ZAMBIA

Recorded adult per capita consumption (age 15+)

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

Last year abstainers

Estimates from key alcohol experts showing proportion of adult males and females who had been abstaining (last year before the survey). Data is for after year 1995.¹

In a 2001 survey looking at the relationship of drinking to sexual behaviour and risk of acquiring HIV infection (random sample of just under 2000 respondents) in Lusaka, 43.7% of men and 73% of women stated that they had never taken alcohol.²

Traditional alcoholic beverages

Chibuku (or shake-shake) is a commercial version of traditional beer, brewed from grain (soybeans). It is commercially produced and sold legally. The alcohol content varies between 3% to 6% by volume. The beverage is unfiltered and opaque (i.e. containing a varying degree of alcohol). It appears like a watery, alcoholic muesli, and is certainly an acquired taste.³

Kachasu is a distilled spirit made mainly from sorghum and maize.
Home brew (usually made of water, sugar and yeast, and ready for consumption within 24 hours) is the basic ingredient of *akiki wine*. It is made by substituting a brew of tea for the water; another form of *akiki* is fermented for about three weeks and, although it includes some fruit, hardly corresponds to the pressed fruit wines known elsewhere. The illicit beverages are drunk by various strata of society, not just the poorest.²

*Mosi* is a locally produced lager that is the preferred beverage of working men and of male university students. It is the beverage of those who have a secure socioeconomic status, whether in town or village; and, being bottled (and pasteurised), it can be bought anywhere in Zambia.²

### Unrecorded alcohol consumption

The unrecorded alcohol consumption in Zambia is estimated to be 1.0 litre pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).¹

### Morbidity, health and social problems from alcohol use

A study found that 26.7% of road traffic accident cases showed a blood alcohol concentration higher than the statutory limit of 80 mg%. 50% of drinking drivers were below the age of 30 years. Blood alcohol concentrations were found in 31.1% of pedestrians, 17.7% of passengers, 30.3% of drivers and 33.3% of cyclists.⁴

Alcohol abuse constitutes one of the principal reasons for the propagation of AIDS especially among married women.⁵

### Country background information

<table>
<thead>
<tr>
<th>Total population 2003</th>
<th>10 812 000</th>
<th>Male</th>
<th>39.1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (15+)</td>
<td>5 730 360</td>
<td>Female</td>
<td>40.2</td>
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<tr>
<td>% under 15</td>
<td>47</td>
<td>Probability of dying under age 5 per 1000 (2002)</td>
<td>Male</td>
</tr>
<tr>
<td>Population distribution 2001 (%)</td>
<td></td>
<td>Female</td>
<td>176</td>
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<tr>
<td>Urban</td>
<td>40</td>
<td>Gross National Income per capita 2002</td>
<td>USS</td>
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<tr>
<td>Rural</td>
<td>60</td>
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### References