

# SACENDU

SOUTH AFRICAN COMMUNITY EPIDEMIOLOGY NETWORK ON DRUG USE

Treatment Demand Data • Service Quality Measures (SQM)
• Community-Based Harm Reduction Services




**60TH SYMPOSIUM**

## CENTRAL REGION

## TREATMENT DATA

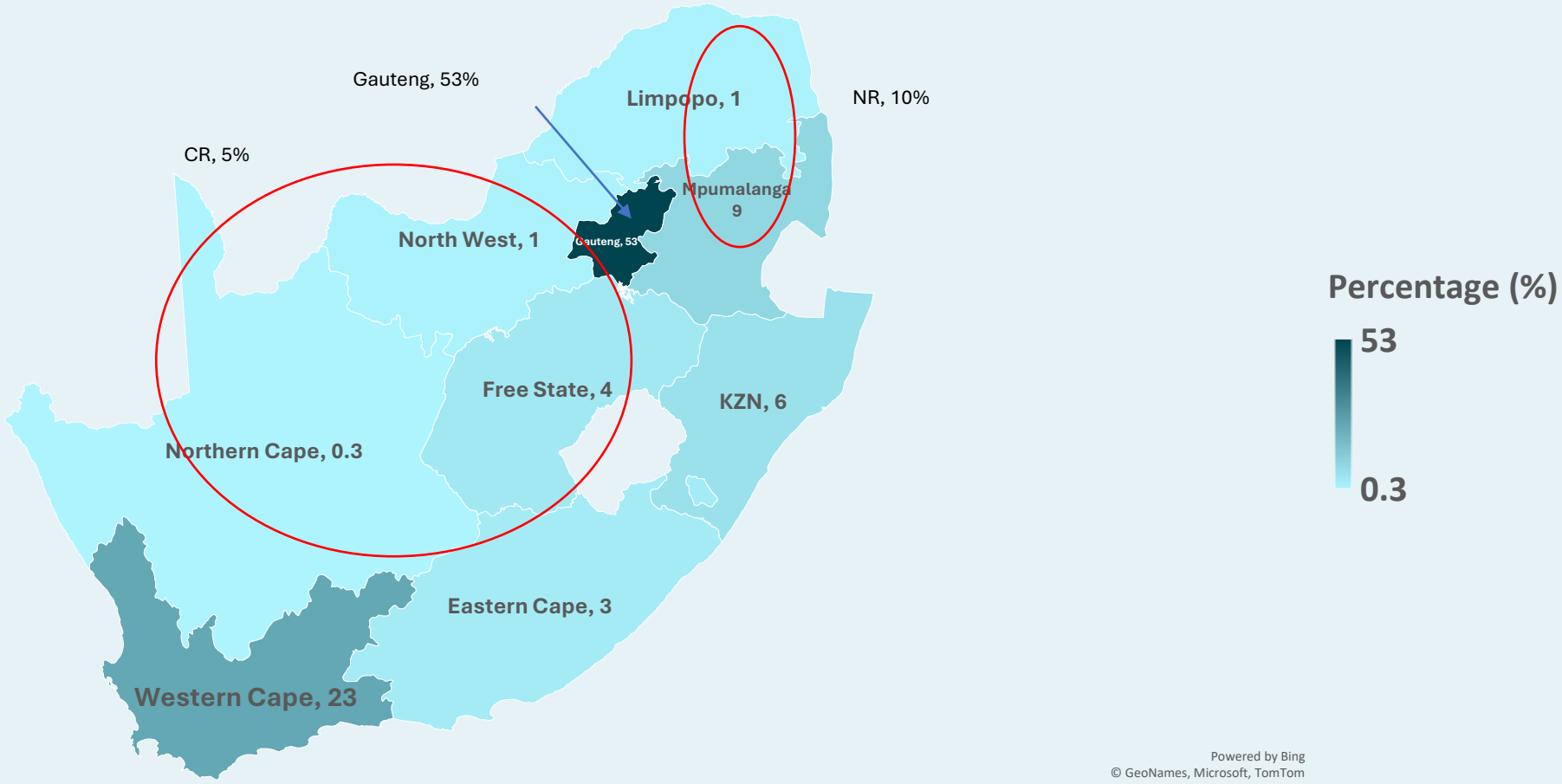
# CELEBRATING OUR 60TH SACENDU SYMPOSIUM

**MS JODILEE ERASMUS & MS NANCY HORNSBY**

**Phase 60 (26a)| Jan-Jun 2026**

saMRC advancinglife

# Central Region contributes 5% of national admissions



SACENDU
SOUTH AFRICAN COMMUNITY EPIDEMIOLOGY NETWORK ON DRUG USE
Treatment Demand Data + Service Quality Measures (SQM) + Community-Based Harm Reduction Services

