

ZAMBIA

| Admin. level | Months | Year | Area | Sex | Age group | Sample size | Percentage below / above median | | | | | | | | | | | | | | | Notes | Ref |
|--------------|---------|------|------|------|-----------|-------------|---------------------------------|------|------------|------|---------------|------|------|------|------|-----------|------|------|------|------|---|-------|-----|
| | | | | | | | Weight/age | | Height/age | | Weight/height | | | | | BMI / age | | | | | | | |
| | | | | | | | -3SD | -2SD | -3SD | -2SD | -3SD | -2SD | +1SD | +2SD | +3SD | -3SD | -2SD | +1SD | +2SD | +3SD | | | |
| National | JAN-MAY | 1992 | | | 0. -5.00 | 5082 | 6.4 | 21.2 | 19.9 | 46.4 | 2.2 | 6.3 | 19.2 | 4.7 | 1.4 | 1.9 | 5.5 | 23.7 | 6.0 | 1.6 | Central Copperbelt Eastern Luapula Lusaka North-Western Northern Southern Western | 00414 | |
| | | | | | 0. -5.00 | 485 | 5.0 | 16.6 | 19.4 | 44.9 | 1.6 | 5.3 | 20.4 | 4.1 | 1.8 | 0.9 | 3.9 | 25.3 | 5.5 | 1.4 | | | |
| | | | | | 0. -5.00 | 1211 | 4.7 | 17.8 | 16.3 | 39.2 | 2.6 | 6.2 | 19.1 | 4.5 | 1.3 | 2.4 | 5.7 | 23.2 | 5.5 | 1.7 | | | |
| | | | | | 0. -5.00 | 522 | 6.6 | 24.2 | 26.0 | 55.4 | 0.9 | 3.8 | 23.8 | 3.3 | 0.0 | 0.7 | 2.7 | 28.0 | 6.9 | 0.0 | | | |
| | | | | | 0. -5.00 | 312 | 13.5 | 36.4 | 36.0 | 62.8 | 2.4 | 8.5 | 16.0 | 3.0 | 0.2 | 1.9 | 6.6 | 20.3 | 4.8 | 0.2 | | | |
| | | | | | 0. -5.00 | 785 | 5.5 | 18.3 | 13.6 | 38.7 | 3.4 | 9.9 | 19.7 | 5.4 | 1.8 | 3.0 | 9.3 | 25.1 | 6.8 | 2.3 | | | |
| | | | | | 0. -5.00 | 135 | 6.5 | 23.7 | 21.2 | 54.1 | 2.3 | 7.3 | 21.3 | 6.6 | 2.5 | 0.6 | 5.4 | 26.0 | 6.3 | 2.1 | | | |
| | | | | | 0. -5.00 | 521 | 13.6 | 32.1 | 32.6 | 59.7 | 3.3 | 8.7 | 19.1 | 5.9 | 1.5 | 3.0 | 6.7 | 23.1 | 7.6 | 2.4 | | | |
| | | | | | 0. -5.00 | 844 | 3.9 | 16.3 | 14.1 | 43.1 | 1.5 | 3.6 | 17.2 | 5.4 | 2.1 | 1.6 | 3.6 | 21.2 | 5.6 | 2.2 | | | |
| | | | | | 0. -5.00 | 266 | 5.2 | 23.7 | 18.9 | 49.6 | 1.1 | 4.2 | 15.6 | 4.2 | 1.1 | 0.0 | 3.7 | 22.2 | 5.5 | 1.1 | | | |
| | | | | | 0. -0.49 | 707 | 4.2 | 13.8 | 7.5 | 22.2 | 2.3 | 5.9 | 28.7 | 9.1 | 3.2 | 2.4 | 8.3 | 20.1 | 5.9 | 3.1 | | | |
| | | | | | 0.50-0.99 | 626 | 7.2 | 20.1 | 9.9 | 26.1 | 3.2 | 9.4 | 16.3 | 3.6 | 1.1 | 2.6 | 9.6 | 15.3 | 3.1 | 0.9 | | | |
| | | | | | 1. -1.99 | 1083 | 8.1 | 26.2 | 21.8 | 52.1 | 3.3 | 9.8 | 12.5 | 2.9 | 1.0 | 2.4 | 6.7 | 19.5 | 5.1 | 1.4 | | | |
| | | | | | 2. -2.99 | 1036 | 8.9 | 26.0 | 30.4 | 62.2 | 2.0 | 5.3 | 20.7 | 4.7 | 0.9 | 1.7 | 3.7 | 33.4 | 8.8 | 1.6 | | | |
| | | | | | 3. -3.99 | 847 | 4.9 | 19.5 | 24.6 | 56.0 | 1.3 | 2.9 | 21.4 | 5.0 | 1.3 | 1.1 | 2.0 | 29.0 | 8.0 | 1.7 | | | |
| | | | | | 4. -5.00 | 782 | 4.1 | 17.6 | 17.8 | 45.9 | 1.3 | 4.5 | 17.6 | 3.9 | 1.3 | 1.3 | 4.1 | 20.4 | 4.0 | 1.2 | | | |
| | | | | | URBAN | 2395 | 4.5 | 16.5 | 14.8 | 39.3 | 2.3 | 6.4 | 19.7 | 4.8 | 1.7 | 1.9 | 5.7 | 23.8 | 6.0 | 2.1 | | | |
| | | | | | RURAL | 2687 | 8.2 | 25.4 | 24.5 | 52.8 | 2.2 | 6.2 | 18.6 | 4.6 | 1.1 | 1.9 | 5.3 | 23.5 | 6.1 | 1.2 | | | |
| | | | | | M | 2518 | 6.8 | 22.4 | 22.9 | 49.7 | 2.1 | 6.4 | 20.4 | 5.2 | 1.6 | 1.6 | 5.3 | 25.5 | 6.6 | 1.9 | | | |
