



# UGANDA ALCOHOL POLICY ALLIANCE

# THE Healthy People

01 EDITION

JUNE 2020

Dear Readers,

UAPA is pleased to present to you this newsletter to update you about alcohol and policy related issues in and around Uganda that happened 2019. UAPA recognizes that our people are eager to share their experiences and impact in their fight against Alcohol harm and hence an idea to bring forth "The Healthy People".

The Mission of UAPA is to provide a platform where individuals and civil society organizations can contribute to policy and processes on regulation of alcohol production, distribution and consumption so as to prevent alcohol related harm among the Ugandan population.

This Newsletter will keep you posted of UAPA activities and expected to increase UAPA's impact in advocacy for a nation free from Alcohol harm. I hope that reading this newsletter will have an impact on you and your work. We may never know how much our words or actions influence the lives of those around us, but we can choose daily to be a positive influence on others in a way that could change the rest of their lives even if it is just within the walls of where you work. I therefore encourage everyone to contribute to this newsletter, this way you will be contributing to a nation free from Alcohol harm.

Otal Mc Bernard,  
Publicity UAPA, Editor-in-Chief.



Production  
&  
distribution  
of  
Alcohol sachets

**ENDED**  
in March 2019

## UGANDA ALCOHOL POLICY ALLIANCE. Who we are:-

Founded in 2011, the Uganda Alcohol Policy Alliance (UAPA) is a national network of civil society organizations working to address alcohol related harm in Uganda.

## Our Activities and Outcomes 2019

Promote information sharing to inform the Uganda's Alcohol policy and Act formulation process and other alcohol abuse control initiatives.

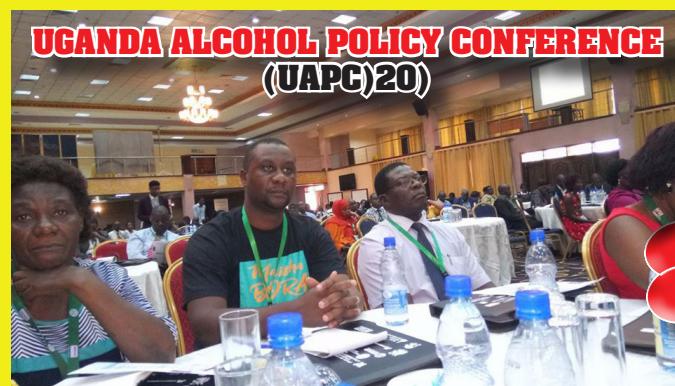
continue to [page 2](#)



WHO launches SAFER alcohol control initiative to prevent and reduce alcohol-related death and disability!.

WHO-led initiative and action package aim to support global target of reducing harmful use of alcohol by 10% by 2025

**"Governments have the opportunity to prevent millions of deaths from harmful alcohol use every year,"**



**Save the Date!**  
**29-30 October 2020**

## UGANDA ALCOHOL POLICY ALLIANCE

continued from page 1:-

### Highlights of 2019

Almost all the planned activities for the different strategic areas in 2019 were implemented.

1. UAPA is actively contributing as a member in the technical group towards the approval of the National Alcohol Control Policy (**NACP**) and the enactment of the new alcohol law
  - Lobbying meetings with relevant legislators
  - Advocacy meetings with key Government agencies and selected ministries.
  - Production and dissemination of alcohol control advocacy materials.
  - Regular meetings with Ministry of Health to review progress.
  - Stakeholders meetings to review the draft National Alcohol Policy.
2. More partners / organizations participating in alcohol advocacy work.
  - Participation in International conferences and forums for advocacy against alcohol.
  - Annual General Assembly for UAPA members.
  - UAPA members trained in Advocacy and supported to gain skills in their (alcohol control related) areas of operations.
  - General capacity building activities.
3. Strengthening the UAPA membership and internal control processes for to demand for the necessary legislative intervention.
  - Formulating operating manuals (Finance, operations and human resource).
  - Quarterly meetings of UAPA Executive.
  - Prompt Payment of rent, Salaries, allowances and appropriate taxes.

