

**Report Second Stakeholders Meeting
Lake Victoria Component
Ridar Hotel, Seeta – Mukono, Uganda, 16th July 2010**

Workshop report

Bakunda, A.

Fisheries and HIV/AIDS in Africa: Investing in Sustainable Solutions



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1.0 INTRODUCTION

Under the regional programme “*Fisheries and HIV/AIDS in Africa: Investing in Sustainable Solutions*”, the Department of Fisheries Resources (DFR) in Uganda was tasked to provide institutional support through organizing stakeholders meetings for the Lake Victoria Component, comprising Tanzania, Kenya and Uganda.

The overall programme objective is to strengthen the capacity of the people and agencies in the region to develop practical, coordinated and sustainable solutions to enhance the contributions of fish and fisheries to economic and human development. The specific objective is to build strategic responses to HIV/AIDS in the fisheries sector that generate benefits for vulnerable groups in wider society.

This report outlines the third and last stake holders meeting under the programme, held in the Ridar Hotel, Seeta in Mukono on 16th July 2010. See **Annex 1** for the Meeting Programme.

1.1 Objectives of the meeting

The objectives of this final stakeholder meeting were:

- a) Present and review final results of the study by Researchers from the Department of Food Science of Makerere University;
- b) Stakeholders proposing activities and agree upon follow-up actions.

1.2 Meeting Stakeholders

The meeting was attended by stakeholders from Kenya, Tanzania and various institutions from Uganda, including the Ministry of Agriculture Animal Industry and Fisheries (MAAIF), Department of Fisheries Resources (DFR), Uganda AIDS Commission (UAC), Lake Victoria Fisheries Organization (LVFO), National Fisheries Resources Research Institute (NaFIRRI), Makerere University, Mukono Local Government, and Fishing community representatives from Beach Management Units (BMUs) of Kiyindi, Kiko, Mubaale, Munyama and Zinga where data was collected. See **Annex 2** for the attendance list of the meeting.

1.3 Welcome Remarks

Mr. Aventino Bakunda, the DFR Project collaborator, made welcome remarks including a brief background of the project, accomplished activities of the project and the objectives of the third stakeholders meeting. See **Annex 3** for details.

2.0 OFFICAL OPENING

The meeting was officially opened by Dr. Mwanja W. Wilson, the Commissioner for Fisheries, Uganda. In his opening remarks he welcomed the stakeholders to the meeting. He recognized the presence of Tanzanian and Kenyan participants and appreciated their efforts to attend all the stakeholder meetings, as agreed at planning stage.

He thanked the WorldFish Center and the donors of the regional programme *Fisheries and HIV/AIDS in Africa: Investing in Sustainable Solutions* for realizing that there is still a lot to be done to prevent HIV infection and spread among fishing communities and thereby suggesting a series of assessments to generate information to back up appropriate interventions.

The Commissioner proceeded to highlight the drivers of high HIV prevalence rates among fishing communities and said that these drivers are very dynamic hence need constant research to come up with relevant and timely solutions to HIV and AIDS scourge. Finally, he thanked the Department of Food Science and Technology of Makerere University for having undertaken their study, and the fishing communities for their active participation in the study and providing vital information. See **Annex 4** for the full Opening Remarks by the Commissioner for Fisheries, Uganda.

3.0 PRESENTATION OF RESEARCH RESULTS

3.1 Low-value fish products marketed in Lake Victoria Region

Dr. Margaret Kabahenda, the lead consultant from the Department of Food Science and Technology of the Makerere University, presented the first part of the research findings. She highlighted the relationship between Nutrition and HIV/AIDS:

- Households affected by HIV/AIDS are often food insecure.
- Nutrient deficiencies can shorten survival.
- Diet with adequate nutrients reduces the risk of infections, improves response to drugs, and shortens hospital stay.

Dr. Kabehenda outlined the importance of fish in health as a major source of animal protein, essential vitamins and minerals and fat - omega 3 fatty acids with medicinal properties (nutraceutical). She emphasized the health benefits of Omega-3 Fatty Acids:

- Improving cardiovascular health;
- Reducing risk for abnormal blood clotting;
- Reducing circulating blood triglycerides;
- Reducing inflammation and hardening of arteries;
- Improving relaxation of blood vessels → mildly reducing blood pressure.

