



Ministry of Agriculture and Livestock Development  
State Department for Crop Development  
P.O. Box 30028, Nairobi



Emergency Locust Response Program  
P.O. Box 30028,  
Nairobi



Kenya Agricultural & Livestock Research Organisation  
P.O. Box 57811-00200,  
Nairobi



The World Bank  
P.O. Box 30577-00100  
Nairobi

## Sustainable Agricultural Livelihood Restoration, Rehabilitation and Resilience in Kenya Training Manual

---

### 4.2.5 SUB-MODULE 5: DRUG ABUSE

The substance (drug) abuse is increasing in Kenya and especially among the youth. Current statistics indicate that more than half of drug users are aged 10-19 years. Most studies done in the country indicate that the commonly used drugs are nicotine, alcohol and cannabis. The existing information shows that the most abused drugs in Kenya are alcohol and *Cannabis sativa* (bhang) which is grown in a few isolated parts of the country. But there are reports of somewhat isolated cases of; cocaine, mandrax, hallucinogens, amphetamines and solvents. Certain factors can affect the likelihood and speed of developing an addiction and these include:

- Family history of addiction (drug addiction is more common in some families and likely involves genetic predisposition).
- Mental health disorder
- Peer pressure.
- Lack of family involvement
- Early use.
- Taking a highly addictive drug.

Some of the most common types of drug abuse include the following:

- Stimulant abuse (substances that cause physical and psychological functions to speed up)
- Cocaine abuse.
- Adderall abuse
- Meth abuse.
- Opioid abuse
- Heroin abuse.
- Prescription painkillers abuse
- Sedative abuse.

A recent study by the National Campaign Against Drug Abuse Authority in Kenya found that:

- Most respondents held positive attitudes toward consumption of illicit drugs: cigarettes (73%), alcohol (72%), and khat (54%).
- Nationally, current use was alcohol, 13%; cigarettes, 11%; and khat, 6%.
- Drug use among those age 15-24 was alcohol, 9%; tobacco, 6%; khat, 5%; and cannabis, 1%.
- The median age of first use of both alcohol and cigarettes was 9 years, while that of cannabis was 14 years
- Awareness of hard drugs was 20% among participants aged 10-14 compared to 70% for those aged 15-65
- Seventy percent of substance abusers of age 15-64 had multiple sex partners, and

## **Sustainable Agricultural Livelihood Restoration, Rehabilitation and Resilience in Kenya Training Manual**

---

60% of all participants were unaware of available treatment and rehabilitation services.

- Schools (77%) and religious institutions (62%) were the main sources of information for those aged 10-14
- Perceived harm for cocaine and heroin was 80% in urban areas versus 6% in rural areas.

### **Further reading**

- Kainika, O. and Njoki, T. (2019). The effects of drug and substance abuse on employees' job performance on selected insurance companies in Nairobi, Kenya; Unpublished MA Thesis, United States International University – Africa.
- Kamenderi, M., Muteti, J., Okioma, V., Kimani, S., Kanana, F. and Kahiu, C. (2013). Status of drugs and substance abuse among the general population in Kenya. African Journal of Alcohol & Drug Abuse: Edition 1.
- NACADA. (2012). National Authority for the Campaign Against Alcohol and Drug Abuse. Rapid situation assessment of the status of drug and substance abuse in Kenya. NACADA, Nairobi.
- Zipporrah, A.H., Githae, M.N. and Gideon, M. (2018). Knowledge on use and effects of drug and substance abuse among youth aged 13 to 24 years in Raila Village, Kibera slum, Nairobi, Kenya; International Journal of Contemporary Research and Review Volume 09|Issue 08|; Available Online at [www.ijcrr](http://www.ijcrr) ISSN 0976 – 4852.