

## **KEN-04: Support planning and implementation of Kenya National Adolescent Health Survey**

### **Terms of Reference (ToR)**

#### **Background**

Technical Assistance for Nutrition (TAN) is a project led by the United Kingdom's Department for International Development (DFID) which seeks to improve the capacity of SUN countries to design, deliver, and track the progress of nutrition programs and to generate, learn from and adopt knowledge of what works. Nutrition International is contributing to TAN by coordinating the provision of technical assistance to help national SUN focal points in select countries to overcome gaps in capacity for the design and delivery of multi-sectoral national nutrition plans, tapping into its global hub to source and deploy the expertise needed.

Adolescence is a physical and mental development stage in human development. It is a period ranging from 10-19 years (WHO) characterized by rapid growth and maturation as well as socialization all of which play significant roles in the health of the adolescent. Adolescents have often not been the focus of public health efforts and have been seen as having survived the threats of the vulnerabilities of early childhood and were yet to start experiencing the health challenges of adulthood save for pregnancy and reproductive health issues. Thus the focus of many adolescent health programmes have historically targeted Sexual and Reproductive Health issues. Recent studies on the roles and tasks of adolescents as well as scientific studies on associated health conditions have cast fresh light on the importance for adolescent health as a time of social and physical growth and development.

Poor nourishment, poor sleep, poor social guidance, poor parenting and social support programs, lack of screening, identification and treatment in schools and institutions and poor health promotive programs overall lead to suboptimal adolescent health in a period during which both the adolescent body and brain, are developing leading to compromised physical and mental health. Further to this, new WHO and UNAIDS findings indicate worrying figures regarding new HIV infections and deaths among adolescents, increasing substance abuse, alarming rates of depression and deliberate self-harm including suicide, disturbing levels of sexual and reproductive health practices including unplanned pregnancies, abortions and use of the emergency pill, and poor health seeking behavior. In the recent AA-HA! Report, Iron Deficiency Anemia was found to be the leading global cause of lost disability adjusted life years in adolescents 10-14 and girls 15-19 years of age. Disturbingly, infectious diseases are also, in the age of presumed widespread availability of health care, being ranked as

## Technical Assistance for Nutrition (TAN)

significant causes of illness among adolescents including TB infection; yet many health services are not accessible to adolescents and are not youth responsive.

According to the 2009 Kenya Population and Housing Census (KPHC), adolescents aged 10-19 years constitute about 24 percent of the country's total population (9.2 million). Adolescents do not live in a vacuum; most live with their parents/caregivers in the communities in which they also attend school and other institutions of learning and guidance (including religious organizations). Adolescents are also connected to their peer and an online community via Social Media to bring an entirely new channel for health information, but also coming with potential risks that need to be managed. Parents, communities and institutions have a very significant responsibility and role in laying the foundation for and determining adolescent health. An optimal Adolescent Health Framework takes cognisance of the roles of these three institutions in provision of services adolescent health. Recently, WHO launched a set of indicators of adolescent health that capture parameters in these three key components. The indicators are also reflected in volume 3 of a toolkit by WHO namely the "WHO Global standards for quality health-care services for adolescents: a guide to implement a standards-driven approach to improve the quality of health-care services for adolescents". Kenya itself has also had several studies published over the past few years that have either targeted or addressed components of adolescent health. By their nature, these have tended to address specific health concerns with a view to targeting specific strategies to address these concerns.

In recognition of the need to have holistic data that can support development of an Optimal Adolescent Health Implementation Framework, the Ministry of Health has formed a technical working group (TWG) to support in planning and implementation of a comprehensive National Adolescent Health Survey. The survey will make reference to volume 3 of the WHO Toolkit on Global standards for quality health-care services for adolescents, with MODIFICATIONS to suit country context. This methodology provides an opportunity to capture holistically adolescent health concerns and practices from the perspectives of managers, service providers, adolescents and caregivers both at facility and community level, and also considers opportunities for reaching adolescents with services and or information, which may be through distinct channels. One of the limitations of the WHO toolkit is that it does not support qualitative data collection. It is critical that we take advantage of this chance and collect data on policy frameworks, leadership and governance and financing of adolescent health programs from the perspective of policy makers at national and county level. For this reason, a qualitative component will be included in the survey. Additional attention will be placed on gender inequities in access to services and information and inequalities in health status.

