



Kingdom of Lesotho



2024 HEALTH STATISTICS REPORT No 21 of 2025



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Mission: To coordinate the National Statistical System (NSS) and produce accurate, timely and reliable culturally relevant and internationally comparable statistical data for evidence-based planning, decision making, research, policy, program formulation and monitoring and to satisfy the needs of users and producers.

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List of Acronyms

BOS	Bureau of Statistics
CHAL	Christian Health Association of Lesotho
DHIS	District Health Information System
GOL	Government of Lesotho
HPSU	Health Planning and Statistics Unit
DHS	Demographic Health Survey
MOH	Ministry of Health

1.0 Introduction

1.1 Background

The Lesotho Bureau of Statistics (BOS) plays a pivotal role in producing essential health statistics which inform national and district-level decision-making. This aligns with Lesotho's commitment to Sustainable Development Goal 3 which is ensuring good health and well-being. The Constitution of Lesotho stipulates health rights and mandates policies that address inequality and protect vulnerable groups. More recently, the Medicines and Medical Devices Control Authority Act of 2023 strengthened oversight of healthcare products, ensuring safety and quality. The National Health Policy of 2011 and the National Health Strategic Plan (2018/19–2022/23) provide multi-year frameworks for expanding healthcare coverage, modernizing systems, and reducing disease burden.

Complementary policies such as the National HIV Policy that was updated in January 2022 targets zero new infections, deaths, and discrimination; the National Community-Based Health Strategy, which professionalizes village health services; the National Hand Hygiene Strategy (2022–2026) that promotes preventive measures; and the forthcoming Digital Health Strategy (2025–2030) which aims at leveraging digital technologies to further reinforce Lesotho's holistic effort in strengthening its health system. The operationalization of these instruments addresses social determinants, improve access and quality of care, and contribute to the dual goals of poverty elimination and reduced inequality by 2030.

1.2. Data and Methodology

Health statistics are produced annually. Information on health is collected through the Demographic Health Surveys (DHS) undertaken by the Ministry of Health as well as administrative records captured in the District Health Information System (DHIS2) application. Additional data was also obtained from the 2024 Lesotho HIV Estimates report.

The relevant features of the 2024 report such as trends of outpatients and inpatients care, discharge outcomes and other health related indicators such as HIV prevalence, incidence, mortality, fertility from various sources are then recompiled, analyzed and published by the BOS. The data collection tools were implemented in response to the introduction of the 10th Edition (ICD) code for the International Classification of Diseases.

1.3 Data Coverage

There are 377 health care facilities presented in the MoHs' DHIS2 application, however, only 217 reported. The 2024 report utilized data collected from the 217 health care facilities only; 17 General Hospitals of which 10 belong to the Government of Lesotho

(GoL) and the other eight (8) belonging to Christian Health Association of Lesotho (CHAL).

1.4 Data Limitations

There is no analysis of inpatients from Health facilities but only general hospitals since in clinics patients are not admitted but pregnant women only. Not all operational health care facilities whose information was included in the previous health reports captured data during the year 2024 such as Makoanyane Military hospital and Mafeteng hospital. The analysed statistical tables exclude reports from privately owned facilities as some of them do not report on their activities or performance to MoH. The health care facilities do not have the same operating procedures; hence they apply different programs and it's not easy to get all the required information.

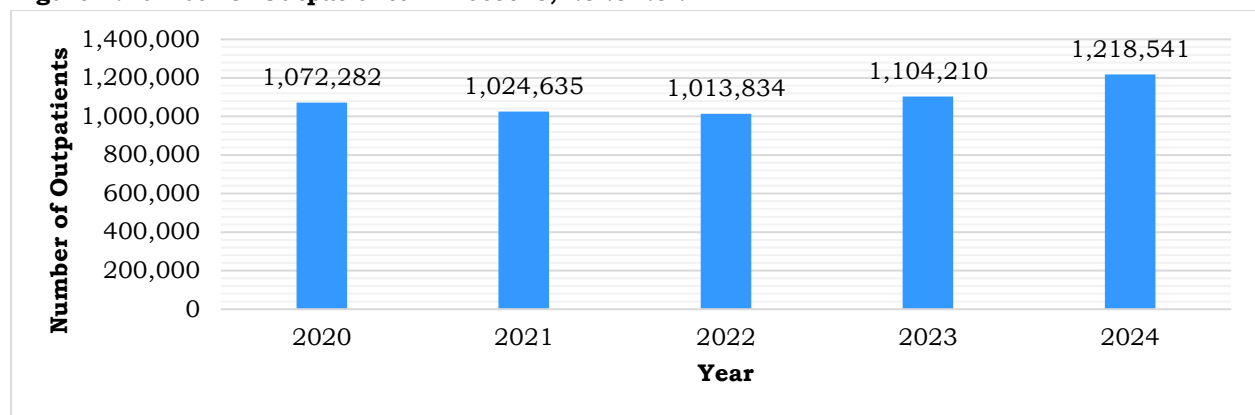
2.0 Outpatients

This section covers outpatients who visited health facilities in the country, new and old Outpatient Department (OPD) attendees and causes of opd attendees. An outpatient is an individual who sought help or service in a health care facility but is not hospitalized (www.merriam-webster.com 2025).

2.1 Overall attendance of Outpatients

The total number of outpatients who visited the health care facility across the country from 2020 to 2024 is portrayed in Figure 1. The proportion of outpatients displays minor changes over time (1,072,282 in 2020 to 1,218,541 in 2024),

