



# TANZANIA

# DHAPP

DEPARTMENT OF DEFENSE HIV/AIDS  
PREVENTION PROGRAM

REDUCING THE INCIDENCE OF HIV/AIDS  
AMONG UNIFORMED PERSONNEL IN  
SELECTED AFRICAN NATIONS AND  
BEYOND

## WINNING BATTLES IN THE WAR AGAINST HIV/AIDS

### BACKGROUND

#### **Country Statistics**

Tanzania's estimated population is 40 million people, with an average life expectancy of 51 years. Kiswahili, Swahili, and English are the official languages of Tanzania, which has an estimated literacy rate of 69%, unevenly distributed between men and women. Tanzania is one of the poorest countries in the world. The economy depends heavily on agriculture, which accounts for more than 40% of the gross domestic product (GDP), provides 85% of exports, and employs 80% of the work force. Continued donor assistance and solid macroeconomic policies supported real GDP growth of nearly 7% in 2007. The GDP per capita is \$1,100, with 36% of Tanzanians living below the poverty level.

#### **HIV/AIDS Statistics**

The HIV prevalence rate in Tanzania's general population is estimated at 6.5%. Prevalence rates are higher in urban than in rural areas, and women are more severely affected than men. Identified significant risk factors include high-risk heterosexual contact and contact with commercial sex workers.

#### **Military Statistics**

The size of the Tanzanian People's Defense Force (TPDF) is approximately 35,000. As of this annual report, no information regarding HIV prevalence in the military was available. Tanzania expends 0.2% of the GDP on military expenditures.

## PROGRAM RESPONSE

### **In-Country Ongoing Assistance**

The TPDF works in collaboration with the Walter Reed Army Institute of Research (WRAIR,) and PharmAccess International (PAI) on its HIV/AIDS program. WRAIR programs in Tanzania are directed by a Department of Army civilian hired under the Division of Retrovirology (Div. Retro.) with attaché status who reports directly to the Ambassador under the US Mission/Embassy in Dar es Salaam. WRAIR's primary administrative and contracting hub is located in Silver Spring, Maryland, and Fort Detrick , Maryland, respectively, with the Department of Army civilian providing direct oversight of program progress on the ground. WRAIR works closely with the Office of the Defense Attaché (DATT) at the US Embassy. Though not involved in the day-to-day management of the US President's Emergency Plan for AIDS Relief (PEPFAR) program, the DATT assists in coordinating higher-level meetings with the TPDF, ensuring goals and objectives of the Combatant Command are met.

PAI is nongovernmental organization based in the Netherlands. PAI has more than 15 years of experience working on comprehensive, workplace HIV programs in Africa, and over 5 years working with the TPDF. Through a grant issued by the US Army Medical Research Acquisition Activity based at Fort Detrick, PAI provides not only managerial and fiscal oversight of the program but also focuses technical assistance on both clinical and behavioral interventions for the TPDF.

WRAIR activities in Tanzania are further supported by US-based staff at WRAIR Headquarters and its US Military HIV Research Program (USMHRP) under Div. Retro. in both technical and administrative areas. Additional technical support is provided by USMHRP staff located in Kenya and DHAPP staff members working in collaboration with USMHRP. In country, WRAIR participates in PEPFAR technical working groups along with the Centers for Disease Control and Prevention, US Agency for International Development, Department of State, and the Peace Corps, participating in the development of annual Country Operational Plans through which PEPFAR funds are solicited. Through this coordination, WRAIR also ensures activities with the TPDF under PEPFAR meet overall USG PEPFAR strategic goals.

## OUTCOMES & IMPACT

### **Prevention**

The TPDF prevention program targets all 5,000 recruits, 30,000 military personnel, 90,000 dependents, and 80,000 civilians living near the military camps and hospitals. During FY07, the TPDF program reported outstanding results across all areas in prevention, care, and treatment of HIV. During the year, 30,951 military personnel and their families were reached with comprehensive prevention messages. Three hundred eighty-four (384) peer educators were trained in the provision of those messages. The peer educators represent the 5 Army Brigades, Air Force, Navy, and Intelligence. Nearly 50% of the peer educators are administration and training officers. This decision was made because training experience and the ability to support peer educators in their daily activities was fundamental. Condom services were provided through 63 targeted outlets, and 1 million condoms were distributed.

In November 2006, a prevention task force with representatives from TPDF Headquarters, Lugalo Military Hospital, and Information, Education, and Communication (IEC) specialists from the University of Dar es Salam was formed. The purpose of the task force was to develop HIV/AIDS awareness and prevention materials, dedicated for the TPDF.



