Dissemination Seminar on  
Bangladesh Adolescent Health and Wellbeing Survey 2019-20 (BAHWS) 
11 February 2021 | | Dhaka
Adolescent Health and Wellbeing Survey-why?

• In Bangladesh, adolescents ages 10-19 years constitute over one-fifth of the total population.

• The MOHFW developed the National Strategy for Adolescent Health, 2017-2030 (MOHFW, 2018), with the goal that by 2030 all adolescents in Bangladesh will attain a healthy and productive life in a socially secure and supportive environment

• This survey was initiated to have a better understanding of the state of adolescent health and well being and needs of this population
Organizations Involved

Implementation

Technical Assistance

Data collection

Financial assistance
Objective of the Survey

To examine and understand the state of health and well-being of adolescents age 15-19

Adolescents age 10-14 were not included due to:
- Sensitive nature of some of the survey questions
- Difficulty in obtaining ethics approval for younger youths
Specific objectives of the BAHWS 2019-20:

• Document exposure to print, electronic and social media;
• Assess knowledge, attitudes and practices regarding menstruation, marriage, and contraception;
• Measure the nutritional status;
• Understand use of health information and services;
• Assess attitudes towards gender norms;
• Document different forms of violence, bullying and sexual harassment;
• Assess connectedness to family and friends;
• Assess mental health
Survey design

- BAHWS 2019-20 is a nationally representative sample survey of around 20,000 adolescents age 15-19

- Survey is designed to provide estimates for:
  - Ever married and unmarried girls, and unmarried boys
  - national level
  - urban and rural areas
  - 3 regions: Western*, Central** and Eastern***

*Rangpur, Rajshahi & Khulna Divisions; ** Mymensingh, Dhaka & Barishal Divisions
*** Chattogram & Sylhet Divisions
Sample Selection

736 Clusters

72,800 Households

5,066 Ever married female
8,284 Unmarried female
6,538 Unmarried male
Field Implementation

Data collection
  25 July 2019 to 10 January 2020, in 5 phases

Data collection team
  18 teams comprising of 126 data collectors
<table>
<thead>
<tr>
<th>Category</th>
<th>Selected</th>
<th>Occupied</th>
<th>Interviewed</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Households selected</td>
<td>72,800</td>
<td>68,677</td>
<td>67,093</td>
<td>98%</td>
</tr>
<tr>
<td>Married female selected</td>
<td>5,066</td>
<td></td>
<td>4,926</td>
<td>97%</td>
</tr>
<tr>
<td>Unmarried female selected</td>
<td>8,284</td>
<td></td>
<td>7,800</td>
<td>94%</td>
</tr>
<tr>
<td>Unmarried male selected</td>
<td>6,538</td>
<td></td>
<td>5,523</td>
<td>85%</td>
</tr>
</tbody>
</table>
Presenters

Ahabab Khan
Student, Grade 8

Maisha Chowdhury
Student, Grade 10

Ariza Hossain
Student, Grade 11

Armeen Ahmed
Student, Grade 11

Nahian Rahman
Student, Grade 11

Adiba Alam Miheeka
Student, Grade 12

Rakin Almas Noel
Student, Grade 12

Raheela Khan
Student, 1st year, University

Marzuq Alam Nameer
Student, 3rd year, University

Rifah Ibnat Logno
Student, 4th year, University

Shehreen Zakir
Young Researcher, icddr,b
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Respondent Characteristics
Respondent characteristics

Topics

- Living status
- Schooling
- Work status
- Extra-curricular Activities
- Affiliation with social organizations

BAHWS 2019-20
Living status
Ever married females age 15-19

Neither mother in law nor father in law, 31%
Both mother in law and father in law, 52%
Mother in law only, 15%
Father in law only, 2%
Living status: Unmarried adolescents age 15-19

- Both mother and father: 80\% (female), 84\% (male)
- Mother only: 13\% (female), 11\% (male)
- Father only: 2\% (female), 2\% (male)
- Neither mother nor father: 5\% (female), 4\% (male)
Current schooling status: Adolescents age 15-19

<table>
<thead>
<tr>
<th>Status</th>
<th>Ever attended</th>
<th>Discontinued</th>
<th>Regular school</th>
<th>Madrasa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married female</td>
<td>98%</td>
<td>14%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Unmarried female</td>
<td>99%</td>
<td>15%</td>
<td>76%</td>
<td>8%</td>
</tr>
<tr>
<td>Unmarried male</td>
<td>98%</td>
<td>27%</td>
<td>67%</td>
<td>5%</td>
</tr>
</tbody>
</table>
Reasons for school dropout (Top 3 reasons)

<table>
<thead>
<tr>
<th>Ever married female</th>
<th>Unmarried female</th>
<th>Unmarried male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Got married</td>
<td>Financial constraints</td>
<td>Lack of interest (Self)</td>
</tr>
<tr>
<td>Husband oppose</td>
<td>Lack of interest (Self)</td>
<td>Lack of interest (Parents)</td>
</tr>
<tr>
<td>Lack of interest (Self)</td>
<td></td>
<td>Financial constraints</td>
</tr>
</tbody>
</table>

- Ever married female: 72% for Got married, 24% for Husband oppose, 20% for Lack of interest (Self).
- Unmarried female: 59% for Financial constraints, 30% for Lack of interest (Self), 14% for Lack of interest (Parents).
- Unmarried male: 57% for Lack of interest (Self), 51% for Financial constraints, 6% for Household Chores.
Working for cash: Adolescents age 15-19