Dr. Kabahenda furthermore pointed out the purpose of the research; to determine the impact of post-harvest handling and processing on nutrient composition of low-value fish products. To this respect, she described the research methods used and the study areas:

- Literature review literature on low-value fish products in Lake Victoria region;
- Focus group discussions with women processing *mukene* (Kiyindi);
- Interviewing key informants: Mukene fishermen at Kiyindi (Mukono district) and islands, Low-value fish processors;
- Field visits to the islands in Lake Victoria (Munyama, Zinga, Chiko, Bugaya, and Ndotwe) and Landing sites - Kiyindi and Ggaba Processors/traders in food markets - Busega, Katwe, and Kalerwe;

- Observations of processor/trader activities (on the islands, landing sites, food markets);
- Collecting low-value fish product samples from landing sites and markets to determine nutritive value: crude protein, crude fat, iron, calcium, zinc, and fatty acid profile (DFST & UIRI).


The term “**low-value fish produce**” in this study was defined as: *fish species or fish products with low commercial value and which cannot attract foreign market because of; low product quality, small size, low consumer preference or being by-products from filleting operations.*




The study found the most common low-value fish products marketed in Lake Victoria region to include the following:



1. By-products from Nile perch processing;
2. Dried *Rastrineobola. argentea* (also called Mukene, Dagaa, or Omena);
3. Juvenile fish from indiscriminate fishing (especially in islands);
4. Some high-value products down-graded due to poor handling and processing (factory rejects).

Dr. Kabahenda provided an overview of the low value fish products analyzed during the study, including heads (fresh, salted, boiled), frames (fresh, deep fried), skins (fresh, deep fried, boiled and deep fried), Mukene, (deep fried).

Table 1: Summary of the common Low-Value fish products marketed in Lake Victoria Region

Low-Value Fish Products	Example	Remarks
<p>Frames / skeletons (locally called <i>Fille</i>)</p>		<ul style="list-style-type: none"> • Constitute 40-43% of total fish weight • Major product traded in regional markets <p><i>Concerns:</i></p> <ul style="list-style-type: none"> ➤ Filleting techniques improved; frames are getting bonnier ➤ Smaller fish being caught ➤ Poor handling compromises nutritional value

<p>Skins</p>		<ul style="list-style-type: none"> • Mature skins are scarce; they are tanned into leather. • Some skins exported to Portugal and Italy for making glue. • Immature skins used for direct human consumption. • Nile perch skins are de-scaled and rolled. • Smoked mostly for export. • Deep fried – for local market. • Direct consumption still limited.
<p>Trimmings</p>		<ul style="list-style-type: none"> • Molded in flour and deep fried in perch oil. • On the Ugandan side of the Lake, fish balls (20-25 grams) sell for UShs.100 (about US\$ 0.06). <p><i>Key attributes:</i></p> <ul style="list-style-type: none"> ➤ Highly divisible, hence potential to improve food security of low-income groups. ➤ There are many high-value products that can be developed from trimmings.
<p>Roe</p>		<p><i>Processing:</i></p> <ul style="list-style-type: none"> • Mostly deep fried or smoked and sold in local markets • Smaller eggs (including tilapia's) are sun-dried and sold to the DRC together with other dried fish products <p><i>Nutritive value:</i></p> <ul style="list-style-type: none"> • Rich in protein, essential fatty acids, and minerals (especially zinc).

<p>Factory Rejects</p>		<ul style="list-style-type: none"> • Most fish is rejected by filleting factories because of: <ul style="list-style-type: none"> - Heavy bruising from rough handling while removing from nets, throwing on unpadded canoe bottom, and force used to throw on auction slabs. - Spoilage due to inefficient cold chain. - Oversized - Nile perch of more than 40 kg. • Fish products rejected at the filleting stage (Spoilt whole fish) is sold to artisanal processors. • On the Ugandan side of Lake Victoria, fresh pieces of Nile perch (often factory rejects) are sold fresh or deep fried: 1 cube (25-30 grams) is sold at UShs.100 (US\$ 0.06). An average consumer buys 5-10 pieces but some consumers buy as few as 1-2 pieces. <p><i>Threats to access:</i></p> <ul style="list-style-type: none"> ➤ Most raw products start off spoilt. ➤ Handling compromises quality. ➤ Mature fish is expensive – may not contribute to food security of groups susceptible to malnutrition.
<p>Mukene (or Dagaa, or Omena)</p>		<ul style="list-style-type: none"> • <i>Rastreneobola argentea</i> (locally called Mukene) production is increasing on Lake Victoria but is still under fished. • Processing methods are still crude. • Weather-dependent, sun-drying on ground. • Not attracting good international markets. • Lucrative regional markets threaten access by local communities.

