

**Swahili transcript:**

Mtoa mada: Nimekuwa nikifanya kazi kwenye masuala mbalimbali ya ukimwi na afya kwa ujumla. Kwa mfano sasa hivi tunafanya utafiti wa masuala ya afya vijijini kwa hapa Arusha lakini especially sehemu za vijijini zaidi. Na nimefanya kazi na TACAIDS kwenye masuala ya vijana ya ukimwi. Na sasa hivi kuna shirika pia huwa nafanya part time, ambao nafanya nao wanaitwa SAC. Wanachukua volunteers kutoka States, kutoka US, wanakuja wafanya kazi huku na wanafanya interview, college students watanzania halafu wanawachanganya pamoja halafu wana wa-train ili kufanya kazi mbalimbali zinazohusiana na masuala ya afya. Kwa hiyo sasa hivi ndio nafanya nao.

Nicholaus: Sawa, sasa jambo moja ambalo kubwa mimi nilitaka kujua ni kwamba tatizo la ukimwi hapa ukianzia hapa Arusha na Tanzania yenyewe kwa ujumla kwamba ni kubwa kiasi gani?

Mtoa mada: Tatizo kwa upande wa Arusha kwanza katika eneo lolote ukijaribu kuangalia tatizo la ukimwi utakuta kwamba unaweza ukapata taarifa ambazo zinatofautiana kati ya maeneo. Kwamba unaweza ukaenda eneo moja ukakuta taarifa zipo namna hii, ukaenda sehemu nyingine ukakuta taarifa zinatofautiana, lakini kwa ujumla ni kwamba kwa kiwango fulani kwa Arusha tunasema kuna maeneo ambayo takwimu zinaonyesha kwamba ni maeneo ambayo athari au madhara ya ukimwi yameomnekana zaidi. Shirika ambalo nafanya nalo kazi sasa hivi wanafanya VCT Mobile VCT ambapo wanafanya upimaji. Na tunatumia ule upimaji pia kama moja ya taarifa tunazozipata katika maeneo. Kwa hiyo ukiangalia kuna baadhi ya maeneo ya Arusha ambayo tunapata waathirika wengi ambapo maeneo mengine unaweza ukaenda ukakuta kabisa hamna. Kwa mfano kwa haraka haraka tuzungumzie kwa Arusha. Tumewahi kufanya upimaji fulani eneo la Mbuguni, Mbuguni pale, tulifanya upimaji tukapima watu kama mia na ishirini na tulipata watu kama arobaini na mbili positive. Na ukija kwenye eneo la Ngaramtoni, tulienda kupima kuna eneo Ngaramtoni ukipandisha juu kidogo, tulienda tukapima kule, tukakuta kati ya watu mia moja tuliopima, tulikuta watu wawili positive. Kwa hiyo kidogo utaona ukichukulia in general kwamba Arusha nzima iko hali ya namna hiyo utakuta kwamba taarifa zinapingana kati ya sehemu na sehemu. Kwa hiyo kwa ujumla, kwa taarifa ya jumla ya Arusha tunasema one in five, mmoja kati ya watu watano atakuwa ameathirika, yaani kitakwimu kwamba ukijumlisha maeneo yote mkoa wa Arusha, mmoja kati ya watu watano tunasema ameathirika na virusi vya ukimwi kulingana na taarifa ambayo ni mbaya sasa sio taarifa nzuri sana. Ukija kwa Tanzania nzima kuna tofauti pia vilevile, kwa mfano kuna maeneo kama ukienda Iringa, kuna maeneo ya Iringa ambayo yameathirika zaidi. Kuna maeneo ya Kigoma Kigoma kumeathirika zaidi. Kwa hiyo hayo ndio maeneo mawili ambayo tuanjua yameathirika zaidi. Lakini mara nyingi unakuta ile kama nilivyosema Arusha utakuta kwamba ni *one out of five* utakuta wameathirika. Ukija kwa Tanzania nzima, maeneo mengi yametofautiana. Overall data ni tunasema four out of ten kwa Tanzania nzima, *four out of*

*ten* wameathirika virusi vya ukimwi na hiyo ni kitakwimu, nadhani wewe utakuwa unaelewa zaidi. Lakini pia tukizungumzia mara ya mwisho walipokusanya taarifa zote, zilikuwa zikionyesha kwamba watu milioni mbili nukta tano waliopima wana virusi vya ukimwi. Kwa ujumla hiyo ndio tunaweza kusema hiyo ni kitakwimu zaidi kitaifa kwamba milioni mbili nukta tano wote wameathirika na virusi vya ukimwi ambazo zipo sasa hivi, lakini inakadiriwa kwamba wako zaidi ila hawa ni wale ambao tayari wamepima

### **English translation:**

Presenter: I have been working on HIV/AIDS and childbearing issues in general. Right now, we are doing research on health issues in villages here in Arusha. I also worked with the Tanzania Commission for Aids, dealing in youth and AIDS. Now I work in a part time job with SAC. This organization brings volunteers from the United States of America to come to work here in Tanzania. They select college students for interviews, and then they train them. After that, they work together on different health issues. These are the people I am working with now.

Nicholaus: Okay. One big thing I want to know about AIDS starting from here in Arusha and all over the country, in general, is how big is the problem?

Presenter: If you want to know how big the problem is for Arusha, it is difficult to say due to the fact that the information about HIV/AIDS differs from one place to another. You can go to one place and find people who have different information about HIV/AIDS from what you heard in another place. In general, statistics show that in some places in the Arusha region, the infection is large compared to other places. The organization I am working with is using VCT MOBILE (Voluntary Counseling and Testing Clinic). They concentrate on HIV/AIDS testing, and we use the test results as one source of information to measure the spread of HIV/AIDS. In some places, you will find many people infected with HIV/AIDS, while in other places you find none.

For example, let's talk about Arusha. We did HIV testing in one place called Mbuguni. There were about 120 people, and 42 of them were infected with the HIV/AIDS virus. When we went to Ngaramtoni for testing, among the 100 people who were tested, only two of them were HIV positive. So this is how the level of infection in Arusha region differs from one place to another. In general, we can say that the level of infection in Arusha is about one in five people. That means one person in five has been infected with HIV/ AIDS. This is bad news, not good news at all.

When it comes to Tanzania as a whole, the infection differs from place to place. For example, in the Iringa region, many people have HIV/AIDS infections. This is also true in the Kigoma region. The overall data for Tanzania is that four out of ten people have been infected with HIV/AIDS viruses. The last time they gathered all the statistical data, it was 2.5 million people who were infected with HIV/AIDS. That is how it is believed that 2.5 million people have HIV/AIDS infections, but it can be more than that because

this information was taken from people who went for the HIV/AIDS test. They believe that there are some people who have AIDS who have not yet been tested.

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