- Ever married female: 6%
- Unmarried female: 12%
- Unmarried male: 31%

Working for cash = Cash only or Both Cash and Kind

BAHWS 2019-20
Current Involvement in any Extracurricular activities: Adolescents age 15-19

- Mostly Reading books: 22%
  Writing: 4%
  Ever married female

- Mostly Reading books: 47%
  Drawing and painting: 16%
  Unmarried female

- Mostly Outdoor sports: 84%
  Reading books: 41%
  Unmarried male

Extracurricular activities include drawing/painting, singing/dancing/drama, outdoor sports, reading books other than textbooks, creative writing
Current involvement in any social organization and adolescent program

Social organization includes local youth clubs, boy scouts/girls guide, cultural organization, sports club, reading club/library

<table>
<thead>
<tr>
<th></th>
<th>Social organization</th>
<th>Adolescent program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married female</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Unmarried female</td>
<td>14</td>
<td>5</td>
</tr>
<tr>
<td>Unmarried male</td>
<td>22</td>
<td>3</td>
</tr>
</tbody>
</table>
Summary

Living Status
• Half (52%) of the married females are living with both parent-in-laws, while 80% of unmarried females and males are living with both parents.

Schooling
• 98% of adolescents have ever attended school.
• Most ever married female adolescents (83%) discontinued schooling, mainly due to marriage.
• Over a quarter of unmarried boys (27%) dropped out of school mainly due to lack of interest and financial constraints.
• School discontinuation rate was the lowest (15%) among unmarried girls, and it was mainly due to financial constraint.
Involvement in extra curricular activities / social organization / adolescent program

- Almost 90% of unmarried boys are involved in any extra curricular activity. Adolescent girls are less likely to be involved (Married girls 26% and unmarried girls 56%)

- Only 2% of ever-married females, 14% of unmarried females and 22% of unmarried males are associated with any social organization.

- Around 1%-5% of adolescents are involved in any adolescent program.
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Exposure to Mass Media
Exposure to Mass Media

Topics

- Mobile Phone, Internet, Computer, Print Media
- Exposure to adolescent related programs/materials
- Desire for additional information

BAHWS 2019-20
Access to mobile phone

Adolescents’ access to mobile phone is over 90% (through own mobile phone or having access to household mobile phone)
Ownership of Cell Phone: Adolescents age 15-19

<table>
<thead>
<tr>
<th></th>
<th>% of adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married female</td>
<td>52</td>
</tr>
<tr>
<td>Unmarried female</td>
<td>22</td>
</tr>
<tr>
<td>Unmarried male</td>
<td>71</td>
</tr>
</tbody>
</table>
Ownership of Cell Phone by Type: Adolescents age 15-19

% of adolescents

- Smart phone
  - Ever married female: 52
  - Unmarried female: 14
  - Unmarried male: 45

- Basic phone
  - Ever married female: 26
  - Unmarried female: 8
  - Unmarried male: 26

BAHWS 2019-20
Use of Cell Phone by adolescents age 15-19: Top 3 uses after “Making Calls”

<table>
<thead>
<tr>
<th></th>
<th>% of adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Text messaging</td>
<td>Ever married female: 67%</td>
</tr>
<tr>
<td>Messaging Apps</td>
<td></td>
</tr>
<tr>
<td>Internet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unmarried female: 65%</td>
</tr>
<tr>
<td>Text messaging</td>
<td></td>
</tr>
<tr>
<td>Messaging Apps</td>
<td></td>
</tr>
<tr>
<td>Internet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unmarried male: 78%</td>
</tr>
<tr>
<td>Text messaging</td>
<td></td>
</tr>
<tr>
<td>Messaging Apps</td>
<td></td>
</tr>
<tr>
<td>Internet</td>
<td></td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Exposure to Mass media (at least once a week): Adolescents age 15-19

<table>
<thead>
<tr>
<th>Mass Media</th>
<th>TV</th>
<th>Internet</th>
<th>Newspaper/Magazine</th>
<th>Radio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married female</td>
<td>65%</td>
<td>22%</td>
<td>7%</td>
<td>10%</td>
</tr>
<tr>
<td>Unmarried female</td>
<td>74%</td>
<td>22%</td>
<td>19%</td>
<td>14%</td>
</tr>
<tr>
<td>Unmarried male</td>
<td>79%</td>
<td>47%</td>
<td>35%</td>
<td>27%</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Exposure to adolescent related programs/materials/articles (in last 3 months) by adolescents age 15-19

- **15%** Ever married female
- **25%** Unmarried female
- **20%** Unmarried male

Options were
- Watched on TV
- Listened to on Radio
- Read Online
- Read on any Print media

BAHWS 2019-20
Desire for information on specific health related topics: Unmarried adolescents age 15-19

% of adolescents

- Puberty: 73 for unmarried female, 66 for unmarried male
- Menstruation: 66 for unmarried female, 57 for unmarried male
- Family planning: 55 for unmarried female, 52 for unmarried male
- Physical change: 66 for unmarried female, 66 for unmarried male
- Family planning: 57 for unmarried male
- Wet dream: 52 for unmarried male

BAHWS 2019-20
Most preferred source for information on specific topics:
Unmarried adolescents age 15-19

<table>
<thead>
<tr>
<th>Topic</th>
<th>% Prefer Unmarried Female</th>
<th>% Prefer Unmarried Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puberty</td>
<td>26</td>
<td>23</td>
</tr>
<tr>
<td>Menstruation</td>
<td>22</td>
<td>20</td>
</tr>
<tr>
<td>Family planning</td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>Physical Change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wet dream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family planning</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Summary

- Seven out of ten unmarried boys own a mobile phone. Around half of ever-married females and a quarter of unmarried girls own a cell phone. At least half of the phones are smartphones.
- More than two thirds of all adolescents watch TV at least once a week (65%-79%).
- Almost half of unmarried males and one-fifth of married and unmarried female adolescents access the internet at least once a week.
- 15%-25% of adolescents had exposure to adolescent related program/materials through TV, radio, online and/or print media in the 3 months preceding the survey.
A large proportion of unmarried girls (73%, 66%, 55%) desire to know more about puberty, menstruation and family planning, respectively.