3.2 Nutritional Analysis of Low Value Fish Products

Mr. Gaston A. Tumuhimbise from the Department of Food Science and Technology, Makerere University, presented the second part of the research findings. He briefly described the methods used to analyze the low value fish products sampled in the study. Samples were collected from landing sites and markets to determine their nutritive value in terms of Crude protein, Crude fat, Iron, Calcium, Zinc and Fatty acid profile. Analysis was done at DFST & UIRI labs and a quantification of low value fish product samples is summarized in table 2 below.

Table 2: Quantification of low value fish product samples

Sample	Weight	Edible portion		Price
		Weight	#Servings	
Head (fresh)	1516 g	700	3-7	UShs. 3,000-3,500 /kg
Frames (fresh)	1125 g	710	3-7	
Skin (fresh)	N/A	540	2-5	UShs.100-300; free at Ggaba
Mukene	N/A	N/A	N/A	UShs.2,000-3,000 /kg
Head (deep fried)	1130	610	2-6	UShs. 3,000-3,500 each
Frame (deep fried)	460	120	1.5	UShs. 1,000-2,000 each
Skin (salted)	N/A	510	2-5	UShs. 500 each
Skin deep fried &boiled	N/A	400	2-4	N/A
Head deep fried & boil	920	600	2-6	N/A
Head, salted				UShs. 3,500 /kg

3.2.1 Key Results

Key results on nutritive value of low value fish products in terms of Crude protein, Crude fat, Iron, Calcium, Zinc and Fatty acid were presented in a series of figures (below).

