



BASELINE STUDY REPORT ON:

HIV/AIDS IN INSTITUTIONS OF HIGHER LEARNING IN EAST AFRICA: THE CASE OF TANZANIA.



SUMMARY

- Introduction
- Justification
- Study Objectives
- Methodology
- Key Findings
- Conclusion and Recommendations

CHAPTER 1

Introduction

Introduction

- Addressing HIV&AIDS among mobile population
- HIV/AIDS information limited in scope
- No study on HIV risk Factors on HLI sub pop.
- Little known on prevalence and vulnerability
- Misconception that HIV& AIDS matters are for students Junior staff
- Not given priority in terms of funding

Objectives

- Determine HIV prevalence among students in universities
- Determine Risk factors for university Population and neighboring Communities
- Assess HIV&AIDS programs in selected universities
- Assess availability and utilization of HIV&AIDS services in universities
- Develop specific strategies for effective HIV&AIDS program in universities

Study Components

- The study had two components
- Behavioural –
 - quantitative and
 - qualitative
- Sero-Survey- HIV testing

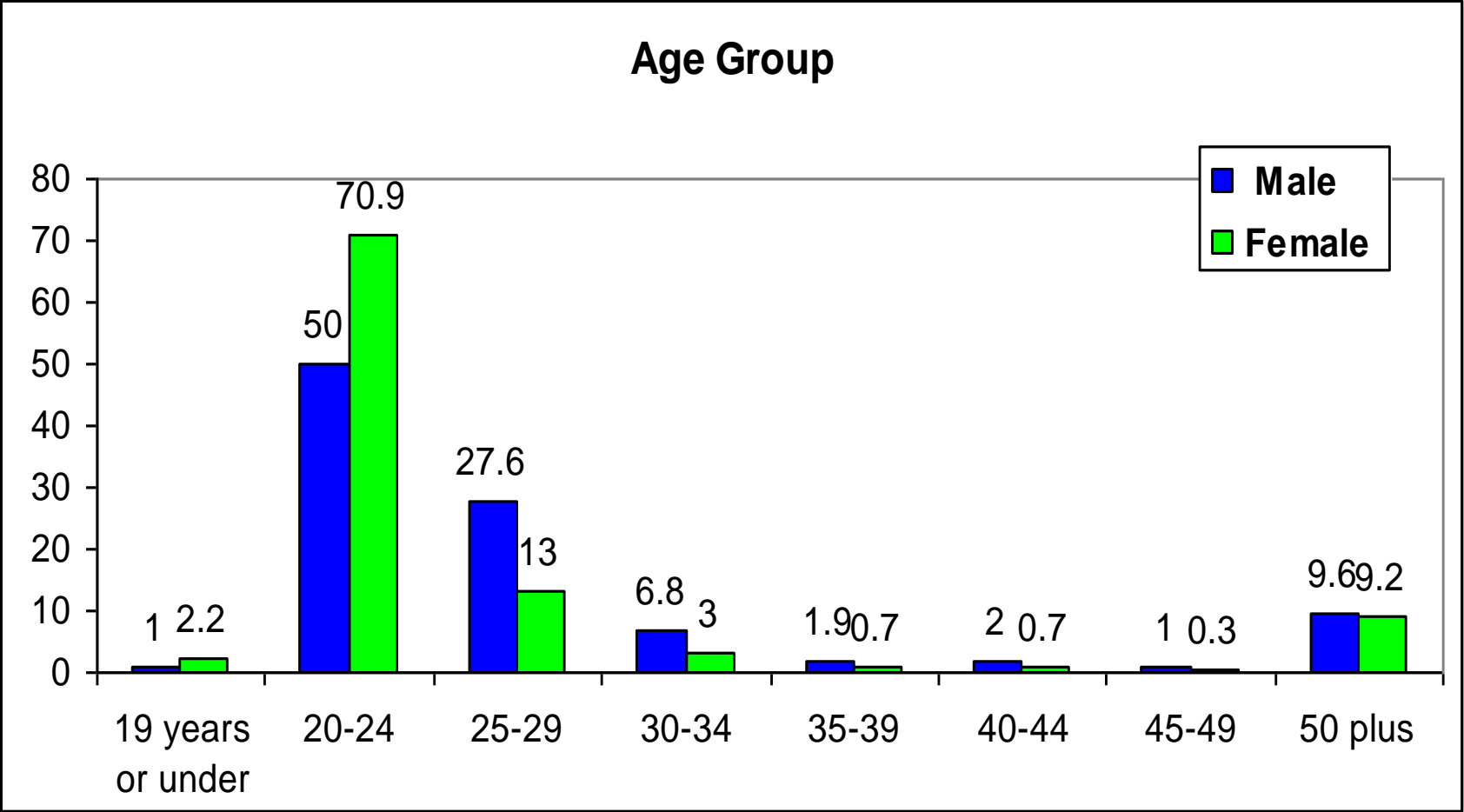
Methodology

- Six Universities involved (UDSM, SUA, Mzumbe SAUT, Tumaini & MUHAS)
- Data collection Method used-survey, IDI (in-depth interview), FGD, collecting of dried blood samples & Observation
- Random sample for survey 2426 students
- 90 IDIs and 8 FGDS
- Ethical clearance obtained in April, 2009 study commenced in May 2009
- Data collection tools: Questionnaire, IDI/FGD guides and DBS Kit for finger pricking

