HIV and AIDS in East and Southern Africa

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.
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*  
*All adults/children living with HIV

Tanzania (2017)
 1,501 people living with HIV
 4.5% adult HIV prevalence (ages 15–49)
 65,000 new HIV infections
 32,000 AIDS-related deaths
 68% adults on antiretroviral treatment*  
*All adults/children living with HIV

Uganda (2017)
 1,301 people living with HIV
 5.9% adult HIV prevalence (ages 15–49)
 50,000 new HIV infections
 26,000 AIDS-related deaths
 68% adults on antiretroviral treatment*  
*All adults/children living with HIV

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

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

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

Zambia

Zambia (2017)
 1.1m people living with HIV
 11.5% adult HIV prevalence (ages 15–49)
 48,000 new HIV infections
 16,000 AIDS-related deaths
 64% adults on antiretroviral treatment*  
*All adults/children living with HIV

Zimbabwe (2017)
 1.3m 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*  
*All adults/children living with HIV

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

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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