

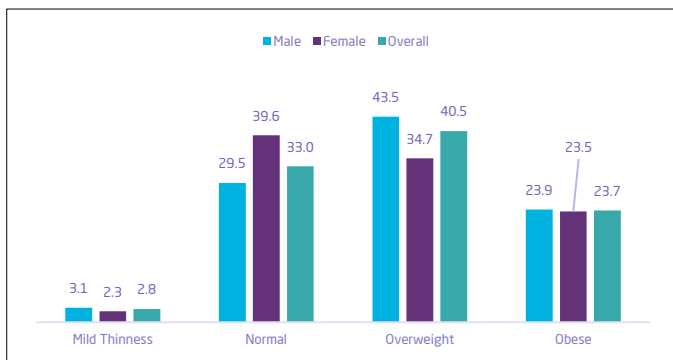
24% of the Adult (15 years and above) in Saudi Arabia are Obese

The results of the National Health Survey showed that the prevalence of obesity among adults (15 years and above) was about 24%, and the percentage of the adults who eat vegetables and fruits one or more times a day is 37% and 25% respectively. Moreover, the results showed that the percentage of adults (15 years and above) who smoked any type of tobacco was about 18%.

The prevalence of obesity among adults (≥15 yrs.) was 23.7%

Figure (1) shows that the prevalence of obesity based on BMI ≥ 30 among adults (≥15 yrs.) reached (23.7%), and there is no significant difference between males and females, while the percentage of ideal weight was significantly higher among females (about 39.6%) compared to males 29.5%.

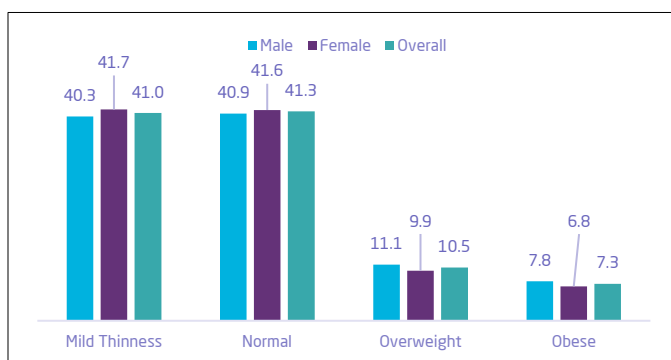
Figure 1. Prevalence (%) of obesity, overweight, normal, and mild thinness among adults (15 years and above) by sex



Nearly 18% of children and adolescents (<15 yrs.) were overweight or obese

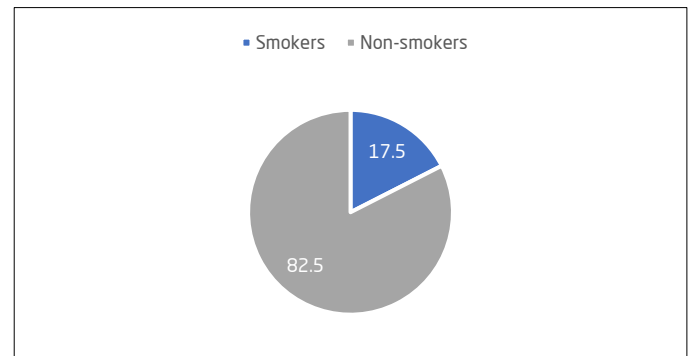
The prevalence of obesity among children (less than 15 years old) reached 7.3%, while the percentage of children who are below normal weight reached 41%, as shown in Figure (2).

Figure 2. Prevalence (%) of obesity, overweight, normal, and mild thinness among children and adolescents (<15 yrs.) by sex



The prevalence of smoking any type of tobacco among adults (15 years and above) was 17.5%.

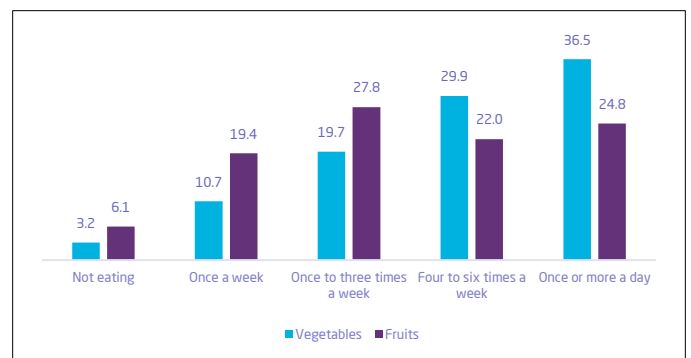
Figure 3. Percentage of smokers among adults (15 years and above) of any type of tobacco.



36.5% of adults (≥15 yrs.) consume one or more portions of vegetable daily

Figure (4) shows that the percentage of eating vegetables one or more times per day among adults is (36.5%), which is significantly higher than the percentage of eating fruits (24.8%).

Figure 4. Percentage of fruits and vegetables consumption among adults



Reference Metadata

This publication reviews indicators of health determinants for adults and children based on the results of the National Health Survey, Child Health and Welfare Survey 2023, and population estimates from the General Authority for Statistics for the year 2023. For more details about the methodology, click here: [Reference Metadata](#)