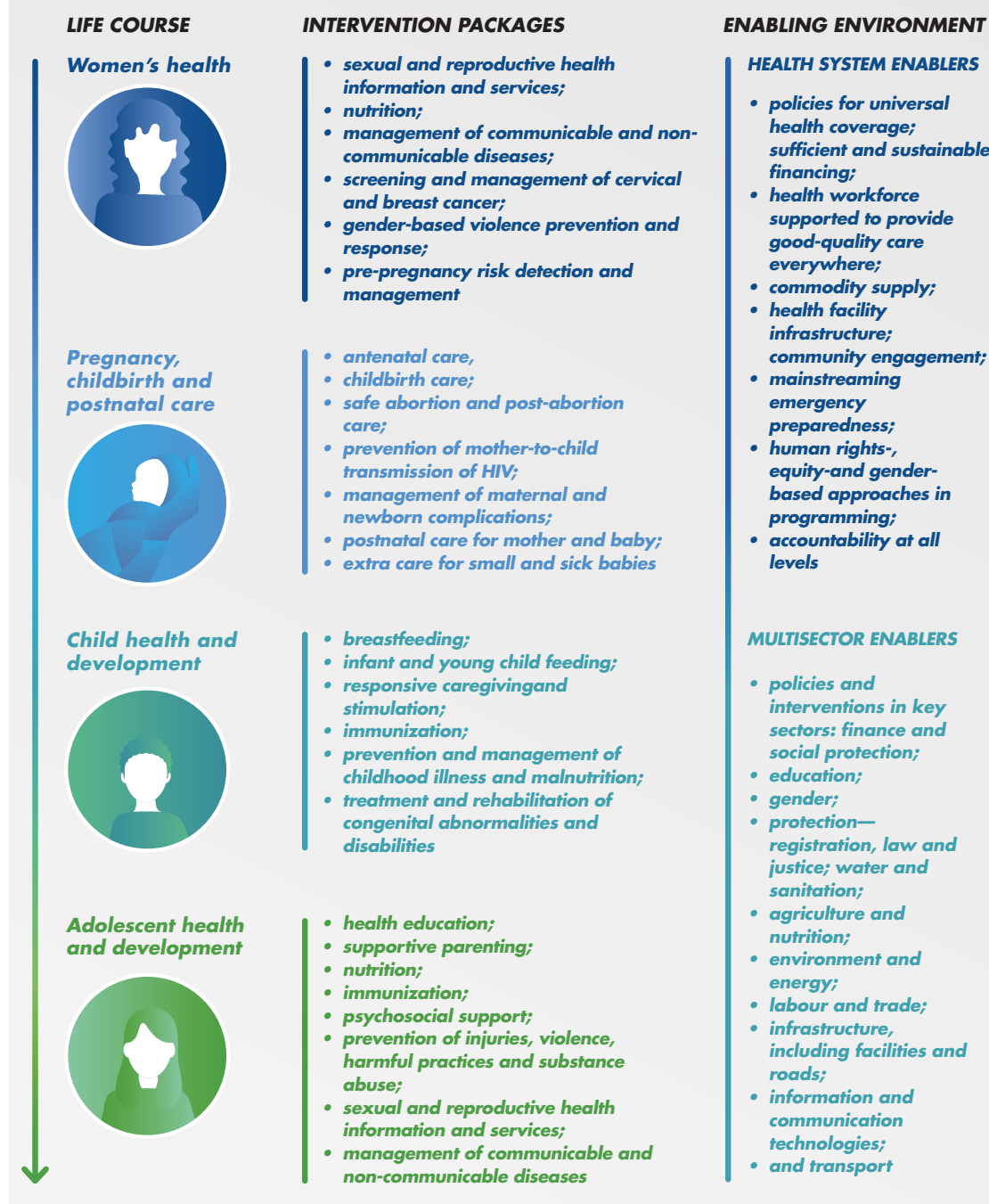


THE GLOBAL STRATEGY FOR WOMEN'S, CHILDREN'S AND ADOLESCENTS' HEALTH (2016-2030)

Figure 1:

Examples of evidence-based interventions for women's, children's and adolescents' health*

*See Annexes 2-4 for a more detailed list of essential interventions throughout the life course as supported by current evidence. The provision of all interventions depends on the country context, including health needs, supply of related goods and commodities and legal considerations.



ANNEX 2.

