

Namibia



Policies, Interventions and Actions

SADC Strategy and Implementation Plan on the Prevention of Overweight and Obesity

This document lays out SADC’s strategic intent to support Member States in the prevention of overweight and obesity. Objectives include being able to: • Engage and secure commitment from SADC Member States for the successful implementation of the strategy. • Strengthen policy and regulatory frameworks to foster an enabling environment for the prevention and control of obesity. • Enhance the capacity and knowledge of leaders, decision-makers, and institutions to actively promote interventions for and investment in obesity prevention. • Develop and implement effective roadmaps across all SADC Member States for the prevention and control obesity. • Establish and maintain an efficient regional surveillance system to facilitate evidence-based decision making.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2024-2030
Target age group:	Adults and children
Organisation:	Southern African Development Community (SADC)
Linked document:	Download linked document
References:	SADC Strategy on the Prevention of Overweight and Obesity and Implementation Plan 2024-2030, Gaborone, Botswana, 2024

National Multisectoral Strategic Plan For Prevention and Control of Non-Communicable Diseases (NCDs) in Namibia 2017/18 – 2021/22

The Multisectoral Strategic Plan for the prevention and control of Non-Communicable Diseases (NCDs) is the first national strategic plan (2017/18 – 2021/22) that addresses chronic diseases and injuries in the country through coordinated multi-sectoral action for the promotion of healthy lifestyles and prevention, early detection, treatment and palliative care of individuals affected with these diseases

Categories:	Evidence of NCD strategy
Year(s):	2017-2022
Target age group:	Adults and children
Organisation:	Ministry of Health and Social Services Primary Health Care Directorate Family Health Division
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en . National Multisectoral Strategic Plan For Prevention and Control of Non-Communicable Diseases (NCDs) in Namibia 2017/18 – 2021/22 (2017) Ministry of Health and Social Services, Primary Health Care Directorate, Family Health Division, Non-Communicable Diseases (NCDs) Programme Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

Namibia Alliance for Improved Nutrition

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity)

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	2010 (ongoing)
Target age group:	Adults and children
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/27062 (last accessed 04.08.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Food and nutrition guidelines for Namibia

The guidelines were developed by a multi-disciplinary working group composed of experts from several national ministries and institutions in collaboration with the FAO, UNICEF and the World Health Organization. The Ministry of Health and Social Services officially endorsed the guidelines. (Available only in English language)

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health and Social Services
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/namibia/en/

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

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