| | | | | | M | 350 | 5.4 | 15.7 | 10.8 | 28.5 | 2.4 | 6.5 | 33.8 | 11.6 | 3.2 | 1.9 | 9.6 | 23.2 | 6.6 | 3.4 | | | |
| | | | | | M | 320 | 6.8 | 20.6 | 11.1 | 29.3 | 3.4 | 8.4 | 16.8 | 3.8 | 1.7 | 3.6 | 8.8 | 16.1 | 3.8 | 1.4 | | | |
| | | | | | M | 547 | 9.4 | 28.8 | 24.7 | 53.5 | 3.3 | 10.9 | 12.1 | 2.8 | 0.8 | 2.0 | 6.8 | 20.1 | 5.1 | 1.4 | | | |
| | | | | | M | 511 | 8.4 | 27.7 | 36.3 | 68.1 | 1.3 | 4.8 | 20.7 | 5.0 | 1.3 | 0.8 | 2.6 | 34.4 | 9.5 | 2.2 | | | |
| | | | | | M | 411 | 4.6 | 19.6 | 26.9 | 57.2 | 0.7 | 2.6 | 25.7 | 6.1 | 1.9 | 0.5 | 1.3 | 34.4 | 10.0 | 1.9 | | | |
| | | | | | M | 379 | 4.5 | 16.6 | 19.0 | 48.0 | 1.5 | 4.3 | 17.2 | 3.6 | 1.3 | 1.5 | 3.8 | 21.5 | 3.6 | 0.9 | | | |
| | | | | | F | 2564 | 6.1 | 20.1 | 17.0 | 43.3 | 2.4 | 6.2 | 17.9 | 4.2 | 1.2 | 2.1 | 5.7 | 21.9 | 5.5 | 1.4 | | | |
| | | | | | F | 357 | 3.1 | 12.0 | 4.2 | 16.0 | 2.2 | 5.3 | 23.5 | 6.6 | 3.2 | 2.8 | 7.1 | 17.1 | 5.2 | 2.8 | | | |
| F | 306 | 7.7 | 19.6 | 8.6 | 22.7 | 3.0 | 10.4 | 15.9 | 3.4 | 0.4 | 1.5 | 10.5 | 14.6 | 2.3 | 0.4 | | | | | | | | |
| F | 536 | 6.7 | 23.6 | 18.9 | 50.6 | 3.3 | 8.7 | 12.9 | 3.0 | 1.2 | 2.8 | 6.6 | 18.9 | 5.2 | 1.4 | | | | | | | | |
| F | 526 | 9.3 | 24.3 | 24.6 | 56.4 | 2.7 | 5.8 | 20.7 | 4.4 | 0.6 | 2.5 | 4.8 | 32.4 | 8.1 | 1.1 | | | | | | | | |

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|--------------|---------|---------|-------|-----|-----------|-------------|---------------------------------|------|------------|------|---------------|------|------|------|------|-----------|------|------|------|------|--------------------|-------|-----|
| | | | | | | | Weight/age | | Height/age | | Weight/height | | | | | BMI / age | | | | | | | |
| | | | | | | | -3SD | -2SD | -3SD | -2SD | -3SD | -2SD | +1SD | +2SD | +3SD | -3SD | -2SD | +1SD | +2SD | +3SD | | | |
| National | JAN-MAY | 1992 | | F | 3. -3.99 | 435 | 5.2 | 19.4 | 22.5 | 55.0 | 1.8 | 3.1 | 17.5 | 3.9 | 0.8 | 1.7 | 2.6 | 24.1 | 6.2 | 1.4 | | 00414 | |
| | | | | F | 4. -5.00 | 403 | 3.7 | 18.5 | 16.7 | 44.0 | 1.1 | 4.6 | 18.0 | 4.3 | 1.4 | 1.1 | 4.4 | 19.4 | 4.3 | 1.4 | | | |
| National | JUN-SEP | 1995 | | | 0. -4.99 | | | | | 58.1 | | | | | | | | | | | Converted estimate | 03081 | |
| National | JUL-JAN | 1996-97 | | | 0. -5.00 | 5626 | 6.2 | 19.6 | 23.1 | 48.6 | 1.7 | 5.4 | 21.7 | 6.2 | 1.4 | 1.6 | 4.7 | 28.1 | 8.2 | 1.7 | | 01756 | |
| | | | | | 0. -5.00 | 473 | 5.7 | 15.8 | 18.1 | 45.0 | 2.4 | 6.6 | 22.5 | 7.2 | 1.2 | 2.2 | 5.5 | 28.2 | 7.8 | 1.2 | Central | | |
| | | | | | 0. -5.00 | 1063 | 3.6 | 13.0 | 14.0 | 38.3 | 1.3 | 4.7 | 19.4 | 5.1 | 1.4 | 1.5 | 4.2 | 23.6 | 6.1 | 1.1 | Copperbelt | | |
| | | | | | 0. -5.00 | 882 | 6.1 | 21.3 | 28.6 | 54.9 | 1.0 | 4.0 | 25.7 | 6.1 | 1.0 | 0.8 | 3.4 | 33.2 | 9.4 | 1.5 | Eastern | | |
| | | | | | 0. -5.00 | 519 | 8.8 | 27.3 | 37.0 | 63.3 | 3.0 | 8.5 | 25.5 | 9.2 | 2.7 | 3.1 | 6.9 | 34.8 | 12.8 | 3.3 | Luapula | | |
| | | | | | 0. -5.00 | 825 | 4.2 | 13.9 | 14.2 | 36.9 | 1.6 | 4.2 | 23.9 | 7.7 | 2.0 | 1.6 | 4.4 | 30.4 | 9.6 | 2.4 | Lusaka | | |