Figure 1: Moisture Content

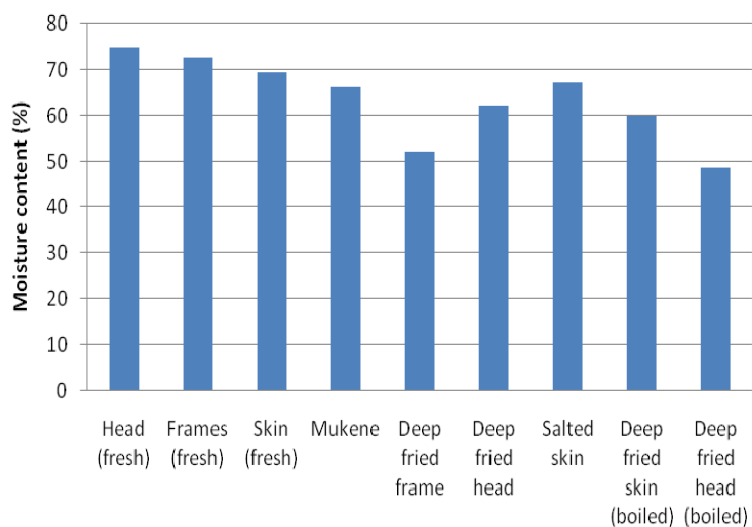


Figure 2: Fat Content

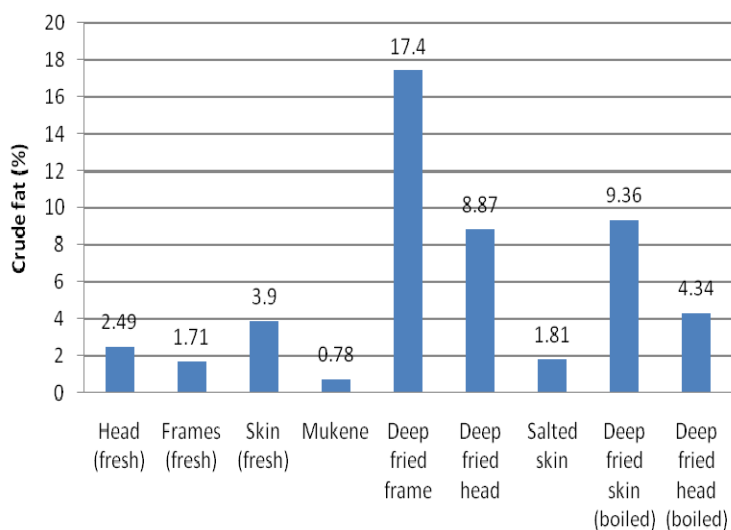


Figure 3: Protein Content

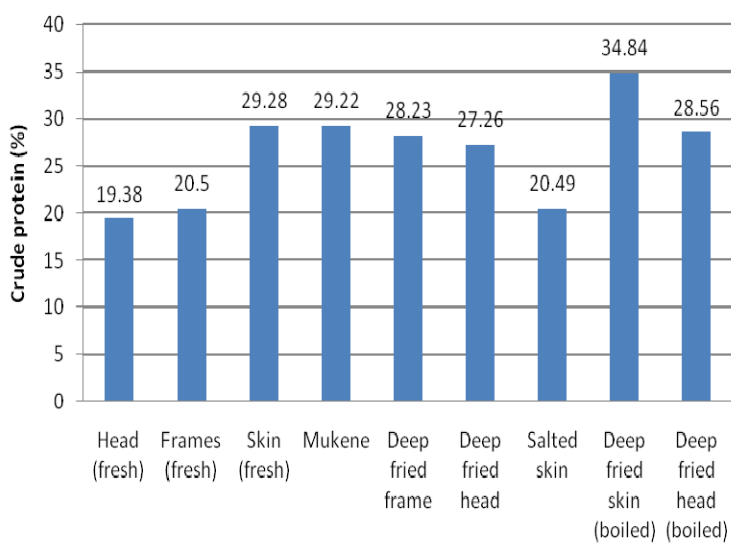


Figure 4: Iron.

