



HIV in Tanzania

**A Paper Presented at A Course on Reducing
Mortality from HIV-TB in Tanzania.
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Outline of Presentation

- Introduction
- Factors and Agents behind the HIV and AIDS epidemics in Tanzania
- The trends of HIV epidemics in Tanzania
- AIDS cases in Tanzania
- Conclusions



Introduction-1

- **Global Summary of the AIDS pandemic by December 2006:**
 - **Number of people living with HIV 39.5 million**
 - **People newly infected with HIV 4.3 million**
 - **AIDS deaths in 2006,- 2.9 million**



Introduction-2

- **The HIV and AIDS pandemics and the global efforts to respond to them are now over 25 years old.**
- **Numerous innovative responses have been developed by communities, national governments, civil society organizations, multilateral organizations and development partners**
- **Innovative funding mechanisms have been established**



Introduction -3

- **New institutional arrangements have been put in place e.g. AIDS Commissions, Country coordinating Mechanisms, and the principle of Three Ones.**
- **To date only few countries have been successful in reversing the trends of the national epidemics**



The Status of HIV in Tanzania?

- **Multiple views**

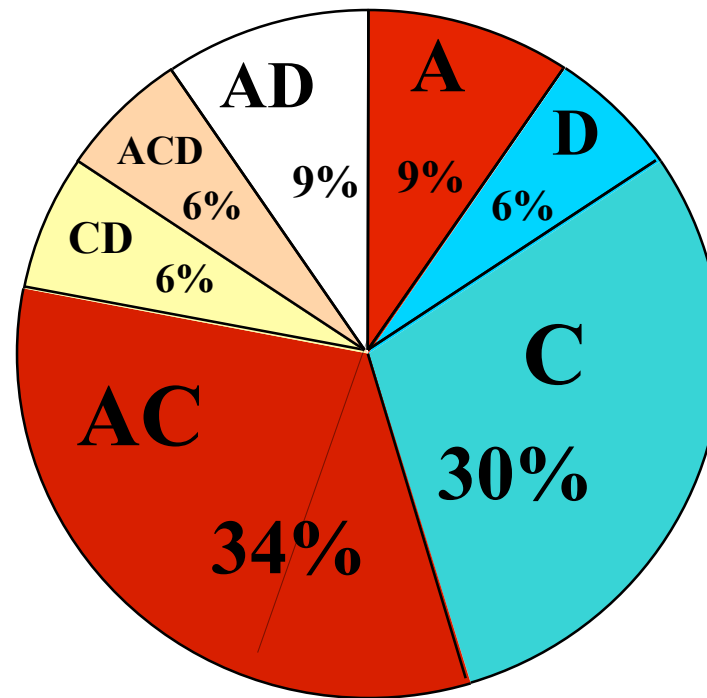
- **The epidemic is stabilising?**
- **The epidemic is getting worse day after day?**
- **There is evidence that the epidemic is falling?**



What agent is causing the HIV Epidemic in Tanzania?

- **Mainly HIV-1 subtypes A, C and D, as well as their recombinants**

Circulating Virus sub types in Tanzania





Drivers of the Tanzanian HIV Epidemic

- ◆ **High risk sexual behaviour**
 - **Multiple heterosexual partners**
 - **Sex work**
 - **Unprotected sex**
 - **Inter generational sex**
- ◆ **Sexually transmitted infections**
- ◆ **Sex at early age**
- ◆ **Cultural factors**
- ◆ **Poverty**
- ◆ **Gender inequality**
- ◆ **Rural → urban migration**



Number of Lifetime Sexual Partners

***Average
number of
lifetime
partners
(among those
who have ever
had sex)***



Age at First Sex

- Among women age 20:
 - 11% had sex by age 15
 - 54% had sex by age 18
 - 82% had sex by age 20
- Among men age 20:
 - 8% had sex by age 15
 - 40% had sex by age 18
 - 69% had sex by age 20



Age at First Sex

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 - 82% had sex by age 20
- Among men age 20:
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 - 40% had sex by age 18
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Which Way is the HIV Epidemic in Tanzania?

