



## Lady Jaydee appointed GGM Kili challenge Ambassador

Tanzania Commission for AIDS (TACAIDS) has appointed renowned songbird Judith Wambura alias Lady Jaydee, as the GGM Kili Challenge Goodwill Ambassador 2015, to raise awareness on the HIV and AIDS pandemic.

TACAIDS Executive Chairperson Fatma Mrisho told a joint press conference with AngloGold Ashanti Geita Gold Mine (GGM) in Dar es Salaam recently that the musician would use her influence to attract more individuals and companies to contribute to the initiatives.

"Our Goodwill Ambassador will do everything from raising awareness via word of mouth and social media and collaborate with our Kili Challenge team in hosting events to attract more participation in the Kili Challenge," she said.

Lady Jaydee pledged to provide the Kili Challenge organisers with maximum cooperation in

order to attain the three zeroes goal namely Zero New Infections, Zero Discrimination and Zero AIDS related Deaths.

"Personally, I am aware on AIDS/HIV as I lost my two relatives from the pandemic. I promise to cooperate with the organisers to raise awareness," said 'Yahaya' hit singer.

AngloGold Ashanti-Geita Gold Mine (GGM) Vice-President Simon Shayo, pointed out that more than 600 individuals across the world had climbed Mt Kilimanjaro to raise funds for the Kili Challenge for the past 13 years.

"For the first time since its inception in 2002, Kili Challenge us partnering with the most influential artist and is said to be a most loved female artist and the most inspirational artist in the country in order to escalate the cause to another level," he said.

Source: Daily News



Ms. Lady Jaydee, the GGM Kili Challenge Goodwill Ambassador for 2015

Moshi — The United States Government is one of key partners of Tanzania in the war against HIV/AIDS. The Elizabeth Glaser Paediatric AIDS Foundation (EGPAF) began supporting efforts to prevent, care for, and treat the disease in the country in 2003.

It works with the Ministry of Health and Social Welfare. The Foundation implements critical programmatic, research, and advocacy initiatives. These aim to eliminate HIV infections in children and supporting HIV-positive children, mothers, and families.

The Foundation partners deal directly with individual districts and faith-based organizations to increase access to comprehensive, high-quality, well integrated HIV prevention, care, and treatment services across Tanzania. In such efforts there are some women who have been in the forefront to en-

## Kilimanjaro women benefit from US foundation

sure babies are born HIV free so that a day comes later when there would be no new transmissions. One of such women is Ms Secunda Philipo who says was found to have contracted HIV in 1994.

Ms Philipo (47) says was forced to return to Moshi from Dar es Salaam where she was living with the family. She has been on drugs ever since with support of EGPAF and is a lay counsellor to other clients so as to guide them on best ways to live positively with the disease.

Ms Philipo says she had been getting training from EGPAF staff at Mawenzi Regional Referral Hospital where she had gone for her normal care and treatment services. "I decided to dedicate my life as a lay counsellor

along with doing other business. We got training on how to treat clients, share experience and ensure drug retention," she says.

Ms Philipo notes that she had difficult experience witnessing a man who killed his wife just because she disclosed that the couple was HIV positive. She says there are many challenges to be a lay counsellor because there are some clients who give wrong addresses so it becomes difficult to make a follow-up when they miss clinics.

Ms Philipo says she has been on a home-based care to others by tracking those who miss clinics, entice them back to clinics through polite ways. Ms Angela Sangawe is a Moshi resident who says she discovered to be HIV positive before giving birth to her one-year

and two months old child.

She says it is through EGPAF and Tanzania Government efforts that she was initiated on drugs and at last she now has an HIV free child.

Ms Sangawe (40) says she was shocked to learn that she was positive. With counselling however, she thinks there is not much to worry about. All she does now is to make sure she does not pass it over to another person.

She says her partner does not want to undergo a test but they get along well without any stigma and she shows off her healthy child. "My partner has no problem although he does not want to test to know his status.

Earlier on his relatives used to subject me to stigma but now things have

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# Waathirika Kinondoni tunauawa na manesi

Waathirika wengi wa virusi vya Ukimwi (VVU) wanohudumiwa katika Hospitali ya Mwananyamala Wilayani Kinondoni, wamekuwa wakiwekwa katiaka wakati mgumu na wahudumu au Manesi Hospitalini hapo.

Tatizo kubwa ni kwamba wananyimwa dawa za kupunguza makali ya VVU (ARV) na wahudumu hao wa afya kwa maelezo kwamba zimeisha, zimeagizwa lakini bado hazijafika. Mbaya zaidi husema hakuna taarifa ni lini zitafika, hivyo huwataka wagonjwa wakanunue



*Hospitali ya Mwananyamala katika Wilaya ya Kinondoni*

ARV katika Hospital binafsi.

