

Survey Report on Current Hard Drug Users in Nepal - 2069

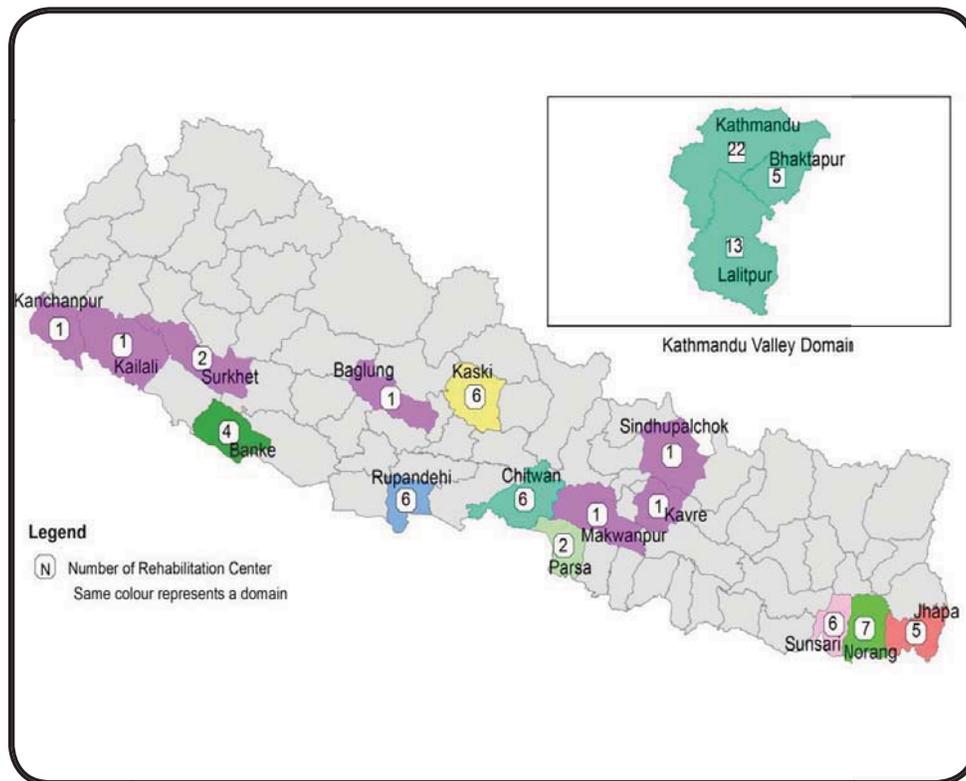


Prepared by:
Government of Nepal
Central Bureau of Statistics



Government of Nepal
Ministry of Home Affairs

Survey Report on Current Hard Drug Users in Nepal - 2069



Prepared by:
Government of Nepal
Central Bureau of Statistics



Government of Nepal
Ministry of Home Affairs

Survey Report on Current Hard Drug Users in Nepal - 2069

Published by :

Ministry of Home Affairs
Drug Control Programme
Bijulibazar, Kathmandu

Tel : 4780807

Fax : 4784627

Email : dcpmoha@gmail.com

web site : www.moha.gov.np



Ministry of Home Affairs
Drug Control Programme
Bijulibazar, Kathmandu



Ref No.:

GOVERNMENT OF NEPAL
MINISTRY OF HOME AFFAIRS

Singh Durbar
Kathmandu, Nepal.
2070/07/24
Date:

Foreword

The survey report on current hard drug users in Nepal -2069 is conducted as a periodic update of the drug user's situation in the country. It is the second comprehensive national level hard drug users' survey conducted in Nepal. This survey was conducted by Central Bureau of Statistics in collaboration with Ministry of Home Affairs, Government of Nepal.

The primary objective of the survey was to estimate the total number of the hard drug users in Nepal and to identify the pattern and extend to which the drug use is prevalent in the country, such as; age, sex, education, age at first drug intake, frequency/duration of drug use, mode of drug use, expenses made on drug and the perception of drug users towards the government.

The study was carried out between Baisakh 1, 2068 to Jestha 32, 2069. Study area comprises 18 districts including 26 municipalities spread over the five development regions of the country. These areas were selected as the domains of study since they are considered as drug affected areas. This survey report showed that there are altogether 91,534 current drug users in 2069, among them 85,204 are male drug users and 6,330 accounted to female which is nearly of double of 46,309 in 2063. Information provided in this report will help to assess the current drug control policy and program. It will also be useful to formulate new drug control policy and program.

On behalf of Ministry of Home Affairs, Government of Nepal, I would like to extend my appreciation to rehabilitation centers for their input to the survey and most importantly to the respondents who provided the information on which this report is based. I also would like to express my heartfelt thanks to Central Bureau of Statistics Government of Nepal for their rigorous effort to conduct this survey. Last but not least, I also like to acknowledge to all staff of Ministry of Home Affairs and concerned stakeholder for their direct and indirect effort and dedication in the completion of the survey. It is time for program managers and policy makers to use the information to work against the campaign of drug.

Janardan Nepal

Secretary

Ministry of Home Affairs

Contents

Chapter 1: Introduction	1
1.1 Background	1
1.2 Survey Objective	2
Chapter 2: Methodology	3
2.1 Study Area	3
2.2. Hard Drug Users defined in the survey	5
2.3. Data Source and Sample Size	6
2.4. Reference Period of the Survey	8
2.5 Limitation of the survey	8
Chapter 3: Demographic Characteristics	9
3.1 Estimated Number of current hard drug users:	9
3.2 Age patterns of drug users:	10
3.3 Age at first drug intake:	11
3.4 Marital Status:	12
3.5. Living arrangement of drug users:	12
3.6 Currently attending school/campus:	13
3.7 Educational status of drug users:	13
3.8 Occupational Status of drug users:	14
3.9 Hard drug users using household facilities:	14
Chapter 4: Drug Use and Treatment Behavior	16
4.1 Type of drug used:	16
4.2 Most common combination of drug categories by current hard drug users:	17
4.3 Most Common drugs by age groups:	18
4.4 Number of years drug intake:	18
4.5 Frequency of drug taken per day:	19
4.6 Amount spends for a single dose of drug:	20
4.7 Source of drug:	20

4.8 Mode of drug intake:	21
4.9 Source of getting Injection:	22
4.10 Reasons of drug intake:	22
4.11 Voice of drug users:	23
4.12 Perception of drug users to control drug use in the country:	24
4.13 Ever tried to stop drug taking habit:	24
Chapter 4: Summary	26
Summary Table of Findings	27
Annexes	31
List of Rehabilitation centers visited	35
Main Questionnaire	37
Listing Form	39

Chapter 1: Introduction

1.1 Background

With around 27 million people, Nepal is sandwiched between two most populous countries of the world, India to the east, south and west, and China to the north. It is still in transition even after the onset of multi-party democracy in 1990 with facing domestic social, economic, and political issues that is hindering development. Such circumstances are likely to contribute to build a potential area for illicit drug business in Nepal.

Drug abuse is a worldwide problem that affects millions of people, and Nepal is no exception. Over the last years, growing drug use has been of increasing concern to the society in Nepal. It is mainly the young boys and girls who are engaging in drug use for a variety of reasons and many young Nepalese have already died from drug use. Drug use poses serious challenges as it affects foremost the health and life of the drug user, the social well-being of the family and community.

Drugs such as cannabis and alcohol were traditionally used in Nepal for centuries. Use of these drugs as part of the cultural norms did not create major social problems during that period. However, the types of drug used have been shifted since the last few decades from cannabis to synthetic opiates and chemical substances. Also, the mode of drug uses has changed from smoking/ingesting to injecting and that has

become one of the major causes of HIV infection too. So, drug abuse has become multi-dimensional problem in Nepal and drug control, a challenge for the government.

Ministry of Home Affairs (MoHA) and other Non Governmental Organizations has been working rigorously to overcome this situation. Upon the request of the Ministry of Home Affairs, Central Bureau of Statistics (CBS) had conducted a survey on hard drug users (HDU) in Nepal in 2063. The main objective of the survey was to estimate the size and characteristics of HDU in Nepal. During that period, the size of HDU was estimated at 46,309.

To measure the level, pattern and trends in HDU during the last six years period, CBS in collaboration with MoHA, has successfully conducted the listing of all the drug users who were under treatment within the reference period in all Rehab Centers in Nepal. The first phase of the survey especially focused on establishing the Benchmark data for estimation of the HDU in Nepal. In the second phase, CBS has successfully conducted national wide “Current Hard Drug Users survey 2013” started from August 2012 and continued till the March of 2013.

1.2 Survey Objective

The primary objective of the survey was to estimate the total number of hard drug users in Nepal and hence to identify pattern and extent of drug use across the country, such as: age, sex, education, age at first drug intake, frequency/duration of drug use, mode of drug use, expenses made on drug and the perception of drug users towards the Government etc.

Chapter 2: Methodology

2.1 Study Area

Study area comprises 18 districts including 26 municipalities spread over all five development regions of the country. These areas were selected as the domains of study since they are considered as drug affected areas.

