experience in the field of HIV with special focus on pediatric and adolescent HIV. Dr Osman is also passionate about EMTCT and is a mentor, coach and trainer of trainers for HIV activities in Mombasa County. She is an active member of the Adolescent Technical working Group which is tasked with developing the Adolescent Strategy, Mombasa County. One of Dr Osman's notable achievements include setting



up exclusive youth-friendly services at CPGH, the Youth Zone and incorporating innovative and novel strategies in dealing with young people.



Dr Tumbwene Mwansisya

Holds a Doctorate of Medicine in Clinical Psychiatry from Central South University, People's Republic of China and a Masters of Science in Mental Health Nursing from Muhimbili University of Health and Allied Sciences and a Bachelor of Science in Nursing from University of Dares Salaam, Tanzania. Currently, he is working as an associate Professor in Psychiatry and Mental Health at Aga Khan University. Prior to joining Aga Khan University, he worked as the head of department of clinical nursing and community health at the University of Dodoma and mental health specialist at Mirembe Psychiatric Hospital in Tanzania.



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