
International Day against Alcohol, Drug Abuse and Illicit Trafficking (IDADA)



On June 23, 2017, it was International Day against Alcohol, Drug Abuse and Illicit Trafficking (IDADA).

During the celebrations, there was a processional march from Taifa Hall to the Chancellor's Court flagged off by Prof. Mbithi accompanied by the Kenya Police Band.

The event was held at the University of Nairobi Chancellor's Court ground. UON staffs and students joined the rest of the world to celebrate the day in style by participating in various sports activities such as:

- Yoga
- Netball
- Volleyball
- Basketball
- Football

The winning teams were awarded trophies.

The University of Nairobi has a Policy on the Prevention of Alcohol and Drug Abuse.

- a Student Assistance Program (SAP) and
- an Employee Assistance Program (EAP)

whose specific activities include:

- sensitization campaigns to create awareness
- health education sessions
- training (peer counselors/educators)
- guidance and counseling
- orientation of students
- appropriate referrals when specialized service is necessary and
- active participation in ADA prevention activities organized by the ADA sub-units and ADA clubs

Ms. Catherine Mutisya

Ms. Catherine Mutisya from the Ministry of Health, said that “It was important for the institution to continue sensitizing the students, staff and other stakeholders on the effects of alcohol and drug abuse. It is unfortunate that drug abuse and addiction starts as early as the age of 12 years. Research has shown that 50% of the addicts are youth. We need to encourage our children and colleagues to engage in healthy behaviour and lifestyles by engaging in activities such as sports.” She also commended the University for her commitment to fight the vice in the institution.

The international theme for this year’s celebrations ‘**Listen First!**’ is a clarion call to all to understand the effects and dangers of alcohol and drug abuse and also illicit trafficking

Dr. M.R.B. Otieno

The Chief Medical Officer, University Health Services, Dr. M.R.B. Otieno, pointed out the efforts towards fighting ADA; peer counselors and Trainers of trainers (ToT) on call and sensitization programs available.

Local gospel artist, Mercy Masika and various student dance crews entertained the crowd. Participants were sensitized on drug and alcohol abuse and HIV/AIDS. UoN also offered testing services on HIV/AIDS, blood sugar checks, blood pressure and body mass index (BMI).

Some of the sponsors for the event include:

- National Authority for Campaign against Alcohol and Drug Abuse (NACADA)
- TECNO Mobile
- Coca Cola and
- Liverpool VCT.

It was a day full of FUN, LAUGHTER and DANCE!!