Table 1: The survey area covering 26 municipalities of the five development regions, 2069

Development Region	District	Municipality
Eastern	Jhapa	Damak, Mechi, Bhadrapur
	Morang	Biratnagar
	Sunsari	Dharan, Itahari, Inaruwa
Central	Parsa	Birgunj
	Makwanpur	Hetauda
	Chitwan	Bharatpur
	Lalitpur	Lalitpur Sub-metropolitan City

Central	Bhaktapur	Bhaktapur, Maddhepur Thimi
	Kathmandu	Kathmandu Metropolitan City
	Kavre Sindhupalchwok	Banepa, Dhulikhel, Panauti
Western	Kaski	Lekhanath, Pokhara SMC
	Rupandehi Baglung	Sidarthanagar , Butwal
Mid-western	Banke Surkhet	Nepalgunj Birendranagar
Far-western	Kanchanpur	Bhimdattapanta Municipality
	Kailali	Dhangadhi, Tikapur
Total	18 districts	26 Municipalities

2.2. Hard Drug Users defined in the survey

The practice of consuming intoxicants by human beings is prevalent among almost all communities of the world. In Nepal, consumption of some intoxicants such as marijuana (ganja), bhang, alcohol was in practice since a long time. During that time, consumption of these substances was limited to certain sections of the population mainly among holy persons (Jogis) and aged persons; and few consumed these substances on certain festivals like Shivaratri, Holi for pleasure. Such substance users were very few at that time. Thus consumption of intoxicants in old days was not a big social and economic problem in Nepal. However, since last few decades, types and mode of drugs intake have been changed. Beside marijuana, bhang, people started to intake opiates and chemical drugs like Heroin, Nitrazepam, Buprenorphine, etc. Also the mode of drug administration changes from smoking or ingesting to injecting which becomes one of the major causes of HIV infection in Nepal.

In this survey, hard drugs include all form of synthetic opiates and chemical substances that are treated as illicit drugs by law (e.g. Cocaine, Heroin, LSD, Morphine, Buprenorphine, Propoxyphene etc.). Also, those who inhale adhesive substances like dendrite are also considered as drug users. Those who consume only marijuana and alcohol are not within the scope of the survey. However, for the survey purpose, a person consuming marijuana or alcohol with at least one of the other hard drugs such as Cocaine, Heroine, LSD or medical drugs etc is treated as drug user.

2.3. Data Source and Sample Size

Usual survey methodology (general household/population survey) is not recommended to estimate the prevalence of hard-to-reach hidden population such as hard drug users, commercial sex workers, homeless people etc. for some reasons. Sampling frame is not usually available and also very difficult or impossible to construct. Due to the low prevalence rate as compared to the total population it may require larger sample size and relatively more resources. More importantly, respondents may not be willing to respond because of the sensitivity of the topic itself. Such biases usually result in an underestimation of the population size under study. Hence an alternative approach of estimation technique has to be used to get the most reliable picture of the real situation. For this, we have selected the Multiplier Method of indirect estimation technique that was also used in the previous survey 2063.

The multiplier method has two elements in common: the benchmark and the multiplier. The benchmark (B) is the data source that captures the number of hard drug users who are under treatment in the rehabilitation centers in the reference year.

The multiplier (M) is an estimate of the proportion of current hard drug users who have experienced the event recorded by the benchmark, i.e. the proportion of such drug users who have been in treatment in the rehabilitation centers in the reference period. This information is obtained independently of the benchmark data. The inverse of that proportion is the multiplier (M), which is an indirect estimate of the proportion

of the total population of the hard drug users represented in the benchmark data.

The total number is calculated by multiplying the benchmark by the multiplier (B x M).

Hence, $N = B \times M = B \times (1/p)$ where, N is the total number of hard drug users,

p is the proportion of the hard drug users who have visited the rehabilitation centers in the reference period.

Data source:

For the benchmark data, complete listing of all hard drug users under treatment, excluding marijuana users only or alcohol users only, in all rehabilitation centers operated in Nepal within the reference period were collected. For the multiplier data, current hard drug users were sampled and interviewed from each of the selected spots within the selected areas. With the help of the outreach workers of the rehabilitation centers, it was possible to reach the current hard drug users in the spot and interviewed.

Sample size: In each of the selected area, sample size for the interview with current hard drug users were fixed at 105 respondents. This number is derived with following assumptions.

Estimated proportion of drug users visiting rehabilitation centers = 7.5%

Margin of error in estimation = 5% and Level of confidence = 95%

The total achieved sample size was 1365.

2.4. Reference Period of the Survey

The reference period of the survey was Baishakh 1, 2068 to Jeshtha32, 2069.

2.5 Limitation of the survey

It is assumed that hard drugs are supplied or available mostly in urban areas and so, urban areas and the vicinity are affected most. This is an exhaustive study which included only 4% women interviews out of 1365 interviews. This is more likely due to the higher level of stigma associated with drug use by women. For some reasons, in some cases gender comparison may not be meaningful as the survey was largely dominated by male drug users.

Based on the limited data available for women respondents, the number of women drug users is calculated by looking at the composition of male and female in their respective drug users groups, sex ratio of drug users in previous survey, and current sex ratio.

Chapter 3: Demographic Characteristics

This chapter comprises of the main findings of the survey, which includes the estimation of the number of current hard drug users by sex for Nepal. The chapter also looks into drug use pattern and extent of drug use in the country among different demographic groups.

3.1 Estimated Number of current hard drug users:

Data from 2063 and 2069 Current Hard Drug Users (CHDU) Survey both carried out by the CBS with collaboration of the Ministry of Home Affairs are shown here to visualize the trend in the number of hard drug users in Nepal during last 6 years periods. HDU number has dramatically increased in Nepal between these two survey periods. The results of this survey showed that there are altogether 91,534 current drug users in 2069 which is nearly a double of 46,309 in 2063. It is increased by about 98% over the course of 6 years. The annual growth rate is 11.36%. As expected from previous survey, an overwhelming majority of drug users are males. That is 85,204 (93.1%) accounted to male and 6,330 (6.9%) accounted to female as shown in the below Table.

The highest number of the drug users are found in Kathmandu valley (36,998) followed by Sunsari: 7,407; Kaski: 6917; Morang: 6415; Jhapa: 6008; Rupandehi: 5997; Chitawan: 4515 ,Banke: 4050, and Parsa: 2130

The other rest areas constitute 11,097 drug users.

Rehabilitation Center visit rate in the reference year is 7.6 percent.

Table 2: Estimated number of current hard drug users, 2069

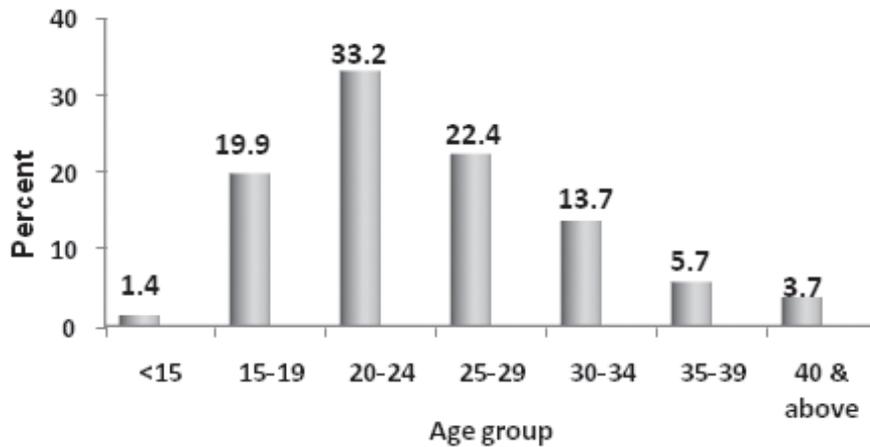
S.N.	Area	Number of current hard drug users by sex					
		2069			2063		
		Total	Male	Female	Total	Male	Female
1	Kathmandu Valley	36998	33513	3485	17458	15580	1878
2	Sunsari	7407	6956	451	3186	2854	332
3	Kaski	6917	6414	503	5112	4794	318
4	Morang	6415	6228	187	1316	1266	50
5	Jhapa	6008	5764	244	3523	3378	145
6	Rupandehi	5997	5750	247	2587	2454	133
7	Chitwan	4515	4151	364	2071	1880	191
8	Banke	4050	3876	174			
9	Parsa	2130	1993	137	1301	1212	89
10	Makawanpur				481	462	19
11	Others	11097	10559	538	9274	9074	200
Total		91534	85204	6330	46309	42954	3355

Note: Marijuana users only or alcohol users only are excluded here

3.2 Age patterns of drug users:

Among the drug users, a very large majority of which happened to be young users. About 70,390 drug users are below the age of 30. The youth 20-24 years accounted for the highest proportion of the current drug users in Nepal, followed by 25-29 years age group. The proportionate distribution comparing with the previous survey is more or less the same.