- **Many generalised epidemics with diverse trends:**
 - **In big urban areas signs of decline**
 - **In rural areas new infections rising**
 - **Generally the national epidemic is stabilising**



Source of Data

- **Tanzania HIV Indicator Survey 2004/2005**
- **Antenatal HIV Surveillance 2001-2006 (Three rounds of data collection)**



The trends of Tanzanian HIV epidemics

- **Urban**
- **Rural**
- **General (Nationally)**



The trends of Tanzanian HIV epidemics

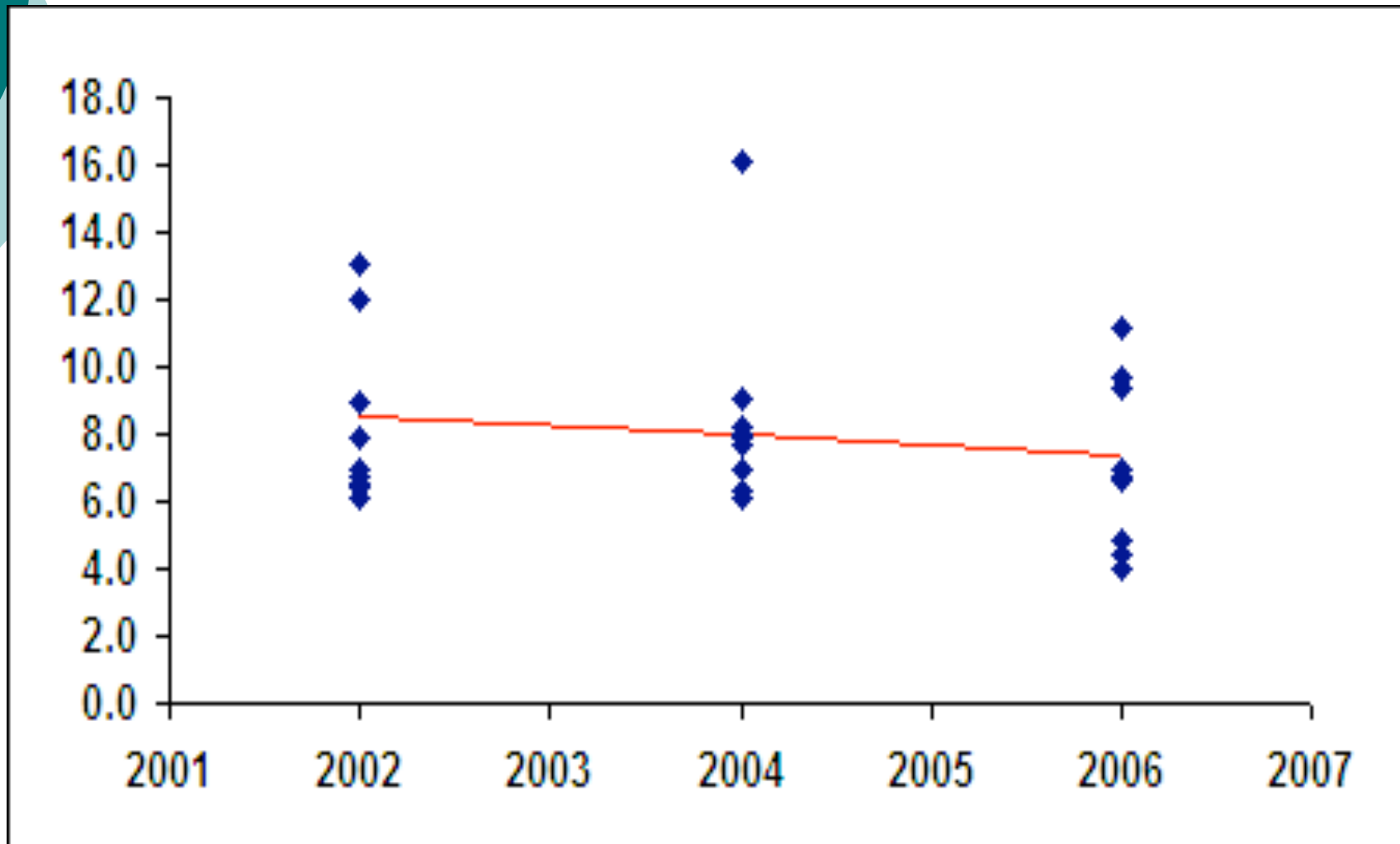
The Urban Epidemic



Trend of HIV infection in urban areas, Tanzania 2001 - 2006

- **The trend of HIV infection in urban areas is that of decline, however, the decline is not statistically significant, ($p=0.33858658$)**
- **% decline in HIV prevalence from 2000 to 2005 is 16.65,**

