

Know Your Epidemic 2025

National and subnational HIV estimates for Zambia. Modelled with Spectrum (UNAIDS 2026 round) and Naomi small-area estimation, with data through 2025.



BURDEN

PEOPLE LIVING WITH HIV

1.3M

all ages, 2025 · women 64% · men 36% of adults

ADULT PREVALENCE

8.0%

ages 15–49

NEW INFECTIONS

23,000

2025 · ↓66% since 2010

AIDS-RELATED DEATHS

16,000

2025 · ↓56% since 2010

QUALITY OF THE RESPONSE

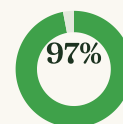
95-95-95 treatment targets — all three met



KNOW STATUS



ON TREATMENT



SUPPRESSED

1 KEY MESSAGES

- New HIV infections have fallen by roughly **two-thirds since 2010** — from 68,000 to about 23,000 a year — though the pace of decline has eased since 2020.
- AIDS-related deaths have **more than halved** over the same period, from 36,000 to about 16,000 a year.
- Zambia has reached the **95-95-95** targets: 96% of people living with HIV know their status, 99% of those are on treatment, and 97% of those are virally suppressed.
- Young people aged 15–24 account for about **37% of new infections**, and roughly **80%** of those young infections are in adolescent girls and young women.
- Vertical (mother-to-child) transmission has fallen from about 23% in 2010 to roughly **6%**, but remains above the under-5% elimination target.
- Adult HIV prevalence has fallen steadily, from **12.8%** in 2010 to **8.0%** in 2025 — its lowest level in over two decades.
- The epidemic increasingly concentrates along the line of rail: Lusaka and Copperbelt provinces together account for about **43%** of all people living with HIV.

YOUNG PEOPLE (15–24) · THE PREVENTION FRONTLINE

Young people aged 15–24 account for about **37%** of all new HIV infections. Within that group, roughly **79%** — nearly four in five — are adolescent girls and young women.

ALL NEW INFECTIONS

OF THOSE 15–24

37% are 15–24

79% AGYW · 21% young men

2 ESTIMATES OF THE EPIDEMIC

PEOPLE LIVING WITH HIV

	2010	2020	2025
All ages	1,087,000	1,313,000	1,308,000
Children 0–14	130,000	86,000	59,000
AGYW 15–24	109,000	100,000	74,000
ABYM 15–24	43,000	45,000	37,000
Women 15+	587,000	767,000	793,000
Men 15+	370,000	460,000	456,000
Prevalence 15–49	12.8%	10.3%	8.0%

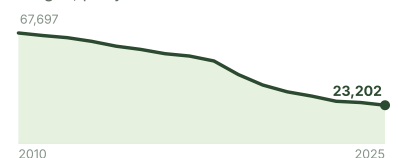
NEW HIV INFECTIONS

	2010	2020	2025
All ages	68,000	36,000	23,000
Children 0–14	16,000	4,100	2,700
AGYW 15–24	16,000	10,000	6,700
ABYM 15–24	6,300	2,900	1,800
Women 15+	31,000	21,000	14,000
Men 15+	21,000	11,000	6,900
Incidence / 1,000	5.2	2	1.1

3 FIFTEEN YEARS OF CHANGE

NEW HIV INFECTIONS

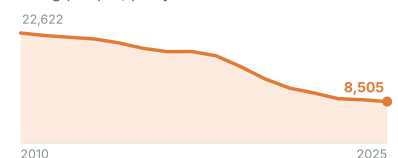
All ages, per year



66% lower than 2010

NEW INFECTIONS · 15–24

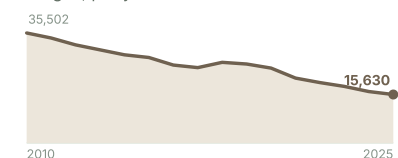
Young people, per year



37% of all new infections

AIDS-RELATED DEATHS

All ages, per year

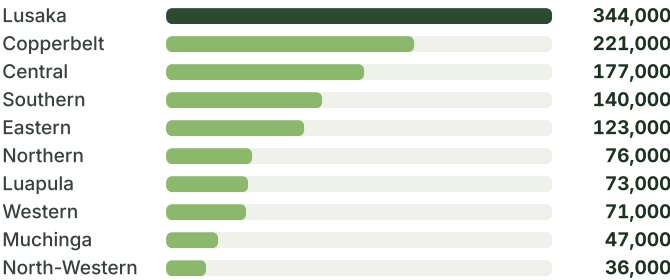


56% lower than 2010

The epidemic in place & the response

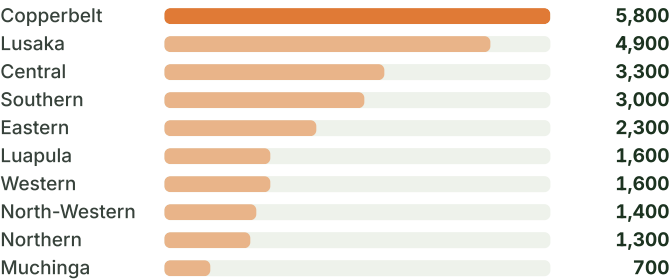


4 PEOPLE LIVING WITH HIV, BY PROVINCE



Modelled from Naomi province prevalence apportioned to the national total. Lusaka and Copperbelt carry the largest burden.