# Admissions rose to 373 in Jan–Jun 2026

## PERIOD CHANGE

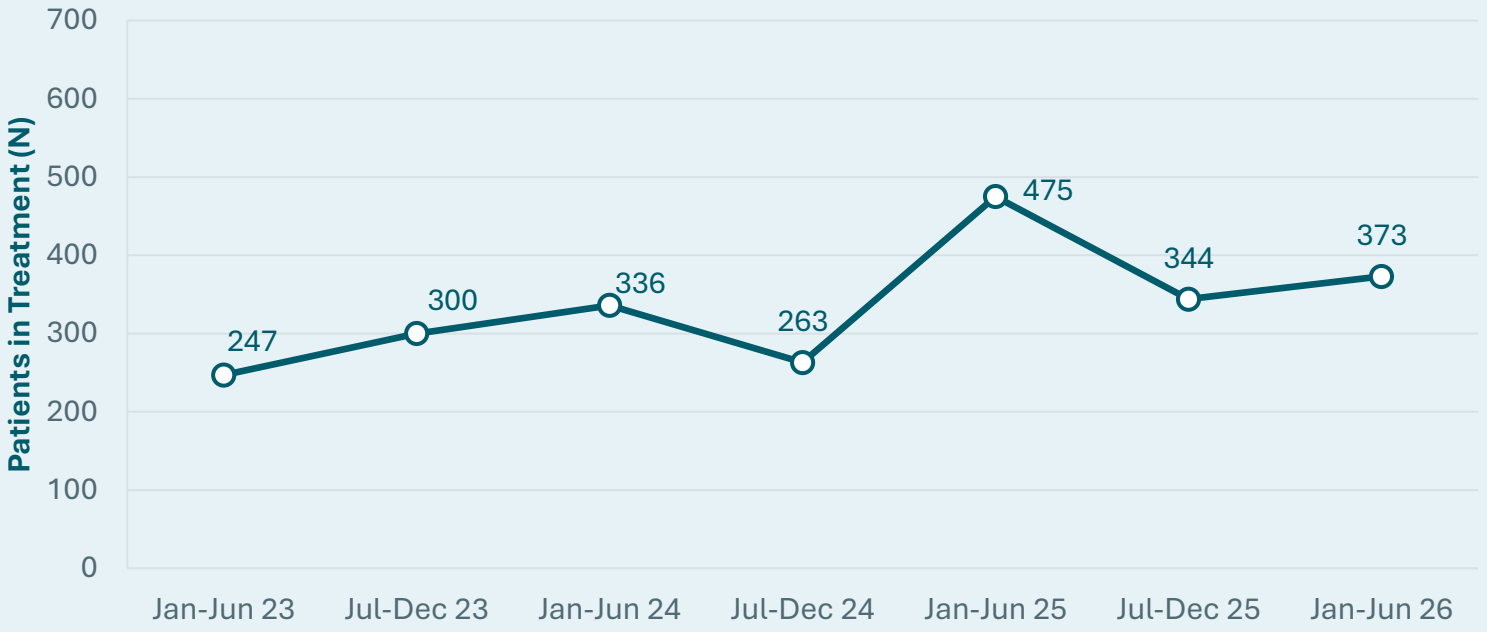
**+8%**

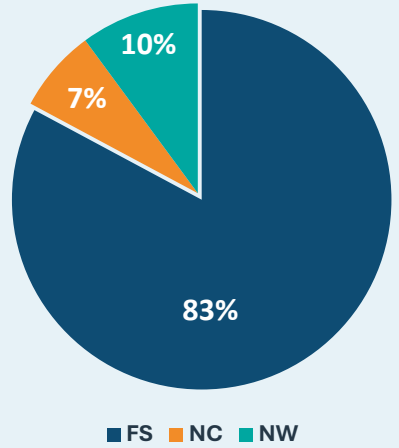
CI: −6% to +26%

## OVERALL CHANGE

**+51%**

95% CI: +29% to +77%



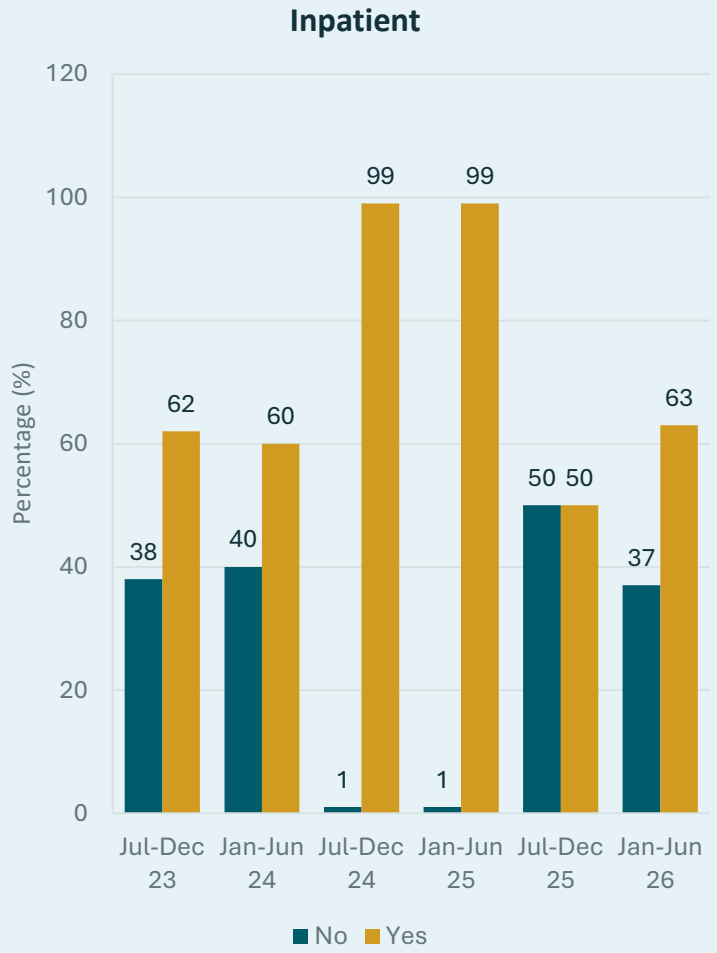

247 in Jan–Jun 2023
373 in Jan–Jun 2026

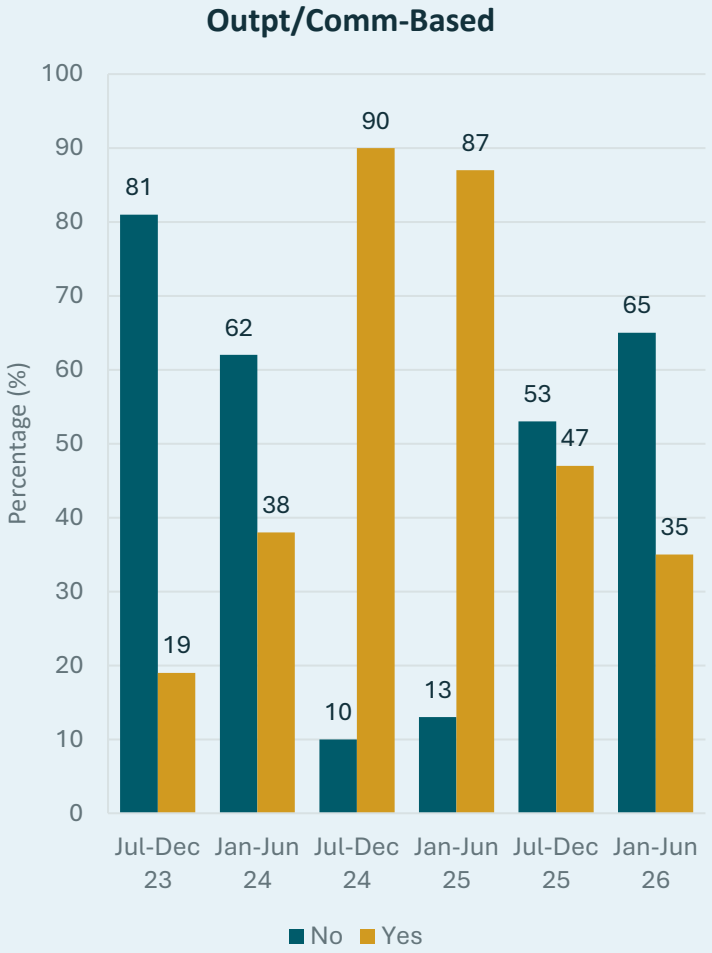
Jan-Jun 2026

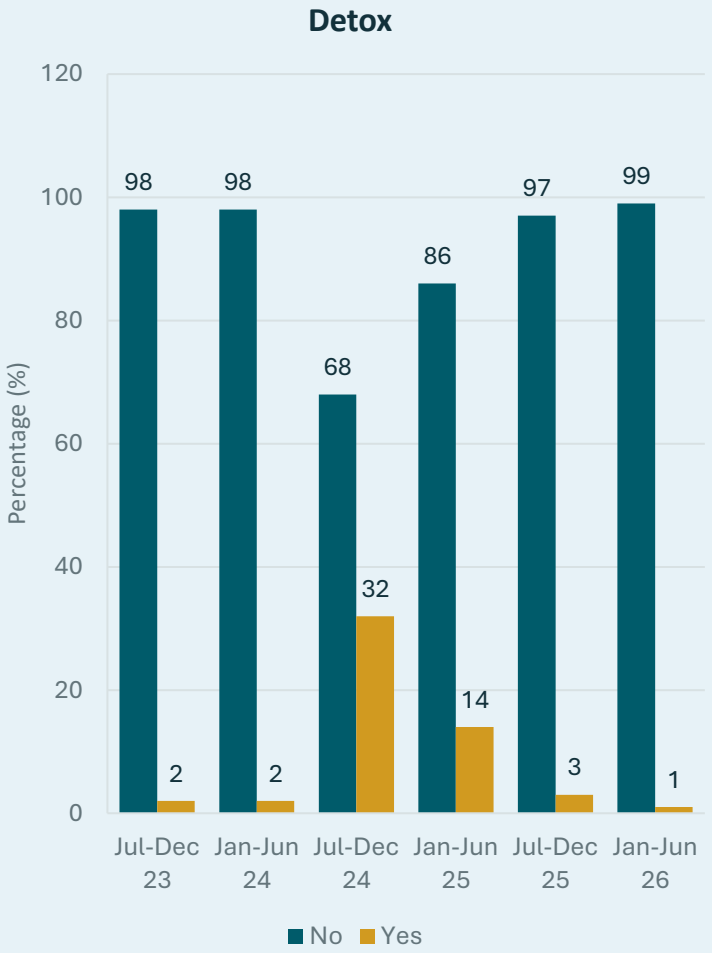
**373**

patients in treatment

# Inpatient and outpatient access each fell to about half of admissions



# Men continue to account for 78% of admissions

**MEN, JAN–JUN 2026**

**78%**

of admissions

CI: −6% to +26%

**WOMEN, JAN–JUN 2026**

**22%**

of admissions

CI: −6% to +26%

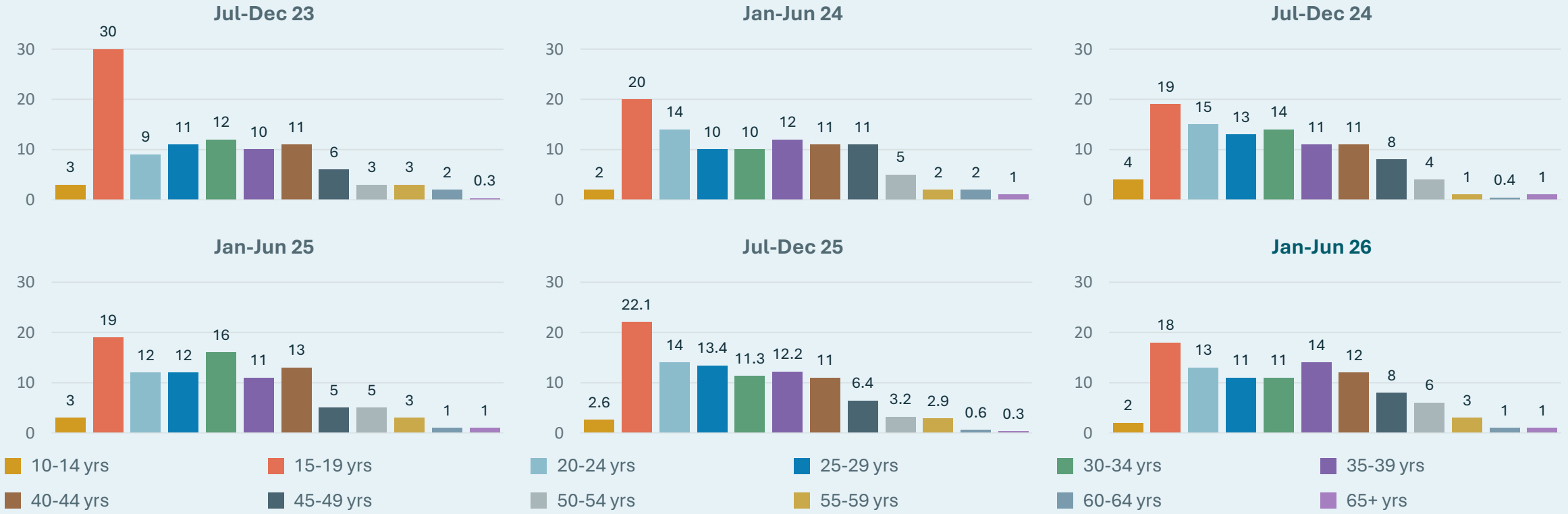


# Adolescents remain the largest age group at 18%

## Change from Jul–Dec 2025 to Jan–Jun 2026

Percentage-point changes, with 95% CI

| Age group | Change | 95% CI |
|---|---|---|
| 15-19 years | **−4.1 pp** | −10.0 to +1.8 pp |
| 50-54 years | **+2.8 pp** | −0.2 to +5.8 pp |
| 25-29 years | **−2.4 pp** | −7.2 to +2.4 pp |
| 35-39 years | **+1.8 pp** | −3.1 to +6.7 pp |



# 79% of clients have a Grade 8–12 education

**GRADE 8–12, JAN–JUN 2026**

**79%**

of clients

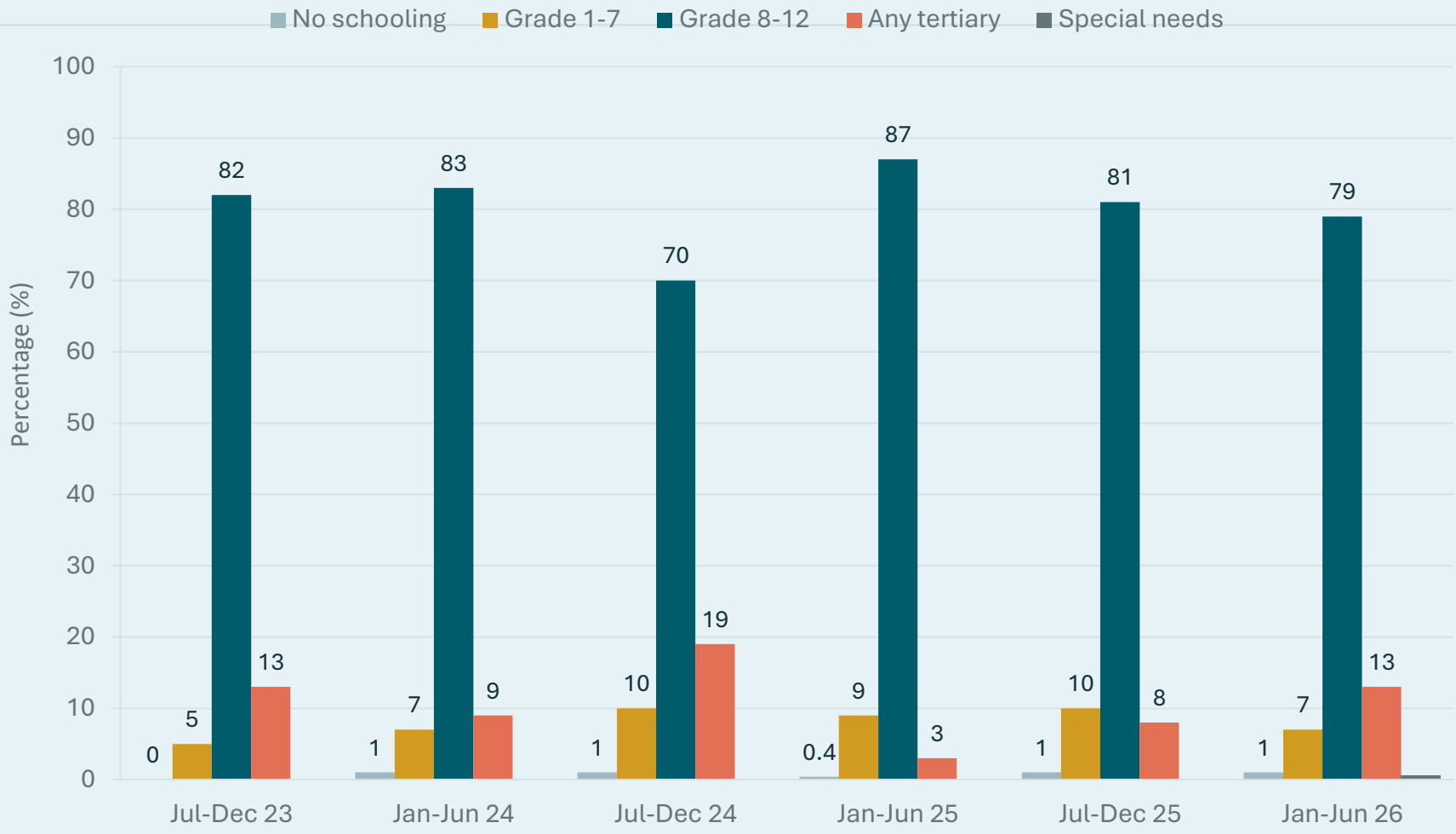
CI: 74.5% - 82.8%

**ANY TERTIARY, JAN–JUN 2026**

**13%**

of clients

82% in Jul–Dec 2023
79% in Jan–Jun 2026

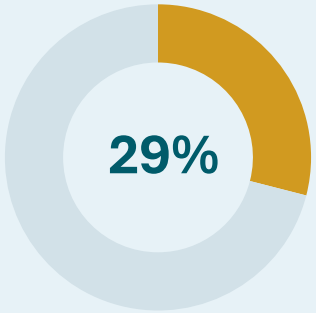


# Employment rose to 46% in Jan–Jun 2026

EMPLOYED, JAN–JUN 2026

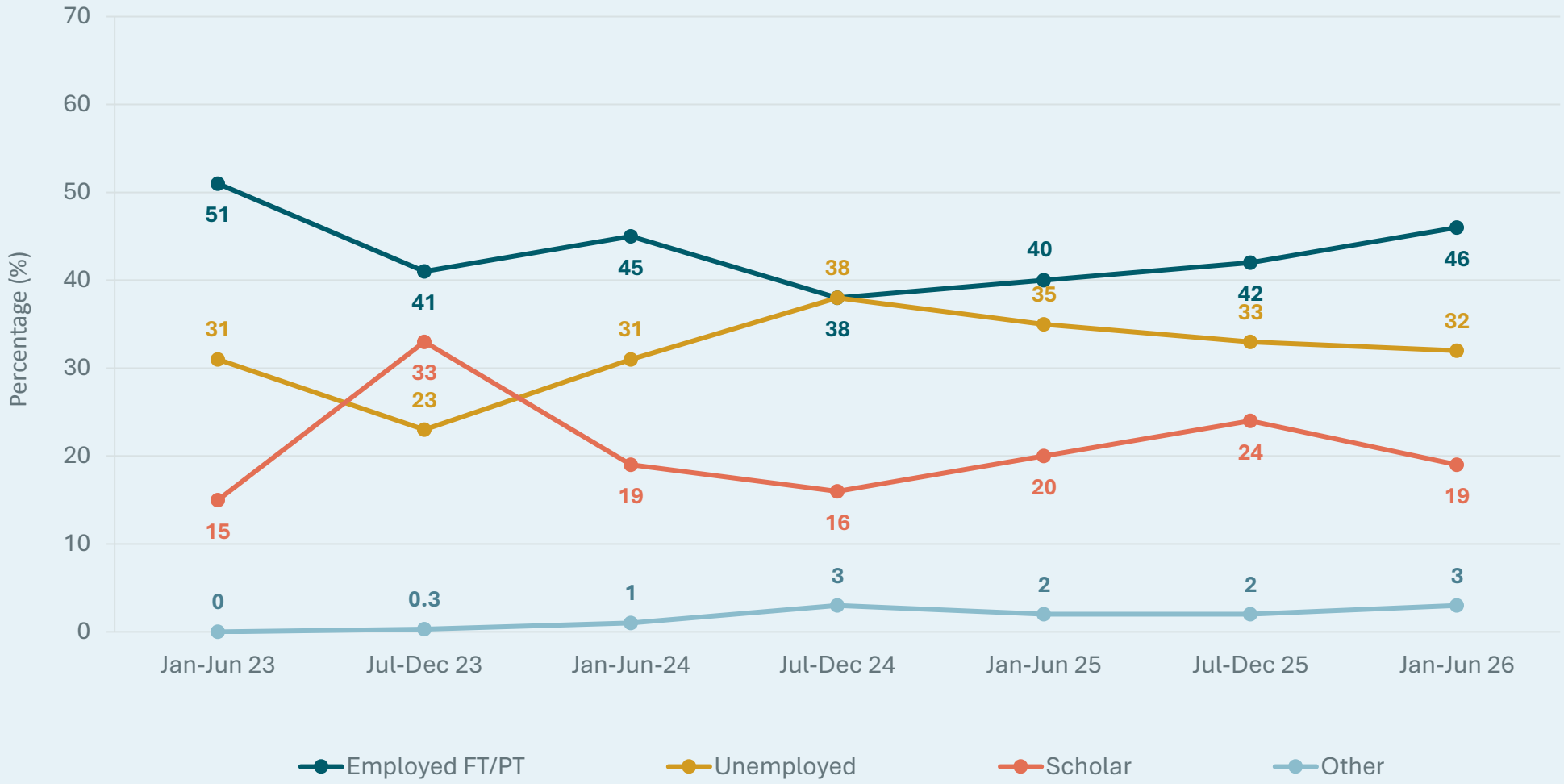
**46%**

CI: [41.1- 51.2%]