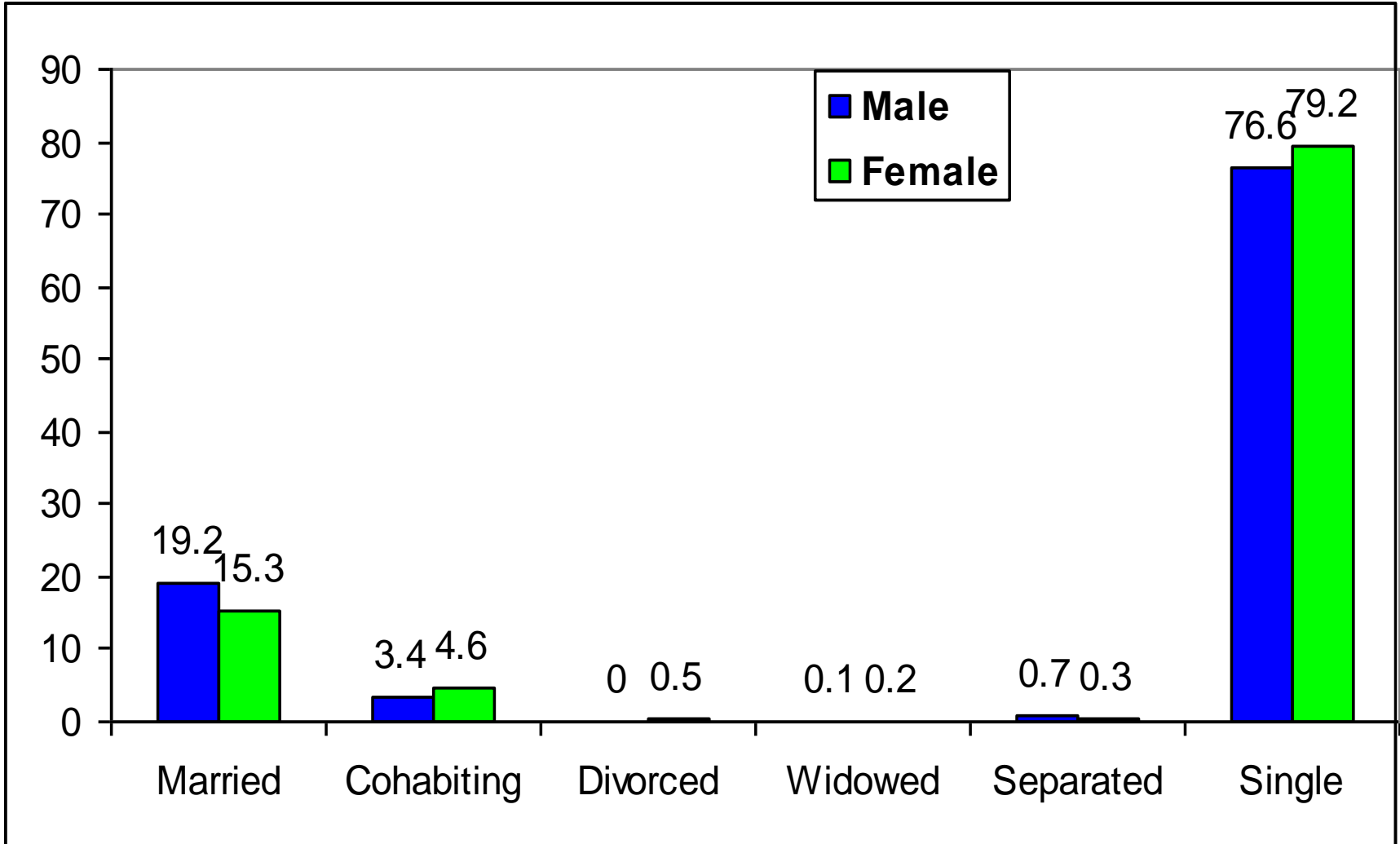
FINDINGS

CHARACTERISTICS OF RESPONDENTS

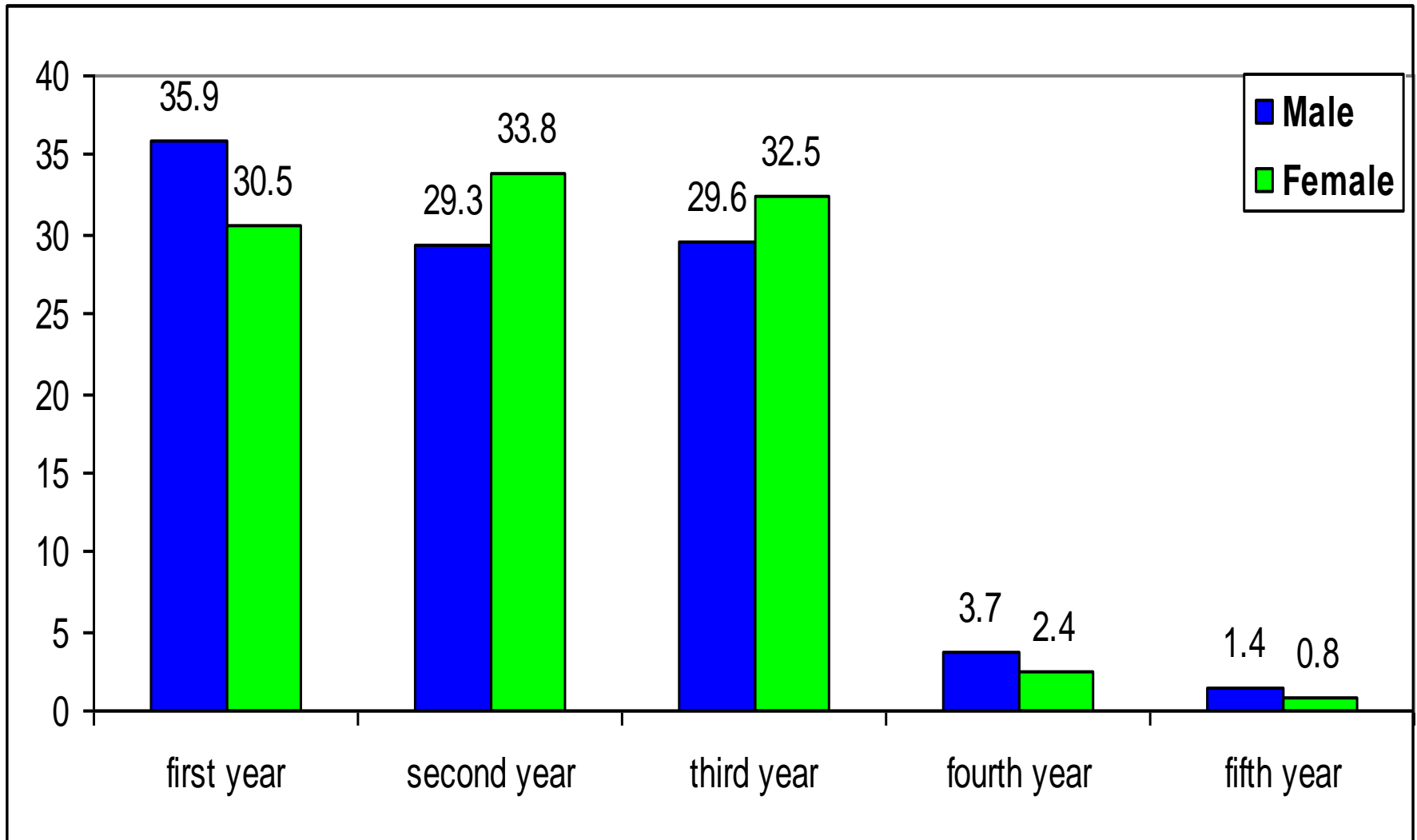
Age Group



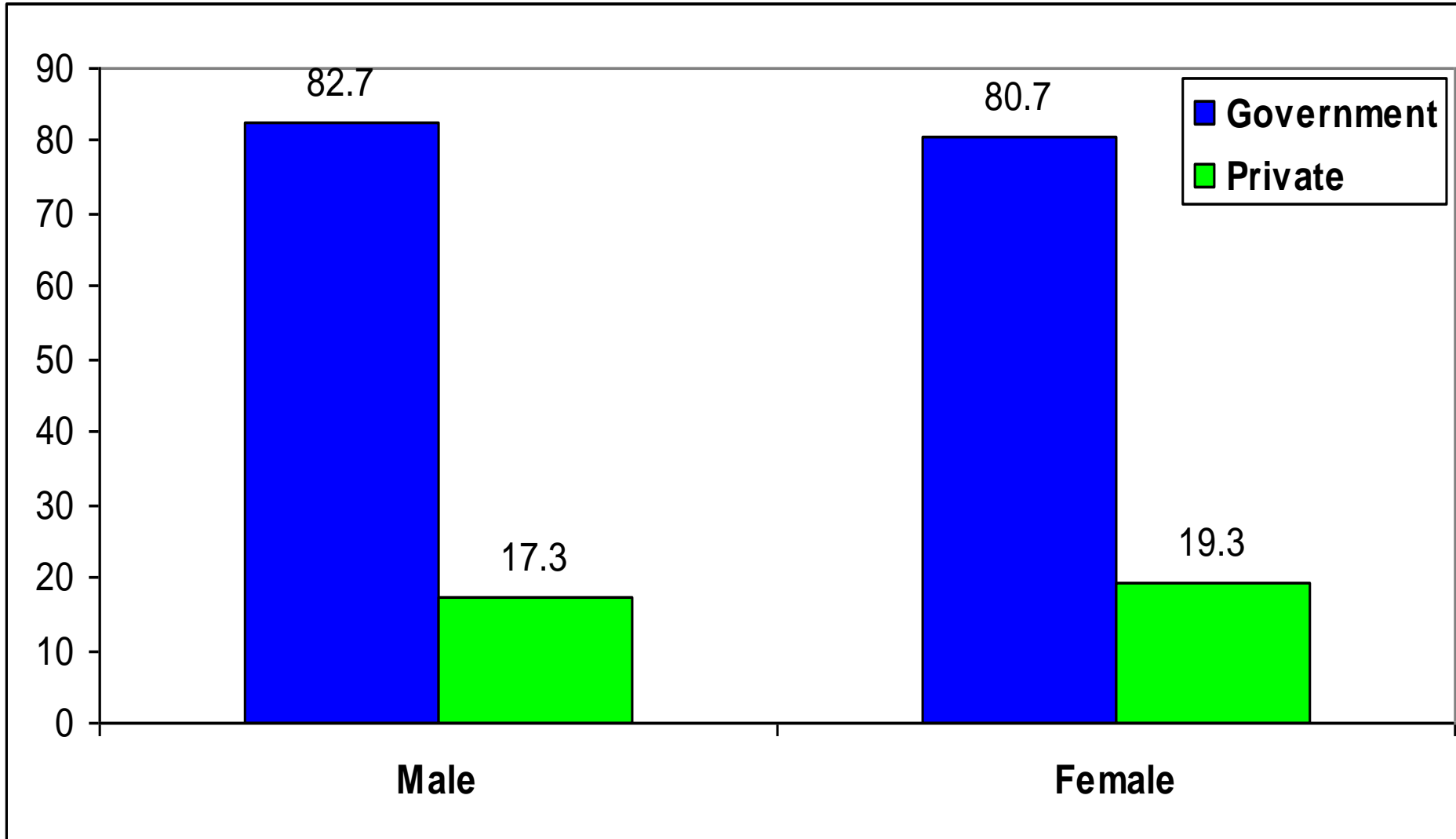
Marital Status



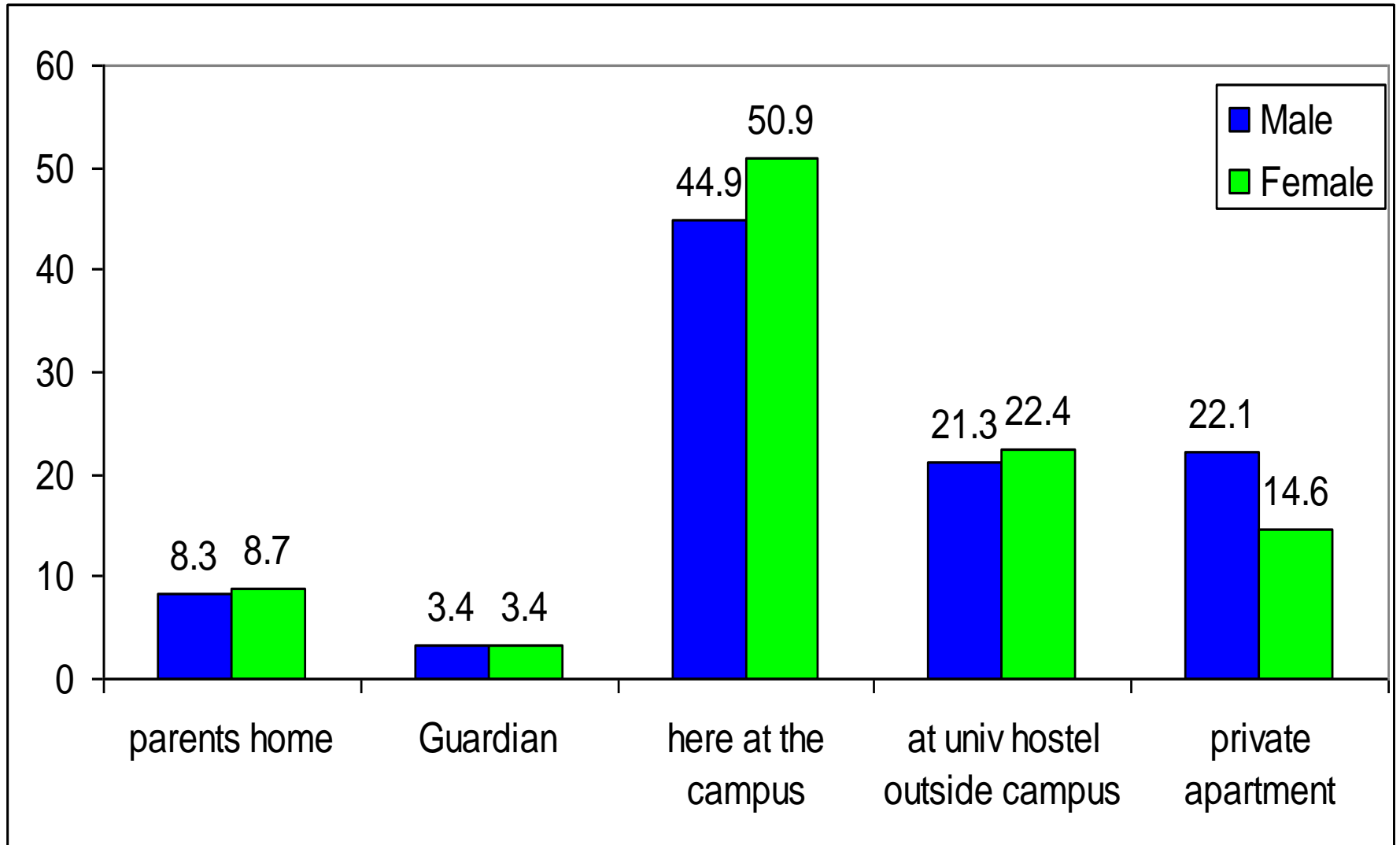
Year of study



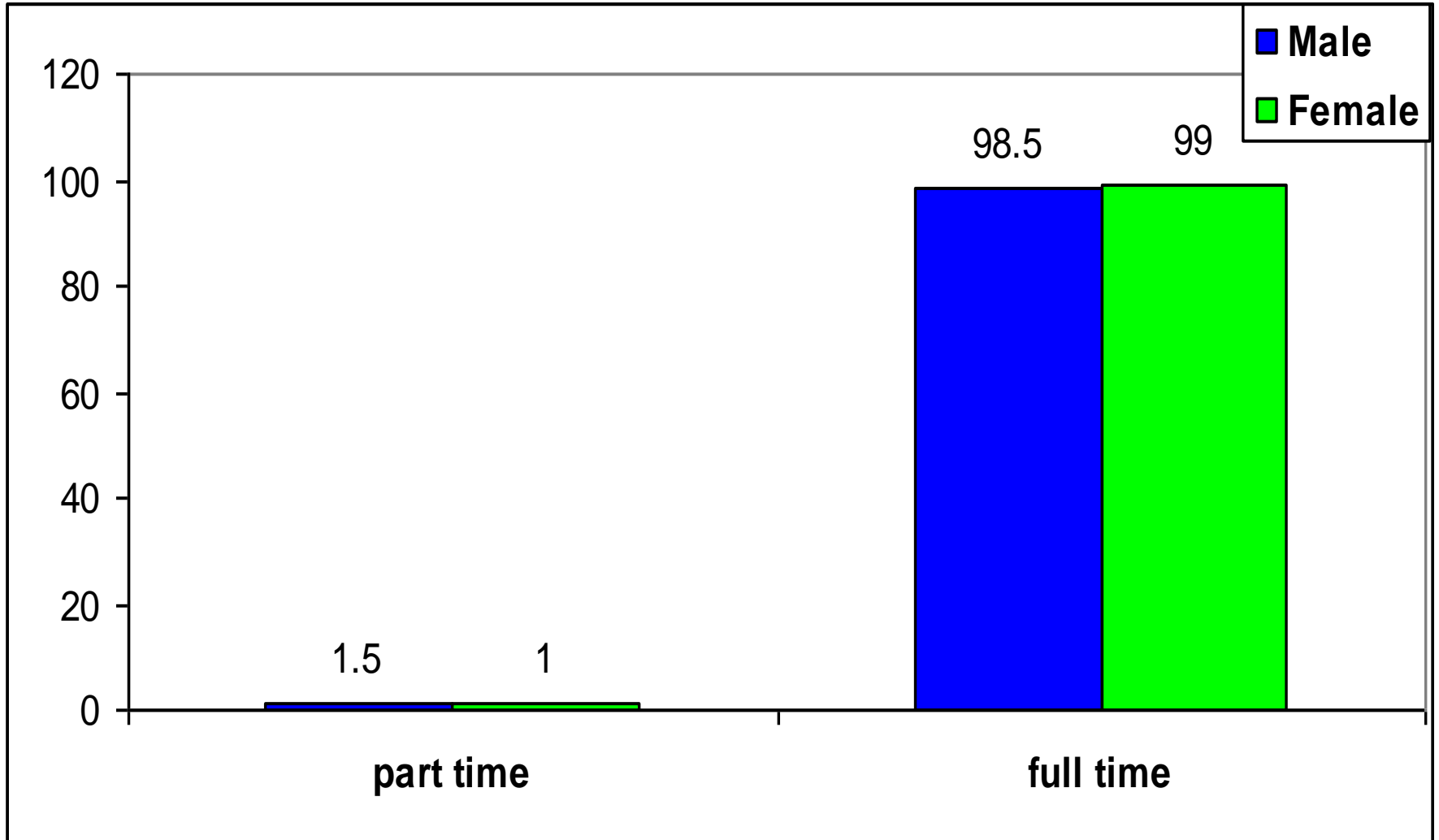
Sponsorship status



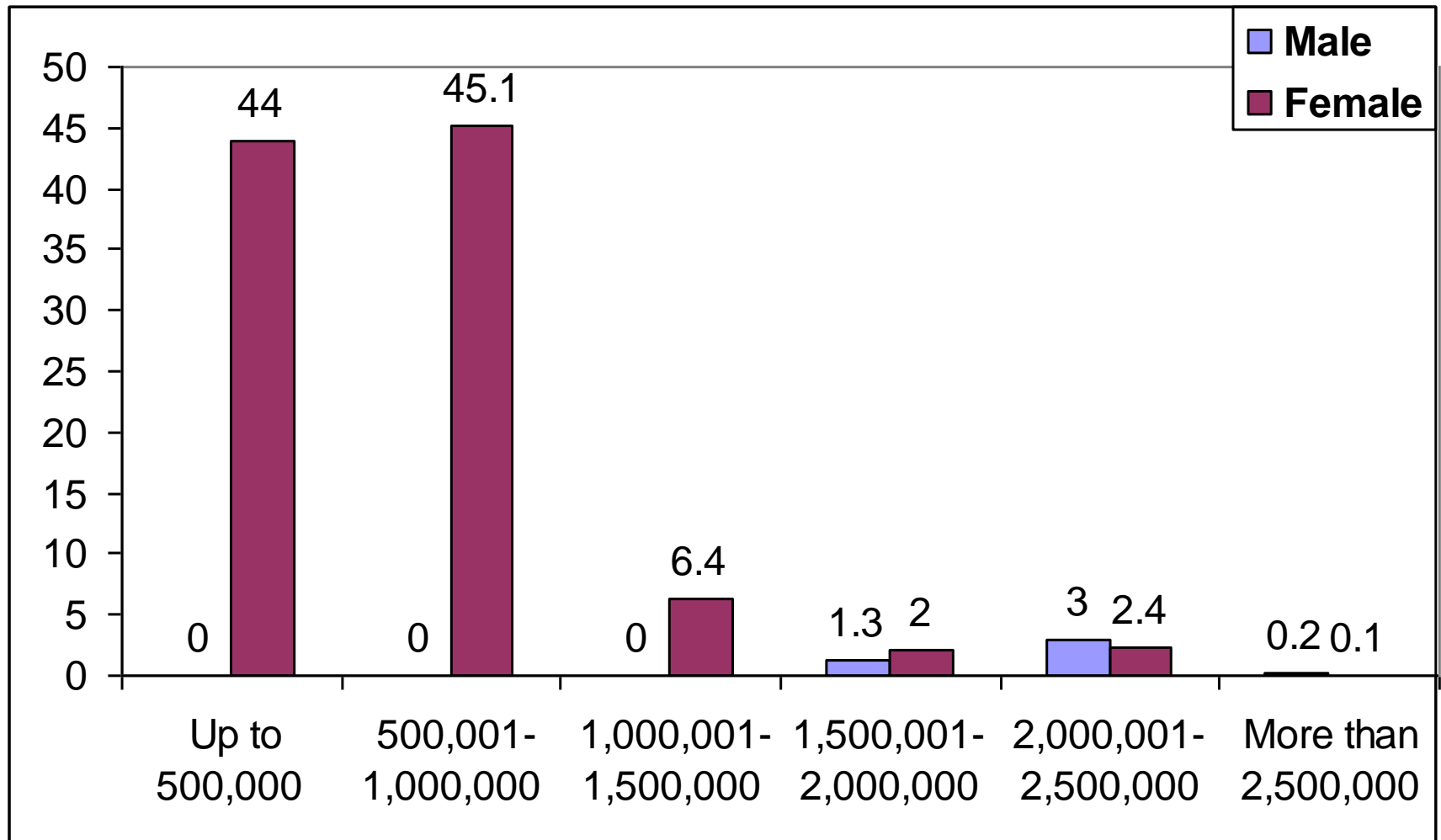
Accommodation status



Program mode



Average Amount of money spent per semester (in Tsh)

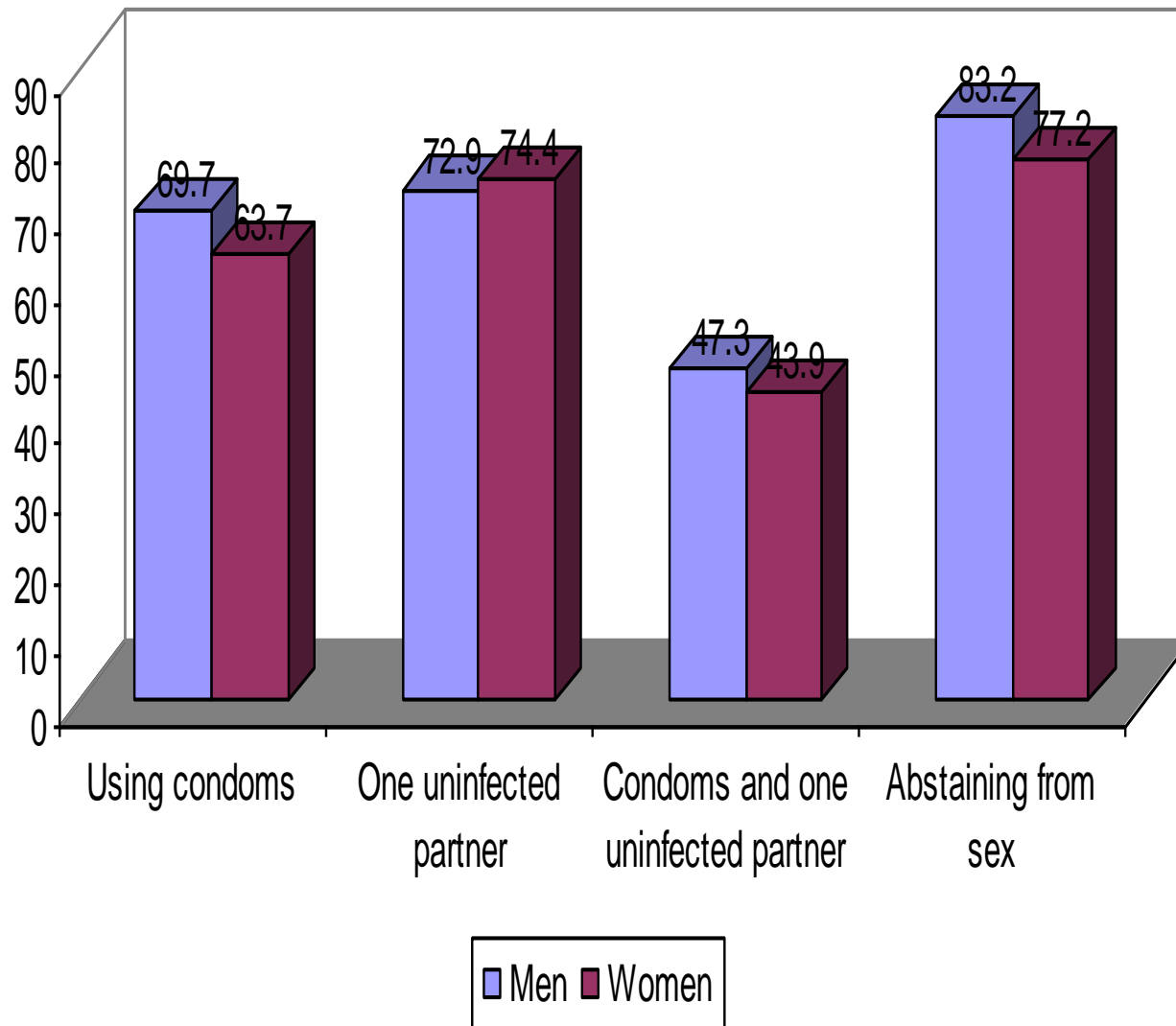


HIV/AIDS-RELATED KNOWLEDGE

Awareness of HIV/AIDS related interventions

- 70% or higher believe that using condom can reduce the chances of getting HIV.
- over 70 % believe that having one faithful and uninfected sexual partner can protect one from getting HIV.
- knowledge on dual methods is generally low.
 - Only 47% of male students and 44% of Female students believe that using condom together with limiting sexual intercourse to one uninfected partner can reduce the chances of HIV transmission.
 - This belief is almost uniformly distributed across all socio-demographic characteristics studied.

Awareness....



Awareness....

