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HIV/AIDS Survey in Southern Angola

Deminers in Angola have a higher than average risk for HIV infection as a result of their work in border areas and their high mobility. The Demining HIV/AIDS Partnership conducted a Knowledge, Attitudes, Behaviors and Perceptions survey to explore deminers’ HIV/AIDS knowledge in Cassinga, southern Angola. Among other conclusions, the results stressed the need for an increase in HIV/AIDS education.

by Dr. Martin Chitsama, Joao Artur Dumba, Charlotte Mabhiza-Berejena and Nzola Dimbu

Demining HIV/AIDS Partnership

The well-developed landmine clearance sector in Angola employs local and international deminers. As a result of clearance needs, deminers are a highly mobile population. Angolan deminers are vulnerable to HIV infection and are in turn a potential vector of HIV transmission. According to the International Organization for Migration, "... mobile populations in general—have played a significant role in the initial spread of HIV in the southern African region. The largely seasonal or temporary character of migration in southern Africa, with migrants returning home to their families on a regular basis, has facilitated the rapid spread of the virus. However, the fact that population movement distributes HIV has become less relevant in the current stage of the AIDS epidemic in southern Africa (with extremely high HIV prevalence levels in the population in general). Migrants are no longer agents that help to spread HIV, but have become individuals at high risk. Several studies have shown that migrants are more vulnerable to HIV infection than their non-migrant counterparts."

USAID further explains the situation: “With an estimated 2 percent of the adult population living with HIV, Angola has one of the lower HIV prevalence rates in sub-Saharan Africa. Since the war, however, movement has become less restricted, and the likelihood of HIV reaching once-isolated communities has increased.”

Data collected from women attending antenatal clinics suggest the intensity of the HIV epidemic varies among Angola’s different provinces, with the highest rates of infection occurring in the areas bordering Namibia, along the transport route to Luanda, and along the border of the Democratic Republic of the Congo; the lowest rates are found in the center of the country.6

Methodology

To examine the HIV/AIDS realities and risks to deminers in Angola, the Demining AIDS/HIV Partnership conducted a targeted survey. The survey included 45 in-depth interviews with deminers in Cassinga in southern Angola. All respondents were male Angolan deminers employed by Vanguard Demining Services on the transport route to Luanda, and along the border of the Democratic Republic of the Congo; the lowest rates are found in the center of the country.

Demographics

The respondents were between the ages 20 and 49 and self-identified as sexually active. They came from the Benguela, Cunene, Huila, Cuando Cubango, Kwanza Sul and Malanje provinces. The following shows the respondents’ education:

• 67 percent of the deminers received at least eight years of primary school education.
• 21 percent received more than eight years of primary school education.
• 12 percent said they had never attended school.

The mean duration of demining work experience in the survey population was eight years. Only 25 percent of participants believed their salary levels to be poor, while 75 percent of participants found their salary levels satisfactory.

Over the past five years, 31 of the deminers said they spent nine months each year living in demining camps, and 14 deminers reported that they lived in camps for at least six months each year. All respondents lived in tents, returning home once every three months for two weeks. Their work conditions did not allow their spouses to visit. All 45 respondents also said they would opt out of demining if alternative, closer-to-home opportunities arose.

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Figure 1. Participants’ ages.

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Figure 2. Participants’ number of wives.

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Figure 3. Participants’ number of days away from home.

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Figure 4. Participants’ number of months away from home.

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Figure 5. Participants’ number of years away from home.

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Figure 6. Participants’ number of years working in demining.

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Figure 7. Participants’ number of years living in camps.

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Figure 8. Participants’ number of years living in camps.

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Figure 9. Participants’ number of years living in camps.

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All respondents said they were circumcised through cultural initiation rites. The deminers reported their marital status as follows:

- 28 had one wife.
- 6 had two wives.
- 2 had three wives.
- 4 were single.

