

**Review paper****A REVIEW ON ADOLESCENT AND YOUTH DRUG ABUSE IN TANZANIA WITH ITS HISTORY AND EVOLUTION****Abstract:**

Drug abuse continues to be a major risk behaviour problem among young people all over the world, including Tanzania. The abuse of psychoactive drugs have detrimental effects leading to mental disorder, impaired education development, criminal status, disabilities and death. The review revealed that 5-12 percent of young people have experienced drug use, such as alcohol, cigarette, cannabis and khat at a young age and limited 2.1 percent have injected drugs such as heroin well know as "brown sugar" or "obama" .

The existing laws provide stern punitive against all those involved in drug trafficking and consumption, yet drug barons continue to outrival with their business, while involving young people in their deal. The war against narcotic seems to be difficult as Tanzania continue to be a transit route for illicit drugs and young people are easily pooled into drug because of poverty and persuasive deal from drug barons who commission young people to sell drugs for them. It is very unfortunate that drug barons are targeting young people to run their business as petty dealers well known "wauza ndaga" . It is now high time for the government to take strong action against drug dealers. This includes passing of the pending narcotics laws of 2009 by the parliament and introducing drug prevention programmes in schools.

**Adolescent, Youth, drug, History, evolution, Anti-drug agency, Tanzania**

**1. Overview of Tanzania**

The United Republic of Tanzania which is made up of the former Tanganyika and the Islands of Zanzibar (Unguja and Pemba) is located in East Africa covering an area which accounts for 52% of the land covered by the East African neighbouring countries of Uganda, Kenya, Burundi and Rwanda put together. The country has a population of 44.9 million people which is made up by 125 ethnic and linguistic groups [1]

Tanzania remains to be among the poorest countries in the world with \$49.18 billion per capita income (GDP) [2], despite the country's wealth which is composed of different mineral gems such as gold, diamond, Tanzanite and uranium and natural forests, national parks and game reserves, and the more recently discovered natural gas, oil just to mention a few. Consequently, the country's economy has to a large extent failed to address the needs of ordinary people, thus threatening the well-being of the adolescents and youths.

The level of corruption and embezzlement of the national funds in particular is a very serious problem. In 2014, Tanzania was ranked as the 3<sup>rd</sup> most corrupt country in East Africa after Kenya and Uganda [3]. There has been an increase in poverty, as 28.9% of the population live below the poverty line; corruption and unemployment among graduate and non-graduate people has worsened household lives, forcing parents to send their children begging in the streets, children engaging themselves in girl-child sexual business while others are pooled into the drug business in association with drug barons and some unethical politicians and government officials [4;5; 6].

## **2. Adolescent and Youth Drug Abuse**

A famous quote from Ferri's Buellers' day off movie says "Life moves pretty fast and if you do not stop and look around once in a while you would miss it" [7]. Today's Tanzanian adolescents and youths fit in this statement as stimulants, tranquillizers, sedatives and alcohols are in the pace of their lives as they immediately pick up, settle us down and mellow us out [8]. A report by [9] shows that illicit drug and alcohol use are among the substances that kill children's future as in every 2 minutes adolescents and youth experiment illicit drug for the first time in the street and school campus. The most vulnerable and victim group of these behaviours are young people aged between 12 and 19 years. [10] stress that adolescence is the period of stress as many young people face many challenges, and among those challenges young people experience, includes the use of ATOD's, sexual risk and mental health behaviours.

Tanzania, like many other countries all over the world, is faced with upward trends in drug use and abuse among adolescents and youths which have resulted in a number of negative effects, including both intentional and unintentional injuries, impaired education development, criminal status, disabilities and death [11; 12; 13]. In fact, there is a growing concern among teachers, parents and ordinary people in the society over the prevalence of substance use among young

people. Although there is no national baseline survey commissioned to determine the extent of the problem, limited independent studies, and media reports reveal that 5-12% of school –going adolescents and youths being involved in drug use and abuse [14; 15; 16].