- Universities vary in their approach to awareness creation:
 - Public universities: all methods possible
 - Faith-based: Condom promotion, distribution in university premises not permitted
 - Most of universities have a serious shortage of HIV/AIDS-related IEC materials

Rejection of misconceptions

- Students who believe that:
 - A health looking person can have HIV:
 - 45% male students vs. 47% female students
 - AIDS cannot be transmitted by mosquito bites:
 - 99% male students vs. 99% female students
 - AIDS cannot be transmitted by shaking hands with infected person:
 - 99% male students vs. 99% female students
 - A person cannot become infected by sharing utensils with a person who has AIDS:
 - 78% male students vs. 76% female students

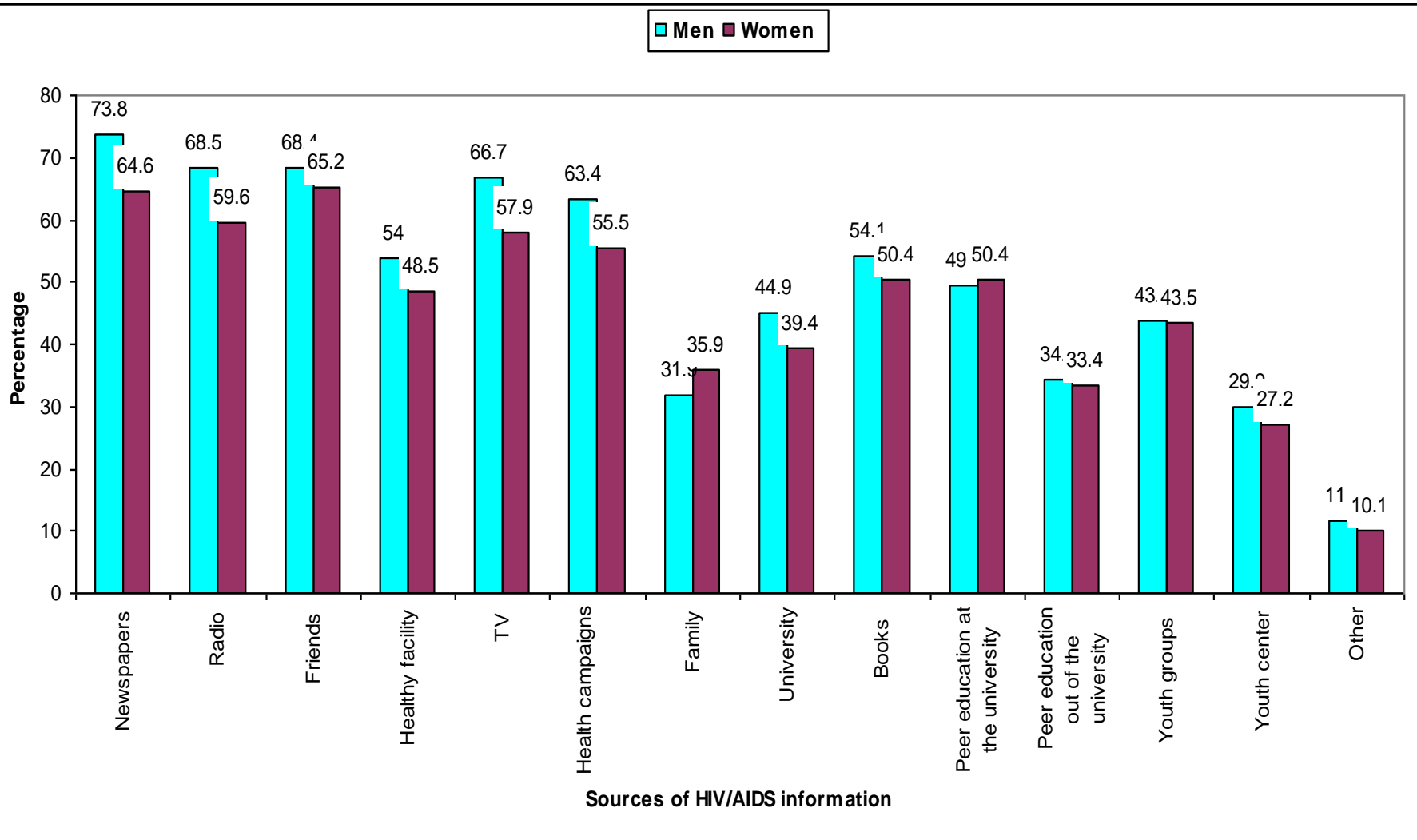
Comprehensive knowledge

- relatively low for both male and female students
 - 21.4% male and 20.3% female students
- students aged 40-44 were more knowledgeable than any other age group
- Students living outside the campus were more knowledgeable than students who lived in campus
- first year students were less knowledgeable than any other year of study
- First year male students were less knowledgeable than any other year of study
- Second year female students were less knowledgeable than any other year of study

Exposure to messages about HIV/AIDS

- fewer students get HIV/AIDS information from university health facilities or university administration.
- Fewer female than male students participate in HIV/AIDS campaigns held at universities (56% female vs. 63% male students)
- Media, religious congregations, internet and entertainment , cited by students as sources of information, others include music, concerts and soap opera

Exposure....



ATTITUDES RELATING TO HIV/AIDS

Insistence on Condom Use

- nine in ten Female students and male students believe that female students can insist on the use of condoms before having sex with a partner other than their husband
- over 80% of both the male students and female students believe that there are circumstances where man can insist in condom use before sex with a woman other than his wife

Successful Refusal to have Sex without Condoms

- More than half (54%) have ever successfully refused to have sex without condom
- More female students than male students have ever successfully refused to have sex without condom (52% male students vs. 56% female students)
- more Female students than male students who had two or more partners in the last 12 months successfully refused to have sex without condom.
- ability to negotiate for safer sex is higher among Female students with two or more partners than male students with same number of sexual partners

HIV/AIDS-RELATED BEHAVIOUR

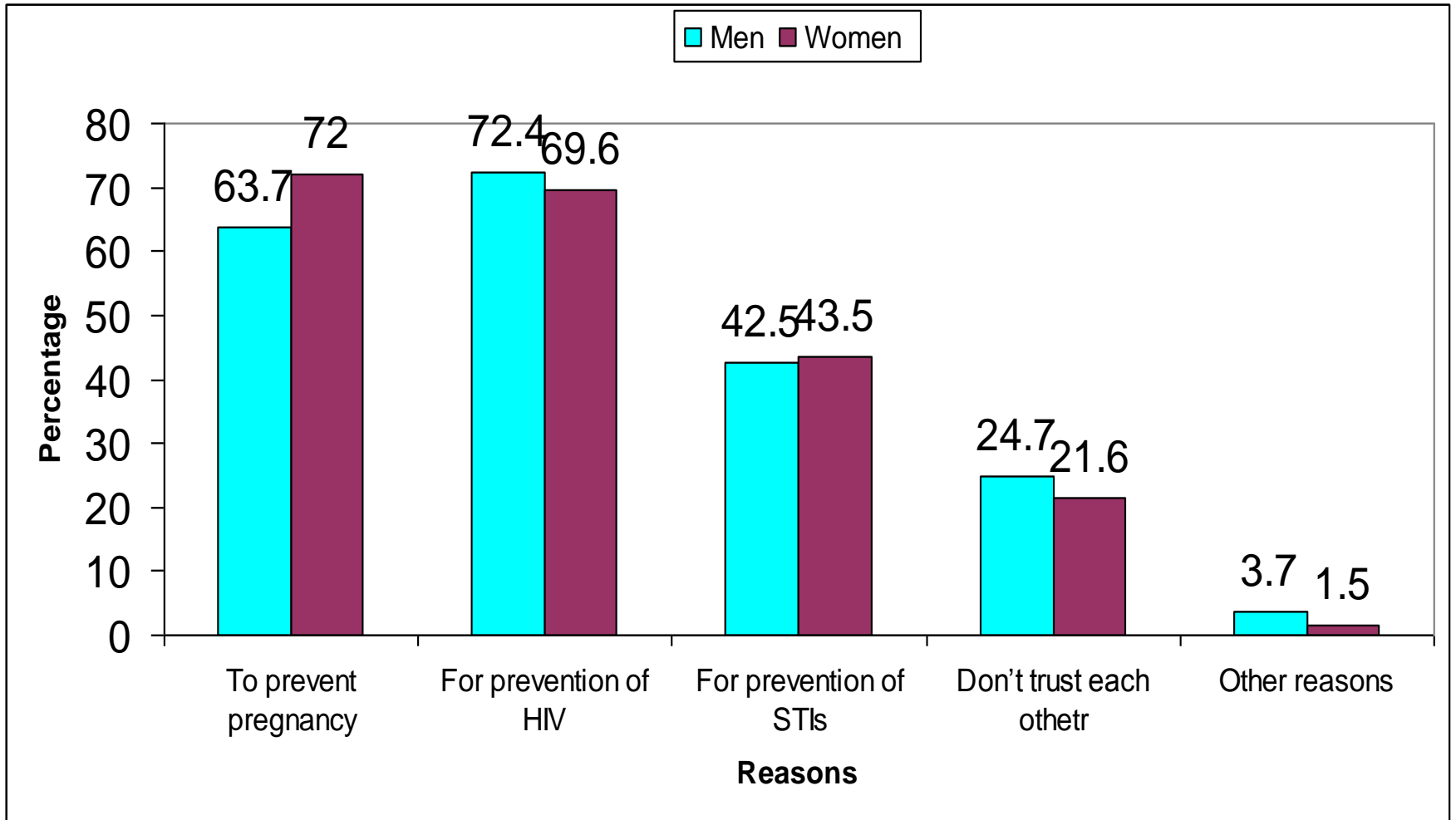
Age at first sexual intercourse

- Over three quarters (82% males vs. 66.7% females) have had penetrative sex.
- Median age at first sex:
 - Male students: 19 years (min: 6; max: 32)
 - Female students: 20 years: (min: 8; max: 29)
- It was mainly voluntary for both males and females (80.5% and 85% respectively)

