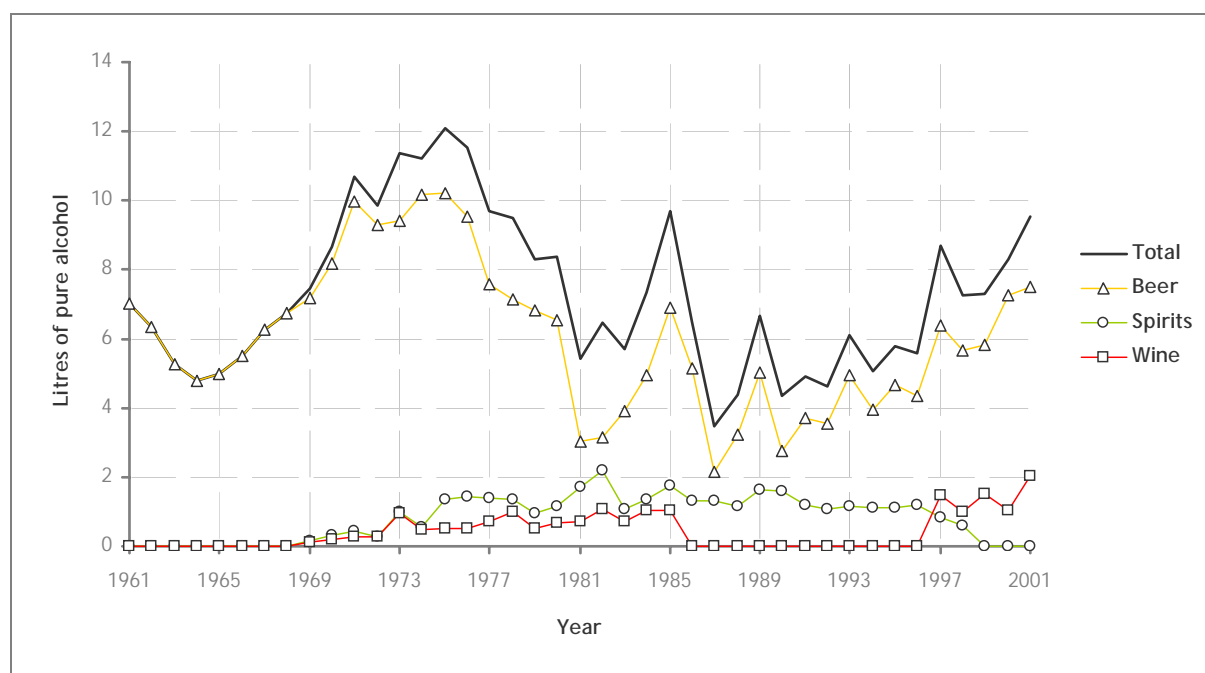


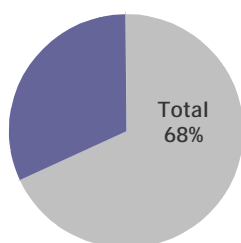
SWAZILAND

Recorded adult per capita consumption (age 15+)



Sources: FAO (Food and Agriculture Organization of the United Nations), World Drink Trends 2003

Youth drinking in Mbabane (lifetime abstainers)



Study consisted of 193 second-form students (aged about 13) from three schools servicing mostly the working-class population in the Mbabane urban area. Frequent alcohol use was reported by 3% of the students.¹

Traditional alcoholic beverages

The *marula* fruit is distilled into a high alcoholic content beer and is drunk during the *marula* fruit harvest season (mid-February to May).²

The traditional beer, *umqombotsi*, is a simple fermented beverage brewed from grain (i.e. sorghum, maize). It is prepared in a fairly standard way by a process that takes approximately five days. On average, the concentration of alcohol in *umqombotsi* is about 3.3% by volume. A sorghum malt, *magayiwe*, is an essential ingredient for brewing *umqombotsi*.³

The beverage known as *mahewu* is generally believed to be non-alcoholic and safe for anyone to drink. It may, however, contain alcohol, depending upon whether fermentation has been allowed to get under way.³

The commercially produced sorghum beer – the so-called opaque beer – carries the brand name *Chibuku* and is sold in a number of countries in southern Africa. It is available in both the rural and urban areas.³

Unrecorded alcohol consumption

The unrecorded alcohol consumption in Swaziland is estimated to be 4.1 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).⁴

Morbidity, health and social problems from alcohol use

According to the company medical doctor at Usuthu Forests and Pulp Mill, 40% of deaths of workers are alcohol-related.⁵

Country background information

Total population 2003	1 077 000	Life expectancy at birth (2002)	Male	36.9
Adult (15+)	613 890		Female	40.4
% under 15	43	Probability of dying under age 5 per 1000 (2002)	Male	150
Population distribution 2001 (%)			Female	142
Urban	27	Gross National Income per capita 2002	US\$	1180
Rural	73			

Sources: Population and Statistics Division of the United Nations Secretariat, World Bank World Development Indicators database, The World Health Report 2004

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