



# **PRODUCING FOR WHO? THE *KHAT* QUESTION IN KENYA**

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# OUTLINE

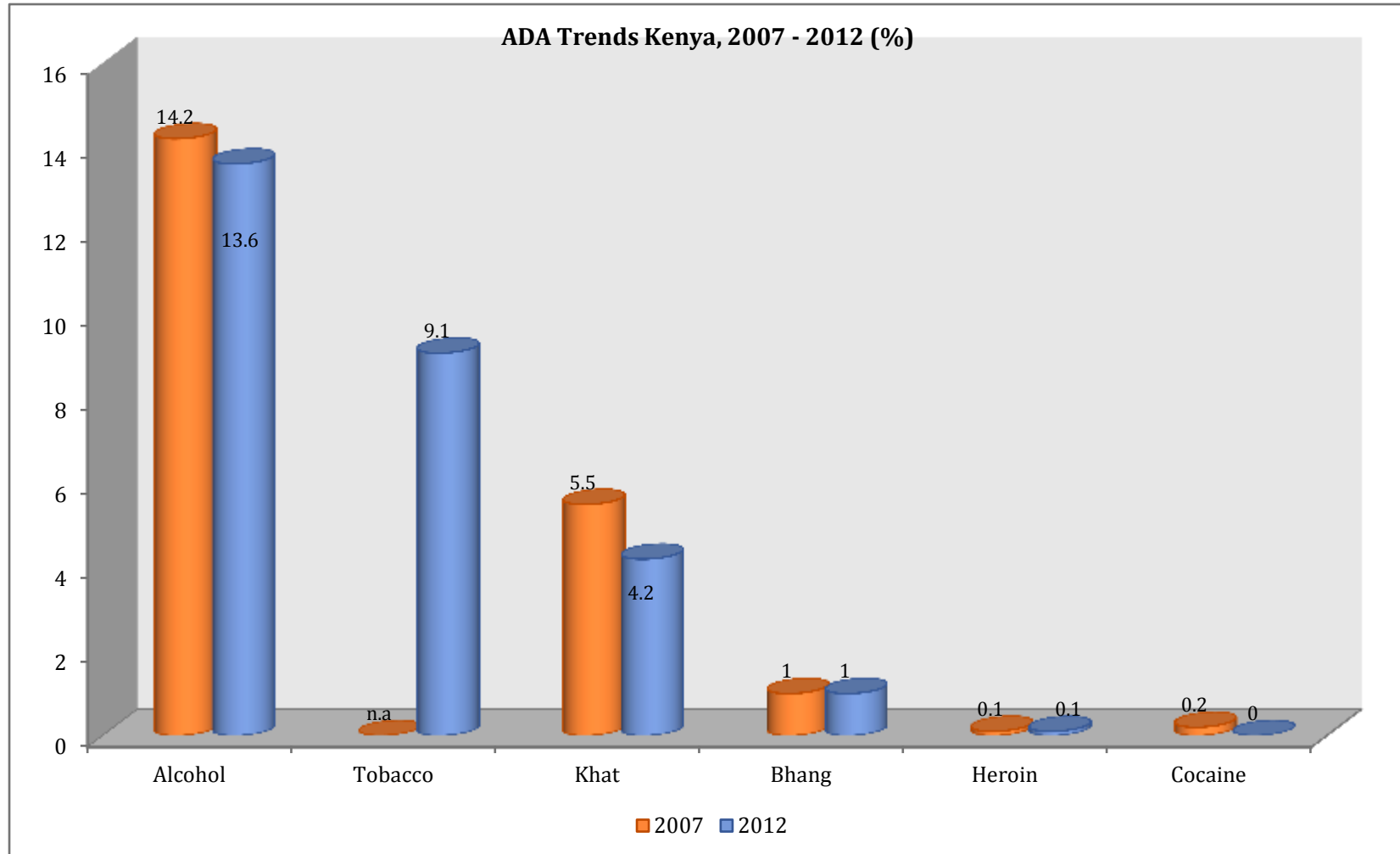
- ❑ Background
- ❑ Objectives
- ❑ Methods
- ❑ Results
- ❑ Conclusion