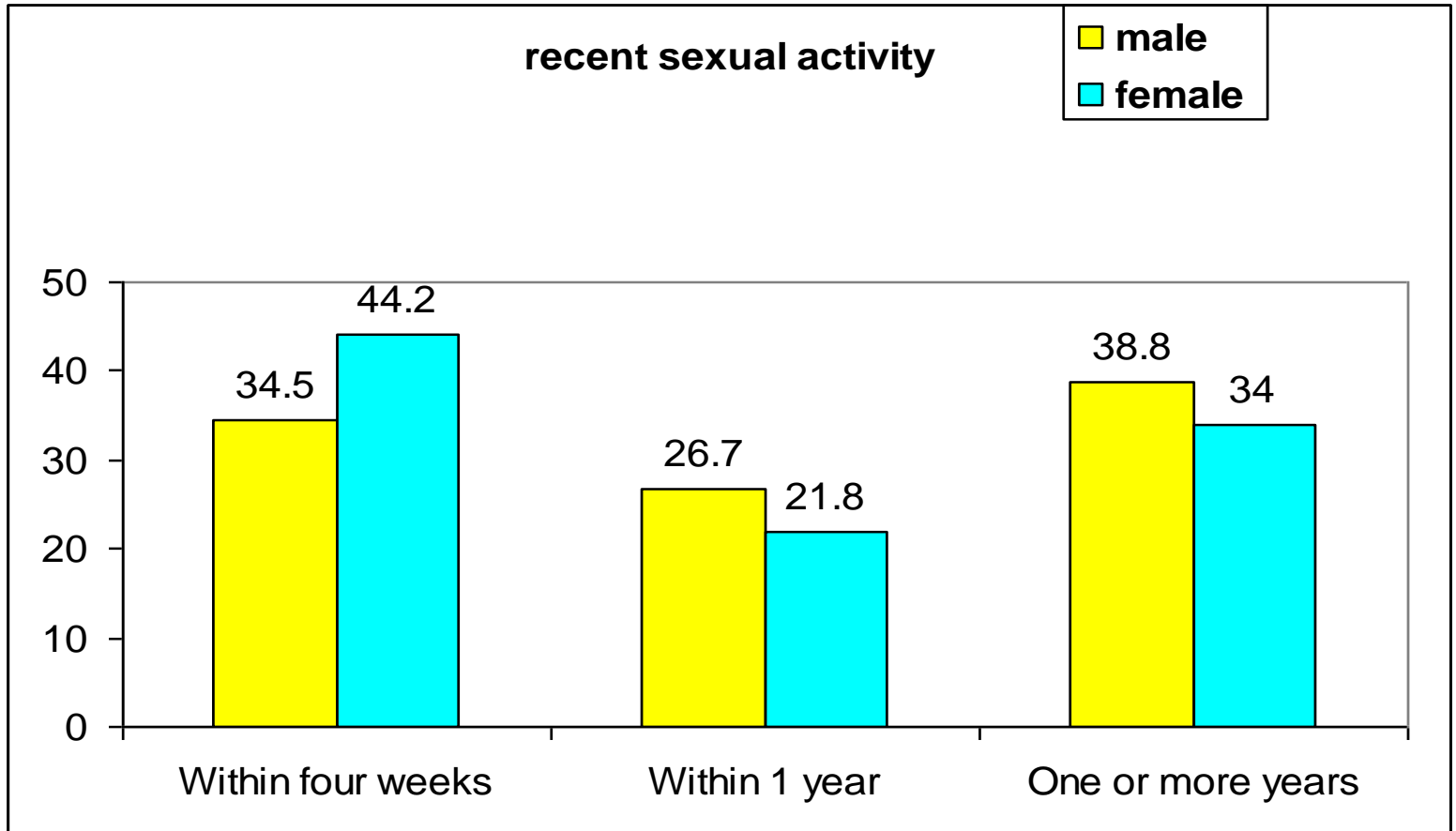
Condom use at first sex

- Less than half (47.4%) used condom at first sex
- More female students than male students were likely to use condom at first sex (42.4% males vs. 54% females)
- Main reasons for condom use at first sex:
 - prevention of HIV (72% males vs 70% females)
 - pregnancy (64% vs 72% females)

Reasons....



Recent sexual activity



Number of sexual partners and High risk sex

- Among students who had sexual intercourse in the past 12 months:
 - 34.7% males vs. 19.3% females had 2+ partners in the past 12 months
 - 32.6% males vs. 20.3% females had higher-risk intercourse in the past 12 month
- Among students who had higher-risk intercourse in the past 12 months:
 - Only 44% males and 35.5% females used condom at last higher-risk intercourse

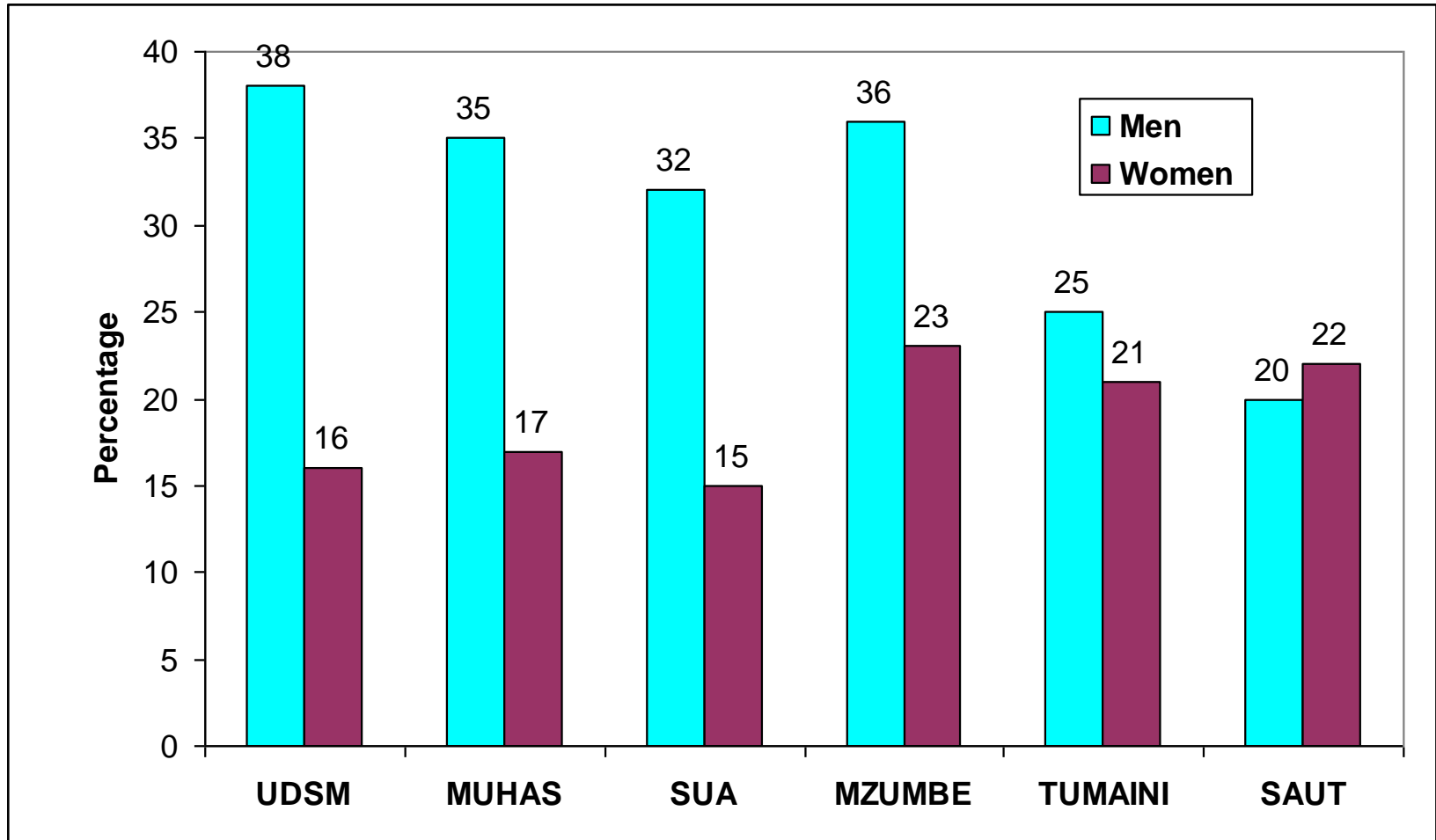
Number of sexual partners.....

- More males than females had two or more sexual partners (34.7% male students vs. 19.3% female students).
- more male students than female students have two or more sexual partners
- For those who had 2 or more partners:
 - The mean number of sexual partners in the past 12 months was 6.4 for males and 4.2 for females

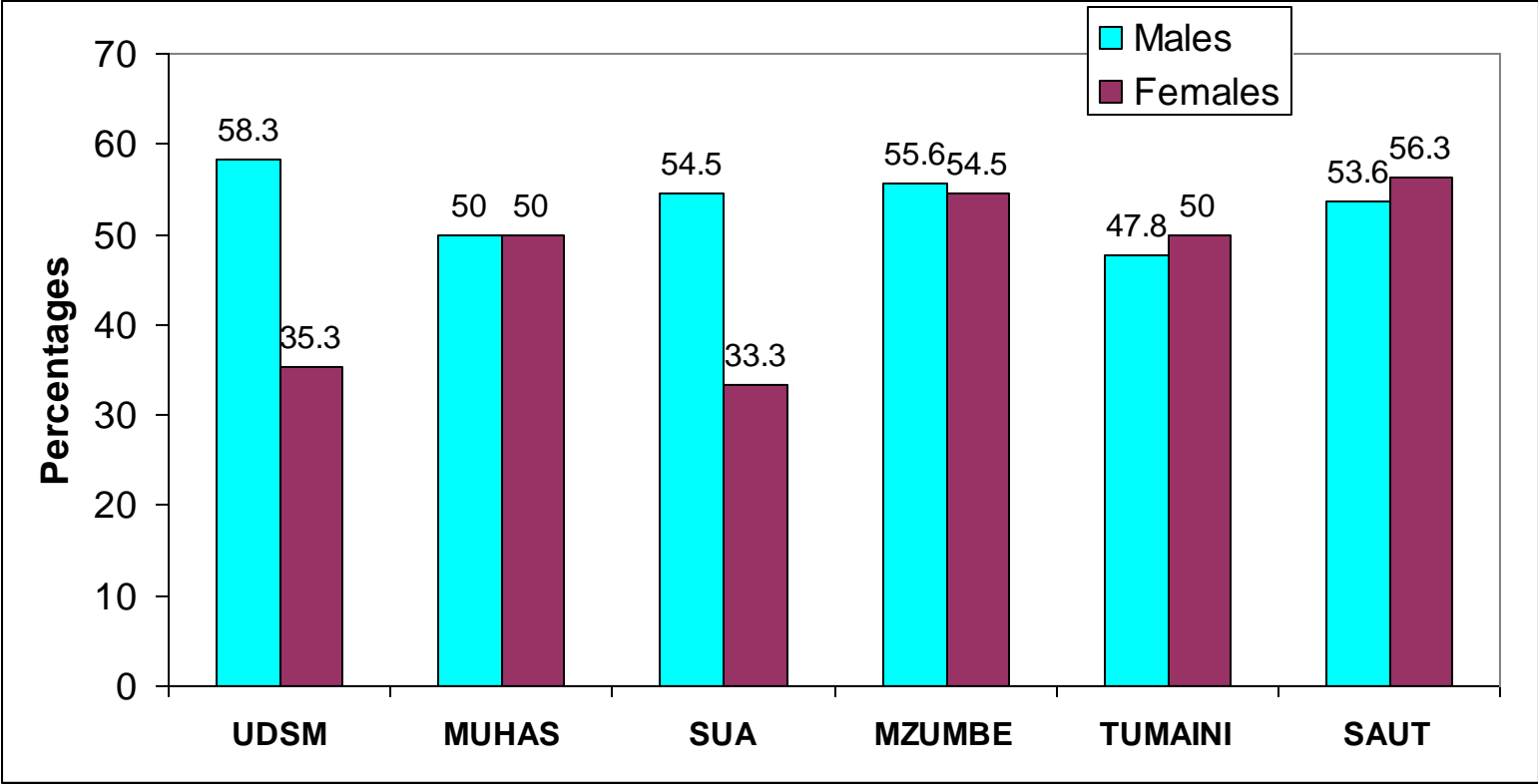
Number....