This TA will provide complementary support to the TWG in planning and implementation of the National Adolescent Health Survey.

## Technical Assistance for Nutrition (TAN)

### Objectives

#### Overall objective

The overall goal of this TA is to provide complementary technical support to the TWG for the planning and implementation of the Kenya National Adolescent Health Survey

#### Specific objectives

The TA envisions to meet the following specific objectives;

1. To support the TWG to conceptualize adolescent health and well-being components of survey based on global and Kenya context, taking into account intentional gender analysis
2. To develop and validate the survey protocol, training manuals, data collection tools and Fieldwork SOPs
3. To organize and provide technical and logistical support for all survey procedures including protocol development, training, data collection, data analysis, report writing, presentation preparation, briefing notes, and validation and dissemination.

### Expectations

It is expected that this consultancy will support in yielding reliable results that can inform improved programming for the health and wellbeing status of adolescents 10 – 19 years and be used to inform policy and leadership required to mobilize needed resources for adolescent health.

### Scope of Work

The consultants will be expected to undertake the following activities and produce the listed deliverables:

#### **Objective 1: To support the TWG to conceptualize adolescent health and well-being components of survey based on global and Kenya context**

##### Activities

- Conduct a review of available protocols, methods and tools for large scale adolescent health surveys globally and locally, assess best practice and summarize recommendations to be applied in the survey. Include brief summary of consideration of comparisons that could be made between other surveys for this cohort and the present survey.
- Summarize recommendations based on this review and submit to the Technical Working group for approval and to and that all stakeholders agree on the methods and tools to be developed and applied.
- Based on feedback from the TWG, prepare an inception report detailing the overall approach to be applied in conducting the survey, the technical support that will be provided and timelines.
- Complete/ provide proof of ethics training from an internationally or nationally recognized trainer on research involving human subjects (online options supplied upon request)

### Deliverables

## Technical Assistance for Nutrition (TAN)

- Summary report of reviews and recommendations on how the survey should be conducted and which protocols are considered appropriate for each indicator, ensuring gender analysis considered when appropriate.
- Inception report detailing the overall approach to be applied in conducting the survey, the technical support that will be provided and timelines.

### **Under objective 2: To develop and validate the survey protocol, Training manuals, Data collection tools and Fieldwork SOPs**

#### Activities

- Develop the survey protocol, sampling, methods and tools aligned to the agreed upon indicators, for validation by the TWG and all relevant stakeholders.
- In conjunction with the TWG, submit and take lead on ensuring that the ethics approval and informed consent of the survey are obtained.
- Develop detailed monitoring plan for field work and quality control and assurance standard operating procedures
- Develop training manuals including appropriate components of the monitoring plan, for the training of field supervisors, team leads and enumerators, and clarify roles of each member.
- Provide technical support to the logistics team on ordering all required supplies in a timely manner to ensure supplies and necessary software are available before training commences and will not expire before use; including supplies specific to drawing blood for biochemical analysis (if needed), disposing of biohazards, processing and transportation of samples, laboratory analysis (if needed).
- Prepare database management and data analysis plan; include specifics for each indicator analysis; the type of data cleaning that is anticipated; need for any gender desegregated data, and management of the database (quantitative and qualitative\_ that will include relevant data from questionnaires and transcripts from qualitative work.
- Prepare initial components for the final report relevant to the survey: exec summary, background/ previous relevant survey findings, methods/ analysis, and dummy tables. Share this with the TWG and NI for approval
- In consultation with the TWG, support in hiring of survey teams; including field supervisors and enumerators, with consideration for gender of interviewers to be interviewing adolescents.
- Work with all stakeholders to ensure that field logistical arrangements are in place and the agreed movement plan is feasible. This will include support for the required cold-chain, any field laboratory processing that might be required and final transport to the selected laboratories for all sample analyses.
- As appropriate, these activities may be adjusted based on identified needs from the TWG and any adjustments that may be made to the survey protocols.

