



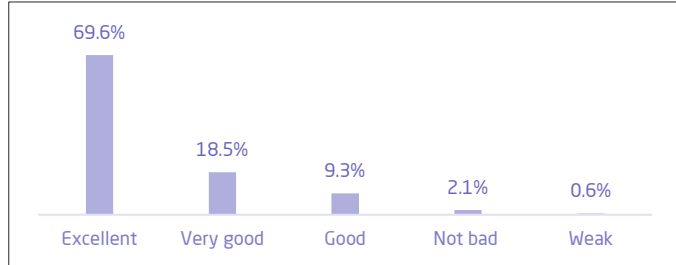
97.4% of adults (15 years and above) in Saudi Arabia have a positive or higher perception of their health

Based on **self-reported*** data from the National Health Survey and the Woman and Child Health Survey, 97.4% of adults (15 years and above) rated their health as good or better than good. The results also showed that 18.95% of adults have at least one chronic condition, including (diabetes 9.1%, hypertension 7.9%, high cholesterol 3.6%, heart and vascular diseases 1.5%, and cancer 0.6%). Additionally, 1.8% of adults experienced severe depression, while 0.2% suffered from severe anxiety. Among children (under 15 years), 9.4% had a chronic condition, which includes (asthma 4.1%, allergies 2.0%, skin conditions 1.6%, hyperactivity 0.8%, autism 0.6%, diabetes 0.5%, and cancer 0.3%). Severe depression among children (11-14 years) was at 0.1%, while the rate of severe anxiety was 0.2%.

Percentage of adults (15 years and above) who have a positive or higher perception of their health is 97.4%

Based on self-reported of the health condition, the results showed that 97.4% of adults rated their health as good or better than good, as shown in (Figure1).

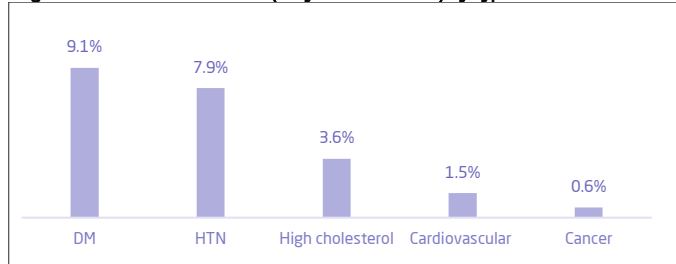
Figure1. Distribution of adults by their perception of their health status



Percentage of adults (15 years and above) with at least one chronic condition is 18.95%

The results showed that diabetes mellitus (DM) was the most common chronic condition among adults, at 9.1%, followed by hypertension (HTN) at 7.9%, high cholesterol at 3.6%, cardiovascular diseases at 1.5%, and finally cancer at only 0.6%, as illustrated in (Figure2).

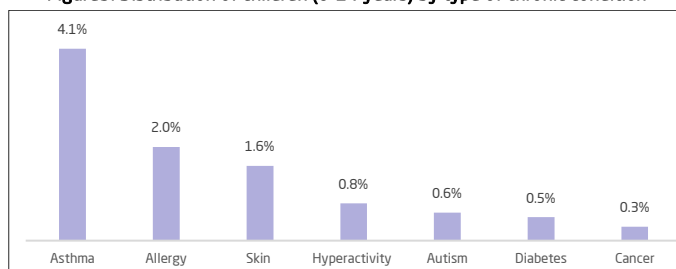
Figure 2. Distribution of adults (15 years and above) by type of chronic condition



Percentage of children (0-14 years) with at least one chronic condition, including diabetes, asthma, allergies, hyperactivity, cancer, autism, and skin conditions is 9.4%

The results indicated that asthma was the most common condition among children, at 4.1%, followed by allergies at 2%, skin conditions at 1.6%, hyperactivity at 0.8%, autism at 0.6%, diabetes at 0.5%, and finally cancer at only 0.3%, as shown in (Figure3).

