



Canadian Society for International Health A Canadian Voice for Global Health

La Société Canadienne de Santé Internationale

YOUTH FOR HEALTH IN UKRAINE I & II 1998-2006

Youth for Health in Ukraine (YFH) aimed to contribute to the development of a sustainable national health strategy in Ukraine by assisting in the development and implementation of health promoting policies and programs in support of youth. Phase I of YFH launched in 1998 funded by CIDA, concluded in September 2002. Phase II of the project began in 2003, and recently concluded in 2006.



The overall project goal was to contribute to the development of a sustainable national health strategy in Ukraine by assisting in the development and implementation of health promoting policies and programs in support of youth.

The main objective of the YFH I project was to facilitate the development of a multi-level, intersectoral health promotion youth model which could be adapted to other parts of Ukraine. More specifically, the project sought to:

- Empower youth to promote healthy living and engage in behaviours focusing on AIDS prevention, smoking cessation, and reduction of drug and alcohol abuse.
- Increase the capacity for health promotion of youth delivery agents and the community to promote healthy living among youth.
- To create a national youth health promotion centre that can adapt and refine the YFH model through ongoing evaluation and assist in the development of youth health promotion proposals
- To adapt the YFH I model at the local level in two regions in Ukraine and focus on key health and lifestyle issues such as HIV/AIDS, smoking, drugs, alcohol, mental health, nutrition and physical activity, with emphasis on gender equality and youth involvement

Through its duration, YFH I developed an integrated health education curriculum for Grades 1-11, developed a certificate course for public sector actors who are in a position to influence health promotion among youth; established a YFH resource

centre aimed at youth outside the school environment, evaluated the health education curriculum and the resource centre, and conducted three research studies (a survey of the life styles of Kyiv and national youth, a review of legislation on youth health and a study of the influence of mass media on youth).

The goal of YFH II was to contribute to the development of effective public policies which would promote health among Ukrainian children and youth. The project staff worked with youth and adults in two regions, two cities and two villages, focusing on various health issues including: HIV/AIDS prevention, drug and alcohol harm reduction, smoking cessation, physical activity, healthy nutrition, gender equality, mental health and youth health promotion policy proposals. YFH



II emphasized the use of positive messages, engaging youth in meaningful and important action, embracing and adapting to local needs, and unleashing the potential of youth and communities.

YFH II established the National Youth Health Promotion (NYHP) Centre in Kyiv to be the central youth healthy promotion policy and project development body, as well as regional and local Intersectoral Councils and Resource Centers as sites of training and other activities. A Youth Special Session brought 700 Ukrainian participants to discuss project results and future policy development.

For additional project details, please contact Marnie Davidson, Project Co-ordinator at mdavidson@csih.org



In October 2006, the Canadian Society for International Health has been awarded the Canadian International Cooperation Award for improvement of social infrastructure for their Public Health Strengthening in Guyana Project.

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