



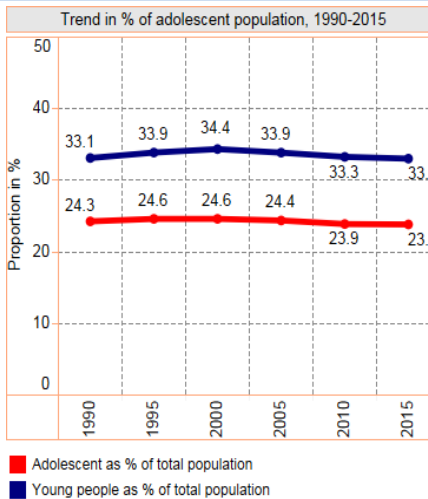
# ADOLESCENT HEALTH IN ZAMBIA

## 2018



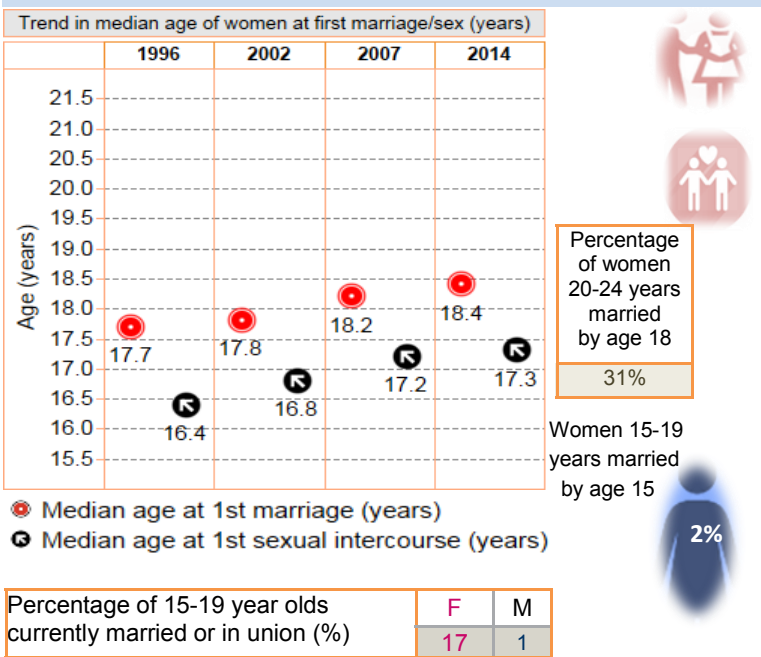
### Country profile: An adolescent is a person between 10-19 years of age

Total surface area (million sq. km)	0.7526
Total population (000's)	16,591.3900
Population density (persons/sq km)	21.6583
Urbanized population (%)	41.3790
Adolescent population (000's)	3,955.8010
Adolescent as % of total population	23.8425
Young people (10-24 years) (000's)	5,355.3410
Young people as % of total population	33.0316
Annual average growth rate of population (%)	2.8882
Crude birth rate (births per 1,000 population)	38.1310
Life expectancy at birth (years)	61.8740
Median age of the total population (years)	17.0510
Birth rate per 1000 girls 15-19 years olds	145.0000

