

Tanzania AIDS Week in Review



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Leveraging a long-standing tradition to teach girls about HIV/AIDS

A Swahili tradition—initiation of young women into adulthood—has long served as a vehicle for older women to pass on reproductive health knowledge and skills.

Swahili families hire traditional initiators (manyakanga) to lead small groups of young women through several days of training on puberty, sex, and the roles of husbands and wives. The initiation culminates with a celebration attended by hundreds of community members.

Young women in Tanzania, as elsewhere, face a disproportionate threat from HIV and AIDS, and reaching them in creative, effective, and cultural-acceptable ways are increasingly important.

To address this need, the US President's Emergency Plan for AIDS Relief (PEPFAR) has funded a groundbreaking pilot activity through the UJANA project, a youth focused project which employs a range of innovative methods to HIV prevention.

Implemented through a local non-governmental organization, Partnership for Youth Development (PAYODE), 21 manyakanga and a group of musicians who lead the graduation ceremonies were

trained on HIV prevention and supported to integrate HIV prevention education in the initiation teachings and ceremonies.

Girls 10-18 years old were initiated by trained manyakanga. The younger and older women both praised the training they received. Asma, 14, says, "We spread all the good information we learned. Our friends wish they had done the same initiations.

They missed something important." The chairperson of the manyakanga group, Blandina Mbagi, concurs: "I wish my young girls could have known all these things before. There is a big, big difference between girls who go through our initiations and girls who go through other initiations. These ones know the risks; they become careful." Community members and local government authorities praise the use of culturally-grounded mechanisms for imparting HIV education, rather than attempting to eliminate a valued practice.

This integrated approach, as Amina Sadiki, another manyakanga, points out, means that "Now, we give them our cultural values, together with an HIV component."

SOURCE: Jim, PEPFAR



A group of young Swahili women who were initiated by the manyakangas whom PAYODE trained on HIV/AIDS (Photo by Ashley Jackson)

Our Vision: A recognized strong media association in and out the country that can bring about enhanced and effective HIV and AIDS media coverage and contribute to a reduction of the spread of HIV in Tanzania

Wanaoishi na VVU ‘wala kinyesi’ cha ng’ombe Swaziland

Wagonjwa wanaishi na Virusi vya UKIMWI (VVU) nchini Swaziland ni maskini mno kiasi kwamba wamekuwa wakila vinyesi vya ng’ombe kabla ya kumeza dawa za kurefusha maisha (ARVs), kwa mujibu wa wanaharakati wa UKIMWI.

Dawa hizo haziwezi kufanya kazi iwapo tumbo halina kitu, hivyo wagonjwa hutumia kinyesi kilichochanganywa na maji, badala ya chakula, wanaharakati hao walidai.

Mamia ya watu waliandamana katika

mji mkuu wa nchi hiyo, Mbabane, juzi kupinga matatizo ya kiuchumi yanayokabili ufalme huo pekee katika ukanda wa kusini mwa Afrika.

Serikali ya Mfalme Mswati III imekiri kuishiwa na fedha kiasi cha kuwasilisha ombi la msaada wa fedha kwa nchi jirani ya Afrika Kusini ili kuendeshea shughuli zake. Mratibu wa maandamano hayo Siphon Dlamini aliliambia Shirika la Utangazaji la Uingereza (BBC) kwamba ongezeko la njaa linalazimisha wagonjwa wa VVU / UKIMWI kula kinyesi cha ng’ombe.

“Baadhi ya watu sasa wanasema wataacha kutumia ARVs kwa sababu inahitajika kula chakula kwanza,” aliliambia BBC.

Swaziland yenye ibadi ya watu milioni 1.2 ina moja ya viwango vya juu kabisa vya idadi ya waathirika wa VVU/UKIMWI duniani.

Watu takribani 230,000 wanaishi na VVU huku 65,000 tu kati yao wakipata dawa bure kutoka hospitali za serikali. Dlamini alisema waandamanaji wameitaka serikali isipunguze bajeti ya afya badala yake ijikite katika eneo hilo.

Pamoja na umaskini na matatizo ya fedha yanayoandama nchi, Mfalme Mswati, ana utajiri wenye thamani ya dola milioni 200 na kila mmoja wake zake 13 ana jumba analipiwa na serikali.

Chanzo: Mtanzania

Preliminary results from two large studies have shown that a daily antiretroviral tablet taken by people who do not have HIV reduces their risk of contracting HIV by up to 73%.

The Partners PrEP trial involved 4758 HIV-discordant couples in Kenya and Uganda. The TDF2 trial involved 1219 men and women in Botswana.

The studies looked at both tenofovir or tenofovir plus emtricitabine (Truvada) and found that each, when taken in advance by the HIV-negative partner as a pre-exposure prophylaxis (PrEP), can prevent heterosexual transmission of HIV from men to women and from women to men.

“The results of these studies highlight yet again the essential role of affordable ARVs in prevention. They are a major breakthrough allowing a new vision on current prevention efforts,” says Kevin Moody, International Coordinator and CEO of the Global Network of People Living with HIV.

“Recently we learnt from the HPTN052 study that antiretrovirals taken by people living with HIV reduce the risk of HIV transmission to the HIV-negative

Two new studies confirm antiretrovirals can prevent HIV transmission: Call for human rights-based guidance on PrEP and ART as prevention

partner. Now we have evidence of an additional ARV-based prevention tool that allows a person not living with HIV to protect themselves from contracting HIV.”

The full potential of this new HIV prevention tool will only be realised once cost is not a barrier to access. Provision of antiretrovirals for PrEP must not come at the expense of scaling up treatment programmes for those who do need treatment.

Furthermore, consideration must be made of how to deliver PrEP and monitor the health of people taking it, especially in settings with overburdened health systems.

GNP+ calls on the World Health Organization and Joint United Nations Programme on HIV/AIDS to ensure guidance is developed and published for individuals and couples on how to make informed decisions about the HIV prevention options that work best for them, as well as guidance for those providing services to those in need to access ART and PrEP.

