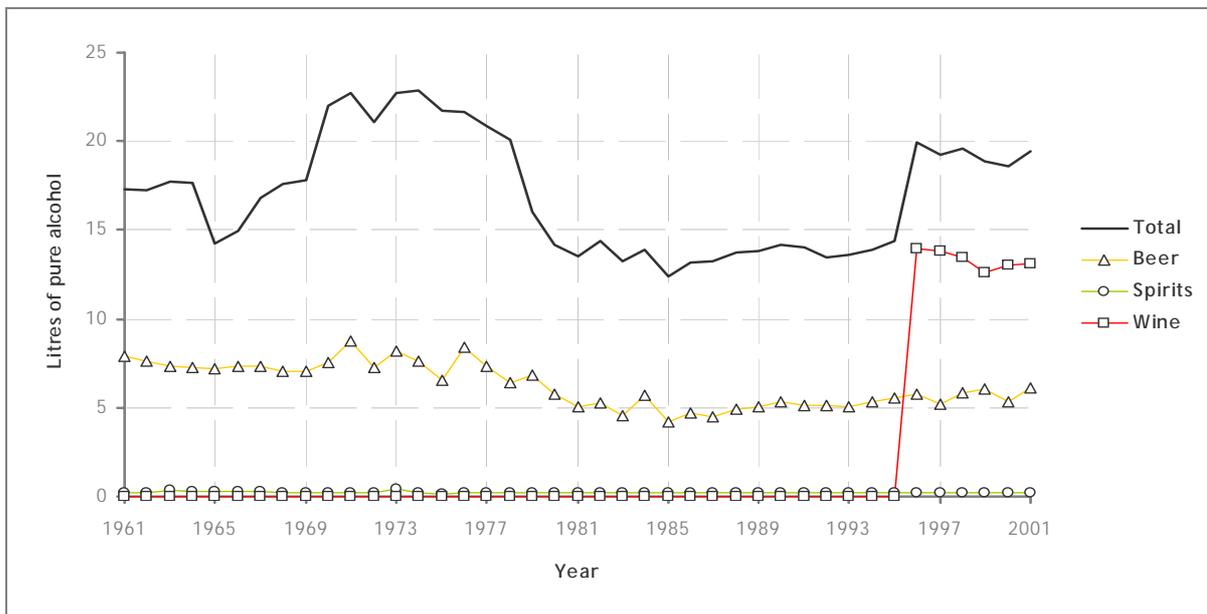


UGANDA

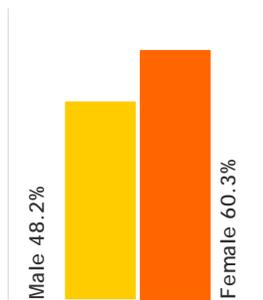
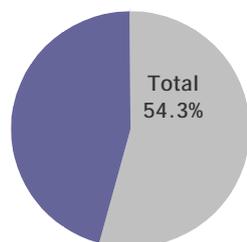
Recorded adult per capita consumption (age 15+)



Note: From 1996 the wine category includes fermented beverages, which before 1996 were included in the overall total consumption figure.

Sources: FAO (Food and Agriculture Organization of the United Nations), World Drink Trends 2003

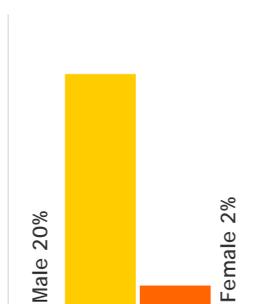
Last year abstainers (regional survey)



Data from the WHO GENACIS study. Regional survey conducted in 2003 in Kabale, Tororo, Lira and Wasio (age group 20 to 64 years). Total sample size $n = 1381$; males $n = 678$ and females $n = 703$.¹

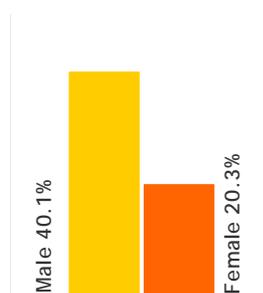
Estimates from key alcohol experts show that the proportion of adult males and females who had been abstaining (last year before the survey) was 45% (males) and 67% (females). Data is for after year 1995.²

Frequent drinkers (focal point data)



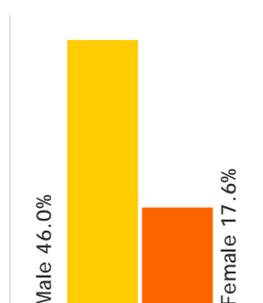
WHO focal point data. Frequent drinking was defined as drinking on five or more days each week.³

Heavy and hazardous drinkers (among drinkers, regional survey)



Data from the WHO GENACIS study. Regional survey conducted in 2003 in Kabale, Tororo, Lira and Wasio (age group 20 to 64 years). Total sample size $n = 1381$; males $n = 678$ and females $n = 703$. Definition used: average consumption of 40 g or more of pure alcohol a day for males and 20 g or more of pure alcohol a day for females.¹

Heavy episodic drinkers (among drinkers, regional survey)



Data from the WHO GENACIS study. Regional survey conducted in 2003 in Kabale, Tororo, Lira and Wasio (age group 20 to 64 years). Total sample size $n = 1381$; males $n = 678$ and females $n = 703$. Definition used: consumption of five or more drinks in one sitting at least once a month in the last year (among drinkers only).¹