A baseline survey commissioned by [13] on primary school pupils aged 13-15 revealed that substance use among school adolescents has been dominated by both illegal and legal substances such as alcohol, cigarettes, marijuana, cocaine, heroin as well as prescribed drugs (painkillers). Alcohol was found as the commonest abused substance by adolescents, whereby 10.8% were current users and 12.8% had used alcohol before the age of 14 years, followed by tobacco (2.7%) and 5.4% for cocaine, heroin and marijuana.

[17] studied on smokeless tobacco use among primary and secondary school adolescents in the commercial city of Dar es salaam by recruiting a sample of 1, 011 adolescent aged between 14-19 years. They found that 5.9% males and 2.4% females were current users of cigarettes and the popular brand of smokeless tobacco was khuber (44.8%) and gutka (6.9%). In a study on the prevalence of substance use and psychosocial factors among secondary school pupils in Dodoma, it was found that substance use among secondary school pupils was on the increase [16]. It was found that 14.6% were users of a single substance and 21.6% were users of multiple substances whereby the commonest was alcohol (6.8%), tobacco (3.7%), cannabis (2.0%) while other substances accounted for 0.9%.

In the studies by [18] about injecting drugs and other use of illicit drugs amongst adolescents in Dar es salaam, it was found that 75% of the 625 sampled under 18 age in Dar es salaam had used alcohol, cannabis, heroin and khat, while 18% reported to have injected themselves with drugs. However, studies that provide a baseline information on pupils' drug use and abuse in schools are scarce. The available studies conclude that alcohol, cigarette and marijuana are widespread in school across ages and their effects are candidly observed, including increased physical abuse, sexual harassment, unplanned pregnancies, school drop out, absenteeism, and spread of HIV/AIDS for injecting drug users [13; 15; 16;18; 19; 28]. These studies recommend the need for rapid assessment and drug prevention programmes which have not been implemented up to now.

### 3. History and Evolution of Drug Abuse

The history of drug or substance abuse in Tanzania, to large extent was limited to the traditional use of cannabis (Bangi), khat, tobacco and different types of traditional liquor popularly known as “gongo” “in many parts of Tanzania Mainland. The modern way of illicit drug use in the country lacks accurate data as to exactly when it started spreading. Nevertheless, educated speculation advocate that other than the legal use of alcohol and tobacco, the most common illegal drug abuse of marijuana, cocaine, heroin and mandrax was introduced in the urban and peri-urban areas after the second world war, following the return home of the soldiers who were exposed to new cultural and recreational practices; the growth of tourism industries in early 1990’s; and urbanization and economic liberalization, which puts some Tanzanians into some sort interface with the global world.

#### *Cannabis*

Cannabis has been used for many years as food and medicine in some rural communities and is widely cultivated in rural areas, mainly in the Southern highlands of Iringa, Mbeya and Njombe, Lake Zone of Shinyanga and Mara, Costal Zone of Tanga and the Northern Zone of Arusha, Manyara and Kilimanjaro [14; 20]. According to [21] cannabis is the most abused and trafficked drug in the country and, in recent years, the cultivation has increased and considered as “green gold” in the areas where it is cultivated, due to the good price in the black market, compared to the traditional crops whose price value has been falling day after day in the world market. Although there is no enough evidence to support that, government officials have been quoted saying that farmers have opted for production of cannabis as an easy way of generating good income to pay for their children’s education and fulfil their basic family needs.

[14] indicate that cannabis’ street names such as “Msuba”, “Ganja”, “Mneli” and “Sigara kubwa” is on the increase in schools and communities and has been smoked more frequently by school and non-schooling adolescents and youths. It is estimated that 5 - 7% of adolescents and youths in some primary and secondary schools have been using “Ganja” which is mostly used openly in some streets, playgrounds and in recreational places. As shown in the [22], marijuana, whose street name is “Mneli”, has been smoked along side with heroin, and youths tend to mix marijuana and

114 heroin to make the stimulant stronger hence its being known as “cocktails”. Tanzania is ranked 3<sup>rd</sup>  
 115 in Africa after Nigeria and South Africa for exportation and consumption [14; 23].