This guidance should be developed in collaboration with networks of people living with HIV and key populations.

Information about the benefits and risks involved in taking antiretrovirals, and skills to discuss and negotiate the various options, are essential for good adherence to both prevention and treatment.

Serious concerns remain about the long-term health effects for HIV-negative people when taking antiretrovirals for HIV prevention.

The studies now published used standard daily doses of tenofovir and Truvada, but more research is needed to determine whether lower doses or intermittent dosing might be as effective and if they may improve long-term safety, adherence and reduce costs.

The impact PrEP might have on ARV resistance is yet to be determined, but it is likely that people unaware that they are already living with HIV will develop resistance when taking PrEP.

To better manage this risk, there should be dramatically increased access to high quality human rights-based HIV testing, counselling and support services, since individuals taking PrEP will need to test on a regular basis. In-depth and ongoing research remains necessary in order to support individuals and couples to make informed decisions.

In jurisdictions where HIV exposure and/or transmission are criminalised, the use of antiretrovirals for HIV prevention by either HIV-positive or HIV-negative people, or both, potentially transforms the ethical and legal landscape in terms of ‘shared responsibility’ to prevent new infections.

Supportive policy and legal environments are essential to enable individuals living with HIV, as well as those at risk of HIV from key population groups, to benefit from the full potential of these new prevention technologies, without fear of (further) criminalisation.

Source: Net

Anti-HIV/AIDS scheme turns beauty salons into women's health centres for women health

Participants react during training session for the Jipende salon staff. Women normally spend long hours in beauty salons.

Most of this time spent at the salon can, however, be considered as idle time, which can be better used to transmit pertinent family health and HIV/AIDS messages aimed at building women's knowledge, negotiating skills, advocating for correct and consistent condom usage and boosting women's confidence in product usage, especially for female condoms.

In a study conducted in 2008, the Tanzania Marketing and Communications (T-MARC Tanzania), a local non-governmental organisation, discovered the potential of using hair and beauty salons as resource centres for women.

The study involved salons located in a hot zone of Kinondoni in Dar es Salaam. It was made possible with support from the United States Agency for International Development (USAID) through the President's Emergency Fund for Aids Relief (PEPFAR). The study examined the interaction between hair dressers and their clients as an avenue to disseminate health education materials and to increase awareness of HIV and other reproductive health issues.

This study also discovered the possibility of selling affordable family planning methods to salon clients. With these encouraging findings, T-MARC developed a strategy that would utilize the salons to provide peer education to women.

T-MARC employs a dynamic approach that brings together public and private stakeholders

to design and implement health and social communication campaigns that increase the adoption of healthy behaviours and support the sustainable growth of health products, social services and society as a whole.

Starting 2009, T-MARC developed the Jipende Grants Programme. Jipende is a Kiswahili word meaning "love yourself".

Although we classified a number of women in our area as WETS (womenworking in transactional sex), they bolt as soon as we mention the purpose and content of our training. Therefore we are relieved that the programme uses approaches that are culturally sensitive to engage the communities we serve

The programme aims were to increase male and female condom use among sex workers and women engaged in transactional sex.

To help achieve this goal, the programme helped sex workers and women engaged in transactional sex to improve their negotiation skills for using condoms, referred them to clinics for testing and treatment of sexually transmitted diseases and worked with owners of areas classified as "hot spots" to provide a safe environment and advocate for 100 percent condom use.

During the process, T-MARC worked with nine organizations across eight regions of Dar es Salaam, Mara, Morogoro, Kagera, Kigoma, Ruvuma, Shinyanga and Tabora to implement peer education and

outreach programmes. Implementation of the Jipende Grants Programme wasn't without its own challenges. One of the key learnings was that cultural attitudes and stigma discourage women from attending training and being referred to as sex workers or women engaged in transactional sex.

"Although we classified a

commonly meet.

A feasibility study was conducted and based on the results; twenty-one (21) beauty salons were selected to become 'Jipende! Centers for Womens' Health.

The salons are situated around Dar es Salaam city, in five neighbourhoods of Sinza, Manzese, Buguruni, Namanga and Kinondoni which lie within two of the city's administrative districts of Ilala and Kinondoni. All the selected salons are close to HIV hot-spots and in areas of known high-risk behavior.

T-MARC trained two beauticians from each of the selected 21 salons. In addition to stocking and selling both male Dume and female Lady Pepeta brand of condoms, the trained beauticians were expected to provide advice on family planning and reproductive health using the knowledge gained through their training.

The four-day training curriculum for the beauticians was spread over one month and concentrated on: preventing HIV, understanding and avoiding sexually transmitted infections, promoting the female condom; educating about family planning as well as cervical and breast cancer and building entrepreneurial skills.

The module also intended to give incentives to the beauticians to attend the sessions, empower them to grow their businesses and to understand the financial incentives inherent in the initiative.

All graduates of the course received a certificate and the salons were branded as "Jipende Resource Centres for Women's Health.

SOURCE: *The Guardian*

Uhamiaji wahimizwa kupima VVU kwa hiari

Watumishi wa Idara ya Uhamiaji nchini wametakiwa kupima afya zao ili kujua kama wana maambukizi ya virusi vina-vyosababisha ugonjwa wa UKIMWI ili iwe rahisi ku-wapatia huduma.

Akizungumza wakati wa kampeni ya upimaji wa hiari wa VVU kwa watumishi wa idara hiyo mkoani Tanga, Mratibu wa Kudhibiti Maambukizi ya UKIMWI Kamishna Msaidizi wa Uhamiaji, Bi. Salome Kahamba, alisema ili waweze kuandaa bajeti ya ku-wahudumia watumishi walio na VVU ni vema wakatumia fursa hiyo kupima VVU.

Alisema hatua hiyo itakuwa ni utekelezaji waraka namba

2 wa mwaka 2006, uliotolewa na serikali kwa lengo la kuhudumiwa watumishi ambao tayari wanaishi na VVU.