Six deminers said they had no sexual partners outside marriage, 36 deminers had one regular sexual partner outside marriage and three said they had at least two regular sexual partners outside marriage. Nearly all (43) of the 45 interviewed deminers said they had sexual partners while on demining contracts. Two respondents said they never had sexual partners while on demining contracts. More than half, 28 deminers, said they had a sexually transmitted infection previously.

### Results

#### Basic HIV/AIDS knowledge. All interviewed deminers confirmed that HIV and AIDS exist, and all respondents said that no treatment exists for AIDS. The following shows the breakdown of responses when asked about the transmission of HIV/AIDS:

- 21 deminers said that HIV is transmitted through sex.
- 17 said through blood transfusion.
- 15 said through sex without a condom.
- 6 believed that kissing and touching transmit HIV.
- 27 said barber shops, needles and sharps transmit HIV.

- 4 deminers could not mention a single method of HIV transmission.
- 2 deminers mentioned mother-to-child HIV transmission.
- 13 respondents identified these high-risk groups:
  - 37 deminers said prostitutes are the biggest HIV/AIDS vulnerable groups.
  - 40 deminers cited youths, foreigners and truck drivers as HIV/AIDS vulnerable groups.
  - 4 deminers said everyone is equally vulnerable to HIV.

All stated that prolonged coughing, diarrhea, weight loss and hair changes are AIDS symptoms. The respondents identified these high-risk groups:

- 37 deminers said prostitutes are the biggest HIV/AIDS vulnerable groups.
- 40 deminers cited youths, foreigners and truck drivers as HIV/AIDS vulnerable groups.
- 4 deminers said everyone is equally vulnerable to HIV.

The deminers reported their sources for HIV/AIDS information:

- 42 mentioned both the Anglican media and health centers.
- 20 confirmed receiving HIV/AIDS information at the demining workplace.

- 25 said they had never received HIV/AIDS information at the demining workplace.

- 41 of the 45 deminers said they prevent HIV infection by always using condoms when having sex with non-regular partners.
- 4 said they do not use condoms.
- 2 said they abstain from sex when they are not with their wives.
- 4 said they prevent HIV through being faithful to their wives and regular partners.
- 6 said they avoid sleeping with prostitutes.

The majority, 43 of the deminers, said they get condoms from health centers, 37 said they buy condoms from shops, six said they get them from their partners. Two deminers said they get condoms from the demining workplace.

### Deminers’ attitudes toward HIV prevention, testing and stigma. To prevent HIV infection, the respondents listed the following actions:

- All of the 45 deminers said they prevent HIV infection by always using condoms when having sex with non-regular partners.
- 4 said they do not use condoms.
- 2 said they abstain from sex when they are not with their wives.
- 4 said they prevent HIV through being faithful to their wives and regular partners.
- 6 said they avoid sleeping with prostitutes.

The majority, 43 of the deminers, said they get condoms from health centers, 37 said they buy condoms from shops, six said they get them from their partners. Two deminers said they get condoms from the demining workplace. Regarding other HIV transmission methods, 28 deminers said they do not share shaving kits. Most, 39 of the 45 deminers interviewed, said they had evacuated a landmine-injured colleague in the past. All deminers involved said they had not worn gloves during the casualty evacuation process.

### Analysis

The responses reveal that deminers would prefer to work closer to home. However, due to limited employment options, they are compelled to continue with this trade. Almost all surveyed deminers admitted having sexual partners while on demining contracts. The history of STIs in 66 percent of the study population adds up to a high-risk HIV transmission scenario. Persons with STIs are more susceptible to HIV infection and are more likely than uninfected persons to spread HIV to their sexual partners. The majority of deminers admitted to earning sufficient funds, making possible the purchase of sexual favors. While most deminers mention condom usage as a means of protecting oneself against HIV, they are more likely than uninfected persons to spread HIV to their sexual partners. The majority of deminers admitted to earning sufficient funds, making possible the purchase of sexual favors. While most deminers mention condom usage as a means of protecting oneself against HIV, they are more likely than uninfected persons to spread HIV to their sexual partners.