### Other activities

- Conducted quarterly board meetings.
- UAPA facilitated a stakeholder meeting and a retreat that drafted and finalized

the draft National Alcohol Control Bill (NACB).

- UAPA offered moral, technical and sometime financial support to her members to keep them interested in the network activities. A few examples include; co-sponsoring Alcohol conferences, participating in alcohol harm awareness through sports and music and speaking at the alcohol prevention functions organized by her members.
- Increasing membership and commitment: UAPA AGM recruited nine new members; five organizations and four individuals hence the annual target of 30 members was achieved in the first quarter. We conduct site visits to member organization to strengthen the alliance relationship. We have constantly consulted them regarding the governance issues and have kept our key stakeholders informed of our plans. We have also continued to recruit new members.
- UAPA organized several forums that brought together different stakeholders and these were pivotal in yielding intended results. Such included the technical working group and core group of alcohol researchers to write the NACB. UAPA further facilitated a breakfast meeting to launch the multisectoral committee to ban alcohol in Uganda.
- To enhance competency and credibility in provision of alcohol prevention services, 19 UAPA members were equipped with Addiction treatment skills during the training on Universal Treatment Curriculum for Addiction Professionals and 10 were successfully accredited as International Addiction Professionals.



UAPA sat the 6th Annual general assembly on 26th April 2019 at Grand Global Hotel, to deliberate on the issues pertaining the alliance, electing new leaders, amended the constitution, discussed policies, received and endorsed the new work plans and budget for the new year. 2020 AGM has been delayed by the COVID 19 epidemic.

# Our Partners



UAPA actively participated in related campaigns such as World NO TOBACCO DAY on 31st May 2019. This was organized by Ministry of Health (MoH)

UAPA has continued to initiate contacts with other influential ministries in matters of preventing alcohol harm such as Ministry of trade, industries and co-operatives regarding the ban on sachet Alcohol.



Task Team that fine-tuned the first draft of the National Alcohol Bill (July 2019).



UAPA team in Masindi during Uganda National Association for community and occupational health (UNACOH) Alcohol conference (September 2019)



Members from organizations supported by IOGT NTO MOVEMENT pose for a group photo during the session of their annual partners meeting in Dar es salaam Tanzania. The annual partners meeting was aimed at sharing experiences, methodologies and challenges in their Alcohol and substance use prevention works (June 2019)

## News:

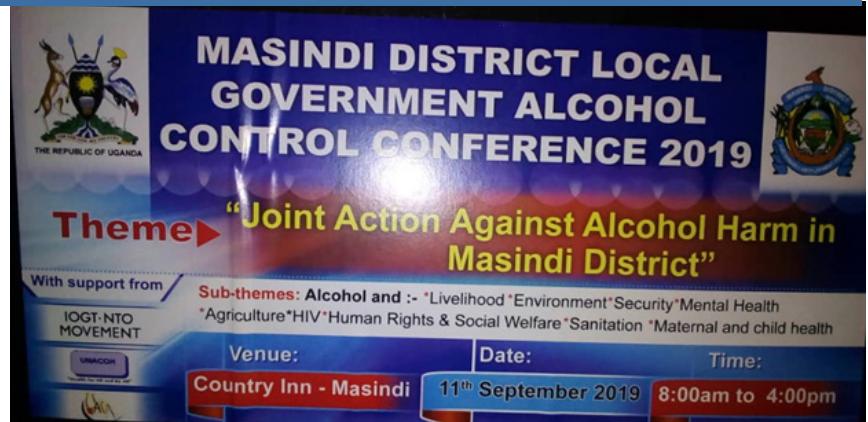


**Dr. Kalema Chairperson UAPA graduated from Ghent University Belgium with a PhD in Alcohol Use Disorder Treatment studies. His study has helped to generate more evidence on alcohol harm and appropriate policy recommendations for Uganda.**

## UNACOH

Uganda National Association of  
Community and Occupational Health

UNACOH  
organized a joint Alcohol control  
conference In Masindi.



