

# Situation Analysis of Drug Abuse in Pakistan

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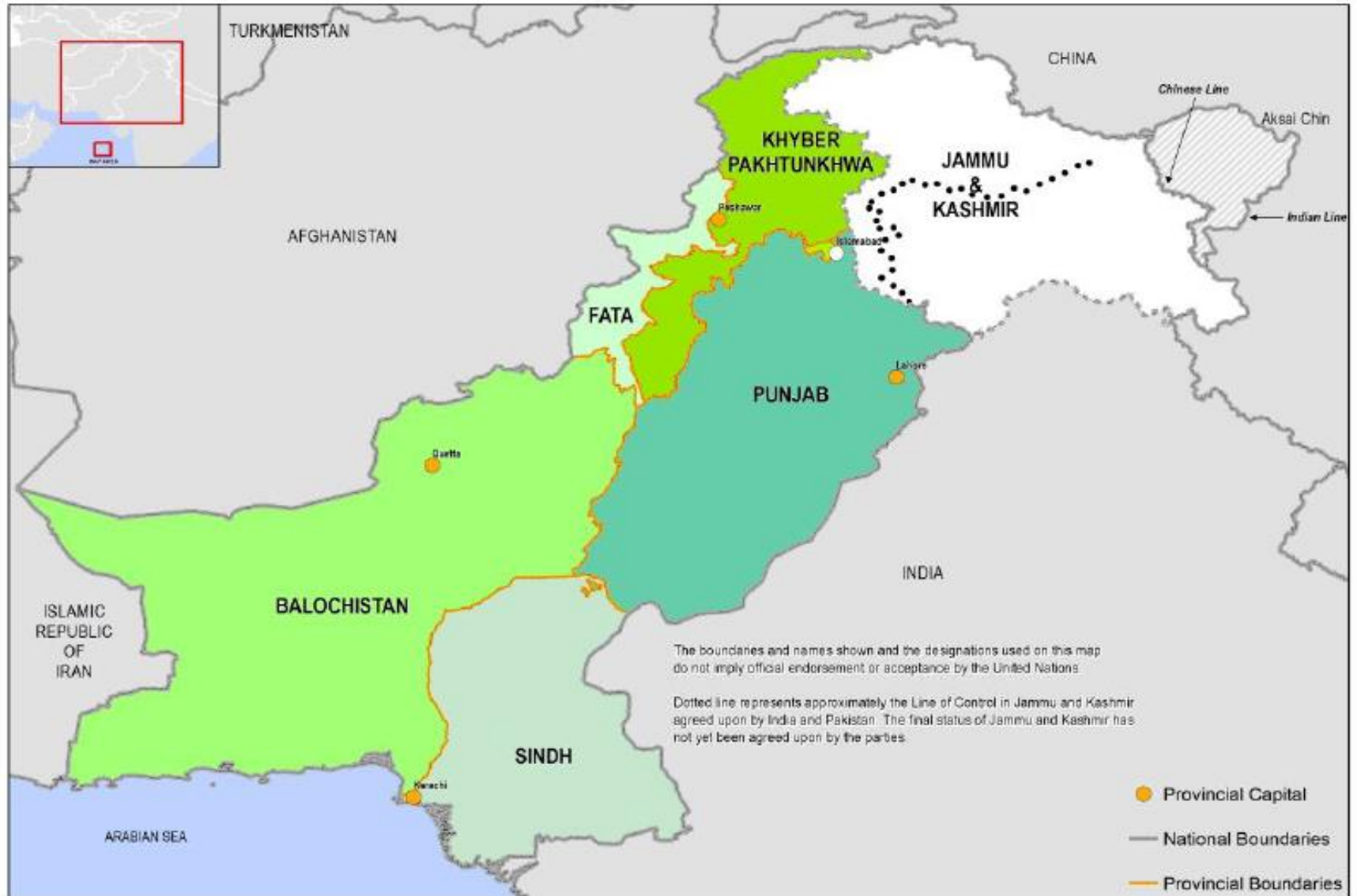
# Overview

