

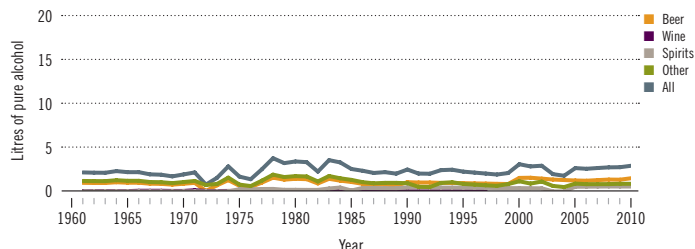
Lesotho

Total population: 2 009 000 ➤ Population aged 15 years and older (15+): 62% ➤ Population in urban areas: 27% ➤ Income group (World Bank): Lower middle income

ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

Recorded alcohol per capita (15+) consumption, 1961–2010

Data refer to litres of pure alcohol per capita (15+).



Alcohol per capita (15+) consumption (in litres of pure alcohol)

	Average 2003–2005	Average 2008–2010	Change
Recorded	2.1	2.8	↗
Unrecorded	3.7	3.7	→
Total	5.8	6.5	↗
Total males / females		10.8 / 2.5	
WHO African Region	6.2	6.0	

Prevalence of heavy episodic drinking* (%), 2010

	Population	Drinkers only
Males (15+)	7.1	16.9
Females (15+)	0.8	4.1
Both sexes (15+)	3.8	12.8

*Consumed at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days.

HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

Age-standardized death rates (ASDR) and alcohol-attributable fractions (AAF), 2012

	ASDR*		AAF (%)	
	30.6	11.5	56.3	53.0
Liver cirrhosis, males / females	40.2	18.6	25.9	5.9
Road traffic accidents, males / females				

*Per 100 000 population (15+).

Years of life lost (YLL) score*, 2012

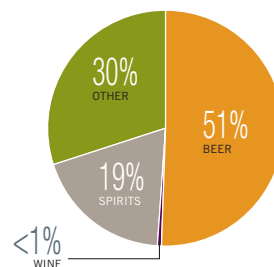
LEAST < 1 2 3 4 5 > MOST

*Based on alcohol-attributable years of life lost.

POLICIES AND INTERVENTIONS

Written national policy (adopted/revised) / National action plan	No / —
Excise tax on beer / wine / spirits	Yes / Yes / Yes
National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
Restrictions for on-/off-premise sales of alcoholic beverages: Hours, days / places, density Specific events / intoxicated persons / petrol stations	Yes, Yes / Yes, Yes Yes / No / Yes

Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2010



Total alcohol per capita (15+) consumption, drinkers only (in litres of pure alcohol), 2010

Males (15+)	25.6
Females (15+)	13.4
Both sexes (15+)	21.7

Abstainers (%), 2010

	Males	Females	Both sexes
Lifetime abstainers (15+)	44.4	71.2	58.2
Former drinkers* (15+)	13.6	10.1	11.8
Abstainers (15+), past 12 months	58.0	81.3	70.0

*Persons who used to drink alcoholic beverages but have not done so in the past 12 months.

Patterns of drinking score, 2010

LEAST RISKY < 1 2 3 4 5 > MOST RISKY

Prevalence of alcohol use disorders and alcohol dependence (%), 2010*

	Alcohol use disorders**	Alcohol dependence
Males	7.5	3.2
Females	1.1	0.5
Both sexes	4.2	1.8
WHO African Region	3.3	1.4

*12-month prevalence estimates (15+).

**Including alcohol dependence and harmful use of alcohol.

National maximum legal blood alcohol concentration (BAC) when driving a vehicle (general / young / professional), in %	0.08 / 0.08 / 0.08
Legally binding regulations on alcohol advertising / product placement	No / No
Legally binding regulations on alcohol sponsorship / sales promotion	No / No
Legally required health warning labels on alcohol advertisements / containers	No / No
National government support for community action	Yes
National monitoring system(s)	No