



# Namibia



## Country report card - under-5s

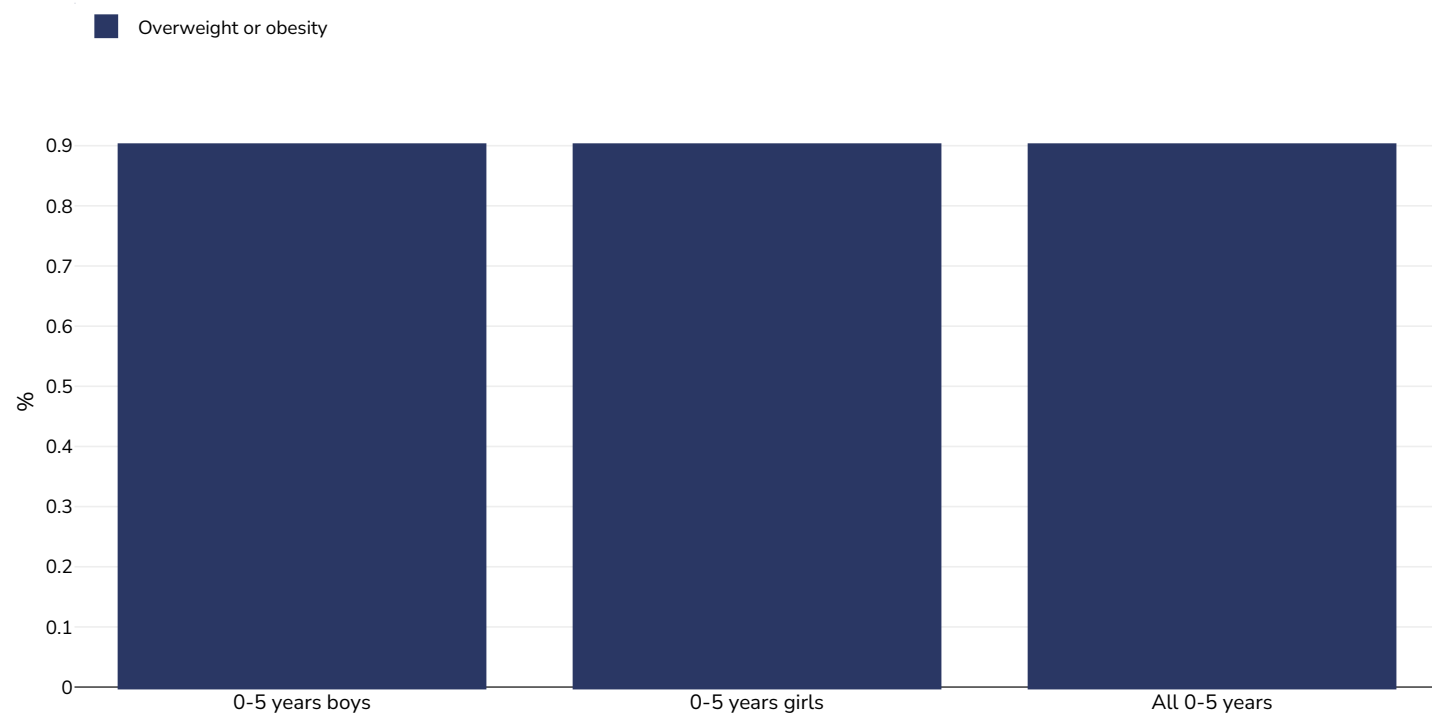
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/namibia-149/>.*

