

HIV/AIDS Still a Burden - 1.4 Million Kenyans Infected

- The Kenya AIDS Indicator Survey (KAIS) is the first population-based survey of the HIV epidemic to take place in Kenya since the 2003 Kenya Demographic and Health Survey of (2003 KDHS).
- The KAIS was implemented by the Ministry of Health in collaboration with development partners. Field work was conducted from August to December 2007 in all the provinces. Nearly 10,000 households and 18,000 adults age 15-64 took part in the survey.
- An estimated 1.4 million adults in Kenya are infected with HIV, the virus that causes AIDS.
- Preliminary results of 2007 Kenya AIDS Indicator Survey (KAIS) indicate that 7.4% of adults age 15-64 are infected with HIV, the virus that causes AIDS.
- Women continue to be disproportionately infected with HIV (8.7%) compared to men (5.6%).
- Young women between ages 15 and 34 are more likely to have HIV compared to young men in the same age group.
- KAIS shows high HIV infection rates among older adults age 50-64.

Urban Areas Have a Higher HIV Prevalence than Rural Areas

- Since three quarters of Kenyans (78.5%) live in rural areas, the burden of HIV (total number of people living with HIV) in rural areas remains higher than in urban areas.
- The KAIS shows that 7.8% of adults age 15-49 were infected with HIV in 2007 compared to 6.7% in the 2003 KDHS.
- Comparing prevalence estimates from KDHS and KAIS shows HIV prevalence in rural areas was 5.6% in 2003 compared to 7.4% in 2007.
- The higher prevalence in rural areas in 2007 was more pronounced among men than women
- According to HIV service statistics, about 10,000 adults were on antiretroviral therapy (ART) in 2003 compared to 190,000 by the end of June 2008.

HIV Prevalence and Burden Varies by Province

- The 2007 KAIS continues to show provincial disparities in HIV prevalence. Provinces with the highest HIV rates include Nyanza (15.3%), Nairobi (9.0%), Coast (7.9%), and Rift Valley (7.0%). North-Eastern province has the lowest HIV prevalence at 1%.
- Nyanza and Rift Valley provinces account for more than half of infected adults in Kenya.

Circumcised Men Less Likely to Have HIV Compared to Uncircumcised Men

- The HIV prevalence among uncircumcised men is more than three times higher than among circumcised men. The survey shows that over 80% of Kenyan men age 15-64 in all provinces except Nyanza (49%) are circumcised.

- KAIS consistently shows higher HIV prevalence in uncircumcised men across all age groups.
- While male circumcision reduces the risk of acquiring HIV infection and other sexually transmitted infections, it is not 100% effective and should not be viewed as a substitute for other HIV and STI prevention methods such as abstinence, limiting sex to one uninfected partner and consistent and correct condom use.

More Kenyans are testing for HIV

- KAIS indicates that HIV testing among adults age 15-49 has more than doubled since the 2003 KDHS. While this increase represents a positive step towards achieving universal knowledge of HIV status among Kenyans, nearly two-thirds of adults age 15-64 have never tested for HIV.

Four Out of Five Infected Adults Do Not Know they are Infected

- According to the survey, 83% or approximately 1.2 million HIV-infected Kenyans do not know they are infected. Unaware of their HIV status, these individuals are likely to infect their spouses and/or sexual partners and to miss the opportunity to receive HIV care and treatment.

Over Half of All Pregnant Women Attending Antenatal Clinics Test for HIV

- The 2007 KAIS found that 90 percent of women who had given birth in the four years before the survey attended antenatal clinic during pregnancy. Among these, more than half (57%) were tested for HIV.

One Out of Ten HIV Infected Adults Access Daily Cotrimoxazole (Septrin) Medication

- KAIS shows that only 12% of the 1.4 million HIV infected adults who needed daily cotrimoxazole were accessing medication in 2007.
- The very large unmet need for Cotrimoxazole is primarily related to the low level of HIV testing in Kenya.
- KAIS shows high Cotrimoxazole use (74%) among HIV infected persons who reported they were HIV positive.

High Uptake of HIV Care and Treatment among Those Who Know Their Status

- At the time of the survey, only about a third of HIV infected adults age 15-64 in need of ART (35%) were accessing treatment.
- An estimated 250,000 infected adults who were eligible for ART were not on treatment in 2007.
- The low HIV testing rate implies that a large majority of HIV infected adults who need ART do not know they are infected and hence miss out on life prolonging HIV care and treatment.

- At the time of the survey, 90% of HIV-infected adults who reported they were HIV positive and were eligible were accessing ART. For those infected, HIV testing serves as an entry point into HIV care and treatment.

Antiretroviral Therapy

- Antiretroviral therapy (ART) is the most effective intervention for prolonging survival in people with HIV, and when taken regularly is associated with a 90% reduction in deaths caused by AIDS.
- ART is increasingly available in Kenya. According to the Ministry of Health, Kenya had close to 500 sites offering ART to about 190,000 adults by the end of June 2008.

Aggressive HIV Prevention Efforts Needed to Stem New Infections

- Initial findings from KAIS paint a mixed picture in terms of sexual behaviours. Compared to the 2003 KDHS, KAIS indicates fewer adults have had sex before age 15 and more Kenyans are using condoms with non-marital or non-cohabitating partners.
- There was no decline in the proportion of people with multiple sex partners in the year prior to the survey.
- KAIS shows that among married individuals living with HIV; nearly half have a partner who is not currently infected.
- Couple discordance highlights the need for couple HIV testing and counselling.
- Among sexually-active, HIV-infected participants (most of whom do not know their HIV status), less than half had ever used a condom and less than 20% used a condom the last time they had sex.