

# Comparison of new HIV diagnosis and teenage pregnancy in DREAMS and non-DREAMS districts, Malawi 2017–2022

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## New HIV diagnosis decreased by 77.8% and the percentage of teenage pregnancies declined by 12.2% in Malawi DREAMS districts.

### Abbreviations

Determined, Resilient, Empowered, AIDS-free, Mentored, and Safe (DREAMS)

Adolescent girls and young women (AGYW)

Antenatal care (ANC)

### BACKGROUND

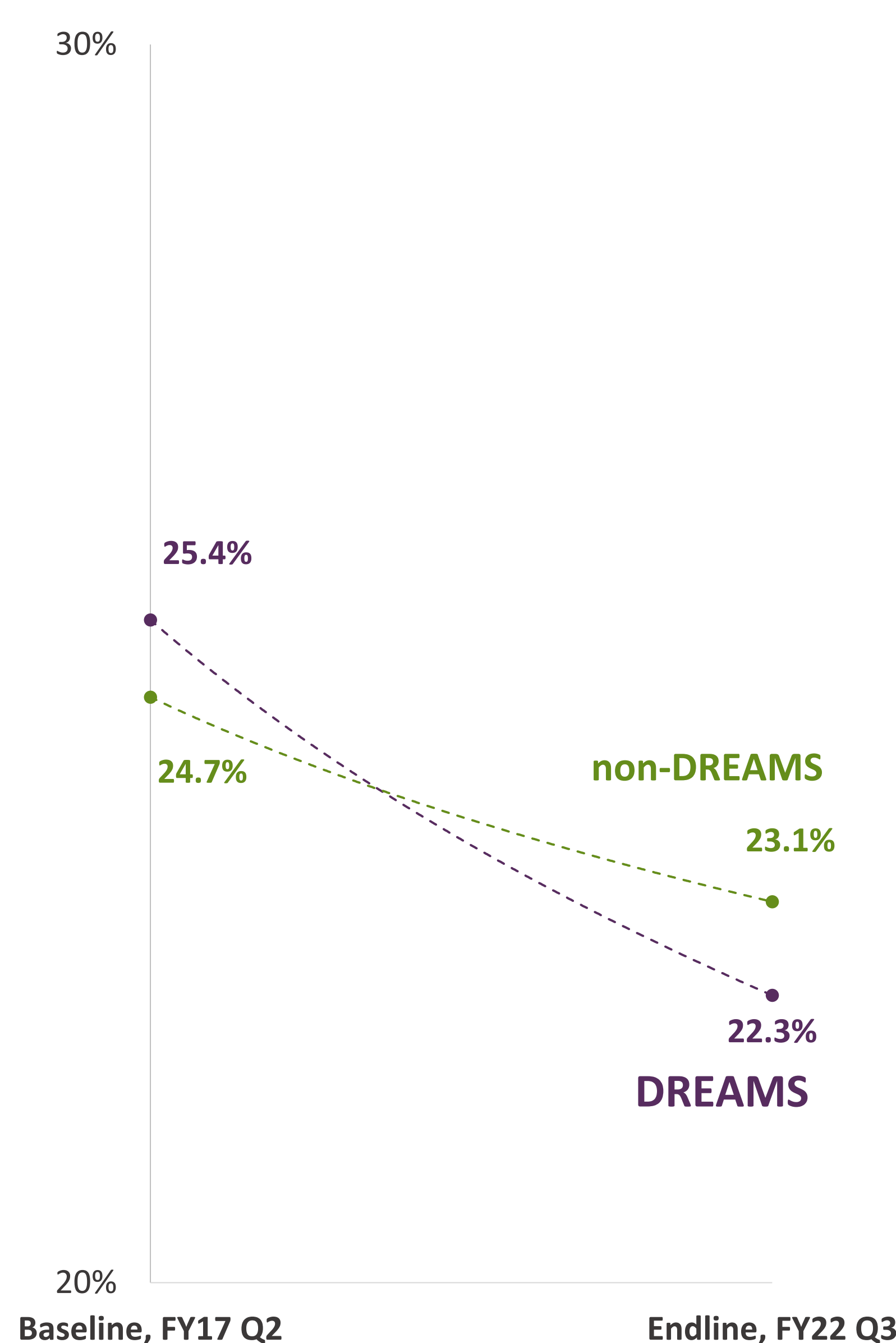
- The DREAMS program provides a package of core interventions to address key factors that put AGYW vulnerable to HIV risks, including; poverty, gender inequality, sexual violence, social isolation, and limited schooling.
- The DREAMS core interventions aims to;
  - Empower AGYW and reduce risk for HIV, unintended pregnancy and violence
  - Mobilize communities for norms change
  - Strengthen the families
  - Reduce risk for sexual partners
- DREAMS was introduced in Malawi in 2016 and scaled-up in 3 districts by 2018
- By March 2023, more than 350,000 AGYW had been reached with DREAMS interventions since the program started in 2016
- This is the first quantitative evaluation on the impact of DREAMS in Malawi