- Background
- Numbers
- What to do

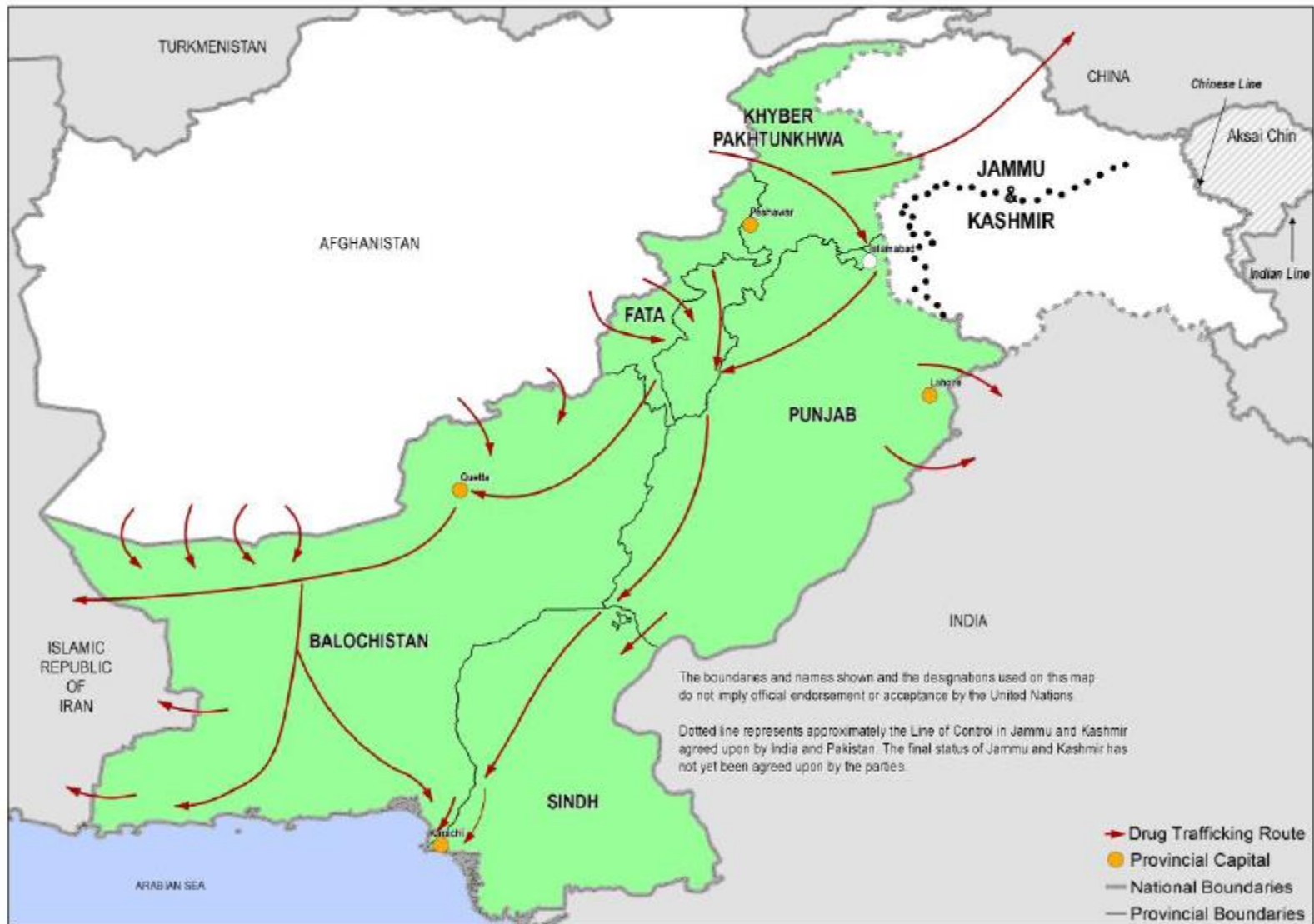
# Common types of drugs

- Cannabis
- Opium
- Heroin
- Amphetamine-type stimulus (ATS)
- Cocaine
- Pharmaceutical cocktail