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## Obesity prevalence

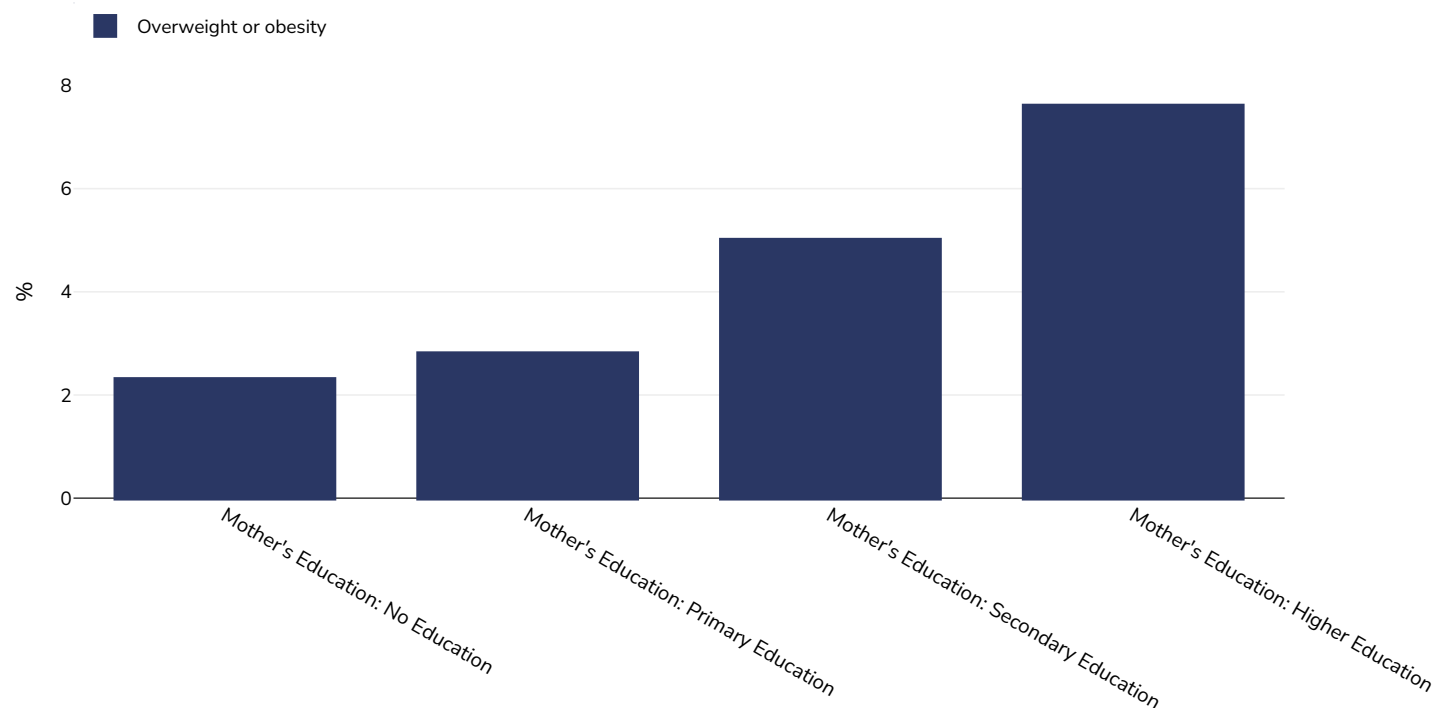
### 0-5 years, 2013



Survey type:	Measured
Age:	0-5
Sample size:	2287
Area covered:	National
References:	The Namibia Ministry of Health and Social Services (MoHSS) and ICF International. 2014. The Namibia Demographic and Health Survey 2013. Windhoek, Namibia, and Rockville, Maryland, USA: MoHSS and ICF International. <a href="https://dhsprogram.com/pubs/pdf/fr298/fr298.pdf">https://dhsprogram.com/pubs/pdf/fr298/fr298.pdf</a> (Accessed 24.06.21)
Notes:	Infants.
Definitions:	Weight for height. Overweight = >2SD
Cutoffs:	WHO 2007