Alisema ili kutekeleza waraka huo tangu mwaka 2003 wamekuwa wakiwahasisha watumishi hao kukabiliana na maambukizi mapya ya ugonjwa huo kwa kupima kwa hiari.

Alisema upimaji wa hiari ulianza 2008 ambapo wafanyakazi wameweza kujua hali zao. "Tumeamua kuwapima watumishi wetu nchi nzima kupata takwimu za kuandaa bajeti ya kuwahudumia maana huwezi kukeleza waraka namba 2 wa mwaka 2006 wa serikali kama hujui idadi ya watumishi wako wenye VVU," alisema Bi. Kahamba.

Alisema kwa sasa wame-

kuwa wakiendesha upimaji wakishirikisha familia za watumishi hao, hatua ambayo inawasaidia kufahamu hali halisi waliyokuwa nayo watumishi wao.

Alisema maambukizi kwa idara ya uhamiaji si makubwa. Hata hivyo, alisema upimaji wa VVU unakabiliana na changamoto mbalimbali ikiwemo watumishi kutopenda kujitokeza kupima afya zao kwa hiari.

Alisema kuna mtumishi mmoja mjini Moshi ambaye alidai ana maambukizi ya VVU akitaka awekwe kwenye orodha ya wanaohitaji huduma, lakini alipopima alikutwa hana maambukizi. Aliwataka watumishi hao kujenga tabia ya kupima kwa hiari kwani hatua hiyo itasaidia kujua afya zao.

Chanzo: Majira

Viongozi wa dini, serikali wafundwa

Viongozi wa serikali na madhehebu ya dini katika Hal-mashauri ya Manispaa ya Kigoma Ujiji wametakiwa kutumia nafasi zao kumea vitendo vinavyochochea maambukizo ya virusi vya UKIMWI.

Hayo aliyasema mwenyekiti wa Asasi ya Kudhibiti UKIMWI (NDELA), Bw. Adamu Misana, wakati wa mafunzo kwa wenyeviti wa mitaa na viongozi wa madhehebu ya dini Mkoa wa Kigoma yaliyo-fanyika mjini hapa.

Alisema lengo la mafunzo hayo ni kuwajengea uwezo wa

kutambua tatizo la UKIMWI linavyoathiri jamii. Alisema ni wajibu wao kutambua majukumu waliyonayo katika suala zima la kupunguza maambukizo ya VVU.

"Viongozi ni kioo cha jamii, hivyo naamini endapo elimu hii, itatumia ipasavyo maambukizo ya VVU yatapungua kama si kumalizika kabisa, alisema Bw. Misana.

Alitaja baadhi ya vichochoe vinavyoongeza maambukizo ya UKIMWI kuwa ni kuwapa kwa masoko ya usiku, disko na nyumba za kulala wageni zinazoongezeka kwa kasi.

Alisema ili kudhibiti tatizo hilo jamii itapatiwa elimu

kuhusu maambukizo ya VVU.

Alisema wagonjwa waliopo majumbani wanapata huduma nzuri na kuwa vijana 20 wamepatiwa mafunzo ili waweze kuhumia wagonjwa waliopo majumbani.

Kwa upande wa Mratibu Msaidizi wa NDELA, Bw. Robert Gingili, alitaka jamii iwe makini inapopambana na tatizo la maambukizo ya VVU.

"Udogo waa takwimu za maambukizo ya VVU yasiwe sababu kwa jamii na kuwafanya viongozi wabweteke na kujisahau," alisema Bw. Gingili.

Chanzo: Majira

Highlights of HIV/AIDS situation in Tanzania Mainland

The national prevalence stands at 5.7% down from 7% in 2004

Epidemic has stabilized around 6% among those aged 15-49 years (Generalized Epidemic)

Wide regional variation of HIV prevalence between 0.9%-15%

Drivers of the epidemic include transactional sex; low condom use; trans-generational sex and gender inequalities.

National VCT campaign spear-headed by the Head of State has increased uptake to 37%

National HIV prevention budget is 17% of the total HIV and AIDS budget (PER 2007)

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Weekly quotable quotes!!

I have learned more about love, selflessness and human understanding in this great adventure in the world of AIDS than I ever did

in the cut-throat, competitive world in which I spent my life.
(Anthony Perkins)

What Children should know about sex

There is a prevailing feeling amongst the parents that the present day teenagers know all what they should know about, know about sex, and, therefore, there is no need for further elaboration.

It is true that teenagers today are exposed to a great deal of information on sex either from media or from their friends and classmates. Still majority of teenagers do not have the basic knowledge of sex and are unaware that this information will make their life happy.

On the contrary, information gathered from unreliable sources is so deceptive that it may create a great confusion. Teenagers are always eager to get the correct and reliable knowledge of sex, revealing mystery of child birth, menstrual cycle, high emissions, etc. It is now more than ever before that they need to have vital information and reassurance from either parents or right sources. One should try that the teenager feels proud and at ease about being masculine or feminine and be able to regard sex as a normal and whole some expression of adult life.

This is the time to face the fact that the teenagers have lustful thoughts and see lurid films and photographs. He is ashamed to see them and is yet fascinated by them.

Do not be “anti – sex” and rather you should help your son and daughter to understand in a subtle manner the fact that they will get the most out of sex if they approach gradually.

We should make them understand that their present relationships are neither intense nor lasting and that they should “venture” into this field on attaining adult hood only. This should be done by showing consideration and affection.

Parents should help them in finding answers to their questions so that they may form their



A group of African teenagers, they need to be informed about sex and its possible consequences to their future lives

standards for their own behavior. There is no need to give them sickly threat and ugly warnings of the consequences.

Often the teenager finds it difficult to talk openly to father/mother because the relationship is so near and sacred. Trusted teachers and counselors can also help in solving the problem.

The Wet Dream

If left unexplained, this natural process may cause a great disturbance and tension to the child.

It is an emission during sleep usually while one is dreaming and suddenly develops an overflow of excess semen which remains stored in testes. Is it an overflow so it is nothing to be ashamed or frightened of but it indicates that you are maturing naturally? Everybody differs about the frequency of emission. If the incidence is not too frequent, it does not result in weakness or in any other physical deformity or mental deficiency.

