

Uganda Public Health Fellowship Program

Prevalence and factors associated with alcohol and other drug use among secondary school student leaders, Uganda, July 2024

Charity Mutesi, MPH
Fellow, Cohort 2024



Declaration of no conflict of interest

- I hereby declare that I have no financial, personal, or professional conflicts of interest related to the content of this presentation
- I also confirm that I have not received any funding, sponsorship, or support from the alcohol industry or related organizations
- My views and recommendations are based solely on available evidence and are intended to advance the understanding and prevention of alcohol-related harm

Alcohol and other drug use (AOD) and its consequences

- **Substances affecting body and mind**
- **Consequences**
 - Psychological
 - Social
 - Co-occurring mental disorders

Classification of AODs

- **Alcohol**
 - Spirits
 - Bottled alcohol
 - Local alcoholic drinks
 - Wines
- **Over-the-counter drugs**
 - Prescription medications
- **Illicit drugs**
 - Chewable (khat/mairungi)
 - Smoked (cigarettes, shisha, marijuana)
 - Smokeless (kuber)
 - Inhalants (petrol, jet/aviation Fuel)



Burden of AOD use

- **Global status report on alcohol and health 2018**
 - 6% adolescents engaged in heavy episodic alcohol drinking
- **United nations office on drug and crime report 2022**
 - 2.3% adolescents used drugs
- **High prevalence of AOD reported in Ugandan studies**
 - 70% ever used AOD with alcohol use at 19%
 - 16% used AOD at Makerere-Mulago Columbia adolescent clinic

Why AOD use among students?

- **50% admissions at NMRH are young people with AOD disorders**
- **Age at Initiation**
 - Lifetime consumption, risky patterns of use, and high severity of dependence
 - >90% of adults started AOD use before 18 years
 - Legal drinking age is 18 years

Objectives

- Describe types of AOD used by learners in secondary schools
- Determine prevalence of AOD use
- Determine factors associated with recent AOD use

Study design, population and sample size

- Cross-sectional study
- Secondary school student leaders
- Using Kish Leslie's formula
 - A sample size of 569 participants was considered



- **Systematically selected respondents**

- Using conference registration lists of the learners

$$K^{\text{th}} \text{ interval} = \frac{\text{Total learners that attended the conference (1707)}}{\text{Number of learners needed (569)}} = 3$$