- partners are:
 - fellow students
 - to a less extent staff members
 - from neighboring communities
 - From town
- Reasons for having multiple sexual partners:
 - Financial
 - academic
 - recreational and
 - Intimate
 - hence recreational, financial, and academic and intimate boyfriends

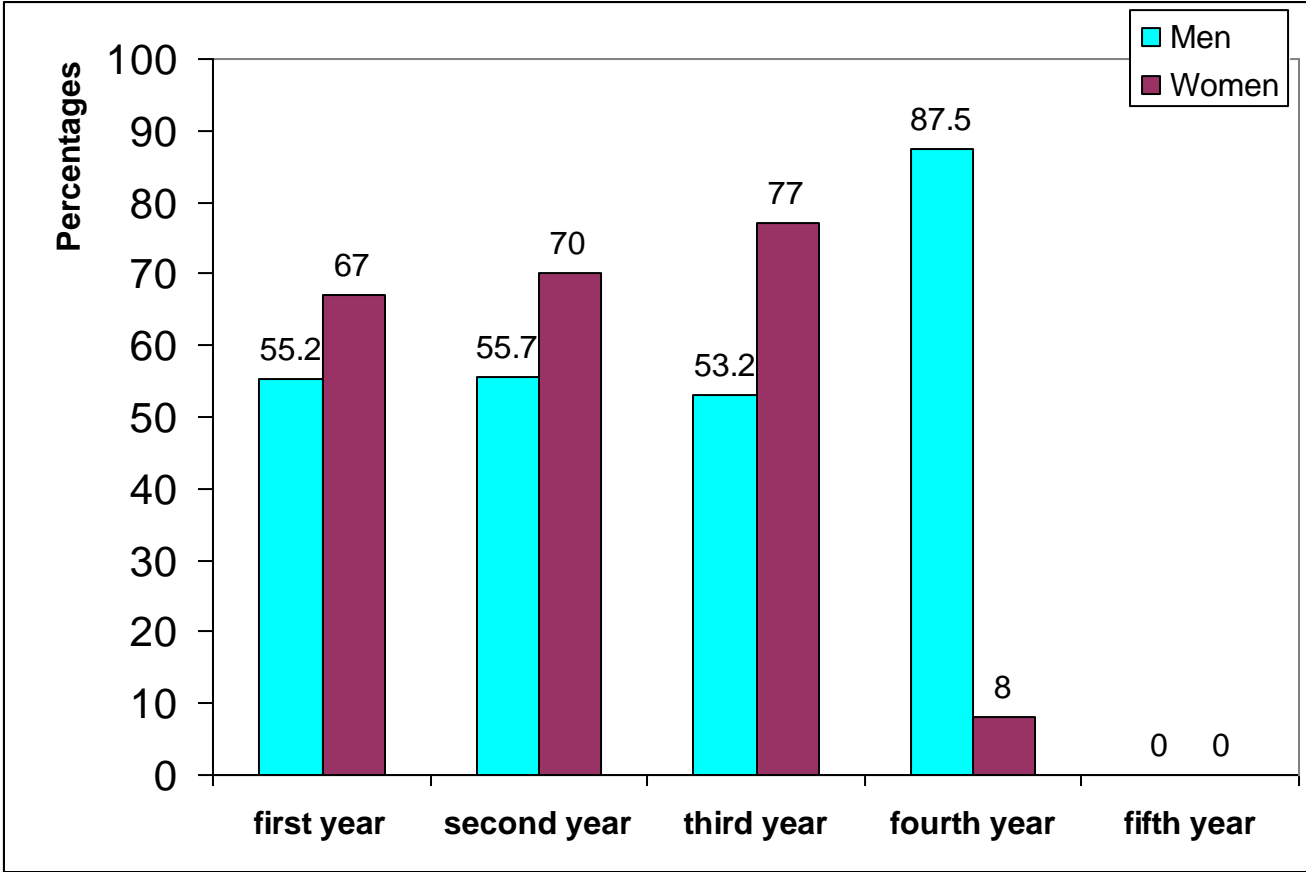
2+ sexual partners by university



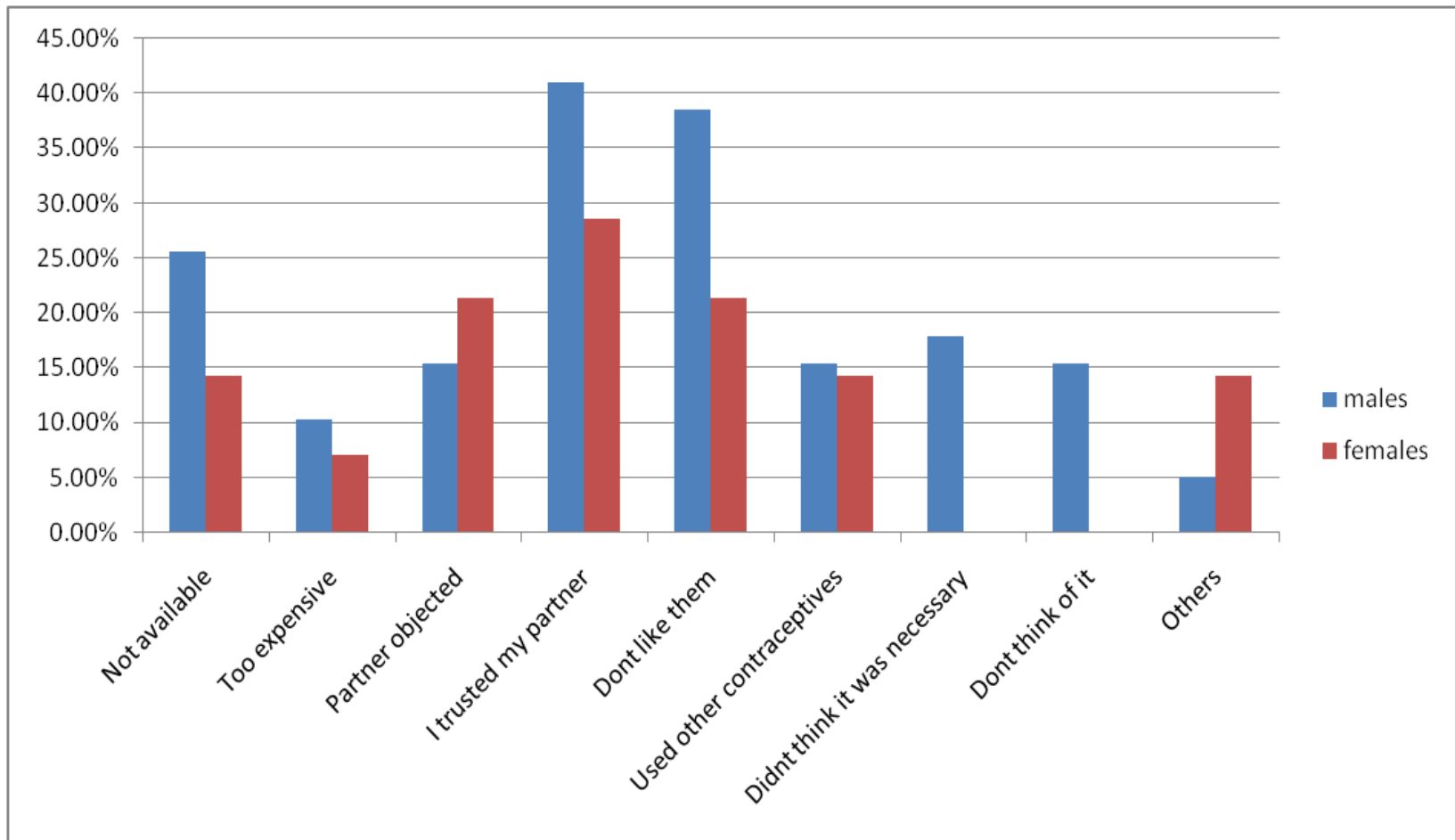
Use of condom at last higher-risk intercourse in the past 12 months by University and gender



Use of condom at last higher-risk intercourse in the past 12 months by year of study and gender



Reasons for not using condom at last higher-risk sexual intercourse by gender



Paid sex

- Paid sex is rare among university students:
 - Only 7.7% males and 7.9% females have ever received gifts in exchange for sex
 - Only 16.3% males and 7.1% females have ever offered gift in exchange for sex

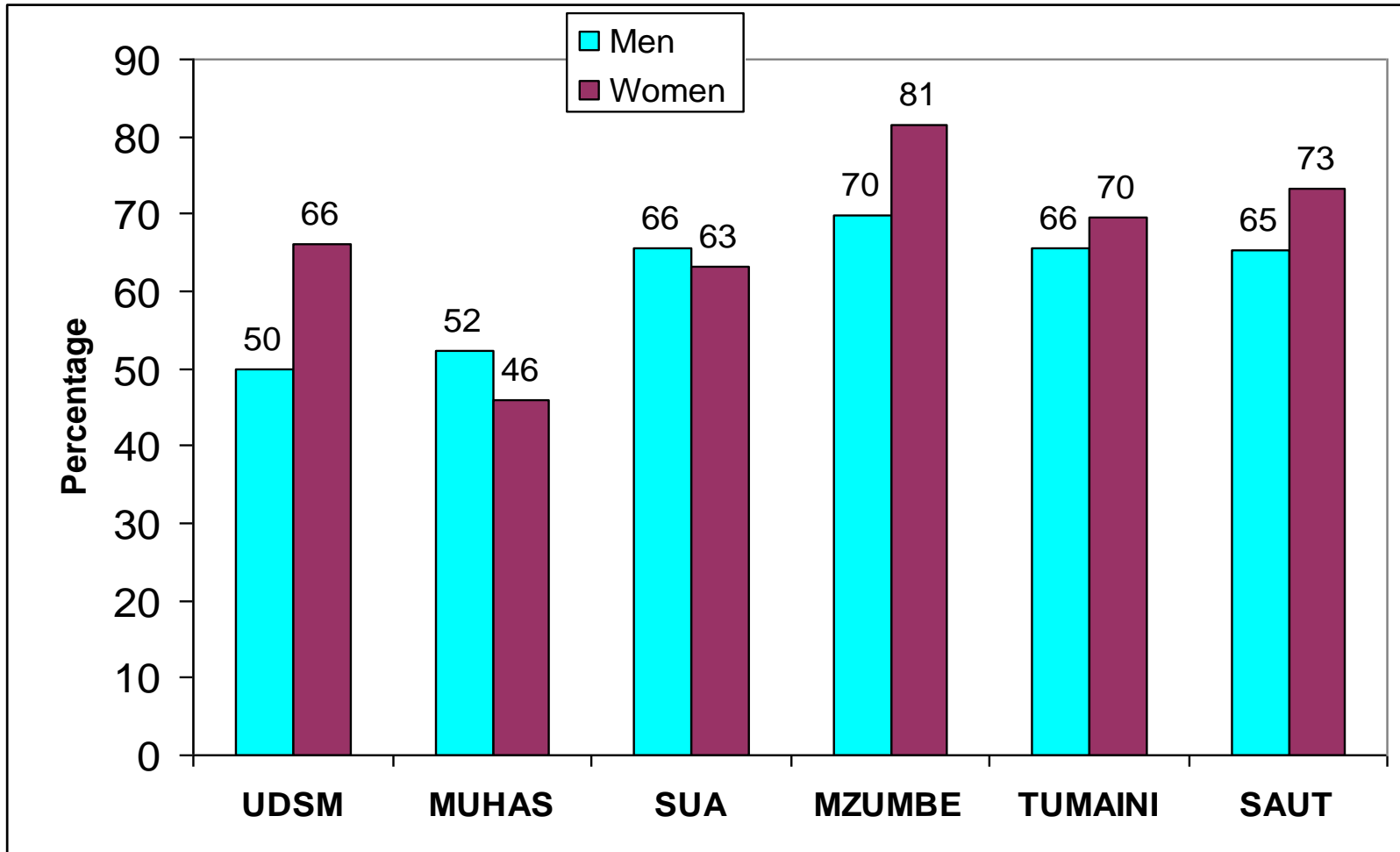
Voluntary HIV Testing and Counseling

- more females than males have ever been tested for HIV:
 - 59% males and 70% females.
 - relatively higher compared to the national average of 27% males and 37% of females
 - But 41% of male students and 30% of female students have never got tested

