

**ENHANCING BEHAVIOUR CHANGE FOR BODA-
BODA RIDERS IN UGANDA USING MOBILE
LEARNING:**

HEALTH AND SAFE LIVING LEARNING NEEDS

BY

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Introduction: Health and Safe Living Learning Needs:

- According to World Health Organization, ‘a healthy life style is a way of living that lowers the risk of being seriously ill or dying early.’(WHO, 1999)
- Emphasis in this section was put on adolescent health needs as well as personal hygiene of the riders.
- Over 70% of male youths aged 18-35 in Uganda are employed in the boda-boda industry (Wanume *et al.*, 2019).
- Being a service industry, good or bad hygiene impacts directly on the riders’ lives and those of their customers thereby

Source of Health Information for Boda-boda riders:

- 66% of the riders get health information from their fellow riders or friends.
- Half of them 51% obtain health information from healthcare providers.
- 50% get health information from family or the mass media (50%).
- Other sources in order of priority are health outreaches, social media, school or classes, herbalists, internet and others.

Health issues that impact boda-boda riders:

Health issues that impact boda-boda riders	Yes		No		Non-Response		Rank
	Freq	%age	Freq	%age	Freq	%age	
Accidental Injury	224	80.0	54	19.0	3	1.0	1
Unwanted Pregnancy and Parenting	80	28.7	198	70.5	3	1.1	5
Intentional Injury and Violence	107	38.0	171	61.0	3	1.0	4
Obesity	30	11.0	248	88.0	3	1.0	7
Sexual Health	76	27.0	202	72.0	3	1.0	6
Substance Abuse	118	42.0	160	57.0	3	1.0	3
Hygiene	123	44.0	155	55.0	3	1.0	2

Source: Primary Data

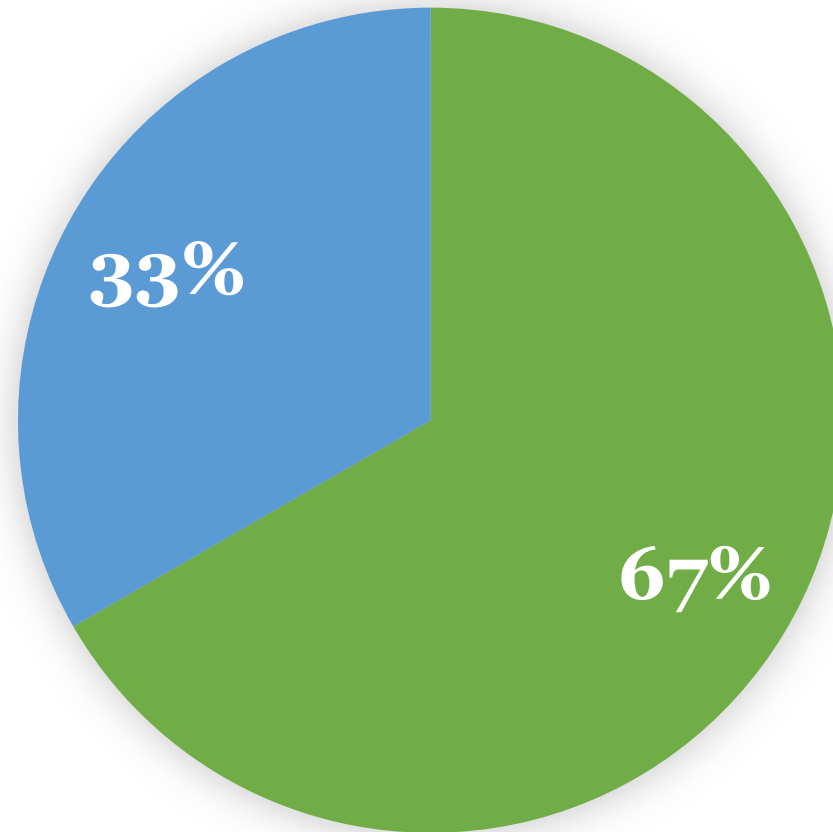
Barriers faced by *boda-boda* riders in accessing health care

1. Cost or affordability
2. Waiting list for services
3. Embarrassment
4. Lack of knowledge about services
5. Distance to services
6. Time constraints
7. Language
8. Transportation
9. Unaware of need
10. Questionable quality
11. Others

Health services that the riders considered insufficient:

- Majority of the riders (53%) noted that they do not get sufficient education about healthy eating.
- About 52% consider emergency services to be insufficient.
- 45% consider dental healthcare services to be insufficient. Others are mental health, prolonged disease or condition management, education about physical activity, primary health care, substance abuse and treatment, and reproductive health.

Personal and Workplace Hygiene: Presence of a clean water source at the *boda-boda* stage



■ Yes ■ No

Personal and work place Hygiene: Hand washing practices of the riders

How the riders wash their hands before eating	Yes		Valid percentage
	Frequency	Percentage	
Didn't wash their hands before eating	5	2.0	2.0
Dish of water used by others	37	13.0	14.0
Dish of water used only by me	117	42.0	46.0
Under running water	76	27.0	30.0
Some other way (using fork)	21	7.0	8.0
Non-response	25	9.0	

Source: Primary Data N=281

Personal and Work place Hygiene: Continued

Weekly Bathing practices of the boda-boda riders:

- 83% bathe three or more times a week.
- 11% bathe twice in a week
- 6% bathe once a week.

Daily bathing practices of the riders:

- 39% of the riders bathe twice a day
- 36% bathe three or more times a day
- 24% bathe once a day.
- 1% of the riders never bathe at all in a day.

Sexual risk-taking behaviors of boda-boda riders:

- 65.7% of the riders reported that they had sex with 1-2 sexual partners in the past 12 months.
- 23% of the riders engaged in sex with 3 or more women in the past 12 months.
- 57% of the riders reported that they did not use a condom either in the past 6 or 1 month prior to the survey.
- Engaging with multiple sexual partners is a high-risk sexual behavior especially in the absence of condom use.

Sexual-risk taking behaviors of the riders: Continued

Frequency of using a condom in the past 6 months	Frequency	%age	Valid %age
I did not use condoms at all	152	54.1	57.1
Rarely	25	8.9	9.4
Sometimes	57	20.3	21.4
Always	32	11.4	12.0
Non Response	15	5.3	
Total	281	100	100

Sexual risk-taking behaviors of the riders: Continued

Number of women impregnated in the last 12 months	Frequency	%age	Valid %age
None	150	53.0	53.0
One	101	36.0	36.0
Two	16	6.0	6.0
Three	10	4.0	4.0
Four or More	4	1.0	1.0
Total	281	100	100

Sexual risk-taking behaviors of the riders: Continued

Relationship with woman who was impregnated	Frequency	%age	Valid %age
Girl friend	15	5.0	12.0
Wife	98	35.0	76.0
Student	3	1.0	2.0
Stranger	3	1.0	2.0
Other girl/woman	10	4.0	8.0
Non Response	152	54.0	
Total	281	100	100

Sexual risk-taking behaviours: Continued

- **Transactional Sex with Clients who Fail to pay Cash for the trip**
- 12% of the riders reported that they engage in transactional sex with clients who fail to pay cash for trips.
- 88% reported that they do not engage in transactional sex with clients who fail to pay for the trips.

Conclusion:

- Based on the findings as shown, there was need to educate the riders and support them to:
- Manage their Personal and work place hygiene paying specific focus to handwashing, dental hygiene, and bathing.
- To understand the dangers of substance abuse and drug addiction.
- To understand unsafe and irresponsible sexual behaviour, and to be aware of the benefits of healthy eating.

Thank you for listening

