



# HEALTHY GENERATION PROJECT

## EXTENSION OF YOUTH-FRIENDLY HEALTH SERVICES IN THE REPUBLIC OF MOLDOVA

FINANCIALLY SUPPORTED BY SWITZERLAND

### ► Project presentation

In order to solve major problems in the domain of adolescents and young people health, the Republic of Moldova has undertaken, during the last 10 years, **a series of actions aimed at their health and development.**

The creation of youth-friendly health services is **one of the national initiatives** carried out by the Ministry of Health, Labor and Social Protection (MoHLSP), with the support of its partners: the Swiss Agency for Development and Cooperation (SDC), UNICEF and the World Health Organization.

**The development of youth-friendly health services** in the Republic of Moldova has been supported by Switzerland since 2011, when the project “Healthy Generation – Extension of Youth-Friendly Health Services in the Republic of Moldova” was launched. The project was implemented in 3 phases (2011-2021), the main implementation agency being the „Health for Youth” Public Association (in collaboration with the „NEOVITA” Center). In the first 2 phases, the co-implementer was UNICEF-Moldova.

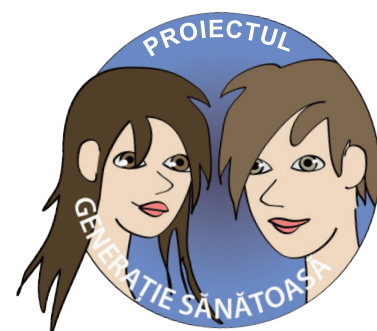
### ► Purpose and objectives

**Impact of the project:** Young people in Moldova, especially the most vulnerable and those at risk, adopt safer behaviors and seek assistance from health services when they need it.

The project contributes to improving the health of young people in Moldova by increasing the demand for, access to and use of quality youth-friendly health services (YFHS) and health-related education programs.

**Result 1:** The sustainable and responsible delivery of youth-friendly health services provided at national level is institutionalized.

**Result 2:** Young people in Moldova are more resistant to health risk factors, adopt healthier behavior, seek the necessary medical services and participate in the management of health services for young people.



# IMPLEMENTATION STRATEGY BASED ON THE WHO SYSTEMIC APPROACH AND PROJECT RESULTS

The basis for the “Healthy Generation” project was the WHO systemic approach ([https://www.who.int/maternal\\_child\\_adolescent/documents/cah\\_adh\\_flyer\\_2010/en/](https://www.who.int/maternal_child_adolescent/documents/cah_adh_flyer_2010/en/)) in expanding youth-friendly health services, with vertical and horizontal expansion actions, as well as with interventions at institutional, district and national level.

🌐 For further information::

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-284>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4627613/>

## SYSTEMIC FRAMEWORK FOR IMPROVING THE QUALITY OF YOUTH-FRIENDLY HEALTH SERVICES (WHO)

applied in the process of YFHS extension in the Republic of Moldova, 2012-2018

<b>NATIONAL LEVEL</b> Situational analysis and program review: - Carried out in 2003-2005.	<b>MUNICIPAL / DISTRICT LEVEL</b> – within the orientation meetings on the YFHS extension in all districts and municipalities, 2012-2018	<b>LEVEL OF MEDICAL INSTITUTION</b> – within the Youth-friendly health centers / YK and the public medical institutions from the primary health care
Elaboration of the health sector strategic document within multisectoral strategies: - The National Concept of YFHS, 2005; - Health Policy 2007-2021; - National Reproductive Health Strategy, 2005-2015; - MoHLSP Order on the YFHS extension, 2011.	Orientation of the Local Public Administration and medical authorities	Orientation of the medical institution staff: - basic training for Family Doctors, Family Doctor Assistant, 2012-2018; - advanced trainings for the YFHC / YK staff, 2012 - present
Development and approval of YFHS Quality Standards. Dissemination of standards. - approved in 2009 by the Ministry of Health; - revised in 2021.	Local mapping	(Self) assessment of the youth-friendly health services quality – regularly at the YFHC / YK
Elaboration / adaptation of guides and protocols in the field; of M&E tools. - AISA Guide, 2012; - Adolescent Health Promotion Guide, 2013; - Algorithms on conducting prevention cases in adolescents, 2021.	Elaboration and approval of the local YFHS expansion plan, with its budgeting	Elaboration of the quality improvement plan - YFHC / YK annual plans include quality improvement activities
Elaboration and approval of the National YFHS Extension Plan: - MoH Order on the extension of YFHS, 2011; - Strategic Plan on Adolescent Health and Development, 2021.	Orientation of leaders from medical institutions of the municipality / rayon	Implementation of YFHS quality standards – continuously
<b>Monitoring and evaluation – SI-YK, monitoring visits, coverage, costs, quality evaluation studies etc.</b>		