# BACKGROUND

- Khat variants in Kenya
  - a) Miraa
  - b) Muguka
  
- Production spread:
  - a) Parts of upper eastern e.g. Meru, Mbeere
  - b) Parts of the Rift Valley e.g. Kericho, Cherengani
  - c) New production sites e.g. Kirinyaga, Murang'a
  
- Levels of acceptability of khat
  - a) An unacceptable drug to some
  - b) An acceptable drug to others
  - c) Legal and regulatory regime: ambiguous
  - d) Others not even sure

# BACKGROUND

## ○ National status:



# BACKGROUND

- Why the concern?
  - a) Khat comes third in national ADA estimates
  - b) Rising use of khat across the country
  - c) Limited knowledge / data on khat to inform interventions
  - d) Regulatory regime seems ambiguous

# OBJECTIVES

- Examine trends in the production of miraa
- Examine the awareness, availability, use, affordability and accessibility parameters with regard to miraa consumption
- Document the perception of miraa producers and consumers in regard to its addiction
- Investigate the socio-economic and health impacts of miraa consumption
- Inform policy in the campaign against drugs abuse an more specifically miraa abuse
  - *Note: For today, our focus is on selected key messages*

# METHODS

## ○ Design issues

- a) Subject matter focus: largely miraa
- b) Geographical focus: miraa production and selected destination markets
- c) Household survey
- d) Two FGD and key informant interviews

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County	Number of Households	Sample Households
Kwale	122,047	90
Meru	319,616	236
Isiolo	143,294	106
Kitui	205,491	152
Marsabit	56,941	41
<b>Total</b>	<b>847,389</b>	<b>625</b>

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# RESULTS

- Trends in production
  - Production on the increase
  - Initially clustered around Igembe, Ntonyiri and Tigania
  - New production sites: marginal areas of igembe, Ntonyiri
  - New production sites: Parts of Imenti (commercial e.g. Kithoka area)
  - Hence likelihood of exporting production related impacts