Tunaomba suala hili lichun-

guzwe kwa sababu waathirika

wa VVU wanaendelea kuteseka

na tuna wasiwasi hizi dawa wanaziua kwenye Hospital binafsi ambako wanatutuma tukazininunue.

Wengi wetu hatuna fedha za kuweza kumudu bei yake hivyo tunaomba Serikali iingilie kati suala hili maana ni ufasadi, unyanyapaa na ukatili dhidi ya waathirika wa VVU.

Tunaomba serikali isipuuze suala hili maana wagonjwa wengi kwa sasa tupo hatalini kufa kutokana na matumizi ya dawa hizo kutokuwa endelevu.

*Chanzo: Anayeishi na VVU-Mwananchi*

## Why many Men refrain from HIV/AIDS Screening

Despite efforts by the government to step up war against HIV/ Aids by setting up testing and counseling centres, men have always been slow in testing their health status compared to women. Most of them depend on testing results from their partners to determine their health status.

A cross – section of Youths in the country had different views on this issue. Richard Mrema, says, Men reluctance to go for counseling and testing is due to ignorance, adding that they should be educated because one cannot depend on the testing results from his partner.

On his part Mapambano Kisendi said that Stigma is a major problem that hinders many men from testing. He added that if one declares that he is HIV/Aids positive, he might even lose his job due to stigma, a situation which has sent a blunt message to men who are bread winners.

Salum Said had a view that Men bank on condoms and they do not have time to go for testing. Further, he adds: 'Many of them think that using condoms is better than testing.' He said that Men need education programmes which are designed in such that they don't compromise with their daily activities so that many can

benefit

On the other hand, Jumanne Kivuma says it is very important to know whether one lives with HIV/ Aids in order to make better choices, adding that lack of awareness and sensitization campaign limits many men from testing. He insisted on the need for Men to be educated because in most cases many were not open to their partners.

Frances Kiwale says that unlike women who are mothers, men need a very comprehensive counselling and testing programme that would attract them to feel free and test voluntarily, while Mwanahamisi Ally says Men shun from voluntary counselling and testing centres for fear of separating with their partners. She added that others are afraid of being isolated with friends, relatives and families. But, she says, others are simply afraid of dying soon.

Honest Kway says Men should not depend on their partners because testing develops confidence in life and good future planning. In case one is found positive, he adds, he can take necessary precautions to protect himself and others from contracting the disease.

*Source: Guardian*

## TACAIDS kujenga vituo vya elimu ya VVU kwa madereva

Tume ya Kudhibiti Ukimwi Tanzania (TACAIDS) ina mpango wa kujenga vituo sita vya kutoa elimu ya ukimwi na huduma mbalimbali za afya kwa madereva wa masafa marefu.

Mkurugenzi wa Urughibishi na Habari Tacaids, Jumanne Isango alisema hivi karibuni kuwa ujenzi huo unaofadhiliwa na Kampuni ya North Star Alliance kwa kipindi cha miaka mitatu, utagharimu Sh 2.2 bilioni.

Alisema vituo hivyo vitajengwa katika mikoa ya Dar es Salaam, Iringa na Mbeya. Akizungumzia takwimu za kikanda za maambukizi ya virusi vya Ukimwi, alisema madereva wa masafa marefu wameathirika kwa asilimia 16 hadi 31

"Tafiti zilizofanywa mwaka 2013 zinaonyesha kuwa madereva hawa wapo kwenye hatari ya kupata maambukizi kwa sababu wanakuwa mbali na wenza wao kwa muda mrefu," alisema Isango alipokuwa akizungumza na waandishi wa habari wakati wa mkutano wa maandalizi ya mradi wa ujenzi wa viluo hivyo.

Mwakilishi kutoka Chama cha Madereva Tanzania, Mohamed Shariff alisema vituo hivyo vitasaidia kupata elimu ya kujikinga na VVU tofauti na hapo awali. "Vituo hivi vitapunguza maambukizi kwa sababu madereva



*Mkurugenzi wa Urughibishi wa Tacaids, Bw. Jumanne Issango*



**Tafiti zilizofanywa mwaka 2013 zinaonyesha kuwa madereva hawa wapo kwenye hatari ya kupata maambukizi kwa sababu wanakuwa mbali na wenza wao kwa muda mrefu**

watapunguza tabia ya kuwa na wanawake (wapenzi) kila sehemu," alisema.

Shariff alisema kama nchi inataka kupambana na VVU ni lazima elimu hiyo iwe endelevu.