**UGANDA ALCOHOL POLICY ALLIANCE (UAPA)**  
**Office of the Chairperson, +256 772 481 003**



Monday, June 24, 2019

**Press release on the occasion to commemorate the 'International Day against Drug abuse and Illicit Trafficking'**

**Theme:** "Health for Justice. Justice for Health"

On Tuesday, June 26, 2019, Uganda will join the rest of the world to commemorate the *International day against drug abuse and illicit trafficking*. This year's theme "Health for Justice. Justice for Health" emphasizes the integrated nature of the rights- and health-based approaches.

Psychoactive drugs are chemical substances that affect the functioning of the central nervous system, altering perception, mood or consciousness. Common examples of such drugs that are commonly used in Uganda include; marijuana, khat, petroleum products, heroin, cocaine, prescription drugs among others. Alcohol is the commonest drug used and its negative impact is experienced across the globe.

**Alcohol: A dangerous psychoactive substance**

According to World Health Organisation (WHO), harmful use of alcohol is responsible for 3.3 million deaths i.e. 5.9% of all deaths every year. The latest Global Alcohol Status Report of the World Health Organization (WHO) shows that countries in Africa are now bearing the heaviest burden of alcohol-related disease and injury – even though other continents are still consuming more alcohol in total.

**Alcohol use problems in Uganda**

WHO highlights Uganda as a country with hazardous drinking patterns due to high prevalence of alcohol consumption and heavy episodic and underage drinking. Uganda's alcohol per capita consumption of 9.8 liters, is among the highest in Africa (Africa's average is 6 litres). Most of the alcohol produced/ consumed is illicit. In 2011, a worldwide survey of socio-economic consequences of alcohol consumption reported Uganda as the country with the highest rate of alcohol-related negative consequences among listed drinkers. Alcohol is documented to destroy families and communities; burden productivity and keep children and youth from living up to their fullest potential which ultimately slow the socio-economic development of the country.

As emphasised by this years' theme, failure to substantially reduce alcohol use and related harms threatens progress not only in health, but in social justice, economic productivity and in sustainable development. Without urgent action, the alcohol burden is only going to rise and the death toll shall never stagnate.

**Key achievement in the fight against alcohol harm in Uganda**

UAPA is an umbrella organization for individuals, organizations and communities (without commercial interests) advocating for reduction of alcohol harm through effective regulation in Uganda. For the last 10 years UAPA has worked with various stake holders (most closely with Ministry of Health, Makerere University School of Public Health and UAPA members) to support alcohol regulation that has contributed to some important steps in controlling alcohol harm.

- Packaging and selling of sachet alcohol is banned.
- The National Alcohol Policy is awaiting cabinet approval and
- A draft National Alcohol Bill is in ready for input of different stakeholders.
- Various communities (local councils especially in Northern Uganda) have come up with alcohol bylaws/ordinances and related control measures