# Pakistan's surroundings



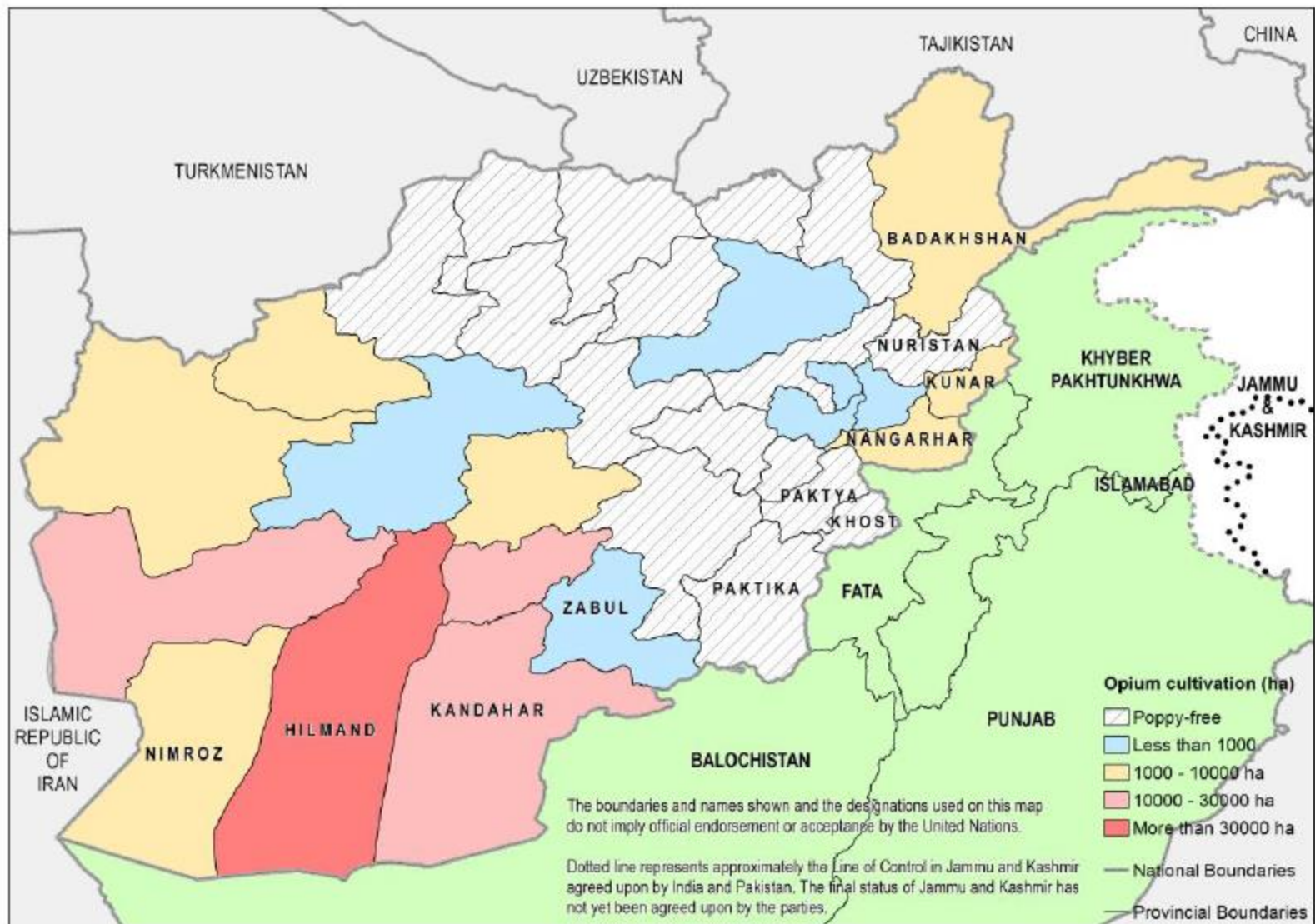
# Contraband drug trafficked through Pakistan



