

# A data-driven holistic health intervention for adolescents and young people in Kenya: innovation and lessons from Mombasa



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## Rationale

- Adolescents and young people in Kenya face numerous challenges to their health and well-being
- Key challenges include unintended pregnancy, substance abuse, HIV and other sexually transmitted infections, and sexual violence
- Challenges are particularly pronounced among 'key populations', including sexual minorities (e.g., men who have sex with men), trans and gender diverse people, sex workers, and people who use drugs



Fig 1. Dedicated 'youth friendly' health service for clinical care, mental health care, and health promotion (Photo credit: Fredrick Otieno Omollo)

**Flexible:** multiple modes of operation to reach diverse youth populations

Peer-lead health promotion and anti-stigma initiatives

3 buildings at hospitals outfitted as 'youth friendly' clinics (fig 1)

74 outreaches at key venues (e.g., brothels); 54 for key populations

Established referral network of more than 20 services to support linkage

## Need

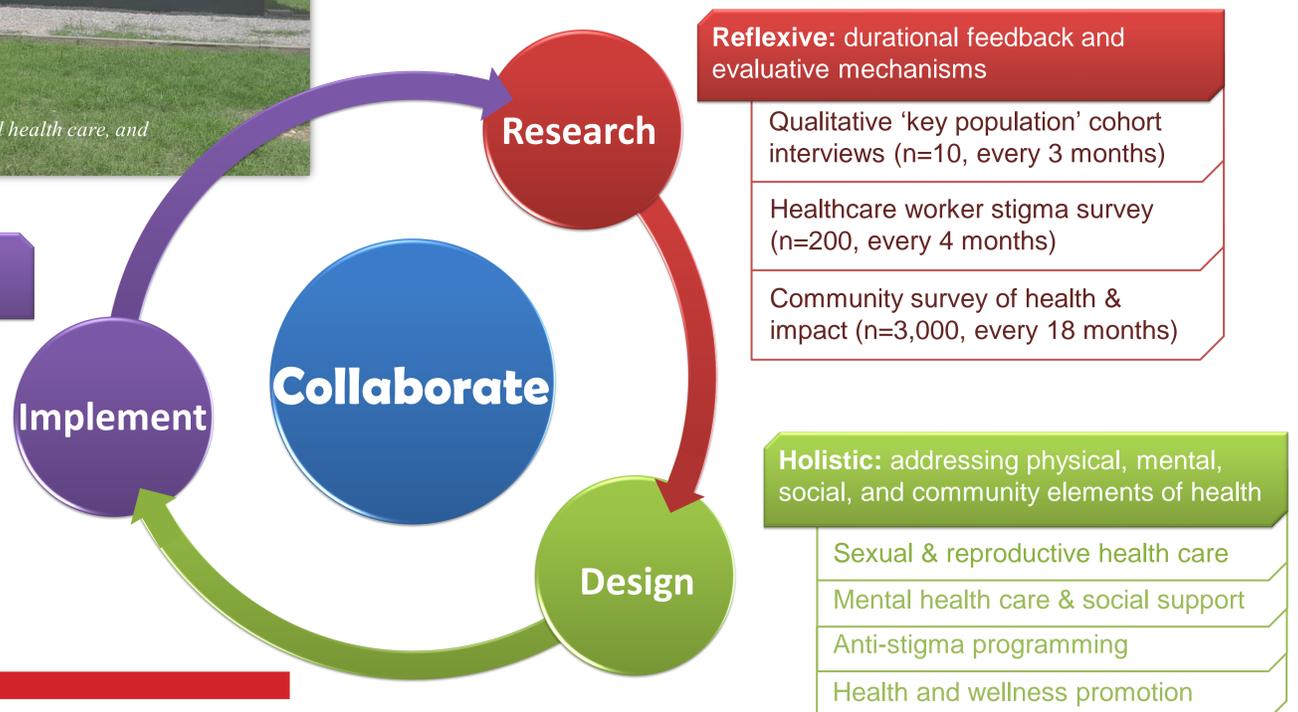
- In 2021, 15 focus group were conducted with community, clinical, religious, and government stakeholders (n=120 total)
- Analyses identified some services for young people, but highlighted gaps: most focused exclusively on HIV and few engaging key populations
- **Multilevel stigma was identified as primary barrier to health** (i.e., individual, interpersonal, structural), especially for key populations



**Health is not a priority with the harsh living conditions many are facing. Their number one request was a safe space to be able to feel safe and at the same time seek care.**

## Innovation

- In 2022, an intervention responding to identified need was launched targeting young people aged 10-24 years old, especially key populations
- The intervention uses a **reflexive design-implementation-research** loop to continually identify gaps, evaluate impact, and suggest new opportunities



## Engagement: Year 1

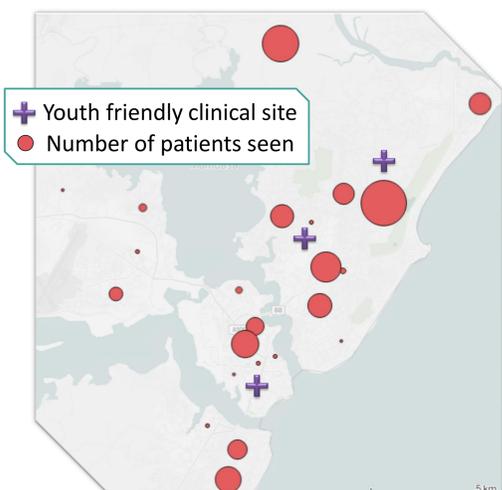


Fig 2. Outreach patient distribution and clinical sites across Mombasa, Kenya (Map credit: Tableau™)

- 3,376 young people seen at youth friendly clinical sites
- 1,420 young people seen at outreach events from across Mombasa (fig 2)
- 3,462 young people engaged in health promotion activities
- 337 referrals activated
- 93% of patients would recommend services to others

## Case study: data-driven & collaborative approach

- In Quarter 2, only 46.2% of outreach patients were from target population
- Established collaborative networks (3 health departments, 12 community-based organisations) were accessed to propose solutions
- Solutions included renewed education of peer mobilisers and the use of public data to identify geographic population 'hotspots'
- Target population increased to 81.4% and 77.6% in Quarters 3 & 4
- Interventions plans to further this kind of **data-driven collaborative problem solving**, accessing expanding research capacities in Year 2

## Conclusions

- This unique intervention started filling healthcare gaps for young people in Mombasa, with mental health services being expanded in Year 2
- It presents an exciting framework for integrating social, spatial, and medical data directly into intervention design and delivery

This innovation project was approved by the MSF Ethics Review Board.