Operational definition

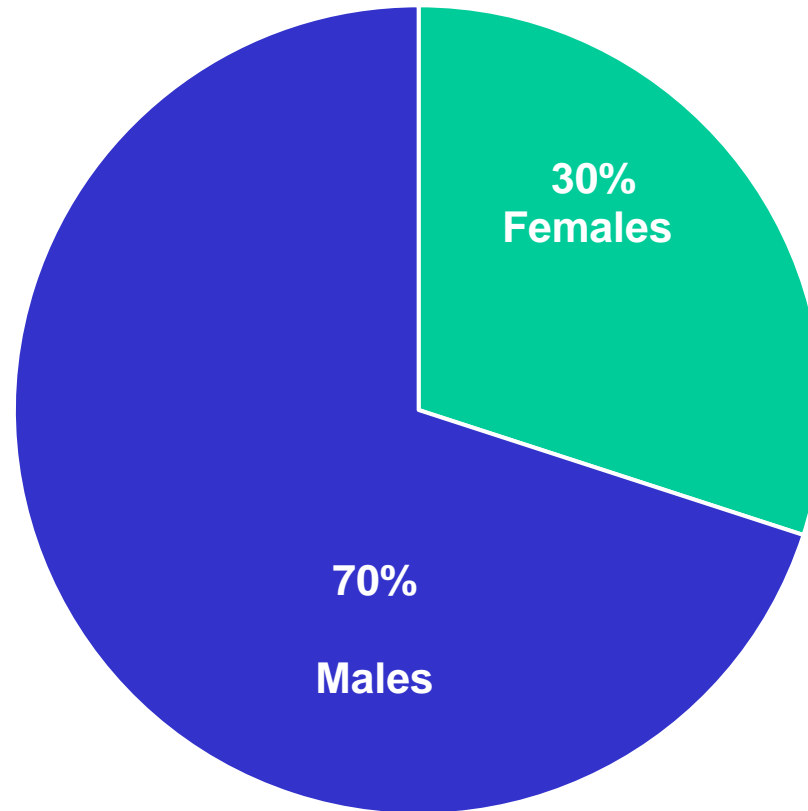
- **Recent use**

- Any participants reported to have used AOD within 30 days before the survey

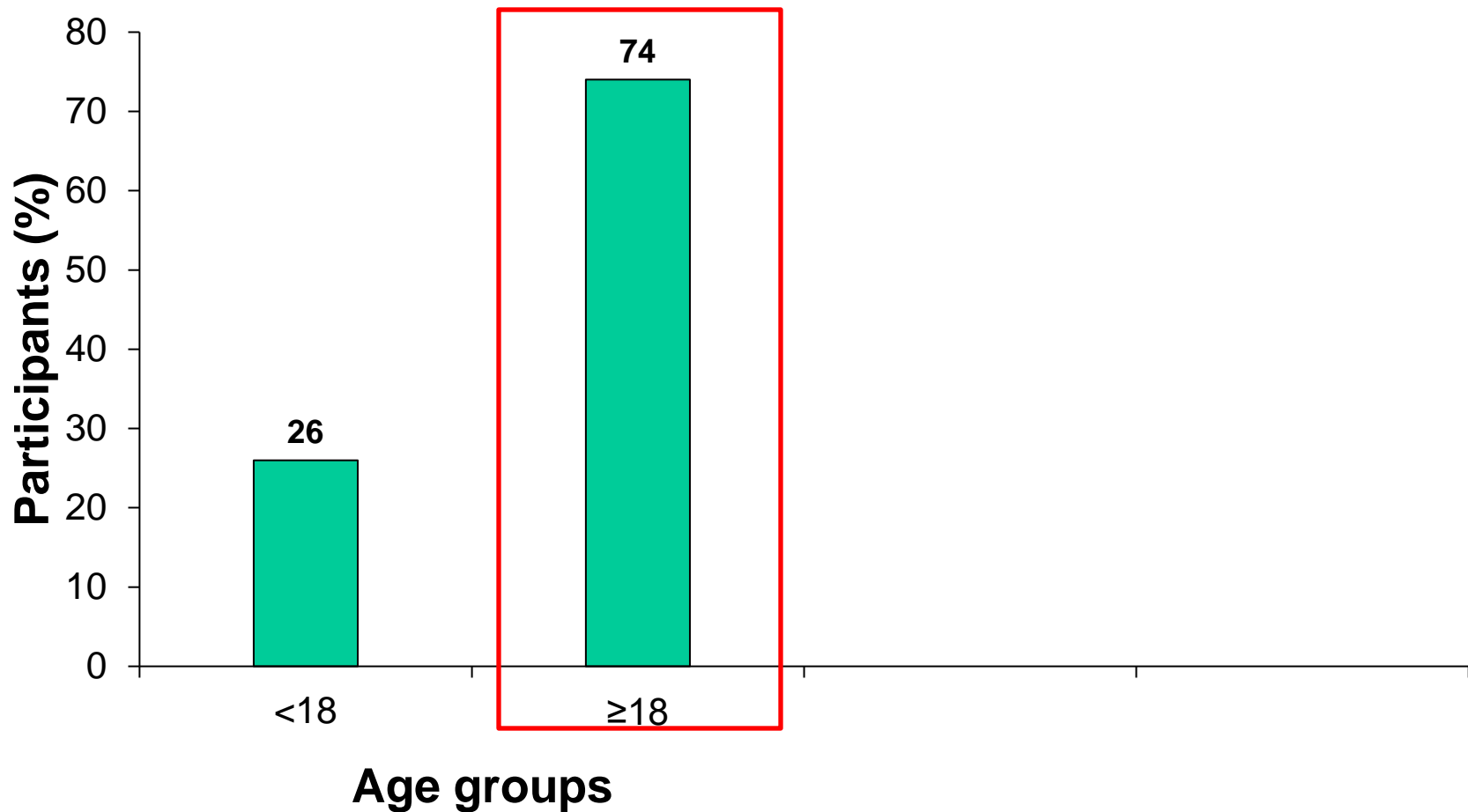
Data collection and analysis

- **Self-administered structured questionnaire**
- **Descriptive**
 - Frequencies & percentages
- **Modified Poisson regression at multivariate**

