Country Demographics

World Bank Classification
Upper-middle income

50% of population living in rural areas
60% (Sub-Sahara Africa)

NAMIBIA

Prevalence of rheumatic heart disease (RHD)
M A L E
0.94%
F E M A L E
0.94%

Global data: 0.53%

Prevalence of tobacco use age ≥15
M A L E
38.9%
F E M A L E
11.4%

Global data: 36.1% (male) 6.8% (female)

Prevalence of diabetes (ages 20-79)
33.1%

Global data: 31.8%

Prevalence of obese adults (BMI of ≥30 kg/m²)

Global data: 13.1%

Prevalence of deaths caused by CVD
17.67%

Global data: 31.8%

Country Demographics

NAMIBIA

Prevalence of deaths caused by hypertensive heart disease
1.64%

Global data: 1.65%

Prevalence of deaths caused by CVD
17.2%

Global data: 13.1%

Prevalence of population with raised blood pressure (SBP ≥140 or DBP ≥90)
M A L E
28.2%
F E M A L E
28.4%

Global data: 24.1% (male) 20.1% (female)

Prevalence of population with raised total cholesterol (≥5.0 mmol/L)
M A L E
17.67%
F E M A L E
4.5%

Global data: 38.9%

Global data:
4% of premature CVD mortality attributable to tobacco
Global data: 10%

Global data:
17.67% of deaths caused by CVD
Global data: 31.8%

Global data:
0.53% of total mortality caused by RHD
Global data: 0.51%

Global data:
3.9% of deaths caused by CVD
Global data: 3.9% (Africa)

Global data:
0.27% of deaths caused by CVD
Global data: 10%

Global data:
36.1% of total mortality caused by CVD
Global data: 31.8%
Cardiovascular Disease Governance

A national strategy or plan that addresses:

- CVDs and their specific risk factors
- NCD and their risk factors
- Rheumatic heart disease prevention and control as a priority
- A national surveillance system that includes CVDs and their risk factors

Stakeholder action

- Non-governmental organizations’ advocacy for CVD policies and programmes
- Civil society involved in developing and implementing of national CVD prevention and control plan

Health System Capacity

**NAMIBIA**

<table>
<thead>
<tr>
<th>Number of Physicians (per 10,000 population)</th>
<th>Number of Nurses (per 10,000 population)</th>
<th>Number of Hospital Beds (per 10,000 population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.2</td>
<td>19.54</td>
<td>27</td>
</tr>
</tbody>
</table>

Clinical Practice and Guidelines

Locally-relevant (national or subnational level):

- Clinical tool to assess CVD risk
- Guidelines for treatment of tobacco dependence

**Clinical Guidelines for:**

- The detection and management of atrial fibrillation
- The detection and management of acute rheumatic fever
- The detection and management of rheumatic heart disease
- The detection and management of diabetes
- CVD prevention (within the last 5 years)
- A system to measure the quality of care provided to people who have suffered acute cardiac events

For more information, please email info@worldheart.org info@pascar.org