## VERTICAL EXTENSION

**2021**

National Social Insurance House (NSIH) Regulation, Strategic Plan on Adolescent Health

**2018-2021**

Revision of the standard YFHC / YK Regulation; Quality standards for YFHS

**2012-2016**

Review of the State University of Medicine and Pharmacy curriculum

**2013**

Economic evaluation of YFHS, approval of YFHC operating rules

**2011**

MoHLSP Order on the YFHS extension

**2009**

Quality standards for YFHS

**2008**

National Medical Insurance Company (NMIC) started financing YFHC

**2005-2007**

The YFHS concept and the standard regulation

**2003-2004**

KAP SDT study and situational analysis, 2004

## YFHS EXTENSION IN THE REPUBLIC OF MOLDOVA

### ► RESULT-ORIENTED

focus on 7 priority health issues:

### ► INTERVENTION

YFHS-YFHC **Extended package**

YFHS **Basic package** (friendly approach) – Family Doctor, Family Doctor Assistant

- information
- counseling
- medical, psychosocial services
- reference

### ► MAIN DIRECTIONS OF THE YFHC ACTIVITY:

**1. ADVISORY ACTIVITIES** of the multidisciplinary team: doctors, psychologists, social workers;  
- personal: on-line, out-reach

### **2. INSTRUCTIVE-METHODICAL ACTIVITIES**

- educational programs: volunteering, for teenagers, professionals, parents;
- information line
- collaboration with the media
- [www.neovita.md](http://www.neovita.md), [www.yk.md](http://www.yk.md), [www.teenlive.info](http://www.teenlive.info), @YouthKlinikMoldova
- pleading, participation in the elaboration of normative acts, research etc.



## HORIZONTAL EXTENSION

**2002-2003**  
3 pilot YFHCs

**2005**  
A network of 12 YFHC

**2007**  
All YFHCs became subdivisions of public medical institutions

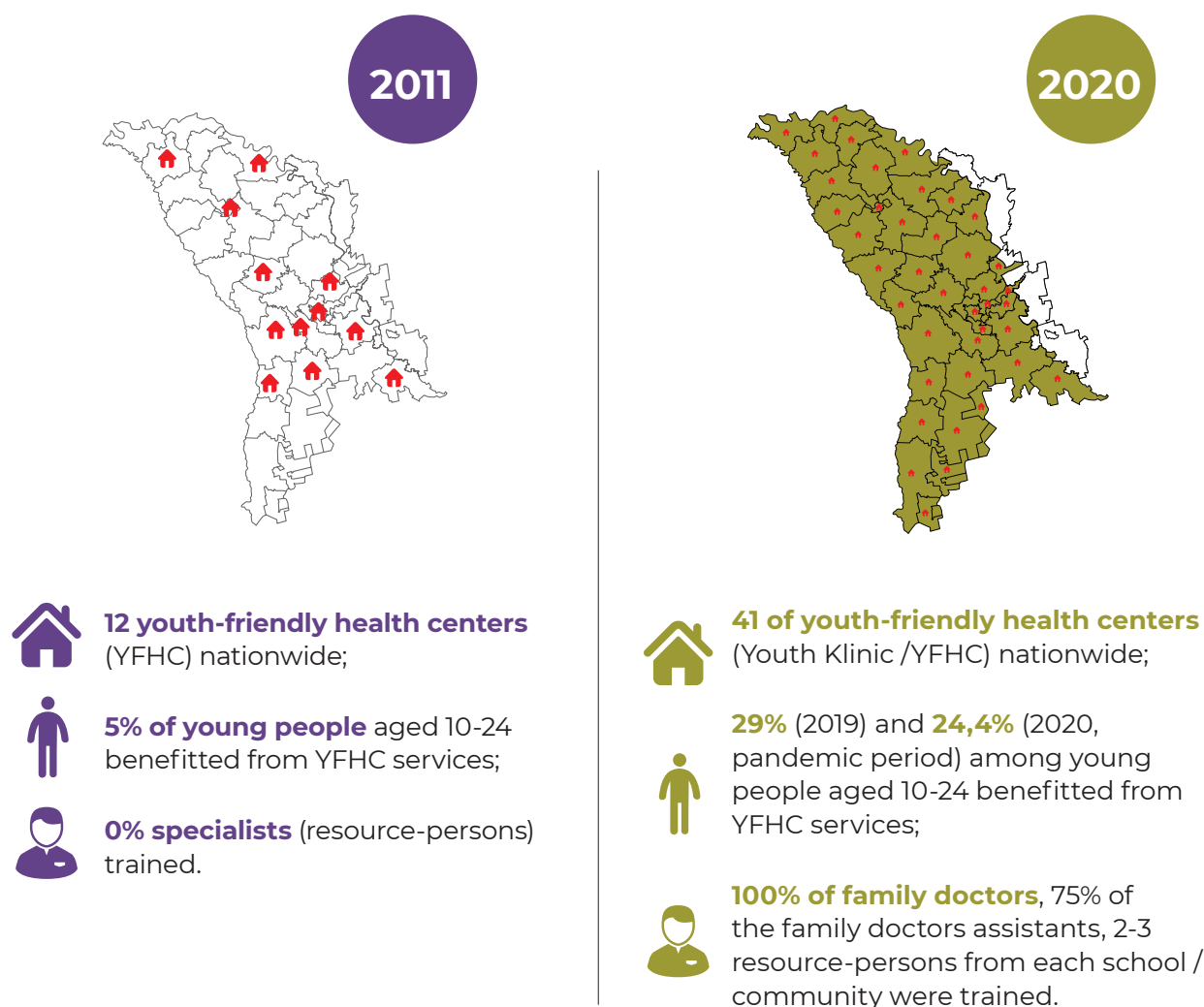
**2011**  
The YFHS extension process has begun