Trend of HIV infection in urban areas, Tanzania 2000 - 2006





Trend of HIV among ANC attendees Bukoba urban-Kagera region 2000-2006



The Trends of HIV epidemics in Tanzania

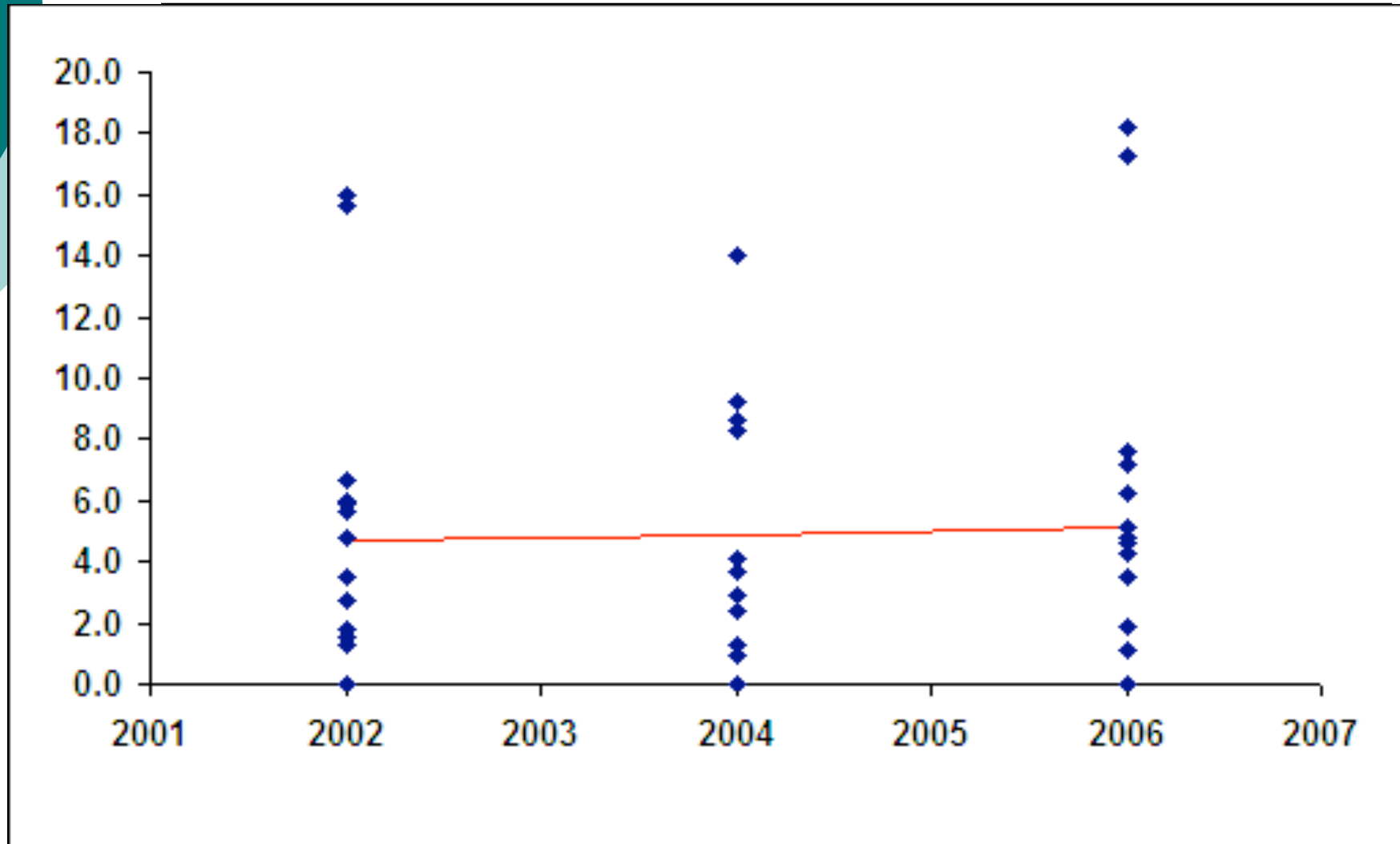
- The Rural Epidemic



Trend of HIV infection in rural areas, Tanzania 2001 - 2006

- **The trend of HIV infection in *rural* areas is that of *increase*, however, the increase is not statistically significant, ($p=0.789029658$)**
- **% increase in HIV prevalence from 2000 to 2005 is 13.97**

Trend of HIV infection in rural areas, Tanzania, 2000 - 2006



HIV Prevalence in Kisesa Cohort (%)