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118 Figure 1: Tanzania Anti-drug Police Officers  
 119 Destroying a Cannabis Plantation in Tanga Region

120 **Source:** Daily News, 2014

## 121 ***Khat***

122 According to [14; 24] khat, whose street names are “Mirungi” or “Gomba” is popularly known and  
 123 was introduced in Tanzania by Somali immigrants in the early 1980’s. Currently, there is a  
 124 growing number of adolescents and youth adults chewing the stimulants to enhance relaxation,  
 125 despite the government’s ban and the major concern of the Anti-Narcotic Police. [25] notes that  
 126 khat is imported extremely secretly, distributed openly and chewed officially. The reports  
 127 commissioned by [20; 24; 26] indicate that Dar-es salaam, Tanga, Kilimanjaro, Arusha and  
 128 Manyara Regions have the majority of khat (Mirungi) users who are largely adolescents and youth,  
 129 as well as adults aged between 12 - 35.

## 130 ***Illicit Drugs***

131 Illicit drugs such as heroin, cocaine and mandrax have found their way into Tanzanian  
 132 communities through the growth of tourism industry in the country which has created a large  
 133 demand for heroin and cocaine, which is now consumed locally in many streets in the entire

country[27]. As described in the [22] heroin and cocaine arrived in Tanzania in the early 1990's and the majority of the people did not know how it looked like. Some smoked and sniffed it while others injected it into their bodies and it thus became fashionable among youngsters as everyone wanted to taste it. The report indicates that most of the teens developed addictive habits and some of them started selling heroin and cocaine [28] indicate that injecting drugs among Tanzanian youths become popular during 2001 and 2003 as a cheap pure heroin started to dominate the local market.

Tragically, Tanzania is estimated to be a home of between 25,000 and 50, 000 heroin and cocaine drug users across the country, but the figure could be higher if the actual data from Zanzibar Isles, which is reported to be notorious in drug abuse was properly documented [5; 20; 22]. According to [29], at least 10% of Zanzibar's 1.3 million inhabitants were addicted to what is known as "brown sugar" or "Obama". Although there are no accurate official data about drug abuse in the country, Dar es salaam which has a population of five million people is estimated to have 10,000 - 15,000 heroin and cocaine addicts. Heroin and cocaine are relatively cheap in the streets of Dar-es salaam, Zanzibar, Mwanza, Tanga and Arusha and the users can pick one wrapped foil full of it known as "kete" for 1 US Dollar which equals to 2,000 Tshs [22; 30]. Other illicit drugs reported to be used by the majority of adolescents and youths in Tanzania include; mandrax, local brew (e.g. gongo), industrial brew, glue as well as prescription drugs such as painkillers (e.g., Valium, librium and ativan) [15; 16; 22;31].

#### **4. Tanzania Anti- Narcotic Control Agency**

Tanzania is a signatory of the 1988 United Nations (UN) convention against illicit traffic in narcotic drugs and psychotropic substances. Tanzania is also a signatory of the Southern Africa Development Community (SADC) protocol on drug control of 1996 and East Africa protocol on combating drug trafficking of 2001. To achieve the UN convention agreement objective to protect people from the menace of illicit drug use and abuse, the government of Tanzania passed the national drug control Act No. 9 of 1995 which established a severe punishment for the production and trafficking of narcotics. The Act stipulates long sentences; including life imprisonment, a penalty of not less than 10 million TShs and forfeiture of property derived from or used in illicit trafficking drugs and psychotropic substances [32].



Similarly, the parliament Act No. 9 of 1995 directed the formation of the Inter-ministerial Drug Control Commission (IDCC). In 1997, IDCC, currently known as the Drug Control Commission, was formed and tasked to define, coordinate, develop and implement a national plan of action for drug control, undertake research on drug addiction, develop treatment and rehabilitation programmes for drug addicts, and promote national and sub-regional narcotic policies. Although there is no impressive significant progress that has been achieved in the war against illicit drug use and trafficking since the formation of the Drug Control Commission, the government has put illicit drug issues ahead on the political agenda of the government. The former President, Jakaya Kikwete, declared the fight against narcotics by strengthening drug controls and creating an entire government body which was tasked solely with combating the drug trade, but since 2009 the parliament has not yet voted on a national drug control policy [5].

