ZAMBIA

**RISK OF PREMATURE DEATH DUE TO NCDS (%)**

- **Cardiovascular diseases**: 10%
- **Cancers**: 6%
- **Communicable, maternal, perinatal and nutritional conditions**: 61%
- **Chronic respiratory diseases**: 2%
- **Injuries**: 10%
- **Other NCDs**: 1%

**PROPORTIONAL MORTALITY**

- **Premature mortality from NCDs**: Total NCD deaths 2016
  - Males: 17,900
  - Females: 18,500
  - Total: 36,400
- **Risk of premature death between 30-70 years (%)**: 2016
  - Males: 18
  - Females: 17
  - Total: 18
- **Suicide mortality rate (per 100,000 population)**: 2016
  - Male: -
  - Female: -
  - Total: 6

**RISK FACTORS**

- **Harmful use of alcohol**: Total alcohol per capita consumption, adults aged 15+ (litres of pure alcohol)
  - 2016: 8
- **Physical inactivity**: Physical inactivity, adults aged 18+ (%)
  - 2016: 17
- **Salt/Sodium intake**: Mean population salt intake, adults aged 20+ (g/day)
  - 2010: 6
- **Tobacco use**: Current tobacco smoking, adults aged 15+ (%)
  - 2016: 22
- **Raised blood pressure**: Raised blood pressure, adults aged 18+ (%)
  - 2015: 21
- **Diabetes**: Raised blood glucose, adults aged 18+ (%)
  - 2014: 4
- **Obesity**: Obesity, adults aged 18+ (%)
  - 2016: 3
- **Ambient air pollution**: Exceedance of WHO guidelines level for annual PM2.5 concentration (by a multiple of)
  - 2016: -
- **Household air pollution**: Population with primary reliance on polluting fuels and technologies (%)
  - 2016: -

**CURRENT TOBACCO SMOKING**

- Males: Decrease
- Females: Decrease

**OBESITY**

- Males: Decrease
- Females: Decrease

**RAISED BLOOD PRESSURE**

- Males: Increase
- Females: Increase

**NATIONAL SYSTEMS RESPONSE**

- **Drug therapy to prevent heart attacks and strokes**: Proportion of population at high risk for CVD or with existing CVD (%)
  - 2017: 4
- **Essential NCD medicines and basic technologies to treat major NCDs**: Proportion of primary health care centres reported as offering CVD risk stratification
  - 2017: Less than 25%

**SELECTED ADULT RISK FACTOR TRENDS**

- **Current tobacco smoking**: Males decrease, Females decrease
- **Obesity**: Males decrease, Females decrease
- **Raised blood pressure**: Males increase, Females increase

**10,000 LIVES CAN BE SAVED BY 2025 BY IMPLEMENTING ALL OF THE WHO "BEST BUYS"**

- **Total NCD deaths**: Total: 36,400
- **Risk of premature death between 30-70 years (%)**: Total: 18
- **Suicide mortality rate (per 100,000 population)**: Total: 6

*The mortality estimates for this country have a high degree of uncertainty because they are not based on any national NCD mortality data (see Explanatory Notes)*

**World Health Organization - Noncommunicable Diseases (NCD) Country Profiles, 2018.**