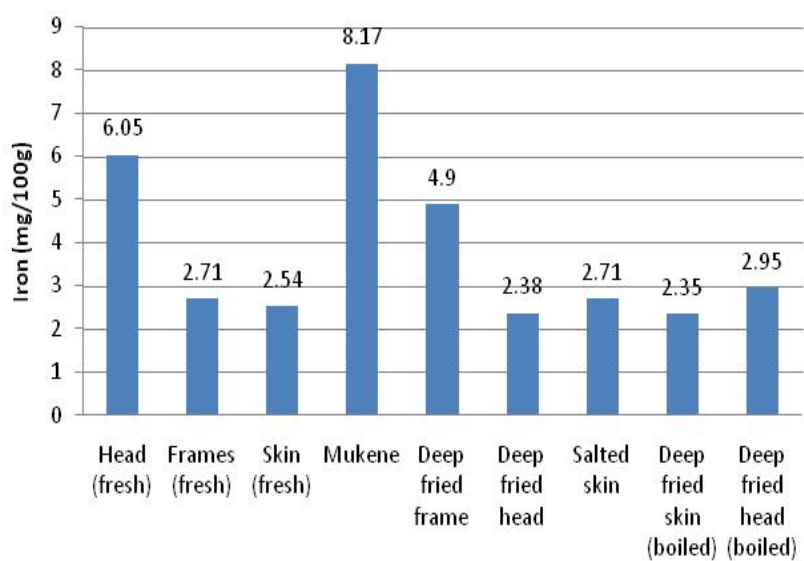


Figure 5: Zinc

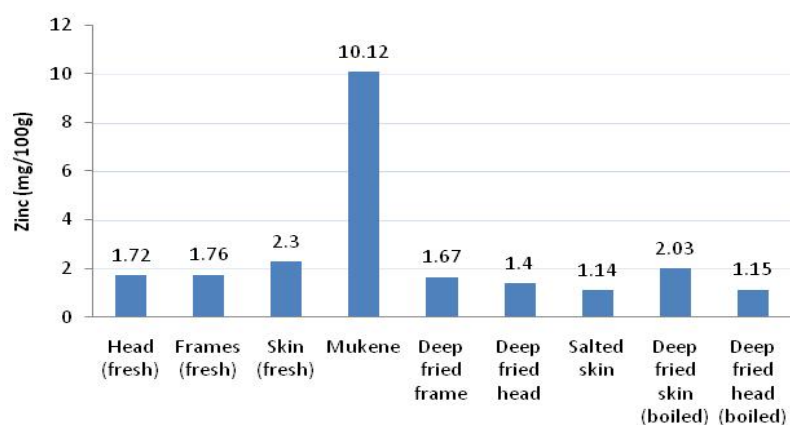
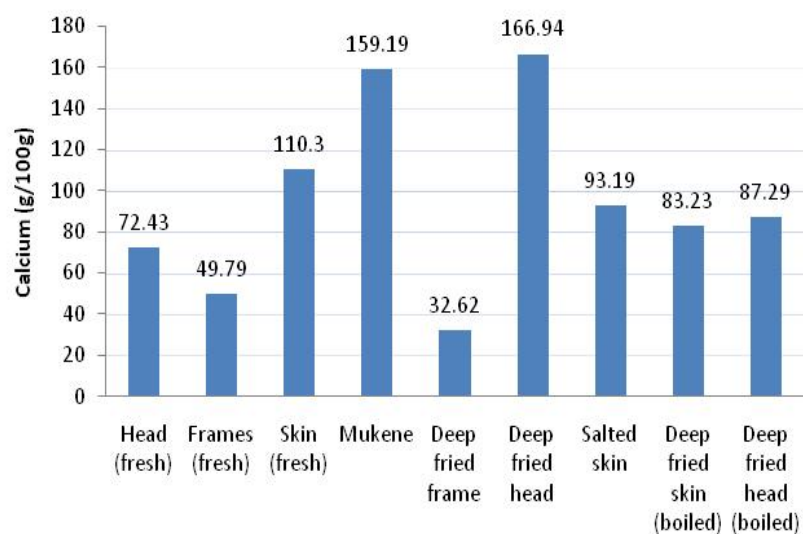


Figure 6: Calcium



The researchers proceeded with explaining the levels of macronutrients (Table 3) and micronutrients (Table 4) in different low value fish products sampled.

Table 3: Summary of macronutrients

Category	MC (%)	Crude fat (%)	Crude protein (%)
Head (fresh)	74.71 ± 0.75a	2.49 ± 0.90a	19.38± 1.77a
Frames (fresh)	72.58 ± 0.28a	1.71± 0.24a	20.51± 1.91a
Skin (fresh)	69.37 ±1.96b	3.9±0.21a	29.28± 2.40c
Mukene	66.18±0.03b	0.78±0.27a	29.23± 2.36c
Dp fd frame	52.17±1.37d	17.40± 1.82b	28.24±1.02c
Dp fd head	62.19±2.50e	8.87± 2.29c	27.26± 2.73d
Salted skin	67.12±1.08b	1.81±0.20a	20.49± 2.37a
Dp fd skin-boiled	59.88±0.49e	9.37±0.35c	34.84±3.11c
Dp fd headboiled	48.61±1.89d	4.34±0.59a	28.57±2.44c

Table 4: Summary of micronutrients

Category	Iron (mg/100g)	Zinc (mg/100g)	Calcium (g/100g)
Head (fresh)	6.05±3.26ab	1.72±0.09a	72.43± 40.70a
Frames (fresh)	2.71±0.31a	1.77±0.11a	49.79± 23.4a
Skin (fresh)	2.54±0.25a	2.31±0.07a	110.30±74.8a
Mukene	8.18±1.24b	10.12±0.57b	159.19±4.34a
Dp frd frame	4.91± 1.54a	1.67±0.11a	32.63±25.21a
Dp fd head	2.38± 1.15a	1.48±0.23a	166.94±61.04b
Salted skin	2.72± 1.26a	1.14±0.05a	93.19±37.61a
Dp fd skin-boiled	2.35±0.21a	2.03±0.15a	83.23±62.55a
Dp fd head-boiled	2.96± 1.22a	1.16±0.68a	87.29±73.38a

4. CONCLUSIONS

The presentation of this study was ended with the following conclusions:

- a) Low value fish products are of high nutritional quality;
- b) The high moisture content means low value fish products are susceptible to microbial spoilage;
- c) The protein content is particularly high in all the low value fish products analyzed;
- d) Simple processing procedures can preserve the low value fish products;
- e) Low value fish products contain high amounts of essential fatty acids (FAs), mainly omega-3 FAs;
- f) The proportions of omega-3 FAs, is high;
- g) *Mukene* had the highest amount of iron and calcium.