| | | | | | 0. -5.00 | 230 | 5.1 | 21.6 | 24.7 | 57.6 | 1.1 | 2.9 | 17.2 | 4.5 | 1.4 | 1.6 | 3.1 | 21.9 | 5.4 | 2.0 | North-Western | | |
| | | | | | 0. -5.00 | 697 | 10.7 | 26.9 | 35.5 | 60.0 | 2.0 | 6.2 | 21.0 | 5.5 | 1.1 | 1.5 | 5.0 | 29.1 | 8.4 | 1.9 | Northern | | |
| | | | | | 0. -5.00 | 591 | 5.1 | 18.1 | 19.0 | 44.8 | 0.9 | 4.5 | 17.9 | 4.2 | 1.1 | 0.8 | 4.5 | 23.9 | 6.5 | 1.5 | Southern | | |
| | | | | | 0. -5.00 | 346 | 9.3 | 30.0 | 25.8 | 51.6 | 2.7 | 9.1 | 18.1 | 5.8 | 1.0 | 2.9 | 7.5 | 22.4 | 6.0 | 1.0 | Western | | |
| | | | | | 0. -0.49 | 696 | 5.5 | 16.2 | 8.4 | 20.5 | 3.6 | 8.5 | 24.2 | 9.1 | 2.7 | 3.9 | 11.0 | 17.8 | 5.8 | 1.6 | | | |
| | | | | | 0.50-0.99 | 652 | 8.8 | 21.6 | 11.6 | 30.1 | 3.8 | 11.3 | 14.2 | 4.4 | 1.1 | 4.1 | 12.3 | 14.1 | 4.7 | 0.9 | | | |
| | | | | | 1. -1.99 | 1283 | 8.5 | 23.5 | 26.1 | 52.1 | 2.0 | 8.0 | 15.9 | 4.0 | 0.8 | 1.5 | 4.9 | 24.2 | 7.1 | 1.6 | | | |
| | | | | | 2. -2.99 | 1138 | 6.1 | 20.3 | 33.5 | 63.4 | 0.6 | 2.6 | 24.7 | 6.8 | 1.5 | 0.5 | 1.5 | 39.2 | 11.4 | 2.3 | | | |
| | | | | | 3. -3.99 | 980 | 4.7 | 19.0 | 28.1 | 58.0 | 0.6 | 2.0 | 28.0 | 7.9 | 2.1 | 0.6 | 1.2 | 37.8 | 11.6 | 2.4 | | | |
| | | | | | 4. -5.00 | 878 | 3.2 | 15.0 | 20.1 | 49.3 | 0.7 | 2.1 | 23.2 | 5.7 | 0.7 | 0.8 | 2.2 | 27.2 | 6.2 | 1.2 | | | |
| | | | URBAN | | 0. -5.00 | 2229 | 3.7 | 13.4 | 15.2 | 39.7 | 1.1 | 4.1 | 21.1 | 5.5 | 1.5 | 1.3 | 3.9 | 26.7 | 7.3 | 1.6 | | | |
| | | | RURAL | | 0. -5.00 | 3397 | 7.8 | 23.7 | 28.3 | 54.4 | 2.1 | 6.2 | 22.1 | 6.6 | 1.4 | 1.9 | 5.3 | 29.0 | 8.7 | 1.9 | | | |
| | | | | M | 0. -5.00 | 2760 | 7.3 | 21.1 | 25.5 | 50.0 | 2.2 | 6.4 | 21.8 | 6.3 | 1.4 | 2.1 | 5.8 | 29.3 | 8.9 | 2.0 | | | |
| | | | | M | 0. -0.49 | 368 | 6.7 | 19.2 | 10.6 | 21.8 | 4.8 | 9.1 | 26.4 | 10.8 | 2.5 | 6.0 | 12.8 | 19.6 | 7.1 | 1.8 | | | |
| | | | | M | 0.50-0.99 | 319 | 10.9 | 24.4 | 13.8 | 32.8 | 4.6 | 12.5 | 11.8 | 2.5 | 1.1 | 3.9 | 14.4 | 12.9 | 2.9 | 1.3 | | | |
| | | | | M | 1. -1.99 | 619 | 11.7 | 27.7 | 30.6 | 56.6 | 2.9 | 10.7 | 15.1 | 3.0 | 0.7 | 2.2 | 6.5 | 22.9 | 6.2 | 1.8 | | | |
| | | | | M | 2. -2.99 | 553 | 6.0 | 20.7 | 37.3 | 67.3 | 0.5 | 3.2 | 25.0 | 7.1 | 1.7 | 0.7 | 1.7 | 42.7 | 13.6 | 3.0 | | | |
| | | | | M | 3. -3.99 | 457 | 4.5 | 18.6 | 29.1 | 54.7 | 0.8 | 2.5 | 26.5 | 8.0 | 1.6 | 0.8 | 1.4 | 38.4 | 13.1 | 2.2 | | | |
| | | | | M | 4. -5.00 | 443 | 3.5 | 14.2 | 20.5 | 49.9 | 0.9 | 2.1 | 26.0 | 7.5 | 0.9 | 0.7 | 2.4 | 31.6 | 8.5 | 1.8 | | | |
| | | | | F | 0. -5.00 | 2866 | 5.1 | 18.2 | 20.9 | 47.2 | 1.2 | 4.4 | 21.6 | 6.0 | 1.5 | 1.2 | 3.8 | 27.0 | 7.5 | 1.5 | | | |
| | | | | F | 0. -0.49 | 327 | 4.2 | 12.8 | 5.9 | 19.1 | 2.2 | 7.9 | 21.8 | 7.3 | 2.9 | 1.7 | 9.0 | 15.8 | 4.5 | 1.5 | | | |

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|--------------|---------|---------|-------|-----|-----------|-------------|---------------------------------|------|------------|------|---------------|------|------|------|------|-----------|------|------|------|------|---------------|-------|-----|
