

# Assessment of Youth-Friendly Sexual and Reproductive Health Services in Selected Public Health Facilities in FCT, Nigeria

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## ABSTRACT

**Introduction:** Adolescents and young people represent a significant proportion of Nigeria's population and remain central to the country's future health and development. However, they continue to face multiple sexual and reproductive health (SRH) challenges, including early pregnancy, unsafe abortions, and sexually transmitted infections (STIs), often due to inadequate access to youth-responsive health services. Youth-friendly reproductive health services (YFRHS) are essential to improving adolescents' sexual and reproductive health outcomes in Nigeria. This study assessed the availability, accessibility, and utilization of YFRHS in public health facilities across the Federal Capital Territory (FCT), Abuja, and examined the influence of socio-demographic characteristics on service uptake.

**Methodology:** A descriptive cross-sectional design was adopted. Using a multistage sampling technique, data were collected from 423 respondents aged 15–25 years across 24 public health facilities selected from 12 wards within six Area Councils (Abaji, Bwari, Gwagwalada, Kuje, Kwali, and AMAC). A structured, interviewer-administered questionnaire was used, and data were analyzed using descriptive and inferential statistics, including chi-square tests and binary logistic regression at a significance level of  $\alpha = 0.05$ .

**Results:** Findings revealed moderate availability ( $\approx 52\%$ ), high accessibility ( $\approx 55\%$ ), and high utilization ( $\approx 56\%$ ) of YFRHS. However, socio-cultural barriers such as fear of community judgment, limited parental support, and religious or cultural opposition continue to hinder equitable access and use. Statistical analysis showed that sex was significantly associated with accessibility ( $\chi^2 = 5.525$ ,  $df = 1$ ,  $p = 0.019$ ), with females more likely than males to report access. For utilization, employment status emerged as a significant predictor (OR = 1.995,  $p = 0.001$ ), while living arrangement showed a marginal association (OR = 1.620,  $p = 0.091$ ). No socio-demographic variable showed a significant relationship with availability ( $p > 0.05$ ).

**Conclusion:** YFRHS in the FCT are moderately available and accessible and their utilization is strongly influenced by economic independence and supportive living conditions. This study recommends strengthening health facility readiness, enhancing youth empowerment programs, and implementing community sensitization campaigns through collaborative efforts among government agencies, civil society organizations, and development partners to promote equitable and sustainable adolescent health outcomes.

**Keywords:** Youth-Friendly Reproductive Health Services, Adolescents, Accessibility, Utilization, Nigeria, Public Health Facilities, Federal Capital Territory, Sexual and Reproductive Health

