## Drivers
### Namibia

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient physical activity</td>
<td>2</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>8</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>9</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>10</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>11</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>12</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>13</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>14</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>15</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>16</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>17</td>
</tr>
</tbody>
</table>
Insufficient physical activity

Adults, 2016

Men, 2016

% insufficient physical activity

Women, 2016

% insufficient physical activity

References:
http://dx.doi.org/10.1016/S2214-109X(18)30357-7
% insufficient physical activity

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
<table>
<thead>
<tr>
<th>Girls, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Survey type:</td>
</tr>
<tr>
<td>Age:</td>
</tr>
<tr>
<td>Notes:</td>
</tr>
<tr>
<td>Definitions:</td>
</tr>
</tbody>
</table>

% insufficient physical activity
Average daily frequency of carbonated soft drink consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17

Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2009-2015

Survey type: Measured

Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2009-2015

Age: 12-17

Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2005-2020

Area covered: National

References: The Namibia demographic and health survey 2013. Demographic and Health Surveys. Windhoek, Namibia, and Rockville, Maryland, USA: MoHSS and ICF International, 2014


Definitions: % exclusively breastfed 0-5 months

PDF created on July 29, 2023