HIV and AIDS in Africa continue to be long-term development challenges. East Africa and southern Africa are the regions hardest hit by HIV.

There has been considerable political and financial commitment to fighting the epidemic in this region, with some countries such as South Africa and Kenya seeing dramatic scaling up of prevention, treatment and care services.

However, many countries in this region are still reliant on donor funding to finance their HIV response.

Find out more about HIV and AIDS in West and Central Africa.

**East and Southern Africa regional overview**

East and Southern Africa is the region hardest hit by HIV; it is home to over 50% of the total number of people living with HIV in the world.

Botswana has made great progress in reducing HIV prevalence through the provision of universal free antiretroviral treatment.

Kenya has the joint fourth largest HIV epidemic in the world but has been a pioneer in HIV prevention, including VMMC, PrEP and self-testing.

**Lesotho**
- 11,000 people living with HIV
- 23.8% adult HIV prevalence (ages 15-49)
- 15,000 new HIV infections
- 4,900 AIDS-related deaths
- 60% children on antiretroviral treatment
  *All adults/children living with HIV
  Source: UNAIDS 2018

**Malawi**
- 39,000 people living with HIV
- 9.6% adult HIV prevalence (ages 15-49)
- 17,000 new HIV infections
- 9,100 AIDS-related deaths
- 7% adults on antiretroviral treatment
  *All adults/children living with HIV
  Source: UNAIDS 2018

**South Africa**
- 7.1% people living with HIV
- 11,000 adult HIV prevalence (ages 15-49)
- 270,000 new HIV infections
- 110,000 AIDS-related deaths
- 67% adults on antiretroviral treatment
  *All adults/children living with HIV
  Source: UNAIDS 2018

**Botswana**
- 380,000 people living with HIV
- 23.8% adult HIV prevalence (ages 15-49)
- 14,000 new HIV infections
- 4,100 AIDS-related deaths
- 68% adults on antiretroviral treatment
  *All adults/children living with HIV
  Source: UNAIDS 2018

**Kenya**
- 1.5m people living with HIV
- 4.8% adult HIV prevalence (ages 15-49)
- 53,000 new HIV infections
- 28,000 AIDS-related deaths
- 75% adults on antiretroviral treatment
  *All adults/children living with HIV
  Source: UNAIDS 2018
Lesotho has one of the highest HIV prevalences in the world, but treatment coverage remains inadequate. Over the past decade, new HIV infections have dropped significantly in Malawi. However, young people remain a concern. Despite having the world's biggest HIV epidemic, South Africa now fully funds its HIV programmes.

**eSwatini**

Eswatini (2017)
- 210,000 people living with HIV
- 27.4% adult HIV prevalence (ages 15-49)
- 7,000 new HIV infections
- 3,500 AIDS-related deaths
- 75% children on antiretroviral treatment

eSwatini has the highest HIV prevalence in the world. This is largely due to cultural beliefs which discourage safe-sex practices.

**Tanzania**

Tanzania (2017)
- 1.5 million people living with HIV
- 5.3% adult HIV prevalence (ages 15-49)
- 32,000 new HIV infections
- 68% AIDS-related deaths
- 46% children on antiretroviral treatment

In Tanzania, access to HIV treatment is low because of drug costs, a lack of healthcare workers and high levels of corruption.

**Uganda**

Uganda (2017)
- 1.3 million people living with HIV
- 5.8% adult HIV prevalence (ages 15-49)
- 50,000 new HIV infections
- 26,000 AIDS-related deaths
- 68% children on antiretroviral treatment

Treatment programmes have been scaled up in Uganda, but access remains low. Punitive laws also act as barriers to HIV services.

**Zambia**

Zambia (2017)
- 1.1 million people living with HIV
- 11.5% adult HIV prevalence (ages 15-49)
- 46,000 new HIV infections
- 16,000 AIDS-related deaths
- 64% children on antiretroviral treatment

Unprotected heterosexual sex and mother-to-child transmission are the primary modes of HIV infection in Zambia.

**Zimbabwe**

Zimbabwe (2017)
- 1.3 million people living with HIV
- 13.3% adult HIV prevalence (ages 15-49)
- 41,000 new HIV infections
- 22,000 AIDS-related deaths
- 84% adults on antiretroviral treatment
- 89% children on antiretroviral treatment

Zimbabwe has a high HIV prevalence, with unprotected heterosexual sex continuing to be the main route transmission route for new infections.

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