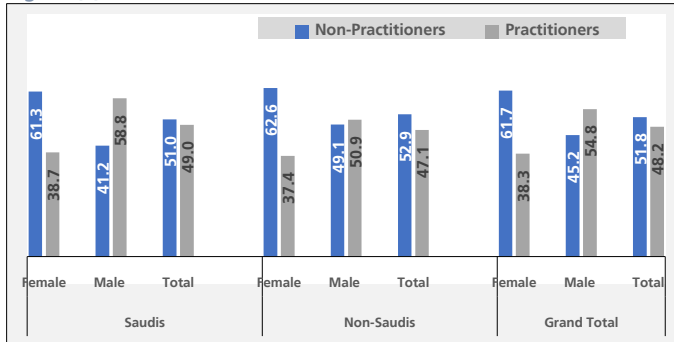


Almost 30% of the population practiced sports for at least 2.5 hours a week in 2021

29.7% of the resident population in the Kingdom of Saudi Arabia practiced a physical activity for at least 150 minutes per week in 2021, compared to 20% in 2019. This increase indicates an improvement in the community's awareness towards practice of sport and physical activity.

48.2% of population practice physical activity for at least 30 minutes per week

The indicator of physical activity for at least 30 minutes per week is one of the Quality of Life Program indicators, following the Saudi Vision 2030 program, which aims to promote the practice of sports activities in the community. The results of GASTAT's sports statistics shows that 48.2% of the resident population practice activity for at least 30 minutes per week, an increase of 3.2 points compared to 2019 (45%). There is a substantial difference between men and women as 54.8% males engage in physical activity, while the share of females who engage in physical activity only amounts to 38.3%. Figure (1)

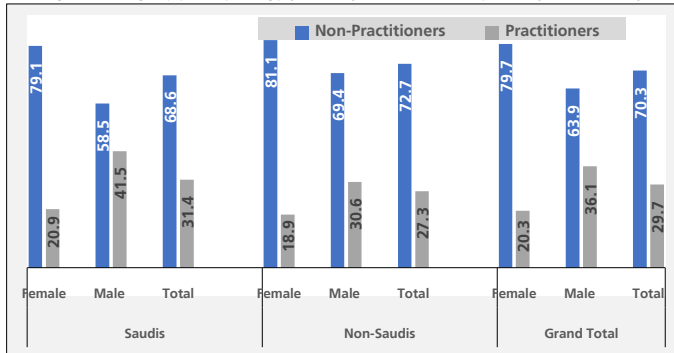


29.7% of population practice physical activity for at least 150 minutes per week

According to the World Health Organization (WHO) recommendations, adults should do at least 150 minutes of moderate-intensity aerobic physical activity, at least 75 minutes of vigorous-intensity, or an equivalent combination of both throughout the week. For additional health benefits, adults may increase moderate-intensity aerobic physical activity to more than 300 minutes, or an equivalent.

The results of GASTAT's sports statistics shows that the percentage of the population practicing physical activity for at least 150 minutes per week in the Kingdom reached 29.7%, an increase of 9.7 percentage points compared to 2019. Among them, males who engage in physical activity accounted for 36.1%, while females who engage in physical activity accounted for 20.3%. Figure (2)

Figure 2. Percentage of population practicing physical activity for at least 150 minutes per week by sex and nationality



Eastern region shows the highest level of physical activity

In figure (3), the results show that percentage of physical activity for at least 30 minutes per week among adults varies across the Kingdom regions, from 41.6% in Hail to 51.2% in Eastern region. Figure (4) shows that percentage of physical activity for at least 150 minutes per week varies across the Kingdom regions, from 24.3% in Al-Jouf to 32.9% in Eastern region.