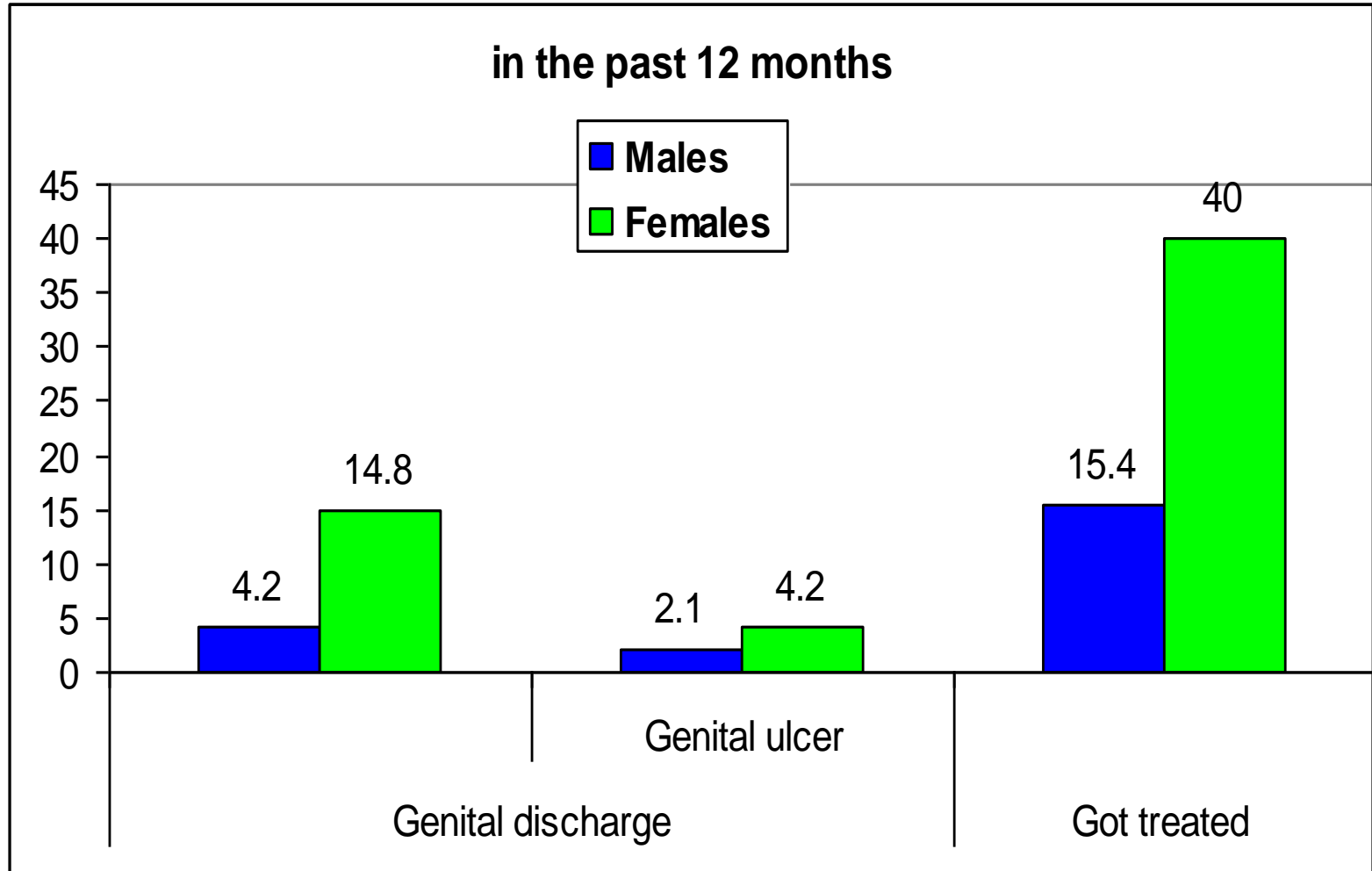
Prior HIV Testing

- Overall, 59% of males and 69% of females have ever tested for HIV.
- % of students who have ever tested collected their results:
 - 89% of male students
 - 93% of female.

Prior HIV Testing by University



Prevalence of STIs



Violence and threats in sexual relations

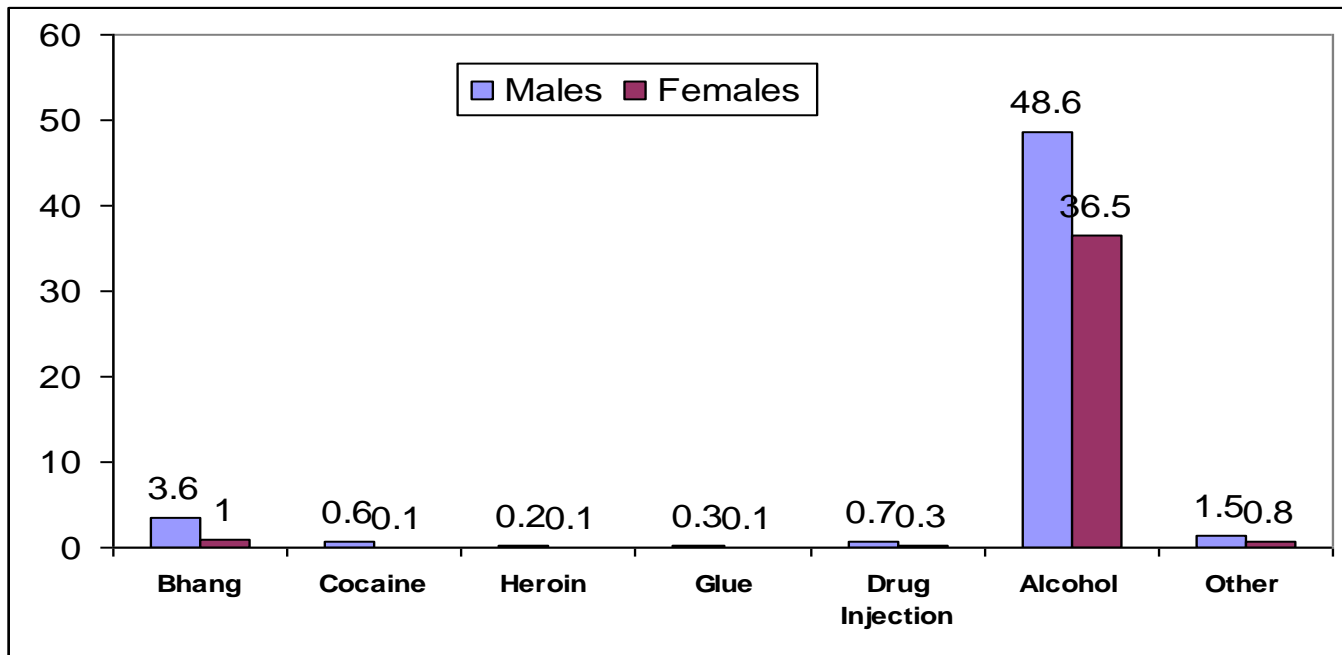
- 48% of males and 50% of females believe that some males/females use violence or threats as means of having sex;
- 30% percent of males and 30% percent of females believe that violence or threats as means of having sex;
- 9.5% of males and 19% of females have been forced to have sex with a man/woman against the wish;
- 5%% of males and 5.5% of females have ever used force to have sex with fellow student;
- 1% of males and 3.7% of females have ever been forced to have sex with an instructor against their wish

Threat....

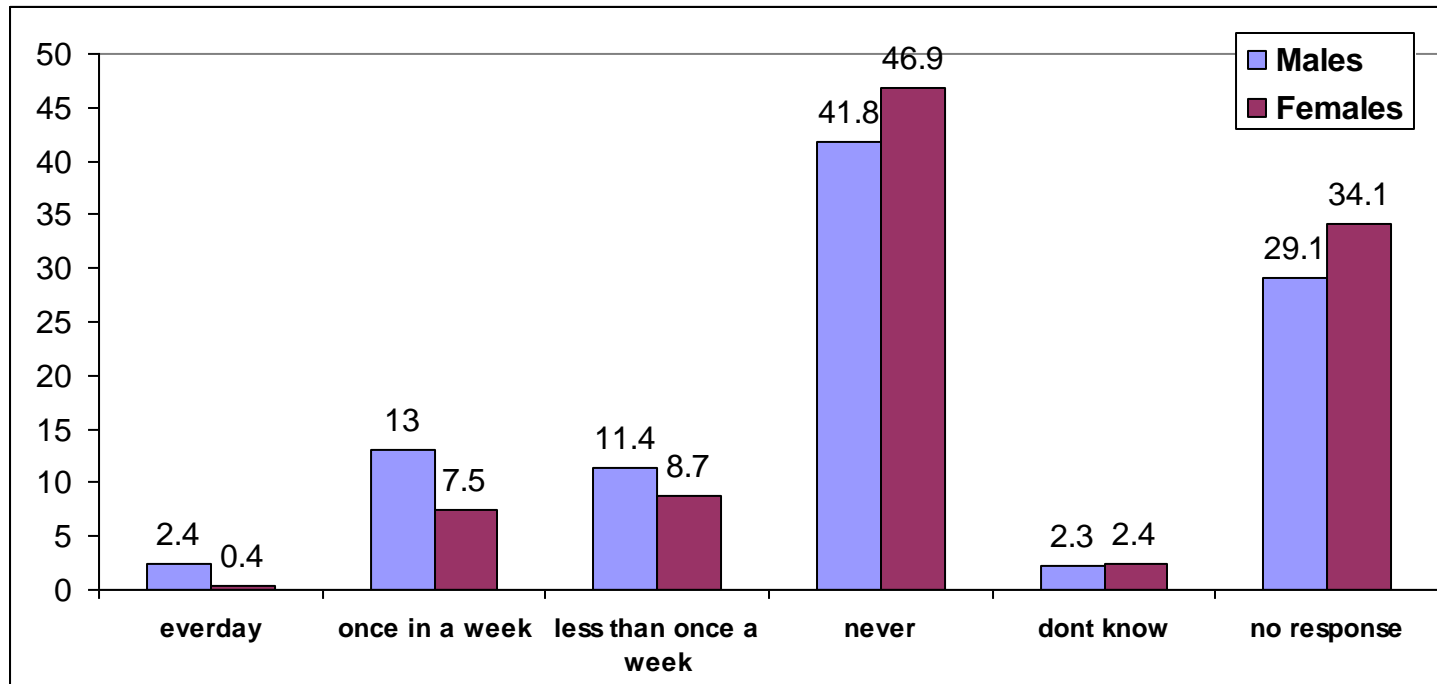
- 13% of females have ever been threatened to have sex with man against their wish;
- 7 % of males have ever been threatened to have sex with woman against their wish;
- 1% of males and 4.2% of females have ever been threatened to have sex with an instructor against their wish