# Drug production in Afghanistan

- Afghanistan produces 60-70 percent of world's supply of illicit opiates
- >45% of these opiates cross into Pakistan *en route* to destinations in Europe, Asia and to some extent Africa and North America
  - KPK, Balochistan, Iran and sea port of Karachi and Port Qasim
- 11 Afghan provinces border Pakistan
  - According to UNODC Afghanistan four were declared poppy free in 2012

# Cultivation of drugs in Afghanistan in 2012



Ref: Drug Use in Pakistan 2013 Technical Report. UNODC

# National drug use estimates

Name of drug	Percentage	Estimated users
Any illicit drug use	5.8%	6.4 million
Cannabis	3.6%	> 4 million
Heroin	0.7%	813,000
All opioids	2%	2.7 million
Sedatives	1.4%	>1.5 million
Injecting drug use	0.4%	423,000



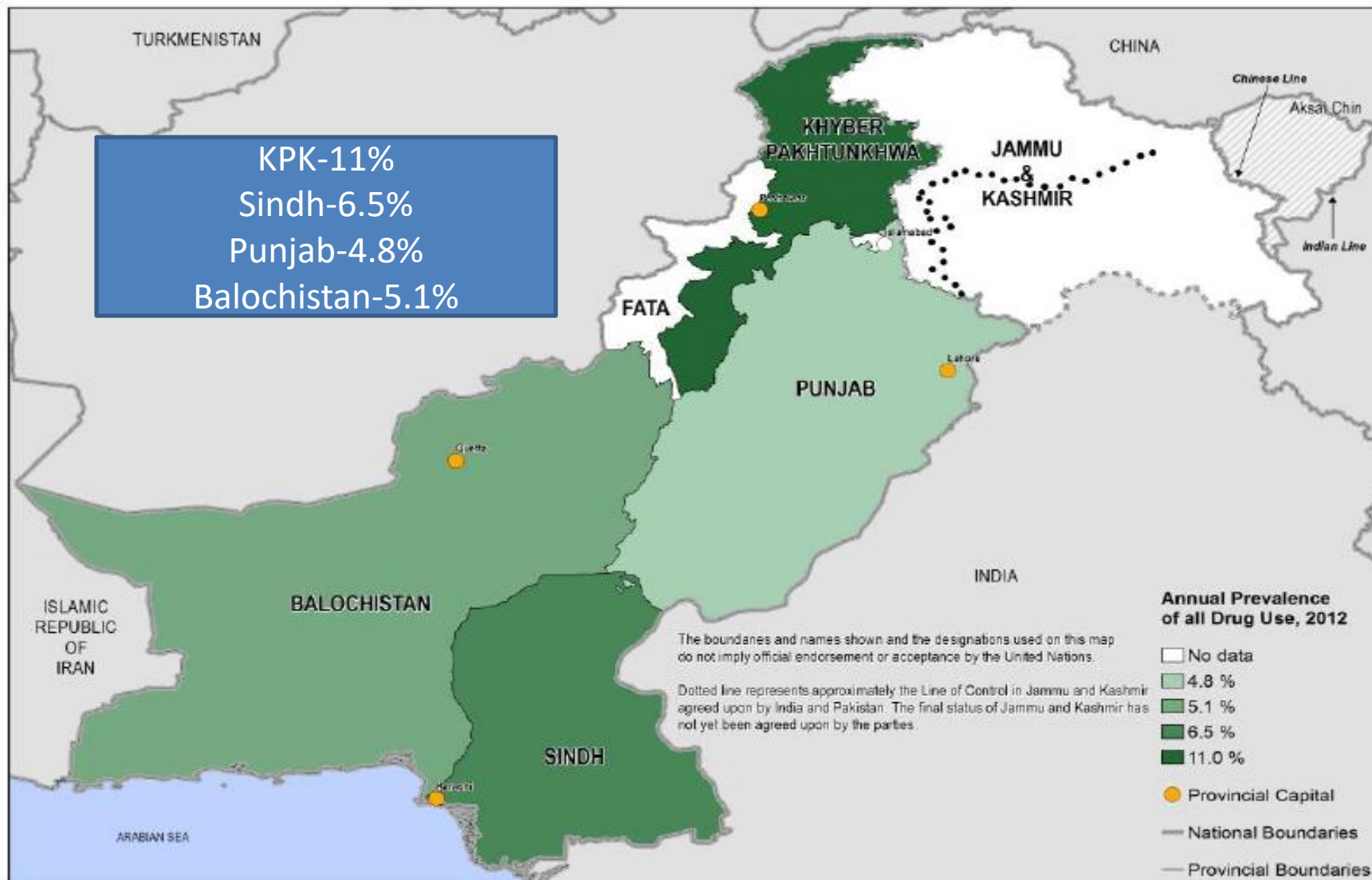
# Some demographics of drug abusers

Type of illicit drug	Age ranges
Pain killers, sedatives and tranquilizers	15-64 years
Cannabis ( <i>charas and bhang</i> )	20-29 years
Opium	40-44 years
Heroin	30-34 years

# Drug use among women: low prevalence or hidden?

- According to UNODC 2010 report and based on 50,000 household interviews
- Women constitute 25% of the total population of drug users in Pakistan
- The study itself questions the accuracy of the number
- In any case drug use among women in Pakistan is not un common

