



Adolescent Health Problems in Ethiopia

Evidence Brief from Global Burden of Disease Analysis 2017

This evidence brief presents leading causes of adolescent morbidity and mortality and describe health risk factors affecting these young population groups in the last 10 years between 2007 and 2017.

Key Messages:

- ❖ *The magnitude of death ranges from 6.32 to 8.95 per 100,000 populations in the age group of 10 to 14 of adolescents.*
- ❖ *In the age group of 15-19 years adolescents the magnitude of death ranges from 7.99 to 21.68 per 100,000 populations.*
- ❖ *HIV/AIDS, access to safe and adequate water and sanitation are leading health problems.*
- ❖ *Behavioral, environmental and occupational factors are major risk factors for adolescent health.*

Introduction

- In Ethiopia adolescents age 10-19 are estimated to be about 23 percent of the total population of the country.
- Most of these adolescents are living in rural areas of Oromiya, Amhara and SNNPR regions.
- In Ethiopia according to global health estimate there is high level of adolescent mortality rate. So, what are the major causes?

Key Findings

1. Causes of morbidity and mortality in the age group of adolescents 10 to 14 year are: diarrheal diseases, vitamin A deficiency, HIV/AIDS, conduct and anxiety disorders.
2. In the age group of adolescence between 15 to 19, HIV/AIDS, diarrheal diseases, epilepsy, major depression and drug susceptible TB are leading causes of morbidity and mortality

Adolescent Causes of Death

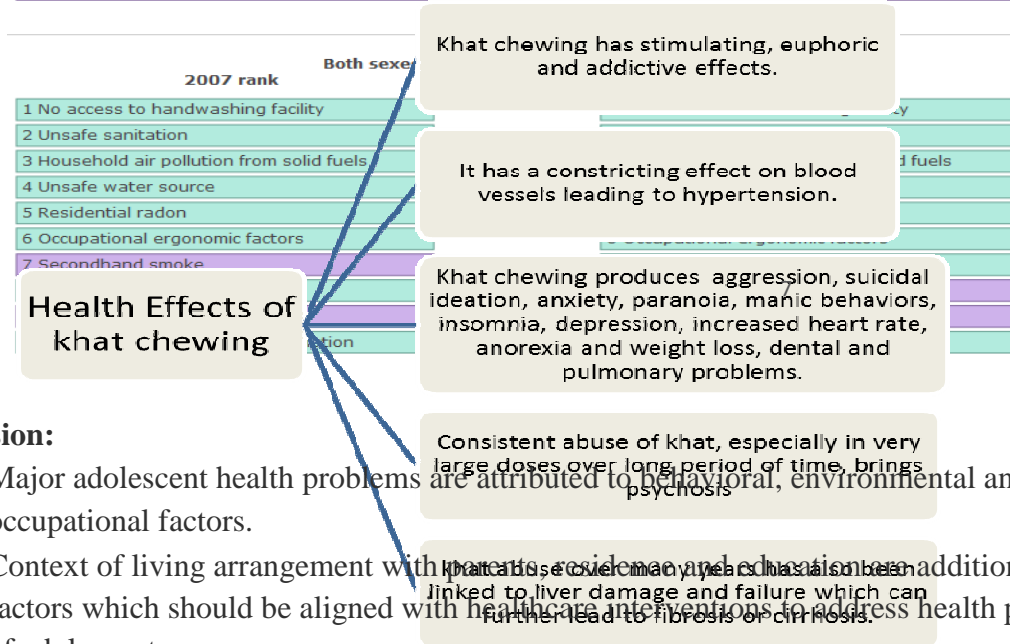
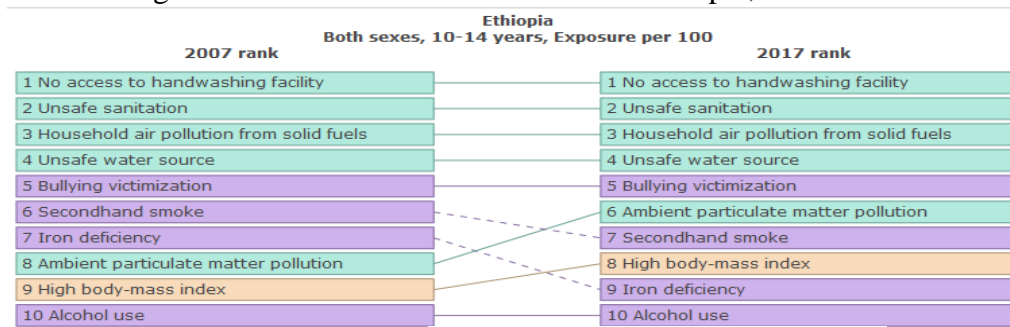
- In the age group of 10 to 14 years; HIV/AIDS, diarrheal disease, lower respiratory tract infection, typhoid fever and drowning are the top five causes of male adolescents' death per 100,000 populations.
- On the other hand HIV/AIDS, diarrheal disease, drug susceptible TB, violence and epilepsy are the main cause of death among the 15 to 19 years old adolescent males.

- Similarly, in the age group of 10-14 females, HIV/AIDS, diarrheal disease, lower respiratory infection, other meningitis and typhoid fever are top causes of death; while in the age group of 15 to 19 females HIV/AIDS, diarrheal disease drug susceptible HIV/AIDS TB, drug susceptible TB and lower respiratory infections are the principal causes of death.

Adolescent Health Risk Factors

- No access to hand washing facility, unsafe sanitation, household air pollution from solid fuels, and unsafe water source are leading causes of exposure for a health risk in all adolescents.
- No change was observed between the years 2007 and 2017.

Fig. 1. Adolescent health risk factors in Ethiopia, 2007-2017



Conclusion:

- Major adolescent health problems are attributed to behavioral, environmental and occupational factors.
- Context of living arrangement with parents, residence and education are additional factors which should be aligned with healthcare interventions to address health problems of adolescents.

Acknowledgement: This evidence is generated by National Data Management Center for health at EPHI in collaboration with the Global Burden of Diseases study group at the Institute for Health Metrics and Evaluation at the University of Washington