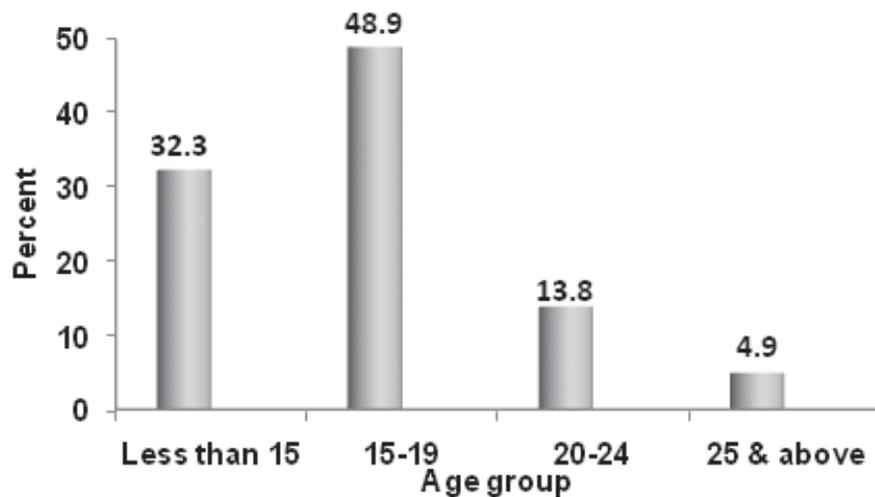
Figure 1: Percentage age distribution of current drug users



3.3 Age at first drug intake:

Data reveals that most of the drug users started drug use from the very beginning. Overwhelming majority (95.0%) of the drug users took drug first time in their life before they reach 25 years. More than three fourth (81.2%) drug users have experience of first time drug intake before they reach 20 years. More than 32 % of drug users they took drug first time in their early age of 15.

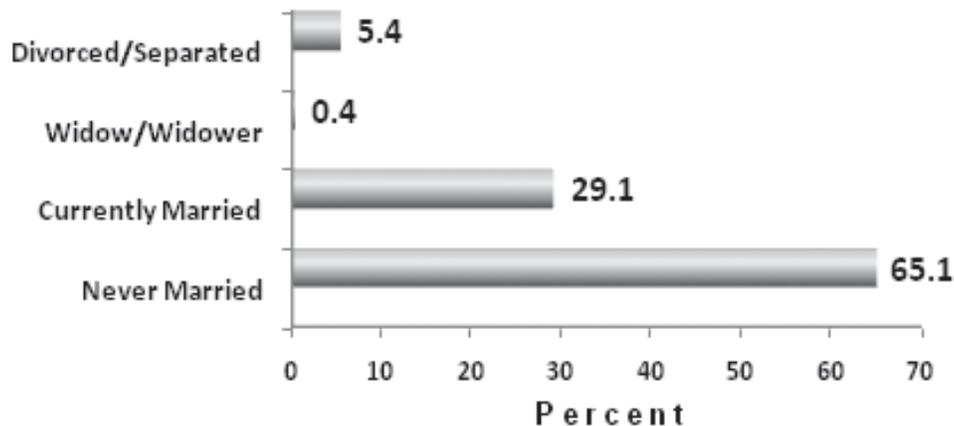
Figure 2: Percentage distribution of age at first drug intake



3.4 Marital Status:

Nearly two third drug users (65.1%) are unmarried and is followed by currently married (29%).

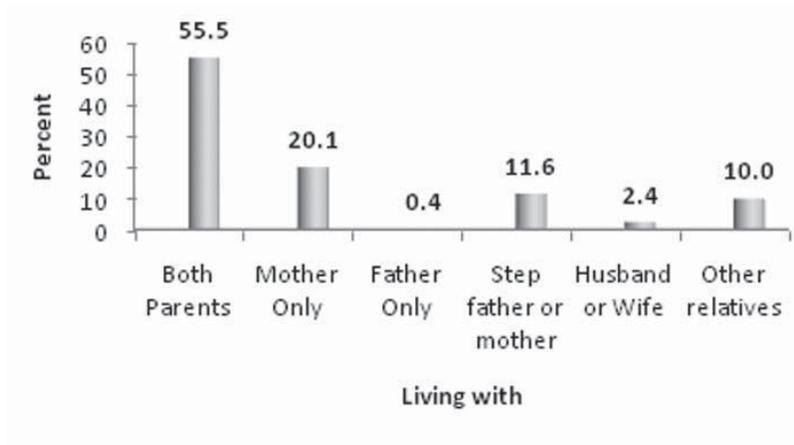
Figure 3: Percentage distribution of marital status of drug users



3.5. Living arrangement of drug users:

A more than half drug user (55.5%) are living with their both parents and is followed by living with mother only (20.1%) and step father or mother (11.6%). It is worth noting from the survey that almost very few proportions (0.4%) are living with father only. There is a significant different in numbers between those who are living with mother only (20.1%) and father only (0.4%). It clearly indication that the chance to be involved in drug is very few if her/she is living with father only than those who are living with mother only. Among the interviewed hard drug users, 5.3% reported that there are other members in their families who are also in hard drug use.

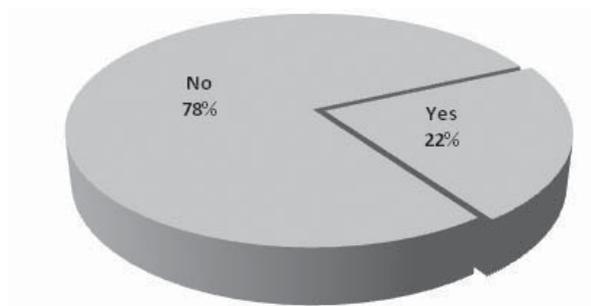
Figure 4: Percentage distribution of living arrangement of drug users



3.6 Currently attending school/campus:

Among the total drug users, 22% are currently attending schools/campus which is higher than in 2063 (14%)

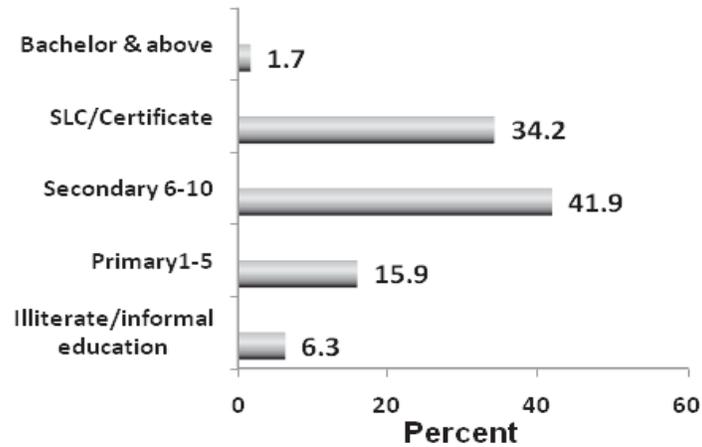
Figure5: Percentage distribution of drug users currently attending school/campus



3.7 Educational status of drug users:

Majority (41.9%) of the drug users have some secondary level of education 6-10. Those who have SLC to certificate level of education accounted to 34.2%.

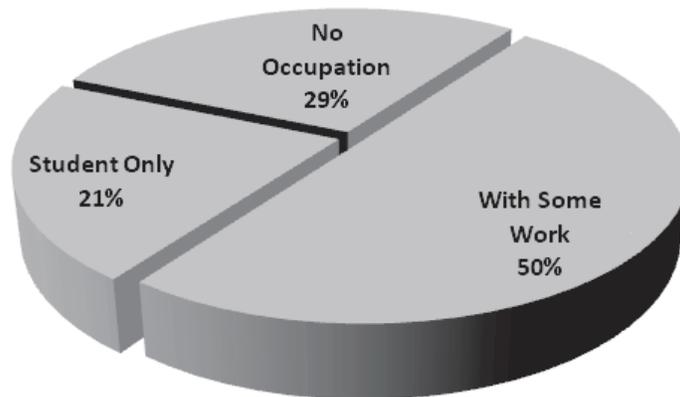
Figure 6: Percentage distribution of educational status of drug users



3.8 Occupational Status of drug users:

29% drug users have no occupation at all. Those who are involved in study only accounted to 21% and majority (50%) have involved in some works. There is no significant different in pattern of drug users in terms of occupational status as compare with the pervious survey, 2063.

