

Sexual Reproductive Health among Young People in Buyende District

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Introduction

A growth rate of 4.4% makes Buyende District the highest among the Eastern region Districts at population growth. The district has a midterm projected population of 414942 people and 287,143 are between the age of 10 - 24 years (UNFPA), however the young people are the least consumers of Sexual reproductive health Rights and services especially Family planning. This is due to a number of obstacles to highlight the deep-rooted cultural beliefs and norms, ignorance among others in silence leading to high teenage pregnancy rates, low adherence to ART drugs, early marriages and high rates of gender based violence in the district.

Method

The paper is based on secondary data of the HMIS book and survey, the National population census 2014 and discussions with different young people in the district, implementing partners, local leaders, VHTs and health workers.

Lessons Learnt

There are two model facilities in the District where PLAN international Uganda supported in the construction of youth friendly corners in the sub counties of Buyende Town Council and Kagulu subcounty. According to district reports, the family planning uptake and adherence on ART among young people in these sub counties is higher than the other four subcounties although it is mostly short term methods at family planning.

Change takes a process and there is a big gap to challenge negative cultural and social norms in the district. However, HOLD UGANDA and Plan International Uganda are implementing a 5 year project of NI- YETU to empower young people of 10 - 24 years especially a girl child in regards to this.

Functional health facilities: There are around 8 health centers in the district with Kidera H/C IV being the highest level facility, however, in regards to SRHR and services, there is need for youth friendly services and youth corners in most of the facilities around the district.

We recommend that Government should equip health facilities with adequate commodities and ensure equality client care, implementing partners to continue supporting government programs and the private sector to come in as well.

Conclusion

There is the need for all hands to come together and this shall bring a different Uganda for Demographic Dividend 2026.

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