Tragically, the war against drug seems to be difficult since there is a growing number of users and addicts. It is estimated that between 250,000 and 600,000 adolescents and youths aged 15 - 35 are drug users; and out of this number, 25,000 - 50,000 are heroin and cocaine addicts, while below 15 years adolescent addicts are to increase as well; thus posing the cracking phenomenon which seems to threaten the national security [20; 22]. The initiative of Anti-drug police in Tanzania and international Anti-narcotic control in eradication of drug abuse are evidences in the measures taken by the Government to deal with drug trafficking. Table 1 presents the amount of illicit drugs in terms of tons and kilogrammes and number of persons, including Tanzanians and foreigners, arrested, in connection with drug trafficking and uses from 2005 - 2013.

Table 1: Drugs Seized and the Number of Arrested Persons Connected with Drug Trafficking in Tanzania from 2005 - 2013

<b>Years &amp; Tons/Kg seized</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>	<b>2009</b>	<b>2010</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>No. of Arrested Persons</b>
Cannabis (Tons)	151	225.3	60	76.4	56.2	4.03	17.3	48.7	85.6	30,155
Khat (Kg)	1,122	5,145	2.25	5,332	22,904	3,692	126	6,216	12,800	4,090
Cocaine (Kg)	0.42	4.13	6.638	3.56	4.389	62.9	126.3	151	4	1,351
Heroin (Kg)	9.9	91.7	16.2	3.7	9	185.8	264.3	260	36	1,575

Mandrax	-	11.47	3.05	0.53	0.1	-	-	-	-	25
Morphine	1.4	37	0.94	-	0.619	1.5	-	-	-	167

**Source:** Drug Control Commission Report, 2012-2013

The annual report of DCC (2012 and 2013) indicates that there were 30,786 Tanzanians and 209 foreigners in detention in connection with the drug trafficking and consumption from 2005 - 2013. During the International day against drug abuse and illicit trafficking, the former Prime Minister Mizengo Pinda tabled statistics on the increasing number of Tanzanians arrested abroad on drug trafficking. Pinda stated that a total of 400 Tanzanians had been arrested in 21 countries, including Brazil, China, Hong-Kong, UK, Kenya and Iran for matters related to drug trafficking [30].

The war against drug trafficking and abuse in Tanzania has not yet been achieved although the government in partnership with the U.S. Center of Disease, United Nations Office for Drugs and Crime (UNODC) and WHO launched a drug education and anti-drug publicity condemning the use of drug and roving exhibitions in 2012 The education campaign launched in 2012 benefited about 46, 237 school children in Dar es Salaam, local NGO's dealing with drug addicts and training of hospital staff in treatment and recovery orientation system care for addicts [5; 20]

## 5. Source and Availability of Drugs in Tanzania

Tanzania lies on the major corridor for drugs trafficked across the Indian Ocean from the Middle East, Central, South-East, and South-West Asia, Latin America, Europe and the United States of America thus making psychotropic substances like cocaine, heroin, hashish, mandrax, as well as resinous materials used as hallucinogen easily find their way in Tanzania [20]. Furthermore, the strategic position of Tanzania of sharing her frontiers with eight countries, six of which are landlocked, its good road networks to the neighbouring countries as well as presence of a long stretch of coastline on the Indian Ocean has contributed, to a great extent, in making the country vulnerable to illicit drug trafficking [21]. Tanzania is primarily a transit country by traffickers moving Hashish, heroin, cocaine from Afghanistan, South America, Iran and East Asia to the market in Africa. However, lack of functional equipment and resources and rampant corruption among responsible officials reduces the capacity to impound narcotic. The large shipments of heroin from Iran, Pakistan and Afghanistan come ashore in these areas. The Tanzanian and



foreigner drug mules bring a small amount of cocaine from Brazil, Bolivia, and Peru which enter Tanzania through commercial airports [5].