Puberty

It is wise to prepare your daughter from the age of nine or ten. Tell her that during the next few years: “Your breasts will appear, your hips will widen and hair will sprout under your arms and on your pubis, you will grow rapidly in height and weight and your skin may start having pimples.

Menstruation

Your daughter’s first period should be natural and expected and something to be proud of rather than a shocking surprise (for her).

Menstruation means “monthly flow”. This is a process by which the female body prepares itself for 28 days to have a baby.

Every month about 2 weeks after menstruating an egg cell is formed in one of the two ovaries. Ovaries are oval – shaped organs located on either side of the womb. When one of the egg cells leaves the ovary, it reaches one of the fallopian tubes. It is called ovulation.

If the woman has had intercourse and the egg is being fertilized by a male sperm, then it travels down and attaches itself to the wall of the uterus where in 9 months it develops into a child.

In getting ready for this the uterus (womb) thickens to have a velvety internal surface with an extra supply of rich blood which nourishes the fertilized egg.

If fertilization does not take place then uterus does not need lining and this is thrown out of the body. This is known as menstruation. It happens every month and starts about at the age of 12-14 years.

“Dirty” Menses

Previously it was thought that

the woman during menarche remained dirty and that she should not cook food or touch drinking water. During this period she was treated like an untouchable. Parents should make their daughter wise by instructing her to wear the pad and to use deodorant to subside the fishy smell of bleeding. The young girl should be made to ensure cleanliness and take bath daily during the period of menstruation. Mother should make her first day happy.

Sanitary Pads

Sanitary pads absorb moisture. Most women and grown up girls wear them during menstruation to protect their clothing. The discharge contains some waste blood and these are used like a bandage.

Not having Information about the Menstrual Period

Sudden bleeding may come to the young girl as a “shocking” event and she may be worried, withdrawn and irritable. If she starts menstruating into her school uniform, it will add to her discomfort and embarrassment. Sometimes it may be a painful experience which can be relieved by a tablet of Baralgin and a hot water bottle. She should be told not to use dirty pieces of cloth as a pad which may result in infection.

Duration of the Periods

Every time stopping of menstruation does not mean pregnancy. Due to psychological upsets and certain diseases or malfunctions menstruation may cease temporarily.

After delivery also it takes about 4-6 months to restart menstruation, and finally after the age of 42-50 it may stop permanently.

Parents should be Discreet

Parents should not go to the extremes. There are parents who draw an impossible idealistic picture of a man’s pure love for a religious woman. There are also old mothers who in order to keep

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Mila potofu zazidi kuathiri wanawake

Mila zilizopitwa na wakati na rushwa ni kati ya changamoto zinazowakabili wanawake wa Mkoa wa Kilimanjaro na wengi wao kujikuta wakikosa haki zao za kimsingi ikiwa ni pamoja

na ile ya kumiliki ardhi.

Hayo walisenwa na Mku-rugenzi Mtendaji wa Mtandao wa Kudhibiti UKIMWI Mkoa wa Kilimanjaro (KINSHAI) Bi. Veronica Shao. Bi Shao alisema mila na desturi zinazowanyima wanawake hali ya kumiliki ardhi, kumiliki mali na

kuwakataza kushiriki shughuli nyingine za kiuchumi ndani ya jamii. Alisema wanapofuatilia kunakohusika kikwazo kingine wanachokumbana nacho ni rushwa. Kutokana na hali hiyo alisema mtandao umeunda vikundi vya kijamii vya wanawake katika kata 24 za mkoa

huo ambao wamepatiwa elimu ya kuondokana na mila hizo. “

Kwa kweli hali imekuwa tofauti na hapo awali, kwani wanawake wanaonekana kue-limika na sasa wanamiliki mali, pia kujishughulisha na shughuli za kuzalisha mali, alisema

Chanzo: Majira

What Children should know about sex

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a girl virgin tell her that man is selfish and always remains keen to spoil them thus causing mental block in her natural thought process.

Virginity

Girls should be told that hymen is a thin membrane which partially closes the mouth of the vagina. Generally, when a young girl has her first intercourse, they hymen is stretched and generally ruptured and she may bleed.

But if on the first occasion of her sexual encounter she does not bleed, it does not mean that the girl has experienced intercourse in the past. Due to some injury or during games hymen may also get rupture.

So it is just a myth that an intact hymen means that the girl is a virgin. In fact, in some developed countries like Japan, “artificial hymen” is implanted by the doctors to deceive loss of virginity in young who wish to have bridegrooms with traditional thinking.

Misconceptions about Non-Conceivment

Responsibility of not being able to conceive may be either of the husband or the wife but unfortunately the blame always

lies with the woman. Sometimes a man is not capable of producing healthy sperms or the woman may have some physical disorders like tubal blockade. Sometimes the trouble may be emotional. In certain cases couple must be having sex only during safe period.

Baby's Looks Like its Parents

Both the male and female cells have nuclei which contain chromosomes. Chromosomes are make up to many thousands of tiny parts called genes. The genes from the cells of the parents are responsible for such inherited characteristics as the colour of the person's eyes or hair or skin, the shape, features and general body build. Because the genes mix and mingle, a child rarely looks exactly like either parent. Child may have mother's nose and father's skin colour or so.

Will Baby be a Boy or a Girl

The sex is determined by chromosomes. Each ovum carries two “X” chromosomes and each sperm either ‘X’ or ‘Y’ chromosome. The combination of these determines the baby's sex. ‘XX’ chromosomes result in a female child and ‘XY’ in a male child. The sex of the child

cannot be predicted at the time of intercourse nor it is the fault of the mother who gives birth to a female child every time.

Father can be Helpful

A scientific lecture is not necessary but father and son generally feel more comfortable if they are familiar with the terms. Boys generally focus their attention at the genital organs while girls thing about sex in more romantic terms. Boys become concentrated about the size of the penis and may become pre occupied about it.

