



Folkhälsomyndigheten  
PUBLIC HEALTH AGENCY OF SWEDEN

# Summary of the report How are the Sami people in Sweden? Results from a survey on health, living conditions and lifestyle among Sami people

In this report, we present results from the survey Sami Health on Equal Terms. It was carried out during the spring of 2021 and was answered by 3,658 Sami people aged 18–84 in Sweden. The purpose of the report is to describe health, living conditions and lifestyle among the Sami at a general level. The results have also been compared with the general population through data from the national public health survey Health on Equal Terms, also conducted in the spring of 2021.

## Results in brief

Most of the Sami people in this study, 73 per cent, state that they have good general health. Almost all, 87 per cent, have high mental well-being. A total of 41 per cent of the Sami people report having a long-term illness or disability. The proportion who state that they smoke daily is 4 per cent, and the proportion who use moist snuff is 23 per cent.

The comparison between the Sami and the general population shows the following:

- The same proportion of Sami people as in the general population report good general health. The proportion of Sami people who report diseases such as high blood pressure and diabetes or mental health problems such as nervousness, worry or anxiety is also the same as in the general population.
- A smaller proportion of Sami people than the general population report difficulty sleeping, fatigue and psychological distress. A smaller proportion of Sami people also report that they are sedentary for more than ten hours a day, have a risk consumption of alcohol, state that they smoke daily or that they have ever used cannabis.
- A smaller proportion of Sami people compared to the general population report good dental health and that they eat fruit and vegetables at least once a day.
- A larger proportion of Sami people than the general population have high mental well-being. On the other hand, a larger proportion of Sami people report that they have a long-term illness or disability, aches and pains in different parts of the body, asthma, allergies, overweight and obesity. The proportion of Sami people who report that they use moist snuff daily is also higher than in the general population.

- A larger proportion of Sami people than the general population state that they have at some point seriously considered taking their own life or that they have at some point tried to take their own life. A larger proportion of Sami people also report that they have had difficulty coping with current expenses over the past 12 months. The proportion of Sami people who report that they have been treated in such a way that they have felt violated at some point in the last 3 months is greater than in the general population.

With regard to the COVID-19 pandemic, a smaller proportion of Sami people than the general population report that they have tested positive for COVID-19. On the other hand, a larger proportion of Sami people state that they have been worried that they themselves or someone close to them will become seriously ill.

## Sami health needs to continue to be monitored

This survey is a first important step in monitoring the health situation among Sami people in Sweden and is one of the most comprehensive surveys that have been conducted so far. The study contributes important knowledge about Sami people's health, living conditions and living habits and can form the basis for both continued knowledge development and the formulation of health promotion and preventive efforts at local, regional and national level. There is also a need for continued and in-depth analyses with a special focus on different groups among Sami people who may have poorer health or poorer conditions for good health.

[Hur mår samer i Sverige? – Resultat från en enkätundersökning om hälsa, livsvillkor och levnadsvanor bland samer \(Folkhälsomyndigheten.se\)](#)