[33] indicates that East Africa is a major target for traffickers to enter African markets because of its unprotected coastline, major seaports, rampant corruption of government officials and porous land borders which provide multiple entry and exit points. The UNODC-ROEA map shows that heroin and cocaine filter across Tanzania's borders into Mozambique, Malawi and Zambia and others to the United States and Western Europe, while smaller quantities of heroin and cocaine are moved by air, making use of both cargo and courier services [33]. The studies by [15;19;31] indicate that Dar es Salaam, Zanzibar and Tanga have had more cases of drug trafficking and consumption than other Regions, possibly because of their access to sea transportation; however, the increasing drug use and abuse among adolescents and youth adults has been reported over the whole country.

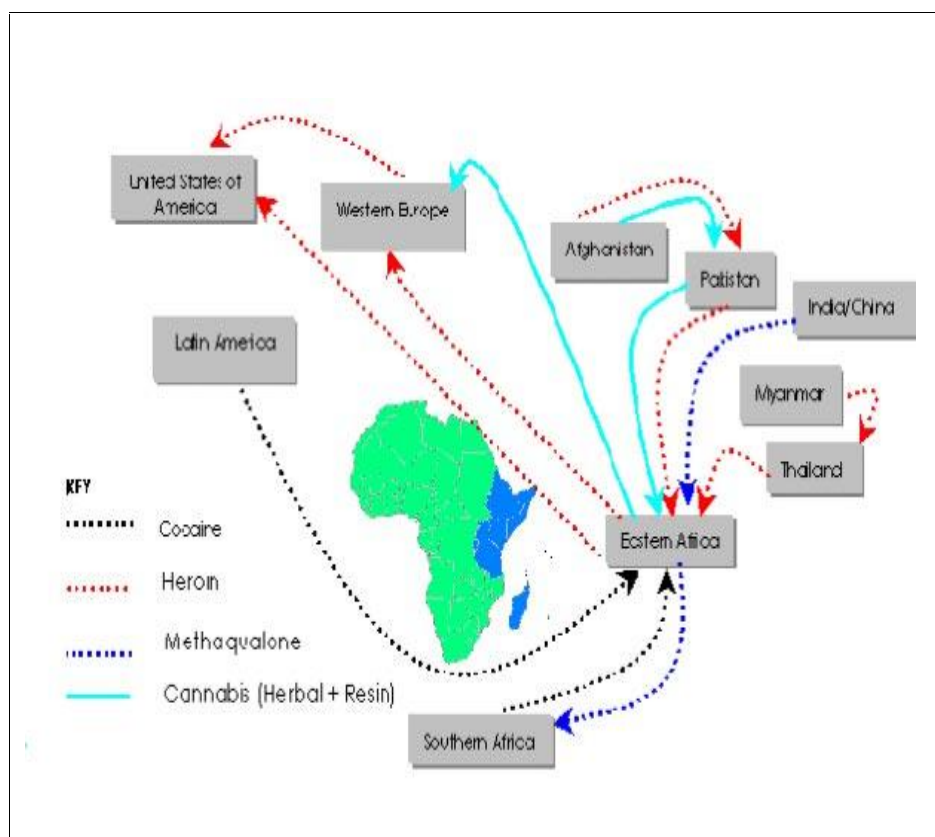


Figure 2: Major Drug Transit Routes in the East Africa Region

**Source:** UNODC-ROEA, 2013

## 6. Conclusion

Tanzania is a major route of drug traffickers, which has also turned to be a major consumer of illicit drugs in East Africa. Drug trafficking is reported to be at the peak and the number of tons of drug which have been seized as has been increasing basing on the news headlines that are announced every day. Nevertheless, the general public is worried about is the lack of transparency by the government on where the impounded tons of drugs are kept. The society is worried because when the drugs are seized, the media reports, but they are not told when and where they are destroyed, thus making them suspect that there could be some unfaithful civil servants who are involved in the drug business. The current situation is frightening as the number of addicts is growing fast. The worst situation is that psychotropic substances have found their way into primary and secondary schools as 5% to 12% of the school adolescents have been reported to be involved in abuse of illicit drugs such as cocaine, heroin and cannabis while some young people have been persuaded by drug barons to engage in the business as petty dealers by promising them quick money. It is now high time for the government to take strong action against drug dealers. This includes passing of the pending narcotics laws of 2009 by the parliament and introducing drug prevention programmes in schools.

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