Behaviour changes in sexual behavioural practices among South African youth.

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Outline of the presentation

• Background
• Aims and objectives of the study
• Sexual behavioural practices among South African youth found in 2008 HIV population-based survey:
  • Age of sexual debut,
  • Intergenerational sex ,
  • Multiple sexual partnerships
  • Condom use
• Conclusions
• Recommendations
Background

- South Africa has the heaviest burden of HIV/AIDS in the world with over 5.5 million of its citizens believed to be living with HIV/AIDS.

- Although the HIV epidemic has stabilised since 2000, many new infections are still occurring especially among female youth.

- The most common mode of HIV transmission in South Africa is through heterosexual sex.
On 9th June 2009 an HSRC-led consortium of researchers released:

Aims and objectives of the study

• The study sought to identify underlying sexual behavioural practices that could account for the changes in HIV incidence observed among youth in the 2008 population-based survey in South Africa.

• The presentation focuses on the following four key sexual behavioural indicators:
  • the age of sexual debut
  • Intergenerational sex
  • Multiple sexual partnerships
  • Condom use
### Intergenerational Sex among 15-19 Year Olds, South Africa 2005 and 2008

<table>
<thead>
<tr>
<th></th>
<th>Within 5 years of own age (%)</th>
<th>Partner is 5+ years older (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2005</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>98.0</td>
<td>2.0</td>
</tr>
<tr>
<td>Female</td>
<td>81.4</td>
<td>18.5</td>
</tr>
<tr>
<td>Total</td>
<td>90.4</td>
<td>9.6</td>
</tr>
<tr>
<td><strong>2008</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>98.5</td>
<td>0.7</td>
</tr>
<tr>
<td>Female</td>
<td>72.4</td>
<td>27.6</td>
</tr>
<tr>
<td>Total</td>
<td>85.1</td>
<td>14.5</td>
</tr>
</tbody>
</table>
### Multiple sexual partners among 15 - 24 year olds by province, South Africa, 2008

<table>
<thead>
<tr>
<th>Province</th>
<th>Male</th>
<th>Female</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Cape</td>
<td>33.0</td>
<td>2.2</td>
<td>18.9</td>
</tr>
<tr>
<td>Eastern Cape</td>
<td>30.2</td>
<td>11.0</td>
<td>21.0</td>
</tr>
<tr>
<td>Northern Cape</td>
<td>31.4</td>
<td>8.4</td>
<td>18.2</td>
</tr>
<tr>
<td>Free State</td>
<td>30.1</td>
<td>9.5</td>
<td>21.0</td>
</tr>
<tr>
<td>KwaZulu-Natal</td>
<td>30.3</td>
<td>2.8</td>
<td>13.7</td>
</tr>
<tr>
<td>North West</td>
<td>35.8</td>
<td>15.3</td>
<td>24.1</td>
</tr>
<tr>
<td>Gauteng</td>
<td>30.4</td>
<td>5.7</td>
<td>18.0</td>
</tr>
<tr>
<td>Mpumalanga</td>
<td>22.8</td>
<td>2.3</td>
<td>11.7</td>
</tr>
<tr>
<td>Limpopo</td>
<td>31.6</td>
<td>3.2</td>
<td>17.2</td>
</tr>
<tr>
<td>National</td>
<td>30.8</td>
<td>6.0</td>
<td>18.0</td>
</tr>
</tbody>
</table>
Condom use among youth at last sex, by province, South Africa 2002, 2005 and 2008
Conclusions

• The reduction in the new infections among teenagers aged 15 to 19 years found in the 2008 national population-based HIV survey in South Africa does not appear at all to be related to the following three sexual behaviours:
  • the age of sexual debut *(this has not changed in 7 years)*,
  • intergenerational sex *(has increased especially among females)*
  • multiple sexual partners *(has increased especially among young males)*.
Conclusions

• The reduction in the new infections among teenagers aged 15 to 19 years appears to be mainly due to a substantial increase of condom use among youths over the past 7 years.
Recommendations

1. Need to continue encouraging youth to keep using condoms as the main HIV prevention strategy.

2. Need to implement an anti-multiple and intergenerational sexual partnerships like community driven anti-smoking campaigns

3. Address high sexual partner turnover and intergenerational sex among youth by also changing community norms
Research consortium

- Human Sciences Research Council (HSRC)
- Medical Research Council (MRC)
- Centre for AIDS Development, Research and Evaluation (CADRE)
- National Institute for Communicable Diseases (NICD)
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Thank you for your attention