5. RECOMMENDATIONS

The above conclusions led the research team to formulate a set of recommendations for uptake by different stakeholders in Uganda and the Lake Victoria region:

- Advocacy should be carried out in concerned communities so that *mukene* products are adopted in the local diet as a source of micronutrients;
- Processing procedures such as salting and deep frying should be encouraged;
- Communities should be sensitized on proper handling of low value fish products;
- Although low value fish products had high protein content, there is need for further nutritional analysis, including determination of the amino acid profile;
- Awareness raising on combining low value fish products with other foods e.g. cereals to improve on energy values and acceptability (product development).

6. WAY FORWARD

A number of action points were proposed by stakeholders during the plenary discussion. In summary, the following interventions were agreed upon that should be supported during a possible next phase of the project component in the Lake Victoria region:

- Support development of infrastructure for value addition and quality assurance and safety of low value fish products;
- Support and promote and guide development and utilization of low value fish products among fishing communities to boost their immunity against opportunistic diseases;
- Support information dissemination on the importance of low value fish products in regard to food security and income generation;
- Promote institutional linkages to strengthen synergies, avoid duplication of efforts and ensure sustainability of interventions/solutions.

7. CLOSING

Mr. Wadanya Jackson, Assistant Commissioner for Fisheries at DFR Uganda, closed the meeting. In his closing remarks he stated that first phase of the regional programme *Fisheries and HIV/AIDS in Africa: Investing in sustainable Solutions* had been accomplished and had achieved its objective of obtaining information on low value fish products. He further said that this information should be used to design appropriate interventions to address HIV/AIDS in fishing communities. He emphasized that a possible next phase of the project should support transformation of the study results into practical solutions of addressing food insecurity and income enhancement among fishing communities. He urged stakeholders to take the findings of the study seriously and the recommendations made by the consultants should be implemented. He called upon the funders of the first phase of the project to support the next steps proposed by stakeholders.

He thanked the donors for their financial support, the WorldFish Center office in Lusaka for coordinating the project, and all the stakeholders for their active participation in the implementation of phase one project activities. With these remarks, the meeting was closed.

Annex 1

MEETING PROGRAMME

Fisheries and HIV/AIDS in Africa
A regional research-for development program by World Fish Center and FAO

Third Stakeholders Meeting
16th July 2010, Ridar Hotel Seeta, Mukono

Day 1: 15th July 2010		
Time	Activity	Responsible Person/Institution
	Participants Travel to Venue	Participants
Day 2: 16th July 2010		
08.00-09.00	Registration of Participants	DFR Secretariat
09.00 – 09.20	Welcome Remarks/ Self Introduction and Meeting Objectives	DFR Project Collaborator
09.20-10.00	Official Meeting Opening	Commissioner for Fisheries
10.00-10.30	Tea Break	Ridar Hotel
10.30 – 13.30	Presentation of Results	Consultants
13. 30 –14. 30	Lunch Break	Ridar Hotel
14.30 – 15.30	Discussion	All
15 30 – 16.30	Way Forward and Closing	Commissioner for Fisheries
16.30 – 17.00	Evening Tea and Departure	All

Annex 2

FISHERIES AND HIV IN AFRICA: INVESTING IN SUSTAINABLE SOLUTIONS

A Regional Research for Development Program by the WorldFish Centre and the FAO

ATTENDANCE LIST OF THIRD STAKEHOLDERS WORKSHOP 16TH JULY 2010, RIDAR HOTEL, SEETA MUKONO

SN	Name	Designation	Institution	Contact	
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23	Muzamiru Juma	BMU Chairman	Kiyindi BMU	0779294717	
24	Bitaathe Ronah	Fish processor	Zinga BMU		
25	Wandedeya Josephine	Fish Trader	Zinga BMU		