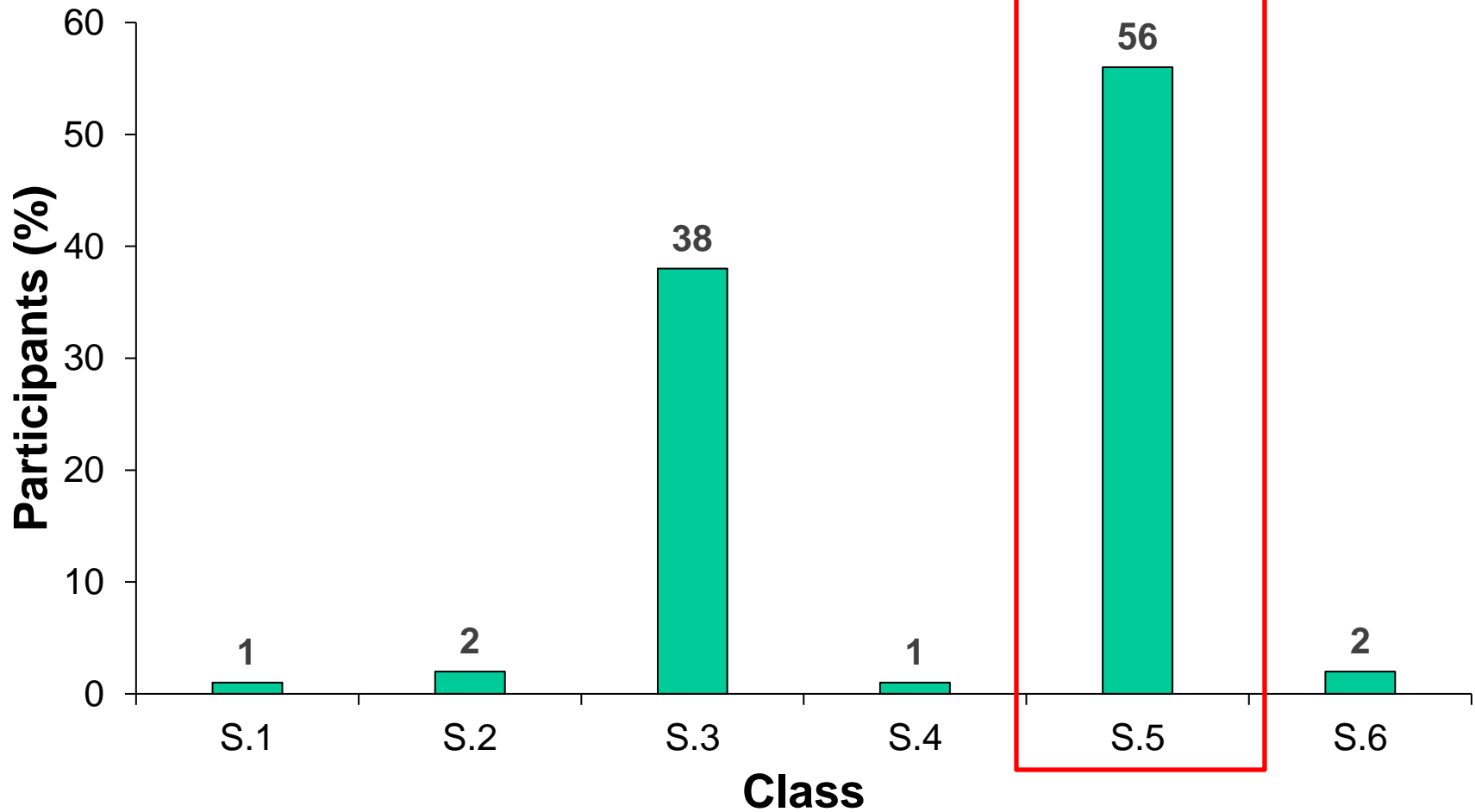
Most participants were males (N=569)



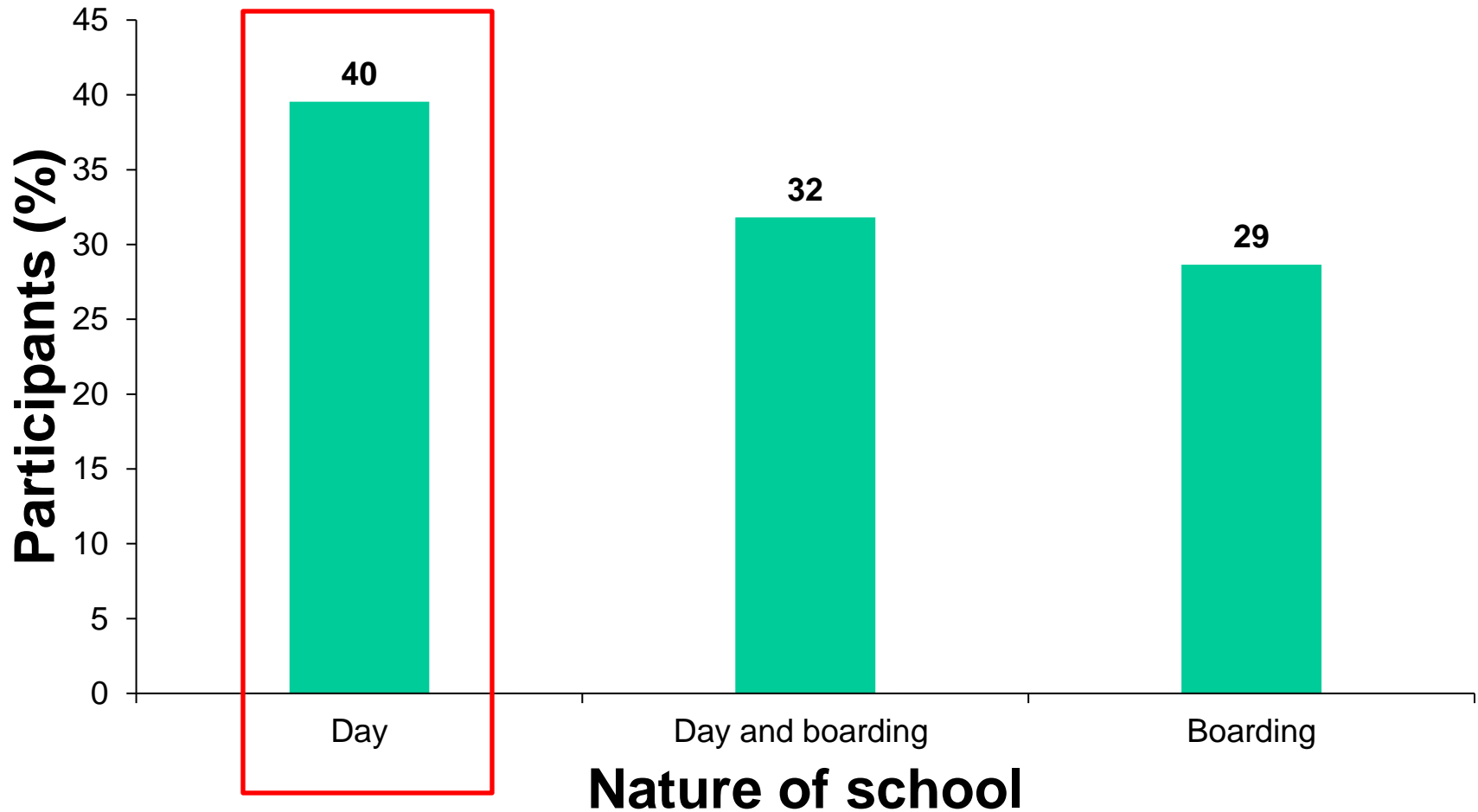
Most participants were ≥ 18 years (N=569)



