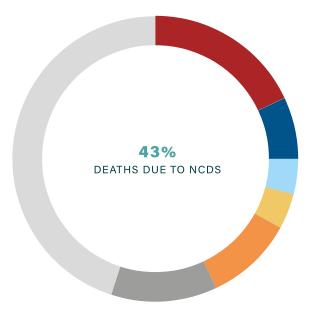
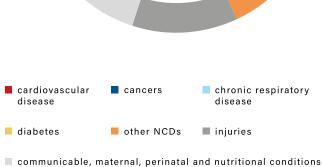
NAMIBIA



| TOTAL POPULATION (2022) | 2,568,000 | WORLD BANK INCOME GROUP UPPER MIDDLE |
|-------------------------|-----------|---|
| | | |
| POPULATION AGED <20 (%) | 46 | GROSS DOMESTIC PRODUCT per capita (INT\$) 9,359 |
| | | |
| POPULATION AGED >60 (%) | 6 | |

NCD MORTALITY





PREVALENCE OF PHYSICAL INACTIVITY



PHYSICAL INACTIVITY, ADOLESCENTS AGED 11-17 (%)

88



PHYSICAL INACTIVITY, ADULTS AGED 18+ (%)

37



PHYSICAL INACTIVITY, ADULTS AGED 70+ (%)

53

male female

DIRECT HEALTHCARE COSTS ATTRIBUTABLE TO NCDS AND MENTAL HEALTH ASSOCIATED WITH PHYSICAL INACTIVITY



PER YEAR

US\$ 17,012,003 INT\$ 37,848,345



CUMULATIVE BETWEEN 2020 AND 2030

US\$ 187,132,032 INT\$ 416,331,799

ACTIVE SOCIETIES: CHANGING KNOWLEDGE AND MINDSETS



NATIONAL PHYSICAL ACTIVITY **COMMUNICATIONS CAMPAIGNS**

 with links to community programmes 0 supported by environmental improvements

promoting the co-benefits of physical activity



0

0

NATIONAL MASS PARTICIPATION EVENTS ON **PHYSICAL ACTIVITY**

0

NAMIBIA



ACTIVE ENVIRONMENTS: ENABLING ENVIRONMENTS



NATIONAL POLICY ON WALKING AND CYCLING



NATIONAL POLICY ON PUBLIC TRANSPORT



NATIONAL ROAD SAFETY STRATEGY

STREET DESIGN STANDARDS FOR:



0

0

0

0

0

0

0

0

LEGISLATION ON:

- speed limits
- driving and alcohol use
- · driving and drug use
- · driving and mobile phone use



- separate walking and cycling infrastructure
- safe pedestrian and cycling crossings
- · management of speed

ACTIVE PEOPLE: OPPORTUNITIES AND PROGRAMMES



PROMOTION OF PHYSICAL ACTIVITY:

- in workplaces in childcare settings
- through community sports
- in public open spaces
- through walking and cycling
- for older adults
- for people with disability NOT AVAILABLE



BRIEF INTERVENTION ON PHYSICAL ACTIVITY IN PRIMARY HEALTH

- with referral
- used in >50% of facilities

USE OF DIGITAL PROGRAMMES

- mHealth for NCD prevention

SCHOOL BASED APPROCHES:

quality physical education

NOT AVAILABLE

O no ● yes ■

ACTIVE SYSTEMS: NATIONAL POLICY AND GOVERNANCE



NATIONAL NCD POLICY INCLUDING **PHYSICAL ACTIVITY**



NATIONAL PHYSICAL ACTIVITY POLICY

0

O

0

0

0

O no O yes, but not operational O yes and operational



NATIONAL GUIDELINES ON PHYSICAL ACTIVITY FOR:

- children under 5 years · children and adolescents
- adults older adults



0

0

0

0

NATIONAL SURVEILLANCE OF PHYSICAL **ACTIVITY IN:**

- children
- adolescents
- adults

NATIONAL NCD COORDINATING MECHANISM



NATIONAL TARGET FOR PHYSICAL ACTIVITY

O no • ves -

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