| | | | | | | | Weight/age | | Height/age | | Weight/height | | | | | BMI / age | | | | | | | |
| | | | | | | | -3SD | -2SD | -3SD | -2SD | -3SD | -2SD | +1SD | +2SD | +3SD | -3SD | -2SD | +1SD | +2SD | +3SD | | | |
| National | JUL-JAN | 1996-97 | | F | 0.50-0.99 | 332 | 6.8 | 19.0 | 9.4 | 27.5 | 3.0 | 10.2 | 16.6 | 6.3 | 1.2 | 4.2 | 10.3 | 15.3 | 6.4 | 0.5 | | 01756 | |
| | | | | F | 1. -1.99 | 664 | 5.5 | 19.6 | 21.9 | 48.0 | 1.2 | 5.5 | 16.7 | 4.9 | 0.9 | 0.8 | 3.4 | 25.3 | 8.0 | 1.5 | | | |
| | | | | F | 2. -2.99 | 585 | 6.1 | 19.8 | 29.9 | 59.8 | 0.6 | 2.1 | 24.4 | 6.6 | 1.4 | 0.3 | 1.4 | 36.0 | 9.2 | 1.7 | | | |
| | | | | F | 3. -3.99 | 522 | 4.9 | 19.5 | 27.3 | 60.8 | 0.4 | 1.5 | 29.3 | 7.9 | 2.5 | 0.4 | 1.0 | 37.2 | 10.3 | 2.6 | | | |
| | | | | F | 4. -5.00 | 435 | 2.9 | 15.8 | 19.6 | 48.7 | 0.6 | 2.1 | 20.3 | 3.8 | 0.5 | 0.9 | 2.0 | 22.6 | 3.9 | 0.5 | | | |
| National | OCT | 1999 | | | 0.50-5.00 | 1105300 | 5.7 | 19.6 | 33.2 | 57.9 | 2.0 | 5.7 | 32.5 | 12.3 | 3.1 | 1.9 | 4.9 | 39.5 | 17.6 | 5.9 | | 02915 | |
| | | | | | 0.50-5.00 | 110344 | 5.6 | 17.6 | 31.7 | 53.4 | 1.4 | 4.7 | 30.1 | 11.3 | 2.4 | 1.2 | 4.3 | 36.8 | 17.5 | 4.8 | Central | | |
| | | | | | 0.50-5.00 | 154060 | 4.4 | 14.1 | 32.8 | 56.2 | 0.6 | 2.9 | 39.8 | 17.8 | 5.7 | 0.3 | 2.5 | 44.2 | 23.5 | 6.9 | Copperbelt | | |
| | | | | | 0.50-5.00 | 165911 | 3.9 | 17.4 | 35.3 | 63.9 | 2.5 | 4.8 | 39.8 | 14.6 | 4.1 | 1.9 | 4.0 | 48.5 | 21.9 | 7.9 | Eastern | | |
| | | | | | 0.50-5.00 | 93550 | 11.6 | 30.7 | 38.9 | 64.0 | 5.3 | 10.4 | 21.3 | 7.0 | 2.4 | 5.4 | 7.6 | 29 | 8.0 | 3.2 | Luapula | | |
| | | | | | 0.50-5.00 | 147083 | 3.7 | 15.0 | 27.1 | 49.0 | 2.6 | 8.6 | 32.6 | 12.5 | 2.8 | 3.1 | 8.8 | 38.4 | 17.2 | 6.5 | Lusaka | | |
| | | | | | 0.50-5.00 | 154204 | 8.8 | 30.2 | 41.5 | 63.6 | 1.8 | 7.7 | 26.6 | 8.1 | 2.4 | 2.0 | 6.4 | 32.6 | 13.4 | 4.3 | North-Western | | |
| | | | | | 0.50-5.00 | 47845 | 8.2 | 22.9 | 38.7 | 62.5 | 4.2 | 10.3 | 33.8 | 16.0 | 4.4 | 4.2 | 9.7 | 41.5 | 19.9 | 7.7 | Northern | | |
| | | | | | 0.50-5.00 | 159354 | 3.9 | 16.4 | 25.7 | 53.0 | 0.4 | 2.5 | 32.1 | 10.4 | 1.6 | 0.4 | 1.8 | 39.0 | 15.9 | 5.2 | Southern | | |
| | | | | | 0.50-5.00 | 72947 | 4.5 | 16.5 | 31.2 | 60.3 | 1.5 | 3.4 | 31.6 | 14.4 | 2.4 | 1.2 | 2.8 | 43.2 | 20.1 | 6.8 | Western | | |
| | | | | | 0.50-0.99 | 110305 | 8.4 | 22.0 | 17.0 | 39.9 | 4.4 | 10.1 | 28.8 | 7.5 | 0.0 | 4.8 | 11.0 | 26.6 | 8.5 | 0.0 | | | |
| | | | | | 1. -1.99 | 252052 | 7.8 | 23.5 | 35.8 | 60.4 | 2.3 | 7.2 | 25.5 | 8.9 | 1.2 | 2.1 | 4.9 | 34.0 | 15.9 | 5.4 | | | |
| | | | | | 2. -2.99 | 289917 | 5.4 | 18.8 | 35.4 | 59.5 | 2.5 | 6.3 | 36.1 | 14.0 | 4.9 | 2.4 | 5.9 | 46.8 | 21.2 | 8.7 | | | |
| | | | | | 3. -3.99 | 241383 | 5.2 | 15.1 | 33.9 | 60.2 | 1.1 | 3.9 | 37.9 | 15.6 | 4.1 | 0.9 | 3.4 | 44.9 | 21.3 | 7.2 | | | |
| | | | | | 4. -5.00 | 211642 | 2.5 | 20.0 | 34.7 | 59.6 | 0.7 | 3.0 | 31.9 | 12.8 | 3.5 | 0.7 | 2.4 | 36.6 | 15.1 | 4.2 | | | |
| | | | URBAN | | 0.50-5.00 | 383563 | 4.0 | 14.8 | 30.7 | 54.3 | 1.4 | 4.9 | 35.9 | 14.8 | 4.2 | 1.5 | 4.8 | 41.4 | 20.7 | 6.6 | | | |