*Chanzo: Mwananchi*

TANZANIA Commission for AIDS (TACAIDS) in collaboration with President's Office Public Service Management (POPSM), National AIDS Control Programme (NACP) and Tanzania Union Congress of Tanzania (TUCTA), has started to raise awareness and facilitate the provision of HIV testing and non communicable diseases among the Ministry departments and agencies (MDAs) employees in Tanzania Mainland.

Speaking recently during the starting of the awareness and voluntary testing among MDAs workers at the Ministry of Education and Vocational Training, in Dar es Salaam, Public Institutions Response Officer with TACAIDS, Dr. Hafidh Ameir asked the workers across the country to ensure they get to three Zeros at their work places.

According to Ameir, the three Zeros include the reduction of new HIV infections, to totally eliminate stigma and discrimination at the work places and also to eradicate all diseases caused by HIV/Aids.

Dr Ameir said that testing to know your status was vital as it helps people living with HIV (PLHIV) to live happy with the disease. "A HIV positive person can live longer than if he or she follows the advice of a physician."

He also mentioned some of the things a PLHIV should use to live a happy life as getting education on better health, get balanced diet, to make body exercise, drink much water and try his best to control stresses. "Stress is a very a bad thing because findings show that it is one of the factors that lead to the decrease of CD4, it does not matter whether you are HIV positive or not" He revealed.

Ameir further noted that because of lack of exercises, more than 60 percent of civil servants were likely to die of non communicable diseases.

He also wanted PLHIV, who have started using ARVs to make them as their part and parcel of their daily lives. "When a PLHIV stops taking the ARV for some time and restart taking them after several days the medicine never functions. Worse still, a PLHIV who has been denied by the ARV, when infects another person that person will not be cured," he said.

"Once you start taking ARVs you should not stop taking them for the entire of your life he urged

Another major challenge a PLHIV faces is self denial and discrimination, because of that some PLHIV have even dared to shift from taking their ARVs from the nearby centres to where they are not known to anybody.

"You need to bear in mind it that the issue of HIV/Aids is in ours. We should accept it and make it part of us and this will make us live longer" he w

He said that there were four steps to combat the scourge. These are, the testing, collecting the results of the testing. "There are some people

# Voluntary HIV testing a major cure for Trauma?



voluntarily go for HIV testing, but they never go  
*The Public Institutions Response Officer with TACAIDS, Dr. Hafidh Ameir*

back to collect the findings. They are running from the truth, revealed

He further mentioned the third step as to accept to live with the HIV/AIDS disease. The fifth steps being to accept to declare your HIV status to your family and close friend

The VCTWORK Initiative was launched by the ILO and UNAIDS through a side event, organized during the International Labour Conference on 6th June 2013. The initiative builds upon the Getting to Zero at Work campaign which aims to reduce stigma and discrimination at the workplace. Tanzania is implementing phase II of the initiative 2014 -2015.

The Phase II of the, initiative (April - Dec 2014) be was implemented in the regions of Dar es Salaam, Coast, Iringa, Njombe and Mbeya enabling about 10,743 (6436 & 4307) men and women workers and the surrounding communities to accesses VCT services and 432 (207 & 225) men and women workers being referred for Care and Treatment services.

The initiative will contribute to 5 million women and men workers to undertake voluntarily counselling and testing (VCT) by end of 2015. HIV Testing will not be limited to workers only but will also include families, dependents and surrounding communities whenever possible.

The 2013 UNAIDS Gap Report argues that "acceptable, accessible and affordable voluntary and confidential HIV testing— whether it is at the community or health service level—results in earlier diagnosis and earlier treatment initiation with better health outcomes."

The report also shows that although HIV testing has been significantly scaled up in sub-Saharan Africa, only in 45 per cent of people living with HIV know their HIV status.

Only 10 per cent of young men and 15 per cent of young women (15-24 years) in were aware of their HIV status in 2013, underscoring the need to increase HIV knowledge and expand of testing.

In Tanzania, sixty-two (62) percent of women and 47 percent of men have ever been tested and received the results of their HIV test according to the THMIS 2011/12. HIV testing must be scaled up significantly and the link to treatment and care must be strengthened for eligible people.

Workplaces can play a key role in this effort as they bring together in a large number of women and men of productive ages. By knowing their status early, workers can access the available treatment and care, if needed and can live a long productive life.

Stigma and discrimination be at the work places continue to violets human rights including rights at work and access to care and treatment services.

