

Roads to a Healthy Future Project (ROADS II)

Alcohol Use and HIV Risk among Mobile Men

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Profile: Truck Drivers and Other Mobile Workers

- Significant periods of time away from families and support structures; report feelings of stress and isolation
- Few recreational opportunities on the road beyond spending time in bars/lodges
- Significant participation in sexual networks; multiple concurrent partnerships and low condom use in multiple stopover points
- Strong link between alcohol consumption and gender-based violence



Makambako, TanZam Highway

Alcohol Use and HIV Risk among Mobile Men

- Consuming alcohol and visiting commercial sex workers are evident among long-distance drivers worldwide (social norm)
- In India, long-duration mobile men and men who use alcohol everyday have higher sexual risk behaviors and STIs
- In Kenya and Uganda, most transactional sex on the Northern Transport Corridor occurs in bars and lodges
- Kenya Long-Distance Truck Drivers Union and Uganda's Amalgamated Transport and General Workers Union indicate addressing alcohol abuse among members in transit is key to preventing HIV



Mariakani, Kenya

Sources:

Gupta, K. et al. *Spatial Mobility, Alcohol Use, Sexual Behavior and Sexual Health among Males in India*. *AIDS Behavior*. 2010. 14 Suppl. 1:S 18-30.

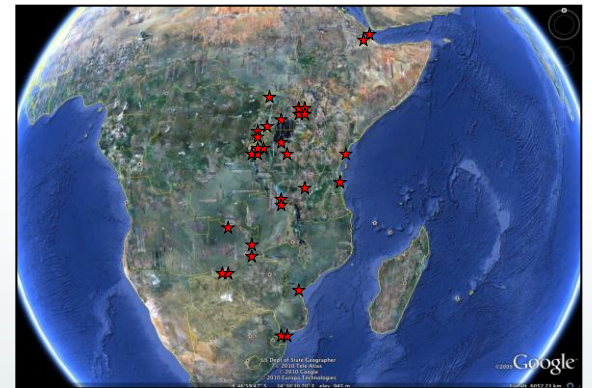
Morris, Chester, and Alan Ferguson. *Hotspot Mapping on the Northern Corridor Transport Route: Mombasa to Kampala*. Kenya Ministry of Transport. December 2005.

ROADS II focus groups and key informant interviews.

WHO. *Alcohol Use and Sexual Risk Behavior: A Cross-Cultural Study in Eight Countries*. Geneva 2005.

Reaching Mobile MARPs: SafeTStop Resource Centers

- Alcohol-free settings as alternative to bars and lodges (average of 100-150 visitors daily)
- Branding recognizable to drivers and other mobile MARPs across East and Central Africa
- Services including HIV education, HIV counseling and testing, condom distribution, STI diagnosis and treatment, men's discussion groups
- Referral to facility- and community-based outlets
- Satellite TV, games, etc. to draw men out of risky settings; internet to help them stay connected to families
- Addition of alcohol counseling groups specifically for mobile men in selected high-traffic centers



Alcohol Counseling in SafeTStop Resource Centers

- ROADS II piloting group alcohol counseling for mobile men in TZ and Uganda SafeTStop centers
- Models: 12-step Minnesota (Abstinence) or Behavior Motivation Intervention (Risk Reduction)
- Transport union staff on site to be trained as counselors and TOTs
- Mobile men supported from site to site
- Ongoing peer education on the links between alcohol consumption and HIV risk



Adaptation of Busia, Kenya Program (ROADS)

- In 2006, PLHIV groups in Busia, Kenya, recognized members struggling with ART adherence due to alcohol consumption
- Member trained in substance abuse counseling established a non-denominational counseling group, styled on Alcoholics Anonymous, linked with ART site for cross-referral
- Program has grown from one group with 15 people in 2007 to 106 groups with 1,592 members; groups include some mobile men
- All counselors volunteers and venues donated by churches, mosques, schools



Qualitative Results to Date

- Perceived improvements in community willingness to discuss and address the powerful norm of excessive drinking
- Members report reduction in own alcohol consumption and influencing family members to reduce their alcohol consumption
- Reported reduction in number of sexual partners and increased condom use
- Fewer episodes of GBV
- Greater ART adherence
- Improved school attendance among household members



Recommendations

- Integrate alcohol components into HIV prevention programming for mobile men
- Create alcohol-free environments for mobile men as a desirable alternative to bars
- Recognize that strategic communication alone not sufficient to motivate behavior change where addiction is involved
- Address underlying factors that encourage mobile men to abuse alcohol as a coping mechanism (e.g., internet access for family communication)