Traditional alcoholic beverages

Tonto is a traditional brew produced from juice obtained from special varieties of bananas. The common local banana varieties used in making *tonto* are *kisubi*, *ndizi*, *musa*, *kivuru*, *kabula* and *mbidde*. Another common name used for the brew in central Uganda is *mwenge bigere*. It is mostly consumed in central and western Uganda, where banana growing is a major agricultural activity, and in urban areas all around the country at social gatherings and in bars. In various parts of the country, it is a source of income for many families. The production of *tonto* is as follows: Green bananas are ripened for 3–5 days in a covered, previously warmed, pit lined with banana leaves to ensure uniform temperature. The juice is extracted from the ripe banana by squeezing, by a group of men using their feet after mixing with spear grass. The juice is then filtered through grass held in a calabash funnel and diluted with water in known ratios. Roasted and ground sorghum is added to the diluted banana juice in a canoe-shaped wood container. The fermentation broth is then covered with banana leaves and split banana stems in a warmed pit and incubated for 2–4 days. The alcohol content in *tonto* ranges from 6–11% v/v and is consumed from small gourds using straws.⁴

Ajon is an alcoholic beverage produced from finger millet (*Eleusine corocana*). It is widely consumed in eastern and northern Uganda where millet is the most common staple food. In urban areas around the country, where it is commonly called *malwa*, it is consumed during the weekends and after-work hours. The alcohol content is very varied and ranges from 6–8% v/v. *Ajon* is known to be highly nutritious, particularly as a source of vitamins, calcium and iron.⁴

Omuramba is made from sorghum and is mostly consumed by people from Kigezi in south-western Uganda. It is normally taken in wooden cups at marriage ceremonies, parties and other social gatherings.⁴

Kweete is made from equal parts of maize flour and germinated millet in many parts of Uganda. **Kidongo** beer is made from the maize and millet that have already been used for making *kweete*. Water and brown sugar are added to the mixture and fermented overnight. Since *kidongo* is prepared from residual substrates of *kweete*, it is not a popular drink.⁴

Most of the traditional alcoholic beverages can be distilled to yield a more concentrated and relatively pure beverage called **waragi**. It is similar to *changaa* produced in Kenya. To produce *waragi*, the brew is placed in drums which are then tightly closed and put on a fire in one room. A coiled copper tube leading from the drums to another room is placed in cold water and the distillate is collected in a bottle. The concentration of *waragi* can be as high as 40% (v/v) ethanol. It is consumed as a spirit, mostly in bars. In central Uganda, around the sugar-cane growing areas, molasses are used to produce *waragi* and pure ethanol.⁴

The process of distillation was encouraged by the controls on fermented drinks. Distilled drinks were easier to store and transport than the live ferments like grain beer; and a small amount could be sold for more money. In the 1950s, using pot stills and patent stills made from petrol tins and then oil drums, women and men distilled just about any kind of fermented beverage to produce spirits. The colonial campaign against distillation was justified on health grounds; home-made *waragi*, or *enguli*, as it was also widely known, was a danger. The adulteration of such spirits with any one of a number of substances – battery acid, formaldehyde and methanol – has all too often led to tragedy. Today, *enguli* is the main form of alcohol consumed in Uganda, followed by fermented home-made drinks. Together, these make up about 80% of the alcohol drunk in Uganda today. The definitive cheap and easy drink of modern Uganda is ‘DCL’, made from dried yeast added to banana juice – the connoisseur may add tea-leaves to improve the flavour.⁵

All of these beverages are still produced at subsistence levels as in other parts of Africa. They are inexpensive to manufacture, their production is labour-intensive, and the techniques of their production are passed down from older to younger generations of the family. Most of these fermentation techniques are expected to die out as migration to the cities continues and the younger generation continues to adopt Western ways.⁴

Unrecorded alcohol consumption

The unrecorded alcohol consumption in Uganda is estimated to be 10.7 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).²

A 1997–1998 survey sponsored by the Economic and Social Research Council and the British Institute in Eastern Africa examined the informal sector of alcohol in Uganda. In the Ugandan field area, the estimated total consumption would be 4.39 litres of absolute alcohol per capita of the adult population. Amongst drinking males, the estimated mean annual consumption would be 8.5 litres of absolute alcohol.⁶

Morbidity, health and social problems from alcohol use

A study in the casualty department of a 1200-bed teaching hospital in Kampala found that alcohol constitutes an important factor of the road traffic injuries.⁷

In a 2000–2001 survey of 5109 women of reproductive age in the Rakai District of Uganda, it was found that the strength of the association between alcohol consumption and domestic violence was particularly noteworthy. Women whose partner frequently or always consumed alcohol before sex faced risks of domestic violence almost five times higher than those whose partners never drank before sex. That 52% and 27% of women who reported recent domestic violence reported that their partner had consumed alcohol or had frequently consumed alcohol, respectively, supports the conclusion that alcohol may play a direct precipitating role in such violence.⁸

In a study conducted in a rural Ugandan population, it was found that individuals who had ever drunk alcohol experienced a rate of HIV prevalence twice that of those who had never drunk, 10% versus 5%.⁹

Country background information

Total population 2003	25 827 000	Life expectancy at birth (2002)	Male	47.9
Adult (15+)	12 913 500		Female	50.8
% under 15	50	Probability of dying under age 5 per 1000 (2002)	Male	148
Population distribution 2001 (%)			Female	136
Urban	15	Gross National Income per capita 2002	US\$	250
Rural	85			

Sources: Population and Statistics Division of the United Nations Secretariat, World Bank World Development Indicators database, The World Health Report 2004

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