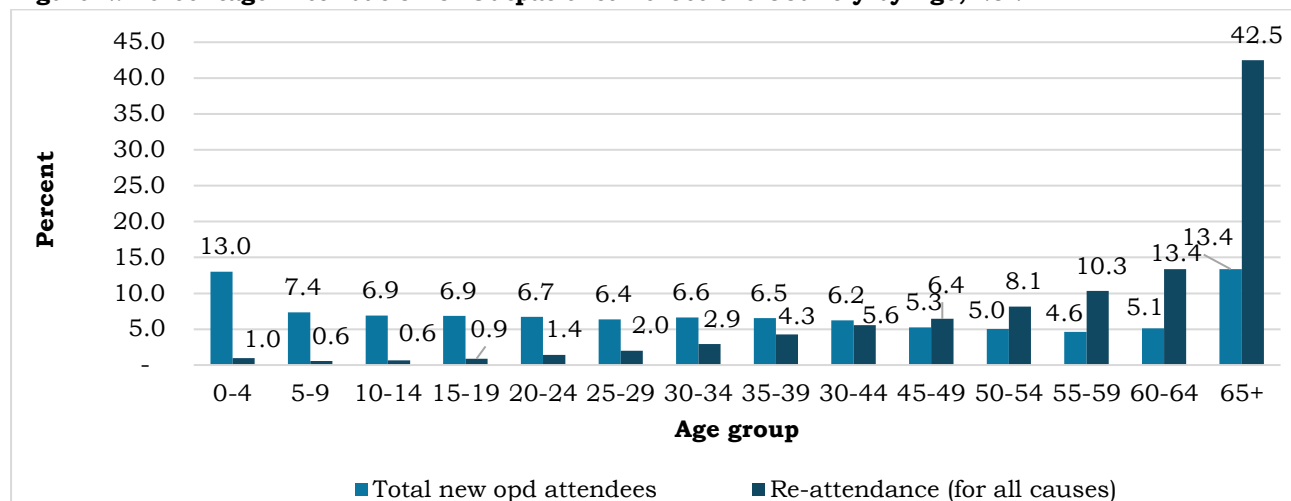
Figure 1: Number of Outpatients in Lesotho, 2020-2024



2.1.1 Age of Outpatients in Health Facilities

An illustration of percentage distribution of outpatients by age for 2024 is portrayed in figure 2. The figure reveals that the percentage distribution of outpatients who reattended OPD increases with an increasing age while the distribution of New OPD attendees decreases with an increasing age. Outpatients aged 0 to 4 years (13%) and those aged 65 years and above (43%) constituted most patients than any other age groups.

Figure 2: Percentage Distribution of Outpatients Across the Country by Age, 2024



2.1.2 Age and Sex of Outpatients in Health Facilities

Table 1 presents the number and percentage distribution of outpatients by age and sex for the year 2024. Males were more likely to attend OPD (64%) than their female counterparts (36%). Children under 5 years and older people aged 65 and above tend to visit OPD more frequently than any other age group.

Table 1: Number and Percentage Distribution of Outpatients by Age and Sex, 2024

Age	Males		Females	
	Number	Percent	Number	Percent
0-4	62,039	8.0	66,117	14.9
5-9	37,808	4.9	34,579	7.8
10-14	39,658	5.1	28,536	6.4
15-19	45,660	5.9	22,683	5.1
20-24	48,270	6.2	20,080	4.5
25-29	44,984	5.8	21,347	4.8
30-34	46,791	6.0	24,663	5.6
35-39	47,304	6.1	26,424	6.0
40-44	46,002	5.9	28,440	6.4
45-49	41,322	5.3	25,710	5.8
50-54	44,377	5.7	24,827	5.6
55-59	45,165	5.8	25,718	5.8
60-64	54,533	7.0	28,653	6.5
65+	171,072	22.1	65,779	14.8
Total	774,985	63.6	443,556	36.4

2.1.3 Top Ten Causes of Outpatients Across the Country

The top ten causes of outpatients for the year 2024 are illustrated in Table 2. The data demonstrates that the top ten causes of Outpatients morbidity constituted 55.7 percent of the total diseases that they were diagnosed with. Cough and colds were the leading cause of outpatients, estimated at 34.5 percent, followed by other disorders of the musculoskeletal and connective tissue system with 15.0 percent. The least cause of the top ten causes of outpatients was tonsillitis with 2.4 percent.

Table 2: Number and Percentage Distribution of Top Ten Causes of Outpatients Mobility Across the country, 2024

Disease	Number	Percent
Cough and Colds	234,063	34.5
Other disorders of the musculoskeletal and connective tissue system	101,515	15.0
Other skin subcutaneous tissue disorder	84,095	12.4
Other symptoms and/or ill-defined conditions	72,775	10.7
Hypertension	54,866	8.1
Other respiratory tract diseases	39,907	5.9
Other diseases of digestive system	26,028	3.8
Vaginal discharge	25,303	3.7
Other Genito-urinary disease and other STI	23,850	3.5
Tonsillitis	16,482	2.4
Total (Causes specified above)	678,884	55.7
Other Conditions	539,657	44.3
Total (All Attendances)	1,218,541	100.0

2.2 Outpatients in General Hospitals

An illustration of the number of outpatients in general hospitals is presented in Table 3. Generally, the total number of outpatients in general hospitals declined from 170,717 in 2020 to 167,893 in 2021. It reflected an increase from 179,548 in 2022 to 213,412 in 2024. Maluti Hospital had the highest proportions of outpatients from 2020 to 2022 constituting 18.3, 18.4 and 16.4 percent respectively. In 2023 the general hospital with the majority of outpatients was Ntšekhe with 12.5 percent while in 2024 it was Berea hospital with 13.8 percent.

Table 3: Percentage Distribution of Outpatients in General Hospital, 2020-2024

Hospital	2020	2021	2022	2023	2024
Berea	8.4	6.1	2.4	11.3	13.8
Botha-Bothe	3.5	5.8	5.9	4.0	4.4
Machabeng	1.8	1.3	2.0	6.9	9.4
Mafeteng	0.5	0.4	0.6	2.1	-
Makoanyane Military	7.4	1.5	1.1	-	-
Maluti	18.3	18.4	16.4	11.2	10.0
Mamohau Mission	6.1	5.3	4.0	5.1	5.9
Mokhotlong	4.0	4.4	6.1	4.0	3.6
Motebang	7.4	7.0	12.7	9.1	5.7
Ntšekhe	1.6	10.4	12.3	12.5	12.2
Paray	6.0	5.5	6.8	5.3	5.9
Quthing	3.8	5.1	6.4	5.9	3.1
Scott Mission	13.9	10.9	8.6	6.5	6.9
Seboche	7.1	7.2	4.6	4.8	5.5
St James Mission	4.4	6.3	7.1	5.9	6.2
St Josephs	2.7	1.1	0.5	2.6	4.4
Tebellong	3.0	3.1	2.8	2.8	3.1
Total	170,717	167,893	179,548	204,860	213,412

2.2.1 Sex of Outpatients in General Hospitals

The percentage distribution of outpatients by hospital and sex for the year 2024 is illustrated in Table 4. Generally, more females attended OPD than males estimated at 62.6 percent against 37.4 percent. Berea hospital had the greatest percentage of male outpatients constituting 17.5 percent while Ntšekhe hospital dominated other hospitals with the highest proportions of female outpatients constituting 13.2 percent.

