

# THE ROLE OF PEER-TO-PEER SUPPORT IN REDUCTION OF UNMET FAMILY PLANNING NEEDS AMONG ADOLESCENT GIRLS IN NAKURU COUNTY; KENYA

THE ROLE OF PEER-TO-PEER SUPPORT IN REDUCTION OF UNMET FAMILY PLANNING NEEDS AMONG ADOLESCENT GIRLS IN NAKURU COUNTY; KENYA.

Authors: **ELIZA WACHUKA WAMBUI**<sup>1</sup> Kizito Mukhwana<sup>1</sup> Samuel Kioko<sup>1</sup> Kerich Clara<sup>2</sup>

Author Affiliations: <sup>1</sup> Gold Star Kenya, <sup>2</sup> Department of Health- Nakuru County

## Background and Objectives

In Kenya, the contraceptive prevalence rate (CPR) is 40.2% among adolescents aged 15–19. Globally, Kenya has the 3<sup>rd</sup> highest teen pregnancies; one in every five adolescents is already a mother or pregnant with their first child.

The Kenya Family Planning Commitment 2030 targets to increase CPR among adolescent women from 40% -50% by 2020 and to 55% by 2025 and reduction of teenage pregnancy from 18% - 12% by 2020 and 10% by 2025. The influence of social network approval and engagement with the wider community through mass and peer campaigns improve the uptake of family planning and reduce teen pregnancy.

The USAID Tujenge Jamii is a five-year USAID-funded project with the purpose of increasing access and demand for quality Reproductive Maternal Newborn Child and Adolescent Health (RMNCAH), Nutrition, and Water Sanitation and Hygiene (WaSH) through system strengthening.

Nakuru County's teenage pregnancy is 18.3% compared to the National 18% with Njoro, Kuresoi North, and Subukia Sub-Counties reporting 36%, 27%, and 22% respectively (KHIS, 2021).

## Methodology

### Design, study location, participants, materials, interventions, and analysis

The design was a retrospective desk review of contraceptive and ANC uptake for females 10-19 years in Nakuru County; 2021. The project through S/CHMT implemented a peer-to-peer support strategy (Binti Shujaa). Young girls <24yrs with recent pregnancy experience with babies aged <24 months were recruited as champions and capacity built to create demand and referral for ASYRH services among their peers.

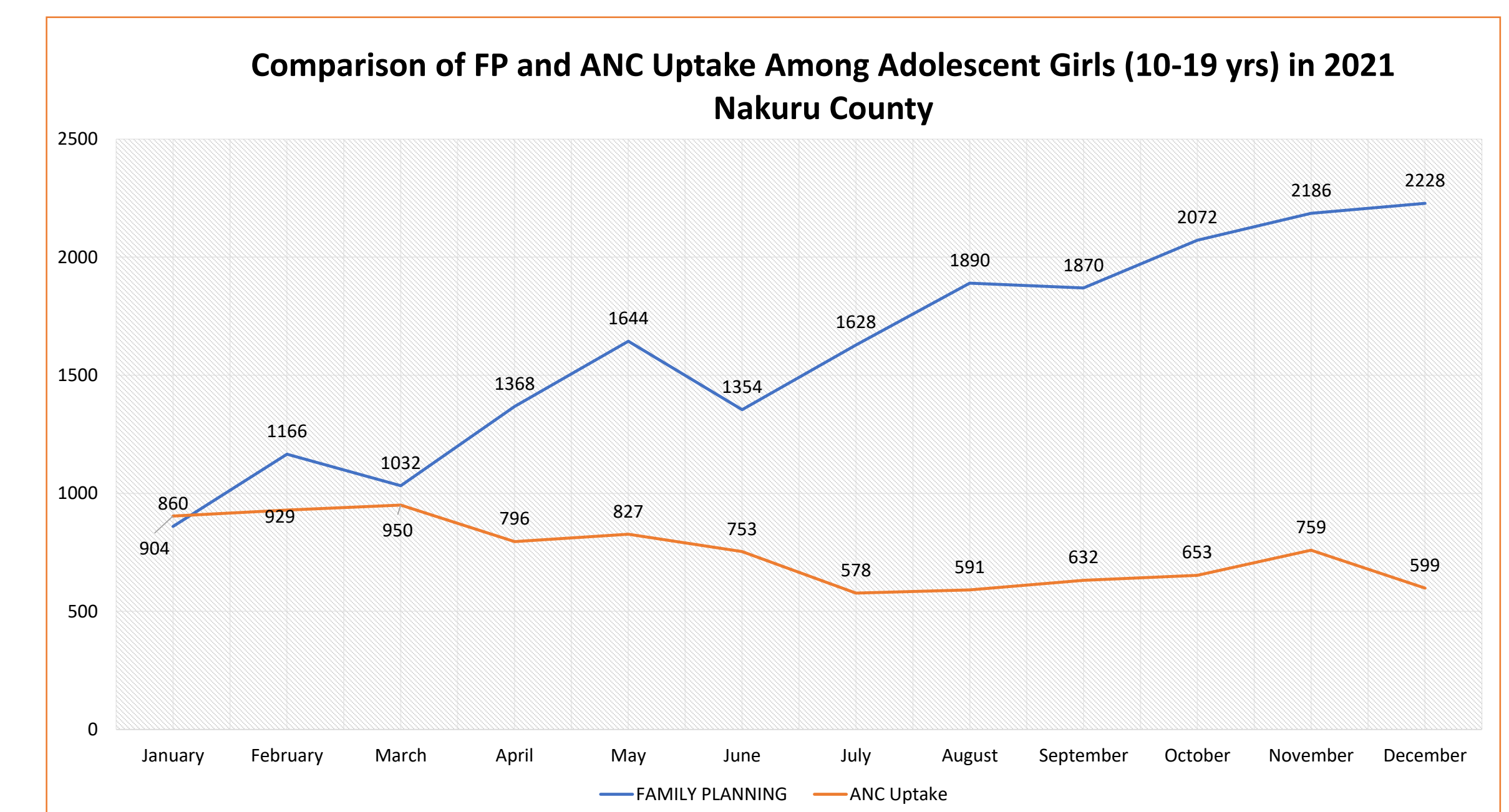


Binti Shujaa meeting in Elementaita ward



Binti shujaa data review meeting in Elementaita ward

## Results



. Caption

## Conclusions and Recommendations

Peer-to-peer support among teenagers plays a great role in the reduction of unmet Family Planning needs. To avert teenage pregnancies stakeholders including teens need to be involved in the formulation and implementation of feasible strategies. This enhances the confidence and empowerment of teenage girls preventing unintended pregnancies and undesired outcomes.