## Overweight/obesity by education

0-5 years, 2013



**Sample size:** 2598

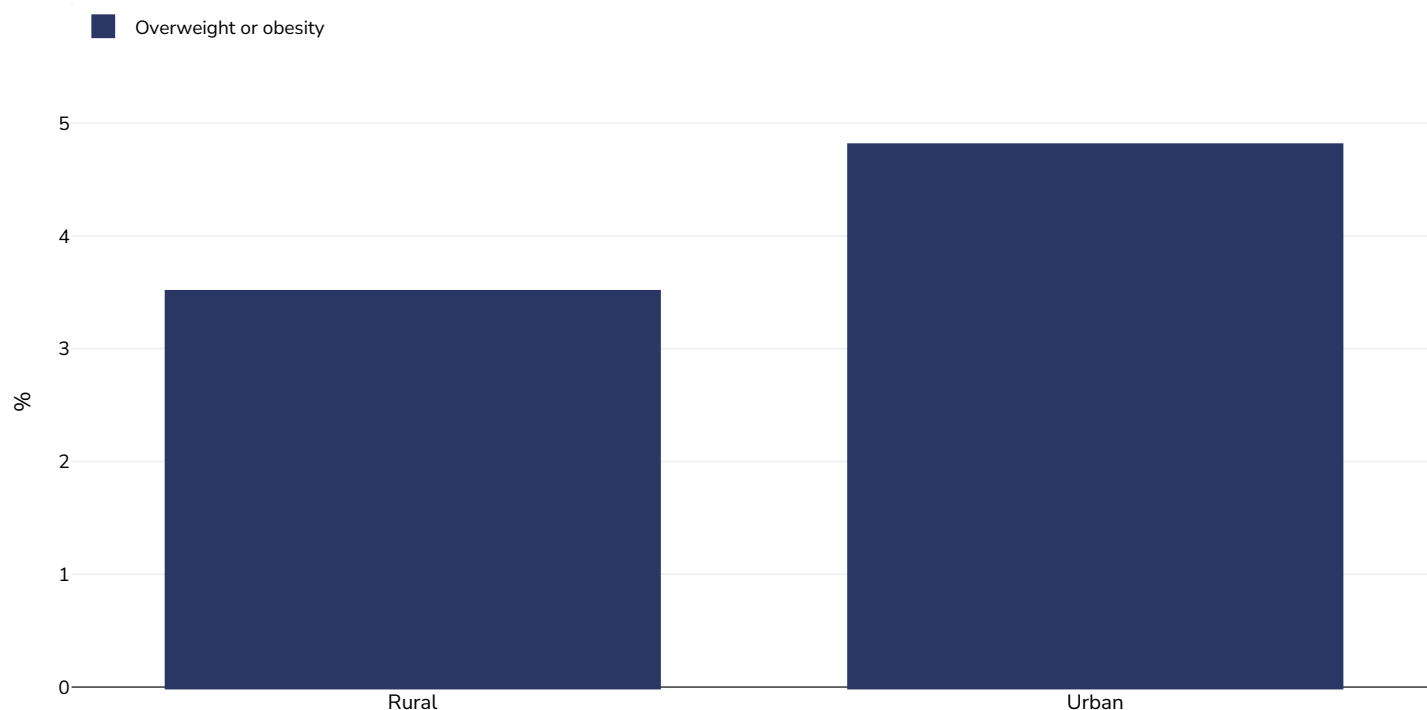
**References:** DHS: The Namibia demographic and health survey 2013. Demographic and Health Surveys. Windhoek, Namibia, and Rockville, Maryland, USA: MoHSS and ICF International, 2014

**Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

**Definitions:** =>+2SD

## Overweight/obesity by region

0-5 years, 2013



**Sample size:** 2598

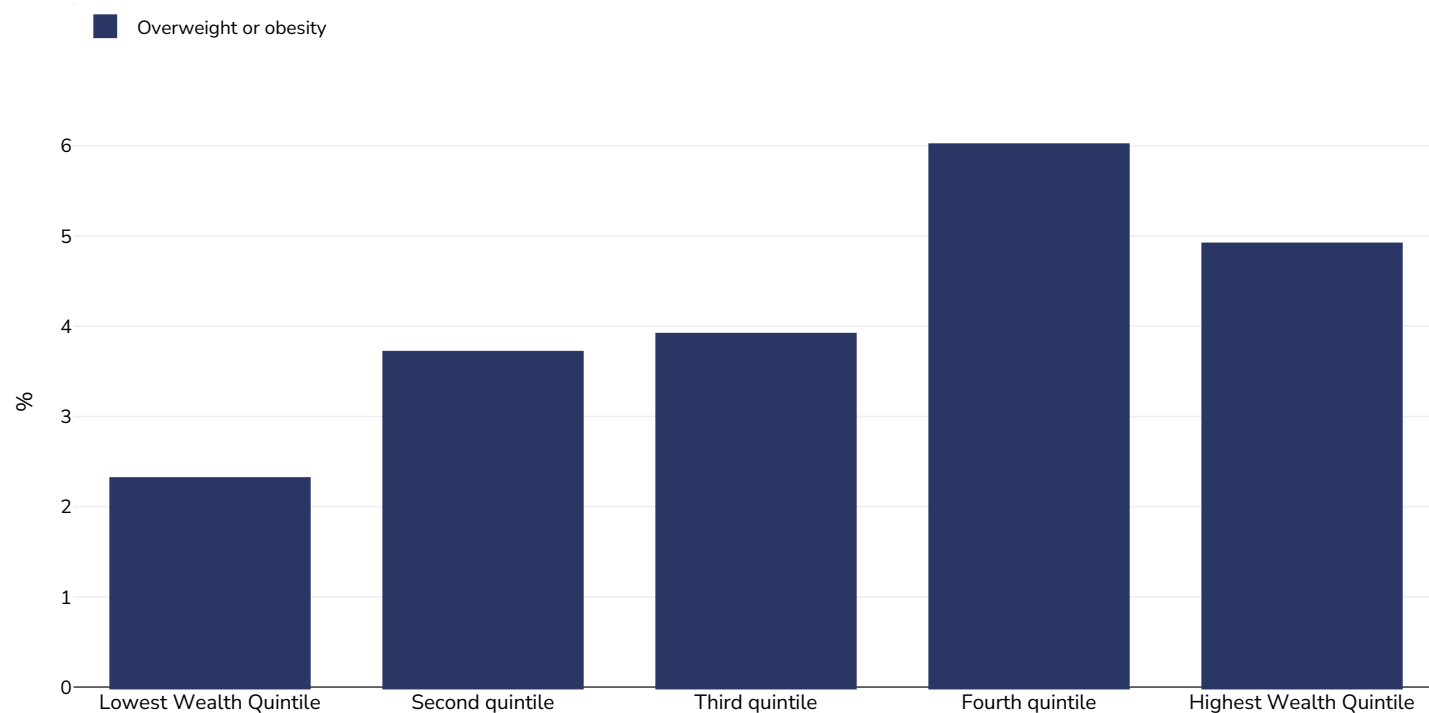
**References:** DHS: The Namibia demographic and health survey 2013. Demographic and Health Surveys. Windhoek, Namibia, and Rockville, Maryland, USA: MoHSS and ICF International, 2014

**Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

**Definitions:** =>+2SD

## Overweight/obesity by socio-economic group

0-5 years, 2013



**Sample size:** 2598

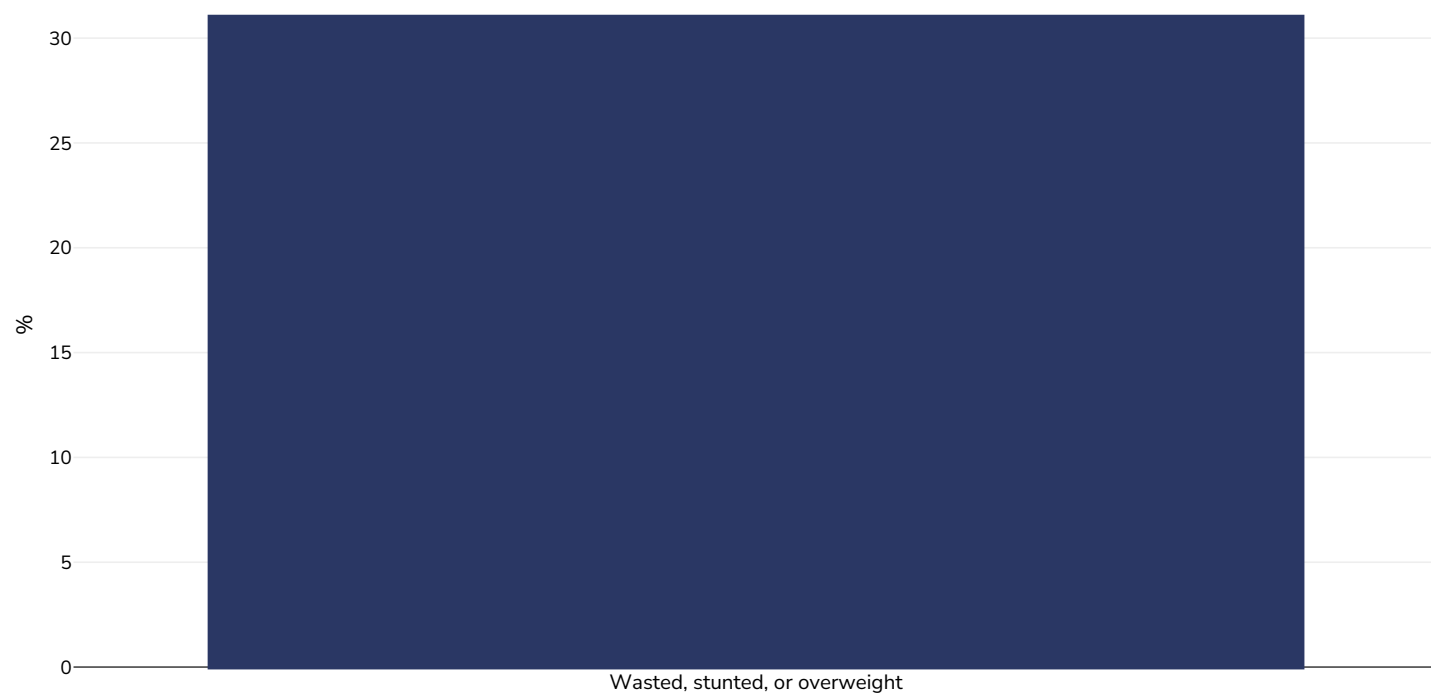
**References:** DHS: The Namibia demographic and health survey 2013. Demographic and Health Surveys. Windhoek, Namibia, and Rockville, Maryland, USA: MoHSS and ICF International, 2014

**Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

**Definitions:** =>+2SD

## Double burden of underweight & overweight

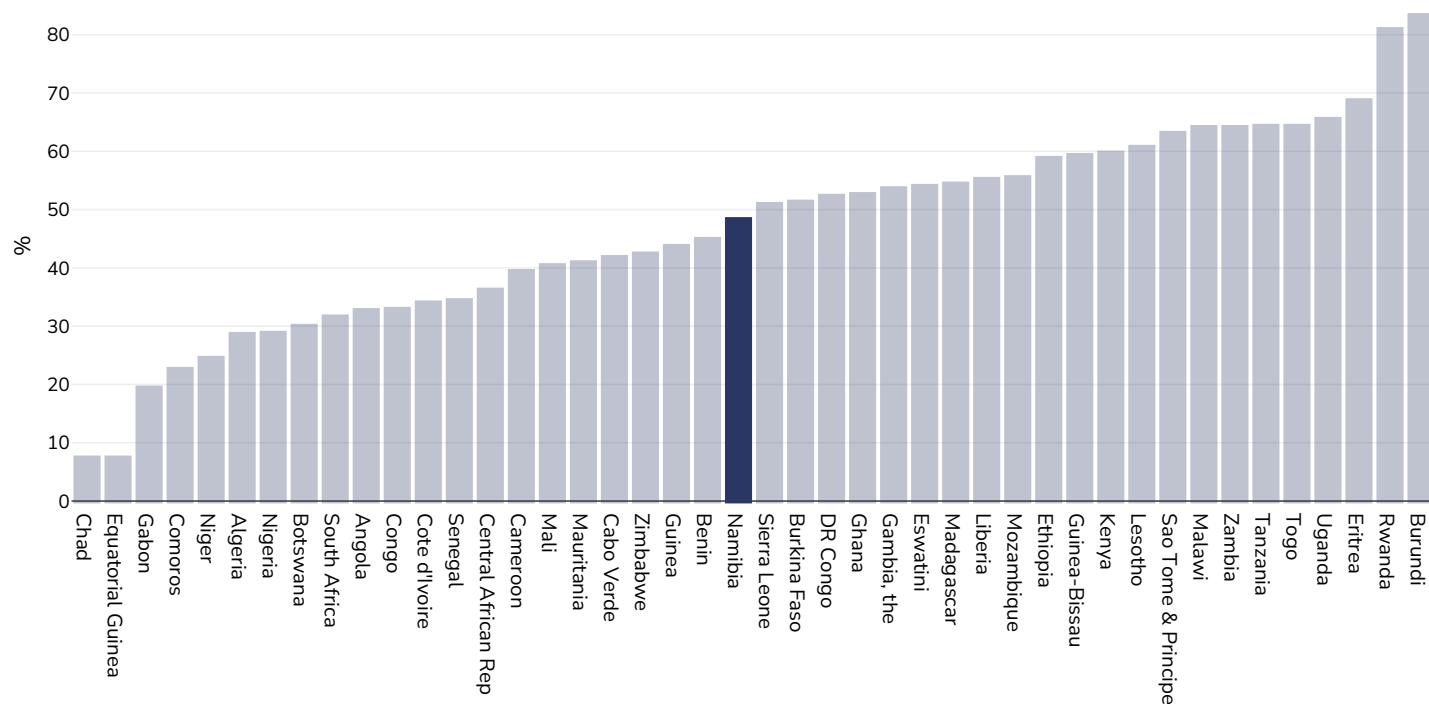
0-5 years, 2013



<b>Survey type:</b>	Measured
<b>Age:</b>	0-5
<b>References:</b>	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25]
<b>Notes:</b>	The Namibia demographic and health survey 2013. Demographic and Health Surveys. Windhoek, Namibia, and Rockville, Maryland, USA: MoHSS and ICF International, 2014
<b>Definitions:</b>	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
<b>Cutoffs:</b>	WHZ <-2, HAZ <-2 and WHZ >+2

## % Infants exclusively breastfed 0-5 months

0-5 years, 2010-2024



<b>Area covered:</b>	National
<b>References:</b>	The Namibia demographic and health survey 2013. Demographic and Health Surveys. Windhoek, Namibia, and Rockville, Maryland, USA: MoHSS and ICF International, 2014
<b>Notes:</b>	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
<b>Definitions:</b>	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

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