

Module 5: HIV/AIDS and young people - Adolescent health and development with a particular focus on sexual and reproductive health - Assignment

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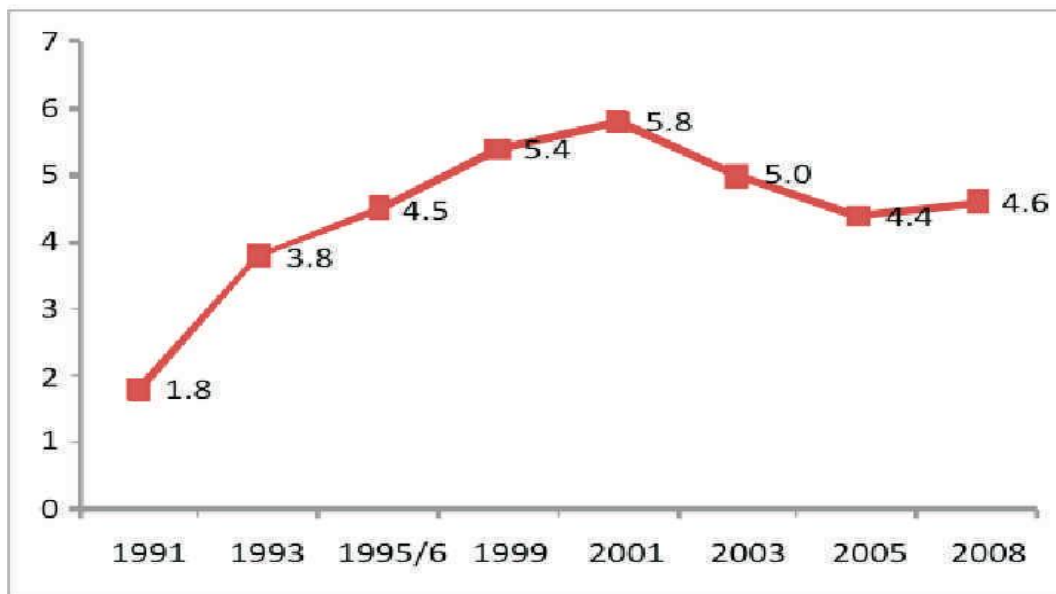
Groups of young people in Nigeria who should be targeted with HIV interventions

Nearly 5 million young people (15 –24 yrs) are infected globally. Over 900,000 were newly infected in 2008, an estimated 2 500 each day.

The Nigeria's national survey of 2008 shows the overall HIV seropositive prevalence rate of 4.6%, indicating that more than 90% of the population is free of HIV infection. Based on the 2008 HIV prevalence rate, the National Agency for the Control of AIDS (NACA), estimated 2.95 million people were living with HIV in that year. Sexual intercourse remains by far the commonest mode of HIV transmission (80%), followed by mother-to-child transmission (10%) and infected blood and blood products (10%).

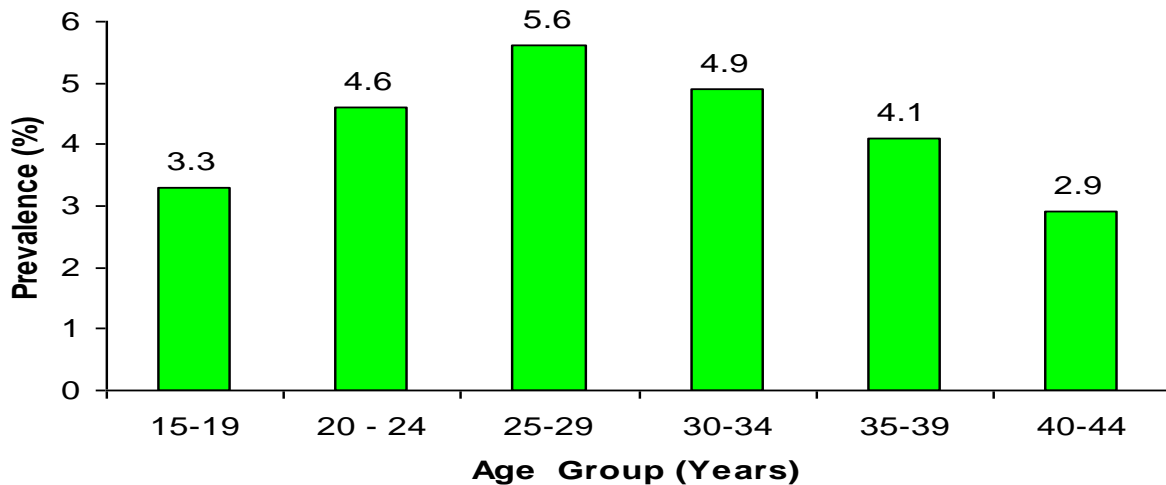
The graph below shows the trend of HIV prevalence in Nigeria.