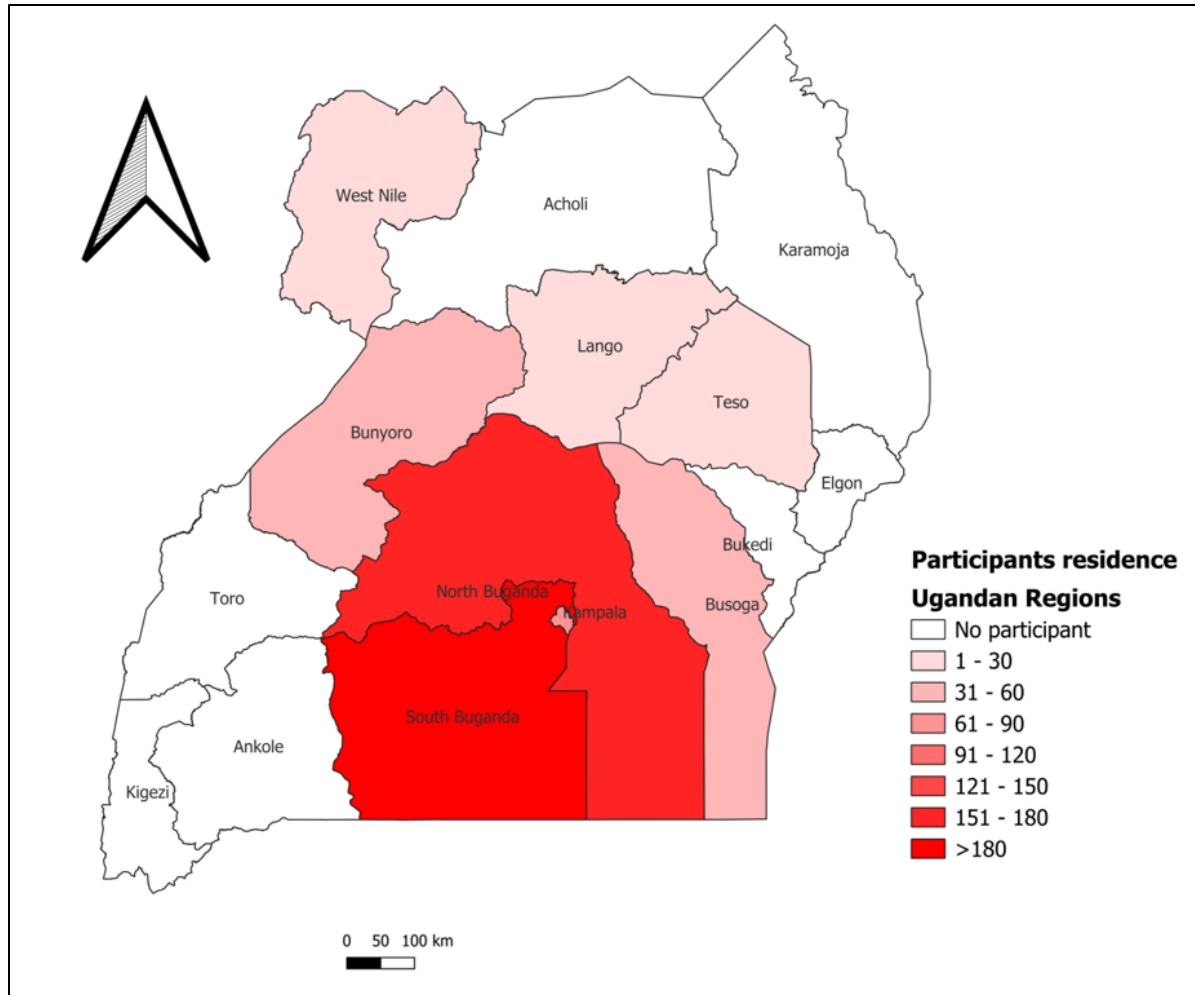
The majority in senior five



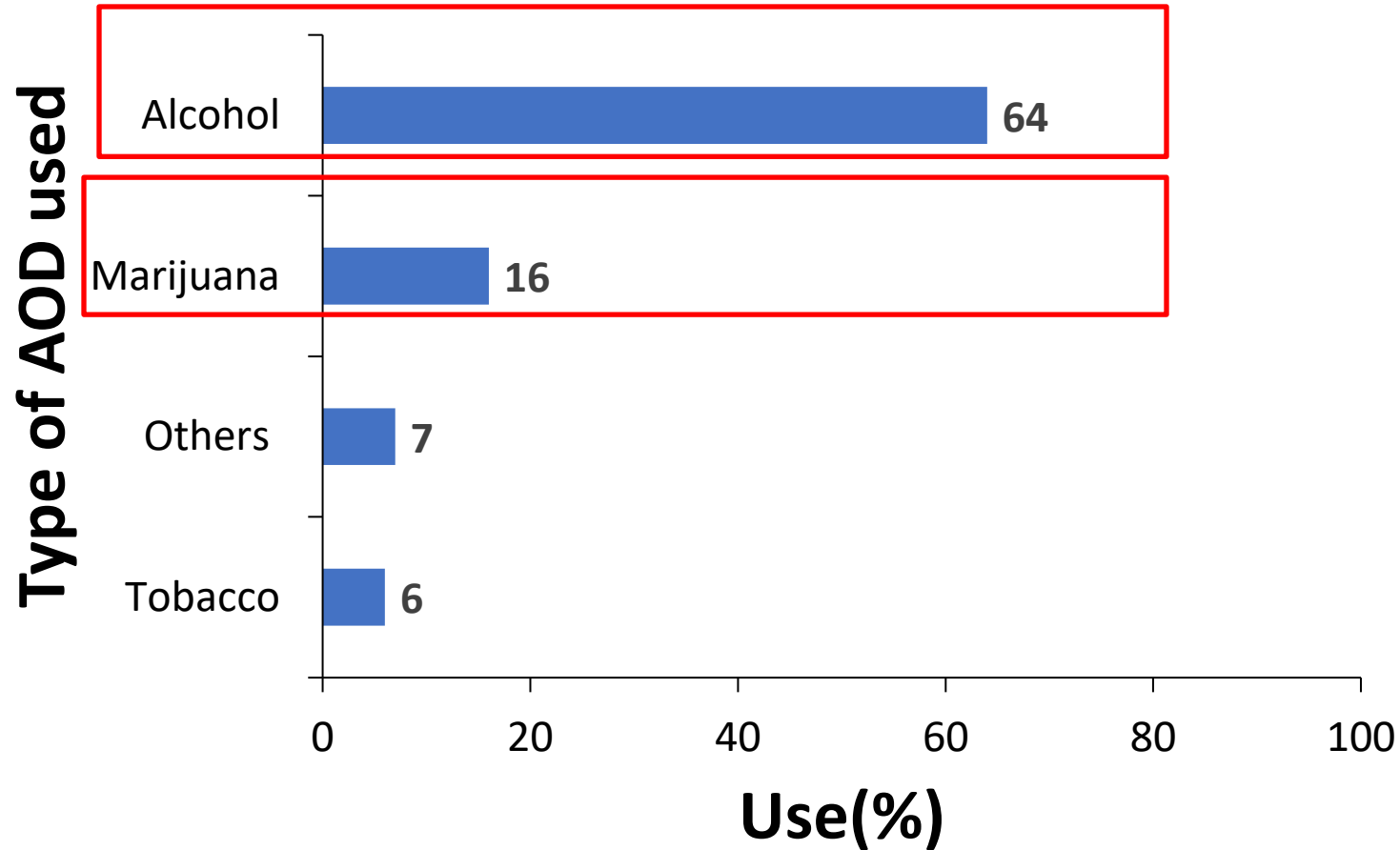