They fantasise and are aroused several times a day and worry that others might notice it. Explain to him that these are normal and natural happenings and beyond any one's control.

Practice of masturbation

It is a part of the growing up process of boys and girls. Masturbation or reaching pleasure or orgasm by manual stimulation is seen as a release for the sexual tensions that a teenager feels strongly and frequently.

It also helps him in understanding his body responses. If your child's masturbation interferes with his normal activities, the child is probably dissatisfied in some areas of his life. This

problem can be looked into psychologically.

Prostitution

Child should be warned about going to the prostitutes. Certificate children when are unable to release their tension or are having spoiled friends, may venture into prostitution out of curiosity or experimentation. It is not true that sex with a prostitute would prepare a young man for marriage. Instead of picking up the techniques he may get infected by sexually transmitted diseases or AIDS. And otherwise also mechanical love with a stranger is not love at all, it is debasing in nature.

During he teens, a girl becomes very free with her mother and bhabhi to understand sometimes the physiology of menstruation, etc. also during the early formative years the child develops emotional attachment towards her mother, sister or other females close to her. It is only after the age of 12-13 that attraction towards the opposite sex develops.

Circumcision

In some religious groups notably the Muslims and Jews, the boys are being circumcised. It is a minor operation in which foreskin (prepuce) at the end of the penis is trimmed away. It has other advantages of cleanliness, practicality and freedom from infection. There is no truth that circumcised man has more sexual energy or power.

Source: Dr. L.C Gupta

MKOA wa Mara unashika nafasi ya nne kitaifa kwa maambukizi ya Virusi vya Ukimwi (VVU) kwa asilimia 8, kwa mujibu wa Utafiti juu ya maambukizi ya VVU kwa kipindi cha mwaka 2007/2008.

Maambukizi ya asilimia 8 ni ongezeko kubwa kutoka kasi ya maambukizi ya asilimia 3.5 kwa utafiti uliofanywa na Kamati ya kudhibiti UKIMWI nchini (TACAIDS) ya mwaka 2003/2004.

Mkoa wa Mara unatangiwa na Mkoa wa Iringa wenye kiwango cha maambukizi ya asilimia 16, Dar es Salaam asilimia 9, Mbeya asilimia 9 na Mara asilimia 8.

Kutokana na takwimu ya TACAIDS mkoani Mara, wilaya ya Rorya ndio inayongoza kati ya wilaya sita ikiwa mbele kwa asilimia 13 ya maambukizi ikifuatiwa na Musoma mjini asilimia 10, Musoma vijijini asilimia 6.4, Tarime asilimia 6, Bunda asilimia 4.8 na Serengeti asilimia 4.

Mratibu wa TACAIDS mkoani Mara Bw. Edwin Mweleka anaeleza sababu za kuongezeka kwa kasi ya maambukizi ya VVU katika mkoani wa Mara licha ya kampeni zilizopita za kupambana na ukimwi ni kuwa kampeni hizo hazikulenga maeneo husika.

“Maambukizi yameongezeka kwa kasi kubwa mkoani Mara kwa miaka mitatu licha ya kampeni zilizofanyika katika miaka minne zilizopita kutokana na mbinu zilizotumika kutolenga maeneo yenye vichocho” alisema Bw. Mweleka.

“Mkoa wa Mara ni mkoa pekee ambayo inaonesha maambukizi kuongezeka badala ya kupungua kama ilivyo kwa mikoa mingine ambayo licha ya kuonesha kuwa bado ina maambukizi ya juu lakini maambukizi hayo yanapungua badala ya kuongezeka” anafafanua Bw. Mweleka.

Akielezea zaidi sababu zinazochangia kuongezeka kwa maambukizi ya VVU mkoani humo hususan wilayani Rorya Bw. Mweleka anasema kuwa hiyo ni kutokana na jamii ya wilaya hiyo kuendelea kudekeza mila na desturi zilizopitwa na wakati.

Mila hizo ni pamoja na kurithi na kutakasa wajane, mkusanyiko wa muda mrefu katika matanga zinazoambatana na sherehe za muziki, vinywaji na chakula.

Desturi zingine ni pamoja na watoto wa kike na kiume kutengwa na wazazi wao na kuachwa kulala wenyewe katika nyumba zao kitendo ambacho kinatoa mwanya kushawishika kufanya vitendo vya ngono.

“Jambo lingine la kuangaliwa zaidi ambayo pia inachangia maambukizi ni desturi ya wanaume wengi katika jamii ya wilaya hiyo

RORYA: Wilaya mpya inayotishiwa na maambukizi ya wvu



Mratibu wa TACAIDS Mkoa wa Mara Bw. Edwin Mweleka

kutofanya tohara” anasema.

Anasema suala la tohara kwa wanaume hupunguza maambukizi kwa asilimia 60 na kwamba kutofanya tohara ni kutoa nafasi nyingine ya ziada ya kupata maambukizi ya VVU. Hali duni ya kipato kwa familia nyingi wilayani Rorya hasa akina mama ni sababu mojawapo zinazofanya akina mama na watoto wa kike kushawishika kufanya ngono isiyo salama kwa lengo la kupata jinsi ya kujikimu.

Anasema wakazi wengi wa wilaya ya Rorya hutegemea kwa kiwango kikubwa shughuli za kilimo ili kupata riziki yao tena isitoshе kilimo cha jembe la mkono ambapo kutokana na mabadiliko ya hali ya hewa kilimo hicho hakina tija kwao kwa sasa.

Bw. Mweleka anafafanua kuwa mwingiliano wa wageni na wenyeji katika sehemu ya mipakani mwa wilaya hiyo na nchi jirani ya Kenya ni kichecheo kikubwa cha maambukizi kwa wakazi wa Rorya.

“lakini ikumbukwe pia kuwa wilaya ya Rorya ina sehemu kubwa inayopakana na ziwa Victoria ambayo ina mialo mingi inayokusanya wavuvi na wafanyabiashara wa samaki na bidhaa zinginezo”.