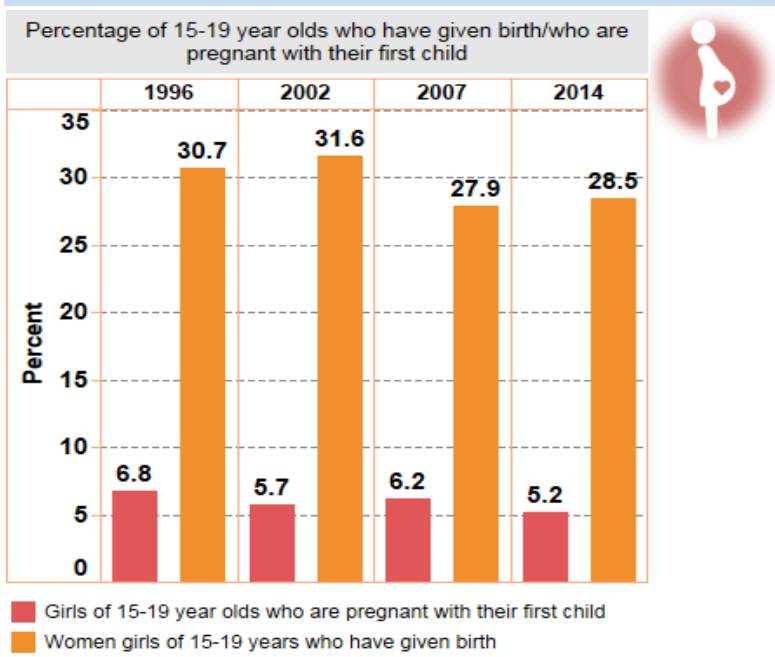


National standards for delivery of quality health services to adolescents	✓
National strategies for adolescent health	✓
Roadmap for accelerating HIV prevention	✓
Integration of adolescent health interventions with the HPV vaccination	✗
Existence of a specific target group in national policies/strategies/plans for injury prevention in adolescents	✓

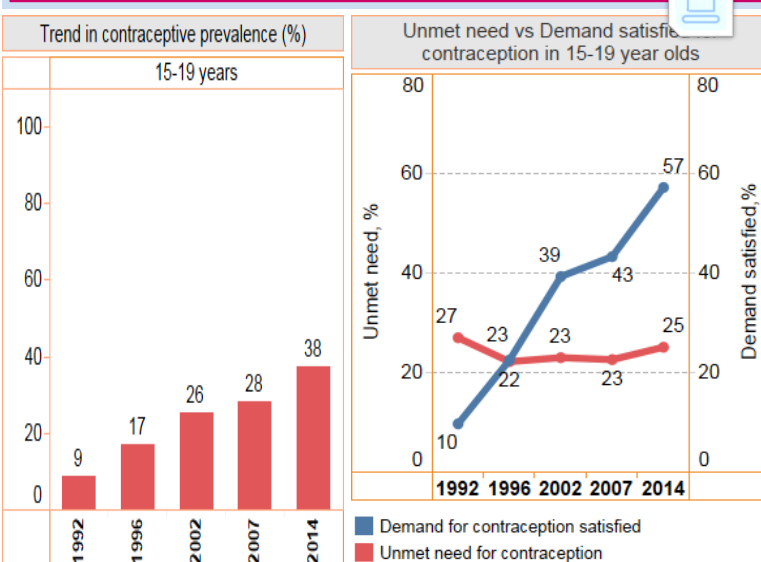
### Early marriage



### Pregnancy



### Contraception



### HIV/STIs

	Comprehensive knowledge of HIV				Prevalence (%) of HIV in 15-19 year olds
	15-19 years		20-24 years		
	Female	Male	Female	Male	
2002	32.2		37.2		5 (Female), 4 (Male)
2007	32.3	35.0	36.0	39.5	
2014	38.9	42.3	44.7	53.0	

	Condom use among sexually active during premarital sex (%)				Prevalence (%) of STIs among 15-19 year
	15-19 years		20-24 years		
	Male	Female	Male	Female	
2002	32.9	29.6	51.2	38.4	4 (Female), 4 (Male)
2007	41.7	36.0	52.9	44.4	
2014	42.5	36.5	55.5	44.7	

Data source: 1992-2016 DHS; UNICEF-SOWC 2017; UN DESA, Population Division, WPP 2017; The joint mission from UNICEF and WHO Africa Regional Office June 2017; <http://aidsinfo.unaids.org/#>; WHO, Global health observatory 2018; The World Bank 2018; WHO Global health estimates 2015, Geneva 2016.