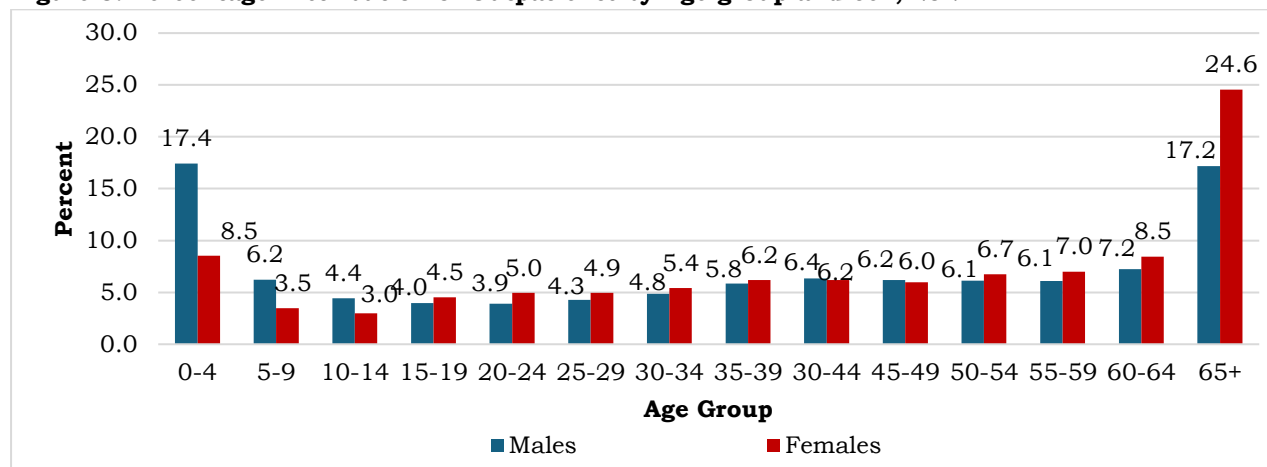
Table 4: Percentage Distribution of Outpatients by General hospital and Sex, 2024

General Hospital	Males	Females
Berea	17.5	11.5
Botha-Bothe	4.7	4.2
Machabeng	9.5	9.4
Maluti	8.3	11.0
Mamohau Mission	6.1	5.7
Mokhotlong	5.5	2.4
Motebang	3.4	7.1
Ntšekhe	10.6	13.2
Paray	7.1	5.1
Quthing	1.7	3.9
Scott Mission	6.2	7.3
Seboche	5.3	5.6
St James Mission	6.1	6.3
St Josephs	4.8	4.2
Tebellong	3.3	2.9
Total	79,767	133,645

2.2.2 Sex and Age-group of Outpatients

Figure 3 displays outpatients by age group and sex for 2024. The results reflect that all ages are impacted; however, males and females in the lower age groups, 0 to 4 years and upper age groups, 65 years and above had higher percentages of patients who visited OPD. There is a significant variation between males and females aged 39 years and below except from 40 years upwards.

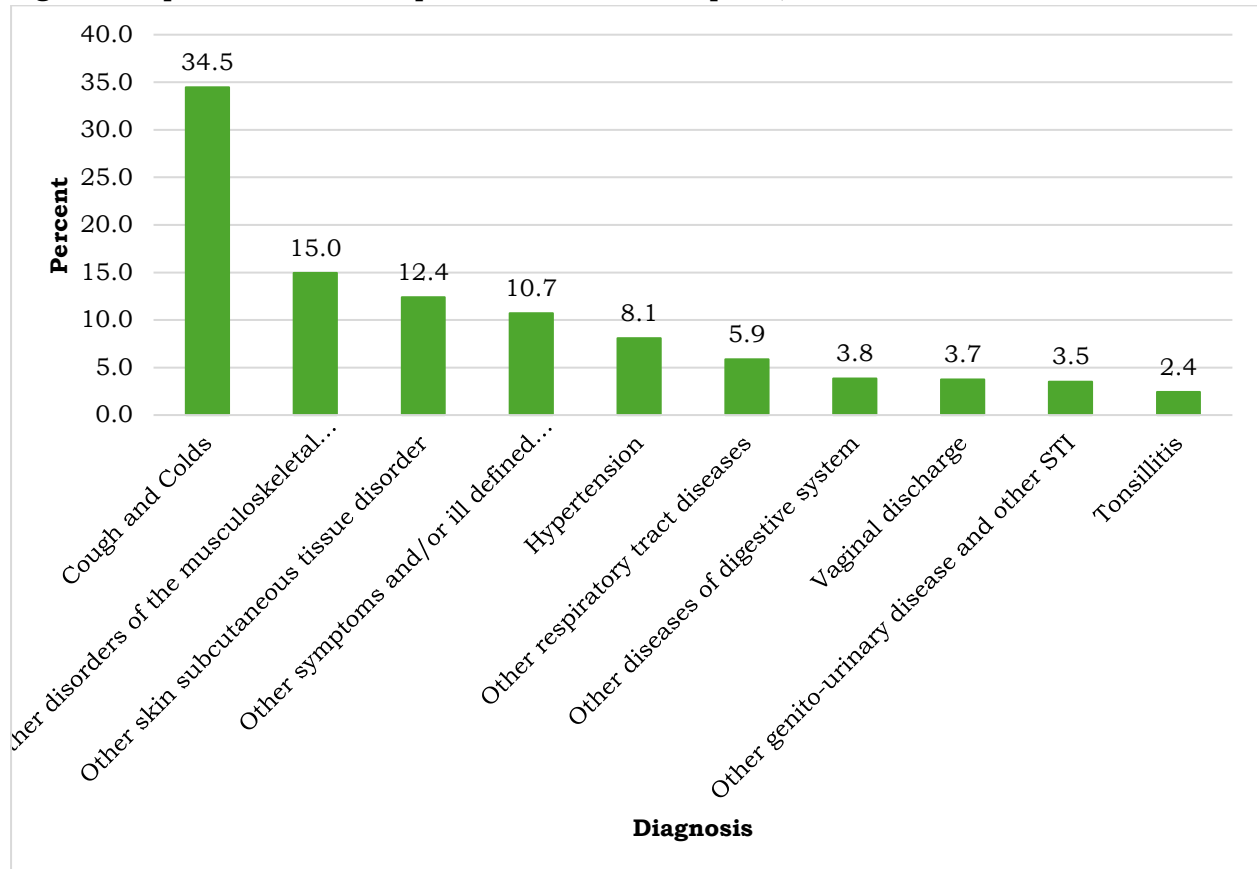
Figure 3: Percentage Distribution of Outpatients by Age-group and Sex, 2024