Evidence-based health interventions for women’s, children’s and adolescents’ health

This annex draws on the series of technical papers written to inform the *Global Strategy*¹² and on comments and reviews received in the course of public consultations. In addition, it is based on evidence syntheses previously conducted for a range of reports, including: Essential Interventions, Commodities and Guidelines for Reproductive, Maternal, Newborn and Child Health (2012);⁷⁸ the Global Investment Framework for Women’s and Children’s Health (2014);¹³ Every Newborn: an Action Plan to End Preventable Deaths (2014);²⁰ Strategies Towards Ending Preventable Maternal Mortality (2015);¹⁹ and Disease Control Priorities 3 (in preparation).⁷⁹ This list of essential interventions should be seen as a “living resource” that should be adapted to different country contexts. It will be updated online at: www.everywomaneverychild.org as new evidence on high impact interventions and more effective delivery approaches become available.

Criteria for selection of interventions:

1. Interventions that address major causes of morbidity and mortality for women, children and adolescents
2. Interventions proven to be highly effective in improving the health and development of women, children and adolescents
3. Interventions critical for the overall health and well-being of women, children and adolescents (e.g. interventions related to harmful practices and violation of human rights)

WOMEN (including pre-pregnancy interventions)

- Information, counselling and services for comprehensive sexual and reproductive health including contraception
- Prevention, detection and treatment of communicable and non-communicable disease and sexually transmitted and reproductive tract infections including HIV, TB and syphilis
- Iron/folic acid supplementation (pre-pregnancy)
- Screening for and management of cervical and breast cancer
- Safe abortion (wherever legal), post-abortion care
- Prevention of and response to sexual and other forms of gender-based violence
- Pre-pregnancy detection and management of risk factors (nutrition, obesity, tobacco, alcohol, mental health, environmental toxins) and genetic conditions

PREGNANCY (antenatal care)	<ul style="list-style-type: none"> • Early and appropriate antenatal care (four visits), including identification and management of gender-based violence • Accurate determination of gestational age • Screening for maternal illness • Screening for hypertensive disorders • Iron and folic acid supplementation • Tetanus immunization • Counselling on family planning, birth and emergency preparedness • Prevention of mother-to-child transmission of HIV, including with antiretrovirals • Prevention and treatment of malaria including insecticide treated nets and intermittent preventive treatment in pregnancy • Smoking cessation • Screening for and prevention and management of sexually transmitted infections (syphilis and hepatitis B) • Identification and response to intimate partner violence • Dietary counselling for healthy weight gain and adequate nutrition • Detection of risk factors for, and management of, genetic conditions • Management of chronic medical conditions (e.g. hypertension, pre-existing diabetes mellitus) • Prevention, screening and treatment of gestational diabetes, eclampsia and pre-eclampsia (including timely delivery) • Management of obstetric complications (preterm premature rupture of membranes, macrosomia, etc.) • Antenatal corticosteroids for women at risk of birth from 24-34 weeks of gestation when appropriate conditions are met • Management of malpresentation at term
CHILDBIRTH	<ul style="list-style-type: none"> • Facility-based childbirth with a skilled birth attendant • Routine monitoring with partograph with timely and appropriate care • Active management of third stage of labour • Management of prolonged or obstructed labour including instrumental delivery and caesarean section • Caesarean section for maternal/ foetal indications • Induction of labour with appropriate medical indications • Management of post-partum haemorrhage • Prevention and management of eclampsia (including with magnesium sulphate) • Detection and management of women with or at risk of infections (including prophylactic use of antibiotics for caesarean section) • Screening for HIV (if not already tested) and prevention of mother to child transmission • Hygienic management of the cord at birth, including use of chlorhexidine where appropriate
POSTNATAL (mother)	<ul style="list-style-type: none"> • Care in the facility for at least 24 hours after an uncomplicated vaginal birth • Promotion, protection and support of exclusive breastfeeding for 6 months • Management of post-partum haemorrhage • Prevention and management of eclampsia • Prevention and treatment of maternal anaemia • Detection and management of post-partum sepsis • Family planning advice and contraceptives