Also, a notable proportion of unmarried males (66%, 57% and 52%) want to know more about physical change, wet dream and family planning.

The internet/mobile is the most preferred source of information on all health-related topics for the largest proportion of unmarried boys.

Unmarried females prefer to get information on menstruation and puberty through books and on family planning from health providers and books.
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Menstruation
Menstrual Hygiene

Topics

- Mean age at first menstruation
- Knowledge on menstruation
- Hygienic menstrual practice
- Misconceptions on menstruation
- Products used during menstruation
- Missed school attendance
Mean age of first menstruation

- Ever married female: 12.8 years
- Unmarried female: 12.9 years
Knowledge on menstruation

- **Ever-married females**
  - Had knowledge of menstruation before onset of menstruation: 23%
  - Perceived knowledge was adequate among those who had knowledge: 30%

- **Unmarried females**
  - Had knowledge of menstruation before onset of menstruation: 41%
  - Perceived knowledge was adequate among those who had knowledge: 37%
### Knowledge on Menstruation through Mass Media

<table>
<thead>
<tr>
<th>Mass Media</th>
<th>Textbooks/Books</th>
<th>TV/Radio</th>
<th>Internet</th>
<th>Newspaper/Magazine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married female</td>
<td>65%</td>
<td>23%</td>
<td>11%</td>
<td>4%</td>
</tr>
<tr>
<td>Unmarried female</td>
<td>81%</td>
<td>29%</td>
<td>14%</td>
<td>7%</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Misconceptions on menstruation

- Menstrual blood is impure
  - Ever married females: 87%
  - Unmarried females: 85%

- One cannot eat sour during menstruation
  - Ever married females: 66%
  - Unmarried females: 59%

- During menstruation one cannot do physical activity
  - Ever married females: 59%
  - Unmarried females: 53%
Products used for management of menstruation

- **Sanitary napkin**
  - Ever married female adolescents: 62%
  - Unmarried female adolescents: 66%

- **Cloths**
  - Ever married female adolescents: 51%
  - Unmarried female adolescents: 57%

- **Cotton/Toilet paper**
  - Ever married female adolescents: 4%
  - Unmarried female adolescents: 5%

- **Nothing**
  - Ever married female adolescents: 1%
  - Unmarried female adolescents: 0%
## Hygienic Menstrual Practices

### Ever Married Female
- Use of Disposable Product: 64%
- Washing Reusable Product with Soap and Water: 34%
- Change of Menstrual Products at Least 4/day: 9%
- Hygienic Menstrual Practice: 9%

### Unmarried Female
- Use of Disposable Product: 67%
- Washing Reusable Product with Soap and Water: 31%
- Change of Menstrual Products at Least 4/day: 12%
- Hygienic Menstrual Practice: 12%

_BAHWS 2019-20_
Missed any day of school during last menstruation

- 26% Ever married female
- 24% Unmarried female

BAHWS 2019-20
Reasons for not attending school during last menstruation (top 3 reasons)

- **Suffered cramps/Pain**
  - Ever-married females: 68%
  - Unmarried females: 69%

- **Felt embarrassed**
  - Ever-married females: 32%
  - Unmarried females: 40%

- **Heavy flow**
  - Ever-married females: 19%
  - Unmarried females: 14%
Summary

• The mean age of first menstruation is 12.8 years for ever-married female adolescents and 12.9 years for unmarried female adolescents.

• Most female adolescents had no knowledge about menstruation prior to menarche. Only 23% of married and 30% of unmarried adolescents reported having prior knowledge.

• Textbooks/Books are the most common mass media source of information on menstruation (65-81%) for ever-married females (65%) and unmarried females (81%) followed by TV/radio (23-29%).
Almost all adolescents reported using hygienic menstrual products (sanitary napkins or clean materials). But only one in ten girls change their menstrual products according to the recommended number of times a day (4 times a day). As a result, only 9-12% of the adolescent girls are following hygienic menstrual practices.