| | | | RURAL | | 0.50-5.00 | 721737 | 6.5 | 22.1 | 34.5 | 59.8 | 2.3 | 6.2 | 30.7 | 11.0 | 2.6 | 2.2 | 5.0 | 38.5 | 16.0 | 5.5 | | | |
| | | | | M | 0.50-5.00 | 577420 | 6.0 | 22.2 | 35.3 | 59.9 | 2.0 | 6.2 | 31.3 | 11.8 | 3.0 | 1.9 | 5.1 | 39.3 | 17.4 | 6.6 | | | |
| | | | | M | 0.50-0.99 | 59005 | 10.0 | 26.1 | 20.3 | 45.7 | 5.5 | 10.3 | 27.5 | 6.8 | 0.0 | 5.5 | 11.3 | 25.2 | 7.9 | 0.0 | | | |
| | | | | M | 1. -1.99 | 127235 | 8.9 | 29.3 | 44.1 | 67.0 | 2.0 | 7.7 | 27.0 | 8.7 | 1.4 | 2.1 | 4.4 | 34.6 | 17.3 | 6.3 | | | |
| | | | | M | 2. -2.99 | 154526 | 5.8 | 20.7 | 35.7 | 60.6 | 2.3 | 6.3 | 35 | 14.2 | 4.4 | 2.1 | 5.9 | 47.9 | 21.4 | 9.6 | | | |
| | | | | M | 3. -3.99 | 127000 | 4.6 | 16.4 | 33.6 | 59.1 | 1.3 | 5.3 | 34.6 | 14.9 | 4.0 | 0.9 | 4.7 | 43.0 | 19.8 | 8.3 | | | |
| | | | | M | 4. -5.00 | 109654 | 2.3 | 20.9 | 34.4 | 59.5 | 0.5 | 3.2 | 29.4 | 10.9 | 3.3 | 0.4 | 2.1 | 36.1 | 14.0 | 4.2 | | | |
| | | | | F | 0.50-5.00 | 527880 | 5.3 | 16.7 | 30.9 | 55.7 | 2.0 | 5.2 | 33.9 | 12.9 | 3.3 | 2.0 | 4.7 | 39.7 | 17.8 | 5.1 | | | |
| | | | | F | 0.50-0.99 | 51300 | 6.6 | 17.3 | 13.1 | 33.1 | 3.2 | 10.0 | 30.3 | 8.3 | 0.0 | 4.1 | 10.8 | 28.3 | 9.2 | 0.0 | | | |

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|--------------|---------|-----------|------|------|-----------|-------------|---------------------------------|------|------------|------|---------------|------|------|------|------|-----------|------|------|------|------|--|-------|---------------|--|
| Admin. level | Months | Year | Area | Sex | Age group | Sample size | Percentage below / above median | | | | | | | | | | | | | | | Notes | Ref | |
| | | | | | | | Weight/age | | Height/age | | Weight/height | | | | | BMI / age | | | | | | | | |
| | | | | | | | -3SD | -2SD | -3SD | -2SD | -3SD | -2SD | +1SD | +2SD | +3SD | -3SD | -2SD | +1SD | +2SD | +3SD | | | | |
| National | OCT | 1999 | | F | 1. -1.99 | 124817 | 6.7 | 17.6 | 27.3 | 53.7 | 2.5 | 6.7 | 24.0 | 9.1 | 1.0 | 2.0 | 5.4 | 33.3 | 14.6 | 4.4 | | 02915 | | |
| | | | | F | 2. -2.99 | 135391 | 5.1 | 16.6 | 35.0 | 58.3 | 2.7 | 6.3 | 37.3 | 13.7 | 5.5 | 2.8 | 5.7 | 45.4 | 21.0 | 7.6 | | | | |
| | | | | F | 3. -3.99 | 114383 | 5.8 | 13.6 | 34.2 | 61.4 | 0.8 | 2.4 | 41.5 | 16.4 | 4.3 | 1.0 | 2.0 | 47.1 | 22.9 | 6.0 | | | | |
| | | | | F | 4. -5.00 | 101988 | 2.8 | 19.0 | 35.1 | 59.7 | 0.9 | 2.8 | 34.6 | 14.9 | 3.7 | 0.9 | 2.7 | 37.2 | 16.3 | 4.1 | | | | |
| National | NOV-MAY | 2001-02 | | | 0. -5.00 | 6056 | 7.4 | 23.3 | 27.6 | 52.5 | 2.3 | 6.2 | 20.7 | 5.9 | 1.3 | 2.0 | 5.2 | 27.4 | 8.3 | 2.2 | | 02490 | | |
| | | | | | 0. -5.00 | 462 | 6.6 | 20.6 | 25.1 | 52.6 | 1.3 | 5.1 | 19.1 | 4.6 | 0.4 | 1.3 | 3.8 | 26.7 | 5.5 | 0.7 | | | Central | |
| | | | | | 0. -5.00 | 967 | 6.5 | 23.8 | 25.0 | 46.0 | 2.7 | 7.5 | 17.8 | 6.1 | 1.4 | 2.7 | 7.1 | 21.9 | 8.7 | 2.3 | | | Copperbelt | |
| | | | | | 0. -5.00 | 771 | 10.6 | 28.5 | 35.0 | 63.1 | 3.0 | 7.3 | 25.4 | 7.2 | 1.2 | 2.5 | 5.7 | 33.4 | 9.5 | 1.7 | | | Eastern | |
