

Namibia

Hypertension profile

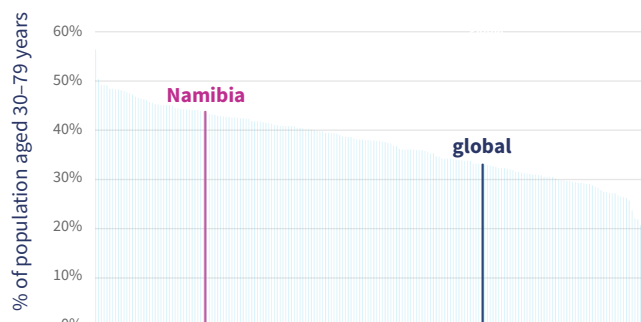
Total population (2019): 2 447 000

Total deaths (2019): 18 300

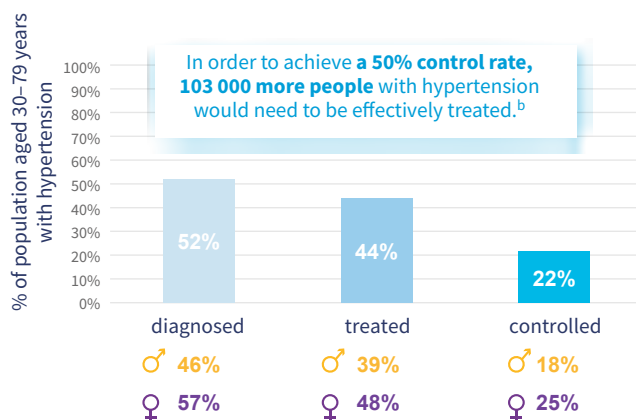
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)^a

♀ 44% ♂ 43% ♀ 45%

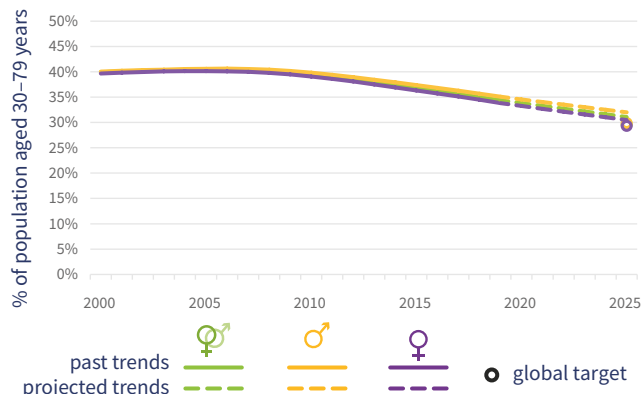
Prevalence of hypertension – global comparison (both sexes)^a



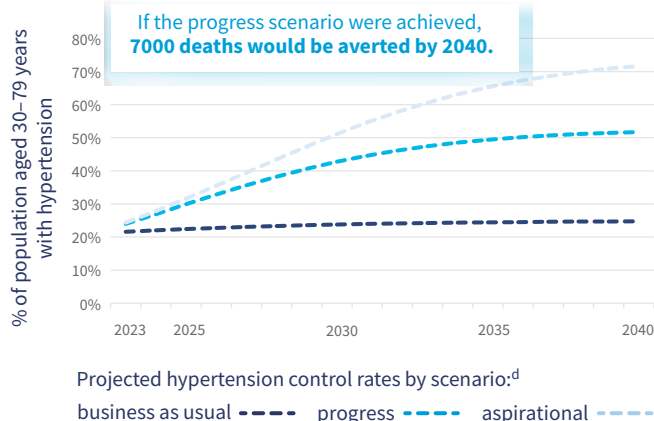
Of the **341 000** adults aged 30–79 years with hypertension:



Trends in uncontrolled hypertension in adults aged 30–79 years^c



Hypertension control rate scenarios



Mortality

	both sexes	males	females	year
Probability of premature mortality from NCDs (%)	23	30	17	2019
Cardiovascular disease deaths	3300	1600	1700	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	58	58	57	2019

Risk factors^e

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	8	8	7	2019
Current tobacco use, adults aged 15+ years (%)	16	25	6	2019
Obesity, adults aged 18+ years (%)	17	8	25	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	6	10	2	2019
Physical inactivity, adults aged 18+ years (%)	33	29	37	2016

National response

Targets

National target for blood pressure
National target for salt consumption

Surveillance

Conducted recent, national survey measuring raised blood pressure/hypertension
Conducted recent, national survey on salt/sodium intake
Functioning system for generating reliable cause-specific mortality data on a routine basis

Treatment

Guidelines for management of hypertension

Footnotes: a. SBP ≥140 mmHg or DBP ≥90 mmHg or taking medication for hypertension. b. Control rate: adults aged 30–79 years receiving treatment, with blood pressure SBP <140 mmHg and DBP <90 mmHg. c. SBP ≥140 mmHg or DBP ≥90 mmHg. d. Progress and aspirational scenarios reflect a theoretical scaling up of treatment and control. e. Age-standardized estimates are presented for all indicators except salt intake.

See Explanatory notes for description of indicators