2.2.3 Top Ten Causes of Outpatients in General Hospitals

The top ten causes of outpatients are illustrated in Figure 4. The data demonstrates that cough and colds were the leading cause of outpatients, estimated at 34.5 percent. The least cause of the top ten causes of outpatients was tonsillitis with 2.4 percent.

Figure 4: Top Ten Causes of Outpatients in General Hospitals, 2024



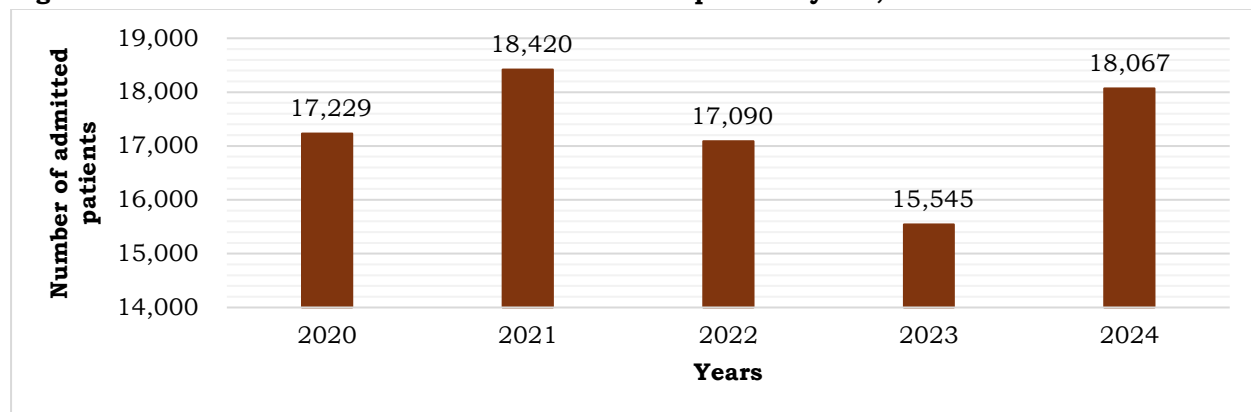
3.0 Inpatients

Inpatient is commonly used as an adjective to describe treatment that requires a patient to be admitted to a hospital or other care facility for at least one night. This section focuses on the number of admissions in general hospitals from 2020 to 2024. Inpatients in this report have been classified by age, sex, diagnosis and outcome.

3.1 Total patients admitted in Health facilities

The total number of patients who were admitted in health facilities for the past five years is presented in Figure 5. The figure shows that the total number of admitted patients was 17,229 in 2020, and it reflected an increase in 2021 recording 18,420. There was a noticeable decrease observed from 2022 (17,090 patients) to 2023 (15,545 patients). An upsurge was observed in 2024 with the total number of inpatients increasing to 18,067.

Figure 5: Total number of Patients Admissions for the past five years, 2020-2024



3.1.1 Inpatients in Districts Health facilities

Table 5 presents the total number of patients admitted in health facilities in all districts. Berea had the most patients in 2020 as compared with other districts estimated at 3,678. Leribe had admitted more patients than other districts in 2021 and 2022 with 4,585 patients and 2,930 patients respectively. In 2024, Maseru (3,512 patients) had more admissions as compared with other districts.

Table 5: Total Number of Patients Admitted in Health Facilities by Districts, 2020-2024

Districts	2020	2021	2022	2023	2024
Botha-Bothe	1,624	1,232	890	1,515	1,970
Leribe	2,162	4,585	2,930	2,256	3,057
Berea	3,678	2,336	2,185	2,879	2,744
Maseru	3,027	2,387	2,606	2,690	3,512
Mafeteng	934	1,978	2,288	1,397	1,409
Mohales' Hoek	1,467	1,133	1,857	1,228	1,553
Quthing	1,032	592	460	296	368
Qacha's Nek	767	1,204	1,236	1,062	973
Mokhotlong	851	1,149	1,097	738	852
Thaba-Tseka	1,687	1,824	1,541	1,484	1,629
Total	17,229	18,420	17,090	15,545	18,067

3.2 Inpatients in General Hospitals

Percentage distribution of inpatients in general hospitals from 2020 to 2024 is presented in Table 6. According to the table, inpatients accounted for 16,171 in 2020 and increased to 17,322 in 2021. The figure decreased from 15,818 patients in 2022 to 14,552 patients in 2023. In 2024, there was an increase of 16% from 2023.

Moreover, most inpatients in 2020 were admitted in Maluti hospital and Scott Hospital with 17.8 and 11.0 percent respectively. In 2021, Motebang hospital was more likely (21%) to admit patients than any other general hospital while in 2022 most inpatients were admitted in Mafeteng hospital constituting 14.1 percent. In 2023, Maluti hospital had more inpatients as compared to other general hospitals while in 2024 they were mostly admitted in Motebang Hospital with 11.1percent.