	R1 94/95	R2 96/97	R3 99/00	R4 03/04
MALE	4.8	4.9	6.8	7.6
FEMALE	6.4	7.6	9.3	8.2
OVERAL L	5.8	6.4	7.4	7.9



HIV Prevalence in Kisesa Cohort



Trends in incidence in Kisesa



The Trends of the HIV Epidemics in Tanzania

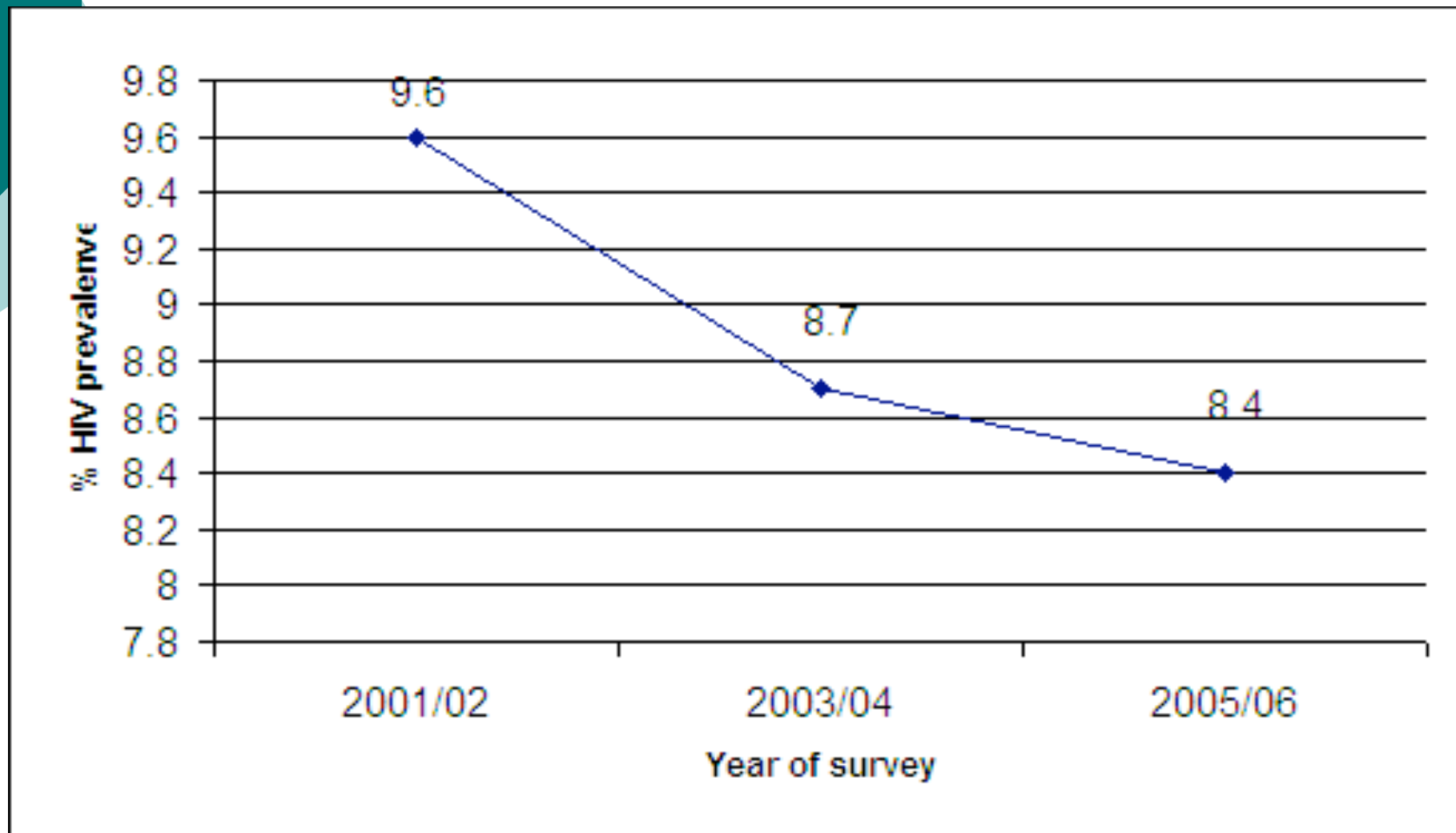
Overall National epidemic



The Trend of HIV Epidemic in Tanzania

- **Overall, prevalence decreasing in Tanzania**
- **statistically insignificant decrease in urban, and increase in rural areas**


Trends of HIV Prevalence among ANC attendees of all ages, 2001-2006





The HIV Epidemic in Tanzania (ANC Data)

- **Overall HIV prevalence among ANC attendees: 8.2%,**
- **HIV prevalence among ANC attendees aged 15 – 24 years : 6.8%**
- **Wide regional variation: 3.5% (Kigoma) - 18.2% (Iringa) This fact supported by THIS and ANC Surveillance**



