



SCIENCE MEETS PRACTICE: LOCALIZING THE INTERNATIONAL STANDARDS ON DRUG USE PREVENTION IN KENYA

Susan Maua
27th June 2024
Thessaloniki

www.nacada.go.ke

Introduction



International Standards on Drug Use Prevention

Second updated edition

- Roadmap for policy makers & other national stakeholders
 - Develop programs, policies and systems that are truly effective investment in the future of children, youth, families, workplaces and communities.
- For a decade now, the Standards have been disseminated in many international forums including the ISSUP conferences.



Introduction

- The Standards:
 - summarize the currently available scientific evidence;
 - describe effective interventions & policies and their characteristics;
 - identify the major components and features of an effective national drug prevention system.
- Most programs have been validated on White majority groups...in the United States, Canada, Europe, Australia, a few from Asia and even fewer from Africa



Uptake 10 years later.....

- Is there evidence of uptake?
- Communities want the best interventions that work, but.....
- Compatibility to values, beliefs, customs, norms
- Slow buy-in by policy makers especially in low- and middle-income countries (LMIC) who perceive EBIs as foreign and expensive
 - How do you convince policy and decision makers that implementing EBIs is the “*Best Science*”?



NATIONAL GUIDELINES ON ALCOHOL AND DRUG USE PREVENTION

2021

Purpose:

To establish minimum standards for conducting prevention programs in schools, families, workplaces, communities and media in Kenya.



Status of Psychoactive Substance Use in Kenya

Drug	Prevalence of lifetime/ ever use				Prevalence of past month (30-day) use			
	National – General 2022	Workplace 2020	Secondary 2016	Primary, 2019	National General 2022	Workplace 2020	Secondary 2016	Primary 2019
At least one substance	57.5	-	-	20.2%	17.5	-	-	16.9%
Alcohol	19.4	44.5%	23.4%	7.2%	11.8	23.8%	3.8%	2.6%
Tobacco	14.6	15.3%	14.5%	6.0%	8.5	4.8%	2.5%	3.2%
Miraa	6.0	11.3%	17.0%	3.7%	3.6	2.9%	2.6%	2.3%
Bhang	3.4	8.2%	7.5%	1.2%	1.9	1.9%	1.8%	0.8%
Heroin	0.2	1.2%	1.2%	0.7%	<0.1%	0.8%	0.2%	<0.1%
Cocaine	0.1	1.3%	1.1%	0.4%	<0.1%	0.8%	0.2%	<0.1%
Prescription drugs	1.1	2.3%	16.1%	10.4%	0.2	1.0%	3.6%	7.2%

Prevention Interventions

- Prenatal and postnatal care health visits
- Home visits by Community Health Promoters
- Family skills & parenting skills e.g. positive parenting



- ECDE programs
- LST
- Policies to retain children in school
- Addressing mental health disorders & psychological vulnerabilities

- Enforcement of regulations on alcohol and tobacco
- Mass media campaigns
- Community-wide awareness programs
- Entertainment venues

Formal & Informal

- ADA prevention & management policy
- EAPs
- Brief interventions & referral to treatment



NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

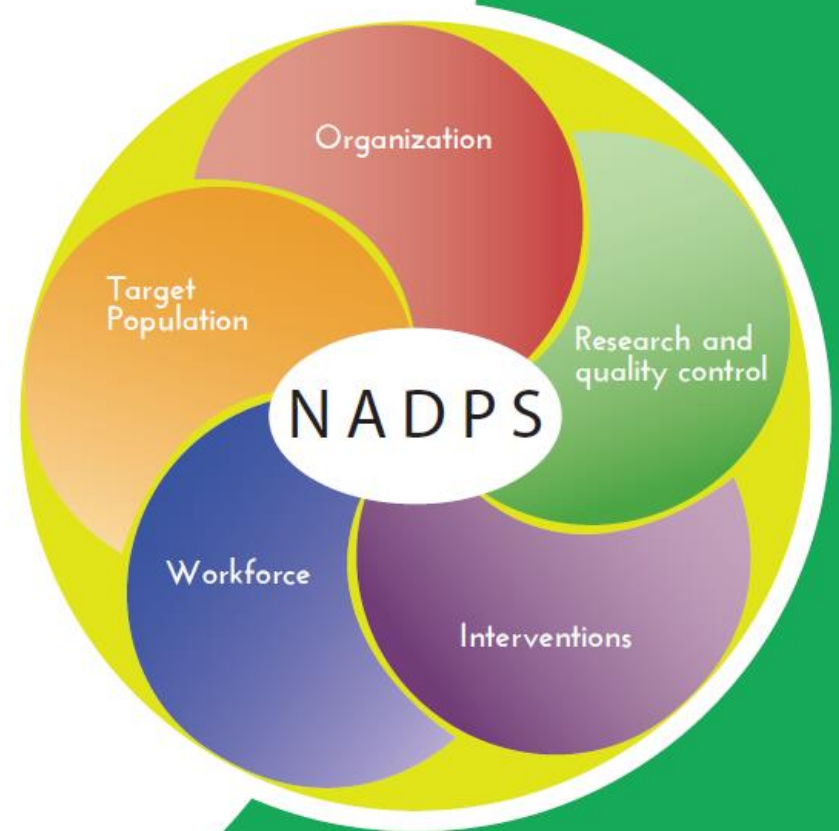


CODE OF PRACTICE

FOR ALCOHOL AND DRUG USE
PREVENTION PRACTITIONERS IN KENYA



NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE



NATIONAL ALCOHOL AND DRUG USE
PREVENTION SYSTEM

2023



NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

UPC Dissemination in Kenya

Curriculum	Target	No. Trained
Introduction to Prevention Science	Policy makers & implementers	314
School Based Prevention	Quality Assurance & Standards Officers; Teachers as implementers	390
Workplace Based Prevention	ADA prevention committee members	4,321
Family Based Prevention	Practitioners in faith based organizations & implementers	403
Media Based Prevention	Media health reporters & implementers	68
UPC CORE	Implementers	35



Conclusion

- Recognition of existing programs and policies and working towards making them better
- Guiding principles & standards remain the same as international standards
- Monitoring and evaluation
- Challenges of Scale up of EBIs



NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

References

- RoK (2021). National Guidelines for Alcohol and Substance Use Prevention and Management in Basic Education Institutions.
- RoK (2021). National Guidelines for Alcohol and Drug Use Prevention.
- UNODC/WHO (2015). International Standards on Drug Use Prevention