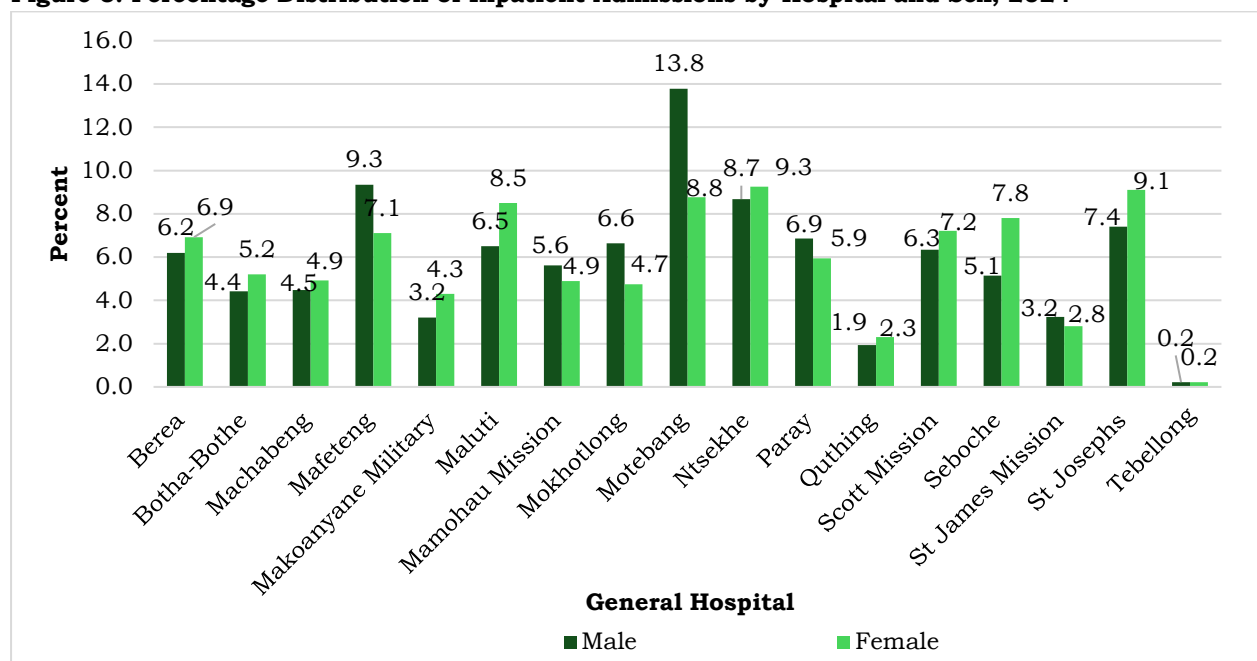
Table 6: Percentage distribution of inpatient admissions by hospital, 2020-2024

Hospital	2020	2021	2022	2023	2024
Berea	1.2	3.0	6.5	4.3	6.6
Botha-Bothe	5.1	4.5	3.7	4.3	4.8
Machabeng	4.3	5.4	6.4	6.0	4.7
Mafeteng	5.8	11.3	14.1	9.5	8.2
Makoanyane Military	3.2	2.6	3.8	3.8	3.8
Maluti	17.8	7.6	2.9	11.9	7.6
Mamohau Mission	3.3	2.1	4.3	5.5	5.2
Mokhotlong	5.3	6.6	6.8	5.0	5.6
Motebang	7.5	20.7	12.5	8.3	11.1
Ntsekhe	9.0	6.4	11.6	8.3	9.0
Paray	8.2	7.9	6.5	7.4	6.4
Quthing	6.4	3.4	2.9	2.0	2.1
Scott Mission	11.0	7.8	7.8	10.0	6.8
Seboche	5.0	2.5	1.5	6.0	6.6
St James Mission	2.3	2.5	2.7	2.6	3.0
St Josephs	4.4	3.1	3.1	2.7	8.3
Tebellong	0.5	1.5	1.3	1.3	0.2
Total	16,171	17,322	15,818	14,552	17,278

3.2.1 Sex of Admitted Inpatients in General Hospital

Figure 6 presents the percentage distribution of inpatient admissions by general hospital and sex for the year 2024. Motebang hospital admitted more male patients compared with other hospitals with 13.8 percent while St Josephs hospital admitted more female patients as opposed with other hospitals with 9.1 percent. Tebellong had the least patients recording under 1 percent.

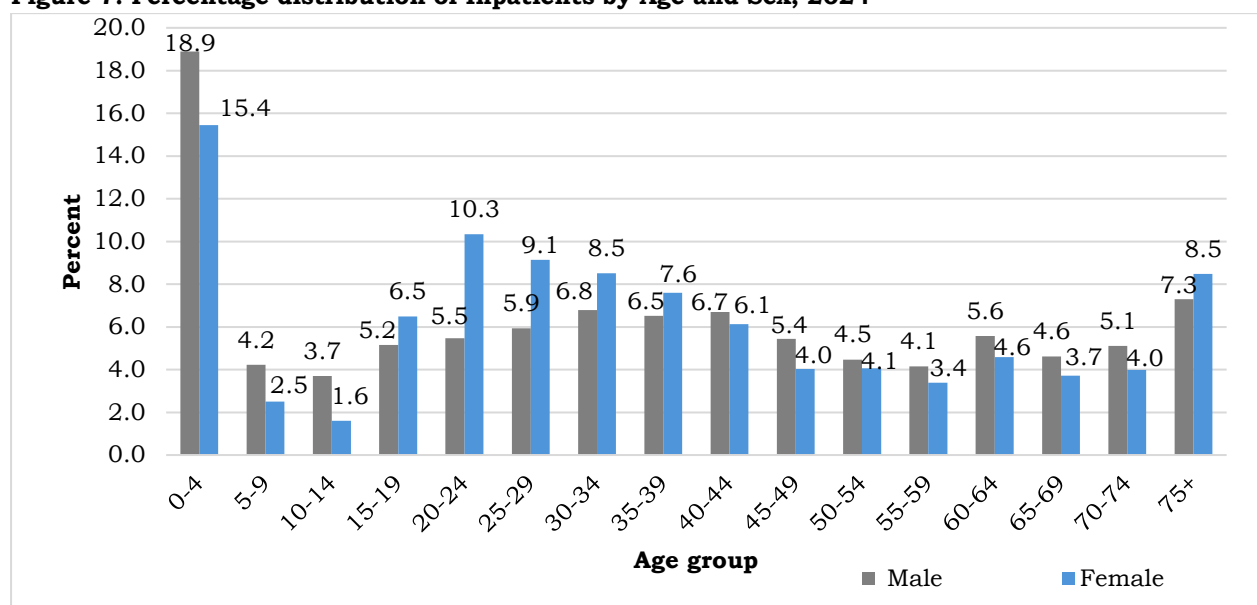
Figure 6: Percentage Distribution of Inpatient Admissions by Hospital and Sex, 2024



3.2.2 Age and Sex of Admitted Inpatients

Percentage distribution of inpatients by age and sex is portrayed in Figure 7. The figure reveals that boys and girls aged under 5 years are more likely to be admitted in general hospitals than any other age group. There is no major difference of proportions between males and females from age group 5 to 9 years and above except for age groups 20 to 24 and 25 to 30 years. The least percentages of females and males admitted in general hospitals were observed for age group 10 to 14 years constituting 3.7 percent for males and 1.6 percent for females.