“Wafanyabiashara na wavuvi hao kutoka maeneo mbalimbali huchangia kueneza VVU kwa kiwango kikubwa kwa wakazi wa Rorya” anasema Bw. Mweleka.

Ikumbukwe pia wilaya ya Rorya ni moja ya wilaya mpya iliyoundwa mwaka 2007 ambayo ni miaka mitatu sasa ambayo inaelezwa kuwa maambukizi imeongezeka sana kutokana rasilimali kidogo ya serikali katika kuendesha kampeni ya UKIMWI.

Uchache wa rasilimali fedha na vifaa ni changamoto kubwa iliyorudisha nyuma kampeni ya kupambana na maambukizi mapya ambapo waratibu wa TACAIDS wanashindwa kufika katika maeneo mbalimbali ndani ya wilaya hiyo kuhamasisha vita dhidi ya UKIMWI.

Lakini miundombinu mibovu kulingana na jioografia ya wilaya ya Rorya inasababisha maeneo mengi kutofikiwa na hiyo ni sababu nyingine inayorudisha nyuma kampeni ya UKIMWI na kuacha jamii kubwa katika hali mbaya ya kutojikinga na VVU.

Anafafanua kuwa ASASI nyingi za kijamii zinazojishughulisha na UKIMWI wilayani Rorya zimeshindwa na kufa kutokana na ukosefu wa fedha na mbinu za mpya za kupambana na UKIMWI.

Bw. Mweleka anasema kuwa asasi hizo zimekufa kutokana na utegemezi baada ya baadhi ya wafadhili kupunguza misaada yao kutokana na asasi nyingi kutokidhi masharti ya wafadhili hao. Anasema utegemezi huo unatokana na serikali kutopanga bajeti ya kutosha kwa ajili ya kupambana na UKIMWI ambapo bajeti ya serikali ni asilimia 3 tu ikilinganishwa na asilimia 97 inayotolewa na wafadhili.

Anasema kuwa kamati za ukimwi ngazi za vijiji, kata na wilaya kushindwa kusimamia kutoa elimu kwa jamii katika maeneo yao na kuacha mambo yote kwa TACAIDS taifa.

Katika kukabiliana na changamoto hizo mratibu huyo wa TACAIDS mkoani Mara anasema katika mwaka wa fedha 2011/2012 wamepanga bajeti ya kutosha na kwa kushirikiana na wafadhili na wahisani wengine wat-

RORYA: Wilaya mpya inayotishiwa na maambukizi ya VVU.

Inatoka Uk. 7
apeleka nguvu zaidi wilayani Rorya. Anasema ili kupambana na maambukizi mapya pamoja na kuwafanya walioambakizwa kuishi kwa matumaini wilayani Rorya, TACAIDS mkoani Mara inaiomba serikali, wafadhili na mashirika mengine kusaaidia fedha na vifaa mkoa wa Mara.

Bw. Mweleka anasema fedha zitakazopatikana itasaidia kutekeleza mikakati mbalimbali ikiwa ni pamoja kuanzisha vituo vingine vya kupima kwa hiari na kutoa ushauri nasaha na uimarisha vile vilivyopo.

Pia kupatikana kwa fedha kutatusadia kutekeleza kampeni ya tohara kwa wanaume wilayani Rorya na kuongeza vifaa na watalaam katika hospitali za wilaya hiyo.

“Lakini pia tunalenga kutoa elimu kwa makundi ya jamii kwa njia ya sinema, kuanzisha vikundi vya wajasiriamali hasa kwa akina mama wilayani Rorya ili kuinua viwango vya vya uchumi”.

Mikakati mingine tutakayotekeleza ni pamoja na uelimishaji wa makundi rika katika shule za misingi na sekondari na katika maeneo yenye shughuli nyingi yenye mikusanyiko.

Katika utekelezaji wa mikakati ya kudhibiti maambukizi hayo serikali pia inajukumu la kuboresha miundombinu sambamba na kuijengea zaidi uwezo idara ya afya katika halmashauri ya wilaya ya Rorya kuliko hivi sasa. Anasema mikakati itakayotekelezwa ni pamoja na kuhimiza wajazito kuhudhuria kliniki na waume zao ili kupima afya zao jambo ambalo kwa hivi sasa bado inasuasua wilayani humo.

Mkuu wa wilaya ya Rorya Bw. Benedict Kitenga kuhusu suala la kuongezeka kwa maambukizi ya VVU wilayani Rorya yeye anatoa changamoto kwa

wasomi kutoka wilayani Rorya kuisaidia jamii katika kucha mila potofu zinazochangia UKIMWI.

Anasema zipo baadhi ya mila na desturi zinazochangia maambukizi ya VVU ambazo bado zinaridhiwa na kutendwa na wasomi hao badala ya kueleza jamii madhara yake ili waachane nazo.

Anasema suala la kupambana na UKIMWI wilayani Rorya linahitaji kampeni zaidi ikizingatiwa kuwa ni wilaya ambayo bado inakabiliwa na changamoto nyingi.

Anasema watoto wengi hivi sasa wanalelewa na wazee baada ya wazazi wao kuwaacha yatima na kwamba idara ya Ustawi wa jamii wilayani humo haina uwezo wa kuwatunza kutokana na ufynywa wa bajeti ya serikali.

Bw. Kitenga anafafanua kuwa mashirika na makundi ya jamii yanahusika na malezi ya watoto waishio katika mazingira magumu na yatima wanaombwa kufanya utafiti na kuwabaini watoto hao ili wasaidiane na serikali katika kuwalea na kuwajengea uwezo.

Baadhi ya wazee walio-pata nafasi na kuzungumza na mwandishi wa makala haya Bw. Otieno Nyadundo anaeleza kuwa jamii ya wilaya ya Rorya hasa waluo bado wanashikilia mila hizo akileleza kuwa wengi bado hawako tayari kuachana nazo.