The ILO study on manifestation, magnitude and impact of HIV- related stigma and discrimination at selected public and public to workplace 2014 indicates that 13 percent of workers interviewed in Tanzania Mainland held one or stigmatizing attitude towards workers who are HIV positive or suspected, to be People Living with IIV (PLHIV). Among PLHIV who had publicly disclosed their HIV I status at their workplaces, I further reveals that 6 percent were stigmatized or discriminated by employers or supervisors while 7 per cent by co-workers.

18 per cent of workers interviewed reported that they had witnesses one or more occasions of stigma and a discrimination against a PLHIV at their workplaces. 36% reported that PLHIV C became unable to seek time off from the workplace in order to visit a hospital for routine check-ups.

The ILO Recommendation on HIV and AIDS and the World of Work, No. 200 mentions, "workers, their families, and dependents should have access to and benefit from prevention, treatment, care and support in relation to HIV and AIDS, and the workplace should play a key role in facilitating access to these services."

Source: Guardian

# PLWHAs Seek Support for their Economic Projects

PEOPLE living with HIV in Rombo District, Kilimanjaro Region, have requested the government to support them in their entrepreneurial activities.

They look forward to getting support so their economic group could be more vibrant.

Rombo District chairperson of people living with HIV, Ms Joyce Peter, said her recently that they were eager for support so they could move forward. Among projects they had harm up with was batik- making.

Ms Peter said if they were provided with machines it would be a huge boost for the group since demand for such clothes was huge and it would help their members.

She said it was not good for HIV- positive people to be so dependant, which was why they had formed the group in 2012 a means to deal with their tricky situation. The chairperson said they dealt in different economic activities, including livestock keeping and soap making.

"We are not asking for support without doing anything, we deal in batik- making, livestock keeping and soap production. Our challenge is lack of capital, something that pull is back in our aim to progress in our business" said Mr.Peter.

She said their biggest challenge, apart from ensuring their family' livelihood, was to cater for their children's expenses at school, as some children were at primary and secondary school while others were in institutions o higher learning.

She called upon the public to come forward and



*The Kilimanjaro Regional Commissioner Mr. Leonidas Gama*

be counselled and tested so they could know their HIV status.

A communiqué from the Kilimanjaro Regional Commissioner (RC), Mr. Leonidas Gama, said the regional authority would link the group with small Industries Development Organization (SIDO).

SIDO, in turn would help the group to acquire machines while the RC's office would offer some raw materials for the group.

Source: Guardian

## Weekly quotable quotes!!

"When a PLHIV stops taking the ARV for some time and restart taking them after several days t,he medicine never functions. Worse still, a PLHIV who has been denied by the ARV, when infects another person that person will not be cured....Once you start taking ARVs you should not stop taking them for the rest of your entire life" Dr. Hafidh Amir, TACAIDS Public Institutions Response Officer

## VICHOCHEO VYA MAAMBUKIZI

- Majumba ya video
- Picha chafu za ngono
- Kipato kidogo kwa wanafamilia kinachopelekea biashara ya ngono
- Unywaji wa pombe na vileo vingine
- Kutetereka kwa ndoa
- Mila Potofu
- Tabia ya kufunga ndoa bila kupima

SOURCE: Advocacy and Communication Department, TACAIDS

## HIV FACTS AND STATISTICS IN TANZANIA

IN the newly released and Third Tanzania HIV and Malaria Indicator Survey 2011 – 2012 (THMIS III) HIV prevalence data were obtained from blood samples voluntarily provided by a total of 20,811 women and men interviewed. Of the eligible women and men age 15-49, 90% of women and 79% of men provided specimens for HIV testing.

Overall, 5.1% of Tanzanians age 15-49 are HIV-positive. HIV prevalence is higher among women (6.2%) than among men (3.8%). HIV prevalence is higher in urban areas for both women and men than in rural areas.

A comparison of the 2007-08 THMIS and 2011-12 THMIS HIV prevalence estimates indicate that HIV prevalence has declined slightly from 5.7% to 5.1% among adults

age 15-49. Similarly, HIV prevalence has declined among women, from 6.6% to 6.2%, and among men, from 4.6% to 3.8%.

In Mainland Tanzania, HIV prevalence among women and men age 15-49 has decreased from 7.0% in the 2003-04 THMIS to 5.3% in the 2011-12 THMIS. The decline in total HIV prevalence between 2003-04 and 2011-12 is statistically significant. Additionally, the decline is significant among men (6.3% versus 3.9%).