#### Deliverables:

- Survey protocol, methods and tools aligned to the agreed upon indicators developed and validated by the TWG and all relevant stakeholders.

## Technical Assistance for Nutrition (TAN)

- Consent forms and ethical protocol prepared, submitted and Ethical approval obtained from a recognized body as agreed on with the TWG
- Detailed monitoring plan for data collection and analysis, training manuals and Fieldwork SOPs for field work and quality control and assurance developed and approved by TWG
- Procurement plan related to all supplies related to the survey, including timeline for procurement and delivery of all supplies developed and approved by TWG
- Detailed data analysis plan (quantitative & qualitative) developed and validated by the TWG & NI
- Draft survey report with preparatory sections and tables for completion once data analysis is complete; submitted to TWG and NI for review and finalized based on comments received.

### **Under objective 3: To organize and provide logistical support for all survey procedures including protocol development, training, data collection, data analysis and report writing**

#### Activities

- Train survey enumerators on the questionnaire for quality assurance and the field supervisors on all components that will be under their supervision and monitoring.
- Provide technical support to the TWG in carrying out successfully the Adolescent Health Survey while specifically ensuring the survey is conducted according to validated protocols and international standards and norms.
- Build capacity of survey teams in data collection, analysis throughout the process of carrying out the survey, including training and periodic field monitoring, directly or through feedback from field supervisors trained on the specific protocols and also provide support for data cleaning and database management and analysis.
- Prepare summary reports of monitoring feedback according to the agreed schedule/ frequency.
- Supervise and provide technical support during data analysis, statistical comparisons, interpretation and reporting according to the agreed analysis plan and output tabulations.
- Support the established/ validated quality control and quality assurance mechanisms for the survey, including supervisory observations of field work
- Carry out data analysis of data collected including statistical analysis, comparisons and any other analysis required by TWG and NI, which will include gender analysis
- Interpret data from the analysis and ensure adolescents involved in data interpretation Write report and share draft with TWG for feedback
- Incorporate feedback and finalize report for validation.
- Prepare summary slides on key findings for use during validation
- Validation to be conducted with key stakeholders, including adolescents
- Incorporate feedback from validation event and finalize report
- Prepare summary slides on key findings for use during dissemination

#### Deliverables:

- Periodic monitoring reports
- Draft Survey report

## Technical Assistance for Nutrition (TAN)

- Validation and dissemination slides
- Knowledge management and learning briefs

### Use of deliverables

Deliverables produced under this TA are intended for use by the Adolescent TWG and the Ministry of Health in the following ways:

- Develop appropriate health programs, policies, and practices considering both nutrition sensitive and specific factors such as school attendance and nutritional status and options for delivering services and information
- Provide data that can support development of an Optimal Adolescent Health Implementation Framework

Nutrition International is committed to promoting gender equality. Consultants are required to indicate how s/he will ensure that gender equality considerations are included in the provision of TA including deliverables and in conducting the work. To this end, NI has developed the following tools in order to help. Examples of integration of consideration for gender equality could include but are not limited to; ensuring government departments responsible for women are included in discussions and decision-making wherever possible wherever possible, gender sensitive indicators are included, emerging data is sex disaggregated, relevant documentation related to gender is reviewed. Gender of interviewers and implications for those being interviewed, will also be considered in the case of research.

- [Checklist – Integration of gender equality considerations](#)
- [Background document « Gender and nutrition »](#)
- [PowerPoint presentation « Gender 101 »](#)

### Duty Station/Location

The consultancy firm/ team will be based at Ministry of Health, Neonatal, Child and Adolescent Health unit (MOH-NCAHU), for activities that require physical presence e.g stakeholder consultations and workshops.