One in four female adolescents age 15-19 missed at least one day of school during their last menstruation.
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Marriage
Marriage

Topics

Marital status

Spousal age difference

Spousal separation

Preferred age of marriage
Marital Status and Duration

Among Ever Married Females:

97% currently married;

3% are divorced, separated, or widowed

Currently Married Women: Marriage duration

- 50% one year or less
- 33% 2-3 years
- 17% 4 years or more
Spousal age difference: Currently married females age 15-19

- 0-4 years: 19%
- 5-9 years: 51%
- 10 years or more: 30%
Spousal age difference of 10 or more years by wealth quintile: Currently married females age 15-19

<table>
<thead>
<tr>
<th>Wealth Quintile</th>
<th>% of Female Adolescent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest</td>
<td>20</td>
</tr>
<tr>
<td>Second</td>
<td>26</td>
</tr>
<tr>
<td>Middle</td>
<td>29</td>
</tr>
<tr>
<td>Fourth</td>
<td>35</td>
</tr>
<tr>
<td>Highest</td>
<td>45</td>
</tr>
</tbody>
</table>
Married adolescents age 15-19 whose husbands live elsewhere by region

<table>
<thead>
<tr>
<th>Region</th>
<th>Lives in Bangladesh</th>
<th>Lives abroad</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>18</td>
<td>9</td>
</tr>
<tr>
<td>West</td>
<td>11</td>
<td>3</td>
</tr>
<tr>
<td>Central</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>East</td>
<td>20</td>
<td>7</td>
</tr>
</tbody>
</table>

National Lives in Bangladesh: 18
Public Lives abroad: 9

Percentage lives in Bangladesh: 9
Percentage lives abroad: 9

National Lives in Bangladesh: 11
Public Lives abroad: 3

Percentage lives in Bangladesh: 8
Percentage lives abroad: 3

National Lives in Bangladesh: 21
Public Lives abroad: 10

Percentage lives in Bangladesh: 11
Percentage lives abroad: 10

National Lives in Bangladesh: 27
Public Lives abroad: 20

Percentage lives in Bangladesh: 7
Percentage lives abroad: 7
Preferred timing of marriage:
Currently married females age 15-19

- Married at right time, 31%
- Preferred to marry later, 65%
- Preferred to marry earlier, 4%
Preferred age of marriage: Unmarried females age 15-19

% of adolescents

1 <18
42 18-19
31 20-21
13 22-23
14 24+

27%
Preferred age of marriage: Unmarried males age 15-19

- <21: 7%
- 21-23: 38%
- 24-25: 33%
- 26+: 22%

55%
Summary

Marital status

• 3% of ever married females age 15-19 are separated, divorced or widowed.
• 17% of currently married girls have been married for four years or more.

Spousal age difference

• 30% of female adolescents have an age difference of 10 or more years with their husband.
• The highest proportion of female adolescents with a spousal age difference of 10 years or more is among those in the highest wealth quintile (45%).
Living separately from husbands

- One in five married adolescents live separately from their husbands.
- Among those, half of the husbands live in Bangladesh and half overseas.
- Living separately is more common for adolescents in the Eastern region compared to the Central or the Western regions.

Preferred timing/age of marriage:

- Two-thirds of married female adolescents would have preferred to be married later than the age when they got married.
- Over one-quarter (27%) of unmarried females prefer to marry at age 22 or later.
- Over half (55%) of unmarried males prefer to marry at age 24 or later.
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Knowledge and use of family planning and health services
Family planning and health services: knowledge and use

Topics

- Knowledge of FP
- Contraceptive use
- Sources of modern contraceptives
- Health service use
- Source of health care
- Type of health service sought
Knowledge of oral pill, condom, and ECP among unmarried adolescents age 15-19

- **Unmarried females**
  - Oral Pill: 72%
  - Condom: 40%
  - ECP: 9%

- **Unmarried males**
  - Oral Pill: 61%
  - Condom: 82%
  - ECP: 19%
Awareness about sources of contraceptives among unmarried adolescents age 15-19 who are aware of any modern FP method

- **Public**:
  - Unmarried female: 48%
  - Unmarried male: 25%

- **Private medical**: 
  - Unmarried female: 61%
  - Unmarried male: 76%

- **NGOs**:
  - Unmarried female: 66% of males
  - Unmarried male: 53% of females

- **Other private**:
  - Unmarried female: 6%
  - Unmarried male: 21%

BAHWS 2019-20
Contraceptive use: currently married females age 15-19

- Any method: 56%
- Any modern method: 51%
- Pill: 33%
- Injectables: 7%
- Male condom: 9%
- Implants: 1%
- IUD: 0%
- Traditional method: 5%

BAHWS 2019-20
Source of modern contraceptive methods: Currently married females age 15-19 using modern contraceptives

- Private medical sector: 64%
- Other private sources: 14%
- Public sector: 19%
- NGOs: 3%
- Pharmacy: 61%
Health service utilization (in the last 6 months preceding the survey): Adolescents age 15-19

- **62%** Ever married female
- **50%** Unmarried female
- **57%** Unmarried male
Sources of most recent health care among adolescents age 15-19 who sought health services in the 6 months preceding the survey

<table>
<thead>
<tr>
<th></th>
<th>Ever married females</th>
<th>Unmarried females</th>
<th>Unmarried males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private sector (%)</td>
<td>17</td>
<td>21</td>
<td>46</td>
</tr>
<tr>
<td>Public sector (%)</td>
<td>29</td>
<td>32</td>
<td>21</td>
</tr>
<tr>
<td>NGO sector (%)</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
The top three types of health care sought (in the last visit) by adolescents age 15-19

- General Illness: 71%
- Injury/Accident: 7%
- Allergy/Rash/Itching: 7%
Knowledge and use of family planning

- Knowledge of “Pill” as a method of family planning is higher among unmarried females (72%) than males (61%). However, the opposite is true for knowledge of “Condom” and “Emergency contraceptive pill”.

- The contraceptive prevalence rate among currently married female adolescents age 15-19 is 56%. Modern method use is 51%. The “Pill” is by far the most widely method used by 33%.

- The private medical sector is the source of contraceptive supply for 64% of married female adolescents who use contraception – the majority (61%) rely on pharmacies.
Knowledge and use of health services

• More than half of all adolescents visited any health care facility in the last six months prior to the survey. The proportion ranges from 50-62%.