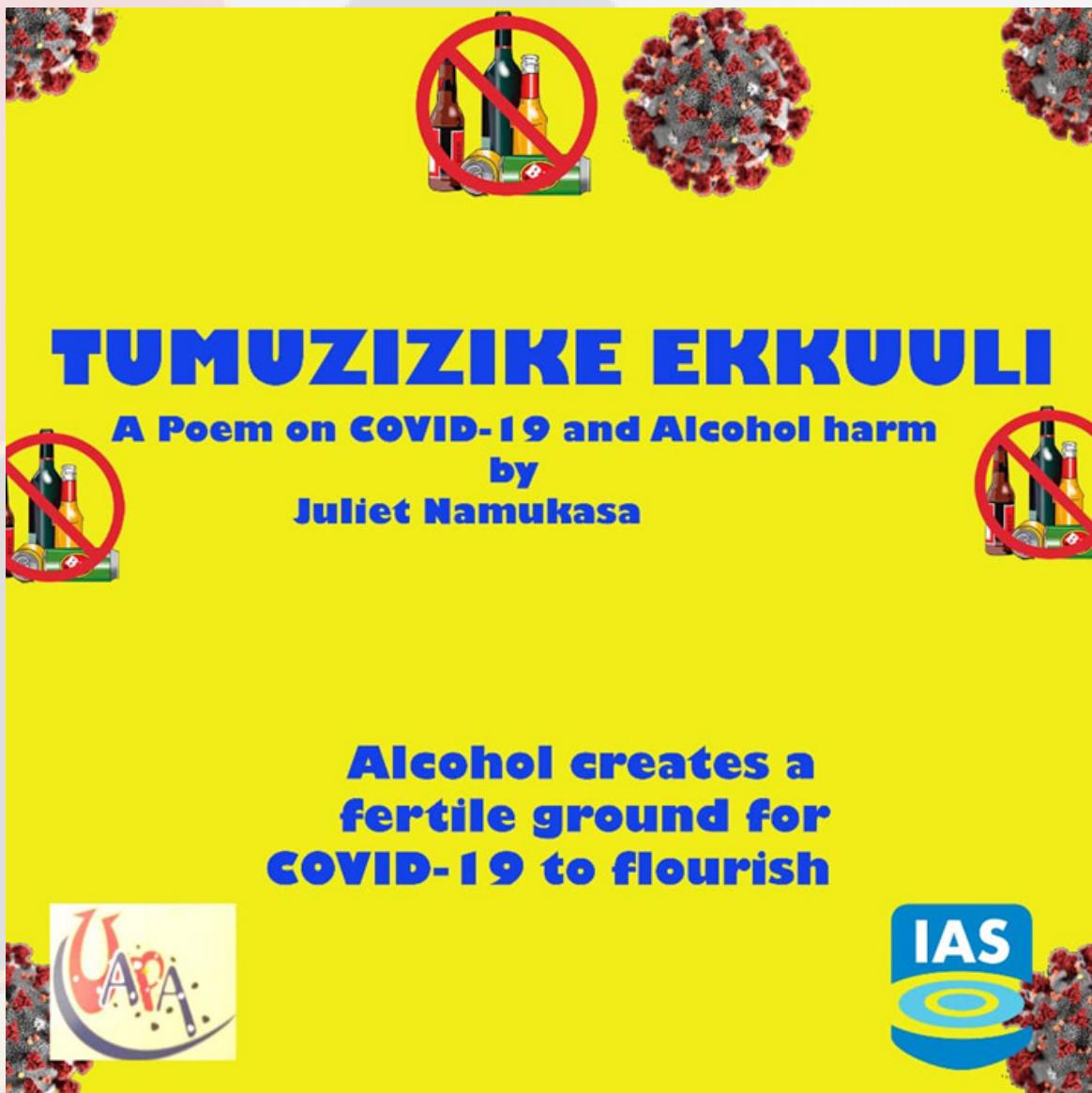
It is expected that the above steps will ultimately reduce the burden of alcohol related death, disease and disability in Uganda.

### **Recommendations**

UAPA further calls on the government to move with speed to enforce the Policy and Legislative regulations for the cut back on alcohol and protection of alcohol abstainers. Local leaders without bylaws should emulate others that have alcohol ordinances in order to control alcohol harm among their populations. As it appears that sachet alcohol is still being sold in some parts of the country, there should be more involvement of the private sector to strengthen the monitoring and implementation and ensure that the public is sufficiently involved and empowered to implement this directive. Finally, UAPA urges our population to unite against alcohol harm.



**Dr. David Kalema**  
Chairperson (0772 481003)



<https://soundcloud.com/julie-nam-23231628/tumuzizike-ekkuli>



## Ban of alcohol packaged in sachets and bottles less than 200mls.



Minister of Trade, Industry, and Co-operatives, Hon. Ameria Kyambade launching a multi sectoral committee to implement the ban of Sachet Alcohol (September 2019).

UAPA delights in the government's decision to ban sachet alcohol which has been a longstanding major concern for UAPA and the country at large. To recognize efforts of civil society in this struggle, UAPA was elected to represent the civil society on the multi sectorial committee for monitoring the enforcement of the ban which was launched by Minister of trade Industry and Co-operatives on 10<sup>th</sup> September 2019. Some of the benefits of this ban was the sealing of all industrial production plants for sachet alcohol by Ministry of Trade Industries and cooperatives. There are

also various reports where sachet alcohol has been impounded and destroyed. For instance, in on October 3<sup>rd</sup> UNBS, URA and Uganda Police seized 400 liters valued at 7.4 million shillings in Kampala. On October 10th, URA impounded 10 cartons (2,640MLs) of illegal alcohol at Katuna boarder on its way to Kenya. Other efforts were reported at local levels where leaders jointly worked to stop the sale of sachet alcohol in their places.

