

NAMIBIA

Capital

Windhoek

Ethnic Groups

Ovambo 50%, Kavangos 9%, Herero 7%, Damara 7%, mixed European and African ancestry 6.5%, European 6%, Nama 5%, Caprivian 4%, San 3%, Baster 2%, Tswana 0.5%

Languages

Oshiwambo languages 49.7%, Nama/Damara 11%, Kavango languages 10.4%, Afrikaans 9.4% (also a common language), Herero languages 9.2%, Zambezi languages 4.9%, English (official) 2.3%, other African languages 1.5%, other European languages 0.7%, other 1%

Religions

Christian 97.5%, other 0.6% (includes Muslim, Baha'i, Jewish, Buddhist), unaffiliated 1.9%

Population

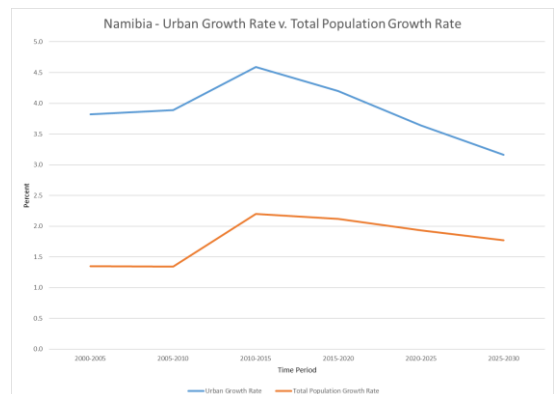
Total: 2.8 million
Median age: 21.8 years
Population growth rate: 1.8%
Urban: 54.9%
Rural 42.1%

Fertility

Birth rate: 24.68 births/1,000 population
Total fertility rate: 2.94 children born/woman
Sex ratio of population: 0.96 male(s)/female

Mortality

Death rate: 6.64 deaths/1,000 population
Life expectancy at birth: 67.04 years
Maternal mortality rate: 195 deaths/100,000 live births
Infant mortality rate: 28.49 deaths/1,000 live births



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Migration

Net migration rate: 0 migrants/1,000 population

Health

Current health expenditure: 8.9%

Physician density: 0.59 physicians/1,000 population

Adult obesity: 17.2%

Alcohol consumption per capita: 2.38 liters of pure alcohol

Education

Education expenditures: 9.6% of GDP

Literacy: 91.5%

Population Distribution

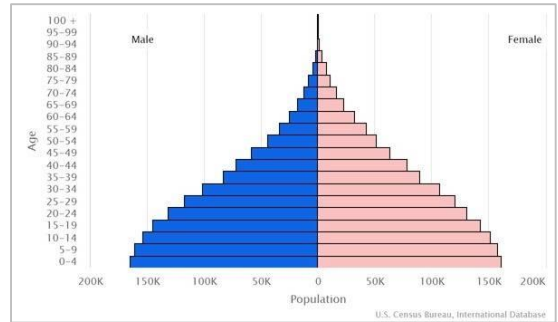
population density is very low, with the largest clustering found in the extreme north-central area along the border with Angola

Demographic Profile

Planning officials view Namibia's reduced population growth rate as sustainable based on the country's economic growth over the past decade. Prior to independence in 1990, Namibia's relatively small population grew at about 3% annually, but declining fertility and the impact of HIV/AIDS slowed this growth to 1.4% by 2011, rebounding to close to 2% by 2016. Namibia's fertility rate has fallen over the last two decades – from about 4.5 children per woman in 1996 to 3.4 in 2016 and to 3 in 2022 – due to increased contraceptive use, higher educational attainment among women, and greater female participation in the labor force. The average age at first birth has stayed fairly constant, but the age at first marriage continues to increase, indicating a rising incidence of premarital childbearing.

Some Namibians – usually persons who are better-educated, more affluent, and from urban areas – continue to legally migrate to South Africa temporarily to visit family and friends and, much less frequently, to pursue tertiary education or better economic opportunities. Namibians concentrated along the country's other borders make unauthorized visits to Angola, Zambia, Zimbabwe, or Botswana, to visit family and to trade agricultural goods. Few Namibians express interest in permanently settling in other countries; they prefer the safety of their homeland, have a strong national identity, and enjoy a well-supplied retail sector. Although Namibia is receptive to foreign investment and cross-border trade, intolerance toward non-citizens is widespread.

Age Structure



Population Distribution

