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# Togo: HIV/AIDS

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# TOGO AFRICA

## About Togo

- Population: 7,965,055 people (Central Intelligence Agency, 2017).
- Ethnic groups: African 99%, European and Syrian-Lebanese ,1% (Central Intelligence Agency).
- Religions: Christian 29%, Muslim 20%, indigenous beliefs 51% (Central Intelligence Agency, 2017).

## Politics in Togo

- Togo is a presidential republic, yet power tends to stay within the same family lineage (Central Intelligence Agency, 2017).
- Togo's government is made up of a judicial, executive, and legislative branch (Central Intelligence Agency, 2017).
- The president is directly elected by a simple majority popular vote for a 5-year term, but has no term limits (Central Intelligence Agency, 2017).

## Internal Challenges

- Togo suffered from an economic decline in the early 1990s under the control of dictator Gnassingbe Eyadema (Central Intelligence Agency, 2017).
- Heavy deforestation has created water pollution and air pollution in urban areas (Central Intelligence Agency, 2017).
- 55.1% of the population is below the poverty line (Central Intelligence Agency, 2017).
- 37 % of the population does not have access to clean drinking water (Central Intelligence Agency, 2017).
- An estimated 100,000 people are living with HIV/AIDS in Togo (Central Intelligence Agency, 2017).

## External Challenges

- In 2001, Benin claimed that Togo moved boundary monuments
  - This has caused disputes between the countries regarding the funding of the Adjrala hydroelectric dam

# HIV/Aids in Togo

## HIV/AIDS

- AIDS is a virus disease that targets and weakens the immune system making it hard for the host to fight off infections and illnesses.
  - Often results in death
- HIV can only be transmitted from an infected person to another person through direct contact of bodily fluids
  - These bodily fluids include blood, semen, and vaginal secretions

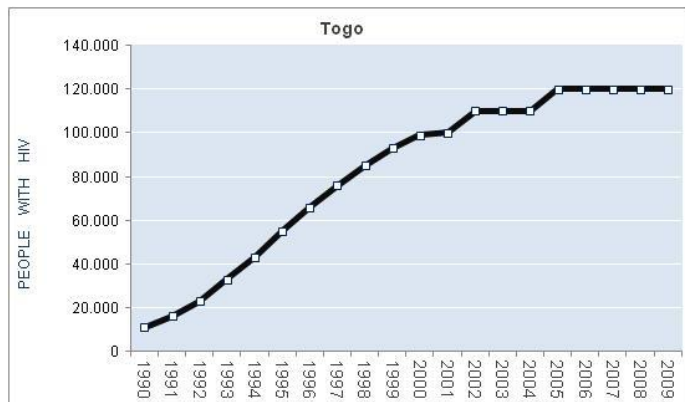
## AIDS Prevalence in Togo

- Sub-Sahara Africa makes up about 11% of the world's population, but is home to 70% of the world's HIV/AIDS cases (Moore, 2007).



<https://www.cia.gov/library/publications/the-world-factbook/geos/to.html>

- In 2016, Togo had an average of 4100 new HIV infections and 5100 AIDS-related deaths (UNAIDS, 2017).
- The country lies in the middle of West Africa's main trade and transport corridor.
  - The steady passing of people through this area has contributed to the high prevalence of AIDS because the travelers often participate in unprotected sexual activities with members of the region. (Irin News, 2016).
- When considering the overall population of TOGO, estimates must consider the excess of mortality due to AIDS (Central Intelligence Agency, 2017.)



<http://www.lifemanagementonline.com/health-info/statistics/hiv-aids-life-expectancy-togo.php>

## Epidemiology

- Pregnant women with AIDS are at high risk for transmitting the disease to their children (UNAIDS, 2017).
- HIV in Togo is primarily spread through unprotected sex (Moore, 2007).

- Engaging in unprotected sex increases the populations risk factor
- HIV stigma is very high in this region and relatives are often the primary care providers to family members with AIDS (Moore, 2007).
  - This increases the susceptibility of the care giver to contracting the disease
- Men having sex with men are at the highest risk for contracting HIV/AIDS (Konou, 2016).

## Interventions

- Condoms are made available in many hotel rooms and there are now some 11 million condoms being sold a year compared to just seven million in 2002 (Irin News, 2016).
  - With about half of the population in Togo below the poverty line, not everyone can afford to purchase condoms
- There has been increased access to anti-retroviral drugs, which improve the quality of life and prolong the survival of people living with AIDS (Irin News, 2016).

## Suggestions

- Providing affordable birth control for women in Togo would help limit the number of children being born with AIDS.
- Increase the access of antiretroviral or prophylaxis to pregnant woman to prevent the transmission of HIV to their children (UNAIDS, 2017).
- Educating the public on how HIV is spread and the steps they can take to prevent contracting the disease.

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