ADOLESCENT MOTHERS LIVING WITH HIV AND THEIR CHILDREN

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Parenting in Adolescence

- Stigma and exclusion due to adolescent pregnancy/motherhood
- Exclusion from schooling/employment
- Lower access to resources such as child support grant, employment support
- Worse access to ANC, PNC and ECD services
- Vulnerability to IPV/GBV
- Syndemic of HIV and adolescent pregnancy in South Africa
- Higher rates of HIV+ children among ALHIV mothers
Mzantsi Wakho (n=1600)

3-year child and adolescent cohort
1000 HIV-positive
500 HIV-negative

Eastern Cape health district, SA
Every adolescent ever initiated ART
72 health facilities, 180 communities
Clinical data, questionnaires
94% 3-year retention

HEY BABY (in progress)

Sister study, same area
1,025 adolescent mothers (1/3 HIV+) and their children
Spectrum sampling
Age of adolescent mothers at birth of first child by maternal HIV status (N=1,025)
WHO ARE THE ADOLESCENT MOTHERS IN OUR SAMPLE? (N=293)

• 51% had first child <18 years old
• 25% lived in rural areas
• 24% lived in informal housing
• 83% lacked basic necessities
• 28% did not have enough food at home in the past week for 3 meals a day
• 29% not in school even >1 year postpartum
Higher suicidality & mental health issues

Suicidality & Any mental health issues

- HIV- AGYW (N=188)
- ALHIV AGYW (n=497)
- HIV- moms (N=734)
- ALHIV moms (n=293)

Suicidality
Any mental health issues
• 6% never started
• 34% started after end of first trimester
• 10% stopped taking their ART during pregnancy/breastfeeding
Treatment outcomes & adolescent mothers living with HIV

- **VI data available**: 65% (ALHIV girls: 34%, ALHIV mothers: 53%)
- **VL>200 copies/ML**: 53% (ALHIV girls: 48%, ALHIV mothers: 53%)
- **Treatment interruptions (1 month or defaulting)**: 16% (ALHIV girls: 25%, ALHIV mothers: 16%)

ALHIV girls (not mothers n=497) (*n=359)
ALHIV mothers (n=293) (*n=190)
Adolescent mothers living with HIV (N=293)

- 19% had more than one child
- 20% want to have 2 or more children
- 63% on hormonal contraception (pill, injectible or implant)
- 55% became pregnant in between interviews
- 15% correct knowledge on all four safe conception items
Age of children of adolescent mothers living with HIV (N=283)

- 0-6 months: 23%
- 7-12 months: 8%
- 13-18 months: 7%
- 19 months-2 years: 14%
- 2-3 years: 21%
- 3-4 years: 13%
- 4-5 years: 5%
- >5 years: 9%

52% are ≤2 years old.
Experiences of children of adolescent mothers living with HIV

- 37% exclusively breastfed their children in the first 6 months of their lives (more than HIV- peers at 21%)
- 21% breastfed their children < 6 months

- 13 of 116 children who tested for HIV in the last year were sero-positive (11.2%)
- 53% of first children had taken ART to treat HIV or prevent it
Immunization rates among children of adolescent mothers

- **6 months**: Full coverage (38%) vs. Full coverage (Excl Hep B) (63%)
- **12 months**: Full coverage (29%), Full coverage (Excl Hep B) (42%)
- **18 months**: Full coverage (17%)

Only 42% fully immunized (excluding Hep B) at 12 months.
What are adolescent moms proud of?

The way i have managed to raise my son without the father

Seeing my child growing fast and healthy, and also being called Akhona’s* mother (* pseudonym)

Being a responsible and caring mother make me proud

After giving birth, I went back to school, and now I am doing my second year at university.
What made you laugh today?

This morning when he wanted to wear my glasses

When she called my name

She made funny moves with her face

Today she sung a song that I was not aware that she could sing
Programming for adolescent mothers living with HIV and their children

JIELIMISHE UZAZI NA AFYA
Improving Health and Social Outcomes for Pregnant Adolescents, Adolescent Mothers and their Infants in Kenya
INcredible Teams & Teens

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THANK YOU

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