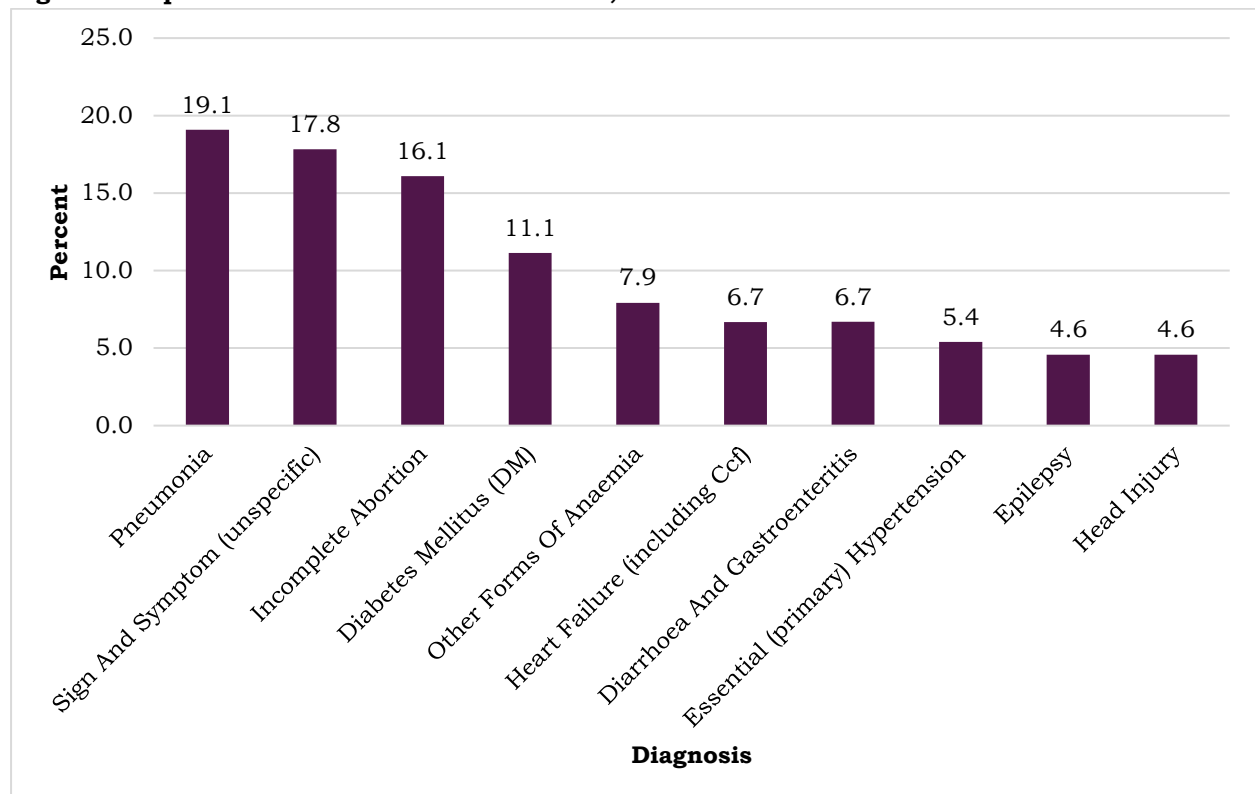
Figure 7: Percentage distribution of Inpatients by Age and Sex, 2024



3.2.3 Top Ten Causes of Admissions in General Hospitals.

Figure 8 illustrates the top ten causes of admissions in general hospitals for the year 2024. The figures show that the main cause of hospital admission was due to Pneumonia, estimated at 19.1 percent. Additionally, Signs and Symptoms (unspecific) (17.8%), Incomplete Abortion (16.1%), Diabetes Mellitus (11.1) were the top four major causes of admissions in general hospitals.

