## Report card

### Zambia

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Obesity prevalence

Adults, 2017

Survey type: Measured
Age: 18-69
Sample size: 3993
Area covered: National
Notes: STEPS Survey

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
% Adults living with obesity in Zambia 2001-2013

Survey type: Measured

References:

2007: Demographic Health Survey 2007
2013: DHS Zambia 2013-14

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
% Adults living with overweight or obesity in Zambia 2001-2013

Survey type: Measured

References:
2007, 2007: Demographic Health Survey 2007
2013, 2013: DHS Zambia 2013-14

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Overweight/obesity by education

Women, 2013-2014

Survey type: Measured
Age: 15-49
Sample size: 14502
Area covered: National
References: Demographic Health Survey 2013-14
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by age

Adults, 2017

Survey type: Measured
Sample size: 3993
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by region

Women, 2013-2014

Survey type: Measured
Age: 15-49
Sample size: 14502
Area covered: National
References: Demographic Health Survey 2013-14
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Women, 2013-2014

Survey type: Measured
Age: 15-49
Sample size: 14502
Area covered: National
References: Demographic Health Survey 2013-14

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Insufficient physical activity

Adults, 2016

Men, 2016

References:
Women, 2016

Children, 2010

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A893?lang=en

Notes:
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less
than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:
% Adolescents insufficiently active (age standardised estimate)
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
### Girls, 2010

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benin</td>
<td>70</td>
</tr>
<tr>
<td>Tanzania</td>
<td>80</td>
</tr>
<tr>
<td>Uganda</td>
<td>80</td>
</tr>
<tr>
<td>Mauritius</td>
<td>80</td>
</tr>
<tr>
<td>Namibia</td>
<td>80</td>
</tr>
<tr>
<td>Seychelles</td>
<td>80</td>
</tr>
<tr>
<td>Ghana</td>
<td>80</td>
</tr>
<tr>
<td>Zimbabwe</td>
<td>80</td>
</tr>
<tr>
<td>Botswana</td>
<td>80</td>
</tr>
<tr>
<td>Zambia</td>
<td>90</td>
</tr>
<tr>
<td>Kenya</td>
<td>80</td>
</tr>
<tr>
<td>Mauritania</td>
<td>80</td>
</tr>
<tr>
<td>Algeria</td>
<td>80</td>
</tr>
<tr>
<td>Senegal</td>
<td>80</td>
</tr>
</tbody>
</table>

**Age:** 11-17


**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)
Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per-capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gambia</td>
<td>0.4</td>
</tr>
<tr>
<td>Botswana</td>
<td>0.5</td>
</tr>
<tr>
<td>Guinea</td>
<td>0.5</td>
</tr>
<tr>
<td>Lesotho</td>
<td>0.5</td>
</tr>
<tr>
<td>Eswatini</td>
<td>0.5</td>
</tr>
<tr>
<td>Mozambique</td>
<td>0.5</td>
</tr>
<tr>
<td>Malawi</td>
<td>0.5</td>
</tr>
<tr>
<td>Liberia</td>
<td>0.5</td>
</tr>
<tr>
<td>Liberia</td>
<td>0.5</td>
</tr>
<tr>
<td>Congo</td>
<td>0.5</td>
</tr>
<tr>
<td>Sao Tome &amp; Principe</td>
<td>0.5</td>
</tr>
<tr>
<td>Zambia</td>
<td>0.5</td>
</tr>
<tr>
<td>Comoros</td>
<td>0.5</td>
</tr>
<tr>
<td>Benin</td>
<td>0.5</td>
</tr>
<tr>
<td>Angola</td>
<td>0.5</td>
</tr>
<tr>
<td>Gabon</td>
<td>0.5</td>
</tr>
<tr>
<td>Niger</td>
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<tr>
<td>Central African Rep.</td>
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<tr>
<td>Chad</td>
<td>0.5</td>
</tr>
<tr>
<td>Guinea-Bissau</td>
<td>0.5</td>
</tr>
<tr>
<td>Namibia</td>
<td>0.5</td>
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<tr>
<td>Nigeria</td>
<td>0.5</td>
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<tr>
<td>Eritrea</td>
<td>0.5</td>
</tr>
<tr>
<td>Sierra Leone</td>
<td>0.5</td>
</tr>
<tr>
<td>Cameroon</td>
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</tr>
<tr>
<td>Cabo Verde</td>
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</tr>
<tr>
<td>Madagascar</td>
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<tr>
<td>Ghana</td>
<td>0.5</td>
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<td>Senegal</td>
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</tr>
<tr>
<td>Burundi</td>
<td>0.5</td>
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<tr>
<td>Rwanda</td>
<td>0.5</td>
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<tr>
<td>Zimbabwe</td>
<td>0.5</td>
</tr>
<tr>
<td>DR Congo</td>
<td>0.5</td>
</tr>
<tr>
<td>Tanzania</td>
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<tr>
<td>Malawi</td>
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<tr>
<td>Mauritius</td>
<td>0.5</td>
</tr>
<tr>
<td>Algeria</td>
<td>0.5</td>
</tr>
<tr>
<td>Rwanda</td>
<td>0.5</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
**Women, 2015**


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
**Raised cholesterol**

**Adults, 2008**

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

% raised cholesterol

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


Definitions: % Raised total cholesterol (\(\geq 5.0\) mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:
Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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