



OKUKIGATTAKO: Okusiga ensimbi mu nkola ey'ekizaalaggumba n'ebyobulamu bw'ekizadde n'abaana abawere ab'obuvubuka mu Uganda mu mwaka 2018.

Kyazibwa obugya mu mwaka 2018 nga 20 Deeseмба

- Okulongoosa ebyobulamu by'abavubuka n'eby'enzaala n'eddembelyabwe, nga mw'otwalidde okubatangira okufuna embuto ze bateeyagalidde kikulunyo kumbeerazaabwe ez'obuntu n'ebyenfunabyabwe.
- Abavubuka abawala abali mu myaka 15-19 bakola kyenkana kimu kyakuna eky'abakazi abali mu Uganda era bakola ebitundu kkuminabina kubaana bonna abazaalibwa mu Uganda. Ekitundu ky'embuto zonna ezifunibwa mu Uganda zijja abantutebeeyagalidde, era ebitundu asatu kukikumi zikomekkereza ziggiddwamu.
- Ebizibu ebiva mu mbuton'okuzaala byeyongera okuvaa mu okufa okwandibadde kwewalibwa, n'endwadde mu bakazi abakulu mu Uganda.
- Embeera y'embuto eziteetegekeddwa eziggibwamu efaanagana mu bavubuka n'abakazi abakulu. Wabula ekitundu ekisinga obunenee ky'abavubuka abatuuse mu myaka egy'okwegatta mu by'omukwano abafuna embuto ze bateetegekede kiriwaggulu nnyo okusinga mu bantu abakulu.
- Mu mwaka 2017 gavumenti ya Uganda yeewaayo okulongoosa embeera abavubuka mwebafunira enkola ze kizaalaggumba nga essa mu nkola pulogulaamu eyitibwa the National Adolescent Health Policy and the National Sexually Education Framework. Wabula okwongera ensimbi mu pulogulaamu zino kikulunyo okusobozesa abavubuka okufuna obubaka n'obuweereza obugya mu myakagyabwe bwebeetaaga, okusalawo lwebalina okufuna embuto.

Obwetaavubw'abavubuka okwegemaokuzaala, eby'okuzaalan'endabiriray'abaana abawere

- Ku bawala abali mu Uganda obukadde bubirin'ekitundu, abaali mu myaka 15-19 ebitundu abiri mu mukaaga kubuli kikumi (ngabonna wamu baali emitwalo nkaaga mu enaa mu kanaana baalina obwetaavu bw'okukozesa enkola z'ekizaala ggumba, kwekugamba abafumbo oba abatalibafumbo nayenga batuuse mu myaka gy'okwegatta mu mukwano, era ngatebaagala kuzaala okumala emyaka waakiri ng'ebiri.
- Mu bakazi bano emitwalo enkaaga mu enaa mu akanaana, emitwalo abiri mu etaano mu enkumissatu (bye bitundu asatu mu mwendakukikumi, beeyambisa enkola

z'ekizaalaggumba ez'omulembe. Enkola esinga okwettanirwa mu Uganda ze kondomu z'abasajja(ataano ku kikumi be bazikozesa), ne kuddako enkola y'empiso(asatu mu mwenda ku kikumi).

- Mu bawala abatuuse mu myakagy'okwegatta mu by'omukwano, mukaaga kubuli kkumi (nkaaga mu omu kukikumi) tebaagala kufuna mbuto– abakazi emitwalo asatu mu mwenda mu enkumittano tebaagala kukozeza nkolampya ez'ekizaalaggumba. Abavubuka bano tebakozesa nkolan'emu, ate abalala beeyambisa nkola za buwangwa eziteesigika. Ebitundukinaana mu munaana kukikumi eby'embuto z'abavubuka nga tebazeeyagalidde biri mu bantu bano.
- Ebyetaago by'enkola z'ekizaalaggumba ebitatukiriziddwa biri waggulu mu bavubuka abafumbo okusinga mu bavubuka abatali bafumbo naye nga batuuse mu myaka egy'okwegatta mu by'omukwano.(nkaaga mu kimu kubuli kikumi , bw'ogeraageranya n'ebitundu ataano mu binakubuli kikumi).
- Tekirinti abavubuka abawala bonna emitwalo abiri mu enaa mu akenda abazaala bulimwaka nti bafuna ebyetaagisa mu kuzaala n'endabirira y'abaana bawee ngabwebaweebwa amagezi ekitongole ky'ensiyonna eky'ebyobulamu ekiyitibwa World Health Organisation ne minisituley'ebyobulamu. Okugeza, abawala ebitundu anaa mu mwenda kubuli kikumi emirundi gyebagenda okunywa eddagala ngabalina embuto tegiwerera ena, ate ebitundu asatu mu bina kubuli kikumi tebazaalira mu malwaliro.