Figure 7: Percentage distribution of drug users with occupational status

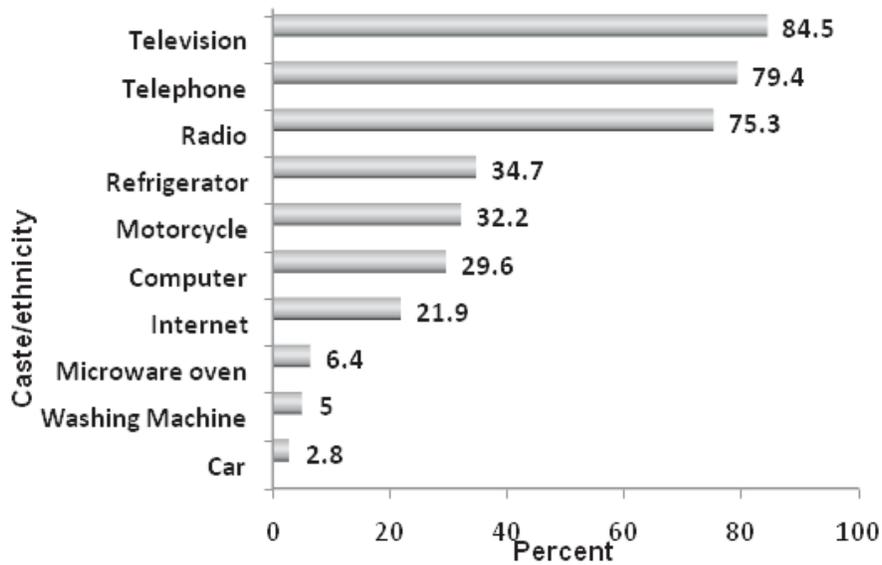


3.9 Hard drug users using household facilities:

Respondents were asked about the availability of household facility like Car, Motorcycle, Washing Machine, Micro

oven, Television, Computer, Refrigerator, Telephone, Radio and Internet. Overwhelming majority of drug users (84.5%), they do have TV in their households. More than 70% drug users; they have access to Radio and Telephone. Nearly 30% have access to facility like Computer, Refrigerator and Motorcycle. 21.9% have internet at home. Facility like Car, Washing Machine and Micro Oven are very limited to households.

Figure 8: Percentage distribution of household facilities



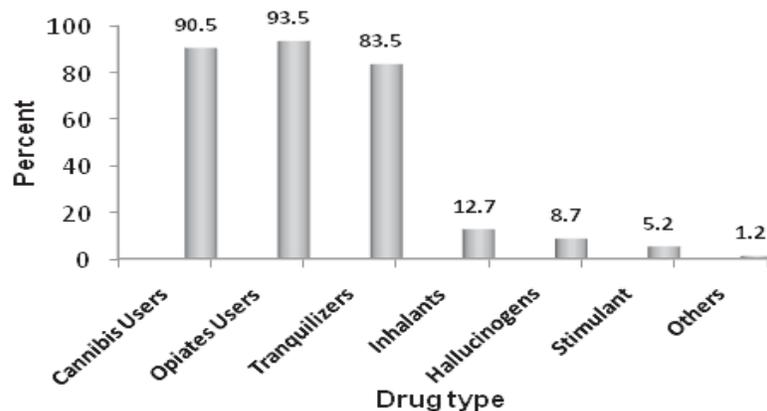
Chapter 4: Drug Use and Treatment Behavior

This chapter deals with drug use pattern and its characteristics along with the treatment behavior. The consequence of drug use is crucial to the society at large so the perception expectations of drug users from the Government and the society itself are also discussed here.

4.1 Type of drug used:

Respondents were also asked about the different types of drug they ever intake. Cannabis and Opiates drugs are the most commonly used drugs (90.5% and 93.5% respectively). Of these, 87% drug users prefer Cannabis Ganja whereas 68%, 64% and 55% drug users prefer Herion, Pain Medicine and Cough Syrup respectively. Tranquilizers like diagepam, nitrazepam, dormin accounted to 83.5%. Similarly, inhalants users are 12.7%, Hallucinogens users are 8.7% and small proportion (5.2%) have also experience of Stimulant.

Figure 9: Percentage distribution of drug users using different type of drug



Note: Percentage are basea on multiple responses

This survey also reported that more than three fourth (83.2%) hard drug users are poly users i.e. who uses more than one type of drugs.

4.2 Most common combination of drug categories by current hard drug users:

There are more than 83% poly drug users in Nepal. The following table presents the most common combination of drug categories used among the current drug users. The most common combination of drugs tried was Traquilizers (diazepam, nitrazepam, dormin and alprazolam etc) and Ganja (74.1%), followed by Ganja and Heroin (59.9%); Heroin and Tranquilizers (56.6), and Pain Medicine (like Morphine, buprenorphine, propoxyphene) and Tranquilizer (54.4%). This result is obtained from multiple response category so here 74.1 % refers that of the total drug user, 74.1 % uses at least Traquilizers and Ganja. It is also noted that most of Tranquilizers users used more combination of drug categories compared to other types of drug users. Cannabis, Tranquilizers and Heroin are consumed almost exclusively in Nepal.

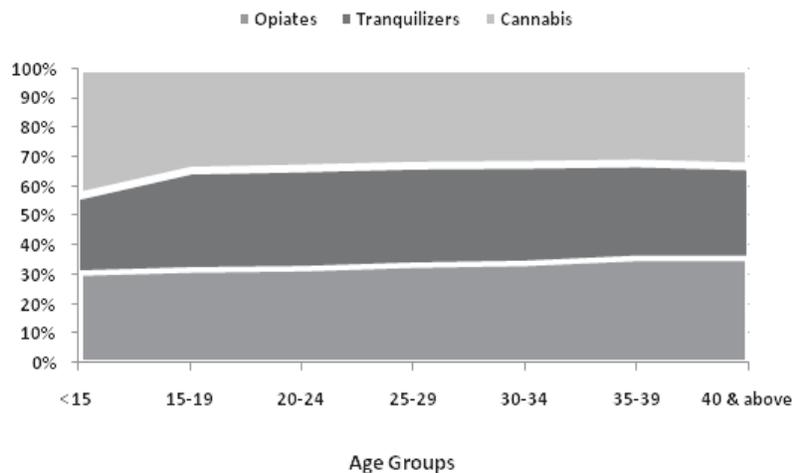
Table 3: Combination of drug categories by current hard drug users

Drug Type	Bhang	Charas	Ganja	Sulfa	Opium	Heroin	Cough syrup	Pain medicines	Tranquilizers	Inhalants	Hallucinogen s	Stimulants
Bhang		26.1	38.2	4.5	7.0	26.7	27.4	29.6	35.5	8.1	3.4	2.4
Charas	26		49.0	5.6	8.7	39.2	31.5	31.5	44.8	6.9	6.9	3.1
Ganja	38	49.0		6.4	10.2	59.9	50.8	55.2	74.1	11.9	7.9	4.8
Sulfa	4.5	5.6	6.4		1.7	4.9	4.8	3.4	5.6	1.5	1.6	0.7
Opium	7	8.7	10.2	1.7		8.6	7.8	9.3	9.9	1.7	1.9	1.8
Heroin	27	39.2	59.9	4.9	8.6		38.5	43.4	56.6	9.0	7.3	4.4
Cough syrup	27	31.5	50.8	4.8	7.8	38.5		37.9	48.9	8.9	4.9	3.6
Pain medicines	30	31.5	55.2	3.4	9.3	43.4	37.9		54.4	9.8	4.4	3.9
Tranquilizers	36	44.8	74.1	5.6	9.9	56.6	48.9	54.4		11.5	7.0	4.8
Inhalants	8.1	6.9	11.9	1.5	1.7	9.0	8.9	9.8	11.5		1.2	1.3
Hallucinogens	3.4	6.9	7.9	1.6	1.9	7.3	4.9	4.4	7.0	1.2		1.2
Stimulants	2.4	3.1	4.8	0.7	1.8	4.4	3.6	3.9	4.8	1.3	1.2	

4.3 Most Common drugs by age groups:

The top three drugs used are Opiate, Tranquilizers and Cannabis. These drug uses are the highest in age group 20-24 years with 32.6%, 33.9% and 33.6% respectively. On the whole drug users, level of use for Tranquilizer is highest in aged between 20 and 24 years, at 33.9 percent, and those aged between 25 and 29 years, at 22.9 percent. Among the drug users aged between 15 and 19 years, the most commonly used drugs are again Opiates, Tranquilizers and Cannabis, at 19, 20 and 20 percent respectively. Likewise these three drugs are equally popular, about 23 percent to each, amongst age group 25-29 years. For the youngest age group less than 15 of age, cannabis is the most popular and then thereafter Opiates and Tranquilizers. The rest of the drugs, which are very few in use, are not presented here.