Prevalence HIV infection among ANC attendees by region, Tanzania 2005/06



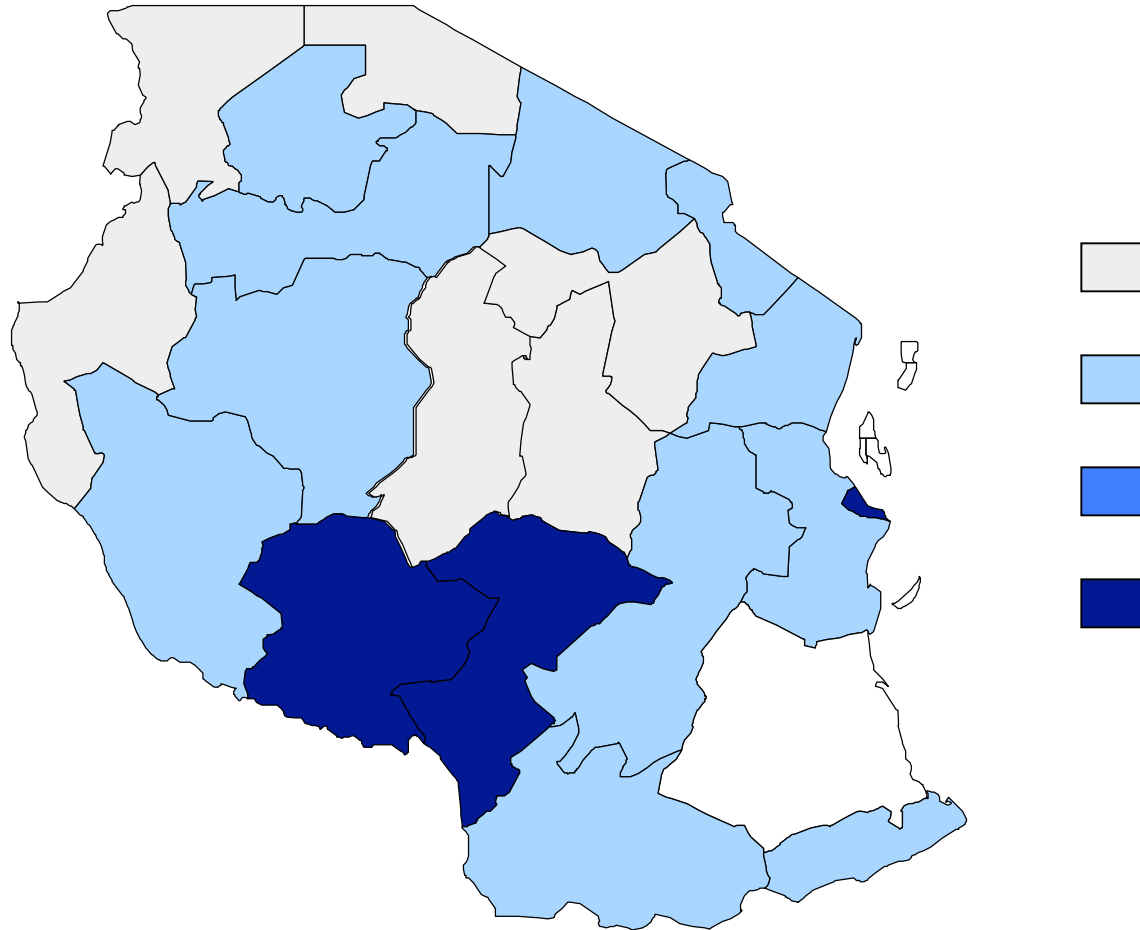
The HIV Epidemic in Tanzania (THIS)

- **7% of adults are HIV infected;**
 - 7.7% of women are infected
 - 6.3% of men are infected
- **Highest prevalence in Mbeya (14%), Iringa (13%) and Dar es Salaam (11%)**
- **Lowest prevalence in Kigoma and Manyara**
- **8 % of couples are discordant**



HIV Prevalence by Region

HIV Prevalence by Region





HIV Prevalence by Residence



AIDS Cases in Tanzania

- A total of 13,285 reported in 2005
- Since 1983 Cumulative cases amount to 205, 773
- Up to September 2007, about 228,878 patients were enrolled on care and treatment of whom 117,261 were on ART
- About 1.6 -2 million people living with HIV



Trend of AIDS Cases since 1983

- ◆ Progressive increase in the number of AIDS cases
- ◆ Most AIDS cases are in age group 20-49
 - Peak for females 25-29
 - Peak for males 30-34
- ◆ Females acquire infection at an earlier age compared to males



HIV Prevalence by Age- Tanzania

Age



Conclusion-1

- In Tanzania there are several generalized epidemics
- The national response efforts are starting to bear fruits
- Need to scale up efforts and provide universal services for HIV and AIDS prevention, care, treatment and support.



Conclusion-2

- There is an sense of decline in the national HIV epidemic
- This sense must be invigorated and,
- Scaled up throughout the country and in all population groups

A photograph of a sunset scene. On the left, a large, dark silhouette of a tree dominates the frame. To the right, the sun is low on the horizon, creating a bright, golden glow that illuminates the sky and the silhouettes of banana plants in the foreground. The overall color palette is warm, with shades of orange, yellow, and brown.

THANK YOU FOR YOUR
ATTENTION