• Adolescents are most likely to go to the private sector for health services.

• Most seek healthcare for general illness.
Nutrition and Dietary Diversity
Nutrition and Dietary Diversity

This section was administered to half of the sampled respondents.
Definitions

Stunting
- Height-for-age less than -2 Z-scores of WHO child/adolescent reference population

Underweight
- BMI for age is less than -2 Z-scores of WHO child/adolescent reference population

Overweight
- BMI-for-age greater than +1 Z-score of WHO child/adolescent reference population
Stunting among adolescents age 15-19

- Married female: 36%
- Unmarried female: 32%
- Unmarried male: 22%
### Underweight and Overweight among Adolescents Age 15-19

<table>
<thead>
<tr>
<th></th>
<th>Underweight</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married female</td>
<td>4%</td>
<td>16%</td>
</tr>
<tr>
<td>Unmarried female</td>
<td>8%</td>
<td>10%</td>
</tr>
<tr>
<td>Unmarried male</td>
<td>11%</td>
<td>9%</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Overweight among adolescents by place of residence

<table>
<thead>
<tr>
<th></th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married females</td>
<td>22</td>
<td>14</td>
</tr>
<tr>
<td>Unmarried females</td>
<td>14</td>
<td>9</td>
</tr>
<tr>
<td>Unmarried males</td>
<td>14</td>
<td>7</td>
</tr>
</tbody>
</table>
Dietary Diversity Definition

Adequate dietary diversity
Consumed foods from at least from 4 food groups:

a. milk, cheese, yogurt or other milk products;  
b. foods made from grains, roots, and tubers;
c. vitamin A-rich fruits and vegetables ;         
d. other fruits and vegetables;
e. meat, poultry, fish, shellfish (organ meats);  
f. eggs;                                        
g. legumes and nuts;                            
h. green leafy vegetables

Vitamin A enriched food
Consumed Vitamin A-rich dark green leafy vegetables, Vitamin A-rich yellow/orange/red vegetables, and Milk/yogurt.

Iron enriched food
Consuming Grains, Nuts/Seeds and Vitamin C rich vegetables
Dietary Diversity in food consumption among adolescents age 15-19

- Adequate dietary diversity ≥ 4 food groups
- Iron rich food
- Vitamin A rich food

<table>
<thead>
<tr>
<th></th>
<th>Adequate</th>
<th>Iron Rich</th>
<th>Vitamin A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever married female</td>
<td>76%</td>
<td>70%</td>
<td>22%</td>
</tr>
<tr>
<td>Unmarried female</td>
<td>78%</td>
<td>73%</td>
<td>24%</td>
</tr>
<tr>
<td>Unmarried male</td>
<td>85%</td>
<td>78%</td>
<td>29%</td>
</tr>
</tbody>
</table>
Iron Folic Acid Supplementation (received in the last 7 days)
adolescents age 15-19

Ever married female: 12%
Unmarried female: 3%
Unmarried male: 1%
Summary

• About one third of female adolescents and one fifth of male adolescents are stunted.

• Around one in ten unmarried adolescents are underweight and another one tenth are overweight.

• 76-85% of adolescents consume food having adequate dietary diversity. Most adolescents (70-78%) also consume iron enriched food. But only around a quarter are consuming vitamin A rich food.

• The proportion of adolescents receiving iron folic acid supplementation is very low (12% of ever married females; 1-3% of unmarried adolescent).
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Gender Norms
Gender Norms

1. Male preference
   - Family composition
   - Working outside
2. Mobility
   - Household chores
3. Household responsibility
   - Listening to husband
4. Spousal power dynamics
   - Taking care of household/kids
   - Husbands right to beat

BAHWS 2019-20
Male Preference

Percent of adolescents age 15-19 who agree with statements that reflect male preference

<table>
<thead>
<tr>
<th>Statement</th>
<th>Ever married female</th>
<th>Unmarried female</th>
<th>Unmarried male</th>
</tr>
</thead>
<tbody>
<tr>
<td>A family is not complete until they have at least one son</td>
<td>47</td>
<td>29</td>
<td>52</td>
</tr>
<tr>
<td>It is important that sons have more education than daughters</td>
<td>39</td>
<td>23</td>
<td>65</td>
</tr>
</tbody>
</table>
Mobility

Percent of adolescents age 15-19 who agreed with statements that reflect gender norms on mobility

- Women should not be allowed to work outside of home
  - Ever married female: 33
  - Unmarried female: 19
  - Unmarried male: 51

- Outside games are only for boys, not for girls
  - Ever married female: 29
  - Unmarried female: 16
  - Unmarried male: 45
Household responsibility

Percent of adolescents age 15-19 who agreed with statements that reflect gender norms on household responsibilities

- Ever married female
- Unmarried female
- Unmarried male

<table>
<thead>
<tr>
<th>Household chores are for women only, not for men, even if the woman works outside house</th>
<th>% of Adolescents who agreed with specific statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange bar</td>
<td>Ever married female: 41</td>
</tr>
<tr>
<td>Green bar</td>
<td>Unmarried female: 25</td>
</tr>
<tr>
<td>Blue bar</td>
<td>Unmarried male: 35</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Looking after the household and kids is the responsibility of women only</th>
<th>% of Adolescents who agreed with specific statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange bar</td>
<td>Ever married female: 24</td>
</tr>
<tr>
<td>Green bar</td>
<td>Unmarried female: 13</td>
</tr>
<tr>
<td>Blue bar</td>
<td>Unmarried male: 18</td>
</tr>
</tbody>
</table>
Spousal power dynamics