Figure 10: Percentage distribution of common drugs vs age groups

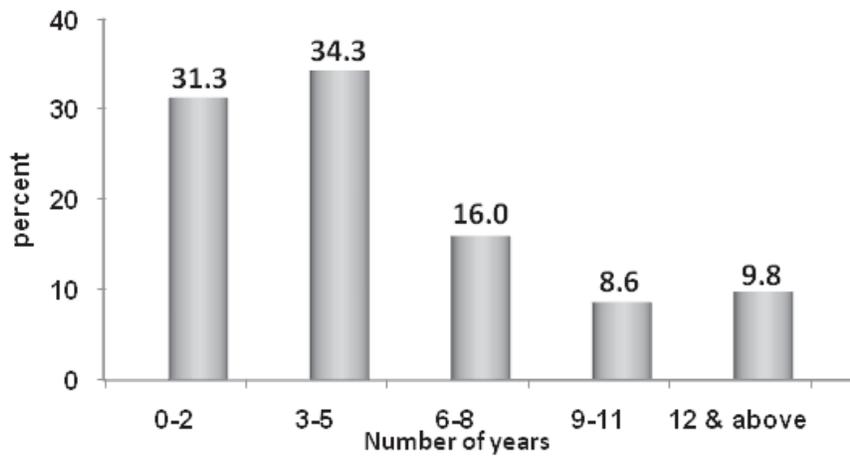


4.4 Number of years drug intake:

The average years that has been spend in taking drug is 5.2 years. Total number of years that have been spending by the current drug users in taking drugs ranges from less than one

year to 20 years. Those who spend up to five years accounted to 67.6%, 6-8 years 16%, 9-11 years 8.6%, and 12 years and above 9.8%.

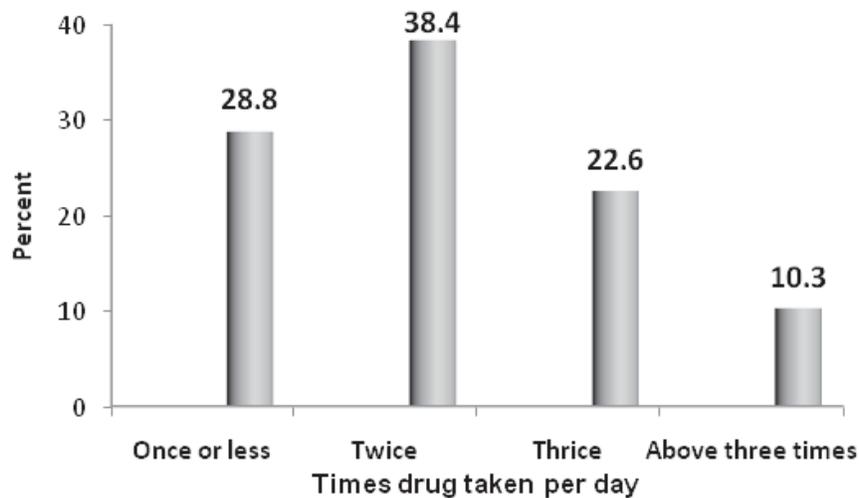
Figure 11: Percentage distribution of Number of Years drug taken



4.5 Frequency of drug taken per day:

Majority of drug users (38.4%) are taking drug at least twice a day. Those who take drug more than two times a day accounted to 32.9%. Similarly, drug taking only once or less a day accounted to 28.8%.

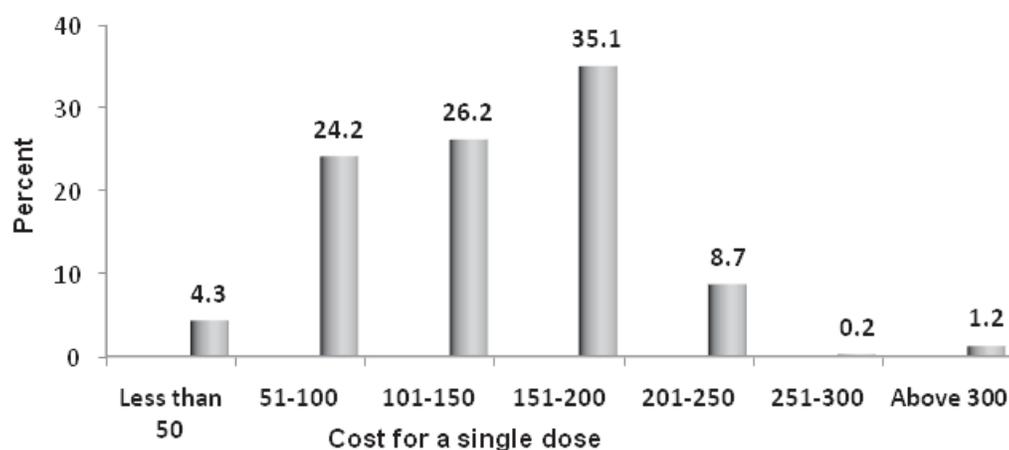
Figure 12: Percentage distribution of drug taken per day



4.6 Amount spends for a single dose of drug:

An average amount expense by the drug users for a single dose is NRs. 160. Nearly 85 % of drug users spend NRs 100 to NRs 200 per dose of drug. Those who spend NRs 51 to NRs 100 per dose of drug is accounted to 24.2%. Drug users spending more than NRs 200 are also in significant number (10.1%). The amount spent for a single dose of hard drug is somehow symmetrically distributed with average value being NRs. 160. The cost per dose has been spending by the current hard drug users ranges from NRs 5 to NRs 600.

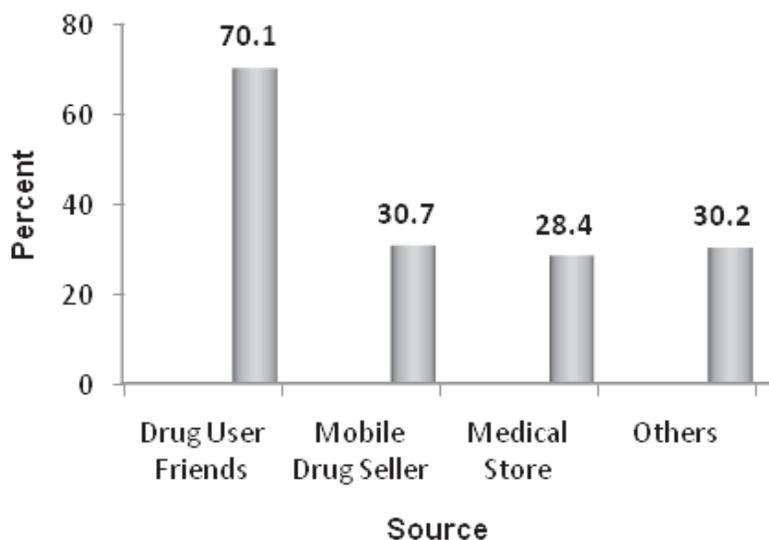
Figure 13: Percentage distribution of Amount spend (in NRs) for a single dose



4.7 Source of drug:

Users are getting drugs from more than one source. Majority of them (70.1%) reported that they are getting drugs through drug user friends. Followed by this, 30.7% reported mobile drug seller and 28.4% medical store. A large chunk of drug users (30.2%) mentioned the category “others” means they are from boarder districts and are getting drug through Indian boarder sides.

Figure 14: Percentage distribution of drug users using different sources

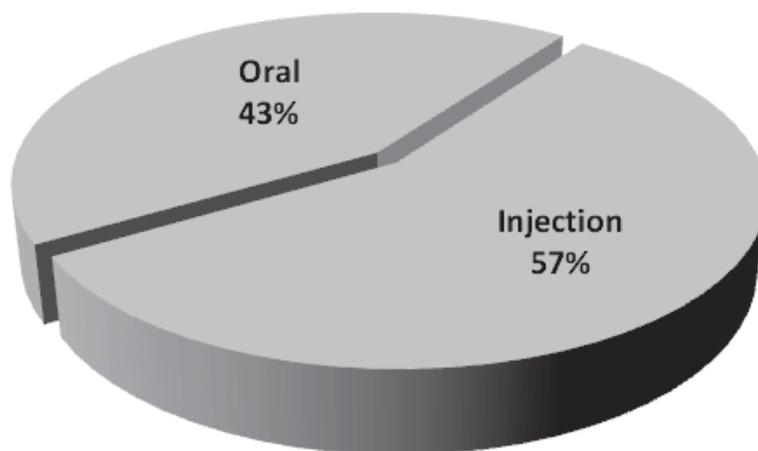


Note: Percentage are based on multiple responses

4.8 Mode of drug intake:

Among the total drug users, 57% (52,174) are IDUs and among them 13% shared needles with someone else. There is a remarkable decreased in the percentage of drug users who shared needles comparing with the previous survey in 2063(29%).

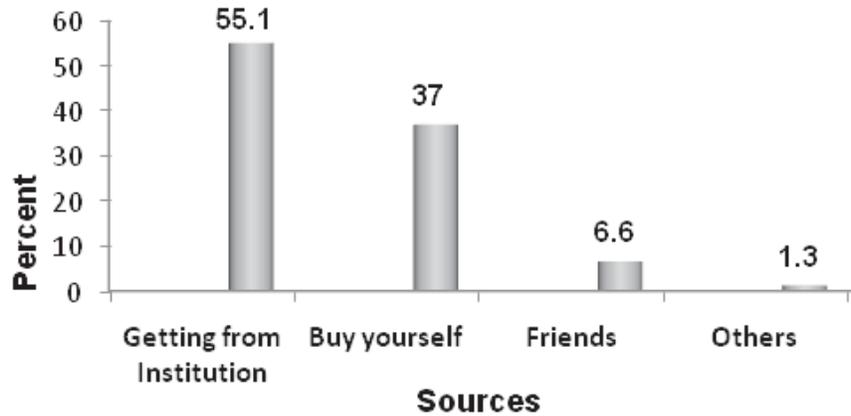
Figure 15: Percentage distribution of injecting drug users



4.9 Source of getting Injection:

More than half of drug users they get the injection from institute like drop-in centers. 37% of them buy injection themselves. Very few get it from friends and others.

