

Alcohol Use among Adolescent Boys and Young Men in Kampala, Uganda: A Cross-sectional Study

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GOVERNMENT OF UGANDA



Makerere University

Presentation Outline

- Background to the study
- General Objective
- Methods
- Key findings
- Conclusions
- Recommendation

Background

- 5.3% of the global deaths, and 5.1% of global burden of disease are due to alcohol abuse.
- 25% of alcohol-attributable deaths and disability are among the 20-39-year age group.
- In Africa, burden is higher among males, with 9.8% of years lost.
- Uganda ranks 7th globally – 12.48litres/year.
- Limited data on adolescent boys and young men’s alcohol consumption despite negative outcomes.

Objective

- To assess the prevalence of alcohol use among adolescent boys and young men in Kampala, Uganda, in order to generate evidence that informs design of targeted interventions that address the needs of adolescent boys and young men.

Methods: Design, Population

- **Study Design:** Cross-sectional mixed methods study
- **Study Population:**
 - Quantitative: **2,500** ABYM aged 10-24 years
 - Qualitative: **45** interviews [including ABYM and Key Informants (MoH, MGLSD, teachers, providers of adolescent health)]
- Data were collected in **48 villages** in the 5 divisions of Kampala between July 30 and August 30, 2020

Study Procedures

- Secured ethical approval from MakSPH IRB and UNCST
 - COVID-19 risk mitigation plan (RMP) was approved by UNCST
- Obtained clearance from the Resident City Commissioner (RCC) and from the Assistant RCCs at Division-level
- Survey teams complied with COVID-19 prevention measures during transportation to and from the field, and during and after data collection

Sample size allocation by Division

KCCA Division	Sample size out of 2500 ABYM	N ₁ for ABYM not-in-school	N ₂ for ABYM in-school
Kawempe	617	188	429
Rubaga	501	159	342
Makindye	405	132	273
Central	257	51	206
Nakawa	720	101	619
Total	2,500	631	1,869

