



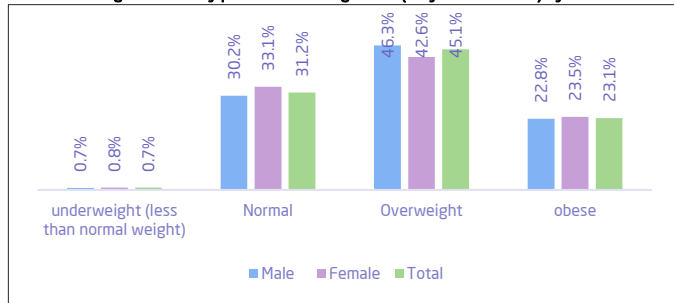
23.1% of Adults (15 years and above) in Saudi Arabia are classified as obese

Based on self-reported data, the results of the National Health Survey showed that the prevalence of obesity among adults (15 years and above) in Saudi Arabia reached 23.1%, while among children (under 15 years) was 14.6%. Additionally, the results indicated that the percentage of adults (15 years and older) who smoke, including electronic cigarettes, was 12.4%; and 33.5% of the adults were exposed to passive smoking. Furthermore, the percentage of adults (15 years and older) who consumed the recommended portion of fruits and vegetables was 10.2%.

The prevalence of obesity among adults (15 years and older) is 23.1% based on BMI (greater than or equal to 30)

The prevalence of obesity among adults (15 years and older) was 23.1%, and there was a similarity in the prevalence of obesity between males and females; and 45.1% of the adults were classified as overweight. (Figure1)

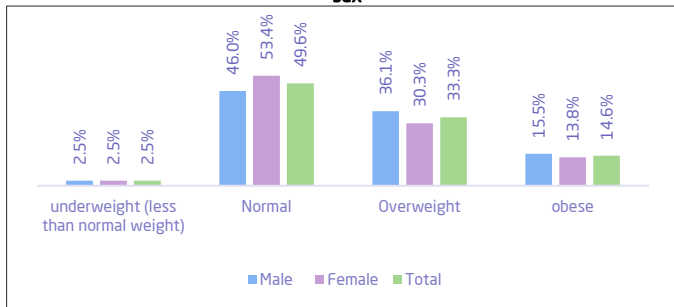
Figure1. Obesity prevalence among adults (15 years and older) by sex



14.6% of children and adolescents (2-14 years) are classified as obese

The prevalence of obesity among children (2-14 years) was 14.6%, while the percentage of children who were classified as overweight was 33.3%. (Figure2)

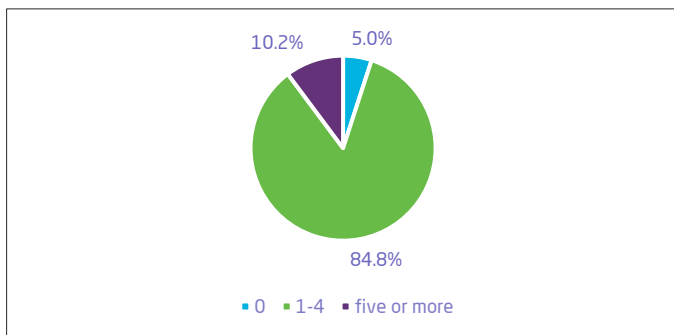
Figure2. Obesity prevalence among children and adolescents (under 15 years) by sex



10.2% of the adults (15 years and older) consume recommended portion of fruits and vegetables

10.2% of the adults (15 years and older) consumed the recommended portion of fruits and vegetables, which is five servings or more per day. The majority of the adults consumed between one and four servings per day by 84.8%, while only 5% did not consume any servings daily. (Figure3)

Figure3. Percentage of adults (15 years and older) who consumed the recommended portion of fruits and vegetables.



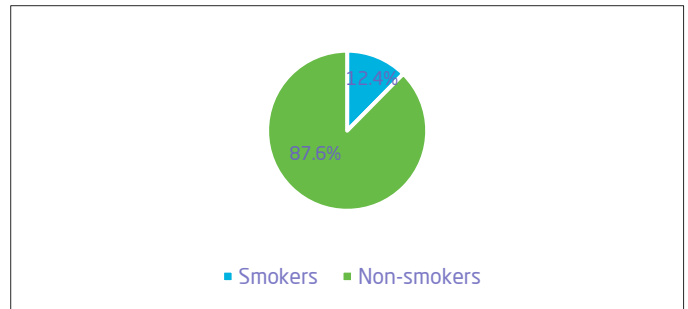
0.6% of adolescents (13 to 15 years) smoke any type of tobacco

The percentage of smoking including electronic cigarettes among adolescents (13-15 years) was only 0.6%.

12.4% of adults (15 years and older) smoke including electronic cigarettes

The percentage of smoking including electronic cigarettes among adults (15 years and above) was only 12.4%. (Figure4)

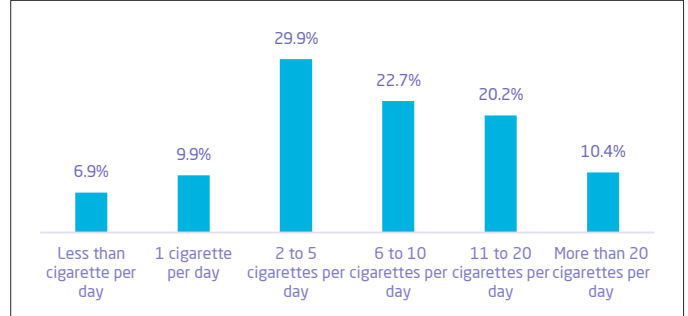
Figure4. Percentage of smoking including e-cigarettes among adults (15 years and older)



Average daily cigarette consumption is between two and five cigarettes

The results indicated that the average number of cigarettes smoked per day among smokers was between 2 and 5 cigarettes, accounting for 29.9%.

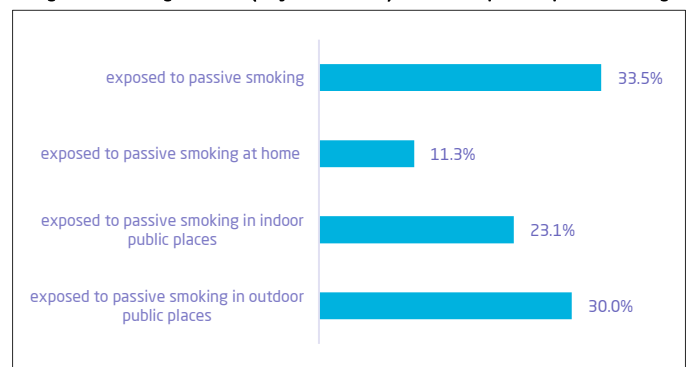
Figure5. Number of cigarettes smoked per day among adults (15 years and older)



33.5% of the adults (15 years and older) are exposed to passive smoking

The percentage of the adults (15 years and older) who were exposed to passive smoking in outdoor public places (such as playgrounds, public streets, building entrances, and parks) was 30%. However, the percentage of adults who were exposed to passive smoking in indoor public places, excluding their homes (such as schools, shops, restaurants, shopping centers, cars, and cinemas), was 23.1%. The percentage of adults who were exposed to passive smoking at home was 11.3%. (Figure6)

Figure 6. Percentage of adults (15 years and older) who were exposed to passive smoking



Reference Metadata

This publication presents indicators of health determinants of adults and children based on the results of the National Health Survey and Woman and Child Health Survey for 2024, along with population estimates from the General Authority for Statistics for 2024. For more details on the methodology, click on: [Reference Metadata](#)