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Indigenous Namibia

### Indigenous Peoples, Healthcare, Mental Health, and Wellness

Namibia has a better health care system than many other African countries, with a higher number of medical professionals, however the number of people who are battling diseases is too high. The indigenous peoples of Namibia, referred to as the 'San people', represent some 8% of the total population of the country. The San people face many barriers to good health; they live in remote areas and frequently go on long hunting expeditions far from health centers, often health staff do not speak their languages and they lack a say in the running of local services.

Tuberculosis is the second most common cause of death in Namibia and the most serious health problem among the San communities. Many indigenous people suffer from mental health diseases, and there is not enough resources provided in Namibia for those affected to get the help and treatment that they need. Because people cannot get the resources they need, disease is a huge problem throughout Namibia, and many diseases are spreading to children and pregnant women causing a large child mortality rate in not only indigenous Namibia, but surrounding communities as well.

One possible solution to help decrease the number of people affected by diseases in Namibia would be to bring in more doctors and health care professionals to treat the sick people of Namibia. More hospitals would have to be built in rural areas, so that they are accessible to everyone in San communities.

Indigenous Land Rights, Climate Change impacts and Environmental Protection of Resources

Climate change is a big problem in the indigenous areas of Namibia. The San people are big farmers, since that is where they get most of their good and other resources. Whenever there is a big storm or any kind of natural disaster, their farming is demolished, resulting in the loss of food, and potential medical supplies for days and possibly weeks. The San people have gotten a hang of adapting to these conditions, yet they still suffer severe loss of resources any time a storm comes their way.

A possible solution for this could be building shelters for farming so that crops and other food would be protected from storms. There could be more importing of certain resources so that not all the indigenous people's resources are coming from farming. The Sans people do not like to stray from tradition and culture, so incorporating new ways of obtaining food and medical resources to them would have to be a process which works for all Sans communities.

### Indigenous Peoples, Poverty, and Development

Namibia has one of the highest rates of wealth inequality in the world; the poorest 10% of the country's population have just 1% of the wealth, while the top 10% control more than half, which means almost half the population do not have enough money to stay healthy. The Sans communities in Namibia have an education system, yet only 67 percent of San children in the country enroll in school, and about 1 percent of those children complete secondary school and no children ever advance to a university.

All children should have the right to be educated, therefore a possible solution to having better education in Sans communities would be bringing in teachers from other countries to educate all people in the indigenous communities, provided with funding from the UN. School houses could be built in easy, accessible areas so that children from all communities can be able

to get an education. By doing this, hopefully more than 80 percent of San children will be enrolling and completing school.