Most were in day schools



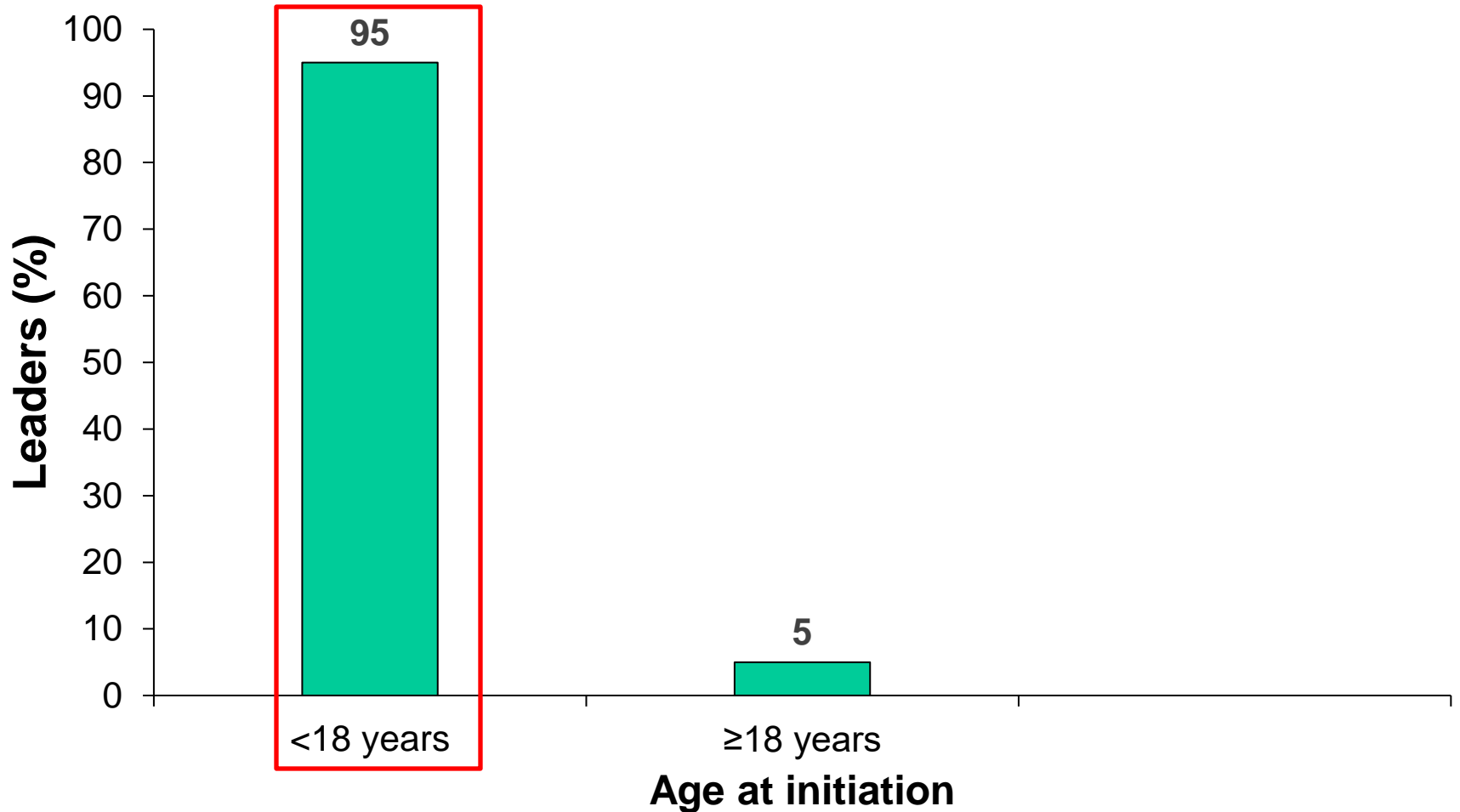
The majority were from North, south-central