Alcohol Use among ABYM in Kampala, Uganda

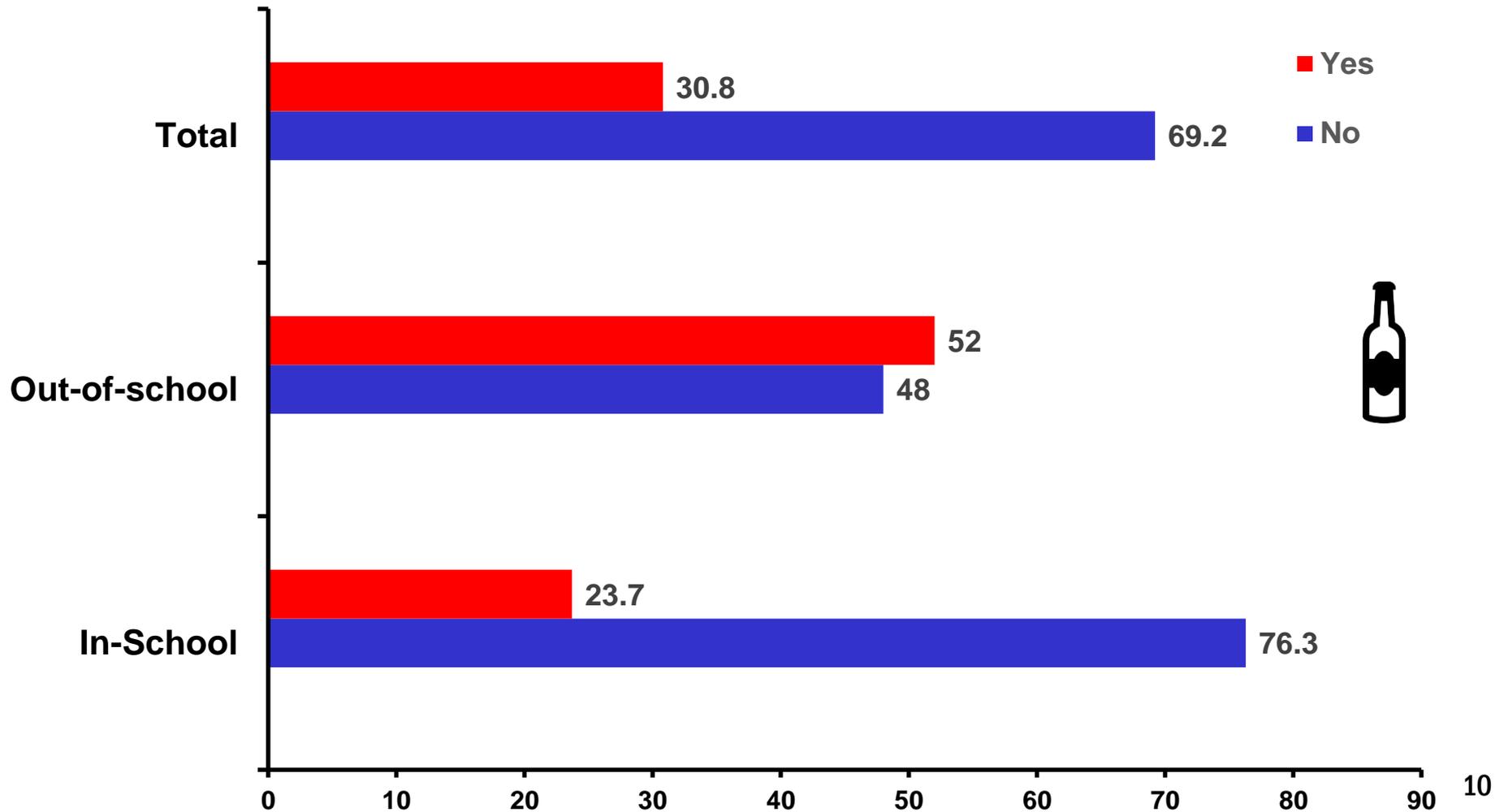
1 - Alcohol Use

- 1 in 3 ABYM (**30.8%**) had ever consumed alcohol and 3 in 5 (57%) consumed alcohol 30 days prior to the survey
- **21%** of ABYM had a father or male guardian who drank alcohol; **23.6%** had siblings who drank alcohol while **31%** had friends who drank alcohol
- **49.8%** (n=1244) reported that they had seen 'a lot of alcohol advertisement' on TV in the past 30 days