**2018**  
41 YFHC/YK

**2021**  
40 YK and NSIH



## EXTENSION OF YOUTH-FRIENDLY HEALTH SERVICES in the Republic of Moldova



## INNOVATIVE PRACTICES applied / used by the “HEALTHY GENERATION” Project

The project piloted and implemented several innovative practices that significantly contributed to the planned results:

- complex training system for professionals in the field;
- YK volunteer program;
- the referral voucher to the YK network;
- biannual conferences on adolescent health;
- „Parents’ Club” for teenagers;
- the “15” Program;
- the “DOOR” show (“Moldova 1” national radio and television broadcaster);
- information system for monitoring and evaluation of YFHC / YK activity – SI-YK;
- health and development services provided by the YK network of clinics and remote information activities.

**Complex training system for professionals in the field** – based on an elaborated set of competencies, which also includes the revision of the university curriculum. Result: about 7000 trained professionals from all over the republic



https://www.who.int/maternal\_child\_adolescent/adolescence/moldova-case-study/en/

**Collaborative learning** in the form of sessions organized by YK specialists for / in collaboration with family doctors, family doctors assistants, school nurses, other community resource-persons. This type of learning is usually based on group discussions: participants work together to solve a problem, complete a task, or to advance learning and increase the efficiency of services. Moldova's experience has shown that collaborative learning can be used successfully in youth-friendly health services.



https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-019-4158-2

**YK volunteer program** – is to ensure active involvement of adolescents and young people in the planning, delivery and evaluation of youth-friendly health services.

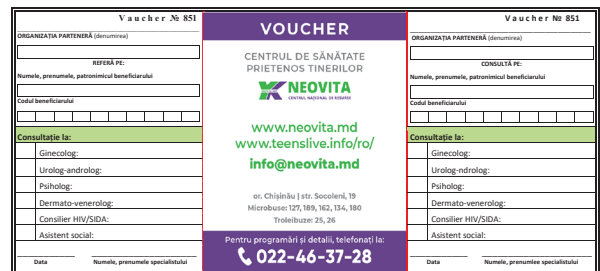
The YK volunteer program won the UN Human Rights Award in 2019 in the category „Groups and organizations for children and youth”.

Within this program, 5 summer camps were organized for YK volunteers, where they were able to create a community of their own, make friends and deepen their knowledge and skills in promoting health among their peers.



https://www.ipn.md/ro/400-de-voluntari-ai-retelei-youth-klinik-moldova-participa-7967\_1066883.html

**The referral voucher to the YK network** for the beneficiaries of social services, as well as the beneficiaries of NGOs working with different vulnerable groups – thus ensuring equitable access for all adolescents to health and development services.



The application of the referral voucher facilitates the access of vulnerable adolescents to youth-friendly health services and strengthens cross-sectoral cooperation in this direction.