Fisheries and HIV/AIDS in Africa: Investing in Sustainable Solutions

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27	Kubula Esther	Fish Trader	Kiko BMU	0782243285	
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29	Salongo Gerigo	Fish Trader	Mubaale BMU		
30	Nankya Jennifer	Fish trader	Mubaale BMU	0772641223	
31	Nalubaale Rose	Fish Trader	Munyama BMU	0776591716	rosegwa@yahoo.com
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33	Khauka Robert	PAE	MAAIF	0772523654	
34	Dr. Kiconco Doris	PVO	MAAIF	0772344217	
35	Nsimbe Bulega	PFI	DFR	0752699347	
36	Bawaye Sarah	FI	DFR	0772668626	
37	Rukunya Edward	SFO	DFR	0772423279	edwardrukunya@yahoo.com
38	Omanyi Paul	FI	DFR	0772630661	
39	Habimana Deo	News Reporter	Uganda Broadcasting Corporation		
40	Tomusange Tom	News reporter	New Vision		
41	Nassuna Jennifer	News Reporter	National Television		
42	Byenkya Denis	News Reporter	WBS Television		
43	Komunda Noel		Makerere University		
44	Candiru Susan		UAC		
45	Tumusiime Jennifer		UAC		
46	Ibrahim Kisule	Journalist	Vision Group		
47	Kimera James	BMU Secretary			

Annex 3

FISHERIES AND HIV/AIDS IN AFRICA: *INVESTING IN SUSTAINABLE SOLUTIONS* - Lake Victoria Component

By Mr. Bakunda, Aventino - DFR Project Collaborator

1. Background

- A three-year collaborative regional research project managed by the WorldFish Center and the FAO expected to end by March 2010.
- Implemented in six major commercial fishing zones where there is significant migration of fishers and fish traders namely;
 - i. Lake Victoria corridor: linking Tanzania, Kenya and Uganda
 - ii. Nacala corridor: linking Northern Mozambique, Malawi and Zambia
 - iii. North - South corridor: linking Zambia and DRC
 - iv. Abidjan – Lagos corridor: linking Ivory Coast, Ghana, Togo, Benin and Nigeria
 - v. Cameroon's Marine fisheries: with migrant fishers and traders from West and Central Africa
 - vi. Lake Chad basin: linking Niger, Chad, and Cameroon with migrant fishers from West and Central Africa.
- WorldFish Center is the responsible agency for East and Southern Africa implementing the planned activities through national and sub-regional partners.
- Financed by the Swedish International Development Cooperation Agency (SIDA) and the Norwegian Ministry of Foreign Affairs through their joint Regional Programme on HIV/AIDS in Africa.
- Project Objective;
 - To Strengthen the capacity of the people and agencies in the region to develop practical, coordinated and sustainable solutions to enhance the contributions of fish and fisheries to economic and human development.
 - ✓ Specifically, building strategic responses to HIV/AIDS in the fisheries sector that generate benefits for vulnerable groups in wider society.

2. ACCOMPLISHED ACTIVITIES TO DATE:

2.1 Project Inception Meeting

- a. WorldFish Centre held a two day meeting for the implementing partner states and agencies from 24th to 25th September 2007 in Lusaka, Zambia.
- b. The objectives of the meeting were;
 - i. Create shared understanding of the project objectives and processes
 - ii. Develop understanding of research priorities and potential impact pathways
 - iii. Agree on common communication and dissemination frame work
 - iv. Develop clear understanding of next implementation steps

2.2 Under Eastern African Zone (Lake Victoria Component)

- a) National Planning Workshop was held on 13th -14th November 2007, Entebbe and research streams identified and agreed upon.
- b) First Stakeholders meeting to kick start research activities was held on (6th June 2008 at Kiyindi Landing site, Mukono district)
- c) Second Stakeholders meeting was held on 4th December at Ridar Hotel, Seeta, Mukono to present preliminary research findings
- d) Third Stakeholders meeting to present final reports and agree on activities in next funding phase.