POSTNATAL (mother)	<ul style="list-style-type: none"> • Routine post-partum examination and screening for cervical cancer in appropriate age group • Screening for HIV and initiation or continuation of antiretroviral therapy • Identification of and response to intimate partner violence • Early detection of maternal morbidities (e.g. fistula) • Screening and management for post-partum depression • Nutrition and lifestyle counselling, management of inter-partum weight • Postnatal contact with an appropriately skilled health-care provider, at home or in the health facility, around day 3, day 7 and at 6 weeks after birth
POSTNATAL (newborn)	<ul style="list-style-type: none"> • Care in the facility for at least 24 hours after an uncomplicated vaginal birth • Immediate drying and thermal care • Neonatal resuscitation with bag and mask • Early initiation of breastfeeding (within the first hour) • Hygienic cord and skin care • Initiation of prophylactic antiretroviral therapy for babies exposed to HIV • Kangaroo mother care for small babies • Extra support for feeding small and preterm babies with breast milk • Presumptive antibiotic therapy for newborns at risk of bacterial infection • Continuous positive airway pressure (CPAP) to manage babies with respiratory distress syndrome • Detection and case management of possible severe bacterial infection • Management of newborns with jaundice • Detection and management of genetic conditions • Postnatal contact with a skilled health-care provider, at home or in the health facility, around day 3, day 7 and at 6 weeks after birth
CHILD HEALTH AND DEVELOPMENT	<ul style="list-style-type: none"> • Exclusive breastfeeding for 6 months; continued breastfeeding and complementary feeding from 6 months • Dietary counselling for prevention of undernutrition, overweight and obesity • Responsive caregiving and stimulation • Routine immunization (including <i>Haemophilus influenzae</i>, pneumococcal, meningococcal and rotavirus vaccines) • Periodic vitamin A supplementation where appropriate • Iron supplementation where appropriate • Prevention and management of childhood illnesses including malaria, pneumonia, meningitis and diarrhoea • Case management of severe acute malnutrition and treatment for wasting • Management of moderate acute malnutrition (appropriate breastfeeding, complementary feeding; and supplementary feeding where necessary) • Comprehensive care of children infected with, or exposed to, HIV • Case management of meningitis • Prevention and response to child maltreatment • Prevention of harmful practices including female genital mutilation • Care for children with developmental delays • Treatment and rehabilitation of children with congenital abnormalities and disabilities

**ADOLESCENT
HEALTH AND
DEVELOPMENT**

- Routine vaccinations (e.g. human papillomavirus, hepatitis B, diphtheria-tetanus, rubella, measles)
 - Promotion of healthy behaviour (e.g. nutrition, physical activity, no tobacco, alcohol or drugs)
 - Prevention, detection and management of anaemia, especially for adolescent girls
 - Comprehensive sexuality education
 - Information, counselling and services for comprehensive sexual and reproductive health including contraception
 - Psychosocial support and related services for adolescent mental health and well-being
 - Prevention of and response to sexual and other forms of gender-based violence
 - Prevention of and response to harmful practices such as female genital mutilation and early and forced marriage
 - Prevention, detection and treatment of communicable and non-communicable diseases and sexually transmitted and reproductive tract infections, including HIV, TB and syphilis
 - Voluntary medical male circumcision in countries with HIV generalized epidemics
 - Detection and management of hazardous and harmful substance use
 - Parent skill training, as appropriate, for managing behavioural disorders in adolescents
 - Assessment and management of adolescents who present with unintentional injury, including alcohol-related injury
 - Prevention of suicide and management of self-harm/ suicide risks
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**HUMANITARIAN
AND FRAGILE
SETTINGS**

- Develop and use a health and humanitarian risk assessments approach to identify priority needs and focus interventions
 - In the event of humanitarian emergency, ensure deployment of essential health interventions (included above). Adapt, implement and co-ordinate use of the minimum initial service package. Pay specific attention to interventions such as:
 - Sexual and gender-based violence prevention, contraceptives (short-acting and long-acting emergency contraceptives), post-exposure prophylaxis
 - Ensuring that policies and practices in emergencies and humanitarian crises promote, protect and support breastfeeding and other essential interventions for women's, children's and adolescents' health, based on context and need
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ANNEX 3.

Health systems policies and interventions, including those for emergency preparedness

This annex sets out specific areas of health systems policies and interventions that require the attention and leadership of country governments. The health systems policy areas for this *Global Strategy* build on the 2010 *Global Strategy*,¹ the Essential Interventions, Commodities and Guidelines for Reproductive, Maternal, Newborn and Child Health (2012)⁷⁸ and the accompanying policy guide for implementing essential interventions for reproductive, maternal, newborn and child health (RMNCH): a multisectoral policy compendium (2014).⁸⁰

To build health systems resilience, it is essential to strengthen emergency preparedness at all levels of the health system. This annex highlights the key components of emergency preparedness across the health system, drawn from the WHO manual “Strengthening health-system emergency preparedness”.⁵⁵ This recommends that a Ministry of Health should: record and classify information regarding its capacity to manage crises; establish responsibility for specific tasks; determine the relationship between those involved in these tasks (partners, sectors, disciplines) with the aim of making best use of resources; identify shortcomings and gaps; and monitor progress.

