

The Uganda Think Tank on AIDS

3rd Session, Grand Imperial Hotel, 14th July 2005

*“Is the ABC message still effective
in contemporary Uganda?”*

KEY RECOMMENDATIONS

**Uganda AIDS Commission
July 2005**

Session recommendations

1. The Abstinence, Being faithful and Condom use (ABC) model is still effective as a prevention strategy for sexual transmission of HIV. The ABC strategy has helped Uganda to progress thus far; the country should not go back on it now.
2. Consolidate the ABC approach by addressing the challenges associated with each of the three components, A, B and C.
3. Re-launch the ABC Model as ABC plus (ABC+) to comprehensively accommodate the existing and emerging challenges. ABC+ plus would thus be the “motherboard” of current and future HIV/AIDS interventions
4. ABC should be promoted as one entity, putting more emphasis on ABC in the policy, strategies and practice. The National AIDS Policy (NAP) and NSF should more strongly and critically highlight the ABC Approach
5. AB and C should be harmonised through a specific policy framework. ABC could be designed and adopted as policy guideline/strategy
6. Abstinence is very pertinent to the youth today, especially the girl child. Faithfulness is the best option for married couples in those long-term relationships. C should be targeted for high risk groups, should be promoted among those already infected especially in care settings and is key in discordant relationships.
7. Enhance and sustain political commitment and leadership on ABC. Leaders at all levels should be involved in the dialogue, harmonize their positions and provide visible leadership for ABC model.
8. Individuals are a resource to take decisions and make choices, they should be empowered to negotiate these choices
9. Identify and address human, institutional, societal, cultural and environmental factors and vulnerabilities that predispose certain categories of people to HIV infection
10. There is need to bridge the knowledge gaps, to raise risk perception, and reduce on confusing and conflicting messages.

11. Communication messages should be context specific, well targeted and relevant to the various situations. Solidarity peer groups for peer support and counselling e.g. Post Test Clubs, Pure Love Clubs and Virginitly Solidarity Clubs/groups should be encouraged. Men need to be targeted more at the individual level
12. Utilize religious and cultural institutions and leadership and also promote positive cultural attributes in HIV prevention.
13. Promote and intensify continuous and consistent HIV prevention interventions.

In conclusion, ABC is still relevant in Uganda today; it should be utilized within contexts of different population groups to enhance individuals to adopt positive behaviours to protect their lives and the lives of their partners.