Bw. Nyandundo anasema kuwa hata katika wakati huu ambapo watu wengi wanashikilia imani ya dini ya kikristo kwa kumwani Mungu lakini bado hawako tayari kuachana na desturi hizo ikiwa ni pamoja na kurithi wajane.

Anasema hata pale mbapo inafahamika kwamba marehemu amesababishiwa kifo na ugonjwa wa Ukimwi lakini inaweza sirini na kumpa nafasi

aliyeachwa kurithishwa au kuoa tena kama ni mwanaume.

Anasema suala la vijana wakike na wa kiume kulala katika nyumba yao wenyewe yaani wa kike peke mbali na wakiume ni suala isiyoepekika.

“Kamwe mzazi hawezi kulala katika nyumba moja na binti wake au kijana wake ambaye amevuka umri wa miaka 12 watajengewa nyumba yao na watakuwa huko, kulala na wazazi katika nyumba moja ni mwiko” anasema Bw. Nyandundo.

“Kukaa katika matanga muda mrefu, kucheza muziki ni desturi yetu ya kufarijiana katika msiba tena ninashangaa kwa sasa desturi hii imepungua sana sasa mngekuwapo zamani mngesemaje?. Alihoji Mzee Nyadundo.

Anasema kutokana na desturi hiyo ukoo wa familia ya mfiwa wanalazimika kuhama kwa muda na vitu vyake pamoja na mifugo na kupiga kambi kwa mfiwa ikiwa ni njia rahisi ya kumsaidia mfiwa kuwahudumia wageni wanaofika katika msiba huo.

Anasema katika hali hiyo ni vugumu kudhibiti ngono zembe kwa kuwa watu wanakuwa huru ikizingitiwa kuwa mara nyingi kuna vyakula, vinywaji na muziki.

Jambo la kushangaza zaidi ni kwamba hata wageni wanaofika kuwafariji wafiwa wanaweza kufanya mapenzi kwa kushiriki ngono na yeyote ili mradi wamepatana.

Mzee Nyandundo anasema kuwa japo mila hizo bado zinadumishwa lakini kasi na umuhimu wake umepungua kutokana maendeleo na wasomi kuongezeka japo sehemu ya wasomi hao bado wanashiriki katika jamii katika masuala hayo.

Chanzo: Raphael Okello

Mila potofu zaongeza maambukizo ya VVU

Wananchi wilayani Rorya Mkoa wa Mara wametakiwa kubadili tabia kwa kuepuka mila potofu inayochangia kwa kasi maambukizo ya UKIMWI ambazo zimefanya wilaya hiyo kushika nafasi ya pili kitaifa kwa maambukizo mapya.

Mila hizo potofu zimeelezwa kuwa zinachangia kwa kiwango kikubwa maambukizo ya VVU kwa wanafunzi wa kike wanaojijunga na shule za sekondari za kata huku wakishindwa kumaliza masomo.

Akizungumza na mwandishi wa habari hizi ofisini kwake juzi, Mkuu wa Wilaya ya Rorya, Bw. Benedict Kitenga, alisema serikali inapata shida ya kupambana na ugonjwa wa UKIMWI kutokana na wananchi kukumabatia mila na desturi zinazochangia ngono isiyo salama.

Bw. Kitenga alitaja baadhi ya mila na desturi hizo kuwa ni pamoja na kuridhi wajane, ndoa za wake wengi, kucheza muziki isiyo koma wakati wa usiku na kwenye mikusanyiko ya misiba huku watu wa rika mbalimbali wakifanya ngono zembe.

Bw. Kitenga alisema kutokana na tabia hizo wilaya ya Rorya hivi sasa iko katika hatari kubwa ya maambukizi ya UKIMWI iki-shika nafasi ya kwanza mkoani Mara na kitaifa inafuatia wilaya ya Makete.

“Suala la maambukizo ya UKIMWI na tatizo la mimba kwa wanafunzi hapa Rorya liko dhahiri na huwezi kuniuliza ni kwa nini kwa sabaabu jamii ya Waluo bado wanaunga mkono mila potofu zinazopingwa na serilali,” alisema

Chanzo: Majira

Morogoro region out to reduce HIV infections



A cross-section of participants composed of Morogoro Region Secretariat staffs listening to the facilitator (not in the picture), at one day workshop on strategies to fight AIDS and good governance held recently at Edema Hotel in Morogoro

THE Morogoro Region Secretariat has set strategy to strengthen and encourage different stakeholders to broaden their fight against HIV/AIDS with view to reduce and eventually contain new infections.

Speaking at a one day workshop organized by the region secretariat recently, the Morogoro Region Commissioner, Issa Machibya said the efforts and strategy aims at integrating national priorities in the region's HIV/AIDS programmes.

He said that the strategy intends to align regional priorities with government strategies including those stipulated into the Government Document number 2 of the year 2006.

According to the the document, Presidents' Office for Public Service and Management



Morogoro Region AIDS Council Coordinator (RASS), Dr. Herilinda Temba briefing workshop participants on Morogoro region's HIV and AIDS status.

as a stakeholder conducted a survey which will enable different stakeholders to put emphasizes

on workers' involvement in the combat of HIV virus at working places.

RC Machibya made it clear that his region will guarantee workers living with HIV to get support at their workplace as well as at homes, to help train peer educators to enable them acquire the required skills on voluntary counseling at working place as well as at home.

"To start with, we shall put condoms in offices' toilets to enhance their availability to the needy and facilitate them receive condoms at friendly and privacy atmosphere. We shall spere the battle against HIV and AIDS by taking departmental and sections meetings as well as public rallies in the rural areas," he said and added;

He said his region will persuade and enourange voluntary counseling and free test for people know their HIV status and encourage the use of ARVs for those living with HIV.

The RC Machibya added that Morogoro region aims at mainstreaming the National AIDS Policy, the National Multisectoral HIV Prevention Strategy phase two of 2008-2012 with other governmental directives to attain the the Millennium Development Goals number 4 and 5.

Briefing the workshop participants in the region's HIV status, the Morogoro Regional Council Coordinator (RACC) Dr. Herilinda Temba, said it was true men circumcision could reduce the HIV infection by 50 percent.

