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Tanzania: HIV/AIDS

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Tanzania HIV/Aids Epidemic

Location: Is in East Africa located between Kenya and Mozambique

Population: 55.5 million approximately

Languages: English, Swahili are the main but, 126 languages are spoken in Tanzania, 18 are developing, 58 are vigorous, 40 are endangered, and 8 are dying.

Religions: 1/3 Christianity, 1/3 Islam, 1/3 Other

Government: Unitary presidential democratic republic, which means the president is head of the state and head of the government. President is voted by popular vote of the nation and serves a 5-year term. Executive power is exercised by the government. Legislative power is vested in both the government and parliament. The Judiciary is independent of the executive and the legislature.

Major Challenges: HIV/AIDS, Education, Malaria, and Infant Mortality Rate.

What is HIV/Aids: Human immunodeficiency virus (HIV) is a virus that attacks the immune system, the body's natural defense system. Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging the immune system, HIV interferes with your body's ability to fight the organisms that cause disease. HIV is transmitted through body fluids, sexual activity, and any blood to blood transmissions.

HIV/Aids Numbers: Looking at the major challenges, they stem from education or healthcare. The leading cause of death of adults in Tanzania is HIV/Aids. "In 2016, 1.4 million people were living with HIV in Tanzania. That is a prevalence of 4.7%. In that year, 55,000 people got infected and 33,000 more died" (avert.org). The group that can get most affected with HIV/Aids is a very broad age group. Between the ages 15-49 5.1% of the population in Tanzania were thought to have the virus. Tanzania has done well to control the HIV epidemic over the last decade. Their numbers have seemed to decline more than 50% over the last ten years.

Why it Spreads: The main spread of HIV in Tanzania is having unprotected sex. Now the simple solution would be to wear condoms! But in many cases in Tanzania condoms are not always accessible and even if they are many still chose not to use one. A study should that "more than 69% of people between 14-24 had sex at least once in their life time. Only about one-third (32.3%) of the youths reported to have used condom during intercourse" (ajol.info). It doesn't make sense with over 5% of the population in their country has HIV/Aids and still one third of the population still chose to not wear a condom. That is why it spreads because they simply do not want to protect themselves.

Interventions Tried: There are many interventions that are going on in Tanzania to slow down the HIV/Aids epidemic. The number one intervention that is attempted is making condoms more accessible to the public by social marketing programs to make them more accessible and affordable. They have attempted to give condoms out and lower the prices of them. Another intervention that has been attempted was to try and change their natural behaviors. When trying to change natural behaviors they needed to educate at a very young age. The major problem with



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this is many choose to not listen or simply just fall back into loop of the society around them. The only way to really identify the virus is to get tested before any symptoms are shown. Then if someone is to be diagnosed with HIV they can get drugs and antibiotics to slow down the virus. **Intervention Idea One:** They have tried many interventions and its hard to think of any new intervention. Even though they have tried so many interventions I can think of two that could possibly slow this intervention down a bit. One intervention that came to mind would be to enforce a blood test for HIV/Aids as a coming of age thing. This would be done like how as kids we go to the doctor and must get certain flu shots before going to school. I'm proposing that they are to get tested for the virus at a young age and get educated about the effects and outcomes of HIV/Aids. The more educated that the community of Tanzania is about the virus the better the virus will be prevented from spreading from person to person.

Intervention Idea Two: The second intervention that will help with the slow down of HIV/Aids in Tanzania is to educate and crack down on the illegal prostitution that is on going in Tanzania. Overall stopping prostitution will never happen but educating the women of Tanzania and providing them with condoms will help stop the spread of the virus. Many young women in Tanzania are starting to sell their body to help support themselves and their families. There are many issues with this, but the biggest problem is that if one person has HIV in this string of people then they all are going to get it. Therefore, educating the prostitutes and providing condoms is the best solution because overall getting rid of prostitution is not possible. Especially when the women need money to feed a family they will do anything.

Conclusion: These interventions are good solutions to slowing down or even completely getting rid of the virus once and for all in Tanzania. But, when it comes to the HIV/Aids epidemic in Tanzania the only way for things to be accomplished is if they practice safe sexual activities and put in the effort and work needed to rid of HIV/Aids. They have tried to give out condoms, educate the people about having safe sex, and much more. So even though they have tried still over 5% (1.4 million) people still carry the HIV/Aids virus. There can be a change its just going to take one condom at a time.

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