Figure 8: Top Ten Causes of Female Admissions, 2024



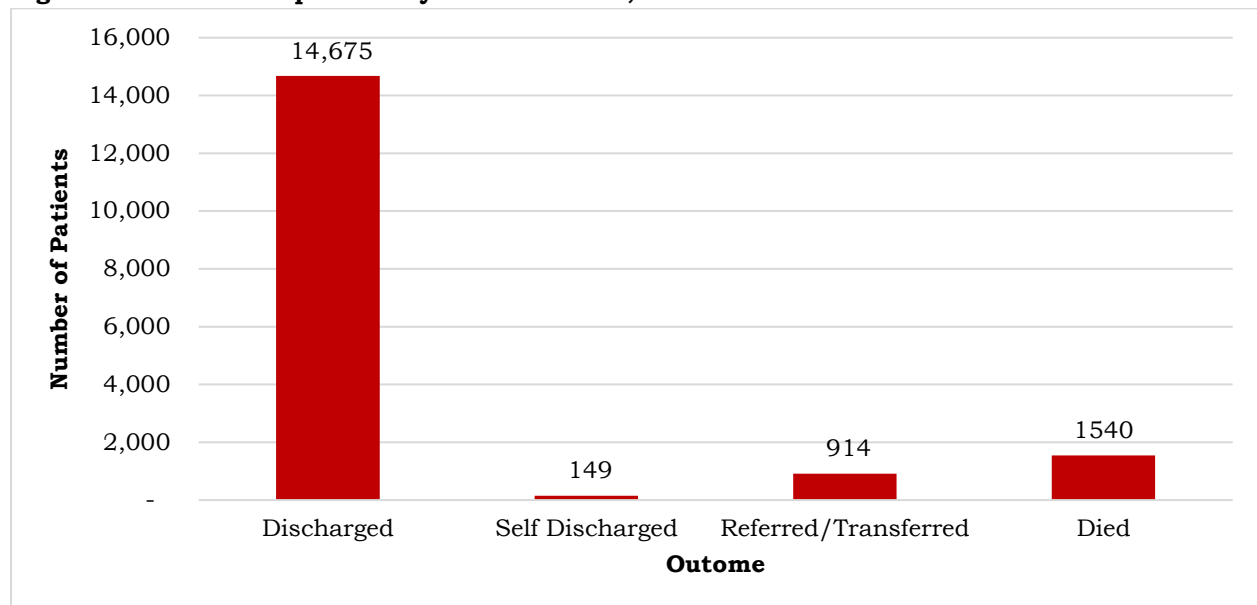
4.0 Discharges

This section provides information on patients who were discharged from various general hospitals in 2024. A discharge occurs when a patient who has been under observation is released from the hospital and this may occur in the following ways: discharge by health personnel, self-discharge, referral and through death.

4.1 Discharge Final Outcome

Figure 9 displays the number of patients admitted in general hospitals by the outcome of their discharge. The figure portrays that, out of 17,278 patients who were admitted in general hospitals, 14,675 patients were discharged, 1,540 died, 914 patients were referred or transferred to other facilities while 149 patients discharged themselves.

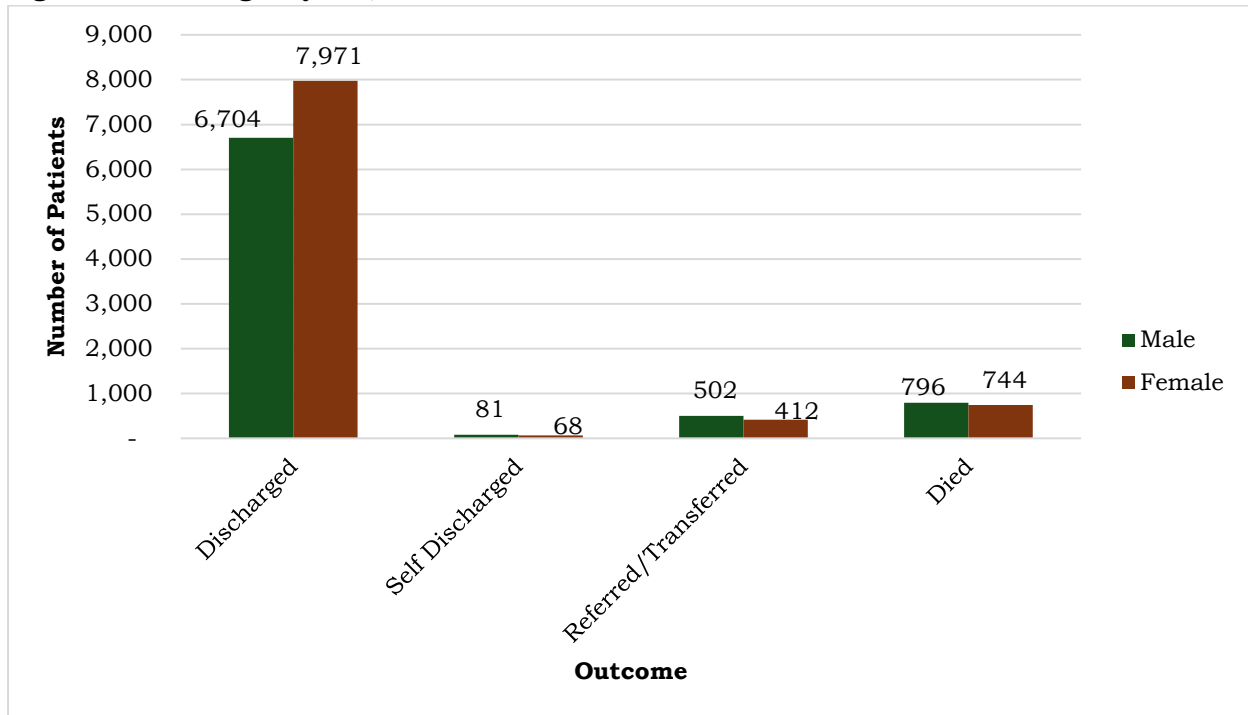
Figure 9: Number of Inpatients by Final Outcome, 2024



4.1.1 Discharge Final Outcome and Sex

Figure 10 illustrates outcome of patients from general hospital by sex in 2024. The figure illustrates that, out of 8,083 males and 9,195 females' patients who were admitted, 6,704 males and 7,971 females were discharged reflecting the highest proportion. These were followed by a proportion of admitted patients who died with 796 males and 744 females. The least proportion is observed for those who discharged themselves accounting for 81 males and 68 female patients.

Figure 10: Discharges by Sex, 2024



5.0 HIV UPDATES IN LESOTHO

The annual HIV estimates are managed by a multi-disciplinary and multisectoral team, lead by the Ministry of Health. Among others, this team includes members from the National Aids Commission (NAC), the Joint United Nations Programme on HIV/AIDS (UNAIDS), USG partners (EGPAF), Lesotho Bureau of Statistics (BOS). The HIV updates were sourced from the 2024 HIV estimates.

The estimates showed that Lesotho is one of the five countries that reduced annual HIV infections by at least 75% between 2010 and 2024. The results suggest that the country is on track to reaching the 2030 target of 90% reduction in new infections. Lesotho is also one of the seven countries that had reached all three 95-95-95 targets by the end of 2024.

The number of people living with HIV for all ages in 2024 was 262, 000; of this 6,000 were children aged 0-14 years, 160,000 were women aged 15 years and above and 96,000 were men aged 15 years and above.