# **UAPA to represent CSOs on the Multi sectoral committee supervising the implementation on the ban on Alcohol**

NEWVISION 30<sup>th</sup> September 2019

## **1.0 BACKGROUND INFORMATION**

Evidence available indicates that Uganda is one of the top African Countries with a high consumption rate of alcohol. Currently, Alcohol consumption in Uganda level is 9.8 litres per capita and it is higher (14.4 litres) among men than women (5.2 litres). In addition, there is high prevalence of heavy episodic drinking, underage drinking and consumption of illicit or informal alcohol.

Excessive consumption and abuse of alcohol has detrimental effects on humans. The effects include as mental and behavioral disorders, liver and cardiovascular diseases, and injuries, violence, public endangerment and death.

To address the above problem and protect the under age and youth from devastating effects of alcohol abuse; increase labour productivity; minimize injuries and traffic accidents; Government through Cabinet in 2017 under Cabinet Minute 128 (CT 2017) took a decision to ban the packaging of alcoholic drinks in small pocket size sachets.

The Ministry of Trade, Industry and Cooperatives was directed implement the ban and ensure factories involved in the production and packaging of alcoholic drinks to transit from packaging in plastic sachets to packaging in plastic and glass bottles of 200 millitres (mls) and above. The transition process required acquisition of new technology of bottle filling and packaging by the factories. This posed a challenge to industry in the first year to achieve and was completed in February, 2019 with more than 80% compliance. However, for ensuring complete transition and sustainability of the gains, the promised to establish a multi sectoral taskforce to monitor the enforcement and curtail any efforts by some dealers to continue producing or importing alcoholic drinks packaged in sachets.

## **2.0 COMPOSITION Of THE TASKFORCE**

Effective coordination and enforcement requires collaboration and commitment from various stakeholders in Government and Private sector. The taskforce is comprised of technical officers from the following institutions;

- i. Ministry of Finance Planning and Economic development
- ii. Ministry of Trade, Industry and cooperatives
- iii. Ministry of Local Government,
- iv. Office of the President
- v. Ministry of Health,
- vi. Ministry of Works and Transport,
- vii. Uganda National Bureau of Standards,
- viii. Uganda Investment Authority
- ix. Uganda Revenue Authority

- x. Civil Society organization/Uganda Alcohol Policy Alliance
- xi. Uganda Manufacturers Association.

## **3.0 RESPONSIBILITIES**

The taskforce will be required to undertake the following activities;

- i. Review the effectiveness of sector specific interventions contributing to the enforcement of the ban and advise the institutions concerned accordingly,
- ii. Create awareness in the respective sectors and general public on the dangers resulting from excessive alcohol consumption and abuse,
- iii. Share information to support market and factory surveillance operations of designated regulators,
- iv. Promote implementation of standards and best practices in manufacturing to increase compliance and competitiveness of the subsector Undertake surveillance to all factories and seal off production units and equipment designed to package alcoholic drinks in quantities of less than 200mls;
- v. Stop clearing of exports and imports of alcoholic drinks packaged bottles of less than 200mls
- vi. Curtail trading in alcoholic drinks packaged in bottles of less than 200mls on the domestic market including clearing exports for the same.
- vii. Curtail production and trading in illicit/informal alcoholic drinks.

## **4.0 WORKING**

The committee will hold quarterly to review progress. Extra Ordinary meetings can be invited in a period of not less than 5 days to address any emerging issues.

## **5.0 FUNDING**

Activities approved by the taskforce will be communicated to concerned Accounting Officers for prioritization and funding through Ministry of Trade, Industry and Cooperatives- Chair of the Committee.

## **5.0 REPORTING**

The taskforce shall report to the Minister of Trade, Industry and Cooperatives and the Minister of Health through their respective Permanent Secretaries. The taskforce will be chaired by the Commissioner Industry and Technology.