Unemployed >6 months

Jan–Jun 2026



# Mean age at admission rose to 33 years

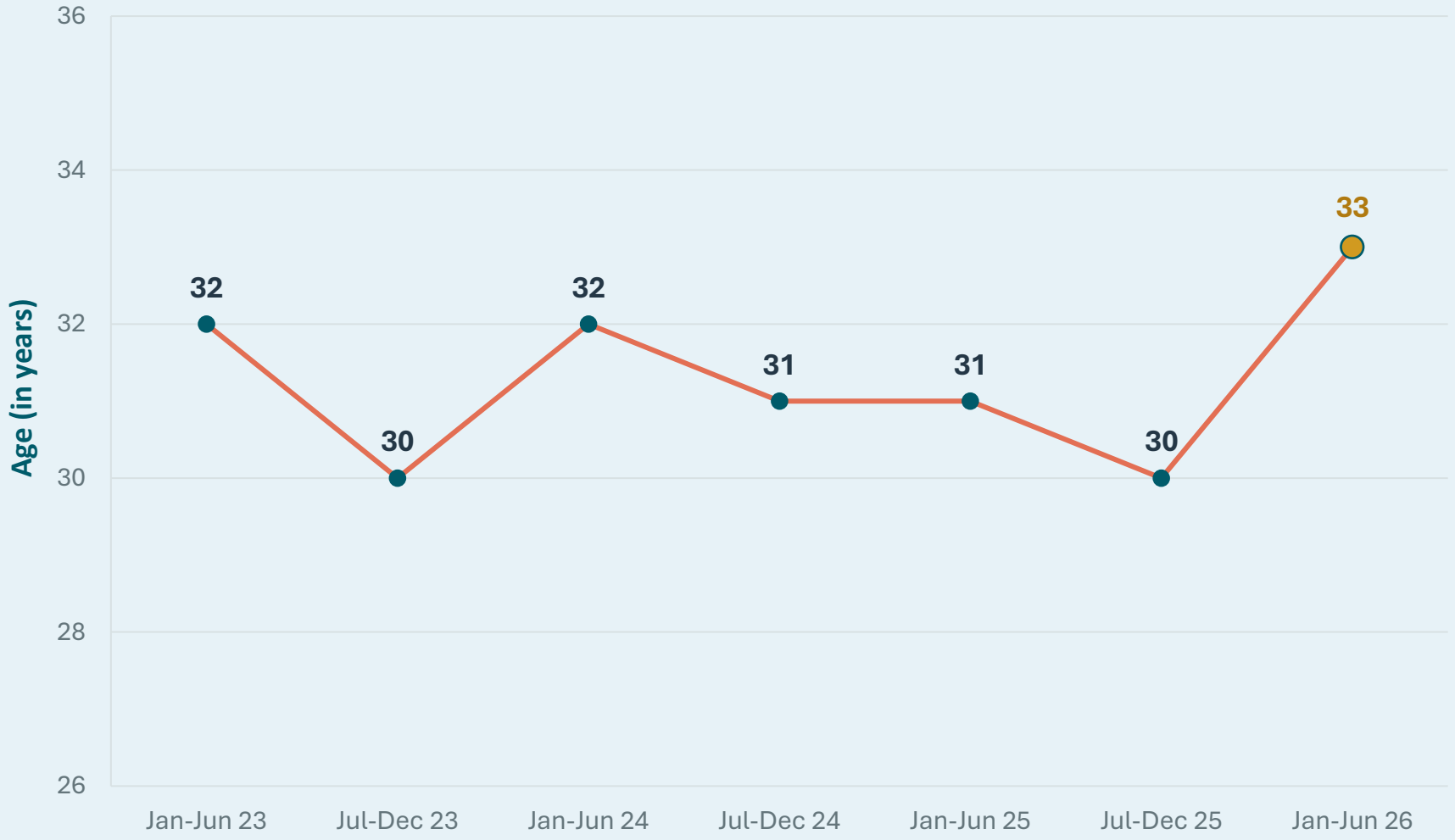
MEAN AGE, JAN–JUN 2026

**33**

years, mean age

JUL–DEC 2025 TO JAN–JUN 2026

**Mean age: 30 to 33 years**



# 88% of clients report a permanent residence

## OVERALL TRENDS

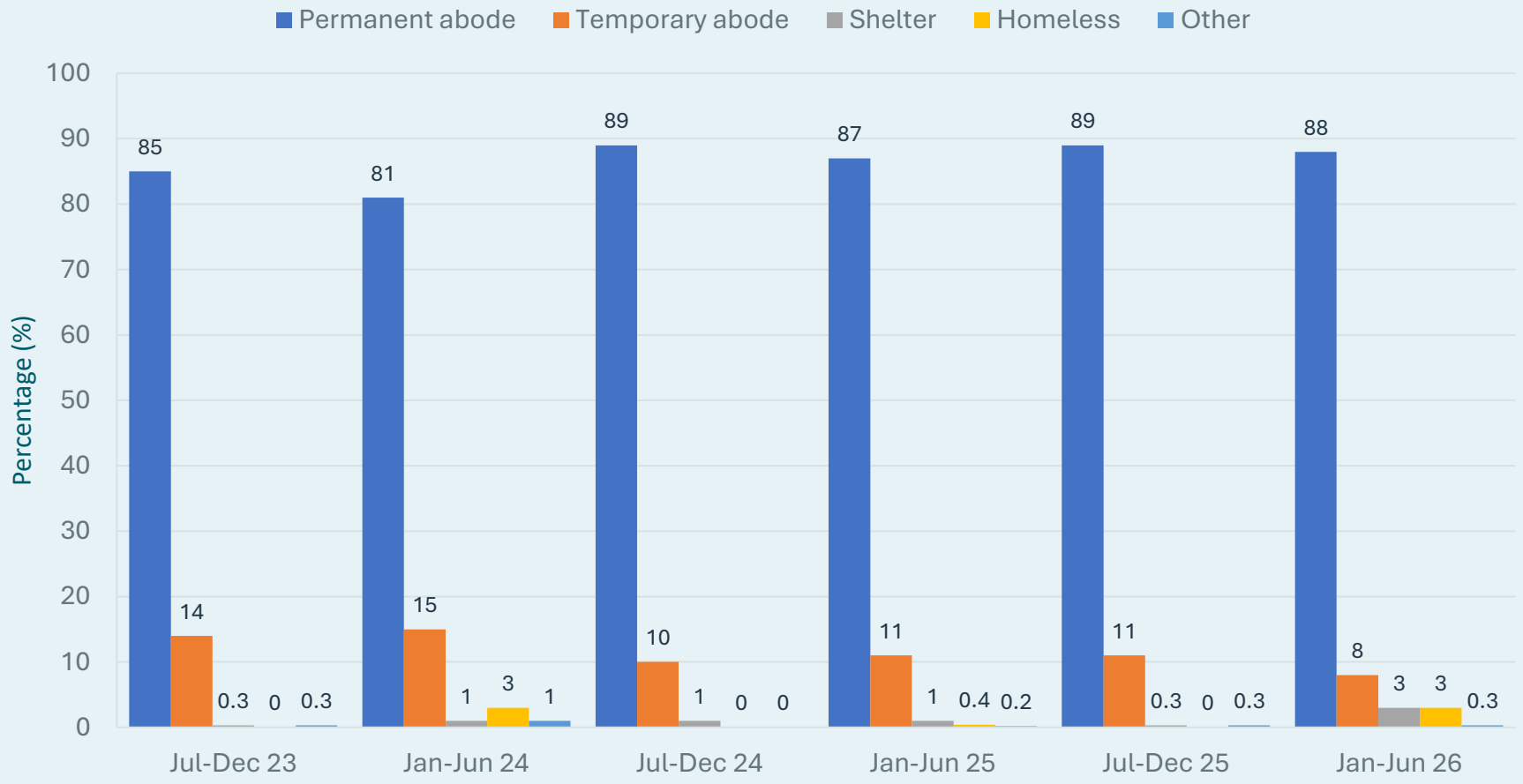
**Jul–Dec 2025 to Jan–Jun 2026**

**−1 pp**
Permanent abode
89% to 88%

**−3 pp**
Temporary abode
11% to 8%

**+3 pp**
Shelter
0.3% to 3%

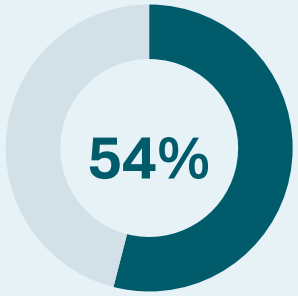
**+3 pp**
Homeless
0% to 3%




Latest other: 0.3%. Jul–Dec 2025 to Jan–Jun 2026: permanent abode 89% to 88% (−1 pp).

95% CI: to be added once exact counts and valid denominators are available. pp = percentage points.

# Just over half live with parents or relatives



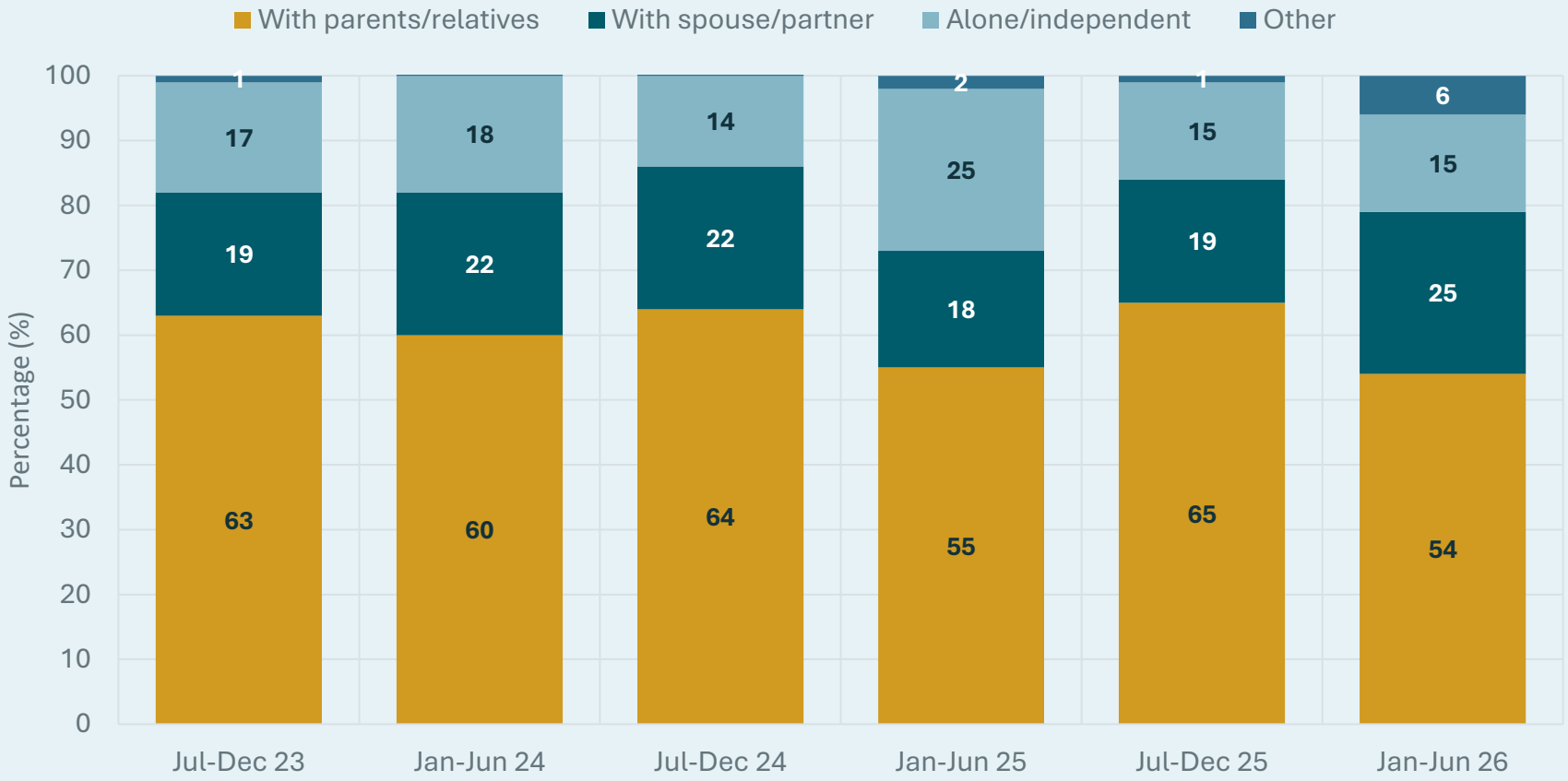

## Live with parents or relatives

Jan–Jun 2026

## OVERALL TRENDS

Jul–Dec 2023 to Jan–Jun 2026
Percentage points (pp)

| | |
|---|---|
| **–9** | Parents / relatives |
| **+6** | Spouse / partner |
| **–2** | Alone / independent |
| **+5** | Other |




**With parents or relatives: 65% to 54% from Jul–Dec 2025 to Jan–Jun 2026 (–11 pp)**

# Family and friends lead referrals, at 29%

Jul–Dec 2025 to Jan–Jun 2026

**29%**

**Family/friends referrals**

26% to 29% (+3 pp)

CI: 24.6%-33.8%

**18%**

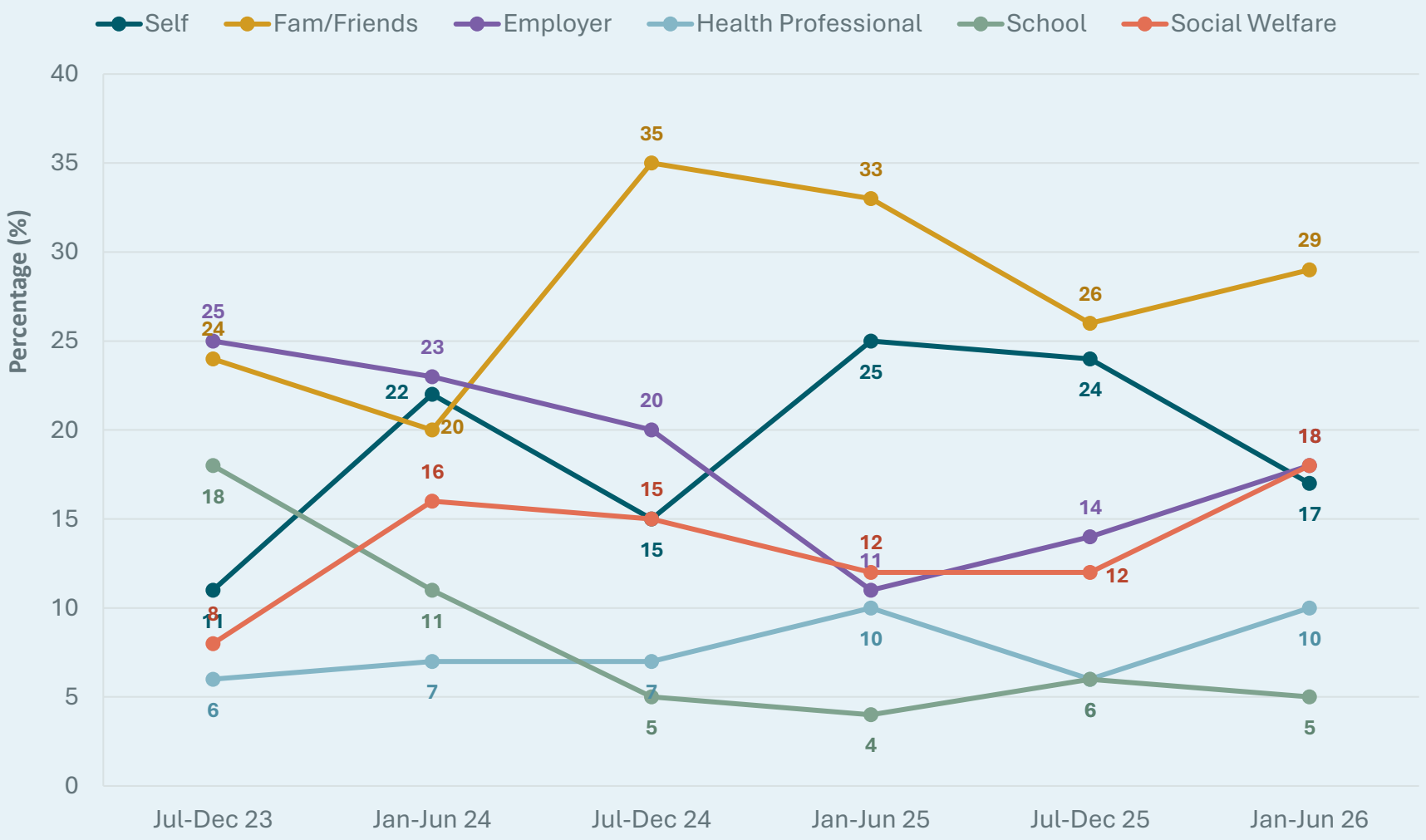
**Social welfare referrals**

12% to 18% (+6 pp)

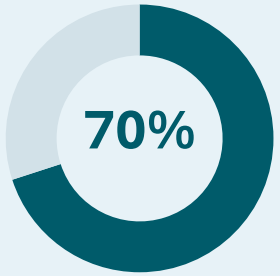
**18%**

**Employer referrals**

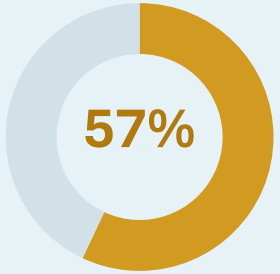
14% to 18% (+4 pp)