Drivers of the epidemic

1. Promiscuous sexual behaviour
2. Intergenerational sex
3. Concurrent sexual partners
4. Presence of other sexually transmitted infections such as herpes simplex x 2 virus.
5. Inadequate comprehensive

knowledge of HIV transmission

Contextual factors shaping the epidemic in the country

1. Poverty and transactional sex with increasing numbers of commercial sex workers
2. Men's irresponsible sexual behaviour due to cultural patterns of virility
3. Social, economic and political gender inequalities including violence against women
4. Substance abuse such as alcohol consumption
5. Local cultural practices e.g. widow cleansing

Mobility in all its forms which leads to separation of spouses and increased establishment of temporary sexual relationships

SOURCE: THMIS 2011-12

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## ANNOUNCEMENT

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*USAID's Public Sector Systems Strengthening (PS3) project will work with the Government of Tanzania to strengthen the public system to promote the delivery, quality, and use of government services. For example, it will help ensure health facilities in underserved areas have skilled health workers, such as the technician pictured above at the Nyamagana Hospital in Mwanza ( Photo by Sala Lewis/Verve)*

## U.S. Government Awards \$61 Million to Help Strengthen Public Sector

The U.S. Agency for International Development (USAID) recently announced the award of a contract for \$61 million to Abt Associates, Inc. for the Public Sector System Strengthening (PS3) project.

Through this award, USAID aims to support the Government of Tanzania to strengthen the public system to promote the delivery, quality, and use of government services, particularly for underserved

populations. Commenting on the award, U.S. Ambassador Mark B. Childress stated, "The U.S. Government is committed to helping the Government of Tanzania build a strong and sustainable public sector that has the capacity to deliver quality services to all its citizens."

The purpose of PS3 is to strengthen existing Government of Tanzania systems at both national and local levels to improve

service delivery across sectors. To reach the goal of improved government service delivery, PS3 will focus on four major systems components: governance and citizen engagement, human resources, financial management, and information systems.

At the national level, the project will focus on the development and operationalization of key strategies and policies.

At the local government-level, the project's emphasis will be on helping to translate national guidance into action on the ground, while also informing the national level dialogue of the realities at the local government levels.

PS3 will accommodate the multi-sectoral nature of local government authorities and assist in promoting inclusive and evidenced-based planning, management, and implementation of government services pertinent to health, education, agriculture, rural roads, and water and sanitation sectors.

By the end of the five year period the Government of Tanzania will be able to better distribute their workforce so that teachers, agriculture extension agents and health workers are available in rural areas.

On the other hand, local governments will have increased tax revenue to better serve the needs of the public, local governments will better utilize data for decision making, and citizens will have increased influence over how local government budgets are planned and executed.

*Source: US Embassy in Dar es Salaam*

## Kilimanjaro women benefit from US foundation

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changed and we live happily," she says. Ms Sangawe urges her fellow women to come out to test although she says there are many in the community who do not heed the call. She thinks that stands as a barrier to elimination of HIV/AIDS in the society.

She had small business before getting the child but has since left it to care for the baby while her husband remains the bread earner. A Samanga villager in Marangu ward, Ms Romana Mtui, says her husband died in 2003 so she decided to go to Kilema Hospital for testing and was found to be HIV positive. She has three children; two older ones are HIV positive while the

third one, aged nine years is not infected as the mother was initiated on drugs just after she conceived from another man. All the children are at school. Ms Mtui says they lead a fairly happy life and three of them are well due to retention in drugs as advised by medical officials.

"I am a farmer, I grow maize and beans for our food but also my brother-in-law cares for other family needs. "At first there was a problem as my father-in-law interfered with family affairs and I had to go back home in Rombo.

However, now my husband's family understands and we get on well here. We were taken to a seminar in

Arusha and now we know what to do so as to avoid new transmissions," she says. Dr Joseph Msacky who is Marangu Hospital CTC Coordinator and the one who introduced the lady, says EGPAF has helped a lot in technical and other fields. He says parents who are HIV positive are always advised to bring to hospital their children for testing. Those admitted to wards at hospital have been tested by 100 per cent. He says there are some children who are orphans brought back from Dar es Salaam or other cities after their parents died. "Most of these live with their grandparents who are not fully aware of HIV so we visit them and advise accordingly," he says.

He notes that the hospital sends home based care officials who bring all vulnerable children and if they fail doctors proceed to such homes to meet the grandparents who ultimately give in. Under the ministry's guidelines, now all children under the age of 15 are tested but with parents or guardians' consent sought first.

"We have a good cooperation with other stakeholders like teachers who identify and bring children whose academic performance is bad. We negotiate with parents or guardians and are tested," Dr Msacky says.

He notes that EGPAF has supported the hospital in training of over 75 per cent of hospital staff on HIV issues and costs of stakeholders' meetings.

*Source: Daily News*