

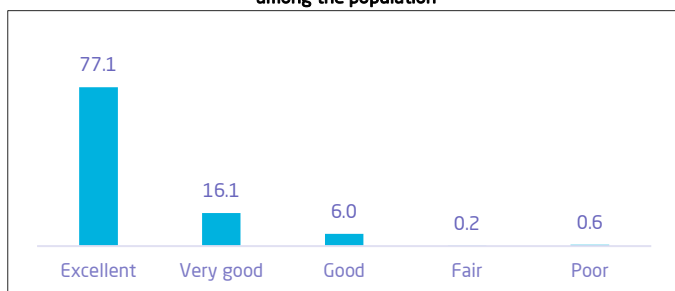
99.2% of population (aged 15 years and above) rate their health status as good or very good

Based on self-reported data from the National Health Survey, 99.2% of adults aged 15 years and above rated their health status as good or very good. The results also showed that 0.1% of adults suffered from severe depression, while 0.2% experienced severe anxiety. In addition, 71% of adults aged 50 years and above reported having sufficient social contact with the people they love. Regarding routine health checkups, 39.3% of the population reported having undergone periodic medical examinations to ensure their well-being.

Percentage of population (aged 15 years and above) by self-assessment of their health status

Based on individuals' self-assessment of their health status, the results of the National Health Survey showed that 99.2% of adults rated their health as good or very good. Figure (1) illustrates the relative distribution of adults by how they rated their health status.

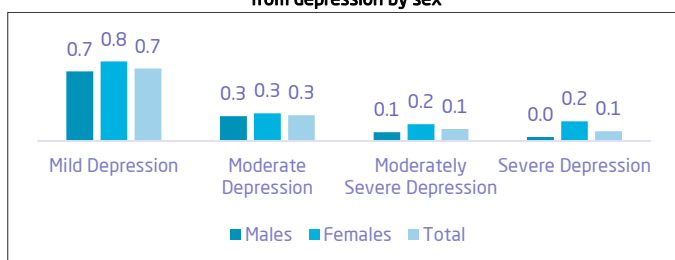
Figure 1. Percentage distribution of adults by how they rated their health status among the population



Prevalence of depression among population (aged 15 years and above)

The results showed that the prevalence of moderately severe depression was 0.2% among females, and 0.1% among males Figure (2).

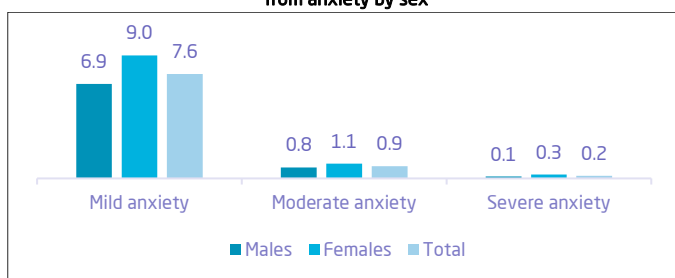
Figure 2. Percentage distribution of adults (aged 15 years and above) suffering from depression by sex



Prevalence of anxiety among population (aged 15 years and above)

The results showed that the prevalence of severe anxiety was close between females and males Figure (3).

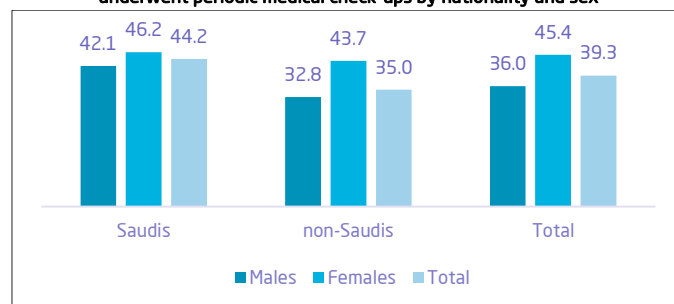
Figure 3. Percentage distribution of adults (aged 15 years and above) suffering from anxiety by sex



Percentage of adults (aged 15 years and above) who undergo periodic medical check-ups for reassurance

The self-reported results showed that the percentage of adults (aged 15 years and above) who underwent periodic medical check-ups to ensure their health reached 39.3% in 2025. The percentage of Saudis who underwent periodic medical check-ups was higher than that of non-Saudis, accounting for 44.2% among Saudis and 35.0% among non-Saudis, as shown in Figure (4).

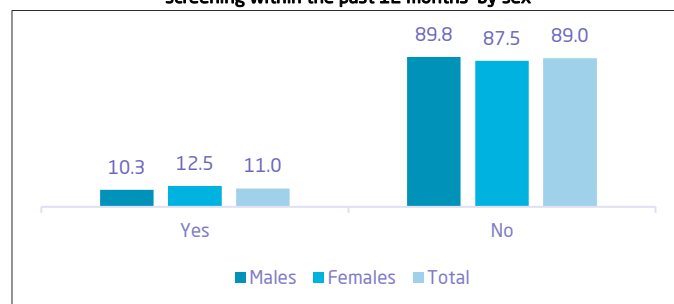
Figure 4. Percentage distribution of adults (aged 15 years and above) who underwent periodic medical check-ups by nationality and sex



Percentage of adults (aged 45-74 years) who undergo colon cancer screening

The self-reported results showed that 11.0% of adults between ages 45 and 74 years reported having colon cancer screening within the past 12 months Figure (5).

Figure 5. Percentage of adults (45-74 years) who underwent colon cancer screening within the past 12 months by sex



Percentage of adults (aged 50 years and above) by ability to engage in social communication

The self-reported results showed that 71% of adults aged 50 years and above have a sufficient level of social connection with people they love, with similar percentages observed among males and females Figure (6).

Figure 6. Percentage of adults (50 years and above) by ability to communicate socially by sex



Table

Disclaimer

The health status estimates are based on self-reported data from participants. The accuracy of the data depends on the accuracy of self-reporting by individuals or caregivers for self-assessment questions related to health status and periodic medical check-ups.

Methodology and quality

The Health Status Statistics presents health status indicators for adults and children based on the results of the National Health Survey, the Women and Child Health Survey 2025, and the population estimates from the General Authority for Statistics for 2025. For more details on methodology and quality, click on: [Link](#).