Drug and alcohol consumption

% of students who have ever tested drugs by gender



alcohol in the last 4 weeks



HIV PREVALENCE

Coverage of HIV testing

- 51.4% of eligible students got tested
- Variations in coverage were noted among gender and universities
 - slightly more female students than male students got tested (52.9% female vs 50.4 % male).
 - Ranged from 30.4% at Mzumbe to 96.5% at SUA

Explanations for variations

- Any difference between those who got tested and those who did not?
 - statistical measures performed:
 - mean,
 - standard deviation,
 - standard error of the mean and
 - chi-square test

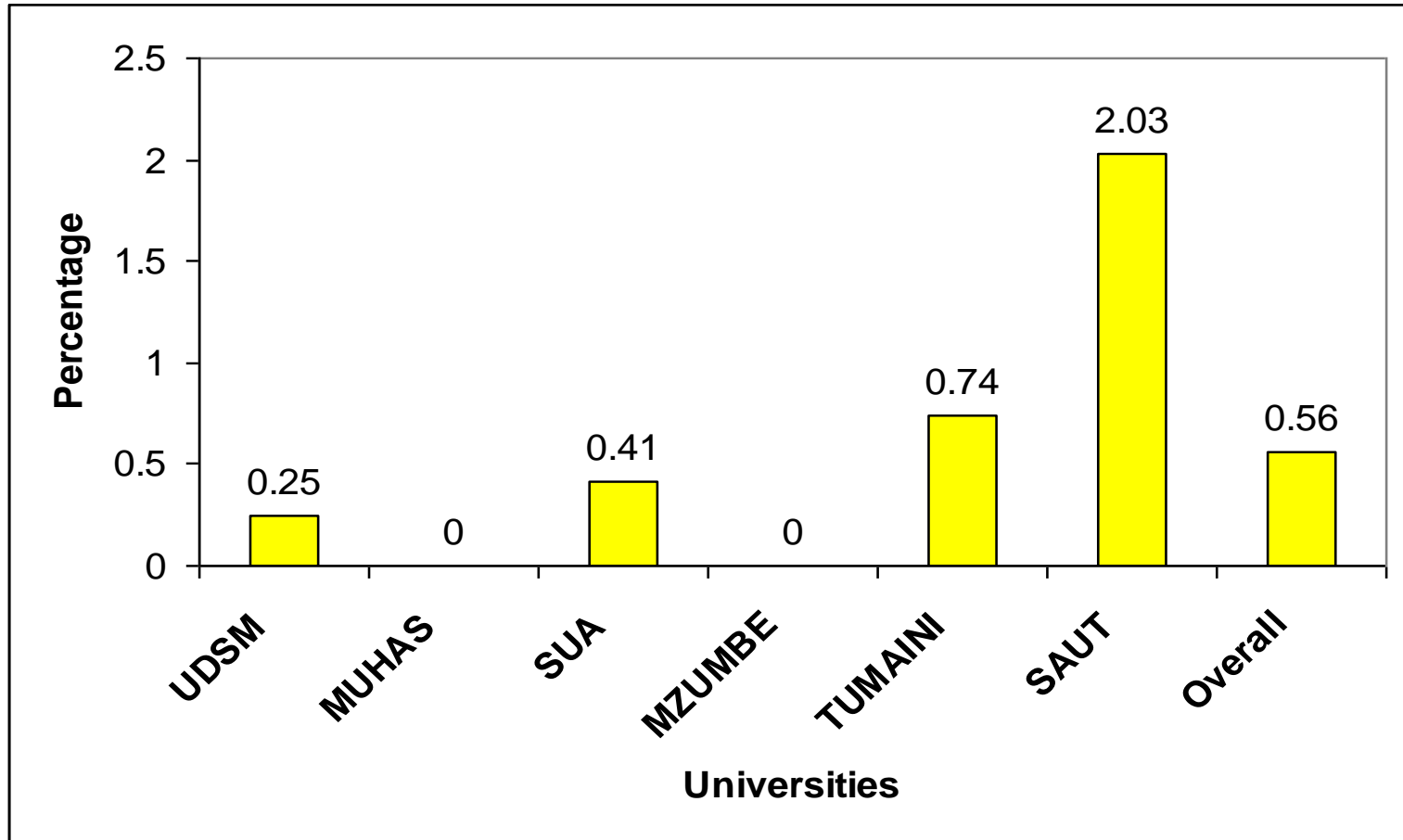
Variations....

- no statistically significant difference by marital status;
- weak statistical significance within years of study;
- no significant difference between program mode;
- no significant difference by accommodation;
- significant difference by type of sponsorship;
- highly statistically significant by university;
- variations within age groups were statistically significant only for women but not for men and;
- no significant difference by amount of money spent per semester

HIV Testing: qualitative findings

- Reasons reported for declining from HIV testing:
 - the desire to get the results on spot,
 - perceived poor quality of HIV/AIDS services (when directed to get on spot results from university health facilities)
 - Lack of , poor confidentiality by university health providers
 - Desire to get tested with one's sexual partner who may not have been randomly sampled
 - uncertainty of post-test HIV/AIDS services within universities, eg ARV and nutrition services if one tested positive

HIV prevalence by University



HIV Prevalence by socio-demographic characteristics

- Overall, HIV prevalence in universities is 0.56% ranging from 0 to 2.03%.
 - relatively higher among female students than male students
 - evenly distributed among age groups except for age group 30-34 years.
 - None of the respondents aged 45 or above years was HIV positive.
 - relatively higher among those who spend relatively less amount of money per semester (up to Tshs. 500,000) than those who spend larger amount of money.
 - No major difference in prevalence by sponsorship
-

HIV Prevalence.....

- Overall, male students and female (either renting private apartment or residing at university hostel outside university campus) have
 - relatively higher among students who are living outside university
 - Higher among female students in first and second year than male students in the same years of study.
-

Sexual behaviors of students who were HIV Positive

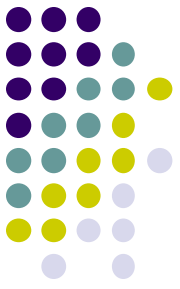
- All had ever had sex
- All respondents had had sex in the last twelve months prior the survey.
- Two of them were in sexual relationship with a boyfriend/girlfriend,
- two had sex with a husband/wife,
- two had sex with other persons apart from main partners
- All respondents had had sexual intercourse with only 1 partner in the last 12 months prior the survey.

HIV positive.....

- Only three out of seven respondents had regular partner in the last twelve months.
 - Two respondents had non-regular sexual partners.
 - two respondents (one male student and one female student) had a commercial sexual partner in the last twelve months
 - none of them had used condom with their sexual partners at last sexual intercourse
-

MOBILITY AND HIV-RELATED BEHAVIOUR

Mobility by background characteristics

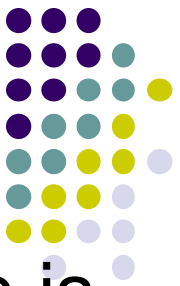


- Mobility behavior among university students is relatively high.
- 68% of male students and 66% of female students had been away from their usual residence for more than a month in the past twelve months
- slightly larger proportion of male students than female students had transit points during their travel (48% of male students and 40% of female students).

Mobility by HIV/AIDS-related behavior

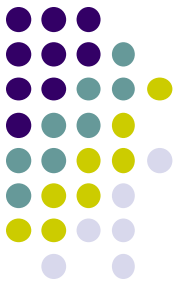


- Having sexual intercourse while on transit is less common (8% males and 4% females).
- However, the proportion of students who had sexual intercourse at the destination is larger than those who had sex at transit points.
- more males than females had sex at destination. The proportion of males is twice of the female students (17% males and 8% females).
- Higher proportion of male students than Female students maintain contacts with partners on transit



Mobility and Condom use

- Condom use while on transit or at destination is relatively high.
 - More than $\frac{3}{4}$ of male and female students who had sex on transit had used condom (74% males and 80% females).
 - majority of students who had sex at destination had used condom.
 - slightly larger proportion of males than females used condom at destination (79% males and 72% females).
 - Main Reasons for Condom use: HIV/AIDS, Pregnancy and Lack of trust.



Mobility and High risk sex

- Among those who traveled:
 - 21% of male students and 10% of female students had non-regular partners.
 - 5% of male students and 2% of female students had commercial sex partners.

POLICIES AND PROGRAMS

POLICIES AND PROGRAMS

- High level of commitment by some university authorities was noted
- Only two Universities had HIV/AIDS Policy
- HIV/AIDS interventions implemented in all universities but more profound in public Universities
- Few universities have HIV/AIDS sub-Committees

Programs....

- some Technical HIV/AIDS sub-Committees are dormant
- VCT, ARV and Condom distribution services are substandard for most of universities
- Awareness campaigns, concerts, peer education are mainly organized by students
- HIV/AIDS clubs in all universities but externally supported

Programs....

- Small budget allocated to HLIs
- Difficult to implement a comprehensive and integrated Institutional HIV/AIDS interventional program
- HIV/AIDS not mainstreamed to the HLI curricular
- Dependency on intermittent resources (funds, human etc.) from outside
- No university programs that are targeting neighboring Communities with which HLI interact heavily

Programs

- All universities were surrounded by communities with which relationship involved:
 - communities selling labour,
 - Markets
 - recreation,
 - Sexual relationships of all types (regular, non-regular and commercial)
 - Both male students and female students preferring to have sexual partners outside universities for various reasons.
 - Use of drugs and alcohol between university students and neighboring communities.
- However, HIV/AIDS programs/services/interventions in the universities did not target the surrounding communities.

Students perception of university HIV/AIDS-related services

- Overall, Students knowledge on HIV/AIDS Services at HLI decreases with age for both sexes
- Students who stay on Campus had more knowledge of the services compared to others
- Third Years more knowledgeable on HIV/AIDS services gender notwithstanding
- Proportion of Part time students who had knowledge of services was insignificant

Perception on Quality

- The proportion of male students who saw services as satisfactory was higher than female students students.
- Quality was impaired by inadequate funding
- Inadequate expertise on those who offer services e.g. campaings,concets-lack creativity
- Negative experience on the health facility coz of perceived/real innefficiency

Quality contd

- Quality affected by tendency to see HIV & AIDS as students/junior staff issues
- Inadequate coherent and planned action plans on HIV & AIDS services
- Inadequate/non existence of planning and monitoring indicators.

CONCLUSION AND RECOMMENDATIONS

Conclusion

- University population and neighboring Communities are **at risk of HIV infections** due to the long list of risk factors reported in this study
- **HIV prevalence** among students is relatively low but is accompanied by many potential sexual risks
- University administrations are responsible for lack of quality and dynamic **HIV/AIDS programs** in universities
- Poor quality of HIV/AIDS-related services in universities negatively affects students' **access and utilization** of these services
- University **prioritization** of HIV/AIDS coupled with **Funding** of university HIV-related interventions may result into effective HIV/AIDS programs within universities

Recommendations

- Mainstreaming of HIV&AIDS in the education curricular
- Establishing HIV&AIDS fund and avoiding the proposal writing method to donors.
- Supporting current student initiatives on HIV/AIDS awareness creation and Behavior and social change
- Improving Quality of health care including VCT services at universities
- Involving stakeholders around the universities in HIV and AIDS Interventions
- Establishing comprehensive care and support for university members who are living with HIV
- Further research to explore the unwillingness of university students to test for HIV would compliment the results of this study

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