Figure 3. Percentage of population practicing physical activity for at least 30 minutes per week by administrative regions

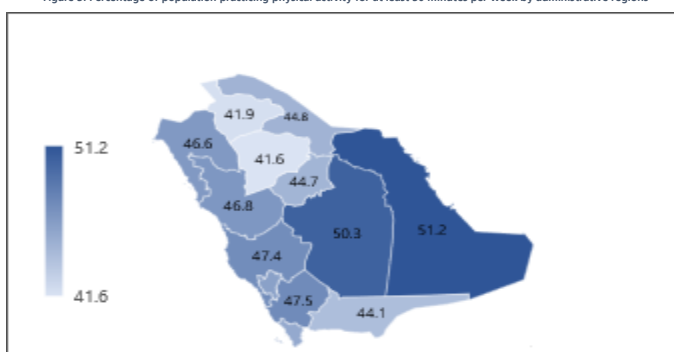
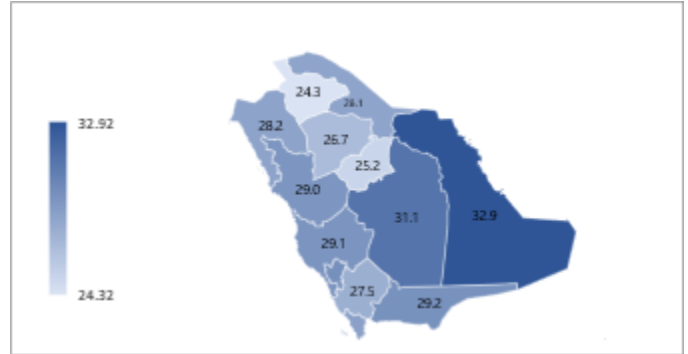


Figure 4. Percentage of population practicing physical activity for at least 150 minutes per week by administrative regions



The gender gap varies across regions.

The lowest difference between males and females who engage in physical activity for at least 30 minutes per week is in Hail region (12.6 percentage points), and the highest in Tabuk region (20.1 percentage points) Figure (5). The lowest difference between males and females who engage in physical activity for at least 150 minutes per week is in Qassim region (13.1 percentage points), and the highest in Northern Borders regions (18.9 percentage points). Figure (6).

Figure 5. Percentage of population practicing physical activity for at least 30 minutes per week by sex and administrative regions

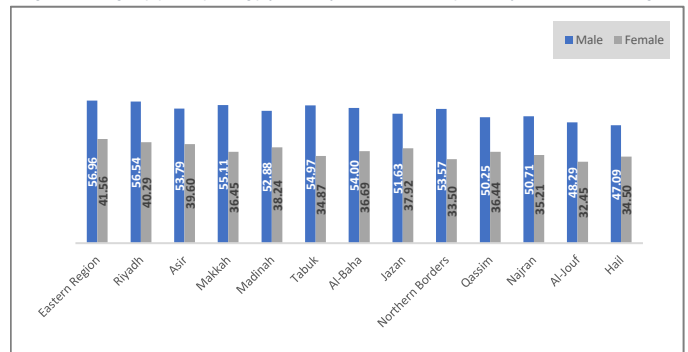
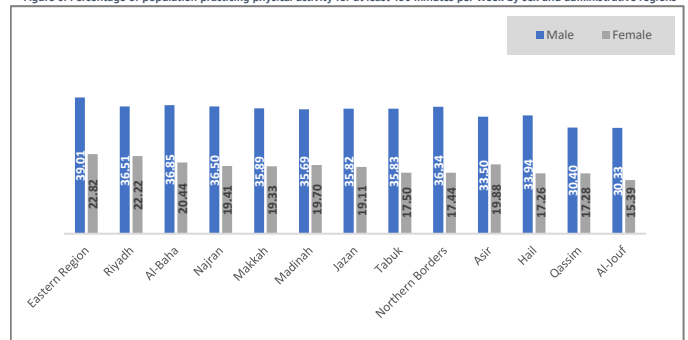


Figure 6. Percentage of population practicing physical activity for at least 150 minutes per week by sex and administrative regions



Methodology

Household Sports Practice Survey 2021, which is a Computer-Assisted Telephone Interviewing (CATI). The survey sample was selected by identifying (39,000) households as a selected and representative sample of the survey community at the level of the Kingdom and distributed according to administrative regions. The survey provides indicators related to physical activity to support decision-makers and strategic planning. [Methodology](#)