The major accomplishments of the taskforce included a resource book for master trainers and peer educators, peer education materials developed from information from the Joint United Nations Programme on HIV/AIDS and other sources. Another product developed by the taskforce is a pocket-sized handbook and training curriculum on adapted life-skills for TPDF recruits and the National

Youth Service. In addition, a card game was developed with HIV/AIDS prevention messages on each card as well as the development of two 15-minute documentaries with distribution to TPDF Headquarters, 5 Brigades, all Units, 5 training centers, 8 hospitals, and 6 health centers.

During FY07, 4,377 pregnant women were provided with prevention of mother-to-child transmission (PMTCT) services at 9 sites. These services included counseling, testing for HIV, and receiving results. Of the women tested in the PMTCT setting, 392 were provided with a complete course of antiretroviral (ARV) prophylaxis. Twenty-four (24) military health care workers were trained in the provision of PMTCT services in accordance with the National PMTCT guidelines. The 9 PMTCT sites (8 hospitals and 1 health center) were refurbished during FY07.

### Care

There are 7 palliative care sites for the TPDF, and 181 troops and family members received services. Over half of the palliative care patients (101) received treatment for tuberculosis (TB). Twenty-four (24) medical officers and nurse counselors have been trained on palliative care services including TB, according to the guidelines of the National AIDS Control Programme TB Unit and the National Tuberculosis and Leprosy Program. Eight (8) military hospitals have been assessed and equipped for TB diagnostics. All sites have received microscopes, assays, and safety gear for TB diagnostic purposes.

In order to increase awareness of palliative care services offered at its 8 hospitals, the TPDF has been holding Open House Days.. Information about the risks of HIV transmission and preventive measures is also shared with the community, through drama, music, speeches by people living with HIV/AIDS, district or regional health managers, and medical staff from the hospitals. HIV testing is offered during the events. Each Open House Day has attracted at least 2,000 spectators, with more than 400 persons tested for HIV per day. Most successful was Mbalizi Hospital where more than 1,600 persons were screened for HIV on the weekend of September 15.

Nine (9) Counseling and Testing (CT) centers provided HIV testing for TPDF personnel. During FY07, a total of 3,442 troops and family members were tested for HIV and received their results (1,541 men, 1,901 women). Forty (40) military members were trained in the provision of CT. The CT results follow the national trend that more women are tested than men, even in the military setting. In the future, provider-initiated testing and counseling will replace voluntary counseling and testing (VCT), in accordance with the Counseling and Testing Guidelines of the Ministry of Health and Social Welfare.



### **Treatment**

In FY07, 47 military health workers were trained in the provision of antiretroviral therapy (ART). In the past year, the TPDF scaled up the number of sites that can offer treatment services. At the 9 treatment sites that the TPDF has, 3,118 troops and family members were newly initiated on ART, and by the end of reporting period, there were 3,938 current patients on ART. Nine (9) TPDF laboratories had the capacity to perform HIV tests and CD4 and/or lymphocyte testing, and 16 laboratory workers were trained in the provision of laboratory services.

Eight (8) military hospitals have been assessed, refurbished, furnished, equipped for VCT, PMTCT, and care and treatment services. Minor refurbishments took place at Lugalo, Mbalizi, and Mwanza Hospitals. The refurbishments of Mzinga and Monduli took 4–6 months, and ARV services did not start until the second quarter of FY07.

The Lugalo Hospital laboratory has been refurbished and is equipped with high throughput hematology and biochemistry and CD4 equipment. The laboratories of the other 7 hospitals have been refurbished equipped with semi-automated

hematology and biochemistry equipment, microscopes, and autoclaves. CD4 equipment was installed in Mbalizi and Mwanza Hospitals.

One of the major accomplishments of this program is that the care and treatment services of the TPDF hospitals are more integrated with the National Care and Treatment Plan (NCTP) under the Ministry of Health and Social Welfare.

### **Other**

Laptops have been procured and training has been prepared for data-entry clerks from 8 military hospitals and 3 satellite sites. The training has been organized in collaboration with the University Computing Centre (UCC) of Dar es Salaam. UCC has designed the database for the NCTP and supports several partners in on-site data handling for the NCTP. Training will occur in FY08.

An HIV/AIDS policy to make HIV testing an integrated part of the yearly medical check-up for all TPDF personnel has been written by a dedicated TPDF task force. Authorization of the Policy is expected in the near future. The new Policy has two implications. First is that a large numbers of army personnel will be tested and that an extensive increase in HIV-positive persons who need care and treatment can be expected. Secondly, health centers at military camps will need to be scaled-up so that yearly medical checkups, including HIV screening and care and treatment services, can be provided there.

### **Proposed Future Activities**

Ongoing successful TPDF and partner programming will continue to include additional aspects of comprehensive prevention, care, and treatment for military members and their families. All proposed activities were submitted to the Tanzania Country Team and were included in the FY08 COP.