| | | | | | 0. -5.00 | 557 | 11.2 | 28.6 | 37.6 | 64.1 | 1.7 | 5.3 | 21.8 | 4.5 | 0.2 | 1.5 | 5.4 | 28.7 | 9.0 | 1.3 | | | Luapula | |
| | | | | | 0. -5.00 | 744 | 4.9 | 16.7 | 18.7 | 41.0 | 2.7 | 6.2 | 19.1 | 4.8 | 0.7 | 2.0 | 4.4 | 25.7 | 6.4 | 1.4 | | | Lusaka | |
| | | | | | 0. -5.00 | 929 | 10.8 | 28.2 | 37.4 | 59.4 | 3.7 | 9.4 | 27.1 | 10.0 | 3.3 | 3.0 | 7.7 | 34.7 | 14.4 | 5.8 | | | Northern | |
| | | | | | 0. -5.00 | 343 | 6.3 | 22.6 | 24.3 | 51.4 | 1.1 | 3.4 | 17.8 | 2.9 | 0.5 | 1.1 | 2.6 | 23.9 | 5.3 | 0.7 | | | North-Western | |
| | | | | | 0. -5.00 | 731 | 3.9 | 19.1 | 21.9 | 46.2 | 2.2 | 4.7 | 14.8 | 4.3 | 1.3 | 2.0 | 4.3 | 22.9 | 5.3 | 1.7 | | | Southern | |
| | | | | | 0. -5.00 | 553 | 4.2 | 18.9 | 19.5 | 50.7 | 0.7 | 3.0 | 20.6 | 4.6 | 0.9 | 0.7 | 2.4 | 25.8 | 5.5 | 1.3 | | | Western | |
| | | | | | 0. -0.49 | 695 | 4.5 | 13.4 | 9.3 | 21.0 | 4.0 | 10.4 | 27.7 | 9.0 | 2.9 | 3.2 | 9.7 | 22.7 | 7.8 | 3.8 | | | | |
| | | | | | 0.50-0.99 | 620 | 9.5 | 23.4 | 15.7 | 37.0 | 4.8 | 12.0 | 19.6 | 7.2 | 1.2 | 5.4 | 12.5 | 19.6 | 8.1 | 1.5 | | | | |
| | | | | | 1. -1.99 | 1316 | 10.1 | 28.5 | 30.8 | 57.4 | 3.1 | 9.7 | 14.9 | 4.3 | 0.9 | 2.5 | 6.4 | 24.6 | 8.2 | 1.6 | | | | |
| | | | | | 2. -2.99 | 1202 | 8.6 | 26.2 | 38.9 | 65.1 | 1.7 | 4.1 | 22.9 | 7.1 | 1.9 | 1.3 | 2.9 | 37.9 | 10.7 | 4.0 | | | | |
| | | | | | 3. -3.99 | 1128 | 5.5 | 22.5 | 31.5 | 59.6 | 1.2 | 2.6 | 24.3 | 5.9 | 0.8 | 1.0 | 2.5 | 32.9 | 9.5 | 1.7 | | | | |
| | | | | | 4. -5.00 | 1096 | 5.5 | 21.0 | 25.5 | 54.0 | 0.9 | 2.4 | 18.1 | 3.9 | 0.8 | 0.7 | 2.4 | 20.8 | 4.9 | 0.6 | | | | |
| | | | | | URBAN | 0. -5.00 | 1899 | 5.4 | 19.0 | 20.8 | 42.0 | 2.5 | 6.7 | 19.0 | 5.9 | 1.1 | 2.0 | 5.7 | 24.8 | 7.9 | | | 2.0 | |
| | | | | | RURAL | 0. -5.00 | 4158 | 8.3 | 25.3 | 30.7 | 57.3 | 2.2 | 6.0 | 21.5 | 5.9 | 1.4 | 2.1 | 5.1 | 28.5 | 8.4 | | | 2.2 | |
| | | | | | M | 0. -5.00 | 3027 | 7.8 | 24.4 | 28.9 | 54.1 | 2.6 | 6.6 | 21.3 | 6.4 | 1.5 | 2.2 | 5.5 | 29.8 | 9.1 | | | 2.6 | |
| | | | | | M | 0. -0.49 | 347 | 2.5 | 12.1 | 7.9 | 19.7 | 2.9 | 8.0 | 29.7 | 10.4 | 3.1 | 2.5 | 8.2 | 24.2 | 8.7 | | | 4.8 | |
| | M | 0.50-0.99 | 302 | 12.3 | 28.2 | 17.6 | 43.0 | 6.5 | 13.5 | 18.1 | 7.8 | 2.1 | 6.9 | 14.1 | 18.6 | 7.7 | 2.4 | | | | | | | |
| | M | 1. -1.99 | 643 | 12.5 | 33.2 | 35.6 | 63.0 | 3.8 | 11.2 | 14.1 | 4.9 | 1.0 | 2.6 | 7.4 | 26.3 | 9.3 | 2.3 | | | | | | | |
| | M | 2. -2.99 | 599 | 8.6 | 26.1 | 38.7 | 64.2 | 2.3 | 5.2 | 22.0 | 7.6 | 1.8 | 1.6 | 3.6 | 39.2 | 12.0 | 4.4 | | | | | | | |
| | M | 3. -3.99 | 584 | 5.2 | 22.6 | 32.5 | 59.0 | 1.5 | 3.2 | 25.4 | 6.1 | 1.2 | 1.3 | 2.9 | 36.1 | 10.1 | 2.4 | | | | | | | |
| | M | 4. -5.00 | 552 | 5.1 | 19.6 | 25.8 | 55.0 | 0.5 | 1.7 | 21.2 | 3.9 | 0.5 | 0.5 | 1.9 | 26.5 | 5.5 | 0.2 | | | | | | | |
| | F | 0. -5.00 | 3029 | 7.0 | 22.3 | 26.3 | 50.9 | 2.0 | 5.8 | 20.1 | 5.4 | 1.2 | 1.9 | 5.0 | 25.0 | 7.4 | 1.7 | | | | | | | |

ZAMBIA

| Admin. level | Months | Year | Area | Sex | Age group | Sample size | Percentage below / above median | | | | | | | | | | | | | | | Notes | Ref |
