Zambia

Total population: 14 075 000
Income Group: Lower middle

Percentage of population living in urban areas: 39.2%
Population proportion between ages 30 and 70 years: 24.4%

Premature mortality due to NCDs*

The probability of dying between ages 30 and 70 years from the 4 main NCDs is 18%.

*NCDs are estimated to account for 23% of total deaths.

Adult risk factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Year</th>
<th>Males</th>
<th>Females</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current tobacco smoking (2011)</td>
<td></td>
<td>24%</td>
<td>4%</td>
<td>14%</td>
</tr>
<tr>
<td>Total alcohol per capita consumption, in litres of pure alcohol (2010)</td>
<td></td>
<td>6.5</td>
<td>1.6</td>
<td>4.0</td>
</tr>
<tr>
<td>Raised blood pressure (2008)</td>
<td></td>
<td>34.1%</td>
<td>31.5%</td>
<td>32.8%</td>
</tr>
<tr>
<td>Obesity (2008)</td>
<td></td>
<td>1.0%</td>
<td>6.2%</td>
<td>3.6%</td>
</tr>
</tbody>
</table>

National systems response to NCDs

- Has an operational NCD unit/branch or department within the Ministry of Health, or equivalent: Yes
- Has an operational multisectoral national policy, strategy or action plan that integrates several NCDs and shared risk factors: No
- Has an operational policy, strategy or action plan to reduce the harmful use of alcohol: Yes
- Has an operational policy, strategy or action plan to reduce physical inactivity and/or promote physical activity: Yes
- Has an operational policy, strategy or action plan to reduce the burden of tobacco use: Yes
- Has an operational policy, strategy or action plan to reduce unhealthy diet and/or promote healthy diets: Yes
- Has evidence-based national guidelines/protocols/standards for the management of major NCDs through a primary care approach: Yes
- Has an NCD surveillance and monitoring system in place to enable reporting against the nine global NCD targets: No
- Has a national, population-based cancer registry: No

* 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).