3. PROJECT IMPLEMENTATION ARRANGEMENT

At Project implementation Planning stage;

- ✓ The Department of Fisheries Resources (DFR) was tasked to provide institutional support required to successfully implement the project i.e to coordinate stakeholders meetings.
- ✓ UAC was tasked to guide the institutional coordination process
- ✓ LVFO was tasked to ensure that Lake Victoria Partner States actively participate in stakeholders meetings and make policy recommendations of regional significance.
- ✓ Makerere University (Department of Food Science and Technology) was tasked to conduct the studies

Due to budgetary and time constraints, the Lake Victoria component research activities were focused on one research site – **Uganda** – *Mukono District*

It was agreed that stakeholders from Kenya and Tanzania will participate in the project component through planning and stakeholders meetings, to discuss research findings and develop regional policy recommendations.

4. OBJECTIVES OF THE THIRD STAKEHOLDERS MEETING

- c) Presentation of final reports
- d) Stakeholders agreeing on activities to be supported in the next funding phase of the project

Annex 4

OPENING REMARKS BY COMMISSIONER FOR FISHERIES MINISTRY OF AGRICULTURE ANIMAL INDUSTRY AND FISHERIES

THIRD STAKEHOLDERS MEETING FOR FISHERIES AND HIV/AIDS IN AFRICA:
INVESTING IN SUSTAINABLE SOLUTIONS - Lake Victoria Component, HELD
ON 16TH JULY 2010 AT RIDAR HOTEL SEETA, MUKONO

By Dr. Mwanja W. Wilson

I welcome all the stakeholders to this meeting which marks the end of first phase of **FISHERIES AND HIV/AIDS IN AFRICA: INVESTING IN SUSTAINABLE SOLUTIONS - Lake Victoria Component**.

HIV/AIDS remains a threat to development worldwide. There is still much to be done in preventing HIV infections and spread and assisting those already living with HIV/AIDS.

Fishing communities have been singled out as one of the most vulnerable groups and studies have indicated that HIV prevalence rates among fishing communities are above national average rates.

According to studies this situation has been attributed to many reasons related to behaviour and socio-economic structures of fishing communities including;

- Readily available/disposable cash income with little culture of investing and saving incomes
- Vulnerability of women; – competition for fish is encouraging bad social practices like **fish for sex** (*jaboya*) between crew or boat owners and female fish traders.
- High rates of alcohol abuse and commercial sex work at the landing beaches
- Mobility factor
- Poor access to health and other service by fishing communities due to;
 - Living in remote inaccessible areas –especially islands making it difficult for service providers to reach the fishing communities
 - Lack of latest and sufficient information on HIV/AIDS interventions and available services.
 - Few interventions designed to meet the specific situation and needs of fishing communities

He vulnerability factors outlined above among others, however, are dynamic with space and time hence making it difficult to design a one stop centre lasting and sustainable solution to HIV/AIDS pandemic in fishing communities of Africa and East

Africa in particular. This calls for constant research to come up with current information for designing appropriate interventions at a particular time and place.

Fisheries and HIV/AIDS in Africa as regional research-for development program is a good initiative and I hope it will add value to the already ongoing efforts to address HIV/AIDS situation in the East African region.

This initiative should not be business as usual. I call upon all the stakeholders in this meeting to take keen interest in the study findings and recommend appropriate interventions of regional significance.

I also urge the funders of this program not to stop at research phase but to go a step further and support proposed and agreed sustainable solutions at the end of the research phase of the program.

I conclude by thanking:

- ✓ The funders of this Project - the Swedish International Development Cooperation Agency (SIDA) and the Norwegian Ministry of Foreign Affairs through their joint Regional Programme on HIV/AIDS in Africa.
- ✓ The Department of Food Science and Technology of Makerere University for accepting to undertake the study.
- ✓ The fishing communities who participated in the study and gave first hand information and for turning up for this meeting.
- ✓ A colleague from Tanzania and Kenya for attending stakeholders meetings as it was agreed at planning stage.
- ✓ All institutions which supported the implementation of the first phase of this project and providing an opportunity for stakeholders to participate and interact.

I wish every body a good stay at Ridar Hotel and I look forward to seeing you proposing activities that can be implemented in the next funding phase and that will add value to the on-going interventions.

With these few remarks I declare this meeting open.