Percent of adolescents age 15-19 who agreed with statements that reflect gender norms on spousal power dynamics

<table>
<thead>
<tr>
<th></th>
<th>Ever married female</th>
<th>Unmarried female</th>
<th>Unmarried male</th>
</tr>
</thead>
<tbody>
<tr>
<td>A women should always listen to her husband even if she disagrees</td>
<td>63</td>
<td>47</td>
<td>64</td>
</tr>
<tr>
<td>Husband has the right to beat his wife when she does not obey him</td>
<td>34</td>
<td>18</td>
<td>24</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Composite index on gender norms

- It is important that sons have more education than daughters and a family is not complete until they have at least one son
- Outdoor games are only for boys and women should not be allowed to work outside of home

<table>
<thead>
<tr>
<th></th>
<th>Ever married female</th>
<th>Unmarried female</th>
<th>Unmarried male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male Preference</td>
<td>27</td>
<td>13</td>
<td>42</td>
</tr>
<tr>
<td>Mobility</td>
<td>19</td>
<td>9</td>
<td>32</td>
</tr>
</tbody>
</table>
Household chores are for women only, even if the woman works outside the house and looking after the household and kids is the responsibility of women only.

A woman should always listen to her husband even if she disagrees and husband has the right to beat his wife when she does not obey him.
Summary

• **Unmarried females:** hold the most liberal view (gender-equitable views) among the three groups. Agreement to all the statements is lowest for unmarried females.

• **Married females:** In contrast, married girls support the societal views about women’s role in doing household chores and taking care of the family and kids, even if women work outside home. They also support women's submissive status to men more than any other group.

• **Unmarried males:** support the importance of having a son in the family or higher education for sons compared to the two other groups.

• Similarly, opposition to girls playing outdoor games and women working outside the home is more pronounced among male adolescents compared to the two other groups.
Violence and Harassment
Violence and Harassment

This section was administered to half of the sampled respondents

Topics

Experience of physical violence

Experience of cyber bullying

Experience of verbal/social bullying

Experience of sexual harassment (Only female)
Physical Violence

In the last 12 months has anyone...

- Slapped you, pushed you, or pulled your hair?
- Punched, thrown something at you, or hit you with a stick or something heavy?
- Kicked you, dragged you, or beat you up?
- Tried to choke you or burn you on purpose with something hot (fire, object, acid)
- Threatened or attacked you with a knife, gun, or any other weapon?

If yes, how many times has it occurred?
Experience of physical violence at least once in the last 12 months among adolescents age 15-19

- Ever-married female
- Unmarried female
- Unmarried male

<table>
<thead>
<tr>
<th>Physical violence at least once</th>
<th>Physical violence 5 or more times</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td>18</td>
<td>4</td>
</tr>
<tr>
<td>26</td>
<td>6</td>
</tr>
</tbody>
</table>
Perpetrators of physical violence: 3 most reported by adolescents age 15-19

- Ever married female: Husband (77%), Other family members (9%), In laws (8%)
- Unmarried female: Mother (38%), Friends / Classmates (29%), Siblings (24%)
- Unmarried male: Friends / Classmates (56%), Neighbours (19%), Mother (16%)
Verbal and Social Bullying

In the last 12 months has anyone...

Cursed you or passed mean comments or called you names?

Blamed you to be a liar or had lies told about you?

Given you a written or verbal threat?

Excluded you socially like did not include you while playing, did not let you sit with them or did not include you in idle chats?

If yes, how many times has it occurred?
Experience of verbal/social bullying among adolescents age 15-19

- Ever-married female
- Unmarried female
- Unmarried male

<table>
<thead>
<tr>
<th></th>
<th>Ever-married female</th>
<th>Unmarried female</th>
<th>Unmarried male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbal/social bullying at least once</td>
<td>30</td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>Verbal/social bullying 5 or more times</td>
<td>13</td>
<td>10</td>
<td>14</td>
</tr>
</tbody>
</table>
Perpetrators of verbal bullying: 3 most reported by adolescents age 15-19

- Wife: 47%
- Mother-in-law: 37%
- Other family members: 26%

Friends/Classmates: Ever married female - 39%, Unmarried female - 33%, Unmarried male - 26%

Mother: Ever married female - 33%, Unmarried female - 26%

Husband: Ever married female - 63%, Unmarried male - 36%, Mother - 18%
Cyber Bullying

In the last 12 months did anyone...

Use a mobile phone/internet to harass or bother her/him, spread mean words about her/him or shared pictures of her/him

If yes, how many times has it occurred?
Experience of cyber bullying among adolescents age 15-19

- Ever-married female
- Unmarried female
- Unmarried male

Cyber bullying at least once:
- Ever-married female: 7
- Unmarried female: 9
- Unmarried male: 3

Cyber bullying 5 or more times:
- Ever-married female: 3
- Unmarried female: 3
- Unmarried male: 1

Perpetrators:
- Females: unknown persons
- Unmarried males: friends or unknown persons
Sexual harassment

In the last 12 months...

- Has someone stared at you in a vulgar way that made you uncomfortable?
- Have you encountered sly whistle/humming of suggestive songs or passing of sexual comments or jokes from someone?
- Has someone touched or grabbed you, or pinched you in a way that made you uncomfortable?
- Has someone forced you to watch obscene photos, videos or flashed or mooned you?
- Did you face other similar experiences of sexual harassment?