Emiganyulo gy'okukozesa enkola yekizaalaggumba

- Okweyongera okweyambisa enkola y'ekizaalaggumba mu bavubuka abatayagala kufuna n'okuwa abavubuka n'abaana baabwe obuyambi obutuufu obwetaagisa kiyamba okutaasa obulamu n'okubwongerako omutindo mu Uganda.
- Obwetaavu bw'enkola empya ez'ekizaalaggumba mu bavubuka mu Uganda bwebunaamalibwawo , abawala okufuna embuto ze bateeyagalidde kijjakukendeera okutuuka kubitundu nsanvu mu bibri kubuli kikumi, okuvamitwalo abiri mu gumu mu enkuminnya egy'abawala abafuna embuto bulimwaka, okutuuka kumitwalo mukaagan'ekitundu, kikendeeze ne kumuwendo ne kubaana abazaalibwa ngabava mu mbuto ezaafunibwa mu butanwa bulimwaka(okuvakumitwalo kkuminagumu mu kasanvu okutuuka kumitwalo esatu mu enkumissatu), n'embuto eziggibwamu okuvakumitwalo mukaaga mu kasanvu, okutuuka kumutwalo gumu mu kenda.
- Mu kiseera kyekimu, obwetaavu bw'enkola z'ekizaalaggumba bwebunaamalibwawo mu Uganda, omuwendo gw'abawala abavubuka abafa ngabazaala gujjakukka okutuuka kubitundu asatu mu bitanokubulikikumi(okuva kubawala lukaaga mu abiri abafa bulimwaka okutuuka kubavubuka bina)Singa wabeerawo okufuna enkola ze'akizaalaggumba ez'omulembe mu bujjuvu, ngawaliwo n'endabirira y'abawala abali embuto n'abaana abawere entuufu, abawala abafa ngabazaala bandikendeddenyo

ebitundu nsanvu mu mukaaga kubuli kikumi(okuva kubawala lukaaga mu abiri, okutuuka kubawala kikumi mu ataano bulimwaka).

Obwetaavu bw’okusigamu ensimbi ennyingi

- Mu mwaka 2018 kyateeberezebwa nti ensimbi ezissibwa mu buweereza bw’enkola z’ekizaalaggumba bulimwaka mu bawala abali mu myaka 15-19 abawera emitwalo abiri mu etaano mu enkumissatu, zaaliddoola za America obukadde bubiri. Kitegeeza nti okutwalira awamu buli omu yasaasaanyizibwako ddoola ezaawera mwenda n’obutundutundu asatu mu bubiri buli mwaka.
- Omuwendo gwonna awamu mu mwaka 2018 ku ndabiriray’abawala abaali embuto n’abaanabaabwe gwali ddoola obukadde amakumi abiri.
- Okutuukiriza obwetaavu bw’enkola z’ekizaalaggumba ez’omulembe mu bavubuka abawala abali mu myaka egy’okwegatta mu by’omukwano nga tebaagala kufuna mbuto mu myaka ebiri mu maaso, bulimwaka kimalawo obukadde bwa ddoola kkumi namwenda ngazeeyongeddeko okuva kubukadde ekkumi n’omusanvu ezikozesebwa we twogererabino. Ennyongereza eno ejjakulongoosa omutindo gw’endabirira y’aabantu abeeyambisa enkola zino n’abo abajja okuzeeyambisa gyebujja.

OKUTUUKIRIZA EBYETAAGO BY’ABAVUBUKA

- Okusiga ensimbi mu nkola z’ekizaalaggumba ez’omulembe kijjakuyamba okukendeeza ensimbi eziteekebwa mubyobulamu obwekizadde n’abaana abawere mu Uganda.
- Omugatte gw’ensimbi za Ddoola ezikosebwa omwaka
- Olupimoo lulaga ku nkozesa z’ekizaala ,ebyobulamu bwekizadde wamu n’abaana abawere ngabwebiri kati.
- 9.8 10.3 22.5
- Olupimo kunkola z’ekizaalaggumba gattako ebyobulamu bwekizadde wamu n’abaana abawere ngabiri kikumi kukikumi.
- 58.8 59.0 ===== 120.1
- Empeereza kunkozesa z’ekizaalaggumba ,ebyobulamu byekizadd ewamu n’abaana abawere nga etuukiriziddwa kikumi kukikumi.