### HIV testing and stigma. Of those interviewed, 32 said they had HIV tests in the past, were prepared to take regular HIV tests and would encourage their sexual partners to test for HIV as well. Delayed by fear of what their sexual history could mean for HIV test results and the stigmas and responsibilities that come with a positive result, 12 deminers said they had not taken HIV tests in the past. All of the interviewed deminers said they would visit a health center for advice if they suspected they became HIV-infected.

Seven deminers said they would separate from a sexual partner exhibiting AIDS symptoms, while 25 said they would continue with the relationship but advise their partner to visit a health center. Slightly more than one-third, 17 deminers, said they would abandon sexual relationships with a partner if HIV test results are discordant, while 28 said they would seek advice from health centers. Twenty-nine of the deminers accept HIV/AIDS-affected people as normal, while 16 said HIV/AIDS-positive people should be avoided. Twenty-one of the deminers said they discuss HIV/AIDS issues with their families; 24 said they do not.

### HIV testing needs sustainment through continued HIV/AIDS education for deminers. With 30 percent of deminers saying they would avoid HIV/AIDS-affected persons, stigmatization of HIV/AIDS and of the positive HIV state among deminers is apparent. HIV/AIDS-discrimination needs protection in the demining sector. This challenge of stigma and discrimination in the deminers is reflected in broader Angolan society. "5 A 2003 KAP (knowledge, attitudes and practices) study reported nearly half of all young people (and more than two-thirds of those with no education) said they would refuse to share a meal with an HIV-positive person. According to the 2005–2006 KAP study, 80 percent of youth interviewed showed some discriminatory tendencies toward HIV-positive individuals."

### Conclusion

HIV testing needs sustainment through continued HIV/AIDS education for deminers. With 30 percent of deminers saying they would avoid HIV/AIDS-affected persons, stigmatization of HIV/AIDS and of the positive HIV state among deminers is apparent. HIV/AIDS-discrimination needs protection in the demining sector. This challenge of stigma and discrimination in the deminers is reflected in broader Angolan society. "5 A 2003 KAP (knowledge, attitudes and practices) study reported nearly half of all young people (and more than two-thirds of those with no education) said they would refuse to share a meal with an HIV-positive person. According to the 2005–2006 KAP study, 80 percent of youth interviewed showed some discriminatory tendencies toward HIV-positive individuals."
The demining workplace has insufficient HIV/AIDS prevention. HIV/AIDS hot spots emerging in Angola are illustrated in Figure 3 on page 36. HIV/AIDS programs hardly reaching deminers, they are silent HIV transmission vectors. Such groups threaten to reverse gains made in the global HIV/AIDS mitigation drive. Efforts must be made to identify such HIV high-risk groups and engage them in traditional HIV/AIDS intervention efforts.

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See endnotes page 66.

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HIV/AIDS Facts

• HIV is a virus that attacks the immune system. AIDS is a syndrome where the body has a reduced ability to fight infection and disease.

• HIV cannot be transmitted by touching another infected person or through kissing, unless one or both people has an open mouth sore that is bleeding.

• HIV can be transmitted through interchange of blood or bodily fluids with an HIV infected person, primarily in cases of:
  • Unprotected sex (vaginal, anal or oral)
  • Sharing needles with other people
  • Transmission between mother and child during pregnancy, childbirth or nursing
  • 34 million people live with HIV in the world
  • There are therapy programs that can stop HIV virus from reproducing in the body.

Conclusion

According to USAID, “Other conditions that increase the risk of continuing the spread of the virus in Angola include mobility among the 4 million people currently internally displaced by the war; high levels of civilian contact with military personnel; low levels of education; extreme poverty; limited female autonomy; weak social networks and public services; and cross-border interaction with Nambia and Zambia, where HIV prevalence rates are 13.1 percent and 13.5 percent, respectively, according to UNAIDS.”

This study attempted to identify an occupation that exhibits traits characteristic of a high-risk HIV group. The demining workplace has insufficient HIV/AIDS prevention. Demining companies must deliver HIV/AIDS services to their workers and local communities.