HEALTH SECTOR INVESTMENT AREA	POLICY ON:
Constitutional and legal entitlements	<ul style="list-style-type: none">• Human right to the highest attainable standard of health• Universal access to health care and services, including sexual and reproductive health and rights
Human rights-, equity- and gender-based approaches	<ul style="list-style-type: none">• Ensure universal access to sexual and reproductive health information, services and goods• Integrate human rights-, equity- and gender-based approaches into health sector policies and programmes• Improve the equity orientation of health information systems and their capacity to collect, analyse and report health inequality data
Strategies and plans	<ul style="list-style-type: none">• National strategy and scale-up plan for women’s, children’s and adolescents’ health integrated into National Health Strategy and Plan• Prioritized and well-defined health targets and indicators for women, children and adolescents• Prioritized national and subnational annual implementation plans• Institutional arrangements for implementation and coordination across the health system

HEALTH SECTOR INVESTMENT AREA	POLICY ON:
Financing	<ul style="list-style-type: none"> • Adequate fiscal space for health generally and women’s, children’s and adolescents’ health specifically • Sustainable financing of women’s, children’s and adolescents’ health with effective and efficient use of domestic and external resources • Financing compacts between country governments and all major development partners • Annual tracking and reporting of total health expenditure by financing source, per capita; and total reproductive, maternal, newborn, child and adolescent health expenditures by financing source and per capita
Human resources	<ul style="list-style-type: none"> • National health workforce management plan • Adequate recruitment, training, deployment and retention of health personnel • Accreditation and certification of health personnel • Process and guidelines to authorize rational redistribution of tasks among health workforce teams (task shifting) • Adequate managerial and leadership capabilities at all levels of the health sector • Standards for supportive supervising of health personnel established and monitored
Essential health infrastructure	<ul style="list-style-type: none"> • Plan for the establishment of new health facilities, based on need • Water, sanitation, electricity and safe disposal of medical waste in all health facilities • Functional health facilities well-equipped to deliver anticipated health services
Essential medicines and commodities	<ul style="list-style-type: none"> • National list for the supply of essential medicines, commodities and equipment • Standards for procurement and distribution • Quality assurance and measures to maintain supplies at required levels
Service equity, accessibility and quality	<ul style="list-style-type: none"> • Women’s, children’s and adolescents’ health services defined by level of health service delivery (primary, secondary or tertiary) • Equitable access to women’s, children’s and adolescents’ health services • Functional referral systems • Functional quality improvement and assurance mechanisms • Removal of financial barriers to accessing health services • Performance-based financing
Community capacity and engagement	<ul style="list-style-type: none"> • Community participation in planning and monitoring of health services that ensures women and girls can fully participate and engages men and boys • Community engagement in learning programmes to increase health literacy and care-seeking behaviours • Inclusive community partnerships, including with local leaders, traditional healers, civil society and faith-based organizations • Support for community health personnel, including through favourable working conditions, incentives, skills development and supply of commodities and equipment

HEALTH SECTOR INVESTMENT AREA	POLICY ON:
Accountability	<ul style="list-style-type: none"> • Universal registration of births, deaths and causes of death • Functional health information system providing data disaggregated for age and gender • Systems of facility- and community-based maternal and perinatal death review and response, which are linked to subnational and national policy and accountability systems • Annual independent national and subnational women's, children's and adolescents' health/health sector review • National accountability mechanism that is inclusive of all stakeholders and that recommends remedial action as required • Annual public sharing of information on commitments, resources and results by all stakeholders, at national, regional and international levels • Citizen participation in accountability with mechanisms for remedy and redress
Leadership and governance	<ul style="list-style-type: none"> • Legal framework for health-sector emergency management • Legal framework for national multisector emergency management • Institutional framework for health-sector emergency management • Institutional framework for multisector emergency management • Health-sector emergency-management programme components
Health workforce	<ul style="list-style-type: none"> • A human resources framework for health-sector emergency management
Medical products, vaccines and technology	<ul style="list-style-type: none"> • Dedicated medical supplies and equipment for emergency-response operations
Health information	<ul style="list-style-type: none"> • Information-management systems for risk-reduction and emergency-preparedness programmes • Information-management systems for emergency response and recovery • Risk communication strategies and mechanisms, within and outside the health system
Health financing	<ul style="list-style-type: none"> • National and subnational strategies for financing health-sector emergency management
Service delivery	<ul style="list-style-type: none"> • Response capacity and capability • Emergency medical services (EMS) system and mass casualty management • Management of hospitals in mass casualty incidents • Continuity of essential health programmes and services • Logistics and operational support functions in emergencies

ANNEX 4.