# Drug use at provincial level



Ref: Drug Use in Pakistan 2013 Technical Report. UNODC

# Number of IDUs

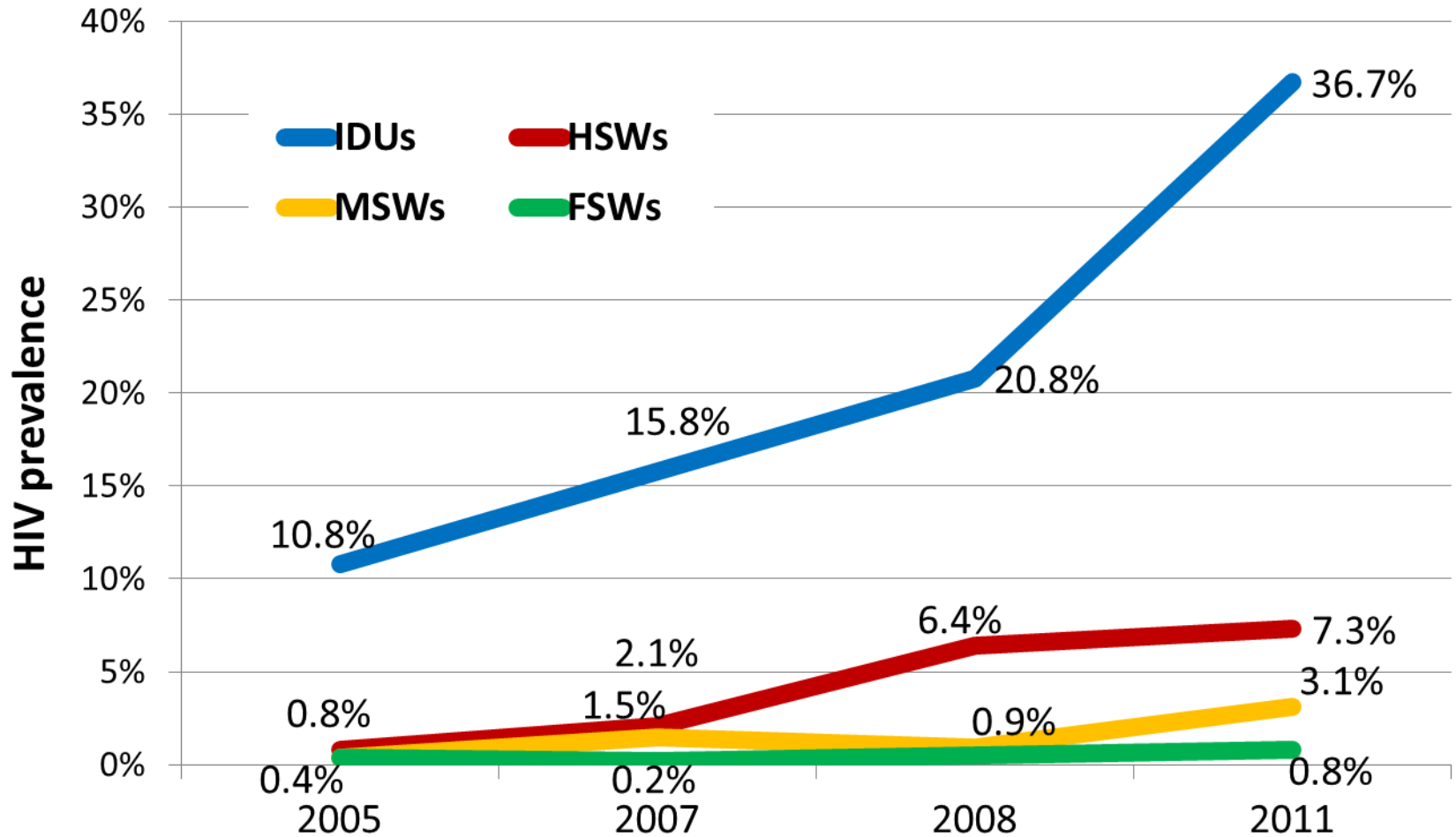
PROVINCE	CITY	Population 15 – 49 yrs		No of IDUs	IDUs per 1000 adult males
		Both sexes	Male		
PUNJAB	DG Khan	213,487	105,932	596	5.6
	Faisalabad	1,966,093	975,576	7,907	8.1
	Gujrat	477,833	231,273	431	1.8
	Lahore	3,906,192	2,072,126	3,596	1.7
	Multan	1,253,356	659,642	870	1.3
	Pakpattan	186,047	92,317	487	5.2
	Rahim Yar Khan	673,665	334,272	426	1.2
	Sargodha	626,370	310,805	1,621	5.2
	<b>PU NJAB TOTAL</b>	<b>9,303,044</b>	<b>4,781,942</b>	<b>15,932</b>	<b>3.3</b>
SIND	Dadu	274,505	135,028	470	3.4
	Hayderabad	1,091,053	536,687	3,857	7.1
	Karachi	9,689,994	4,643,484	16,544	3.5
	Larkana	272,678	136,341	1,096	8.0
	Mirpurkhas	210,362	108,477	1,229	11.8
	Nawabshah	289,828	142,016	1,865	13.1
	Sukkar	448,560	220,647	1,979	8.9
	<b>SIND TOTAL</b>	<b>12,286,980</b>	<b>5,917,679</b>	<b>27,040</b>	<b>4.5</b>
