

53% of adults (15 years and above) in Saudi Arabia have very good or good perception of their perceived health status

The percentage of adults (≥15 yrs.) who perceived their health as good or very good was 52.8%, while this percentage reached 70.9% among children and adolescents (4-14 years).

The percentage of older adults (15 years and above) who had bad or very bad perception of their general health condition was 26.6%

Based on the person's self-assessment of his/her psychological and physical condition, normal daily activities, pain and discomfort, and personal care: it was noted that the percentage of those who perceived their health status as good or very good was 52.8% among adults (15 years and above). An increase in the percentage of those who perceived their health status as bad or very bad was observed among those over fifty years of age, as shown in Figure(1)

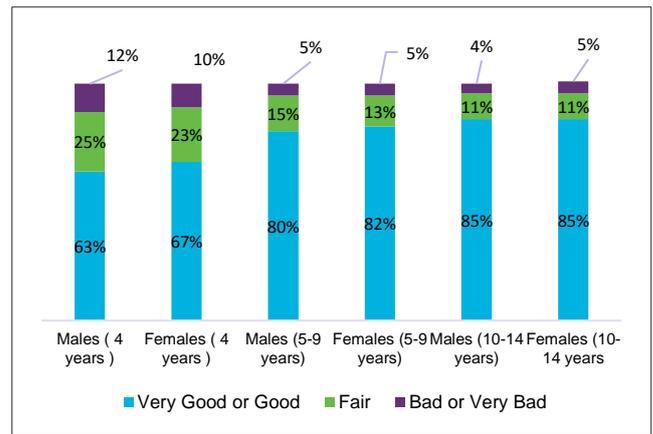
figure 1: Percentage of adults' perception of their health condition among different age groups



The percentage of children and adolescents (4-14 years) who have a positive perception of their health status was 70.9%

The percentage of children aged 10-14 years who self-assessed their self-health well or very well (84.9%) compared to children aged 5-9 years (80.8%) was higher, while this percentage decreased among children aged 4 years whose health was assessed by their parents (64.9%). There is significant differences were observed between the percentage of males and females of those who evaluated their healthy lives well or very well as shown in Figure 3.

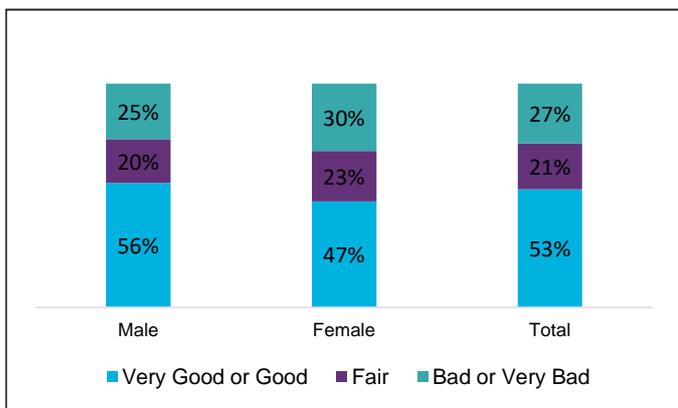
Figure 3. Health condition based on perception of children or their guardians



Percentage of women who have negative perception of their health condition greater than their male counterparts

- The percentage of women who have a negative perception of their health condition reached 30%, compared to about 25% among adult men (15 years and above).
- The percentage of those who have a good or very good perception of their health condition among adults in general reached 53%, as shown in Figure.(2)

Figure 2: Perception of male and female adults (15 years and above) about their health condition



Health status of children from 4 to 14 years based on the perception of children or their guardians

Based on the guardian's assessment (father or mother) of their child's mental and physical health, normal daily activities, pain and discomfort, personal care from the age of 4 to 7 years, and the children's self-assessment of their health status from the age of 8 to 14 years .

Meta Data

This publication reviews health condition indicators 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 meta data, click here: [link](#)