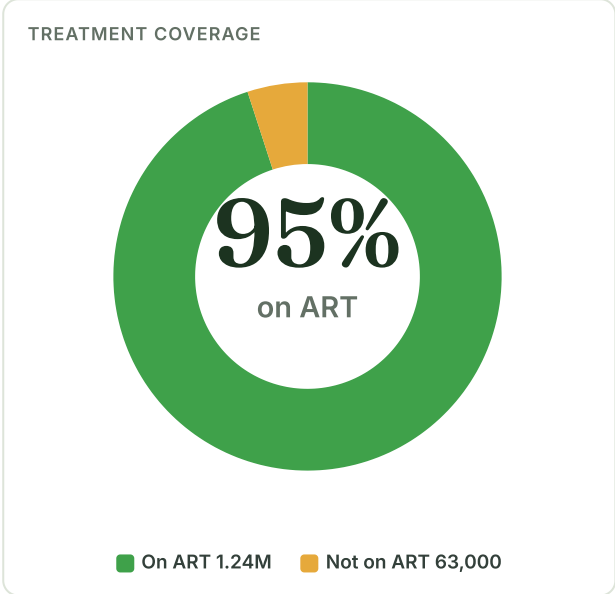
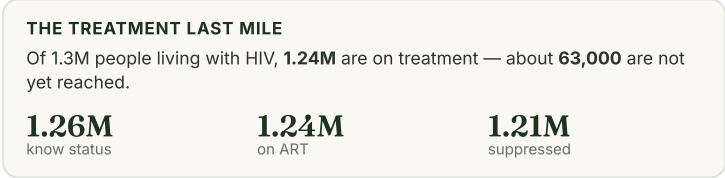
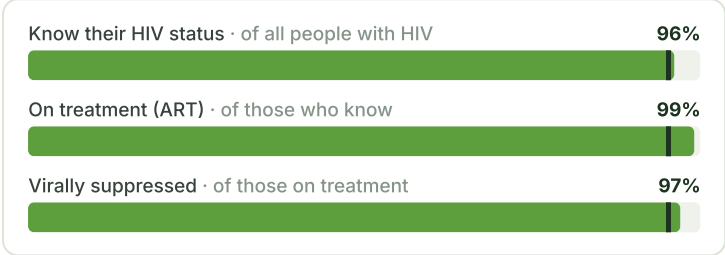
5 NEW HIV INFECTIONS, BY PROVINCE



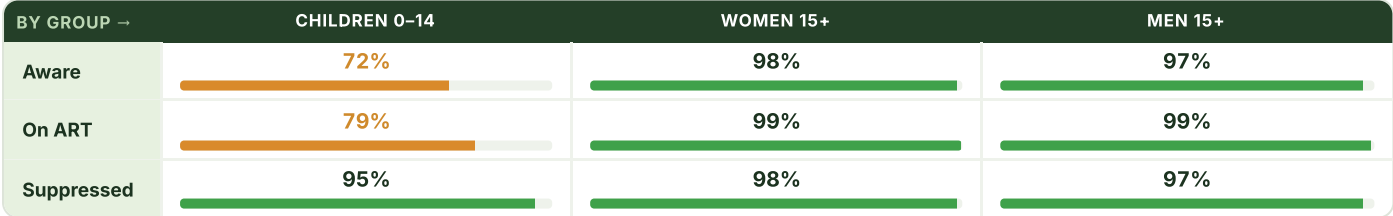
Naomi modelled new infections (15–49), 2025. Copperbelt and Lusaka lead new transmission.

6 HIV TESTING & TREATMENT CASCADE — 95-95-95

All ages · 2025



The 95-95-95 cascade across population groups — each value is the share reaching that step. The remaining gap is in children.

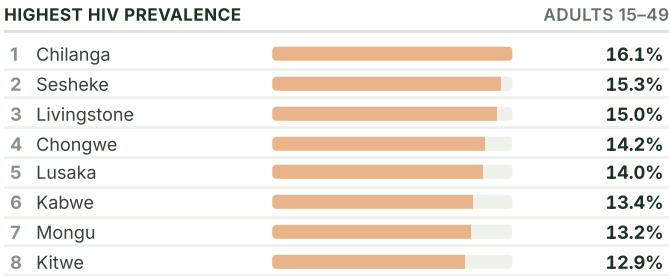
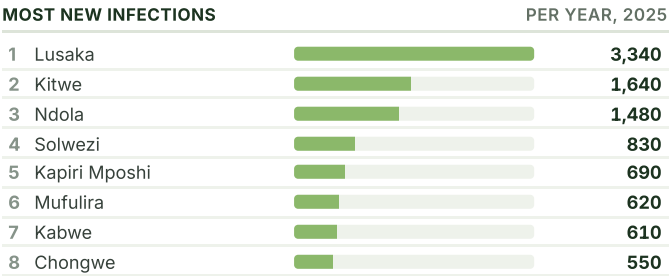


7 ELIMINATING MOTHER-TO-CHILD TRANSMISSION



8 DISTRICT HOTSPOTS

Naomi modelled · ages 15–49



The burden concentrates below the province level: urban line-of-rail districts drive the volume of new infections, while prevalence peaks in periurban Lusaka and southern and western border and tourism towns.