KPK	Haripur	515,387	252,106	493	1.9
	Peshawar	1,489,259	795,805	1,850	2.3
	<b>KPK TOTAL</b>	<b>2,004,646</b>	<b>1,047,911</b>	<b>2,343</b>	<b>2.2</b>
BALOCHISTAN	Quetta	615,286	347,470	626	1.8
	Turbat	298,816	150,655	408	2.7
	<b>BALO CH.. TOTAL</b>	<b>914,103</b>	<b>498,125</b>	<b>1,034</b>	<b>2.0</b>
<b>ALL CITIES MAPPED TOTAL</b>		<b>24,508,773</b>	<b>12,245,657</b>	<b>46,349</b>	<b>3.7</b>

## Injecting drug users

### Key Socio-demographic & Behavioral Indicators

- 98% IDUs were males, average age 30.4 years  $\pm$  8.0
- Mostly illiterate (57%) and 48% were living on the street.
- Injected  $2.9 \pm 1.4$  inj. per day
- 91% injected in parks/streets and 81% injected in groups
- 70.3% injected by “professional injectors/street doctors” during the past month
- Only 38.6% always injected with a new needle
- 31.2% used someone else’s needle/syringe at last injection & 23% of IDUs passed on needle/syringe to another IDU
- 56% had never heard of preventive programs