|--------------|---------|-----------|------|-----|-----------|-------------|---------------------------------|------|------------|------|---------------|------|------|------|------|-----------|------|------|------|------|--|-------|--------------|
| | | | | | | | Weight/age | | Height/age | | Weight/height | | | | | BMI / age | | | | | | | |
| | | | | | | | -3SD | -2SD | -3SD | -2SD | -3SD | -2SD | +1SD | +2SD | +3SD | -3SD | -2SD | +1SD | +2SD | +3SD | | | |
| National | NOV-MAY | 2001-02 | | F | 0. -0.49 | 348 | 6.4 | 14.7 | 10.7 | 22.3 | 5.1 | 12.7 | 25.7 | 7.7 | 2.7 | 3.8 | 11.2 | 21.1 | 6.8 | 2.9 | | 02490 | |
| | | | | F | 0.50-0.99 | 318 | 6.8 | 18.8 | 14.0 | 31.3 | 3.2 | 10.5 | 21.1 | 6.6 | 0.3 | 4.0 | 11.0 | 20.5 | 8.6 | 0.6 | | | |
| | | | | F | 1. -1.99 | 673 | 7.7 | 24.0 | 26.4 | 52.1 | 2.5 | 8.2 | 15.7 | 3.6 | 0.8 | 2.4 | 5.5 | 23 | 7.0 | 0.9 | | | |
| | | | | F | 2. -2.99 | 603 | 8.5 | 26.2 | 39.0 | 66.0 | 1.1 | 2.9 | 23.7 | 6.6 | 2.1 | 1.0 | 2.3 | 36.6 | 9.4 | 3.7 | | | |
| | | | | F | 3. -3.99 | 543 | 5.8 | 22.4 | 30.4 | 60.2 | 0.8 | 2.0 | 23.1 | 5.7 | 0.2 | 0.6 | 2.1 | 29.5 | 8.8 | 1.0 | | | |
| | | | | F | 4. -5.00 | 544 | 5.9 | 22.5 | 25.1 | 53.0 | 1.3 | 3.2 | 15.0 | 3.8 | 1.0 | 0.9 | 2.9 | 15.0 | 4.2 | 1.0 | | | |
| National | APR-OCT | 2007 | | | 0. -5.00 | 5945 | 3.5 | 14.9 | 21.6 | 45.8 | 2.3 | 5.6 | 25.7 | 8.4 | 2.7 | 2.4 | 5.3 | 32.0 | 10.9 | 3.7 | | 02893 | |
| | | | | | 0. -5.00 | 601 | 2.4 | 14.6 | 27.4 | 53.9 | 3.8 | 6.9 | 30.3 | 10.5 | 4.2 | 3.7 | 6.8 | 37.4 | 15.5 | 6.1 | | | Central |
| | | | | | 0. -5.00 | 791 | 2.1 | 15.0 | 20.4 | 44.2 | 0.6 | 2.5 | 21.2 | 5.7 | 0.8 | 0.7 | 1.7 | 28.9 | 7.0 | 1.7 | | | Copperbelt |
| | | | | | 0. -5.00 | 945 | 2.8 | 12.8 | 25.7 | 50.5 | 1.1 | 3.8 | 34.7 | 12.9 | 4.7 | 1.6 | 4.5 | 41.8 | 16.6 | 5.8 | | | Eastern |
| | | | | | 0. -5.00 | 536 | 4.5 | 18.5 | 32.1 | 56.0 | 3.7 | 6.1 | 35.5 | 17.0 | 5.5 | 3.3 | 5.8 | 41.6 | 19.6 | 7.0 | | | Luapala |
| | | | | | 0. -5.00 | 655 | 3.2 | 10.0 | 14.7 | 38.0 | 1.2 | 4.3 | 26.8 | 7.2 | 3.0 | 1.3 | 4.0 | 31.5 | 9.6 | 3.9 | | | Lusaka |
| | | | | | 0. -5.00 | 949 | 4.7 | 17.7 | 22.3 | 49.4 | 2.6 | 6.4 | 21.0 | 5.6 | 1.2 | 2.7 | 5.9 | 28.0 | 7.8 | 1.7 | | | Northern |
| | | | | | 0. -5.00 | 389 | 6.5 | 20.6 | 21.2 | 43.9 | 2.8 | 7.8 | 19.6 | 4.5 | 1.6 | 2.5 | 6.9 | 24.3 | 6.1 | 2.2 | | | Northwestern |
| | | | | | 0. -5.00 | 635 | 3.5 | 13.3 | 15.1 | 36.1 | 1.8 | 5.4 | 19.4 | 5.5 | 1.5 | 1.5 | 4.8 | 25.3 | 6.8 | 2.4 | | | Southern |
| | | | | | 0. -5.00 | 443 | 3.0 | 14.1 | 13.8 | 36.2 | 5.9 | 10.8 | 20.6 | 6.4 | 1.8 | 6.1 | 10.6 | 25.0 | 7.8 | 2.9 | | | Western |
| | | | | | 0. -0.49 | 642 | 2.2 | 6.7 | 12.5 | 22.8 | 5.3 | 8.3 | 36.2 | 17.5 | 6.4 | 4.2 | 8.1 | 33.0 | 13.0 | 7.1 | | | |
| | | | | | 0.50-0.99 | 662 | 4.1 | 14.1 | 15.9 | 32.4 | 4.0 | 10.7 | 27.5 | 12.7 | 4.5 | 5.0 | 12.5 | 27.8 | 13.5 | 4.4 | | | |
| | | | | | 1. -1.99 | 1276 | 4.0 | 17.2 | 26.7 | 51.5 | 2.1 | 6.5 | 22.8 | 7.7 | 2.6 | 2.0 | 5.3 | 33.3 | 12.2 | 4.1 | | | |