# Local Alcohol News

## Pader

Leaders of Pader district launched a ban on alcohol made from molasses. This came after four people lost their lives after taking Alcohol the previous week. We really need to count the economic, social and physical loses due to Alcohol. In this we ought to do a lot more as a platform to address it. Much as there is unemployment, sober people can think more creatively to lessen the burden of poverty on families due to Alcohol.



*Alcohol production still a lucrative business in Northern Uganda, hence an urgent need for provision of alternative sources of income and advocacy for pro Alcohol control by-Laws in the region.*



Civil society under their umbrella organization Uganda Alcohol Policy Alliance (UAPA) have commended government for enforcing the ban on Alcohol sachets in the market. This will reduce the rate at which children were accessing this product and reduce consumption by the youth.



## Briefs from Members

# International Aid Services (IAS) Uganda

Has empowered the communities of Pader, Abim and Agago in Northern Uganda, especially the youth and the women to conduct sensitization campaigns on the dangers of excessive alcohol consumption. Through drama and music, the message of alcohol abuse and misuse is presented to the communities by the victims of this abuse. This has gone a long way in transforming the lives of the communities.



IAS Bonga group (youth self-help group) of Ngora East village in Agago town council presenting a drama about the danger of alcohol and drug misuse.

## Focus on Recovery (FORE)



UAPA in the 4<sup>th</sup> Annual Recovery Walk organized by FORE



The primary mission of Hope and Beyond (HaB) is provision of high quality, holistic and evidence based addiction recovery services so as to restore hope to those who are discouraged by challenges relating to use of alcohol and other drugs. Since formation in 2012, HaB has established herself as a pioneer organisation to combine treatment and research for alcohol use disorders in Uganda. In 2019, HaB made several strides towards expansion of her services. Beneficiaries of our treatment services increased to a cumulative total of 495 clients of which

134 were registered in 2019 alone – the highest number of beneficiaries registered in one year. To extend treatment to low income populations, HaB pioneered a free treatment camp which attracted 53 beneficiaries with various physical, emotional, behavioural and psychiatric illnesses. On the research and information dissemination front, we shared our findings in local and international conferences and managed yet another peer reviewed publication this time on 'Predictors of recovery' which was published by the Journal of Alcoholism Treatment Quarterly. Finally we are glad to have pioneered a package to care for the children of our clients and now ready to share this good practice with other service providers.

HaB's theme for 2020 is 'Arise and Shine'. Besides our regular programing, we plan to pay extra attention to resource mobilisation for building a centre of 'excellence for addiction treatment and other mental health service' and continue with treatment camps and research activities. For capacity building, HaB has partnered with Uganda Counsellors' Association to offer Universal Training Curriculum for addiction treatment professionals.



## EACAS ANNUAL SEPTEMBER RECOVERY RUN



September was Recovery Month, EACAS organized it's 2nd ANNUAL SEPTEMBER RECOVERY RUN in partnership with the Rotary Club of Bweyogerere Central, Namboole Health Club, Mandela National Stadium, ALL WEST NILE DISTRICTS, MoH and MoE among others. EACAS continued it's commitment to Advocacy, prevention, control, treatment and rehabilitation of individuals, families and communities affected by Alcohol Misuse, Drug Abuse and problem gambling. In its endeavor to scale up it's interventions in the West Nile Region therefore, EACAS and it's partners are teamed up to RUN with a cause of fundraising to scale up it's interventions in the Refugee settlements and Host communities in the West Nile Region. EACAS is carried out various substance Misuse and Problem Gambling interventions in Adjumani, Moyo and Obongi districts in Partnership with MAPH aimed to spread to all other West Nile districts by end of next year 2020.

## UGANDA GIRL GUIDES

## Alcohol Free Day in Soroti



## SUDU

## Stop Under age Drinking Uganda

Mr. Bill Bekunda is a recovery coach of substance use disorders

# Nnina Olugero Foundation

## Youth Sensitization Outreach



On 3rd December 2019 at Mpewo Valley, Kanyanya, Nnina Olugero Foundation and her partners organised a dancing competition to reach out to the youth who are involved in music, dance and drama to educate them on the peer influence, dangers of abusing drugs, alcohol, early unprotected sex and how to prevent them and their effects.

