Fertility

Women in Zambia have an average of 4.7 children. Fertility has declined from 6.5 children per woman in 1992.

Family Planning

Half of married women age 15-49 in Zambia use a method of family planning – 48% use a modern method and 2% use a traditional method. The most popular methods are injectables (26%), the pill (8%), and implants (8%).

Maternal Health Care

More women in Zambia are receiving antenatal care (ANC) in the first trimester and making 4+ ANC visits since 2013-14. Health facility deliveries have increased from 67% in 2013-14 to 84% in 2018.

Childhood Mortality

Infant and under-5 mortality rates have declined since 1992. Currently, about 1 in 16 children in Zambia does not survive to their 5th birthday.

HIV Prevalence

Overall, 11.1% of adults age 15-49 are HIV positive. HIV prevalence is about three times higher in Copperbelt (15.4%) and Lusaka (15.1%) than in Muchinga (5.4%) and Northern (5.6%) provinces.

Malaria

In Zambia, 78% of households own at least one insecticide-treated net (ITN). ITN ownership has drastically increased from 12% in 2001-02 to 76% in 2018.