▪	58.8		16.5		18.9		94.2
•	0	20	40	60	80	100	120

- Bwewatabaawo kwongera ku nsimbi mu buweereza bwenkola z'ekizaalaggumba, okutuukiriza obwetaavu kubyekizadde n'abaana abawere mu bavubuka abawala kujja kumaalangawo obukadde bwa Ddoolaz'America eziteeberezebwa okuwera 118 bulimwaka so nga kwezo obukadde bwa Ddoolaz'America 59 zijja kuteekebwa kubyakulabirira n'oku waobujjanjabi eri abo abafunye embuto z'ebateeyagalidde.
- Okutuukiriza mu bujuvu obwetaavunbwenkolanz'ekizaalaggumba mu bavubuka kijjakukendeeza kunsimbi ezisaasanyizibwa kubyembuto sente zijjakukendeeza okuva kubukadde bwa Doolaz'America obubbade 75 budde ku 43.
- Olwokuba ensimbi ezisaasanyizibwa kukutangira okufuna olubuto nga omuntu akozesa enkola z'ekizaalaggumba ez'omulembe zibantononnyo bwogeraageranya n'ezo ezisaasanyizibwa okulabirira omuntu afunye olubuto lwateyagalidde, buli Doola esaasanyizibwa okutuusa enkola y'ekizaalaggumba mu bavubuka kijjakukendeeza ensimbi ezikozesebwa okutuusa obuweereza kubyekizadde nebyobulamu bwabavubuka n'Abaana abaweremu Uganda ne nsimbi za Doolaz'America 2.56.
- Okutuukiriza empereza mu bujuvu kunkola z'ekizaalaggumba ,ebyobulamu bwekizadde eri abavuvuka n'abaana abawere mu Uganda kimalawo obukadde bwa Ddoolaz'America 94 bulimwaka.
- Bulimwaka kibakyetaagisa *per capita* waddola za America 2.19 okutuukiriza obuweereza mu bujuvu kubyetaago by'Abavubuka abawala ,ebyobula mubwekizadde n'abaana abawere mu Yuganda, enkola z'ekizaalaggumba z'omulembe, zisaasanyizibwako ddoola za America (0.44) per Capita ate obuweereza obulikubyekizadde n'abaana abawere ne bisaasanyizibwako Ddoolaz'America 1.75 Per Capita.
- Ebiva mu kussa sseente bisukka kukuba nti ebyo bulamu bijjakufuna enkyuukakyuka ebirabikako ngamwotadde nokuganyula abavubuka abawala ngabakyusa embeera nebyenfuna yaabwe, okweyongera okusoma, ennyingizay'ensimbi okuva mu byebakola ekijja okukendeeza obwavu. Okulabanti abavubuka basigalabalamu, bafuna emirimu gyebakola, n'okusoma ne basobola okusalawo ddi na kiseeraki lwebandizadde kijja tusobozesa okuganyula mu bibala byomuwendu gwabantu.

Byetusababikolebwe(ebirina okukolebwa)

- Okusiga ensimbi mu kutuukiriza obwetaavu kunkola z'ekizaalaggumba ez'omulembe n'ebyobulamu by'Abaana abaware mu bavubuka mu Uganda kyetagisannyo okusobozesa okuleetawo enjawulo mu byobulamu era kiganyulannyo okusinga okussa essiraku bya byekizadden'abaana abawere byokka.
- Enkola ennungamu mu kulongoosa ebyembera zokweggata saako n'okuzaala mu bavubuka erina okukozesa obukodyo obuwerera nayengabwonnabukwanaganyizidwa bulungi okusobola okutuukiriza empereza etasosola, ekirizibwa mu nkolay'abasawo

abakugu, ate ngaetuukananenkulakulana, obuwangwa, wamun'emyaka, obumukubukodyobuno bwebunowammanga.

- Okulongoosa no kusaawo emikutu egisobozesa abavubuka nabaana abato abo abakyali mu Masomeron'abo abaawanduka mu masomero okufuna emisomo emijjuvu egikwata kukikulakyabwe nobuweereza obukwata kuby'okwegatta ngabituukanan'emyakagyabwe ate mu kiseeraekituufu.
- Okussa ensimbi mu nkola esobozesa Gavumenti okukolagana wamu n'okuyamba abantu ba Ssekinoomu abalina Amalwariro naddala mu masoso g'ebyalo awatali wangu wakutuuka okutuusa obuweereza eri abavubuka obukwata ku byokwegatta n'okuzaala nga bwa kikugu ate nga bwamutindo nga butuusibwa kubavubuka mu mubitundu ebibasanyusa.
- Okudigana nga emisomo egibangula abasomesa abali mu byalo ne mu bitundu ebyenjwulo bafune obusobozi okusomesa n'okutegeeza abantu entakera kunkola z'ekizaalaggumba n'obuwereza obukwata kun kola zino obuliwo.
- Okulondoola olutatadde obweyamo Uganda bweyeetema obwa FP2020 okulabanti ensimbi eziteekebwa mu buweereza bw'enteekateeka y'ezadde zivaa muomuganyulo.

Biggiddwa mu biwandiiko okunoonyereza wamu n'ebibalo binowammanga Guttmacher Institute, *Adding it up: investing in contraception and maternal and newborn health, 2017, Fact Sheet, New York: Guttmacher Institute, 2017. Annotated version available at <https://www.guttmacher.org/fact-sheet/adding-it-up-contraception-maternal-newborn-health-for-adolescents-uganda>.*

Obugabirizi obutusobosezza okufuna obubaka buno buvudde mubitongole omuli .

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Ebiroowoozo ebiri mu Kiwandiiko kino bya Bawandiisi so tebiragandowooza nakusalawo bwa bagabiba Buyambi mu ngeri yonna.