Most of the work under this TA is expected to be in country. It is expected that the team will travel periodically to sub national level as needed to ensure smooth roll-out of the survey. It is also expected that the firm/ team of consultants will provide full-time technical assistance (at least one person) to be in the country for a few months consecutively during the training, data collection phases of the survey.

All travels required under this consultancy will be provided for by Nutrition International.



## Technical Assistance for Nutrition (TAN)

### Timeline

This TA support would be for a period of up to 150 days between 1<sup>st</sup> October 2018 and 30<sup>th</sup> May 2019. Specific LoE will be determined in consultation with the TWG and Nutrition International.

### Management and Reporting/Coordination mechanism

1. The Consultants will directly report to the TWG, in close liaison with the other members working on the National Adolescent Health Survey.
2. The TWG will facilitate the operational linkages with all the other relevant sectors and stakeholders under this TA.
3. NI will provide the funding for the assignment, and payment will be subject to performance and reaching deliverables as agreed upon at the moment of contract signing.
4. The TWG will provide technical input into the assignment and is responsible for assuring the quality of the work being delivered by the consultant.

### Profile/qualifications of consultant

It is expected that a consultancy firm or team of 3 consultants with assorted expertise in Public Health or nutrition evaluation and research; with previous experience in conducting national scale surveys will be required to complete all aspects of this consultancy. The team should include a highly skilled statistician and experience in qualitative analysis. The Lead Consultant will be responsible for work completed by all team members.

### Lead consultant

- Post-graduate or doctoral-level qualifications in the following fields; Public Health, Nutrition and Applied Sciences or related areas.
- A minimum of 15 years' experience in the field of development sector including consultancy work with the Government and development partners in surveillance, nutrition, health, food security or related fields.
- Experience leading the quality assurance of developing national scale health related surveys
- Experience in cross board collaboration and working with multi-stakeholder platforms and processes, or other complex collaboration platforms across sectors, including health, water, education and social protection.
- Experience in program design and M&E in combination with specialized experience in research and epidemiology.
- Experience in coordinating and managing a team of subject matter experts.
- Excellent communication, analytical and writing skills.
- Demonstrated ability to deliver quality results within strict deadlines.

## Technical Assistance for Nutrition (TAN)

### Other consultants (2)

- At least 8-10 years of experience in public health, nutrition, research, epidemiology and other related programs.
- Excellent knowledge of Kenya health sector landscape and programs.
- Experience in cross board collaboration and engaging with multi-stakeholder platforms and processes, or other complex collaboration and partner management platforms across sectors, including health, education and social protection.
- Experience in conducting health related surveys including managing field level logistics.
- Excellent communication, analytical and writing skills.
- Expertise in qualitative methodologies.
- Understanding of gender equality and women's empowerment in development and public health programs.
- Demonstrated ability to deliver quality results within strict deadlines

Personal certificate from training on ethical conduct in research involving human subjects will be a required for all consultants. NI is committed to the fundamental principles of equal employment opportunity. Women are encouraged to apply.

### Application Process

Interested firms or consultants are invited to submit the following by email to [TechnicalAssistance@nutritionintl.org](mailto:TechnicalAssistance@nutritionintl.org) before close of business 3rd August 2018 EST (Ottawa, Canada):

- Up-to-date curriculum vitae (CVs) for all consultants
- **Technical proposal:** not exceeding ten pages, describing the consultant's understanding of the task, proposed methodology, responsibilities of team members and key stakeholders and detailed work plan that breaks down activities and deliverables with associated timelines. Applicants are requested to present specific deliverable-based activities along with proposed level of effort required, in terms of number of days, as part of their technical proposal.
- **Financial proposal:** including daily fee rate, suggested number of trips/days in-country and any other expenses required to fulfill the terms of the consultancy (field trips, meetings, materials, etc.).

**NB: Submissions without technical and financial proposals will not be reviewed.**