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

Tanzania

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

Uganda

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

Zambia

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

Zimbabwe

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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