### METHODS

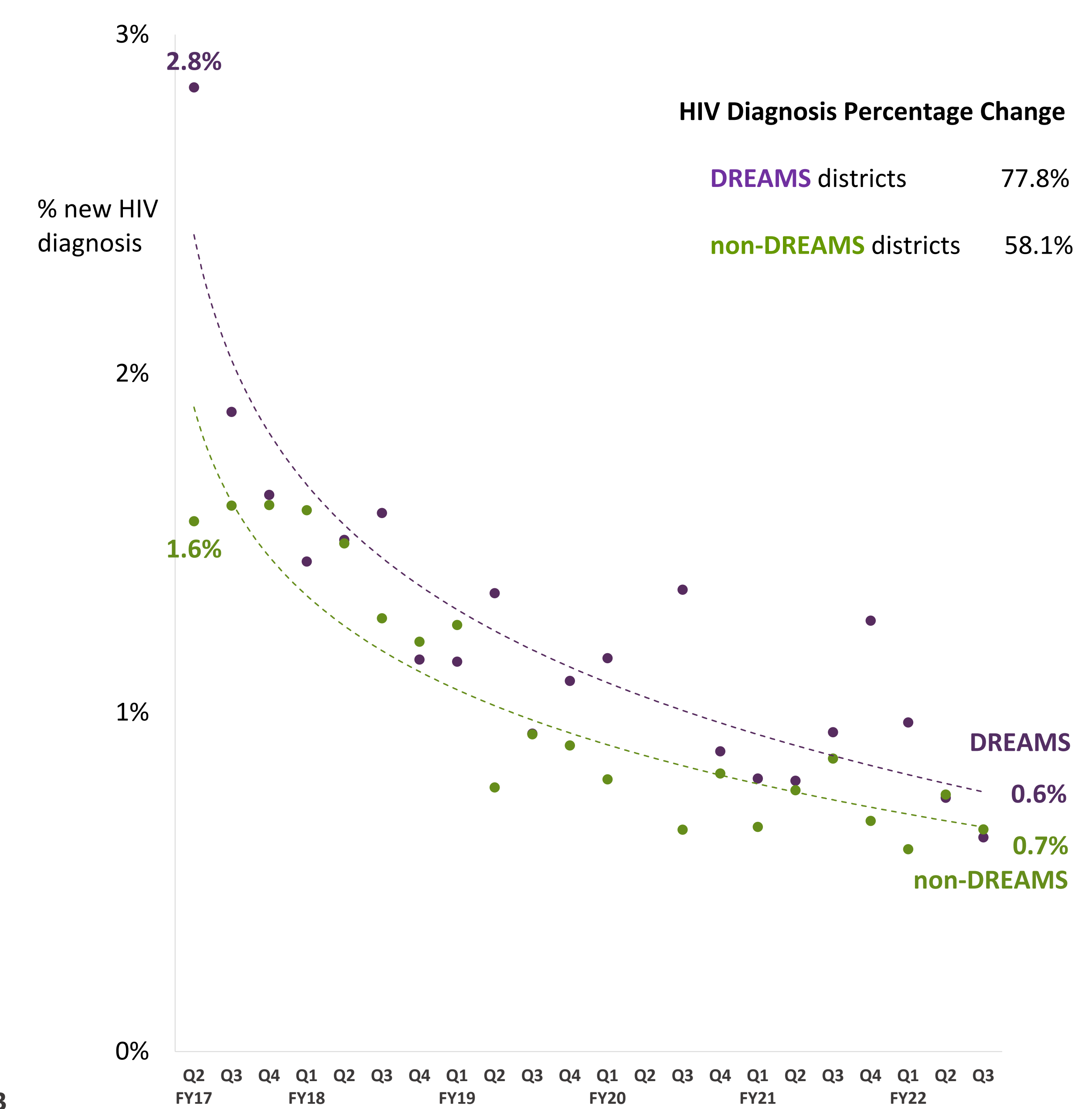
**Objective: To evaluate the impact of DREAMS on reducing HIV new infections and teenage pregnancies in AGYW in Malawi**

- Conducted 2-sample test of proportions on new infections and teenage pregnancies using PEPFAR data
- Limited analysis to AGYW aged 15-19 years
- Compared DREAMS districts (Blantyre, Machinga, Zomba) to non-DREAMS districts (Chikwawa, Mangochi, Lilongwe)
- Quantified percentage change of proportions over 5 years
  - Comparing between timepoints FY 2017 quarter 2 (baseline) and FY 2022 quarter 3 (endline)) or populations (DREAMS and non-DREAMS districts)

Proportion of teenage pregnancies by DREAMS and non-DREAMS districts



New HIV diagnoses among AGYWs aged 15-19 attending ANC, by DREAMS and non-DREAMS districts



### RESULTS

- Among AGYW aged 15-19 in the DREAMS districts (117,472), the percentage of new HIV diagnoses decreased from 2.8% at baseline to 0.6% at endline, representing a percentage change of 77.8% ( $p < 0.001$ )
- A decline of 58.1% occurred among AGYW in non-DREAMS districts (140,000), from 1.6% to 0.7% ( $p < 0.001$ )
- The difference in the percentage change among AGYW aged 15-19 in DREAMS versus non-DREAMS districts was statistically significant ( $p = 0.003$ )
- The percentage of teenage pregnancies among AGYW attending ANC in the DREAMS districts decreased from 25.4% to 22.3% (percentage change 12.2%; ( $p < 0.001$ ))
- A decline of 6.5% occurred among women attending ANC visits in non-DREAMS districts, from 24.7% to 23.1% ( $p < 0.001$ )
- The difference in the percentage change of AGYW attending ANC visits in DREAMS versus non-DREAMS districts was not statistically significant

### CONCLUSIONS

- If scaled up intensely, the DREAMS comprehensive package of interventions could have a greater impact on HIV transmission among vulnerable AGYW.

### CONTACT INFO

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