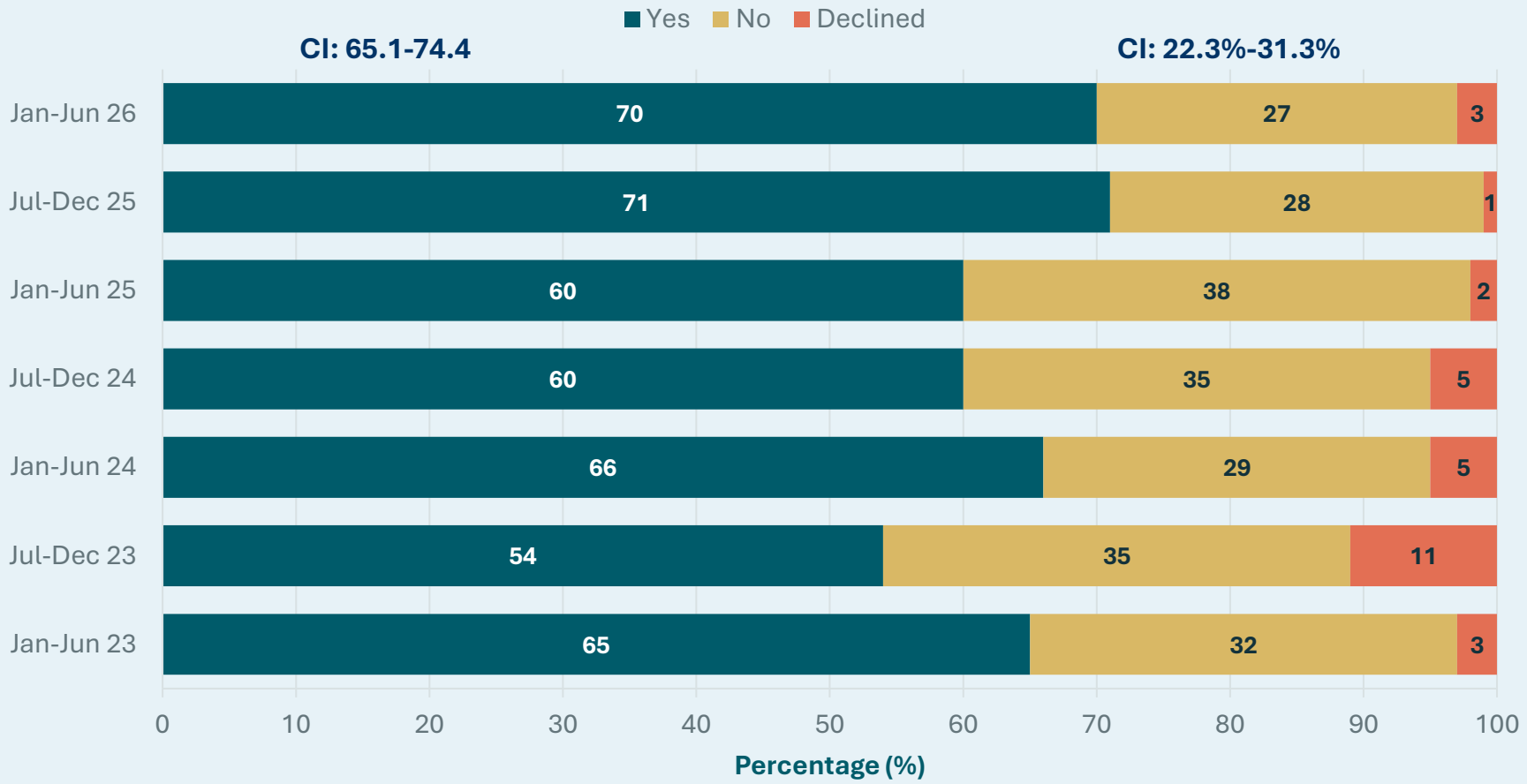
# 70% report previous HIV testing




**Previously tested for HIV**




**Tested within the past 12 months**



# 22% report willingness to test for HIV

**25.1%**

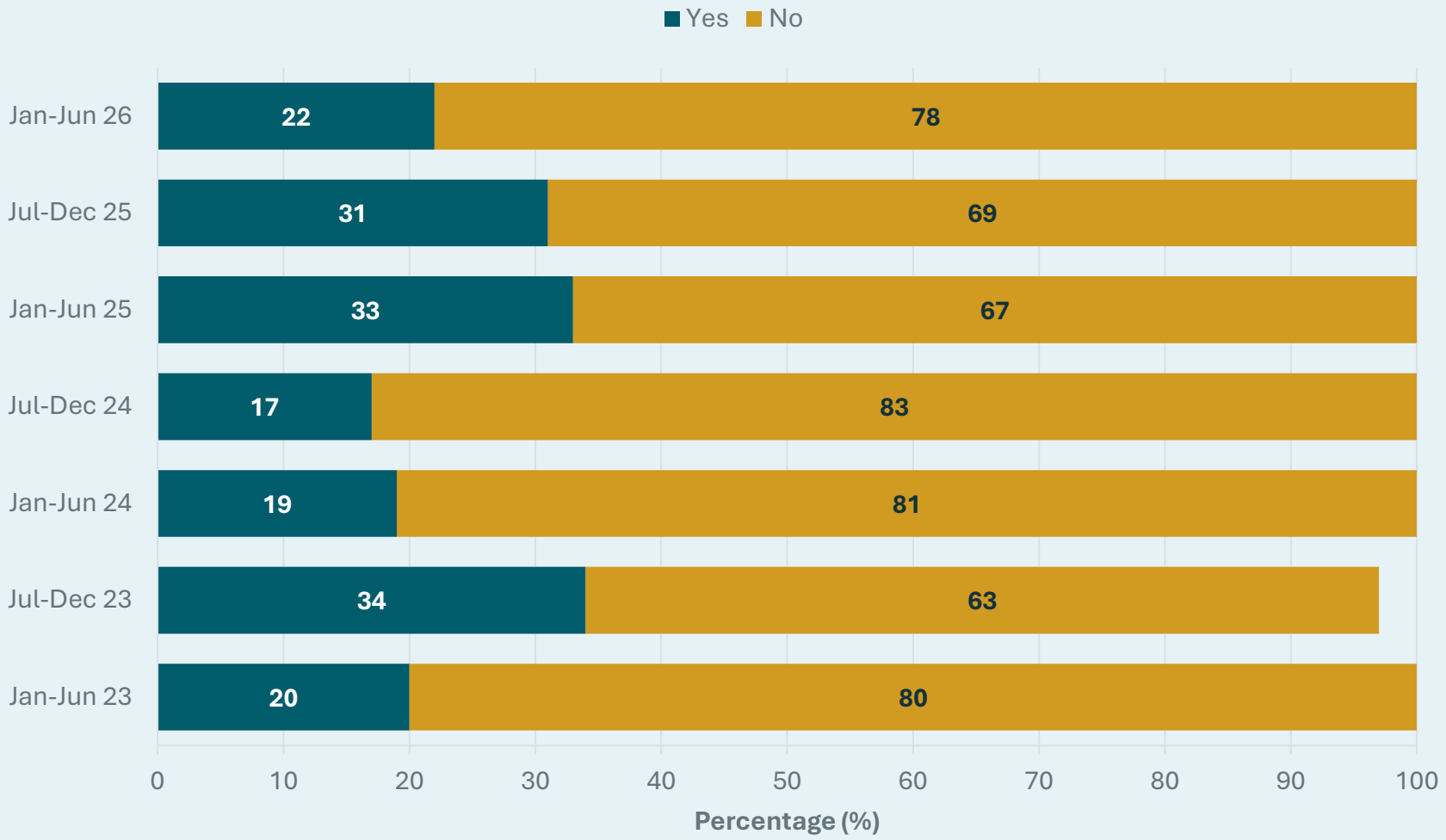
Mean willingness across 7 periods

Peak: 34%
Jul–Dec 2023

Latest: 22%
Jan–Jun 2026

**+2 pp**

First to last period
20% to 22%



# Voluntary admissions remain the norm at 98%

**VOLUNTARY, JAN–JUN 2026**

**98%**

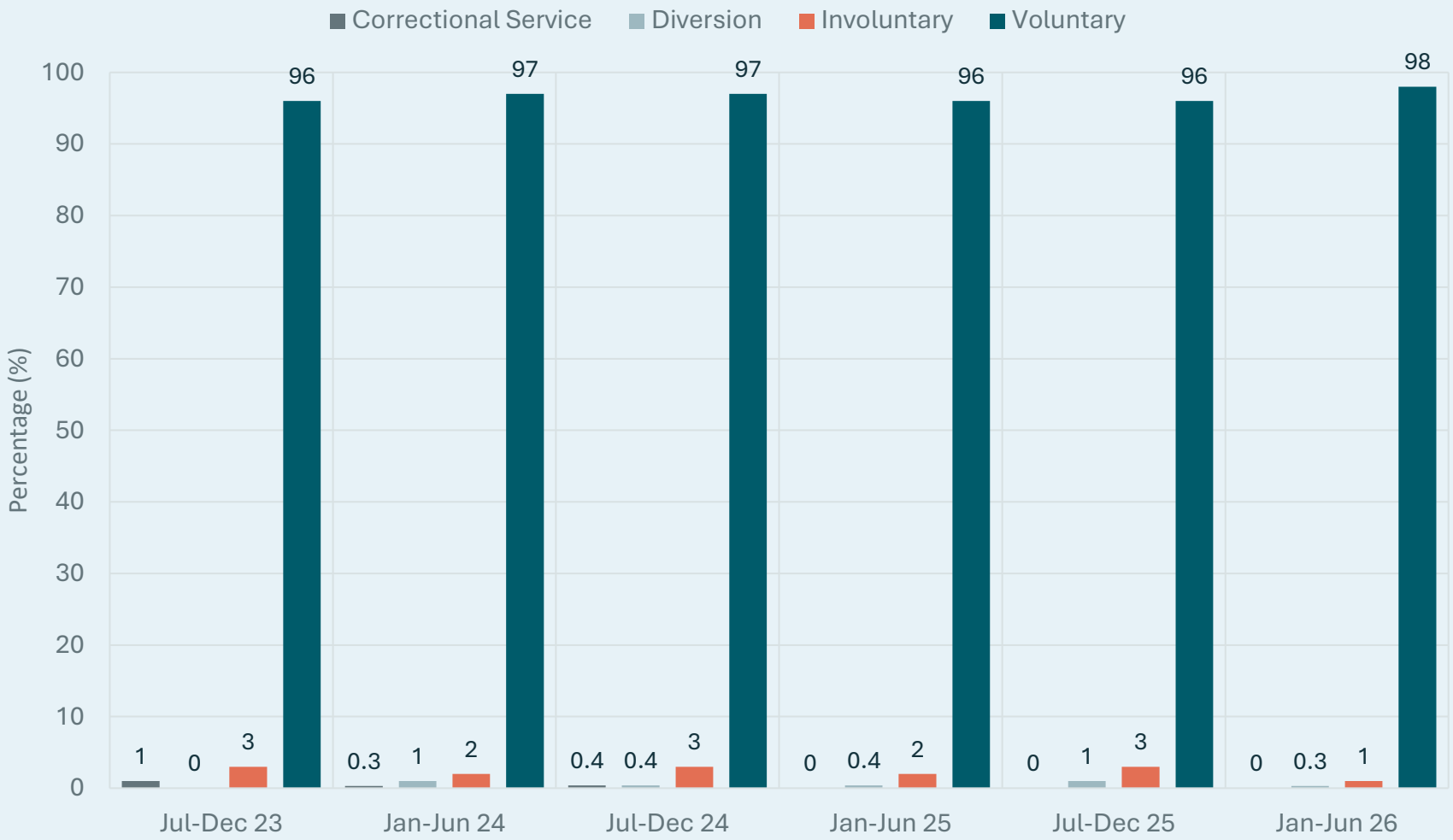
of admissions

**INVOLUNTARY, JAN–JUN 2026**

**1%**

of admissions

96% voluntary in Jul–Dec 2023
98% voluntary in Jan–Jun 2026

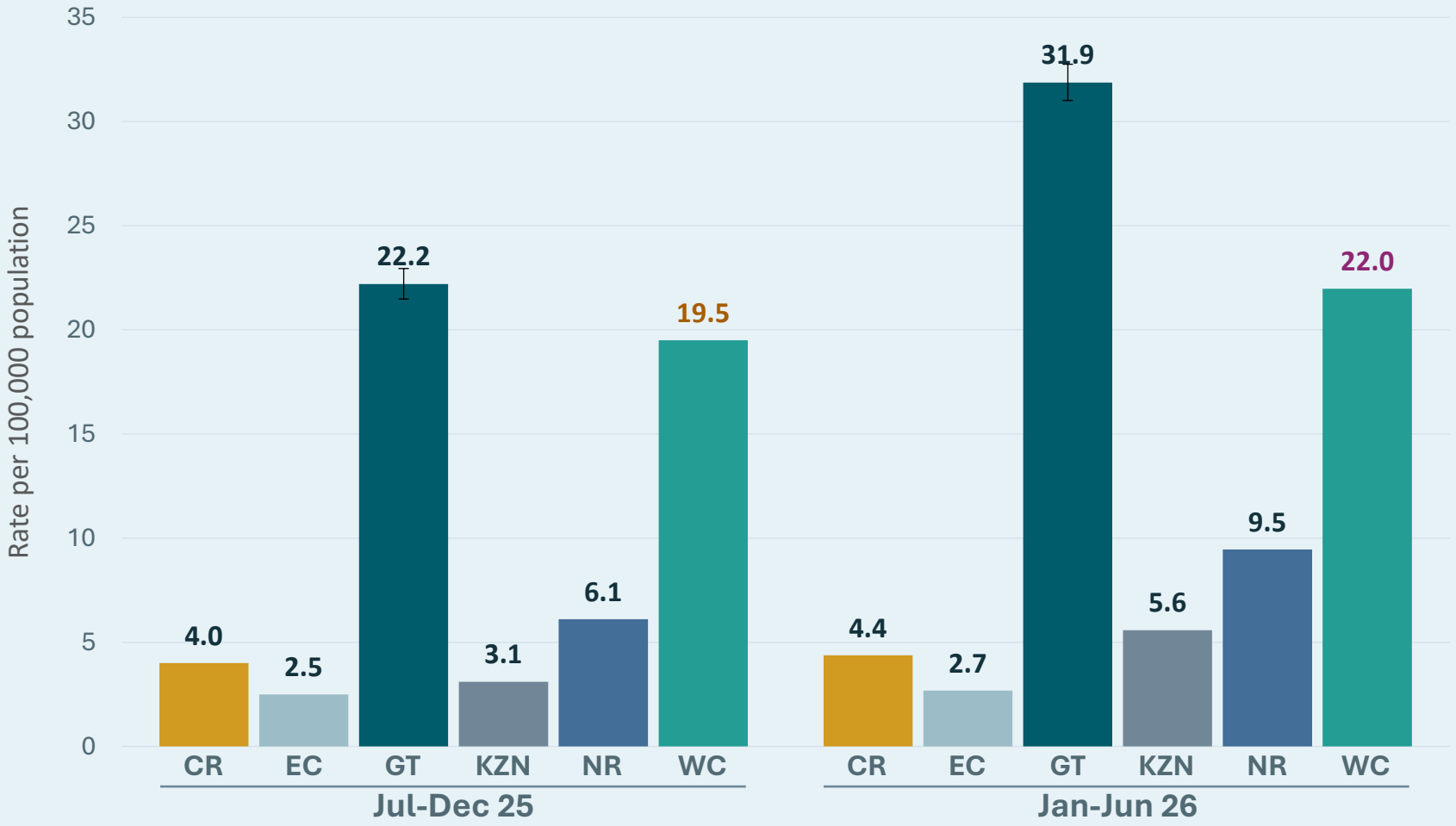


01

POPULATION-ADJUSTED ESTIMATES

# Population-adjusted estimates reveal large regional gaps

# Population-based treatment admission rates




## CENTRAL REGION COMPARISON

Jan–Jun 2026 / Jul–Dec 2025

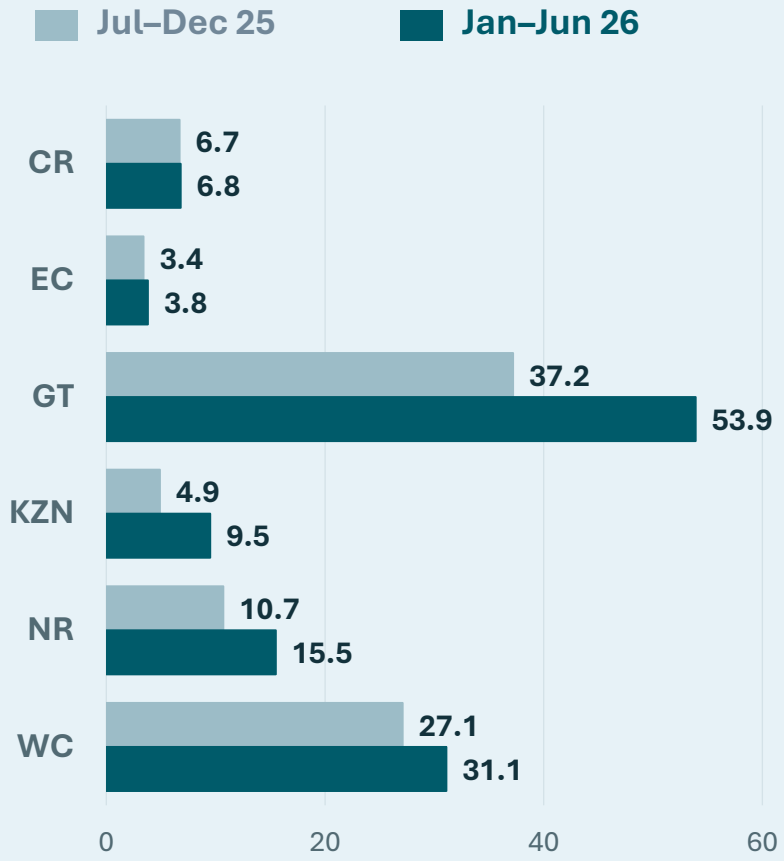
**0.92**

**Rate ratio**

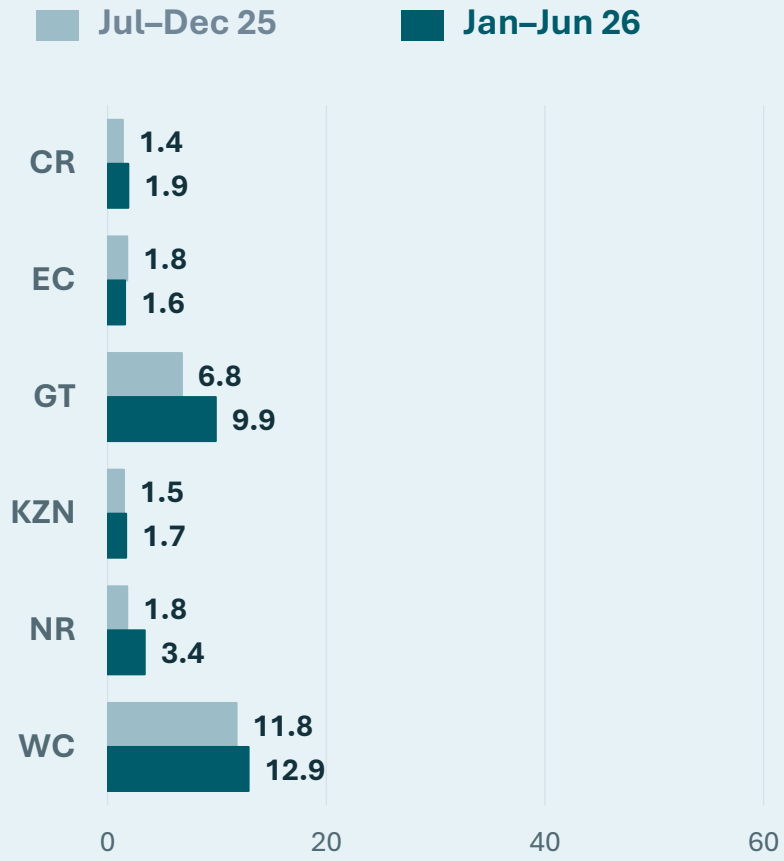
**95% CI 0.80–1.07**

# Treatment admission rates by sex

## Male




## Female




Both charts use the same scale for direct comparison

Adjusted rate per 100,000 population

## CENTRAL REGION RATE RATIOS
## Jan–Jun 2026 / Jul–Dec 2025

### Males

**RR = 1.0**

CI: [0.83-1.16]

### Females

**RR = 0.71**

CI: [0.51-0.99]

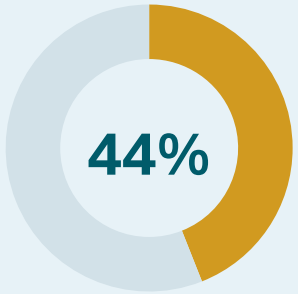
Point estimates use rounded rates.
Sex-specific counts required for CIs.