For further information: Child and Adolescent Health & Nutrition Programme ([afrgofrcan@who.int](mailto:afrgofrcan@who.int)) Family & Reproductive Health (FRH) cluster





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## Malnutrition

		15-19 years		20-24 years	
		Female	Male	Female	Male
Prevalence (%) of chronically malnourished (thin, BMI<18.5)	1996	16.8		14.6	
	2001	15.8		11.0	
	2006	13.9		9.4	
	2012	13.2		7.4	
Prevalence (%) of overweight (BMI between 25.0-29.9)	1996	2.0		4.2	
	2001	5.9		11.2	
	2006	6.0		9.3	
	2012	9.2		13.5	
Prevalence (%) of iron deficiency anemia (Hgb<12.0 g/dl for non-pregnant women and Hgb<11.0 g/dl for pregnant women)	2001	65.2		65.4	
	2006	59.2		63.1	
	2012	41.6		41.0	

## Substance use

			Female		Male	
Total alcohol consumption among 15-19 year olds (litres of pure alcohol)	15-19 years	2010	2.8		6.4	
	15-19 years	2013	0.1		3.3	
Prevalence cigarette or any other tobacco product use (%)	20-24 years	2013	0.5		13.8	

## Violence

Percentage of married adolescents who agree that husband is justified in beating his wife

49%

41%



## Injuries and traffic accidents

Adolescent household members injured and unable to carry out normal daily activities of >6 months (%)	...
Adolescent household members injured or killed in accidental fall (%)	...
Adolescent household members injured or killed in road traffic accident (%)	...



## Mental health

	Female	Male
Prevalence of childhood mental illness among 15-19 year olds (%)	...	...
Felt seriously worthless/hopeless or wishes to be dead among 15-19 year olds (%)	...	...



## Immunization

Proportion of adolescent girls vaccinated for HPV to prevent cervical cancer (%)	...
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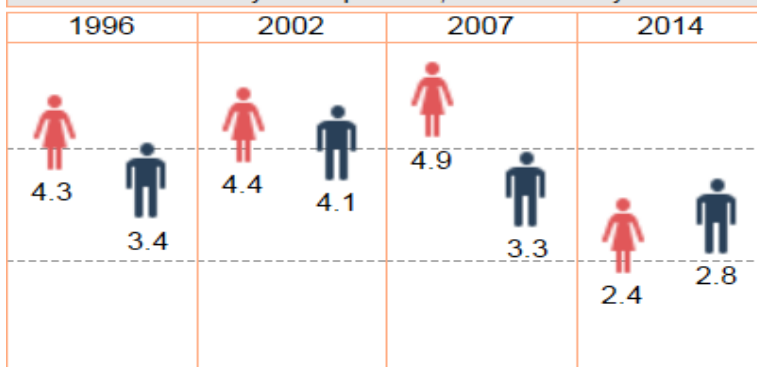


## Socioeconomic determinants of health

		Female	Male
Literacy rate among 15-19 year olds (%)	2014	78.8	82.3
Percent 15-19 year currently employed (%)	2014	19.4	36.5
Information media use at least once/week among adolescents (%)	2016	69.1	75.3
Social security health insurance among 15-19 year olds (%)	2013	0.0	0.0

## Adolescent Mortality

Trend in Mortality rates per 100,000 in 15-19 year olds



## Leading causes of girls' death

Rank, cause name, number of deaths and death rate, age 10-19

Rank	Cause name	Number of deaths	Death rate/100, 000 pop
1	HIV/AIDS	639	32.4
2	Malaria	469	23.8
3	Meningitis	273	13.9
4	Diarrhoeal diseases	269	13.7
5	Lower respiratory infections	231	11.7

## Leading causes of boys' death

Rank, cause name, number of deaths and death rate, age 10-19

Rank	Cause name	Number of deaths	Death rate/100, 000 pop
1	HIV/AIDS	717	36.1
2	Malaria	367	18.5
3	Diarrhoeal diseases	338	17.0
4	Meningitis	309	15.6
5	Lower respiratory infections	270	13.6