

Khat

AKA: qat, khat, chat, miraa
(many other names)

Popularity

Not included in CSEW
Most popular amongst Yemeni, Somalia, Ethiopian and Eritrean men; estimated 35%+ of Somalian men in UK used Khat pre-ban

Method of Use:

chewed, drunk

Duration: 2hrs

Mechanism:

Fresh khat contains chemical cathinone. Has similar action to amphetamine, elevating dopamine and adrenaline. Cathinone breaks down quickly to cathine which is less potent

Effects: +ve: talkative, energetic, lively
Reduced appetite, sleepless, increased libido
-ve: anxiety panic



Law: Class C, Sch.1
illegal to possess and supply.
Simple first possession offences likely to be handled via a “khat warning”.

Cost: £5/bunch
£33/kilo (pre-ban)

Category: stimulant

Source: grown in Ethiopia, Eritrea, Kenya.
Now sold illicitly in UK

Indicators: green spit and teeth, chewing plant, energetic, talkative

Risks: MH problems, insomnia, anxiety, tooth damage, weight loss

Additional information: in UK use outside of communities with link to sub-Saharan communities very limited. Poor level of research in to how situation has changed post ban.