02

SUBSTANCES OF USE

# Substances of use

# Alcohol is the leading primary substance at 44%



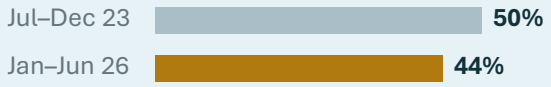

JAN–JUN 2026

## Alcohol

Leading primary substance

CI: 38.6%-48.7%

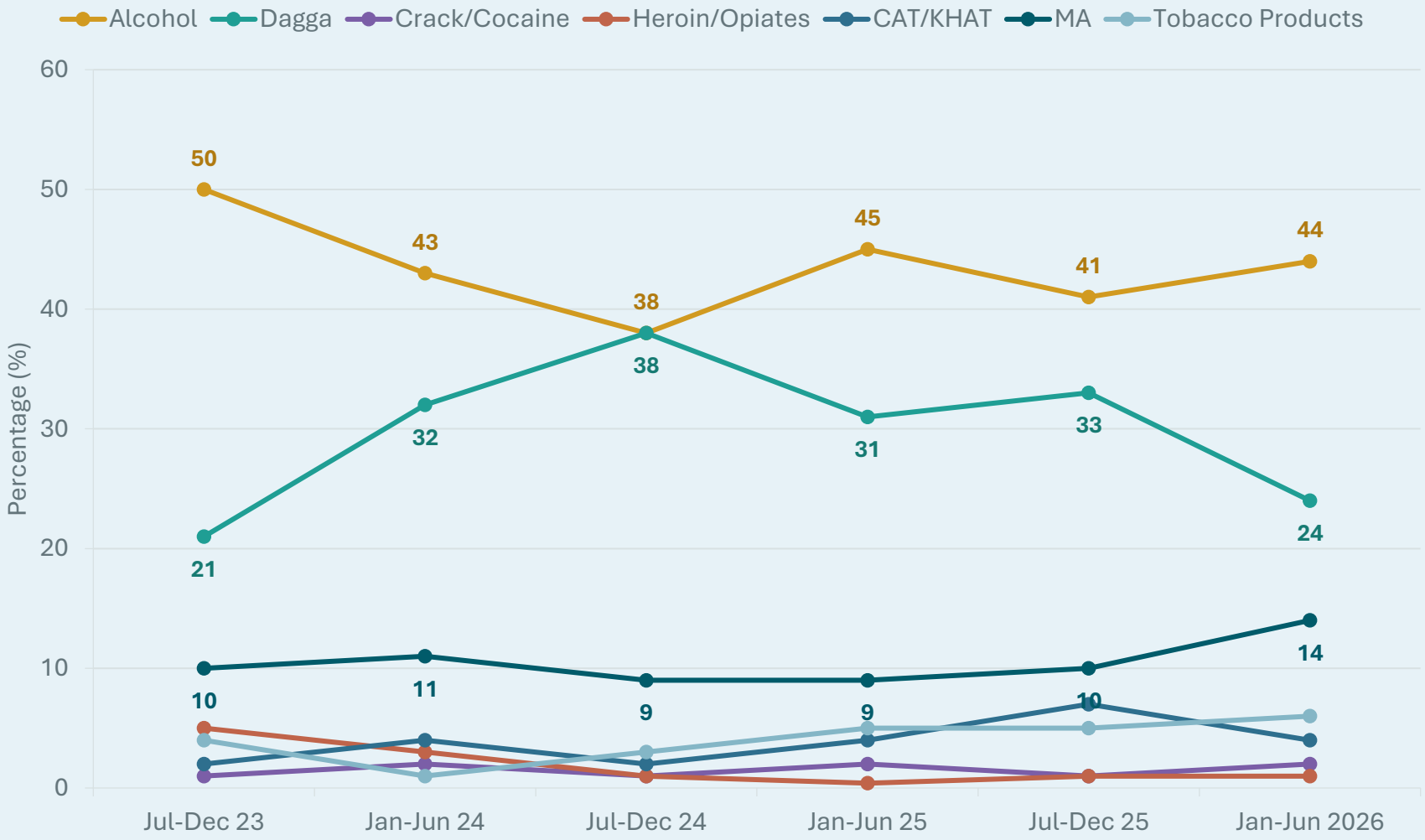
### Alcohol −6 pp




### Dagga +3 pp




pp = percentage points



# Smoking remains dominant

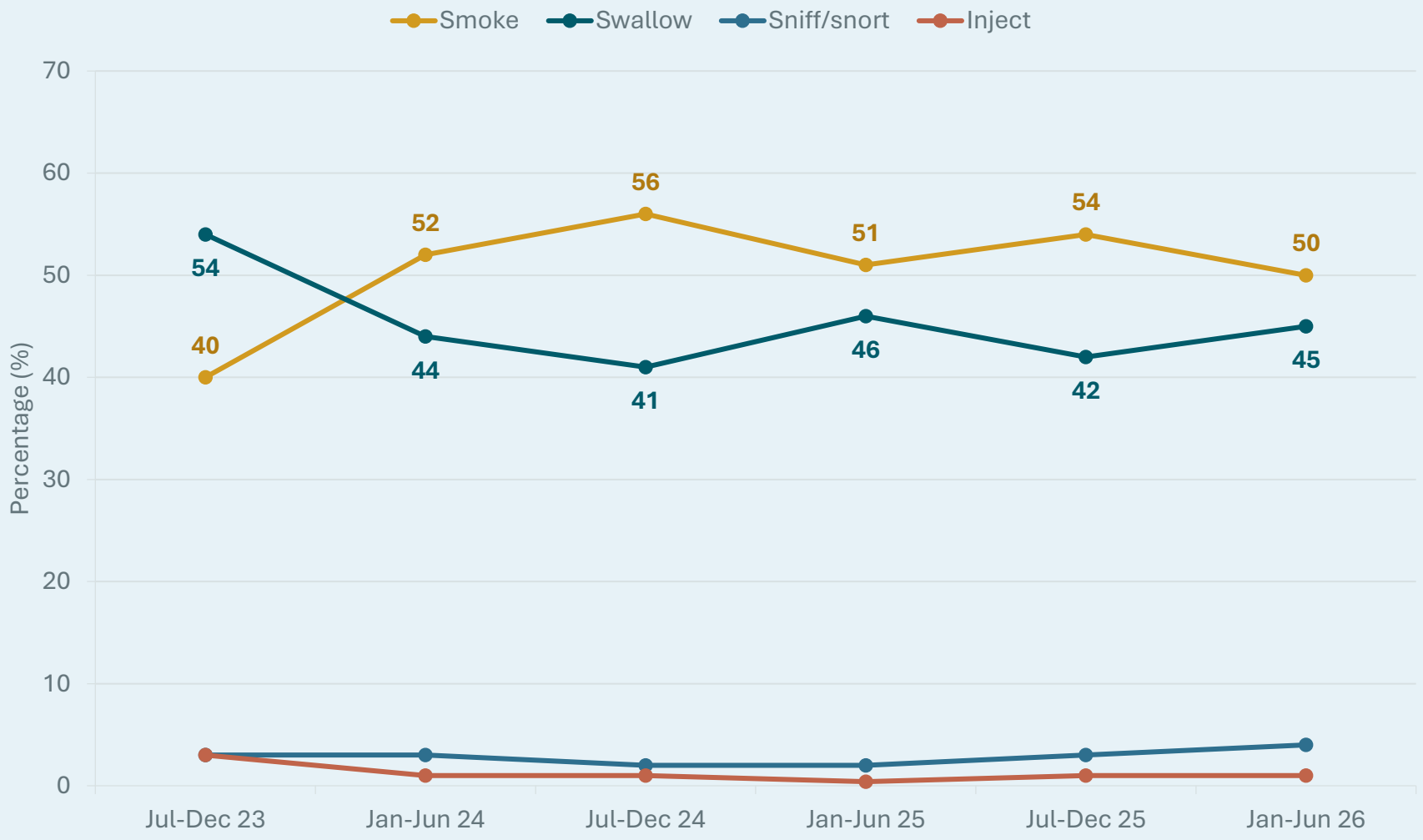
**50%**

CI: [45.5%-55.6%]

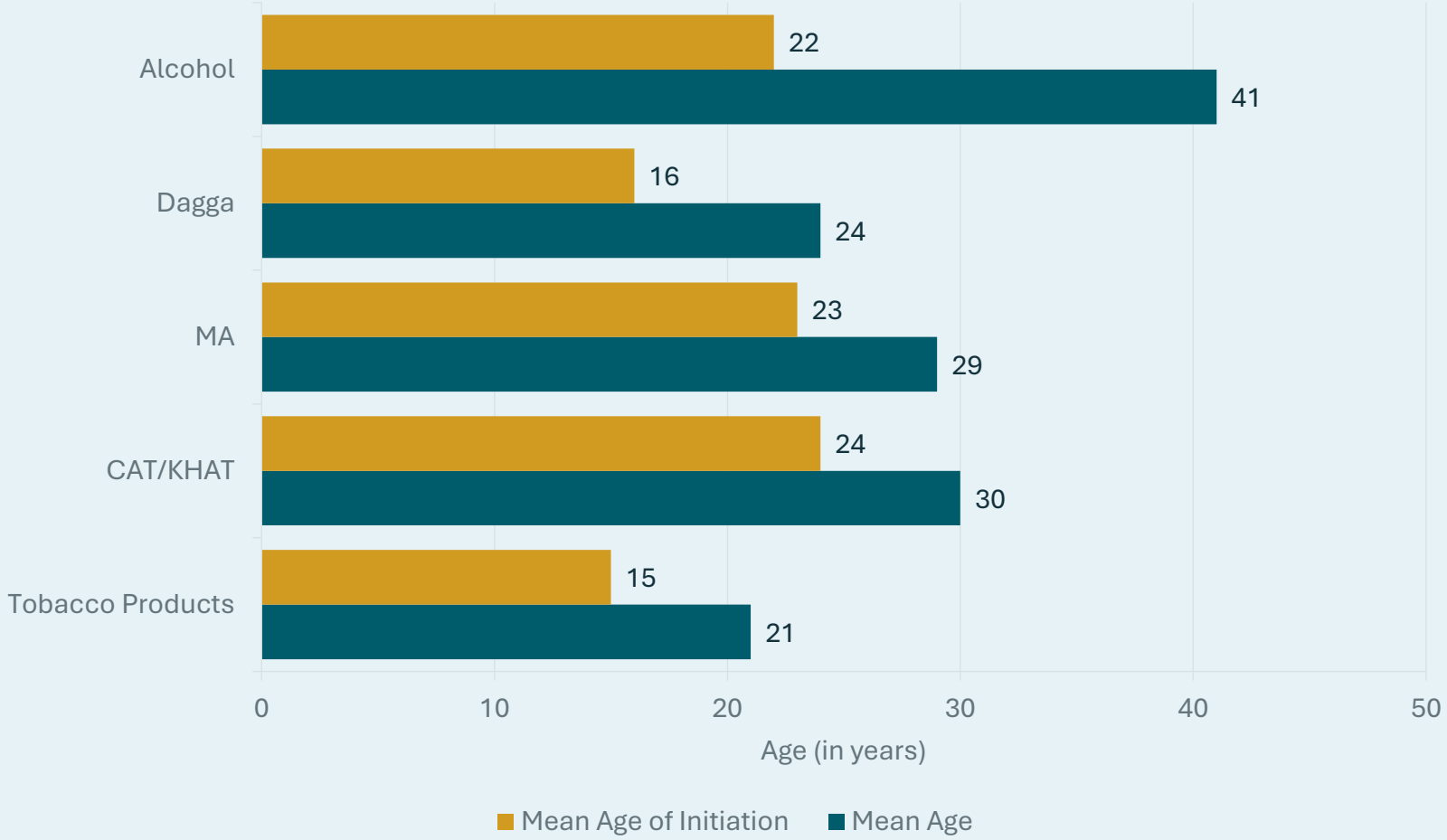
Smoking remains the main route of administration

**JAN–JUN 2026**

Jul–Dec 2025 to Jan–Jun 2026: 54% to 50% (−4 pp)