| | | | | | 2. -2.99 | 1165 | 4.5 | 16.9 | 25.2 | 52.6 | 2.4 | 5.1 | 27.6 | 6.4 | 1.5 | 2.6 | 4.8 | 38.2 | 11.0 | 2.8 | | | |
| | | | | | 3. -3.99 | 1119 | 2.3 | 14.8 | 21.5 | 51.0 | 1.2 | 2.2 | 25.5 | 7.1 | 2.0 | 1.2 | 2.0 | 33.4 | 10.2 | 3.6 | | | |
| | | | | | 4. -5.00 | 1080 | 3.4 | 15.6 | 20.2 | 46.9 | 1.3 | 4.0 | 20.8 | 5.5 | 1.6 | 1.2 | 3.5 | 24.5 | 7.0 | 1.9 | | | |
| | | | | | 0. -5.00 | 1686 | 3.0 | 13 | 16.9 | 39.6 | 1.9 | 4.7 | 24.5 | 7.0 | 2.4 | 1.9 | 4.4 | 30.2 | 9.0 | 3.2 | | | URBAN |
| | | | | | 0. -5.00 | 4259 | 3.7 | 15.7 | 23.5 | 48.3 | 2.5 | 5.9 | 26.2 | 9.0 | 2.8 | 2.6 | 5.7 | 32.7 | 11.6 | 3.9 | | | RURAL |
| | | | | | 0. -5.00 | 2941 | 3.8 | 16.9 | 24.1 | 48.8 | 2.3 | 6.0 | 26.9 | 8.6 | 2.9 | 2.3 | 5.6 | 34.0 | 11.8 | 3.9 | | | |
| | | | | | M | 0. -0.49 | 323 | 2.8 | 8.3 | 12.7 | 23.0 | 4.3 | 6.8 | 41.1 | 18.2 | 7.8 | 3.1 | 6.0 | 36.7 | 14.6 | | | 8.7 |
| | M | 0.50-0.99 | 320 | 4.5 | 18.7 | 17.6 | 39.3 | 3.5 | 11.4 | 28.8 | 13.9 | 5.1 | 4.6 | 13.6 | 29.2 | 16.3 | 5.2 | | | | | | |
| | M | 1. -1.99 | 627 | 4.8 | 21.0 | 29.8 | 55.2 | 2.6 | 7.4 | 21.1 | 7.3 | 2.0 | 2.4 | 5.7 | 31.7 | 11.6 | 3.6 | | | | | | |
| | M | 2. -2.99 | 593 | 4.9 | 17.4 | 28.3 | 55.9 | 2.3 | 5.6 | 30.8 | 7.6 | 2.3 | 2.6 | 5.5 | 41.5 | 13.3 | 3.3 | | | | | | |
| | M | 3. -3.99 | 525 | 2.3 | 16.0 | 23.9 | 52.2 | 1.1 | 2.8 | 27.7 | 7.1 | 2.1 | 1.2 | 2.4 | 37.0 | 11.0 | 3.4 | | | | | | |

ZAMBIA

| Admin. level | Months | Year | Area | Sex | Age group | Sample size | Percentage below / above median | | | | | | | | | | | | | | | Notes | Ref |
|--------------|---------|------|------|-----|-----------|-------------|---------------------------------|------|------------|------|---------------|------|------|------|------|-----------|------|------|------|------|--|-------|-----|
| | | | | | | | Weight/age | | Height/age | | Weight/height | | | | | BMI / age | | | | | | | |
| | | | | | | | -3SD | -2SD | -3SD | -2SD | -3SD | -2SD | +1SD | +2SD | +3SD | -3SD | -2SD | +1SD | +2SD | +3SD | | | |
| National | APR-OCT | 2007 | | M | 4. -5.00 | 553 | 3.3 | 16.4 | 23.1 | 50.0 | 1.3 | 4.4 | 20.3 | 4.5 | 1.3 | 1.2 | 4.0 | 27.1 | 7.2 | 2.0 | | 02893 | |
| | | | | F | 0. -5.00 | 3004 | 3.2 | 13.0 | 19.2 | 42.9 | 2.4 | 5.2 | 24.5 | 8.2 | 2.5 | 2.4 | 5.0 | 30.1 | 9.9 | 3.5 | | | |
| | | | | F | 0. -0.49 | 319 | 1.7 | 5.1 | 12.3 | 22.6 | 6.3 | 9.8 | 31.0 | 16.7 | 4.9 | 5.2 | 10.2 | 29.2 | 11.4 | 5.4 | | | |
| | | | | F | 0.50-0.99 | 342 | 3.7 | 9.9 | 14.3 | 26.0 | 4.4 | 10.1 | 26.2 | 11.5 | 3.9 | 5.3 | 11.6 | 26.5 | 11.0 | 3.7 | | | |
| | | | | F | 1. -1.99 | 649 | 3.3 | 13.6 | 23.7 | 48.0 | 1.7 | 5.7 | 24.4 | 8.1 | 3.2 | 1.6 | 4.8 | 34.8 | 12.9 | 4.6 | | | |
| | | | | F | 2. -2.99 | 572 | 4.0 | 16.4 | 22.0 | 49.2 | 2.5 | 4.6 | 24.4 | 5.2 | 0.8 | 2.6 | 4.2 | 34.7 | 8.6 | 2.4 | | | |
| | | | | F | 3. -3.99 | 594 | 2.3 | 13.7 | 19.5 | 49.9 | 1.3 | 1.7 | 23.5 | 7.0 | 1.9 | 1.2 | 1.6 | 30.2 | 9.6 | 3.7 | | | |
| | | | | F | 4. -5.00 | 527 | 3.6 | 14.7 | 17.1 | 43.7 | 1.3 | 3.6 | 21.2 | 6.6 | 1.9 | 1.3 | 3.0 | 21.7 | 6.7 | 1.9 | | | |