Source: Internet

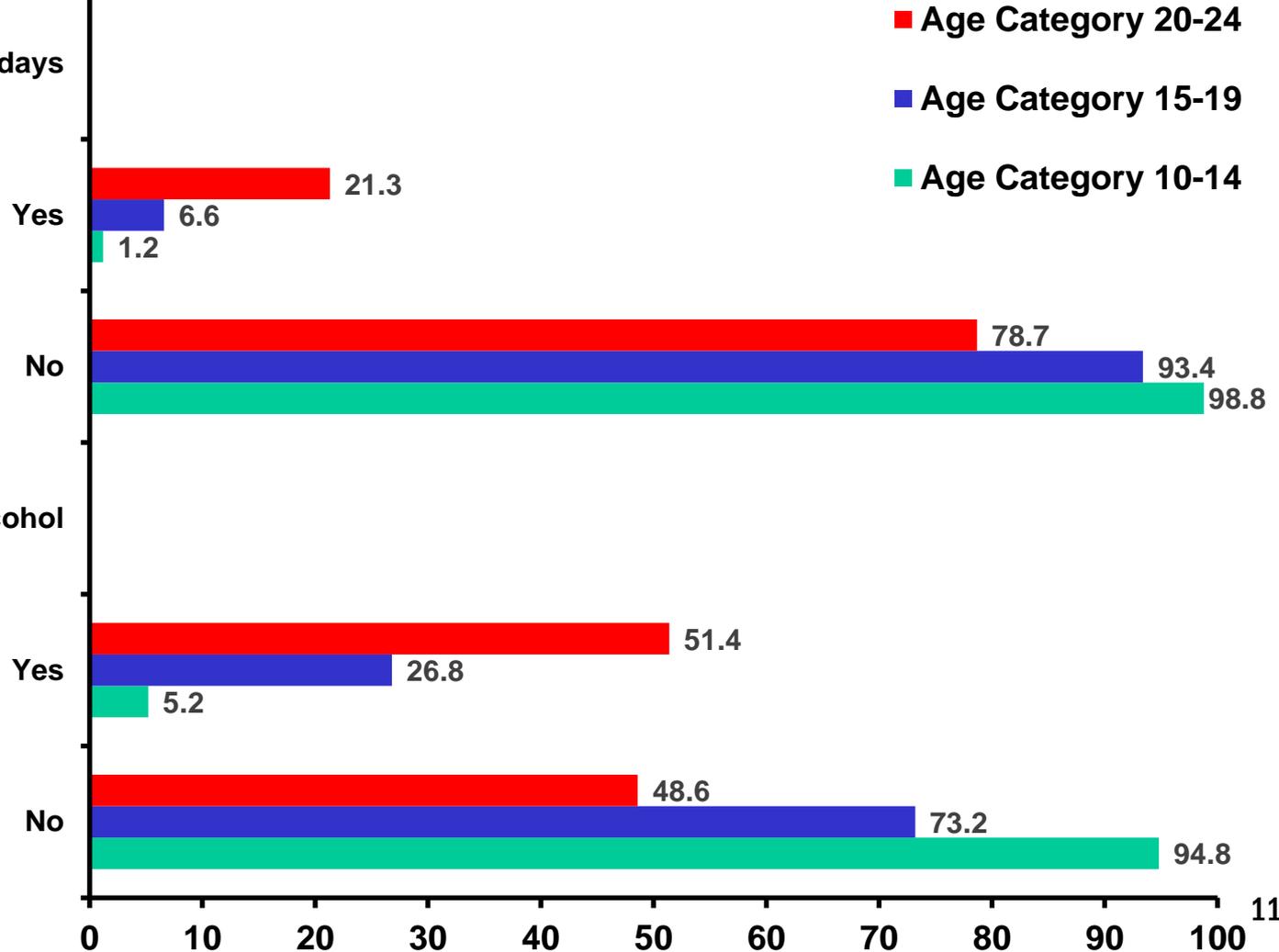
1 in 3 had ever consumed alcohol



Alcohol Use among Adolescent Boys and Young Men's Health in Kampala

Alcohol Use by Age Category

Consumed Alcohol in past 30 days

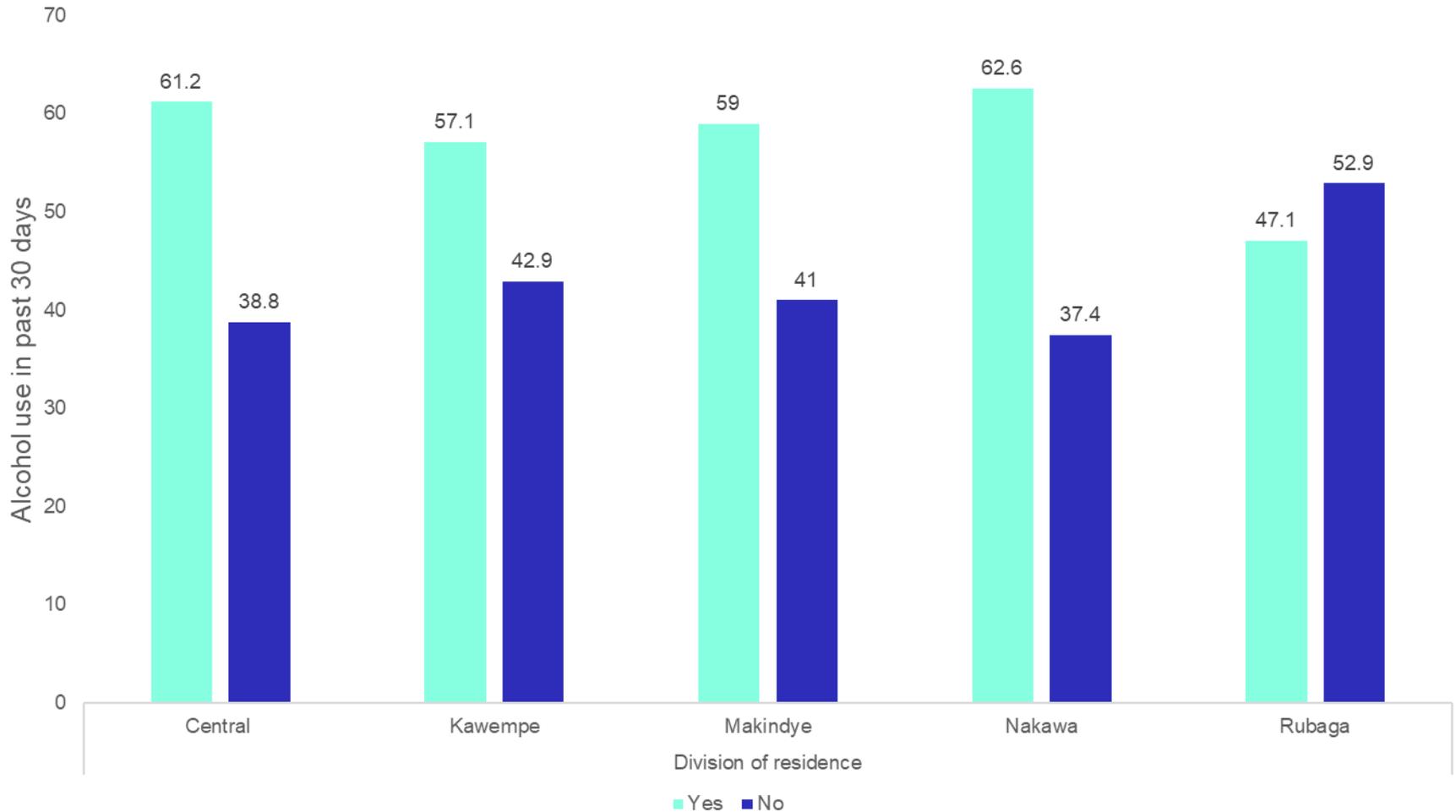


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Alcohol use by schooling status

- Current alcohol use was more common among out-of-school ABYM than in-school (**64.2%**, n=138 *vs.* **50.6%**, n=124)
- **86.3%** of the current users in-school took at least one standard drink between 1-6 times in the past 30 days.
- The largest number of standard drinks (1-6 drinks) had on a single occasion was highest among out-of-school ABYM than in-school (**89.9%**, n=124 *vs.* **84.7%**, n=105)

Alcohol use by division of residence



Conclusions

- Nearly one-third of ABYM in Kampala had ever used alcohol
- Current alcohol use was more common among out-of-school ABYM; those aged 20-24 years; and those who were residents of Nakawa and Central Division.

Recommendations

- **To the government**

- Develop innovative ways of creating alcohol free neighbourhoods while keeping boys in school.

- **To the policy makers**

- Interventions aimed at reducing alcohol use among adolescent boys and young men should particularly target the secondary audience such as friends, who could have an influence on drinking behavior of these adolescents.

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