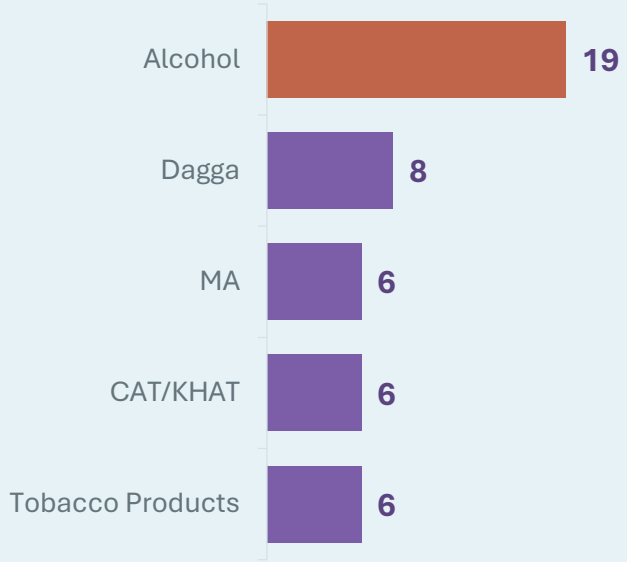


# Alcohol has the longest treatment delay at 19 years

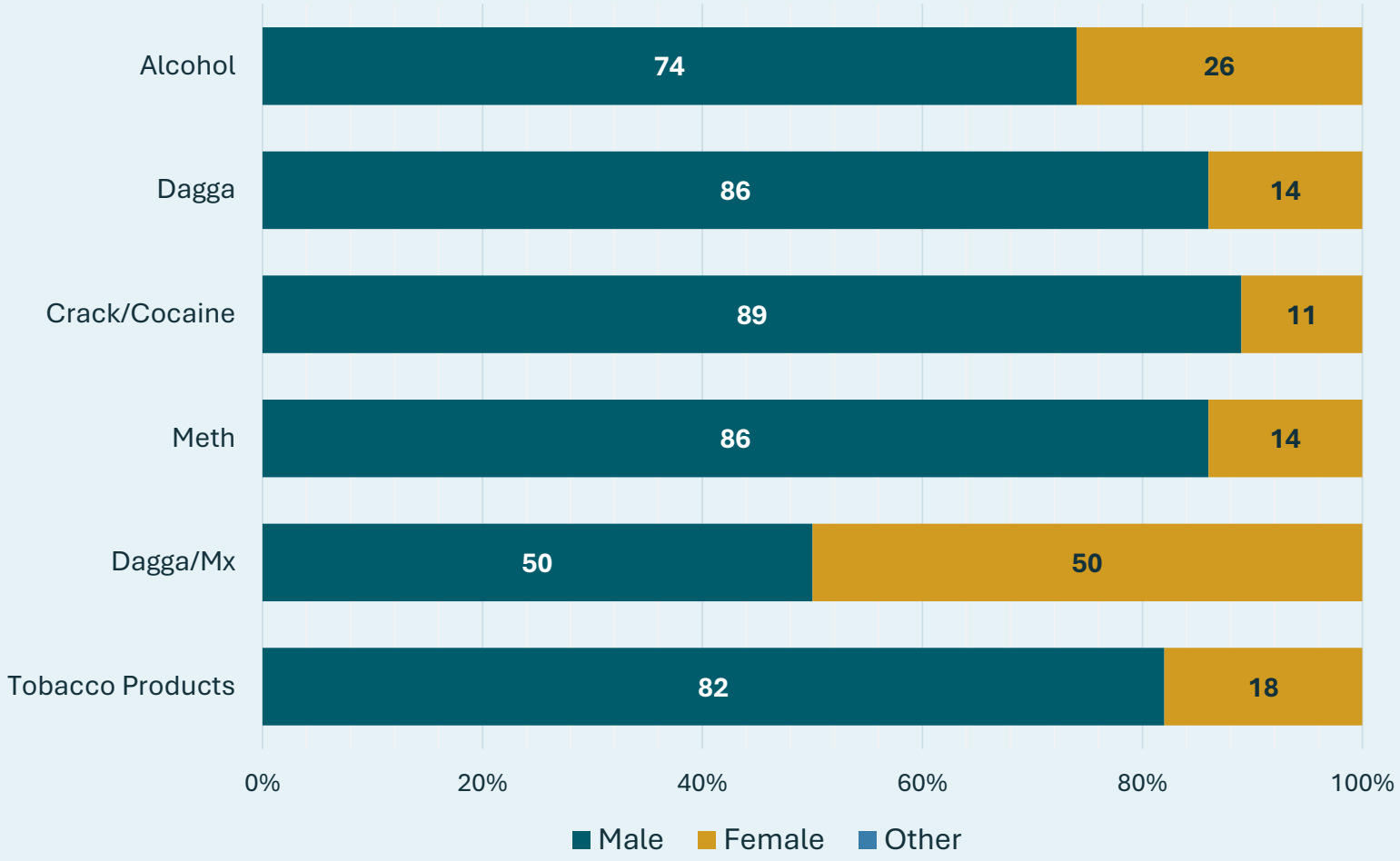



## Treatment delay

Difference in group means (years)



# Men comprise the majority across primary substances

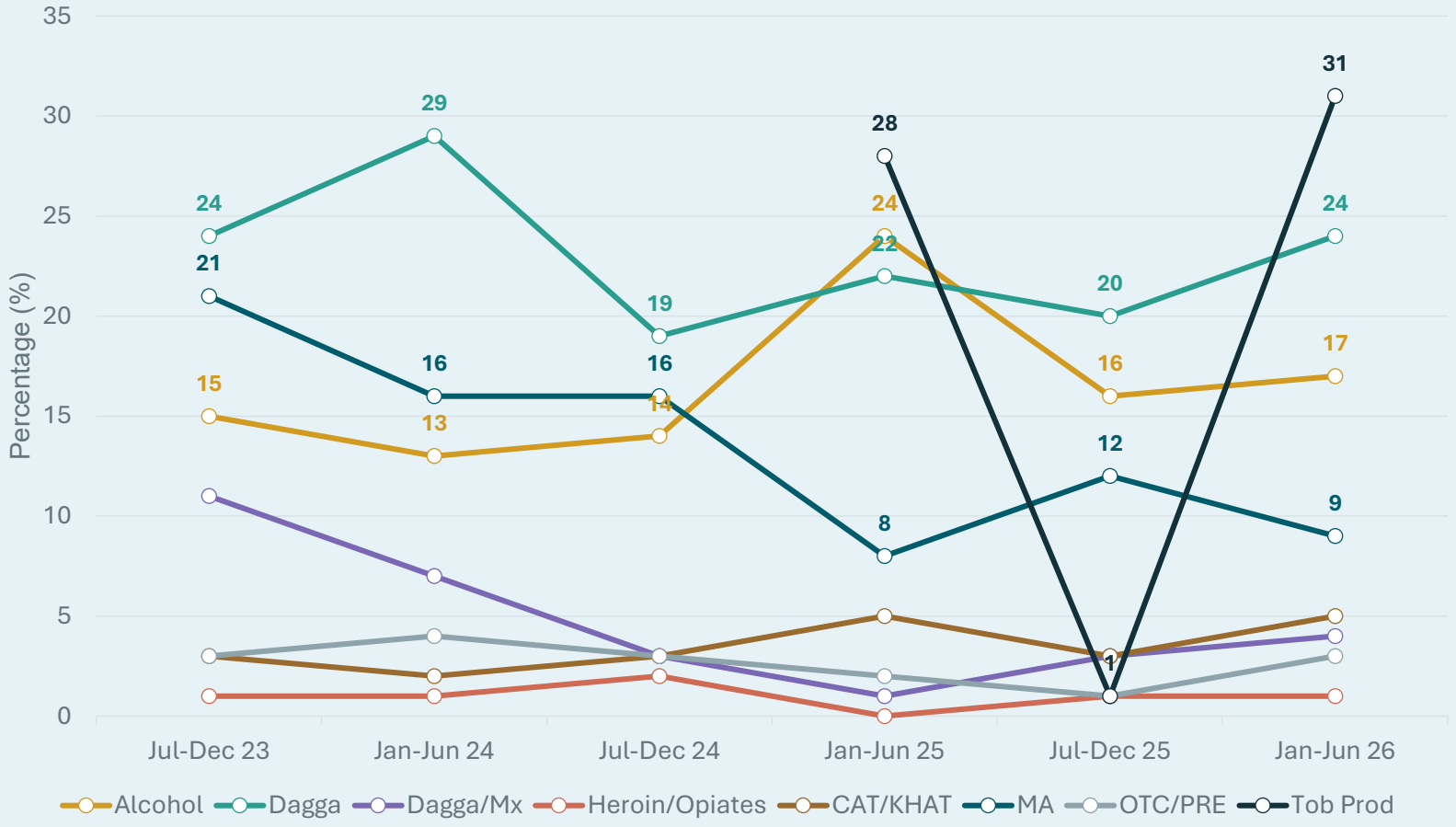



**Males dominate across substance variants**

$\chi^2 = 23.90$, df = 7 $p < 0.001$

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# Polysubstance use affects 57%




## Polysubstance use:

## 57% [51.8-61.8]

### Leading substances

Jan–Jun 2026

**31% Tobacco products**
**24% Dagga**
**17% Alcohol**

### Change since Jul–Dec 2023

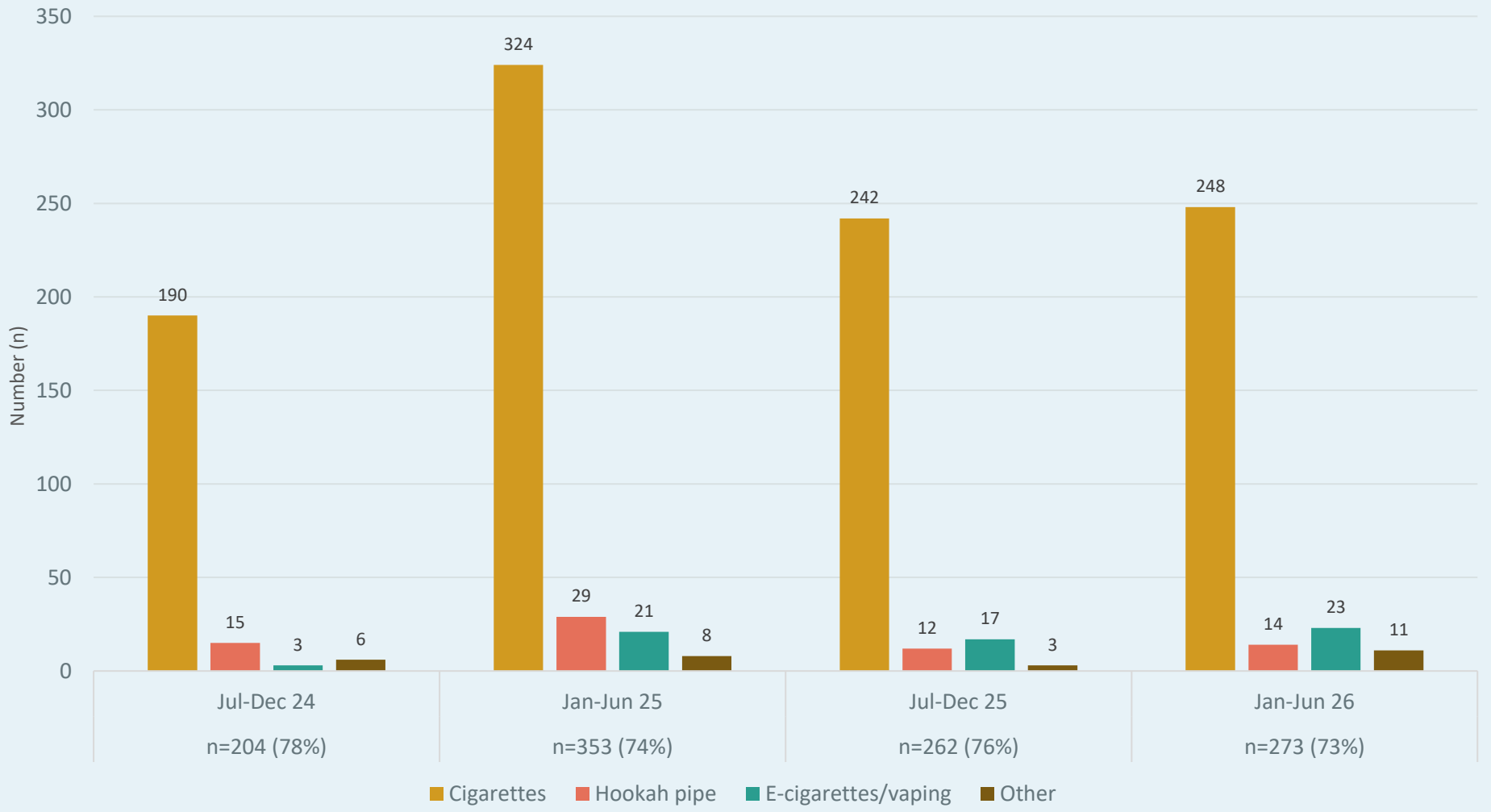
Dagga: 0 pp
Alcohol: +2 pp
Methamphetamine: −12 pp

pp = percentage points. Tobacco products reported from Jan–Jun 2025.

# Overall use of tobacco products

## n=273, 73%

CI: [68.6%-77.6%]

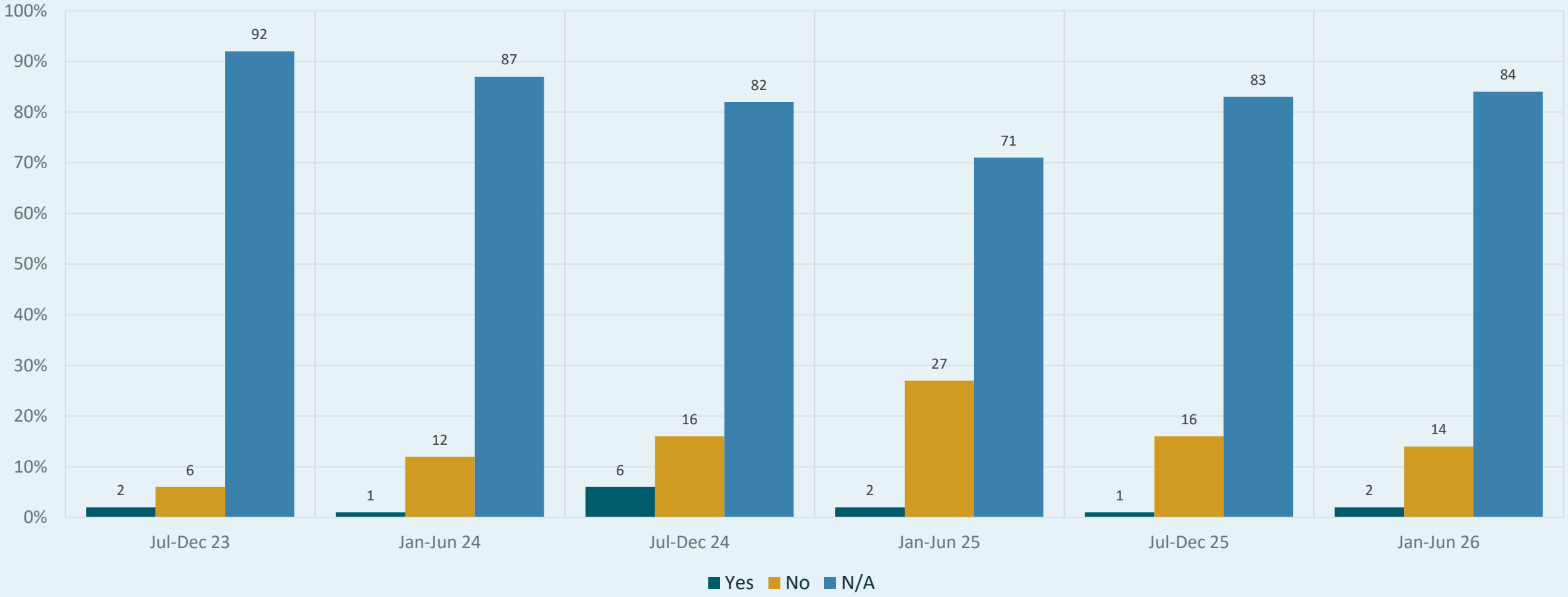


# Codeine use is concentrated among men, with 18 clients identified

| Profile of Individuals who use Codeine (n=27, 7%) | Number (n) |
|---|---|
| *Gender:* | |
| Males: Females | 18:9 |
| *Ages:* | |
| 15-19 years | 5 |
| 50-54 years | 5 |
| 45-49 years | 4 |
| *Employment status:* | |
| Employed (FT) | 12 |
| *Codeine product:* | |
| First product: tablets, followed by syrup<br>Second product: tablets | |
| *Type of codeine-containing medication:* | |
| Adcodol, Stilpane, Mybulen, Genpayne, Astrapain → Tables | |
| Lenazine → Syrup | |