Image source: https://www.dhakatribune.com/bangladesh/dhaka/2020/10/03/man-arrested-over-sexual-harassment-in-dhaka
Experience of sexual harassment among adolescents age 15-19

- Ever-married female: 17%
- Unmarried female: 34%

BAHWS 2019-20
Location of sexual harassment

Married
- Road: 74%
- School: 11%
- Home: 12%

Unmarried
- Road: 88%
- School: 19%
- Home: 4%
Summary

Experienced physical violence in the last 12 months

• One-fifth of ever-married and unmarried females and one-quarter of unmarried males experienced physical violence at least once.
• 4-6% of all adolescents faced physical violence 5 or more times.

Perpetrators of physical violence

• Ever married females: Husbands 77%.
• Unmarried females: Mothers (38%) and friends/classmates (29%).
• Unmarried males: Friends/classmates 56%.
Summary

Experienced verbal/social bullying in the last 12 months

- Around one-third of all adolescents faced verbal/social bullying at least once. Unmarried males were more likely to have faced verbal/social bullying than the female adolescents (35% versus 30%).
- 10-14% of all adolescents faced bullying 5 or more times.

Perpetrators of bullying

- Ever married girls: Husbands (47%) and in-laws (37%).
- Unmarried females: Friends/classmates (39%) and mothers (33%).
- Unmarried boys: Friends (63%) and neighbors (36%).
Summary

Experienced cyber bullying in the last 12 months
• 7% of ever-married females; 9% of unmarried females; 3% of unmarried males.

Perpetrators of cyber bullying
• Unknown persons were the main perpetrators of cyber bullying as reported by all adolescents- 77% by ever-married females, 80% by unmarried females and 55% by unmarried males.

Experienced sexual harassment in the last 12 months
• One third of unmarried girls faced sexual harassment at least once in the last 12 months. Among ever married girls this proportion was less than one fifth.
• Sexual harassment is most often experienced on the road.
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Connectedness with family and friends
Connectedness with family and friends

Topics

Connectedness with husband, mother-in-law, mother, father and friends
Questions to assess connectedness with family members

Adolescents age 15-19

Questions

• Enjoys spending time with the person
• Talks about very personal things with the person
• Feels pretty close to the person

Likert Scale

➢ Never
➢ Sometime
➢ Most of the time
➢ Always

“Connected” if response to the question was always or most of the time
Connected with husbands:
Currently married adolescents age 15-19

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoys spending time always/mostly</td>
<td>66%</td>
</tr>
<tr>
<td>Talks about very personal things always/mostly</td>
<td>57%</td>
</tr>
<tr>
<td>Feels pretty close always/mostly</td>
<td>81%</td>
</tr>
</tbody>
</table>
Connected with mother-in-law:
Married females age 15-19 who live with mother-in-law

<table>
<thead>
<tr>
<th></th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoys spending time</td>
<td>74</td>
</tr>
<tr>
<td>always/mostly</td>
<td></td>
</tr>
<tr>
<td>Talks about very</td>
<td>28</td>
</tr>
<tr>
<td>personal things</td>
<td></td>
</tr>
<tr>
<td>always/mostly</td>
<td></td>
</tr>
<tr>
<td>Feels pretty close</td>
<td>72</td>
</tr>
<tr>
<td>always/mostly</td>
<td></td>
</tr>
</tbody>
</table>
Connected with mother:
Unmarried adolescents age 15-19

<table>
<thead>
<tr>
<th></th>
<th>Unmarried female</th>
<th>Unmarried male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoys spending time</td>
<td>87</td>
<td>65</td>
</tr>
<tr>
<td>talks about very personal things</td>
<td>55</td>
<td>21</td>
</tr>
<tr>
<td>feels pretty close</td>
<td>93</td>
<td>80</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Connected with father:
Unmarried adolescents age 15-19

<table>
<thead>
<tr>
<th>Enjoys spending time most of the time/always</th>
<th>Talks about very personal things most of the time/always</th>
<th>Feels pretty close most of the time/always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unmarried female</td>
<td>Unmarried male</td>
<td></td>
</tr>
<tr>
<td>55%</td>
<td>13</td>
<td>69%</td>
</tr>
<tr>
<td>51%</td>
<td>14</td>
<td>64%</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Connected with friends: Adolescents age 15-19

- Ever married female
- Unmarried female
- Unmarried male

Has close and trusted friends always/mostly:
- Ever married female: 49%
- Unmarried female: 66%
- Unmarried male: 60%

Talks about very personal things with friends always/mostly:
- Ever married female: 24%
- Unmarried female: 45%
- Unmarried male: 43%
Connectedness with husband:

- Two-thirds of the married females are connected with their husbands by the measure that they enjoy spending time with their husbands always or most of the time. However, a lesser proportion (57%) said they discuss very personal matters with their husbands.

Connectedness with mother-in-law:

- Almost three-fourths of ever-married female adolescents who live with their mother-in-law reported feeling pretty close to and/or enjoying spending time with them. A much lesser proportion – about one third discusses very personal matters with their mother-in-law.
Connectedness with mother:

- A very high proportion – 87% of unmarried girls stated that they enjoy spending time with their mother always/most of the time; among boys this proportion was 65%.

- Over half of the girls discuss very personal matters with their mothers but only one fourth of the boys do so.