and Kampala sub-regions



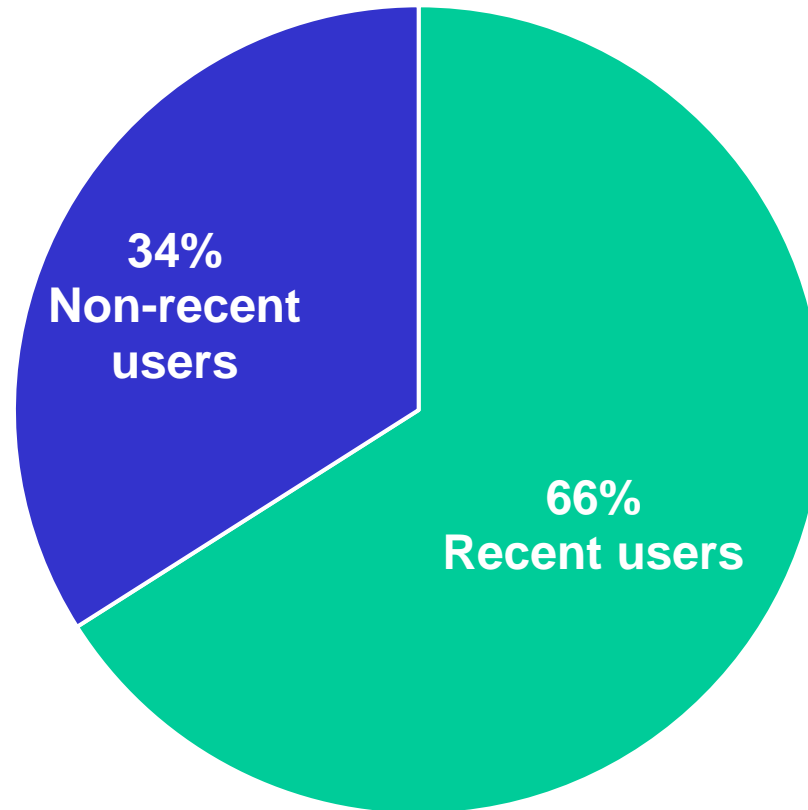
Most had ever used alcohol (n=155)