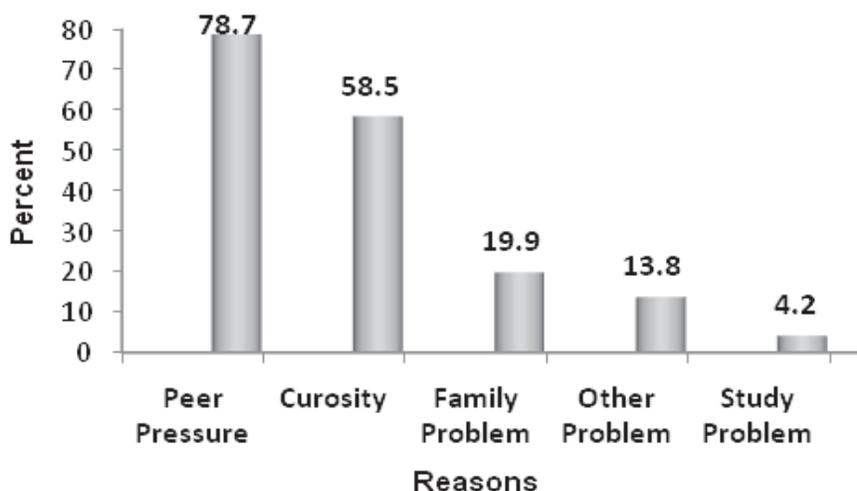
Figure 16: Percentage distribution of source of getting Injection



4.10 Reasons of drug intake:

It is noteworthy that more common reasons for initiation of drug use could be seen as pull factor because of perceived positive outcomes of drug use. For instance, majority of drug users reported reasons like curiosity or experimentation, for fun or peer pressure for initiation of drug use. In contrast, perhaps surprisingly, only small minorities reported reasons like family problem, study problem and others. Peer pressure is the major cause reported for drug intake (78.7%). Curiosity accounted to 58.5% and family problem 19.9%. Note that multiple responses were given by the respondents for reasons behind drug intake.

Figure 17: Percentage distribution of drug users with different reasons of drug intake

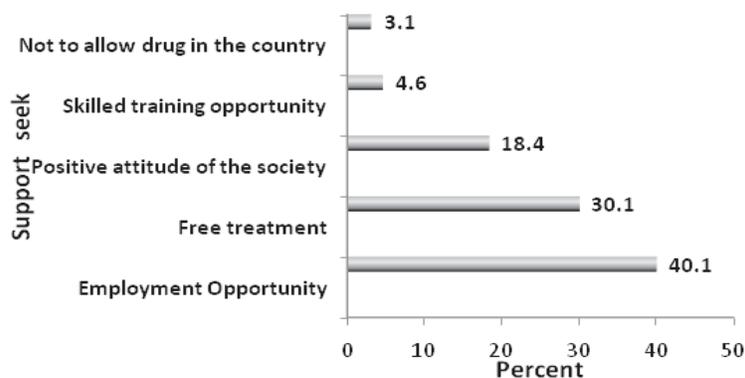


Note: Percentage is based on multiple responses.

4.11 Voice of drug users:

Respondents were asked: what government can do to enhance their life? Multiple responses were given by them. Majority of them (40.1%) reported that the government should provide employment opportunity for the drug users. Following this 30.1% reported free treatment facility and 18.4% reported positive attitude of the society.

Figure 18: Percentage distribution of respondent's demand from Government



Note: Percentage is based on multiple responses

4.12 Perception of drug users to control drug use in the country:

Respondents were also asked: what government can do to control the drug use in the country? Multiple responses accumulates that 35.5% reported that government should control the Indian boarder strictly for the import of drug in the country. Following this 19.7% reported to control of mobile drug seller, 16.6% reported awareness campaigning. Few of them suggested that the Government should monitor the medical store and follow the law.

Figure 19: Percentage distribution of the perceptions of respondent to control drug use

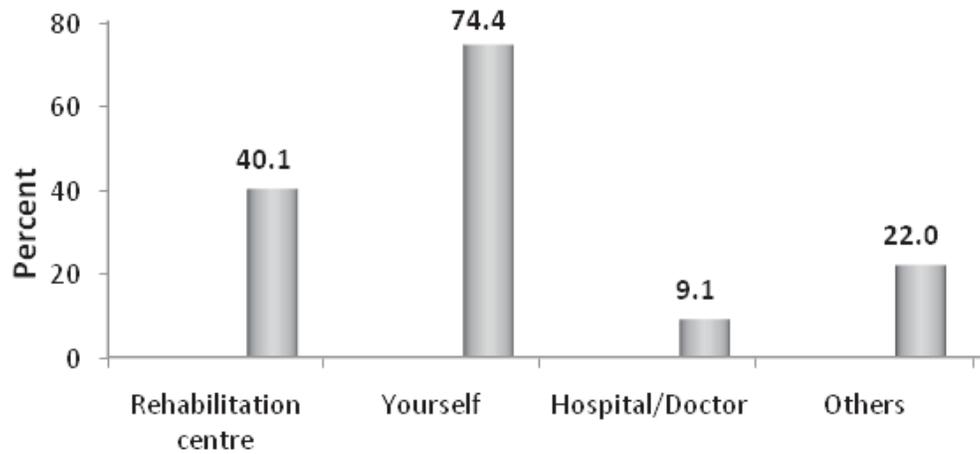


4.13 Ever tried to stop drug taking habit:

Of the total interviewed drug users, 81.8% have tried to stop drug taking habit at least once in their life span of time. Three fourth of them have tried to escape from drug by self courage whereas 40% of them have tried for treatment at least once in Rehab Centre. The mean number of times that has been trying by the current drug users in stopping drug habit is 3. Without conducive environment in the society,

stopping drug habit is very hard which lead again them into the vicious circle of the drug world.

Figure 20: Percentage distribution of different means for stopping drug habit



Note: Percentage are based on multiple responses

Chapter 4: Summary

Over the last six years, current hard drug users have significantly increased from 46,310 (2063) to 91,534(2069) in Nepal, a very large majority of which happen to be young people. Most of the drug users started drug use very early before they reach 20. Only 50% of drug users have some works.

Opiates, cannabis and tranquilizers are the most popular drug in Nepal. An average cost for a single does of drug is NRs 160 which was NRs 150 in 2063. Injecting is again the main mode of drug administration. Peer pressure and curiosity are the main pulling factor for initiation of first time drug use.

Majority of the drug users have demand for getting employment opportunity and free treatment center from the Government to enhance their life and thereby quitting the drug taking habit. To overcome the problem of drug use in Nepal suggested by users is to give the prime attention to Indian boarder where trafficking routes are active and drug mobility is highest.

The consequence of drug use is critical for both drug users and society at large so a collective effort is the need of today.

Summary Table of Findings

Current Hard Drug Users Survey, Nepal 2069

Major Findings		Value	
Number of Current Hard Drug Users (Note: Marijuana users only or alcohol user only are excluded here)	Total	91534	
	Male	85204	
	Female	6330	
Average Annual Rate of Change(2063-069)	Total	11.36 Percent	
Age of Drug User	Mean	25.07 Years	
	Minimum	13 Years	
	Maximum	50 years	
Age at first drug intake	Mean	17.2 years	
	Minimum	10 Years	
	Maximum	45 Years	
Marital Status	Never Married	65.1 Percent	
	Currently Married	29.1 Percent	
	Widow/Widower	0.4 Percent	
	Divorced/Separated	5.4 Percent	
Educational Status	Illiterate/informal education	6.3 Percent	

	Primary 1-5	15.9 Percent
	Secondary 6-10	41.9 Percent
	SLC/Certificate	34.2 Percent
	Bachelor & above	1.7 Percent
Occupational Status	With Some Work	50.1 Percent
	Student Only	21.2 Percent
	No Occupation	28.7 Percent
Household Facilities (Multiple Responses)	Television	84.5 Percent
	Telephone	79.4 Percent
	Radio	75.3 Percent
	Refrigerator	34.7 Percent
	Motorcycle	32.2 Percent
	Computer	29.6 Percent
	Internet	21.9 percent
	Micro- oven	6.4 Percent
	Washing Machine	5.0 percent
	Car	2.8 Percent
Major findings		Value
Type of drug use (Multiple Responses)	Cannabis Users	90.5 Percent
	Opiates Users	93.5 percent
	Tranquilizers	83.5 Percent
	Inhalants	12.7 Percent
	Hallucinogens	8.7 Percent
	Stimulant	5.2 Percent
	Others	1.2 Percent
Number of Years drug intake	0-2 Years	31.3 Percent

