

3rd BRICSCESS 2024-New Delhi
FLV Oral Presenter



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Dr. Kalkidan Zegeye, MD received her degree of Doctor of Medicine at Hayat Medical Collage, Addis Ababa, Ethiopia and is currently pursuing her MSc in public health nutrition. Since 2019 she works as an executive member of Ethiopian football federation medical team mainly a team doctor for the female and male national team. She is also an active member of Ethiopia – National Olympic committee medical team. And a part of Tokyo 2020 summer Olympic games. Also volunteered on in several region of Ethiopia to lecture sport science courses. Dr. zegeye is a member of Ethiopian medical women association and also actively involved on community volunteering such as advocating on child nutrition and female reproductive health and related topics while she was at Amhara region. she is also a team who were deployed to COVID treatment center at the peak of the pandemic. This is aside from her regular job as a general practitioner in one of the government hospitals in the capital city of Ethiopia (Addis Ababa).

Nutrition, Health and Wellness School Programs For High School Girls In Addis Ababa

Over several decades, the concept of school health and wellness programs has evolved globally. According to EMIS data, the Ethiopian government owns 3,156 secondary schools. There are 1,145,117 female students in the secondary first cycle for grades 9-10 and the secondary second cycle, also known as preparatory school, for grades 11-12. 85,888 of the female students are in Addis Abeb. The concept of school health and wellness programs has been supported by the World Health Organization since 1995. However, in Ethiopia, all pre-primary, primary, and secondary schools lacked school-based health services, which led to severe issues like adolescents facing risks of substance use, early sexual initiation, and teenage and unintended pregnancies that could lead to unsafe abortions. In Ethiopia, the prevalence of teenage pregnancy is 13% and there are an estimated 500,000 unsafe abortions each year. in addition comprehensive knowledge about HIV is low among young women (24.3%), This is mainly due to lack of information, education, services and skills that help them make informed decisions. The Ethiopian health extension package has emphasized school health contain service like youth sexual and reproductive health and nutrition but it wasn't

implemented as it should. lately with the cooperation of Ministry of education and Ministry of health there have been several programs and strategic plans meant to address the health and wellness needs of children, Adolescent and youth particularly females. The implementation of this programs with the collaboration has made a huge difference, it helped to create a healthy learning and working environment. The programs focused on education and self-esteem enhancement, psycho- social and interpersonal skills, eventually helped students to make informed decision, communicate effectively and develop coping and self-management skills, this in turn helps them to lead a healthy and productive life.