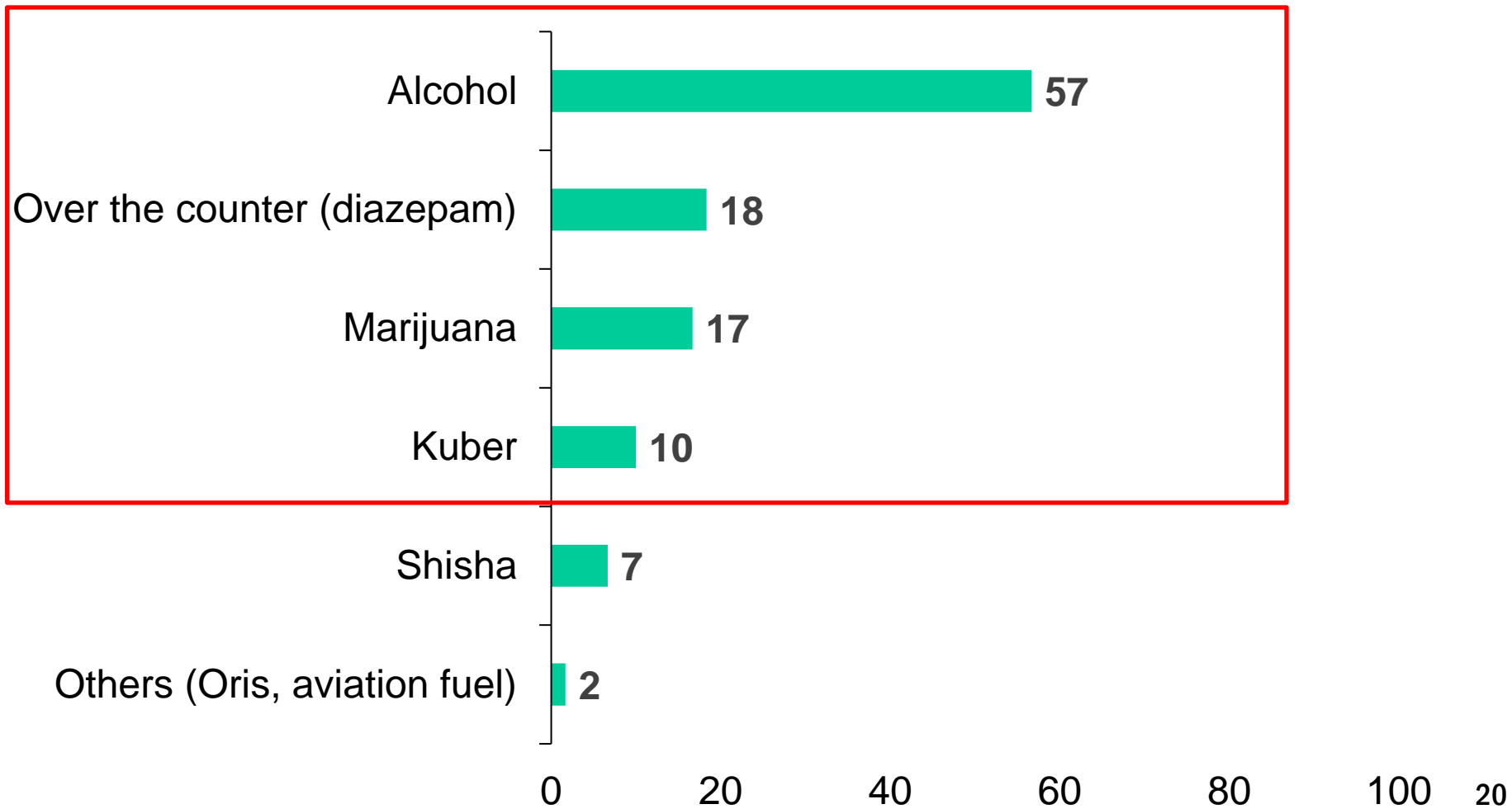
The majority initiated AOD at <18 years



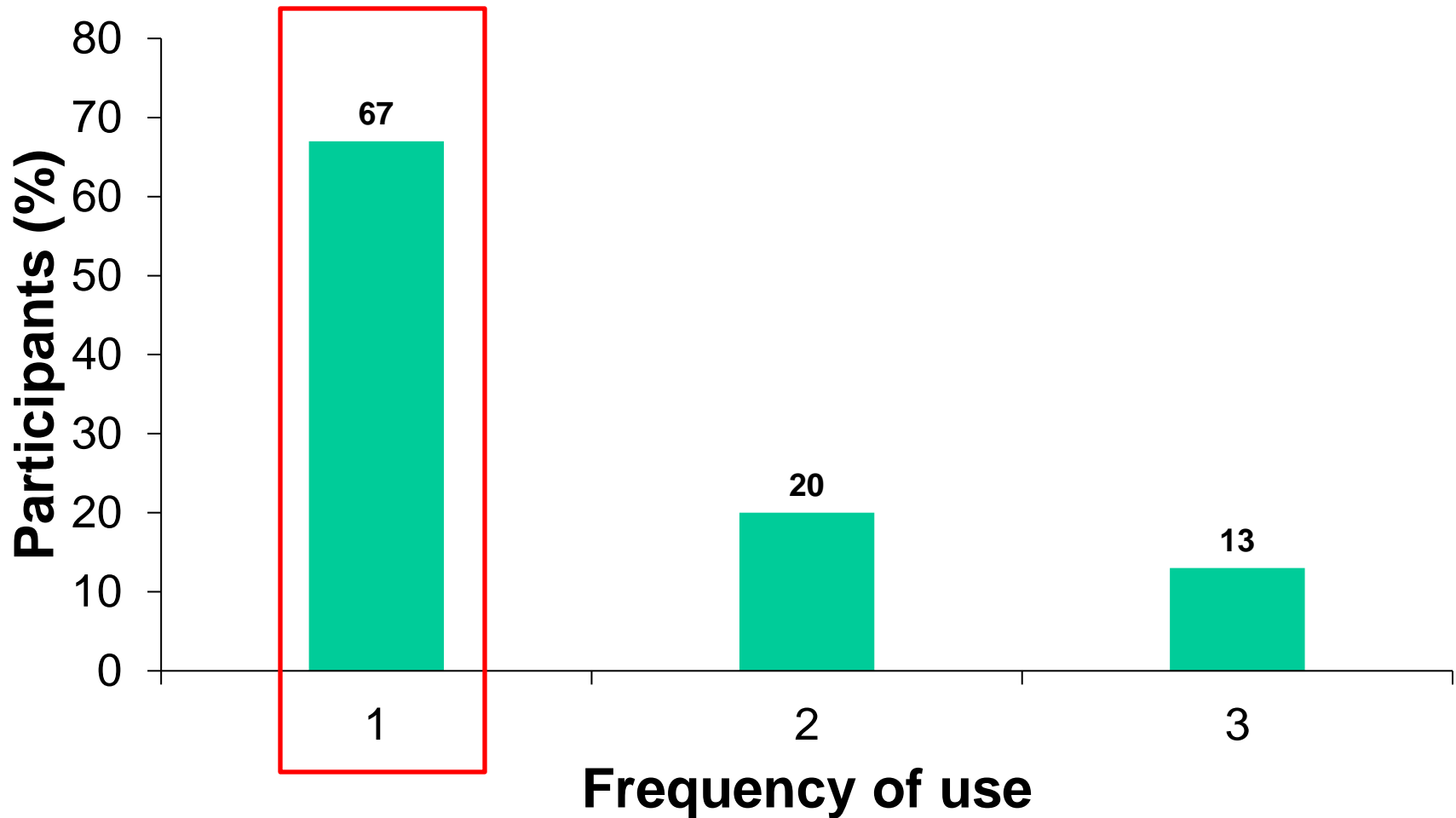
Most were recent AOD users (n=103)



Alcohol most used among recent users (n=103)



Most recent users consumed AOD once a day (n=103)



Most used AODs with friends due to peer pressure (n=103)

Variable	n(%)
Whom they use the AOD	
With friends	70(68)
With family	17(17)
Alone	16(15)
Where AOD are used	
Home	62(60)
School	24(23)
Other places e.g. bars, outing	17(17)
Circumstances for introduction to AOD	
Peer pressure	54(52)
Curiosity	35(34)
Family environment	10(10)
Media	4(4)

Peer pressure and school ownership associated with recent AOD use

Variable	aPR (95% CI)	p-value
Peer pressure		
No	1	1
Yes	7.6 (4.7-12)	<0.0001
Nature of school		
Boarding	1	1
Boarding and day	1.8 (0.9-3.4)	0.07
Day	1.3 (0.7-2.6)	0.4
School Ownership		
Faith based	1	1
Government	1.2 (0.7-2.1)	0.5
Private	2.7 (1.3-5.2)	0.004

Conclusion

- **One of every five participants were recent AOD users**
- **Alcohol most used substance**
- **Initiation among leaders below 18 years**
- **Peer pressure and school ownership associated with current AOD use**

Study limitations

- **Study population of student leaders**
 - Underestimate the magnitude of AOD use among secondary school students
 - Some schools not represented

Recommendations

- **Psychosocial interventions in schools**
 - Alcohol consumption
 - Experimental use
- **Peer-led initiatives**
 - Promote positive peer interactions
- **Strengthening implementation of alcohol laws**
- **Implementing prevention strategies in non-faith-based schools**

Uganda Public Health Fellowship Program

Acknowledgement

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- Butabika National Mental Hospital

