St Helena Government

Our Health

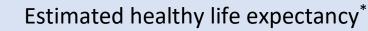
UK Health Security Agency

These are the key findings of the St Helena Joint Strategic Needs Assessment 2022. We analysed available data and interviewed 30 people working in health, social services and other areas that influence health. A full summary is available at https://www.sainthelena.gov.sh/government/public-information/

How long and how healthy are our lives?

People on St Helena are living longer, but many live with poor health in older age. Half of the population are older than 51.

74 60 Estimated life expectancy^{*}





What are the most common causes of death and ill health?

Diseases of the heart and blood vessels, diabetes and cancer caused 2/3 of all deaths in the last 20 years

1 in 2 adults (30-79 years) have high blood pressure

More than 1 in 3 older adults (65-79 years) have diabetes

Both conditions damage blood vessels and increase risk of heart attacks, strokes, chronic kidney disease, some leg amputations, and dementia

Bone and joint problems, such as osteoarthritis, and dementia are increasingly common causes of ill health and care needs.