- Overall, unmarried girls appear to be more connected with mothers than unmarried boys.
Connectedness with father:

- Around half of the unmarried adolescents said they enjoy spending time with their fathers.
- Only a small proportion of unmarried adolescents discuss personal matters with their fathers (13-14%).
- Overall, the percent of adolescents who feel connected with their fathers is almost the same for girls and boys.
- Unmarried adolescents, both boys and girls, appear to be more connected with their mothers than with fathers.

Connectedness with friends:

- Unmarried adolescents are more likely to have trusted friends and discuss personal matters with friends than married girls of the same age.
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Mental Health
Mental health

This section was administered to half of the sampled respondents

Topics

Depressive disorder

Depressive disorder and connectedness with family/friends
How depression was measured?

Patient Health Questionnaire (PHQ)-9 modified for adolescents known as PHQ-A

In Last Two Weeks
1. Feeling down, depressed or hopeless?
2. Little interest or pleasure in doing things?
3. Had trouble falling asleep, staying asleep, or sleeping too much?
4. Had poor appetite, weight loss, or overeating?
5. Felt tired, or had little energy?
6. Felt bad about yourself – or felt that you are a failure?
7. Trouble concentrating on usual activities?
8. Felt as if you have become more silent or restless?
9. Thoughts that you would be better off dead, or have hurt yourself in some way?

Responses
- Not at all
- Some days
- Most days
- Almost everyday
Mental health: analysis

Responses to 9 questions on mental health and its scoring

<table>
<thead>
<tr>
<th>Responses</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>0</td>
</tr>
<tr>
<td>Some days</td>
<td>1</td>
</tr>
<tr>
<td>Most days</td>
<td>2</td>
</tr>
<tr>
<td>Almost everyday</td>
<td>3</td>
</tr>
</tbody>
</table>

Based on this scoring, from all 9 questions the total score would range from 0-27.
## Assessment criteria

<table>
<thead>
<tr>
<th>PHQ-A Score</th>
<th>Depressive disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 4</td>
<td>No Depression</td>
</tr>
<tr>
<td>5 – 9</td>
<td>Minor Depressive Disorder</td>
</tr>
<tr>
<td>10 – 27</td>
<td>Major Depressive Disorder</td>
</tr>
</tbody>
</table>
Prevalence of Major Depressive Disorder: Adolescents age 15-19

- Ever Married Female: 15%
- Unmarried Female: 11%
- Unmarried Male: 5%

Image Source: https://www.talkspace.com/blog/the-stigma-of-depression/
Prevalence of Major Depressive Disorder by educational attainment: adolescents age 15-19

- **Ever married female**: 18% with primary complete or less, 14% with some secondary or higher
- **Unmarried female**: 18% with primary complete or less, 11% with some secondary or higher
- **Unmarried male**: 8% with primary complete or less, 5% with some secondary or higher
Connectedness and Depressive Disorder

If the responses to the above questions are:
- Always or most of the time = Connected to specific family member/friends
- Never or sometimes = Not connected to specific family member/friends

Indicator used to assess connectedness with family
- **Enjoys spending time with specific family member**

Indicator used to assess connectedness with friends
- **Has close and trusted friends**
- **Talks openly with friends about very personal things**
Major depressive disorder and connectedness with husbands: Currently married adolescents age 15-19

Prevalence of depression is lower among those who are connected with their husbands.
Major depressive disorder and connectedness with mother/father: Unmarried females age 15-19

Prevalence of depression is lower among those who are connected with their mother.

No association between prevalence of depression and connectedness with fathers.
Major depressive disorder and connectedness with mother/father: Unmarried males age 15-19

No association between prevalence of depression and connectedness with mothers or fathers.

<table>
<thead>
<tr>
<th></th>
<th>Connected</th>
<th>Not connected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoys spending time with mother</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Enjoys spending time with father</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>
Depression by connectedness with friends
Major depressive disorder and connectedness with friends:
Ever married females age 15-19

Prevalence of depression is higher among those who are connected with their friends.
Major depressive disorder and connectedness with friends: Unmarried females age 15-19

Prevalence of depression is higher among those who are connected with their friends.

 Talks openly with friends about personal things

<table>
<thead>
<tr>
<th>Connected</th>
<th>Not connected</th>
</tr>
</thead>
<tbody>
<tr>
<td>12%</td>
<td>10%</td>
</tr>
</tbody>
</table>

BAHWS 2019-20
Major depressive disorder and connectedness with friends: Unmarried males age 15-19

Talks openly with friends about personal things

- Connected: 7%
- Not connected: 4%

Prevalence of depression is higher among those who are connected with their friends.
Prevalence of major depressive disorder

• 1 in 7 married female adolescents and 1 in 10 unmarried females age 15-19 have major depressive disorder. Girls are 2 to 3 times more likely to have major depressive disorder than boys.

• For all three adolescent groups, ever married females, unmarried females and males, the likelihood of having major depressive disorder is lower among adolescents with higher educational attainment.
Major depressive disorder and connectedness with family

- **Married adolescents** who are connected with their husbands have lower prevalence of major depressive disorder than those who are not connected.

- **Unmarried girls** who are more connected with their mothers are less likely to have major depressive disorder compared to those who are less connected. Prevalence of depression varies very little by level of connectedness with father.

- **Unmarried boy’s** connectedness with mother/father has no association with prevalence of depression.
Summary

Major Depressive disorder and connectedness with friends

• Adolescents who are connected with friends seem to have higher prevalence of major depressive disorder.

• This pattern is particularly notable among ever-married adolescents.
Thank You!