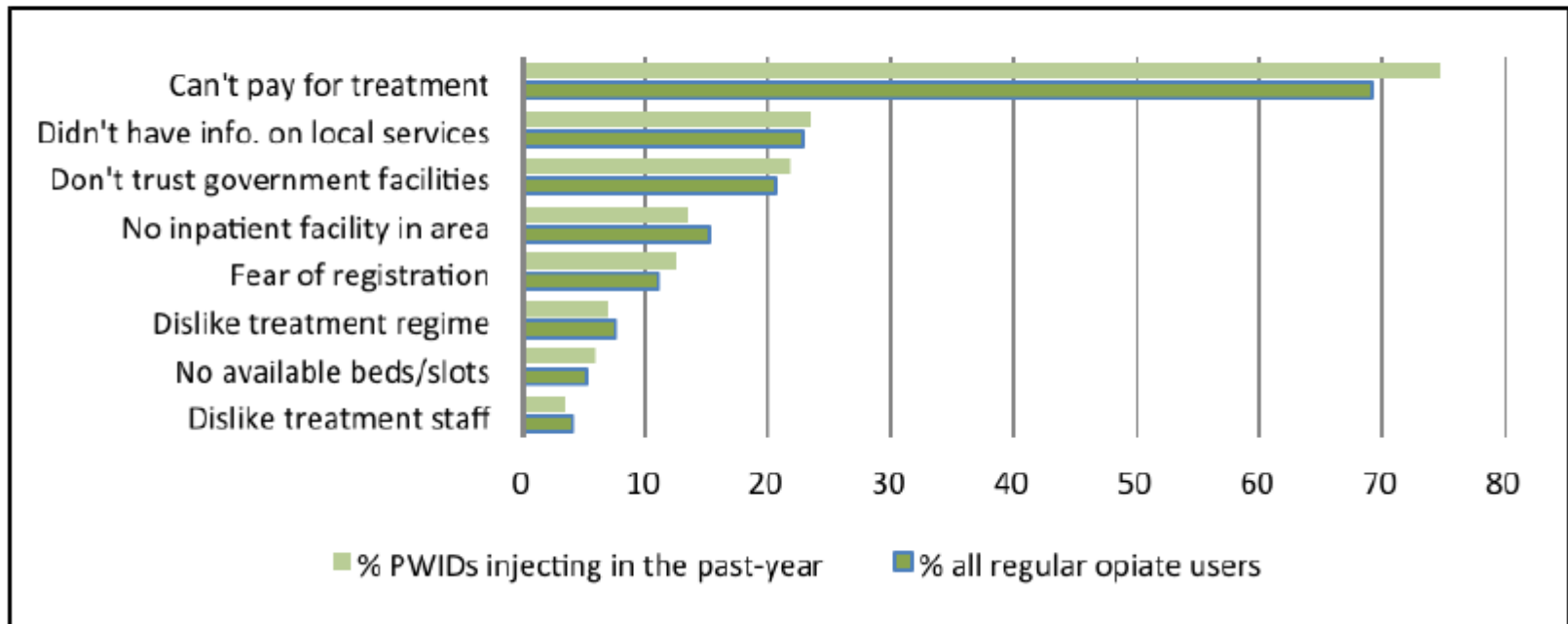
# Advancement of HIV in risk groups 2005 to 2011



Ref: Emmanuel, HASP National Dissemination January, 2012, Islamabad

# Hurdles in seeking treatment

Figure 3: Among regular opiate users who want to seek help but are unable to, response to the question 'What prevented you from getting help?'



# Treatment options

- Detoxification
- Cold turkey method
- Both combined with multiple activities such as occasional counseling and irregular engagement in various activities
- Unfortunately this does not work
- High relapse rate (>85%)



# What works for addiction

- **Holistic approach**
- Oral substitute therapy (OST)
- Regular counseling
- Skill building
- An added advantage with some kind of job placement