# 2% reported substance use during pregnancy

N = 8



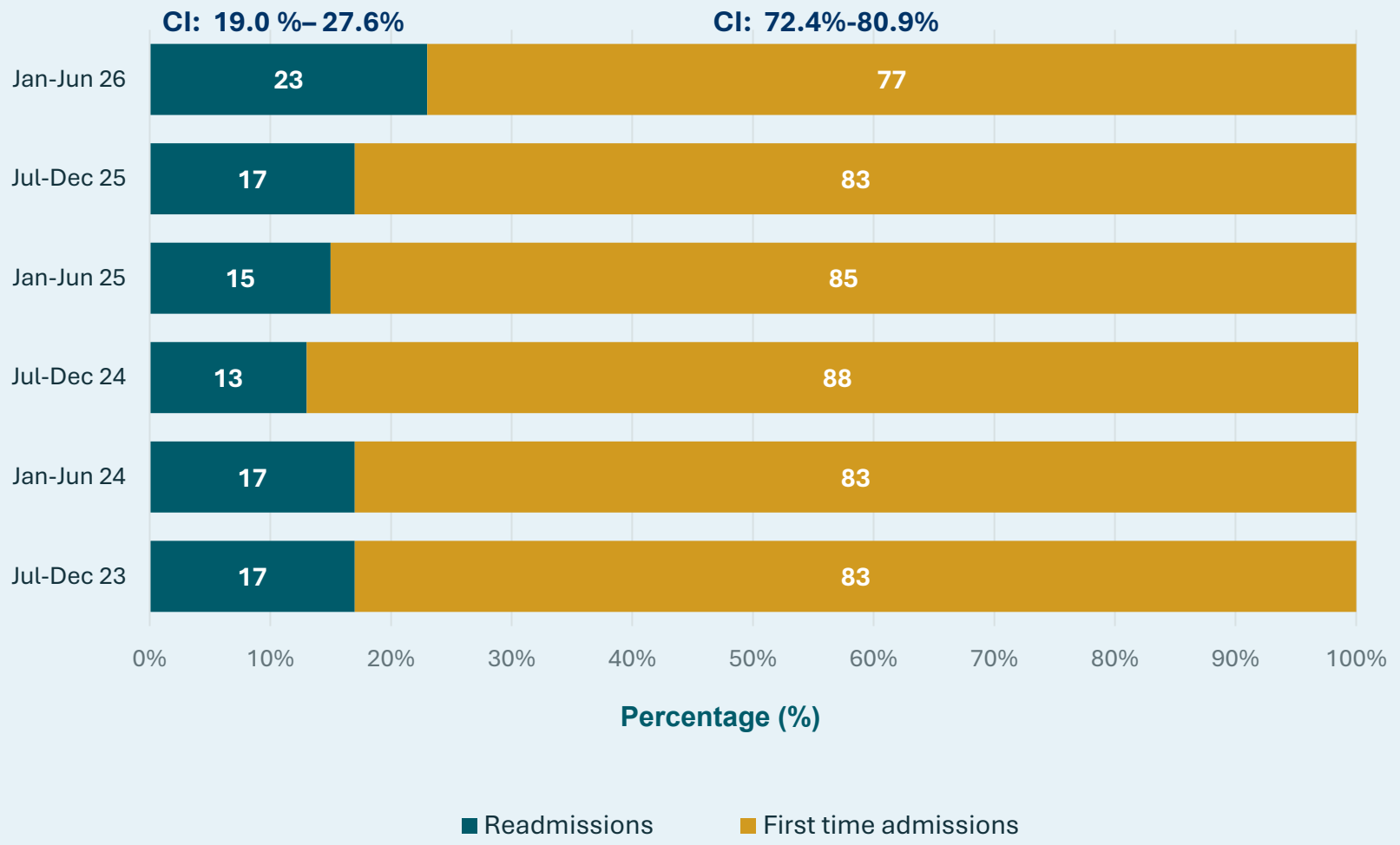
03

SECTION

# Prior treatment

Readmission patterns and prior treatment exposure

# Readmissions account for 23% of admissions




## Readmission episodes

| Episodes | n |
|---|---|
| 1-2 times | 75 |
| 3-5 times | 8 |
| >10 | 3 |

## Tx Type

| Service users | n |
|---|---|
| Inpatient | 79 |
| Outpatient/Community-based | 6 |
| Detox | 3 |

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# Alcohol-related readmissions rose to 52%

| | Jan-Jun 24 | Jul-Dec 24 | Jan-Jun 25 | Jul-Dec 25 | Jan-Jun 26 |
|---|---|---|---|---|---|
| Alcohol | 47 | 31 | 44 | 53 | 52 |
| CAT/KHAT | 7 | 9 | 6 | 2 | 5 |
| MA | 10 | 11 | 13 | 16 | 16 |
| Dagga | 19 | 20 | 23 | 26 | 15 |
| Dagga/Mx | 5 | 9 | 3 | 0 | 5 |
| Crack/Cocaine | 5 | 6 | 6 | 2 | 3 |
| Heroin/Opiates | 3 | 3 | 0 | 2 | 1 |
| Inhalants | 2 | 0 | 0 | 0 | 0 |
| OTC/PRE | 0 | 9 | 0 | 0 | 2 |
| Tobacco Products | 2 | 0 | 0 | 0 | 2 |

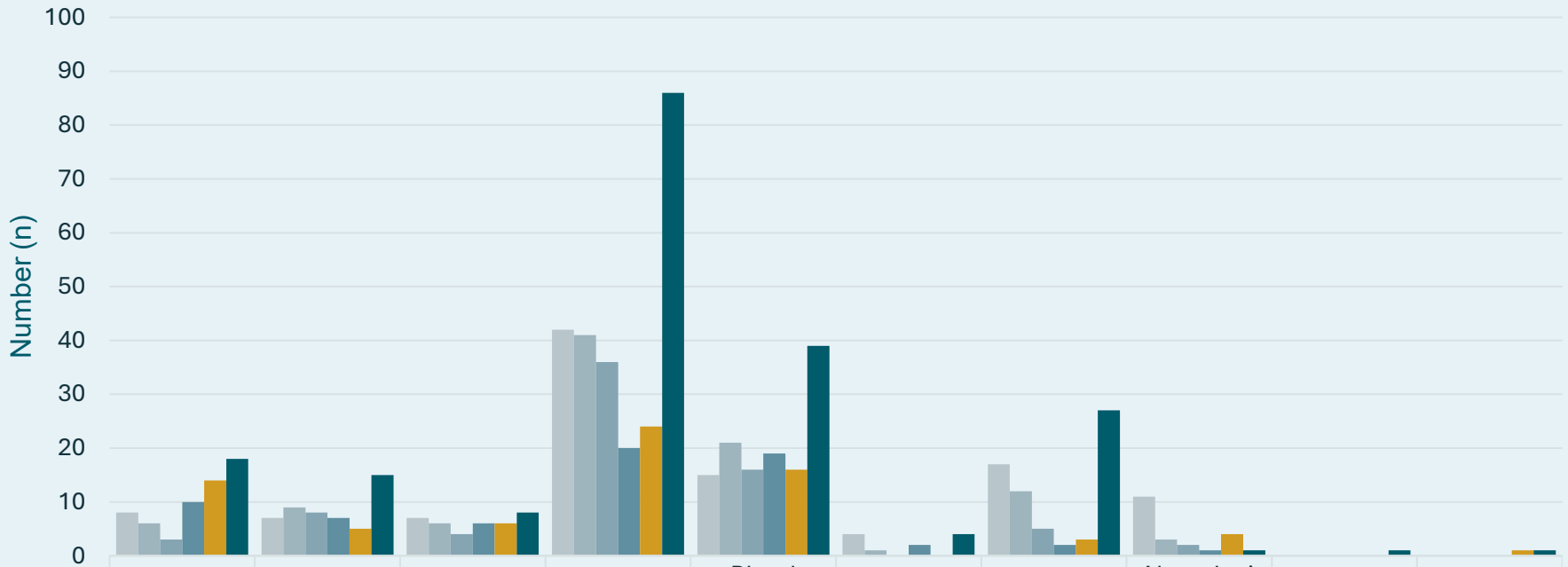


03

HEALTH CONSEQUENCES

# Health impacts extend well beyond treatment

# Mental health is the most frequently reported NCD




| | CVD | Respiratory Disease | Diabetes | Mental Health | Blood Pressure Problems | Liver Disease | GIT Disease | Neurological Disease | Hepatitis | Cancer |
|---|---|---|---|---|---|---|---|---|---|---|
| Jul-Dec 23 | 8 | 7 | 7 | 42 | 15 | 4 | 17 | 11 | 0 | 0 |
| Jan-Jun 24 | 6 | 9 | 6 | 41 | 21 | 1 | 12 | 3 | 0 | 0 |
| Jul-Dec 24 (23%) | 3 | 8 | 4 | 36 | 16 | 0 | 5 | 2 | 0 | 0 |
| Jan-Jun 25 (26%) | 10 | 7 | 6 | 20 | 19 | 2 | 2 | 1 | 0 | 0 |
| Jul-Dec 25 (22%) | 14 | 5 | 6 | 24 | 16 | 0 | 3 | 4 | 0 | 1 |
| Jan-Jun 26 (40%) | 18 | 15 | 8 | 86 | 39 | 4 | 27 | 1 | 1 | 1 |

**40%**

reported an NCD

**CI: 34.8%-44.8%**

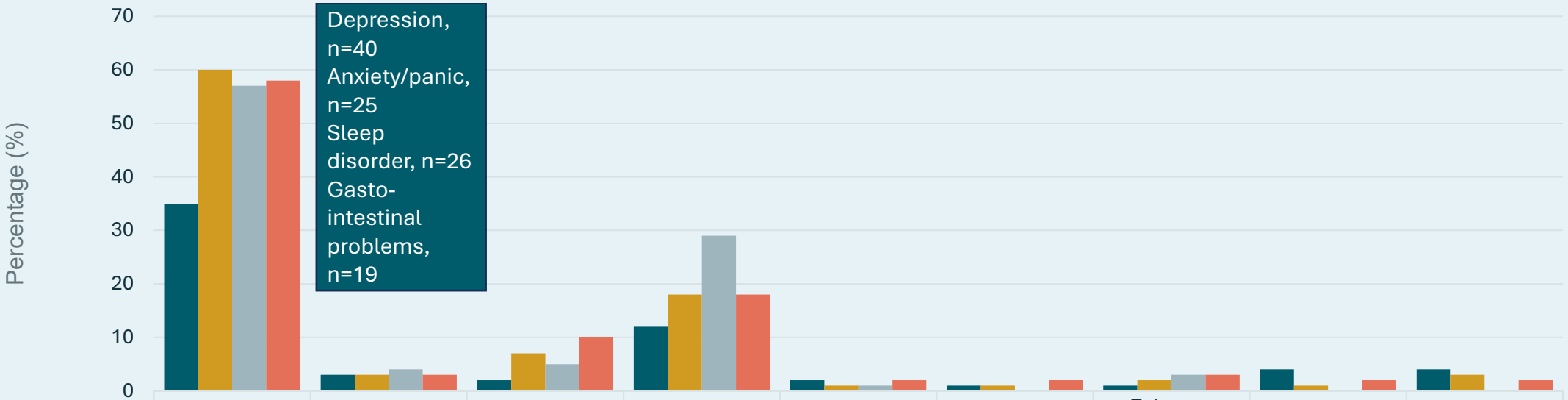
**Jan–Jun 2026 detail**

**Mental health**
Depression n=66
Anxiety/Panic disorders n=37
Suicidality n=20
Sleep disorders n=38

**Blood pressure**
Hypertension n=22
Hypotension n=17

**GIT disease**
Heartburn n=13
Gastro/duodenal ulcer n=11

# Reported NCDs by primary substance




| | Alcohol | CAT/KHAT | MA | Dagga | Dagga/Mx | Heroin/Opiates | Tobacco Products | OTC/PRE | Crack/Cocaine |
|---|---|---|---|---|---|---|---|---|---|
| Jul-Dec 24 | 35 | 3 | 2 | 12 | 2 | 1 | 1 | 4 | 4 |
| Jan-Jun 25 | 60 | 3 | 7 | 18 | 1 | 1 | 2 | 1 | 3 |
| Jul-Dec 25 | 57 | 4 | 5 | 29 | 1 | 0 | 3 | 0 | 0 |
| Jan-Jun 26 | 58 | 3 | 10 | 18 | 2 | 2 | 3 | 2 | 2 |

JUL–DEC 2025 TO JAN–JUN 2026

## Cannabis-related reports: 29% to 18%

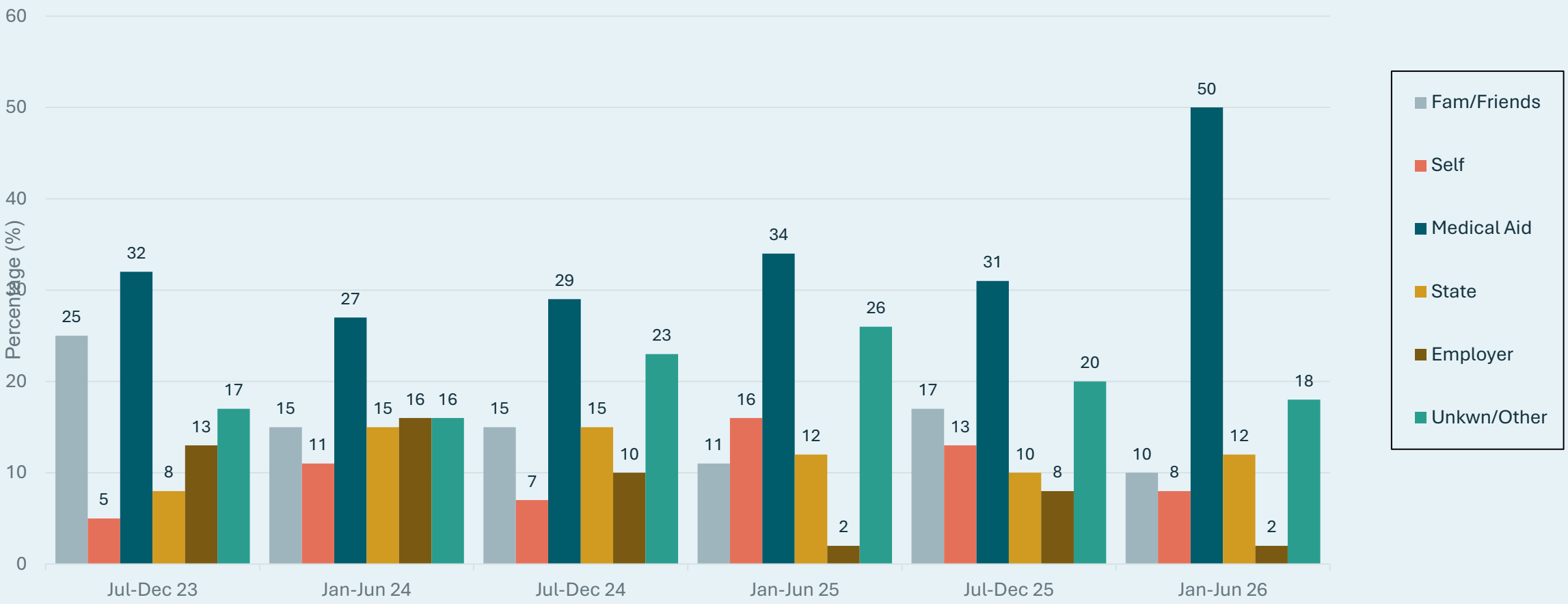
WHEN LAST SEEN A DOCTOR (%)