Adult HIV prevalence reduced from 18.0% in 2023 to 17.1% in 2024 while HIV incidence rate reduced from 0.37 in 2023 to 0.31 in 2024 among adults aged 15-49 years. HIV incidence for all ages reduced from 2.3 in 2023 to 1.9 in 2024 (new HIV infections per 1,000 uninfected population). Overall, new HIV infections in all ages reduced from 3,800 in 2023 to 3,200 in 2024. The overall observation impact since 2010 on the number of new infections shows a reduction of 83%.

The HIV epidemic in Lesotho continues to show a higher impact in females than their male counterparts (63% Females to 37% Males). AIDS-related deaths in all ages reduced from 8,200 in 2010 to 4,100 in 2023 and further to 4,000 in 2024 reflecting a 51% change since 2010.

For all ages, the number of people living with HIV, who know their HIV status decreased from 256, 481 in 2023 to 253, 255 in 2024 for all ages representing 1.3% decrease. The pattern of reduction was observed in children aged 0-14 years from 6,380 in 2023 to 6,000 in 2024 (5.9% decline). In addition, women decreased from 161,492 in 2023 to 160,000 in 2024 and men decreased from 98,296 in 2023 to 96,000 in 2024.

The number of people living with HIV for all ages with suppressed viral load increased from 238 ,346 in 2023 to 244, 389 in 2024 showing a 2.5% increase. It increased in women aged 15 years and above from 151,380 to 155,156 and men 15 years and above from 82,044 in 2023 to 84,647 in 2024. However, decreased viral suppression was observed in children aged 0-14 years from 4,921 in 2023 to 4,587 in 2024.

5.1 Progress towards Global 95.95.95 targets in all ages

The current targets for HIV testing and treatment are called the 95-95-95 targets and must be reached by 2025 to end AIDS by 2030. Lesotho has progressed to achieving the 95.95.95 global targets as 97% of people know their HIV status (first 95% target of 95–95–95), 97% of people living with HIV know their status and are on antiretroviral treatment (second 95% target of 95–95–95) and 99% of people living with HIV on antiretroviral treatment have suppressed viral load (third 95% target of 95–95–95).

5.2 Progress towards the National Treatment Cascade (%of all PLHIV) 95-90-86

The 2024 estimates show that the country still has a lot to improve in treatment and viral suppression achievement based on the programme delivery for all PLHIV in the country since the results reveals that 97% of people living with HIV know their HIV status (first 95% target of Treatment Cascade), 94% are on antiretroviral treatment (second 90% target of Treatment Cascade) and 93% of people living with HIV, their suppressed viral load (third 86% target of Treatment Cascade)

6.0 RELATED HEALTH INDICATORS

These indicators highlight improvement in maternal health, while revealing cause for concern around child nutrition and maternal health.

Table 7: Health Related Indicators

Indicators	Residence		
	Lesotho	Urban	Rural
Fertility			
Total Fertility Rate (number of children per woman)	2.5	2.1	2.8
Median age at first birth for women aged 25–49 (years)	21.9	22.4	21.4
Women aged 15–19 who have ever been pregnant ¹ (%)	17	12	20
Family Planning (among married women age 15–49)			
Current use of any method of family planning (%)	67	68	67
Current use of a modern method of family planning (%)	65	65	66
Demand satisfied by modern methods of family planning (%)	82	82	81
Maternal and Newborn Health Care			
Pregnant women aged 15–49 who had 4+ ANC visits ² (%)	82	86	79
Births delivered in a health facility (%)	91	96	89
Births delivered by a skilled provider (%)	89	92	87
Child Health (among children age 12–23 months)			
Children who are fully vaccinated against all basic antigens (%)	63	68	60
Children who are fully vaccinated according to the national schedule (%)	43	45	41
Nutrition			
Children under age 5 who are stunted (%)	36	29	39
Children born in the last two years who were ever breastfed (%)	95	93	96
Childhood Mortality (deaths per 1,000 live births for the five-year period before the survey)			
Neonatal mortality	26	21	29
Under-five mortality	54	44	61
Blood Pressure and Hypertension			
Women aged 15–49 who have ever been told they have high blood pressure or hypertension (%)	14	14	13
Men aged 15–49 who have ever been told they have high blood pressure or hypertension (%)	6	6	6
Mental Health			
Women aged 15–49 with symptoms of depression (%)	7	9	6
Men aged 15–49 with symptoms of depression (%)	5	8	3

source: 2023/24 Lesotho Demographic Health Survey

7.0 Summary

The total number of outpatients who visited the health care facility across the country from 2020 to 2024 reflects minute change over time (1,072,282 from 2020 to 1,218,541 in 2024).

The percentage distribution of outpatients by age for 2024 reveals that outpatients who reattended OPD increased with an increase in age while the distribution of New OPD attendees decrease with an increasing age. Outpatients aged 0 to 4 years (13%) and those aged 65 years and above (43%) represented the majority of patients than any other age group.

The data demonstrates that the top ten causes of Outpatients morbidity constituted 55.7 percent for patients diagnosed with Cough and colds which constituted a leading cause of outpatients, estimated at 34.5 percent.

Furthermore, new OPD attendees aged 0 to 4 years (13.9 percent) and those aged 65 years and above with 12.9 percent accounted for the majority of patients than any other age group. However, a considerable proportion of those who re-visited the OPD were those aged 65 years and above with 42.7 percent representation.

The most reported disease of outpatient morbidity in health facilities for the year 2023 was Cough and Colds with 36.3 percent, followed by Other Disorders of the Musculoskeletal and Connective Tissue System with 13.8 percent. The tenth cause was tonsillitis constituting 2.9 percent.

Moreover, the total number of outpatients in general hospitals declined from 170,717 in 2020 to 167,893 in 2021. An increase was observed from 179,548 in 2022 to 213,412 in 2024. The general hospital with the most outpatients was Berea hospital with 13.8 percent.

Information on outcome relating to patients who were admitted in hospitals discloses that, out of 17,278 patients who were admitted in general hospitals, 14,675 patients were discharged, 1,540 died, 914 patients were referred or transferred while 149 patients discharged themselves.

In conclusion, the 2024 health statistics reveal that Lesotho is one of the five countries that reduced annual HIV infections by at least 75% between 2010 and 2024 and it is on track to reaching the 2030 target of 90% reduction of new infections. Lesotho is also one of the seven countries that managed to reach all three 95-95-95 targets by end of 2024.

8.0 References

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