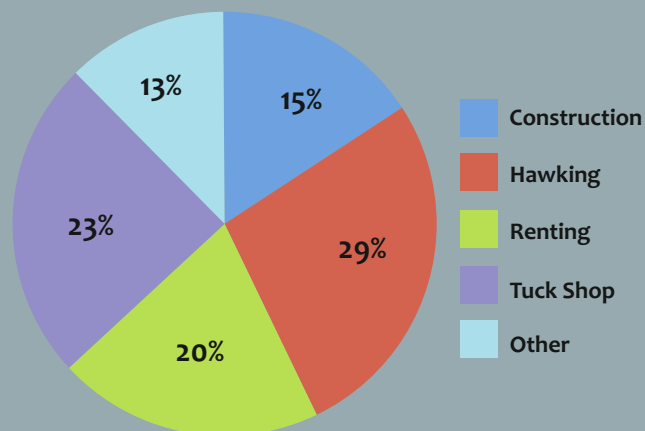
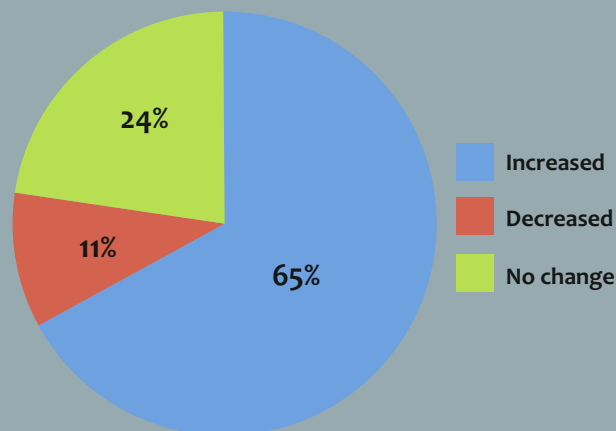


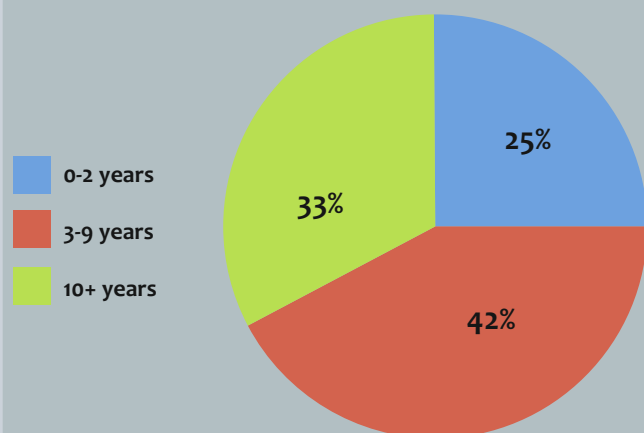
Types of businesses in Tshwane



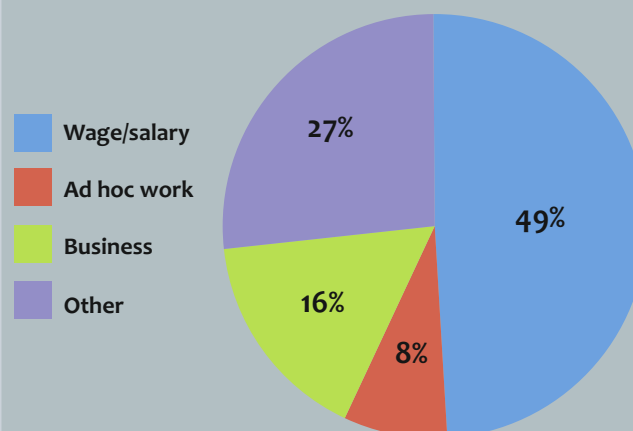
Number of business competitors



Age of businesses in Tshwane



Main source of household income



- 35% of households we interviewed have at least one business owner.
- 74% of business owners funded their business through personal savings.
- 48% of business owners worked over 40 hours a week.
- 73% of business owners have at least some secondary school education.

- 25% of business owners had higher sales this year than last year.
- 77% of respondents actively planning to start a business did not open because of lack of money.

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South African Panel Study of Small Business and Health



This study analyzes the relationship between health and business activities in the Tshwane Region.

- We interviewed 2,830 respondents three times over a 5-year period.
- Our nurses performed physical tests and blood tests.
- This document contains some study findings to provide a snapshot of the lives of our respondents.

We would like to sincerely thank our respondents for having selflessly contributed time and effort to this study.
THANK YOU!!!

Anemia

2% of respondents reported they have anemia.

Anemia is the most common blood disorder, but it is easy to treat. Lack of treatment can lead to weakness, fatigue, or other more serious problems.

Our blood tests showed that 48% actually have moderate or severe anemia.

Cholesterol

3% of respondents reported they have high cholesterol.

High cholesterol has almost no symptoms and often remains undetected without proper tests. High cholesterol increases the risks of heart disease and stroke.

Our blood tests showed that 25% actually have high cholesterol.

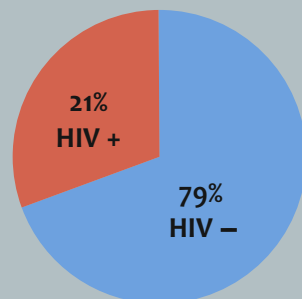
Obesity

We measured the weight and height of each respondent to calculate Body Mass Index (BMI).

Obesity increases the risks of diabetes, heart disease, stroke, and cancer.

Our physical tests showed that 34% of respondents are obese.

HIV test results

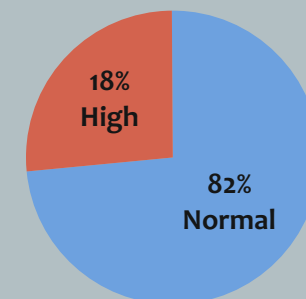


- All kinds of people, young and old, men and women, business owners and non-owners, are affected by the HIV virus.

Other health findings

- 30% of respondents reported that they are in poor or very poor health.
- 48% of respondents had blood pressure higher than normal based on our nurses' measurements.
- 14% of respondents missed work due to illness or injury in the month before they were interviewed.
- Over 50% of respondents said waiting times at health clinics exceeded two hours.

Blood sugar test results



- 7% of respondents reported they have diabetes. Our blood tests showed that 18% actually have overly high blood sugar, indicative of diabetes.