Kanyanya is a peri-urban suburb of Kampala with a number of unemployed youth who use leisure activities such as sports, drama, dancing and music as a source of income, which can't sustain them for a living.

These youth are influenced by peers to start abusing drugs, alcohol and sex which increases their risk to mental damage, STDs, unwanted pregnancies and crime. Uganda Alcohol Policy Alliance(UAPA) was represented by Margret who educated the youth on peer influence, dangers of abusing drugs, alcohol and how to prevent them and their effects. Uganda Police was represented by Afande Fatumah who educated the youth on how to avoid crimes and the different types of offenses. The 3 winning teams were rewarded with Bluetooth speakers to aid them in proper training to boost their talents. This activity proved to be effective because it mobilised more youths in the community especially school dropouts therefore we need to have such competitions to attract more youth mostly in slums.



**Margret sensitizing about substance abuse**

## Uganda Youth Development Link

### Advocacy Activities



UYDEL uses television and radio talk shows to sensitize youth about Alcohol and drug abuse

UYDEL Senior Program Officer on a Television show on Alcohol and substance use in one of the media houses in Uganda.



**Musoke S. Twahah  
Executive Director**

## Eagles Youth Development Initiative (EYDI)

Founded 2002 as community based organization committed to empowerment of girls and women in Uganda through promoting Health (Maternal and new-born health, Sexual and reproductive health, HIV/AIDS/STI, Health education and Drug and substance abuse), Education(Children's education, vocational training, Comprehensive Sexuality Education), Safety & security( Child labour, Gender-based violence, child marriage, Female Genital Mutilation), Human rights & justice (Women's & child protection, Sexual and reproductive rights), Poverty alleviation (Social welfare and economic empowerment) and Sustainable development (Water& sanitation, food security and environment protection)



### UAPA REPRESENTED AT INTERNATIONAL CONFERENCES

UAPA Member, Jackson of Ring of Hope represented UAPA at the meeting on Alcohol, Drug & Addictive behaviors at the WHO offices in GENEVA Switzerland.

UAPA board members were facilitated to attended several activities for capacity building, advocacy and networking. These included their participation in the East African Psychologist Conference (Kisubi), IOGT regional Office Annual Partner's Meeting (Arusha), International Network of Brief Interventions against Alcohol Conference (Lubeck) the Kentil Brunne Society epidemiological conference (Utrecht), Universal Prevention Curriculum for Addiction Professionals (Kampala) and Second WHO Forum on Alcohol, Drugs and Addictive Behaviours in (Geneva).

## Kawempe Youth Development Association (KYDA)



The Director KYDA, giving remarks about the role of the public on child protection and promotion of children's rights in relation to alcohol.

Our current Alcohol project works to Protect the rights of children from the illicit use of drugs. According to the UN convention, children should be protected from using drugs. Therefore KYDA works with children who are not in their families get protected especially children on the streets because they are in the open space.

KYDA also uses family therapy sessions to help some families with in Kawempe slum community reduce and avoid the use of drugs especially by parents because in one way or the other children get affected. Some few families have positively reacted to the therapy and have started avoiding

# 2ND UGANDA ALCOHOL POLICY CONFERENCE (UAPC20)

*“Prevention of the Harmful Use of Alcohol Through Partnerships and Community Action”*

**29 - 30 October 2020**



## DO NOT MISS:

- New evidence
- Networking
- Promising practices

Submit abstract by 31st July 2020 to;  
[ugandaalcoholpolicyalliance@gmail.com](mailto:ugandaalcoholpolicyalliance@gmail.com)

Registration	Early bird (before 31 <sup>st</sup> Aug 2020)	Regular (1 <sup>st</sup> -30 <sup>th</sup> Sept 2020)	Late (1 <sup>st</sup> -15 <sup>th</sup> Oct 2020)
Ugandans UGX	100,000	125,000	150,000
Students (Ugandans) UGX	70,000	125,000	150,000
Non - Ugandans USD	50	70	90



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Organised by: Uganda Alcohol Policy Alliance | Supported by: IOGT - NTO MOVEMENT