



# Zambia

## 2004 Fact Sheet

The **2004 Zambia GSHS** measured alcohol and other drug use; sexual behaviours that contribute to HIV infections, other STIs, and unintended pregnancies; unintentional injuries and violence; hygiene; dietary behaviours and overweight; physical activity; mental health; and protective factors.

The 2004 Zambia GSHS was a school-based survey of students in grades 6, 7, 8, 9, and 10. A two-stage cluster sample design was used to produce data representative of all students in grades 6, 7, 8, 9, and 10 in Zambia. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 94%, the student response rate was 75%, and the overall response rate was 70%. A total of 2,257 students participated in the Zambia GSHS. Students self-reported their responses to each question on a computer scannable answer sheet. For comparison purposes, only students aged 13-15 years are included in the analyses for this fact sheet.

<b>Results for students aged 13-15 years</b>	<b>Total</b>	<b>Boys</b>	<b>Girls</b>
<b>Alcohol and Other Drug Use</b>			
Percentage of students who had at least one drink containing alcohol on one or more days during the past 30 days	<b>42.3 ± 5.1</b>	<b>38.7 ± 7.3</b>	<b>45.1 ± 4.8</b>
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	<b>42.8 ± 4.4</b>	<b>38.6 ± 5.1</b>	<b>46.5 ± 5.9</b>
Percentage of students who had a hang-over, felt sick, got into trouble with family or friends, missed school, or got into fights one or more times as a result of drinking alcohol during their life	<b>47.3 ± 3.2</b>	<b>44.1 ± 5.7</b>	<b>50.2 ± 5.1</b>
Percentage of students who used drugs one or more times during their life	<b>38.1 ± 4.9</b>	<b>36.7 ± 5.7</b>	<b>39.3 ± 6.2</b>
<b>Dietary Behaviours and Overweight</b>			
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	<b>29.5 ± 2.4</b>	<b>27.3 ± 3.2</b>	<b>31.1 ± 4.5</b>
<b>Hygiene</b>			
Percentage of students who never or rarely washed their hands before eating during the past 30 days	<b>12.4 ± 2.7</b>	<b>15.2 ± 3.7</b>	<b>10.1 ± 2.7</b>
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	<b>15.7 ± 2.6</b>	<b>16.8 ± 3.7</b>	<b>14.4 ± 3.0</b>
<b>Mental Health</b>			
Percentage of students who felt lonely most of the time or always during the past 12 months	<b>23.9 ± 3.0</b>	<b>21.6 ± 4.6</b>	<b>26.4 ± 4.6</b>
Percentage of students who ever seriously considered attempting suicide during the past 12 months	<b>31.1 ± 4.2</b>	<b>31.0 ± 5.4</b>	<b>30.8 ± 4.7</b>
Percentage of students who have no close friends	<b>14.7 ± 2.4</b>	<b>14.9 ± 3.4</b>	<b>14.9 ± 3.9</b>
<b>Physical Activity</b>			
Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days during the past 7 days	<b>9.8 ± 2.9</b>	<b>9.7 ± 3.5</b>	<b>10.2 ± 3.4</b>
Percentage of students who spent three or more hours per day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities	<b>32.6 ± 3.3</b>	<b>33.1 ± 4.8</b>	<b>32.7 ± 3.7</b>

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<b>Protective Factors</b>			
Percentage of students who missed classes or school without permission on one or more days during the past 30 days	58.7 ± 4.7	59.3 ± 5.0	58.1 ± 6.8
Percentage of students who reported that most of the students in their school were never or rarely kind and helpful during the past 30 days	40.5 ± 4.9	45.1 ± 5.5	36.8 ± 5.6
Percentage of students whose parents or guardians never or rarely really knew what they were doing with their free time during the past 30 days	35.2 ± 5.5	35.0 ± 6.0	37.1 ± 7.2
<b>Sexual Behaviours that contribute to HIV Infections, Other STIs, and Unintended Pregnancies</b>			
Percentage of students who have ever had sexual intercourse	38.0 ± 7.2	45.2 ± 6.6	29.1 ± 10.5
Percentage of students who ever had sexual intercourse with two or more people during their life	25.2 ± 4.6	26.0 ± 5.9	23.3 ± 8.0
Among students who ever had sexual intercourse, the percentage who used a condom the last time they had sexual intercourse	54.2 ± 12.0	*	*
<b>Unintentional Injuries and Violence</b>			
Percentage of students who were in a physical fight one or more times during the past 12 months	53.0 ± 4.1	50.3 ± 5.4	55.9 ± 5.1
Percentage of students who were seriously injured one or more times during the past 12 months	71.5 ± 5.9	70.2 ± 7.7	73.2 ± 7.5
Percentage of students who were bullied on one or more days during the past 30 days	65.1 ± 3.7	62.5 ± 5.6	67.1 ± 4.9

\* Indicates less than 100 students

**For additional information, please contact:**

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