	3-5 Years	34.3 Percent
	6-8 Years	16.0 Percent
	9-11 years	8.6 Percent
	12 & above Years	9.8 Percent
Frequency of drug taken per day	Once or less	28.8 Percent
	Twice	38.4 Percent
	Thrice	22.6 Percent
	Above three times	10.3 Percent
Amount Spent for single dose of drug	Less than NRs. 50	4.3 Percent
	NRs. 51-100	24.2 Percent
	NRs. 101-150	26.2 Percent
	NRs. 151-200	35.1 Percent
	NRs. 201-250	8.7 Percent
	NRs. 251-300	0.2 percent
	Above NRs. 300	1.2 Percent
Source of drug (Multiple Responses)	Drug User Friends	70.1 Percent
	Mobile Drug Seller	30.7 Percent
	Medical Store	28.4 percent
	Others	30.2 Percent
Mode of drug intake	Injection	56.6 Percent
	Oral	43.4 Percent
Reasons of drug intake (Multiple Responses)	Peer Pressure	78.7 Percent
	Curiosity	58.5 Percent

Family Problem	19.9 percent
Other Problem	13.8 Percent
Study Problem	4.2 percent

Major findings	Value	
Voice of Drug users (Multiple Responses)	Employment Opportunity	40.1 Percent
	Free treatment	30.1 Percent
	Positive attitude of the society	18.4 Percent
	Skilled training opportunity	4.6 Percent
	Not to allow drug in the country	3.1 Percent
	Perception of drug user for the control of drug use (Multiple Responses)	Control the Indian boarder side
Control mobile drug seller		19.7 Percent
Awareness Program		16.6 Percent
Follow the law		13.6 Percent
Monitoring the medical store		12.2 Percent
Monitoring the paint shop		1.0 Percent

Annexes

List of Rehabilitation centers visited

S.N.	Name
1	Happy Nepal Female Centre, Jhapa
2	Sunrise Community Service Centre, Jhapa
3	Naya Aasa Pratisthan, Jhapa
4	Lifeline Help Group, Jhapa
5	Happy Nepal Punarsthapana Kendra, Jhapa
6	Jeeban Bachau Sewa Kendra, Morang
7	Canmas Punarsthapana Kendra, Morang
8	Richmond Fellowship Nepal, Morang
9	Samudaik Punarsthapana Kendra, Morang
10	Navajyoti Punarsthapana Kendra, Morang
11	New Life Fellowship, Morang
12	Inlise Ten Life Prop Nepal, Morang
13	Mukti Kendra, Sunsari
14	Sajjibani Sudhar Kendra, Sunsari
15	Jagaran Aarogya Samuha, Sunsari
16	Aastha Foundation, Sunsari
17	New Horizon Center, Sunsari
18	KYC Punarjeevan Kendra, Sunsari
19	Vidyarthi Jagaran Manch, Parsa
20	Paribartan Nepal, Parsa
21	Youth Vision Nepal, Mankwanpur
22	Yekta Nepal, Chitwan
23	Sunaulo Bihani, Chitwan
24	Sports and Care Punarsthapana Kendra, Chitwan

- 25 Shrada Nepal,Chitwan
- 26 Miracal Foundation, Chitwan
- 27 Punarsthanako Yatra,Chitwan
- 28 Wisdom Rehabilitation Center, Rupandehi
- 29 Lumbini Lagu Aaushad, Rupandehi
- 30 United Nepal Foundation Lumbini, Rupandehi
- 31 Youth Vision Bhairawa, Rupandehi
- 32 Tewa Samuha 2066,Rupandehi
- 33 Namuna Lagupadartha Paramarsha Upachar Tatha
Punarsthanana Kendra,Rupandehi
- 34 Prerana Punarsthanana kendra, Banke
- 35 Nawakiran Punarsthanana Kendra, Banke
- 36 Paribartan Samuha Punarsthanana Kendra, Banke
- 37 Mukti Punarsthanana Kendra, Banke
- 38 Sans Punarsthanana Kendra, Surkhet
- 39 Bhairab Yuba, Surkhet
- 40 Richmond Fellowship Nepal, Kailali
- 41 Punarjeeban Kendra Nepal, Kanchanpur
- 42 Punah Yekta Nepal Punarsthanana Kendra,
Sindhupalchok
- 43 Hip Foundation Nepal Punarsthanana Kendra,Karve
- 44 Suruwat Lagu Aausadh Punarsthanana
Kendra,Bhaktapur
- 45 Naya BihaniSudhar Kendra, Bhaktapur
- 46 Punar Chetana Aabhiyan Nepal, Bhaktapur
- 47 Aafno Nepal Sudhar Kendra, Bhaktapur
- 48 Bhaktapur Upachar Tatha Punarsthanana Kendra,
Bhaktapur
- 49 New Vision Nepal, Kaski
- 50 Naulo Ghumti Nepal, Kaski

- 51 Save the Life Richmond Fellowship, Kaski
- 52 Gateway Foundation Nepal, Kaski
- 53 Navajeevan Mahila Punarsthapana Kendra, Kaski
- 54 Richmond Fellowship, Kaski
- 55 Freedom Center, Lalitpur
- 56 Bounce Bayak Nepal, Lalitpur
- 57 Clean Vision Upachar Tatha Punarsthapana Kendra,
Lalitpur
- 58 Sunaulo Dhoka Upachar Tatha Punarsthapana
Kendra, Lalitpur
- 59 Aabhas Samuha, Lalitpur
- 60 Bikalpa Foundation Nepal, Lalitpur
- 61 Prasaya Samudayak Punarsthapana Kendra, Lalitpur
- 62 Durbeshan Roktham Sewa Kendra, Lalitpur
- 63 Sangati Brihatar Sewa Kendra, Lalitpur
- 64 Prarambha Tatha Punarsthapana Kendra, Lalitpur
- 65 Aarambha Nepal, Lalitpur
- 66 Nirnaya Lagu Aausadh Tatha Madhyapan Upachar
Kendra, Lalitpur
- 67 Maya Nepal Lagu Aausadh Tatha Punarsthapana
Kendra, Lalitpur
- 68 Youth Vision Drug Treatment and Rehabilitation
Center, Kathmandu
- 69 Aasara Sudhar Kedra, Kathmandu
- 70 Aalkapuri Punarsthapana Tatha Aawasiya Upachar
Kendra, Kathmandu
- 71 Sahara Nepal, Kathmandu
- 72 Clean Nepal, Kathmandu
- 73 Upakar Nepal Sudhar Kendra, Kathmandu
- 74 The Recovering Group, Kathmandu

- 75 Hamro Mitrata, Kathmandu
- 76 Nawadaya, Kathmandu
- 77 Nawa Upakar Nepal Sudhar Kendra, Kathmandu
- 78 Jeebanko Sidhhanta, Kathmandu
- 79 Nawakiran Punarsthapana Kendra, Kathmandu
- 80 Tranformation Nepal, Kathmandu
- 81 Hope Foundation, Kathmandu
- 82 Dibyajyoti Lagu Padartha Roktham Tatha
Punarsthapana Kendra, Kathmandu
- 83 Sovar Rekoverly, Kathmandu
- 84 Richmond Fellowship Nepal, Kathmandu
- 85 Narkonan Nepal, Kathmandu
- 86 Nayajeevan Punarsthapana Kendra, Kathmandu
- 87 Aasha Bhawan, Kathmandu
- 88 Pratham Paila, Kathmandu
- 89 Punarjeevan Yuba Samuha, Kathmandu
- 90 Navajeevan Punarsthapana Kendra, Baglung

Main Questionnaire



नेपाल सरकार
राष्ट्रिय योजना आयोगको सचिवालय
केन्द्रीय तथ्याङ्क विभाग
लागु औषध प्रयोगकर्ता सर्वेक्षण २०६८
(लागु औषधा प्रयोगगरिरहेकाहरुको लागि)

क. परिचयात्मक विवरण

१. उत्तरदाताको नाम थर :-
२. ठेगाना :-
 - २.१. जिल्ला :-
 - २.२. गा.वि.स./न.पा. :-
३. उमेर :- वर्ष
४. लिङ्ग :-
 १. पुरुष
 २. महिला
५. जात/जाति :-
६. पेशा/व्यवसाय :-
७. धर्म :-
 १. हिन्दु
 २. बौद्ध
 ३. मुस्लिम
 ४. क्रिश्चियन
 ५. अन्य (खुलाउने).....
८. वैवाहिक स्थिती :-
 १. अविवाहित
 २. हाल विवाहित
 ३. विधवा/विधुर
 ४. छुट्टिएको

५. पारपाचुके

९. तपाईंले उत्तिर्ण गरेको माथिल्लो शैक्षिक तह कुन हो ?
- (लेखपढ गर्न नजानेको भए ० अथवा अनौपचारिक शिक्ष मात्र भएमा ९९ लेखी पारिवारिक विवरणमा जाने)
१०. तपाईं हाल स्कुल/क्याम्पस गईरहनु भएको छ ?
१. छ २. छैन

ख. पारिवारिक विवरण

१. तपाईंको परिवार कस्तो किसिमको हो ?
१. एकल २. संयुक्त
२. तपाईं परिवारको एक मात्र छोरा/छोरी हो ?
१. हो २. होईन
३. तपाईं को सँग बस्नुभएको छ ?
१. बाबु आमा
२. आमा
३. बुबा
४. बुबा र सौतेनि आमा
५. आमा र सौतेनि बुवा
६. श्रीमान्/श्रीमति
७. अन्य नातेदार
८. अन्य (खुलाउने)
४. तपाईंको परिवारमा निम्न सामानहरू के के छन् ?