Equally important, though less innovative, is the another result gained during the “Healthy Generation” project activity – its team has “strengthened” with the **creation of 7 new families and the birth of 8 children - 6 boys and 2 girls!**

The „DOOR” show, which was broadcast by the „Moldova 1” public television station – was a positive practice of collaboration with the media in the transmission of health messages about adolescents to the population.



15 shows with topics in the field of health and development of adolescents and young people were elaborated and broadcast, with national coverage.

► <https://tineri.md/foto-usao-emisiune-despre-relatia-parinti-adolescenti-la-tv-moldova1/>

**Biannual conferences on adolescent health** – contributed to the strengthening of the community of specialists working in the field and facilitated the transfer of successful experiences and relevant evidence in practice – 4 national and international conferences organized;

- **The first national conference** in adolescent health, December 4-5, 2014: <http://www.old2.ms.gov.md/stiri/sanatatea-generatiei-tinere-prim-planul-primeii-conferinta-nationale-sanatatea-adolescentilor>
- **The second national conference** / with international participation on adolescent health „Increasing resilience – healthy development at risk”, November 3-4, 2016: <http://www.old2.ms.gov.md/stiri/solutii-dezvoltarea-sanatatii-adolescentilor-situatii-risc>

- **The XXI edition of the European Conference of the International Association for Adolescent Health.** The event jointly organized with the Third National Conference on Adolescent Health with the title „Equal opportunities for healthy development for all adolescents”, October 3-5, 2018: <https://iaah.org/2018/11/03/equal-opportunities-for-healthy-development-for-all-adolescents-november-2018-2/>
- **International Conference on Adolescent Health 2020/** the IV Biennial National Conference on Adolescent Health “Protecting the Health and Development of Adolescents in the Context of the COVID-19 Crisis”, November 26-27, 2020: [https://ahc2020.neovita.md/wp-content/uploads/2020/11/ROM\\_program\\_Conference-AH\\_20.pdf](https://ahc2020.neovita.md/wp-content/uploads/2020/11/ROM_program_Conference-AH_20.pdf),

„Parents’ Club” for teenagers, the “15” Program – piloted parenting programs to support parents of teens in finding answers to complex questions about their children’s transition to adolescence.



**The “15” Program** – a modern and effective way of working in groups with teenagers and their parents: <https://suntparinte.md/programul-15-metoda-moderna-si-eficienta-de-lucru-in-grup-cu-adolescentii-si-parintii-lor/>

**Health and development services provided by the YK network of clinics and remote information activities** – adapting the services of youth-friendly health centers to the conditions of the pandemic crisis.



<https://programare.yk.md>

## Information system for monitoring and evaluation of YFHC / YK activity – SI-YK developed and piloted

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In order to optimize the process of recording the services provided by the youth-friendly health centers (YK clinics) and to generate the data more easily, for the decision-making at local and national level, the SI-YK electronic information system was created and piloted. This system allows the simpler and more complete recording of data, the generation of indicators and reports in accordance with the normative acts in force, and can be an autonomous module for the information systems used in primary health care.

Nr.	Editare	Data	Tip activitate	Denumire	Locație	Participanți	Durată (zile)
X		22.04.2021	Suflă cerșetari	BDC Global Team TC 22 April, WHO HQ	Online	Leoco Galina	2
X		22.04.2021	Participare curs, seminar, training de sporturi a satului	Participare la cursul de instruire online în domeniul prevenirii și asistenței în caz de bullying pentru psihologi din cadrul YKCSPT desfășurat în perioada 19 - 23 aprilie, 2021, în baza raportului MSAPS nr 258-d din 19 aprilie 2021.	În cadrul CSPT	Borșuc, Tatiana, Ciopârț Adriana, Ghencu Cristina, Leoco Galina, Păuș Ileana, Sărbuț Natalia	10
X		20.04.2021	Sedinta, sesiuni organizatoriale cu factori de decizie	Sedinta cu Coordonator Programul UNICEF referitor la suportul rețelei YK - YK/FRIENDUP, RM și altele	Online	Leoco Galina	1
X		19.04.2021	Sedinta, sesiuni organizatoriale cu factori de decizie	Sedinta săptămânală de planificare a activității CSPT/MSPT Nevești	În cadrul CSPT	Leoco Galina, Borșuc Natalia, Ciopârț Adriana, Ghencu Cristina, Sărbuț Natalia, Păuș Ileana, Păuș	1