"It is true that men circumcision reduces HIV infection by 50 percent, mothers living positive with HIV can give birth to a negative HIV baby, Reproductive and Child Health Clinics (RCH) Clinics are not just for mothers but also for their male partners," Dr. Temba stated.

Dr. Temba further said that the Morogoro Region has 57centers of care and treatment facilities, 132 voluntary, counseling and testing (VCT) centers, and 128 centers home based care centers, with an HIV prevalence rate of 5.1%.

SOURCE: AJAAT, Benedict Sichelwe



Mratibu wa Ustawi wa Jamii wa Kanisa la KKKT Jimbo la Kaskazini Bi. Mwamini Chuma akizungumza na Mwandishi wa AIDS Week (hayupo pichani) kuhusu shughuli mbalimbali anazozifanya katika jimbo lake.

Watumishi wa ndani, watoto waishio katika mazingira magumu huchangia maambukizi ya VVU

SERIKALI na wadau mbalimbali ikiwemo jamii wametakiwa kuweka mikakati mabimbali ya kusaidia watoto waishio katika mazingira magumu na wafanyakazi wa ndani ambao wanadaiwa kuwa kundi lililosahaulika na linalochangia kwa kiasi kikubwa maambukizi ya Virusi vya UKIMWI.

Akizungumza na AIDS Week, Mratibu wa Ustawi wa Jamii wa Kanisa la KKKT Jimbo la Kaskazini, Bi. Mwamini Chuma alisema kuwa jamii imekuwa ikisahau makundi mengi ambayo huchangia maambukizi ya UKIMWI kutokana na kuwadharau kufuatia hali zao kimaisha.

“Serikali na sisi wadau wa masuala ya UKIMWI tumekuwa tukiangalia zaidi makundi ya watu wenye uwezo na kusahau makundi ya watu hawa wanaoonekana katika jamii kuwa ni duni ambayo yanachangia kuwepo

kwa maambukizi ya UKIMWI” alisema.

Ilitoa mfano alisema wasichana wa kazi au wavulana, hawa pia ni kundi linaloathirika sana kwani wengi wao hawajui haki zao za msingi hivyo hulazimishwa kufanya mapenzi na mabosi wao ambao pia wanaweza kuwa na maambukizi na hivyo kuambukiza watu wengine.

Alisema kuwa, jamii hiyo imekuwa na uoga kutokana na kuwa na usalama mdogo katika familia wanazoishi ambapo huweza kuambukizwa maradhi ya UKIMWI na wao kwenda kuambukiza watu wengine wakiwemo watoto wa familia husika na kujikuta familia nzima ikiwa na maambukizi ya VVU. Bi Chuma alisema kuwa taasisi yao inampango wa kufanya semina mbalimbali na wafanyakazi wa ndani ili waweze kuwapa mafunzo juu ya haki zao za msingi na kujitambua kutokana na kuwepo kwa waajiri wasiowaaminifu ambao huwatumikisha bila

malipo na hivyo kulazimika kutafuta kwa njia ya ngono.

Alisema kuwa wapo waajiri wengine ambao huwachukua wasichana hao na kuwafanyisha biashara ya ngono huku wengine waki-fanya kazi bila kupata muda wa mapumziko na kutohaminiwa na waajiri wao licha ya kutunza watoto na familia nzima ambapo mafunzo hayo yatawasaidia waajiri kuwona kuwa ni sehemu ya familia.

Akizungumzia kuhusu ‘ombaomba’ Bi. Chuma alisema kuwa, kundi hili pia liko katika hatari ya kupata maambukizi kutokana na kutokuwa na sehemu za kulala ambapo hujihusisha na vitendo viovu ikiwemo utumiaji wa dawa za kulevywa na ngono zembe ambapo ameishauri serikali na wadau kujenga shule maalumu ili kuwapeleka watoto hao.

“Wengi wa watoto hao hutumwa na wazazi wao ambao hukaa pembeni ya barabara, iwapo serikali itachukua jukumu la kuwachukua watoto hao wazazi wao wataogopa kuwatumia kuomba, kwa sasa wanazaliana ovyo na hivyo baadaye tunaweza kuwa na kizazi kisichokuwa na maadili ambacho kitakuwa ni hatari kwa jamii,” alisema.

Alisema kuwa wapo watu wazima pia ambao ni ombaomba na kwamba kutokana na kazi yake amekuwa akitafuta muda wa kuzungumza nao pale anapokutana nao mitaani ambapo alisema watu hao wamekuwa na historia mbalimbali kuhusu maisha yao na kuwafanya wakae mitaani na kuomba misaada. “Kweli inasikitisha sana kuona jamii haiko karibu na watu hawa, ukijaribu kwenda kuzungumza nao unaweza kubaini mambo mengi sana, wengine walikuwa ni watumishi na baada ya kustaafu hawakulipwa mafao yao, wengine wametelekezwa na kupata msongo wa mawazo, tunahitaji kuwa na huruma na kuwakaribia hawa wenzetu kwani hata wao wako katika hatari ya kupata maambukizi ya VVU” alisema.

Bi. Chuma aliwataka wazazi kuwa na muda wa kuzungumza na watoto wao baada ya masaa ya kazi ili kuweza kubaini mata-tizo mbalimbali yanayowakabili ikiwemo kulawitiwa, kubakwa na kujijingiza katika mahusiano ya kimapenzi katika umri mdogo.

“Chimbuko la watoto wa mitaani na watumishi wa ndani ni hali duni ya maisha na manyanyaso katika familia pamoja na utengano wa ndoa, lakini pia hata katika familia bora wazazi wengi hawana utaratibu wa kuzungumza na watoto wao huku wengine wakiwa ni mfano mbaya kwa kujihusisha kimapenzi na vijana wenye umri mdogo ambapo hushindwa kuwa mfano mzuri kwa watoto wao”, alisema Chuma.

Chanzo: AJAAT, Joyce Magotti