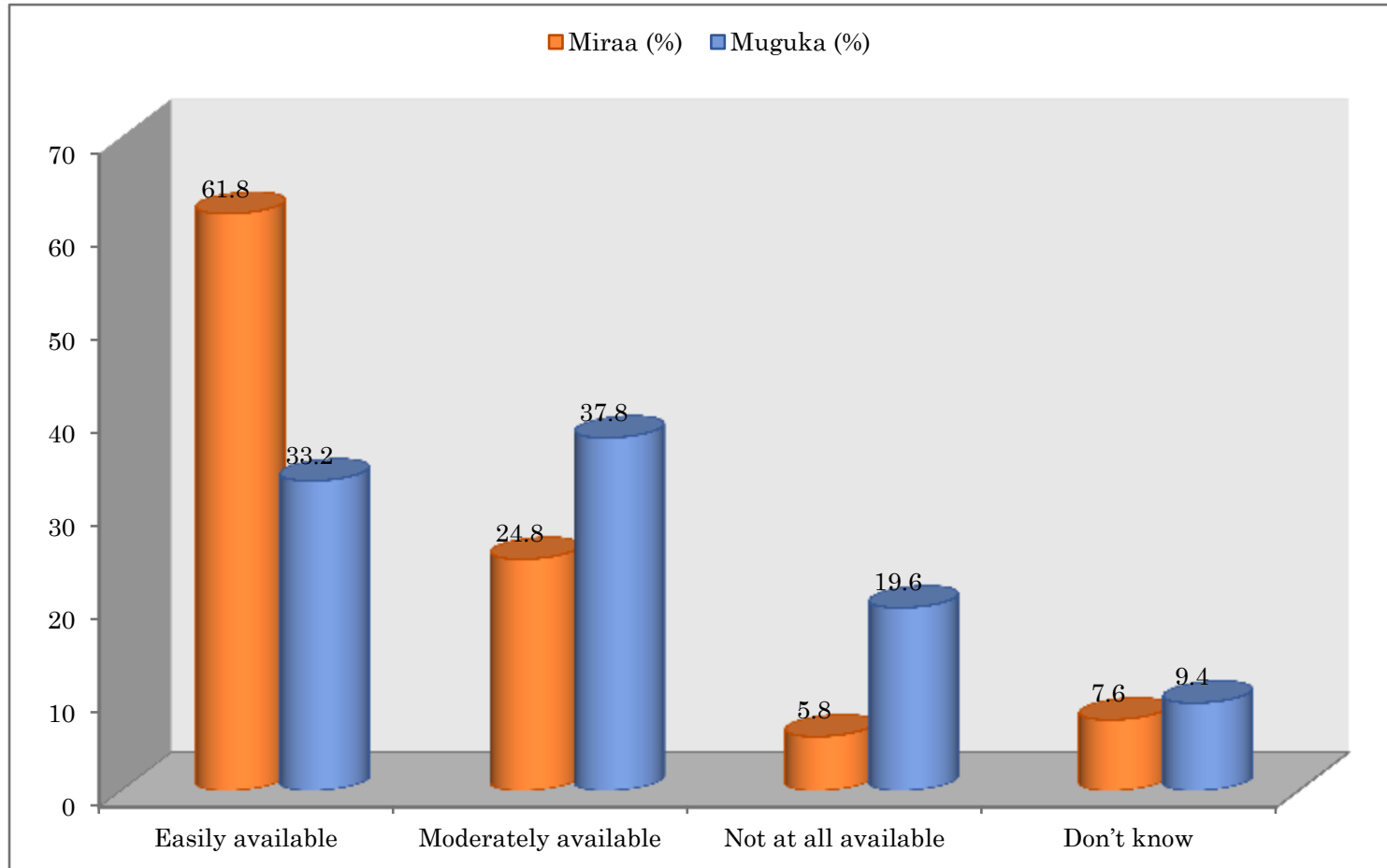


# RESULTS

- Commercialization of production
  - Land pressure
  - Desire for more profits
  - Challenges with new production sites e.g. pests and diseases
  - Unrestricted use of chemicals
  - Health challenge: *who controls / regulates*

# RESULTS

## ○ Accessibility, availability



# RESULTS

- Current use
  - Miraa = 44.9%
  - Muguka = 22.9%
- Positive predictors for use:
  - Being male
  - Being single
  - Being in informal employment
- Negative predictors for use:
  - No of household members not using khat
  - Low social-economic status household
  - Being protestant

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# RESULTS

## Reasons for using khat

Reason for Using Khat	Miraa (%)	Muguka (%)
Makes me have fun / feel good or happy	63.5	65.5
Makes me interact or associate with others	38.7	51.8
Makes me feel important	14.8	27.3
Makes me relax	77.0	82.0
It has health benefits	13.5	7.2
It helps me 'kill time'	62.3	62.3
It helps me cope with stress	47.8	59.7
Makes me work and think smart	29.6	46.8
It helps me stay awake / alert	45.0	50.0

# RESULTS

- Is khat a drug
  - Yes = 69.6%
  - No = 24.8%
  - DK = 5.6%
- Acceptability of khat in the community
  - Totally acceptable = 65.8%
  - Somewhat acceptable = 28.8%
  - Totally unacceptable = 5.6%
- Khat and use of other drugs
  - Entry route (72% use other drugs)

# RESULTS

- Perceived health impacts
  - Loss of appetite // weight
  - Loss of sleep // weight
  - Hallucinations // memory loss / insanity
  - Teeth decay
  - “Red lips” // form of ulcers
  
- Social impacts
  - Time wastage
  - Financial drain
  - Crime
  - Problem of addiction

# CONCLUSION

## ○ Producing for who?

- Challenge of uncontrolled use of chemicals in khat production
- *Question: do we have health safeguards?*
- Challenge of unfolding health impact e.g. “red lips” phenomenon common among khat chewers?
- *Question: does it bother anybody?*
- Ambiguous legal and regulatory regime
- *Question: can we have the equivalent of ADA*  
*// Tobacco Control Act // Nacortics for khat?*



# RESULTS

- Producing for who?
  - Khat and use of other drugs:
  - *Question: Can we re-focus our strategies to localized drugs*

*END*  
*THANK YOU!*