## IMPACT

The complex efforts of youth-friendly health centers to ensure the right of adolescents and young people to information and services adapted to their age have made a significant contribution in recent years to improving major indicators of adolescent health, despite the lack of complex programs, of health education in the school curriculum:

- ✓ **The suicide rate has dropped twice**, from 10 cases per 100,000 population aged 15-19 in 2014 to 5 cases per 100,000 population in 2019), National Bureau of Statistics (NBS), [www.statistica.md](http://www.statistica.md);
- ✓ **The rate of adolescent fertility has decreased**: from 41.4 cases / 1000 population in 2014 to 28.6 cases / 1000 population in 2019 (according to the updated population number, NBS, [www.statistica.md](http://www.statistica.md));
- ✓ **The number of abortions for minors under 20 has been reduced by 40% in recent years**: from 1031 in 2014 to 617 in 2019, NBS, [www.statistica.md](http://www.statistica.md);
- ✓ **The number of 15-year-old teenagers who indicated that they have started having sex has decreased**: from 18% in 2014 to 13.3% in 2018; and among 15-year-old sexually active adolescents, the use of birth control pills has increased – from 6% in 2014 to 10% in 2018 (HBSC, Moldova);
- ✓ **The number of new cases of sexually transmitted infections (syphilis, gonorrhea) has decreased** among adolescents up to 19 years with about 1/3 in the period 2014-2019: from 363 cases in 2014 to 234 in 2019, NBS, [www.statistica.md](http://www.statistica.md);
- ✓ **Current alcohol consumption among adolescents has decreased slightly**: from 11% of adolescents aged 11 to 17 who consumed alcohol 3-5 days and more in the last 30 days in 2014 to 9% in 2018;
- ✓ **The degree of positive appreciation of one's own health has increased**: 77% of adolescents aged between 11 and 17 positively assess their health in 2014 and 83% - in 2018 (HBSC Moldova 2014, 2018).

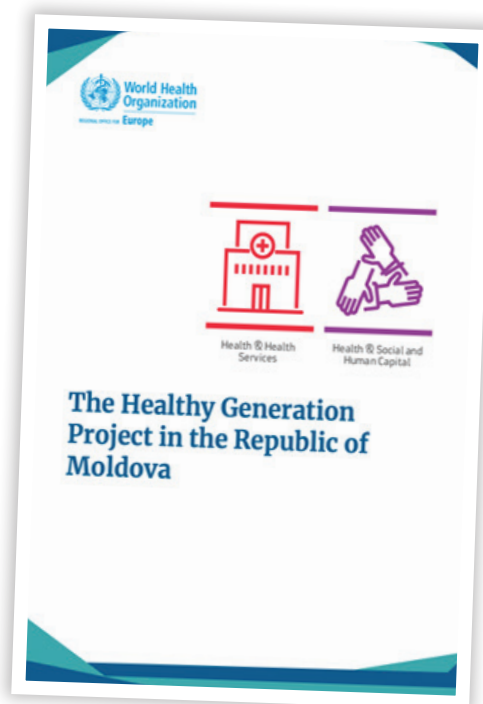


### Increased level of adolescents' confidence in youth-friendly health centers

The Report to the United Nations Committee on the Rights of the Child „Respecting the Rights of the Child in Moldova in 2016” confirms the increased level of trust among adolescents in the services provided by the youth-friendly health centers: „Most children have more confidence in the youth-friendly health centers (YFHC), than in those for the general population: YFHC doctors are attentive to the needs of young people, while doctors in health centers / family doctors' centers do not know and do not respond to the needs of young people and are focused on adults” (excerpt from the report): [https://drepturilecopilului.md/files/Raport\\_DC\\_UNU\\_FINAL\\_for%20WEB.pdf](https://drepturilecopilului.md/files/Raport_DC_UNU_FINAL_for%20WEB.pdf)

### A successful practice in the region – WHO

The project was presented by the World Health Organization as a successful practice in the European region in ensuring equitable access of adolescents to quality health services: [https://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0016/411343/HESRI-case-studies-en.pdf](https://www.euro.who.int/__data/assets/pdf_file/0016/411343/HESRI-case-studies-en.pdf)



*Produced within the framework of the „Healthy Generation – Youth-Friendly Health Services in the Republic of Moldova” project, implemented with the financial support of Switzerland, in partnership with the Ministry of Health, Labor and Social Protection, and implemented by PA „Health for Youth”*