Figure 1
Trends in National HIV Sero-Prevalence Rate, Nigeria, 1991 - 2008



Source: NACA, 2009

Based on 2008 HIV Survey, Figure 2 below shows HIV prevalence based on age groups and indicated that young people between the ages of 15 – 29 years have the highest rate of infections.



The 2010 – 15 National Strategic Plan document has identified young people most at risks of HIV infections and categorized them according to various groups for strategic interventions

The most-at-risk populations (MARPs) for HIV infection include:

1. Female sex workers (FSWs)
2. Intravenous Drug Users (IDUs)
3. Men who have sex with men (MSM)
4. Long-distance drivers
5. Uniformed services men and women
6. School Dropped Out

Although, adults could fall into some of the above categories, but largely are dominated by young people.

Factors which make them vulnerable

The 2010 – 15 National Strategic Plan documents which came up through a vigorous research and consultation has identified some driving factors making young people vulnerable as follows:

1. **Low personal risk perception** – a lot of young people due to inadequate information about the dangers of HIV infection have low risk perception and feel that they are not at risk of contracting HIV even if they are not using Condom and when they sharing one needle to inject themselves with drugs.

2. **Multiple concurrent sexual partnerships** – This is seen among female sexual partners, some of their customers will insist on not using condom and double the prize. The Long distance drivers hardly stay with their families due to the nature of their work. This makes some of them to keep women at every major stations and towns on their routes and destinations.
3. **Intense transactional and inter-generational sex** – the young females are mostly affected and lured into sex by adults for economic gain and gratifications.
4. **Ineffective and inefficient services for sexually transmitted infections (STIs)** – because of the ineffectiveness and inefficiency of the services, many young people will contract STIs and will leave it for a long time, which increases the risk of HIV infections through open sores, abrasions, ulcers and tears.
5. **Inadequate access to and poor quality of healthcare services** – some of the health care services are not youth friendly and far from schools, as such youths find it difficult to access and utilize such services.
6. **Entrenched gender inequalities and inequities** – the male dominance in the society creates gender inequalities and inequities especially in job opportunities, businesses that bring more incomes. Mostly it is young females that work as housemaids and office secretaries and are vulnerable to sexual harassment from their male employers.
7. **Chronic and debilitating poverty** – a lot of young females that become female sex workers is out of poverty and survival instincts and also many school dropped outs among young people drop out because their parents could not sponsor their education.
8. **Stubborn persistence of HIV/AIDS-related stigma and discrimination** – many young people are living with HIV and they could not come out to declare their status due to fear of stigma and discrimination and they will continue to have unprotected sex and transmitting the infection.

Interventions which would contribute to achieving the UNAIDS Goals

The UNAIDS Goal is 30% reduction in new HIV infections among young people (15–24) by 2015 through the provision of comprehensive sexual and reproductive information, skills, services and commodities in a safe and supportive environment tailored to the specific country and epidemic context.

Most Important Interventions for Female sex workers (FSWs)

- Provision of HIV Counseling and Testing.
- Improve access to quality gender responsive STI services and STI treatment and prevention services integrated into HIV prevention services.
- Training on correct use of female and male condoms as well as free distributions.

Most Important Interventions for Intravenous Drug Users (IDUs)

- Provision of HIV Counseling and Testing.

- Integration of Sexual and Reproductive Health (SRH) and Other Relevant Health Issues into HIV Prevention Program and Integration of drug demand reduction and other substance use control services into all HIV prevention programs.

Most Important Interventions for Men who have sex with men (MSM)

- Provision of education that improves knowledge about dual protection and benefit of condoms and use condoms consistently and correctly.
- Provision of HIV Counseling and Testing.

Most Important Interventions for Long-distance drivers

- Distribution of Condoms and Provision of education that improves knowledge about dual protection and benefit of condoms and use condoms consistently and correctly with non-regular partner.
- Provision of HIV Counseling and Testing.

Most Important Interventions for Uniformed services men and women

- Registered organizations engaging in HIV communication interventions using the national standards/guidelines.
- Integration of HIV prevention into other health related services especially SRH in Barracks.
- Provision of education that improves knowledge about dual protection and benefit of condoms and use condoms consistently and correctly with non-regular partner.

Most Important Interventions for School Dropped Out

- Having comprehensive knowledge on HIV and AIDS through jingles and BCC materials.
- Provision of education that improves knowledge about dual protection and benefit of condoms and use condoms consistently and correctly with non-regular partner.
- Operationalize/strengthen Family Life and HIV Education (FLHE) curriculum implementation for out of school youths.

Assignment document

1. [Ferguson J. HIV/AIDS and young people. Paper presented at: Training Course in Sexual and Reproductive Health Research; 2010 Sep 26; Geneva.](#)