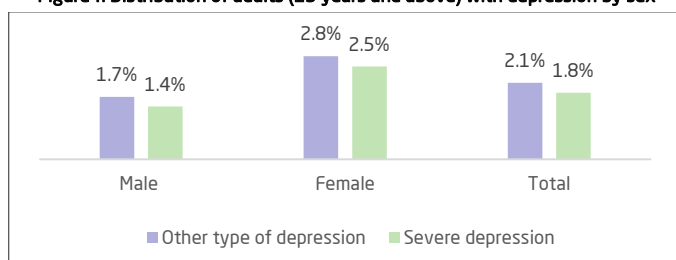
Figure3. Distribution of children (0-14 years) by type of chronic condition



Percentage of adults (15 years and above) who suffer from severe depression is 1.8%

The results demonstrated that females experienced severe depression at a higher rate than males, with 2.5% of females affected compared to 1.4% of males (Figure4).

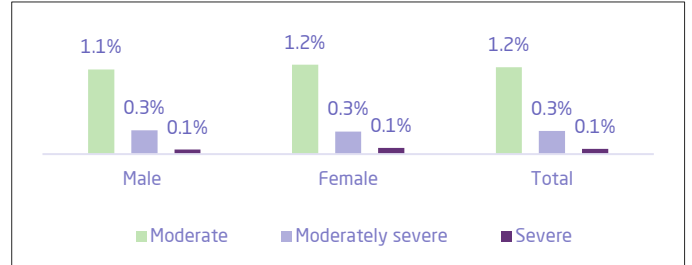
Figure4. Distribution of adults (15 years and above) with depression by sex



Percentage of children (11-14 years) who suffer from severe depression is 0.1%

There was a close similarity in the rates of severe and moderate depression between male and female children (Figure5).

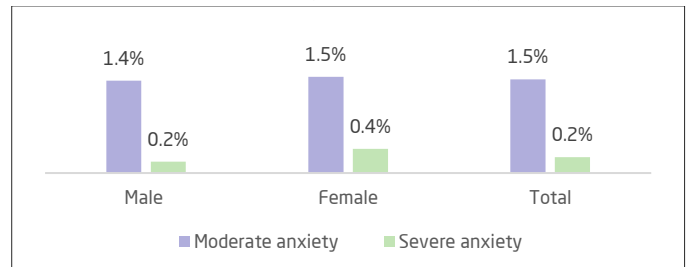
Figure5. Distribution of children (11-14 years) with depression by sex



Percentage of adults (15 years and above) who suffer from severe anxiety is 0.2%

The results showed that females experienced severe anxiety at a higher rate than males, with 0.4% of females affected compared to 0.2% of males, as illustrated in (Figure6).

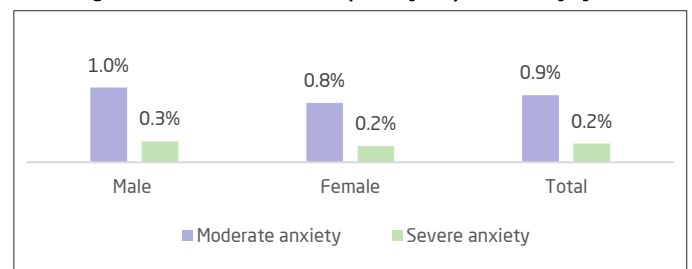
Figure 6. Distribution of adults (15 years and above) with anxiety by sex



Percentage of children (11-14 years) who suffer from severe anxiety is 0.2%

The rate of severe anxiety among male children was higher than that of females, with 0.3% of males affected compared to 0.2% of females (Figure7).

Figure 7. Distribution of children (11-14 years) with anxiety by sex



***Disclaimer**

Health condition estimates are based on self-reported data and may be less accurate than actual rates, as precise diagnosis of any health condition requires specialized medical examinations and procedures. Therefore, the presented results are intended to provide an approximate overview.

Methodology and Quality

This publication reviews the health indicators for adults and children based on the results of the National Health Survey, the Woman and Child Health Survey for 2024, and population estimates from the General Authority for Statistics for 2024. For more details on the [methodology and quality](#), , [Tables](#).