

# Drivers of HIV/AIDS among Cameroonian youth: a review

Agnes Arrey<sup>1</sup>, Johan Bilsen<sup>1</sup>, Peter Delobelle<sup>2</sup>, Reginald Deschepper<sup>1</sup>,

<sup>1</sup>Department of Health Sciences, Vrije Universiteit Brussel, Belgium

<sup>2</sup>Department of Public Health, Institute of Tropical Medicine, Antwerp, Belgium

## Background

### Cameroon



- ❖ Population 21,700,000 (World Bank 2014 est.)
- ❖ Official languages: French and English
- ❖ Generalized epidemic
- ❖ Adult HIV prevalence 4.5%
- ❖ Youth HIV prevalence 7.8%
- ❖ 600.000 HIV+ people
- ❖ 141 new infections a day
- ❖ 7 of 10 youth with HIV are girls

### Aim

To review articles, reports and comments on what drives HIV among Cameroonian youth

### Methods: review

- ❖ **Search engines:** Medline, PsycINFO, Sociological Abstracts, Google Scholar
- ❖ **Language:** English/French
- ❖ **Keywords:** Youth, HIV/AIDS drivers
- ❖ **Period:** 2000-2012
- ❖ **Target:** youth 15-35 years (Youth range in Cameroon)
- ❖ **Analysis:** Thematic content analysis of qualitative studies

## Results

Articles found through PubMed, sociological abstracts, Google Scholar for gray literature (**n= 371**)

Excluded for not meeting objectives, research questions and study population (**n=319**)

Reviewed articles and reports (**n=52**)

## Results: HIV facilitators

### HIV spreading factors

#### Structural drivers

Economic dependency  
High Stigma  
Health inequalities  
Migratory tendencies  
Insufficient human resources and logistics  
Gender inequality/dynamics

#### Behavioral drivers

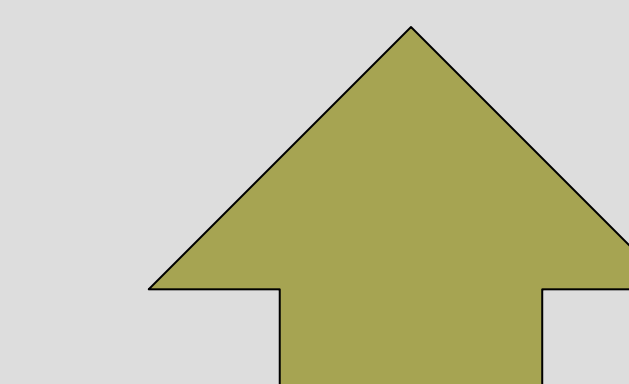
Ignorance of HIV status  
Cultural beliefs  
Misconceptions about ART as cure  
Low condom use/High other STIs  
Risky sexual behavior  
Violence-rape

#### The "deviant self"

Fear  
Shame  
Guilt  
Secrecy/silence

## Results: consequences

- ❖ Increase school drop-out rates
- ❖ Increase job loss and decrease income
- ❖ Increase healthcare cost
- ❖ Loss of productive human resources to AIDS deaths
- ❖ Harm to economy-development



Poverty  
Unemployment  
Dependency  
Cultural beliefs

## Conclusions: Self-education

### 4 Pillars of HIV - education (adapted from UNESCO 4 pillars)

**Pillar 1**  
Learn to be HIV free =  
*Prevention*

**Pillar 2**  
Learn to know HIV status =  
*Testing and awareness*

**HIV self-education**

**Pillar 3**  
Learn safe-sex =  
*Behavior*

**Pillar 4**  
Learn to live with HIV+ =  
*Stigma free*

## HIV awareness slogans in Cameroon



Fig 1. HIV mostly driven by sexual intercourse

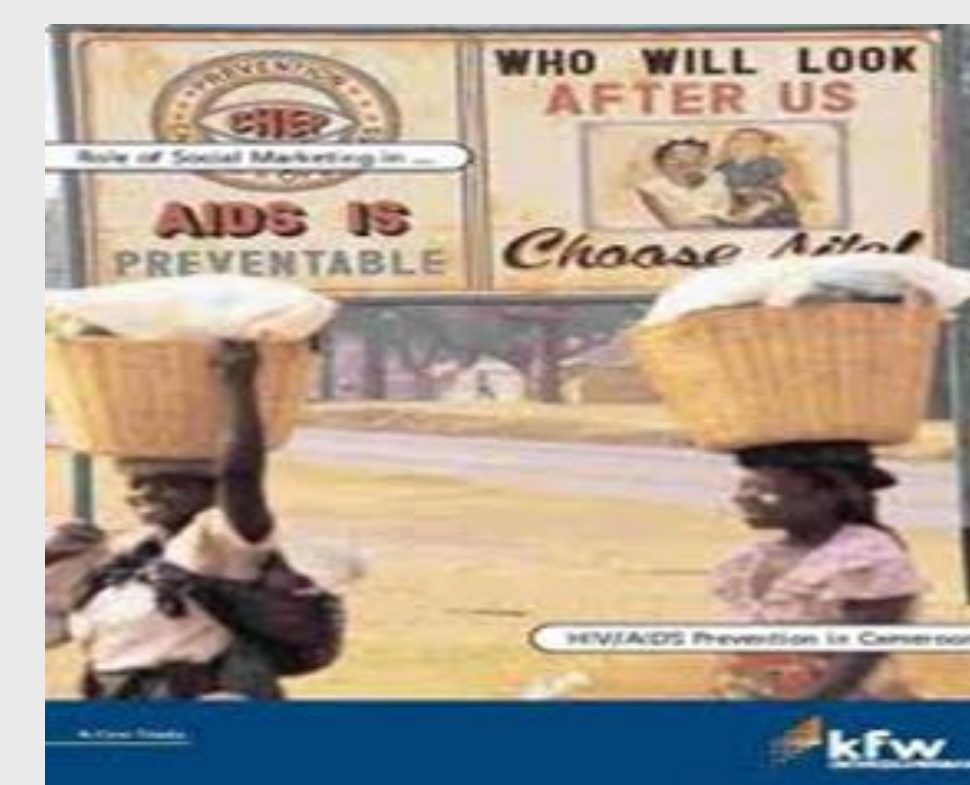


Figure 2. Future generation vulnerability



Figure 3. Education and information on HIV/AIDS



Figure 4. Change through youth empowerment

## Results: most at risk

Findings revealed that HIV acquisition is high among:

- ❖ Young women and girls
- ❖ Commercial sex workers
- ❖ Men having sex with men (MSM)
- ❖ Military and prisoner population
- ❖ Long-distant truck drivers
- ❖ Street children
- ❖ Orphans (0-17 years)

## Conclusions

- ❖ HIV/AIDS prevention inequalities remain a major problem
- ❖ Youth HIV is mostly driven by resource-limited structural and behavioral conditions
- ❖ Conflicting statistics and non comparable data across studies
- ❖ Self education will reduce likelihood of new HIV infections in the general population

## Policy implications

- ❖ Holistic approach to HIV prevention and treatment to avert new infections
- ❖ Teach sexual and reproductive health early using language of age target
- ❖ Stress bottom-up communication

## References

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Contact: Agnes Arrey, Department of Health Sciences, VUB, Belgium; [aarrey@vub.ac.be](mailto:aarrey@vub.ac.be)