क्र.सं.	सामानको विवरण	छ / छैन
१	रेडियो	१. छ २. छैन
२	टेलिभिजन	१. छ २. छैन
३	रेफ्रिजरेटर	१. छ २. छैन
४	टेलिफोन	१. छ २. छैन
५	कम्प्युटर	१. छ २. छैन
६	माइक्रो ओभन	१. छ २. छैन
७	वासिड. मेशिन	१. छ २. छैन
८	कार	१. छ २. छैन
९	मोटरसाइकल	१. छ २. छैन

५. तपाईंको परिवारमा Internet सुविधा छ ?

१ छ

२ छैन

ग. लागु औषधको प्रयोग सम्बन्धी विवरण

१. तपाईंले कुन कुन लागु औषध प्रयोग गर्नु हुन्छ ? (बहुउत्तर सम्भव)

Cannabis

- 11 Bhang
- 12 Charas
- 13 Ganja
- 14 Sulfa

Opiates

- 21 Opium
- 22 Heroin (<brown sugar, smack> etc)
- 23 Cough syrup (corex, phensedyl etc.)
- 24 Pain medicines (propoxyphene <darvon, proxyvon>, buprenorphine <tidigesic>, pethidine, morphine, pentazocine <, fortwin> etc)

Tranquilizers

- 31 (diazepam <valium, calmpose>, nitrazepam <nitratvet, dormin, <nitrosun> alprazolam <alprax>)

Inhalants

- 41 (dendrite, paint thinner, varnish, petrol etc)

Hallucinogens

- 51 (LSD, acid, Ketamine, etc)

Stimulants

- 61 (Cocaine, amphetamines etc)

Others (*please specify*)

२. तपाईंले लागु औषध कसरी प्राप्त गर्नु हुन्छ ? (बहुउत्तर सम्भव)
१. लागु औषध प्रयोग गर्ने साथीभाईको माध्यमबाट
 २. डुलन्ते विक्रेताबाट
 ३. औषधी पसलबाट
 ४. अन्य(खुलाउने)
३. तपाईंले लागु औषध लिन सुईको प्रयोग गर्नुहुन्छ ?
१. गर्छु
 २. गर्दिन (प्रश्न नं. ७ मा जानुहोस)
४. तपाईंले जम्मा जम्मी कति वर्ष सुईको प्रयोग गरी लागु औषध लिनुभयो ?
.....वर्ष
५. अक्सर सुई कँहा बाट प्राप्त गर्नुहुन्छ ?
१. आफै किन्ने
 २. संघ संस्था बाट उपलब्ध गराउने
 ३. साथीभाई सँग लिने
 ४. अन्य (खुलाउने)
६. साथीभाई बीच सुई साटासाट गर्नुहुन्छ ?
१. गर्दछौ
 २. गर्दैनौ
७. लागु औषध दिनमा सरदर कति पटक प्रयोग गर्नुहुन्छ ?पटक
८. तपाईंले प्रयोग गर्ने गरेको लागु औषध एक पटक प्रयोग गर्न सरदर कति पैसा खर्च गर्नुहुन्छ ? रू.
९. तपाईंले एकै किसिमको वा एक भन्दा बढी किसिमको लागु औषध प्रयोग गर्नुहुन्छ ?
१. एक किसिमको मात्र
 २. एक भन्दा बढी
१०. पहिलो पटक लागु औषध सेवन गर्दा तपाईंको उमेर कति थियो ?
.....वर्ष
११. तपाईंले नियमित रूपमा लागु औषध सेवन गर्न थालेको कति वर्ष भयो ?वर्ष
१२. तपाईंले लागु औषध प्रयोग गर्नुको कारण के के हुन ?(बहुउत्तर सम्भव)
१. कौतुहलता/उत्सुकता
 २. साथीभाईको लहलहैमा

३. पढाइको बोझ बाट हल्का हुन
४. पारिवारिक समस्याबाट
५. अन्य (खुलाउने).....

१३. तपाईंको परिवारमा लागु औषध प्रयोग गर्ने अरु पनि कोही छन् ?

१. छन्
२. छैनन्

१४. तपाईं संलग्न लागु औषध सेवन गर्ने समूहमा कति जना हुनुहुन्छ ?

जम्मा

पुरुष.....

महिला

घ. उपचार सम्बन्धी विवरण

१. के तपाईंले लागु औषध प्रयोग गर्न छोड्ने प्रयास गर्नुभएको थियो ?

१. थियो
२. थिएन

२. यदि थियो भने कस्तो प्रयास गर्नुभएको थियो ?

१. पुर्नस्थापन केन्द्र
२. अस्पताल/डाक्टर
३. आफ्नै आत्मबलले छोड्ने प्रयास गरेको

४. अन्य (खुलाउने)

३. कति पटक प्रयास गर्नुभएको थियो ? पटक

४. विगत बैशाख १, २०६८ देखि जेष्ठ ३२, २०६९ सम्म कुनै पुर्नस्थापन केन्द्रमा उपचार गराउनु भएको थियो ?

१. थियो
२. थिएन

(यदि थिएन भने प्रश्न नं.७ मा जानुहोस ।

५. यदि थियो भने कति पटक तपाईंले पुर्नस्थापन केन्द्रमा उपचार गराउनु भयो ? पटक

६. उपचारको लागि कहाँ जानुभएको थियो

पुर्नस्थापन केन्द्रको नाम	ठेगाना

७. लागु औषधको प्रयोग कम गराउन तपाइको विचारमा सरकारले कस्तो कदम चाल्नु पर्ने जस्तो लाग्छ ?

(बढीमा ३ वटा उत्तर दिनुहोस)

.....

.....

.....

८. तपाईको विचारमा लागु औषध प्रयोगकर्ताको जीवन सुधारको लागि सरकारले के गर्नु पर्ला ?

(बढीमा ३ वटा उत्तर दिनुहोस ।)

.....

.....

.....

Listing Form



नेपाल सरकार
राष्ट्रिय योजना आयोगको सचिवालय
केन्द्रीय तथ्याङ्क विभाग

यसमा सङ्कलन गरिएका विवरणहरू
तथ्याङ्क ऐन, २०१५ बमोजिम
गोप्य राखिनेछ । यी विवरणहरू
तथ्याङ्कीय प्रयोजनकालागि
व्यक्तिगत गोपनीयता कायमगरी
सामूहिकरूपमा मात्र प्रयोग
गरिनेछ ।

लागु औषध प्रयोगकर्ता सर्वेक्षण – २०६९

लागु औषध उपचार तथा पुनर्स्थापना केन्द्रमा उपचार सेवा लिएका वा लिइरहेका
ब्यक्तिहरूको सूची

(सन्दर्भ अवधि: २०६८/०१/०१ देखि २०६९/०२/३२)

पुनर्स्थापना केन्द्रको नाम:..... स्थापना:.....
उपचार सेवाको क्षमता:..... जिल्ला:.....
न.पा./गा.वि.स.:..... वडा नं.:.....
सम्पर्क ब्यक्ति:..... सम्पर्क नं.:.....
गणकको नाम:.....

सन्दर्भ अवधिमा सेवा लिएका जम्मा ब्यक्ति संख्या:.....
हाल सेवा लिइरहेका जम्मा ब्यक्ति संख्या:.....

क्र. सं.	नाम	उमेर	लिङ्ग	ठेगाना (जिल्ला, न.पा./गा.वि.स., वडा नं.)	भर्ना भएको मिति (साल /महिना/ गते)	डिस्चार्ज भएको वा छेडेको मिति (साल /महिना/ गते) (उपचाररत भएमा “..” लेख्ने)

Acronyms

CHDU	- Current Hard Drug Users
CBS	- Central Bureau of Statistics
HIV	- Human Immune Virus
HDU	- Hard Drug Users
IDUs	- Injecting Drug Users
LSD	- Lysergic Acid Diethylamide
MoHA	- Ministry of Home Affairs
NRs	- Nepali Rupees
SLC	- School Leaving Certificate
TV	- Television
Rehab Center	- Rehabilitation Center

**"Make health
your 'new high'
in life, not drugs"**