**83%**
< 2 yrs ago

**12%**
2–5 yrs ago

**5%**
> 5 yrs ago

# Medical aid remains the leading payment source at 50%



# 04

PERSONS ≤18 YEARS

# Under-18 admissions need focused prevention and care

# 62 adolescents entered treatment; 17% of all service users

**17%**

of all service users were aged 18 and under

**–7% from Jul–Dec 2025**

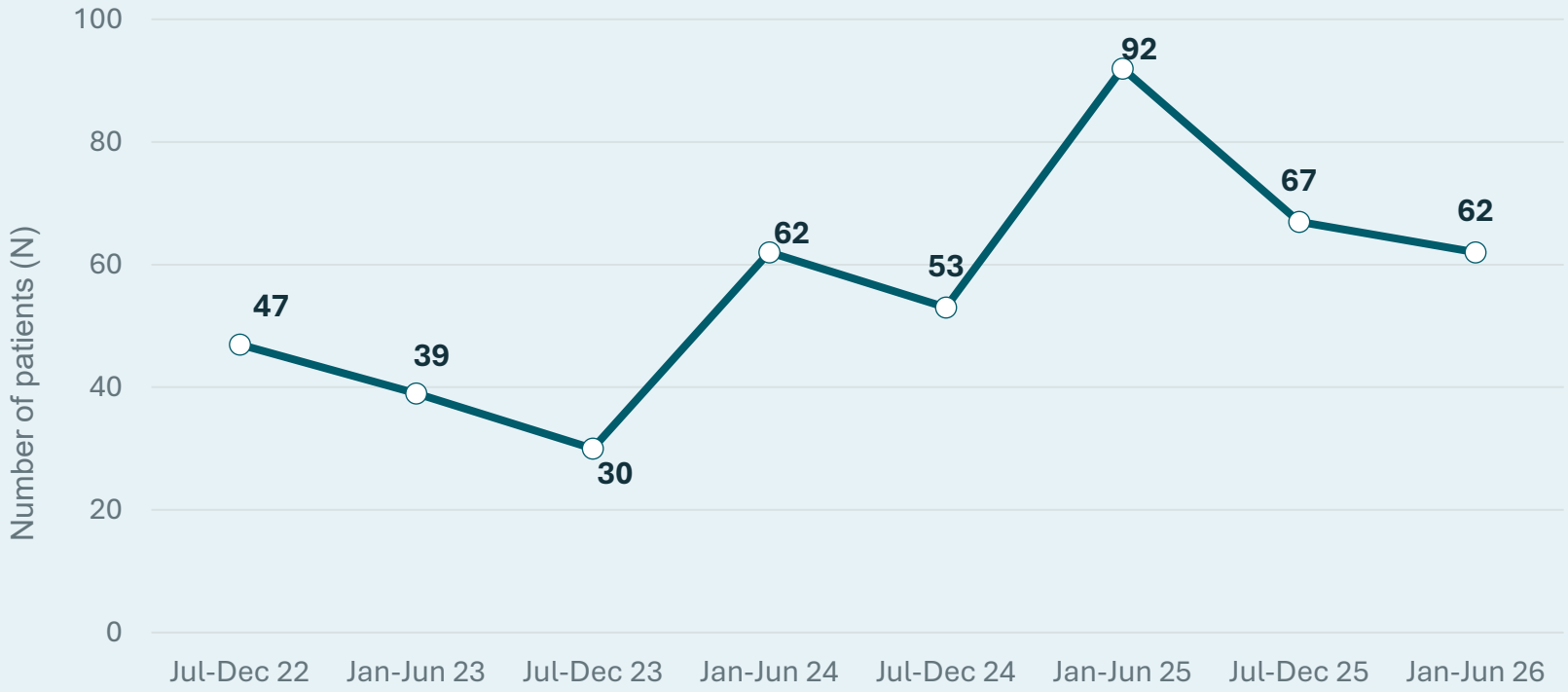
CI: –34% to +31%

**OVERALL CHANGE**

**+32%**

since Jul–Dec 2022
15 more service users (47 to 62)

**From Jul–Dec 2025 to Jan–Jun 2026: 67 to 62 (–5)**



# Females account for 29% of adolescent admissions

## Males: 71%

Jan–Jun 2026

## Females: 29%

Jan–Jun 2026

### OVERALL CHANGE

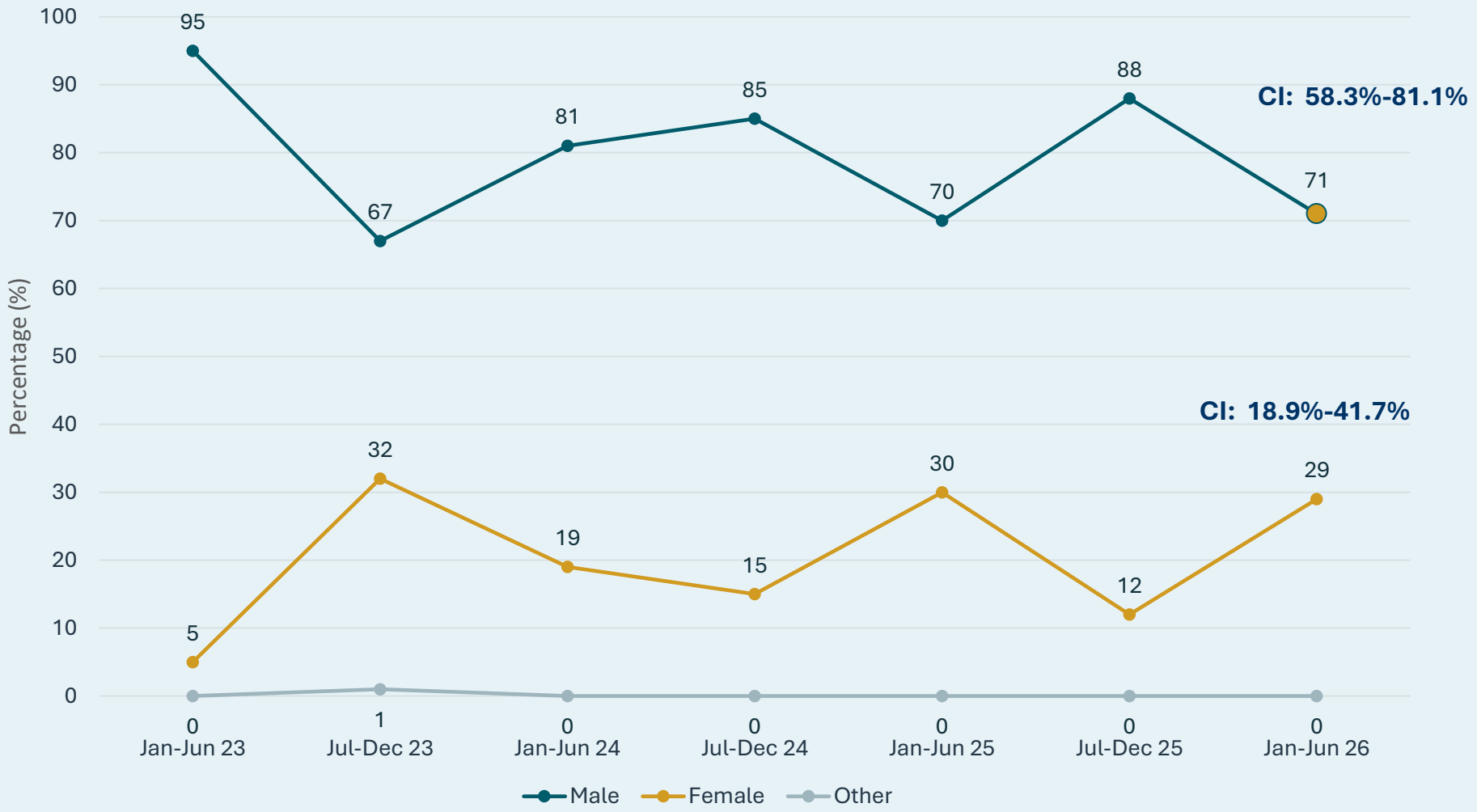
Jan–Jun 2023 to
Jan–Jun 2026

**Males: −24 pp**

**Females: +24 pp**

### JUL–DEC 2025 TO JAN–JUN 2026

Males −17 pp | Females +17 pp



# Cannabis dominates adolescent admissions, drops to 52%

## Top 3 substances

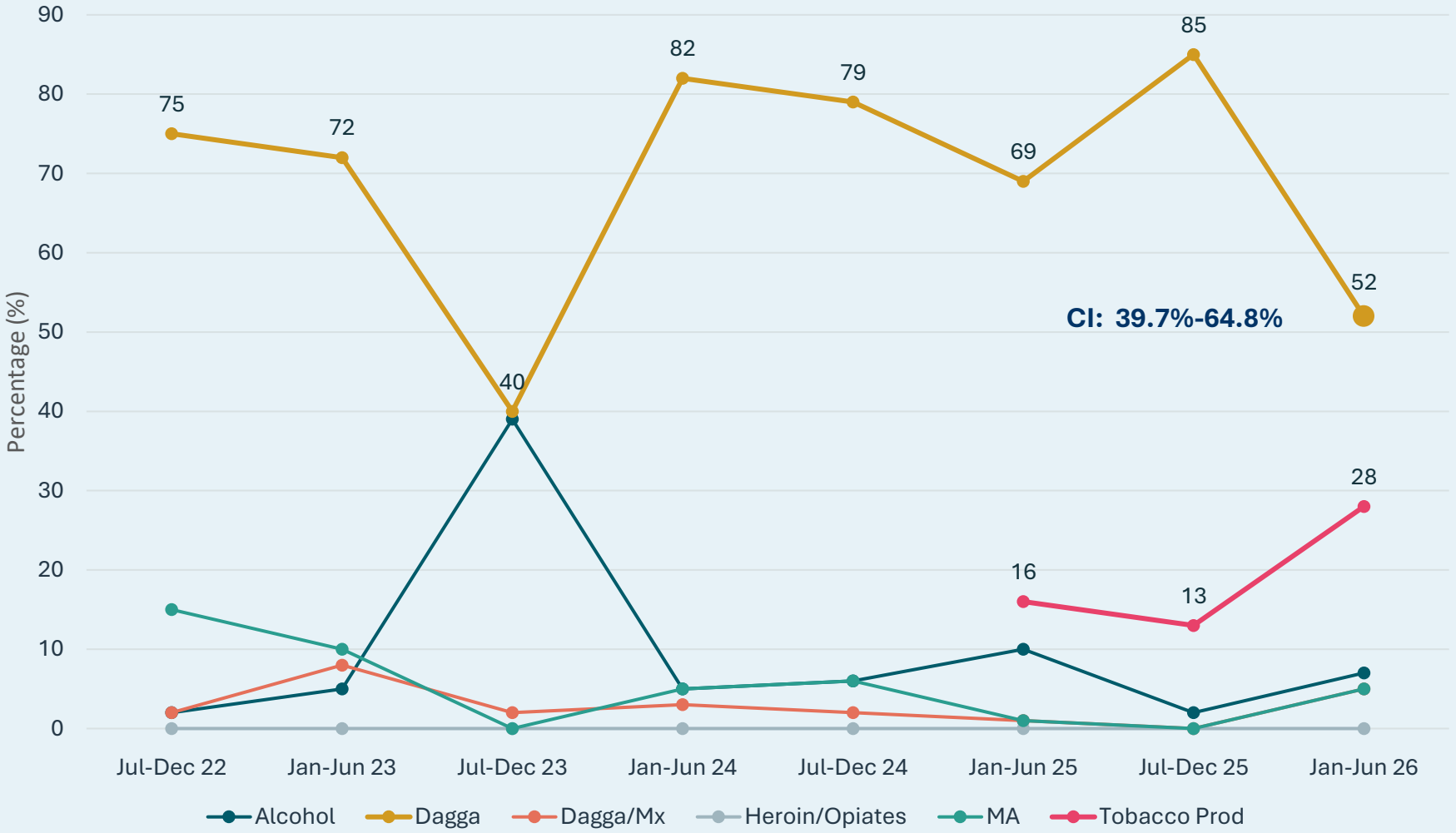
Dagga **52%**

Tobacco Prod **28%**

Alcohol **7%**

JUL–DEC 2025 TO JAN–JUN 2026

**Cannabis: 85% to 52%**



# Tobacco products lead adolescent secondary substance use at 39%

**66%**

of adolescent reported a secondary substance

**CI: 54.3%-77.9%**

## Top 3 substances

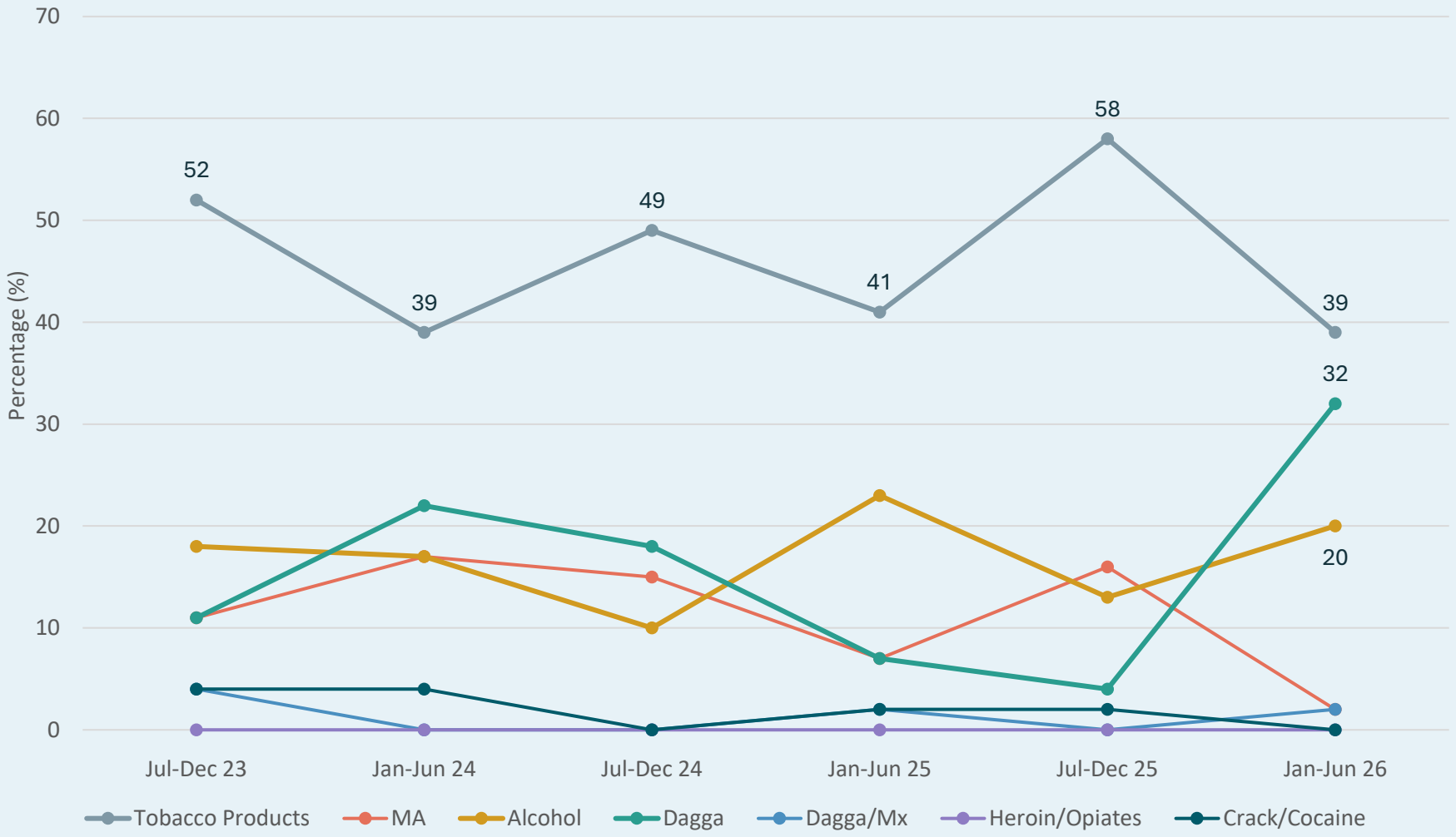
Tobacco products **39%**

Dagga **32%**

Alcohol **20%**

**JUL–DEC 2025 TO JAN–JUN 2026**

**Tobacco: 58% to 39%**



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# Central Region treatment patterns

## PROFILE & ACCESS

- Admissions rose from 344 to 373 (+8%). Men accounted for 78% of admissions.
- Unemployment rose to 46%, up from 33%. Employment fell to 32%.
- Admissions were 98% voluntary and 77% first-time. Medical aid funded 50%, up from 31%.

## CARE & TIMING

- Previous HIV testing was 70%, little changed from 71%. Willingness to test fell from 31% to 22%.
- Family and friends led referrals at 29%. Employer and social welfare each accounted for 18%.
- Cannabis initiation averaged age 16. Mean admission–initiation age gaps: alcohol 19 years and cannabis 8 years.

## SUBSTANCE PATTERNS

- Primary use: alcohol 44%, cannabis 24% and methamphetamine 14%. Cannabis fell from 33%.
- Tobacco products led secondary use at 31%, followed by cannabis (24%) and alcohol (17%).
- Readmissions were 23%, up from 17%. Alcohol made up 52% of readmissions; cannabis 15%.

## HEALTH & YOUTH

- Mental health (n=86) and blood pressure (n=39) led reported NCDs. Substance use in pregnancy: 2%.
- Ages 18 and under: 62 admissions (17%), down from 67. Boys made up 71%.
- Youth primary use: cannabis 52%, down from 85%. Tobacco led secondary use at 39%.

# Evidence base


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# Thank you

Baie dankie • Enkosi kakhulu • Ngiyabonga