Multisector policies and interventions on determinants of women’s, children’s and adolescents’ health

Multisector policies and interventions are essential to achieving the aims of the Global Strategy and must therefore form part of national strategies on women’s, children’s and adolescents’ health. They should be monitored in the same way as health sector interventions, linked to corresponding SDG targets. Government leadership is required to ensure there is progress across sectors and to facilitate cross-sector collaborations where required. This Annex draws on the series of technical papers written to inform the *Global Strategy*¹² and A policy guide for implementing essential interventions for reproductive, maternal, newborn and child health (RMNCH): a multisectoral policy compendium (2014).⁷⁸

SECTOR(S)	KEY POLICIES AND INTERVENTIONS
Finance and social protection	<ul style="list-style-type: none"> • Reduce poverty, including through the use of gender- and child-sensitive cash transfer programmes designed to improve health • Implement social protection and assistance measures ensuring access for women, children and adolescents • Strengthen access to health insurance to decrease the impact of catastrophic out-of-pocket health spending, and to insurance related to other essential services and goods
Education	<ul style="list-style-type: none"> • Integrate early child development interventions in child health services, childcare services and preschool education • Enable girls and boys to complete quality primary and secondary education, including by removing barriers that suppress demand for education • Ensure access to education in humanitarian settings and in marginalized and hard-to-reach areas, including for individuals with disabilities
Gender	<ul style="list-style-type: none"> • Promote women’s social, economic and political participation • Enforce legislation to prevent violence against women and girls and ensure an appropriate response when it occurs • Promote gender equality in decision-making in households, workplaces and communities and at national level • Prevent discrimination against women in communities, education, political, economic and public life
Protection: registration, law and justice	<ul style="list-style-type: none"> • Strengthen systems to register every birth, death and cause of death and to conduct death audits • Provide protection services for women, children and adolescents that are age- and gender-appropriate • Establish and enact a legal framework for protection, ensuring universal access to legal services (including to register human rights violations and have recourse to remedial action against them)

SECTOR(S)	KEY POLICIES AND INTERVENTIONS
Water and sanitation	<ul style="list-style-type: none"> • Provide universal access to safely managed, affordable and sustainable drinking water • Invest in education on the importance of safely managed water use and infrastructure in households, communities, schools and health facilities • Provide universal access to improved sanitation facilities and hygiene measures and end open defecation • Encourage implementation of sanitation safety plans
Agriculture and nutrition	<ul style="list-style-type: none"> • Enhance food security, especially in communities with a high poverty and mortality burden • Protect, promote and support optimal nutrition, including legislation on marketing of breast milk substitutes and of foods high in saturated fats, trans-fatty acids, sugars, or salt
Environment and energy	<ul style="list-style-type: none"> • Reduce household and ambient air pollution through the increased use of clean energy fuels and technologies in the home (for cooking, heating, lighting) • Take steps to mitigate and adapt to climate changes that affect the health of women, children and adolescents • Eliminate non-essential uses of lead (e.g. in paint) and mercury (e.g. in health care and artisanal mining) and ensure the safe recycling of lead- or mercury-containing waste • Reduce air pollution and climate emissions and improve green spaces by using low-emissions technology and renewable energy
Labour and trade	<ul style="list-style-type: none"> • Expand opportunities for productive employment • Ensure gender equality • Enforce decent working conditions • Provide entitlements for parental leave and for childcare for working parents, and promote incentives for flexible work arrangements for men and women • Detect and systematically eliminate child labour • Create a positive environment for business and trade with regulations to protect and promote the health and well-being of individuals and populations
Infrastructure, information and communication technologies and transport	<ul style="list-style-type: none"> • Build health-enabling urban environments for women, children and adolescents, through improved access to green spaces and walking and cycling networks that offer dedicated transit, safe mobility and physical activity • Develop healthy, energy-efficient and durable housing that is resilient to extremes of heat and cold, storms, natural disasters and climate change • Ensure that home, work and leisure spaces are accessible to people with disabilities • Ensure adequate health, education and work facilities and improve access by building roads • Provide safe transportation to health, education and work facilities, including during emergencies • Improve access to information and communication technologies, including mobile phones • Improve road safety, including through mandatory wearing of seat-belts and cycle and motorcycle helmets • Improve regulation and compliance of drivers, including introduction of a graduated driving licence that restricts driving options for inexperienced drivers