

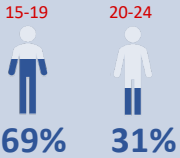


Interest in Self-Care Among Youth

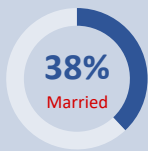
Healthy Transitions for Nepali Youth Project Endline Survey

DEMOGRAPHICS (N=565)

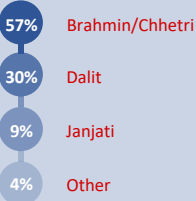
AGE



MARITAL STATUS



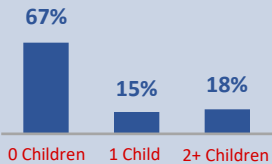
ETHNIC GROUP



SCHOOL STATUS



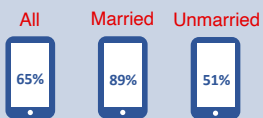
PARITY



DISTRICT



MOBILE PHONE OWNERSHIP



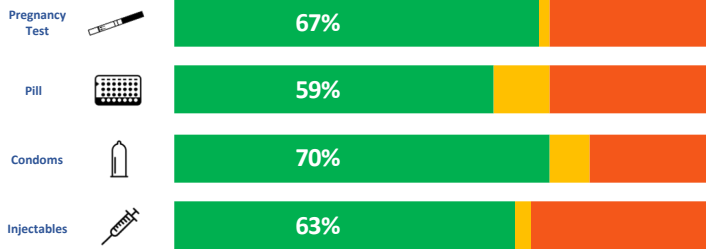
- The majority of women who own mobile phones do not share the phone with anyone.
- Of women who do not own mobile phones, unmarried women use their parents' phones most often while married women use their husband or father-in-law's phones most often.

INTERESTED/COMFORTABLE

NEITHER

DISINTERESTED/NOT COMFORTABLE

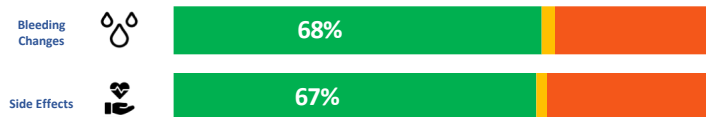
INTEREST LEVEL: ACCESSING INFORMATION ON METHODS



KEY SUMMARY

- Never-married youth were more interested in accessing information about injectables and condoms on their own than married youth.

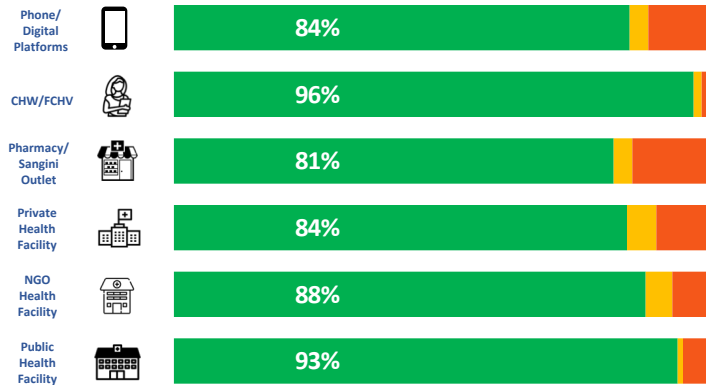
INTEREST LEVEL: RECEIVING INFORMATION ON SIDE EFFECTS/BLEEDING



KEY SUMMARY

- Interest in receiving information on one's own about what to do in the event of side effects or bleeding changes was even among demographic groups.

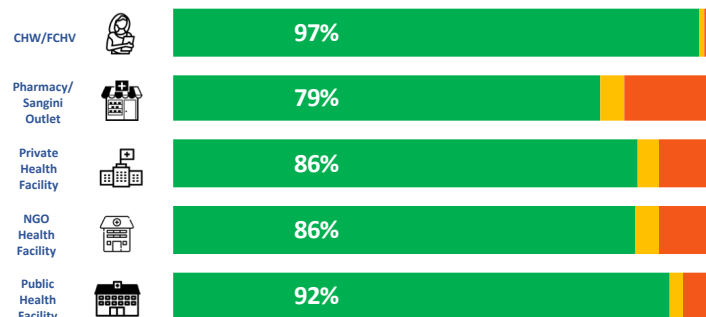
COMFORT LEVEL: RECEIVING INFORMATION



KEY SUMMARY

- Youth were very comfortable receiving information on family planning from multiple sources, especially from community health workers and female community health volunteers (CHW/FCHV).
- Comfort level was similar across demographic groups, with the exception of never-married youth, who were more comfortable with phone/digital platforms (88% vs. 79%).

COMFORT LEVEL: ACCESSING METHOD



KEY SUMMARY

- Youth were very comfortable receiving family planning methods from multiple sources, especially from community health workers and female community health volunteers (CHW/FCHV).
- Comfort level was similar across demographic groups.

Healthy Transitions for Nepal Youth Project (HTNY) (2019-2021) was implemented by Save the Children and its partners in four districts of Karamligar Province, Nepal. The project aimed to engage adolescent girls and young women aged 15-24 years, their husbands when applicable, their parents or in-laws, and the community in improving Reproductive, Maternal, and Neonatal Health (RMNH) knowledge and practices, increasing gender equality in household decision-making, and supporting quality improvement of RMNH services. Data for this infographic were collected as part of the endline survey for HTNY.

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