ZIMBABWE

Recorded adult per capita consumption (age 15+)

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

Lifetime abstainers

Estimates from key alcohol experts show that the proportion of adult males and females who had been abstaining (last year before the survey) was 7% (males) and 36% (females). Data is for after year 1995.2

Heavy and hazardous drinkers

Data from the 2003 World Health Survey. Total sample size \( n = 4027 \); males \( n = 1469 \) and females \( n = 2558 \). Survey population aged 18 years and above.1
According to the 2003 World Health Survey (total sample size $n = 807$; males $n = 621$ and females $n = 186$), the mean value (in grams) of pure alcohol consumed per day among drinkers was 12.4 (total), 14.1 (males) and 6.1 (females).\textsuperscript{1}

### Heavy episodic drinkers

- **Total:** 4%
  - Male: 10.1%
  - Female: 0.9%

### Youth drinking (lifetime abstainers)

- **Total:** 86.8%
  - Male: 70.9%
  - Female: 96.8%

### Youth drinking in Harare (last year prevalence)

- **Male:** 14.7%
- **Female:** 12.2%

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\textsuperscript{1} Data from the 2003 World Health Survey. Total sample size $n = 4027$; males $n = 1469$ and females $n = 2558$. Survey population aged 18 years and above. Definition used: at least once a week consumption of five or more standard drinks in one sitting.\textsuperscript{2}

\textsuperscript{2} Data from the 2003 World Health Survey. Total sample size $n = 1055$; males $n = 424$ and females $n = 631$. Survey population aged 18 to 24 years old.\textsuperscript{1}

\textsuperscript{3} A survey of 183 students aged 13–14 years old from urban schools in Harare.\textsuperscript{3}
Youth drinking (heavy episodic drinkers)

Note: These are preliminary, early-release, unpublished data from WHO's Multi-Country Survey Study and World Health Survey made available exclusively for this report. Some estimates may change in the final analyses of these data.

Traditional alcoholic beverages

Alcoholic beverages have changed from home-brewed mahewu and “opaque beer” to bottled “clear beer” and stronger alcoholic drinks. Opaque beer is a pulpy looking drink served in brown plastic 3-litre “scuds” (named after the scud missile) that are typically passed around to others who share a drink. They are widely regarded as a lower class beverage.4

In rural Zimbabwe, fermented beverages are commonly prepared at home from locally grown grains. Traditionally, these homemade beers were produced for use during special cultural events such as weddings, funerals and spirit-appeasing ceremonies. At the present time, these beers are still used in traditional ceremonies, but they are sold to fellow community members as part of regular social gatherings as well. The commonest types of traditional beer were a seven-day beverage called doro rematanda, a by-product of this seven day beer called muchaiwa, and a one-day beverage called chikokiyana. According to a study conducted to determine the concentrations of alcohol in these beverages, the mean alcohol concentration in traditional beer was found to be 4.1 g/100 ml compared to 2.8 g/100 ml in the muchaiwa and 3.6 g/100 ml in the one day brew, chikokiyana.5

Some traditional fermented beverages produced at household level in Zimbabwe include alcoholic beverages made from sorghum or millet malt (doroluthwala and chikokivana) and distilled spirits such as kachasu.6

In addition to home-brewed beer, alcohol industry and government officials agree that there is a strong enough market for kachasu, a name given to home-distilled products with 10% to 70% alcohol, to make it a major problem. Occasional newspaper reports of alcohol poisonings from kachasu point not only to the high alcohol content, but also the continued use of lethal additives to speed drinkers to their desired high.7

Mukumbi is a traditional Zimbabwean wine prepared from a fruit called mapfura by the Shona people of Zimbabwe and amaganu by the Ndebele.8

Chibuku – a traditional sorghum beer with an alcohol content of 4% is also consumed.

Unrecorded alcohol consumption

The unrecorded alcohol consumption in Zimbabwe is estimated to be 9.0 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).2

Morbidity, health and social problems from alcohol use

A study looking at survivors of gender violence in Zimbabwe found that consumption of alcohol was often involved in cases of domestic violence.9

According to the police, more than 1000 people die in alcohol abuse-related accidents every year. A further 3000 sustain minor to serious injuries. In a paper entitled ‘Drug Use, Abuse and Alcoholism in Zimbabwe’ published in October 2002, it was argued that alcoholism is one of Zimbabwe’s four top diseases. The paper states that at least three million people in Zimbabwe are alcoholics. The paper projects that in the next 20 years, alcoholism will be the country’s number one social problem.10

In a cross-sectional sample of 324 men recruited at beer halls in Harare to study the associations between alcohol use, sexual risk behaviour and HIV infection, it was found that 31% of the men reported having sex while
intoxicated in the previous six months. There was a significant association between having sex while intoxicated and recent HIV seroconversion.11

Country background information

<table>
<thead>
<tr>
<th>Total population 2003</th>
<th>Life expectancy at birth (2002)</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>12 891 000</td>
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<td>37.7</td>
<td>38.0</td>
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<tr>
<td>Adult (15+)</td>
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<td>37.7</td>
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<tr>
<td>% under 15</td>
<td>Probability of dying under age 5 per 1000 (2002)</td>
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<td>Female</td>
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<td>115</td>
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<td>Population distribution 2001 (%)</td>
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<td>Gross National Income per capita 2002</td>
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References