

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

Estimated life expectancy*

81



60

Estimated healthy life expectancy*

60

*at birth in 2021

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.

Why are these conditions common?

Many of the common health conditions **can be prevented** by changing risk factors that affect health

Poor diet: too much eaten and the wrong types of food eaten



Not enough physical activity



46% 24%
Adults aged 18-29 years

18

Units alcohol per week on average - which is above recommended levels

Overweight and obesity

affects 1 in 4 children and more than 1 in 2 pregnant women

Smoking

Alcohol misuse

What are major influences on health at different ages?

Community and family support is a strength at all ages



physical activity
dental health
diet



working conditions
physical activity
diet
smoking
alcohol



literacy
housing conditions
limited mobility



Which groups of people are at risk of health inequalities (unfair, avoidable, systematic differences in health)?

Groups of people more likely to face barriers to health and wellbeing are people who



live far away from amenities



have lower incomes



have a disability



have experience of the criminal justice system

So what now?

Read the full summary to see what this means for our priorities in improving St Helena's health
Join the roadshow to give us your views
Be part of improving our health!