

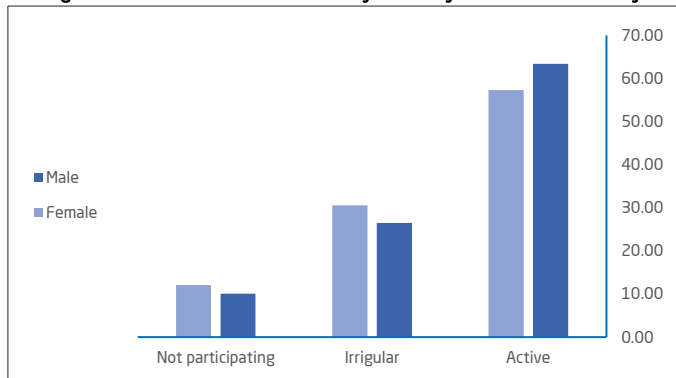
1.7 million elderly individuals in the Kingdom represent 4.8% of total population

Elderly Survey 2025 revealed that the population aged 60 years and over in the Kingdom of Saudi Arabia reached approximately 1.7 million in 2025, accounting for 4.8% of total population. Results further showed that Saudis comprised 69.0% of the elderly population, while non-Saudis accounted for 31.0%. In terms of gender, females constituted 43.0% compared to 57.0% for males.

60.0% of elderly Saudis are socially active

The survey results showed that active social participation among elderly Saudis reached 63.4% among males compared to 57.3% among females, while irregular participation was recorded at 26.5% for males and 30.6% for females. The results also indicated that around 11.0% of both genders do not participate in social activities or family events Figure (1).

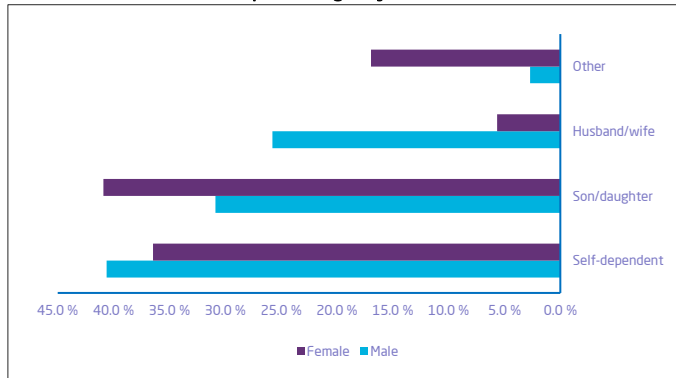
Figure 1. Relative distribution of elderly Saudis by sex and social activity



38.8% of elderly Saudis rely on themselves

The survey results revealed that 40.6% of elderly Saudi males rely on themselves to carry out their daily activities and meet their needs. However, 30.9% of elderly Saudi males depend on their children and 25.8% depend on their wives. Among females, 40.9% rely on their children, while 36.5% depend on themselves for their daily activities and needs, and 5.7% rely on their husbands Figure (2).

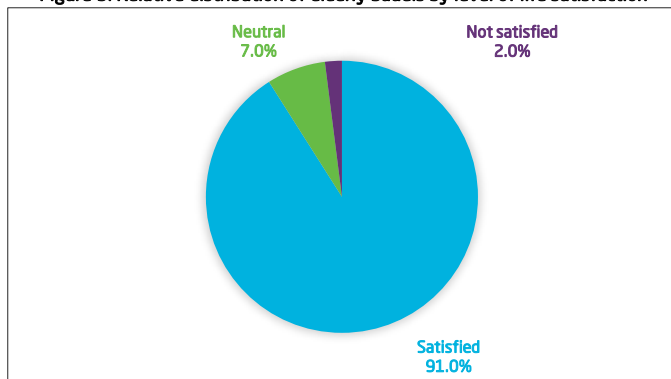
Figure 2. Relative distribution of elderly Saudis by sex and dependence in performing daily tasks



91.0% of elderly Saudis are satisfied with their lives

The survey data indicate that the level of life satisfaction among elderly Saudis is very high, with approximately 91.0% of both males and females, reporting that they are satisfied with their lives. Meanwhile, 7.0% expressed a neutral stance, and around 2.0% of both genders reported being not satisfied Figure (3).

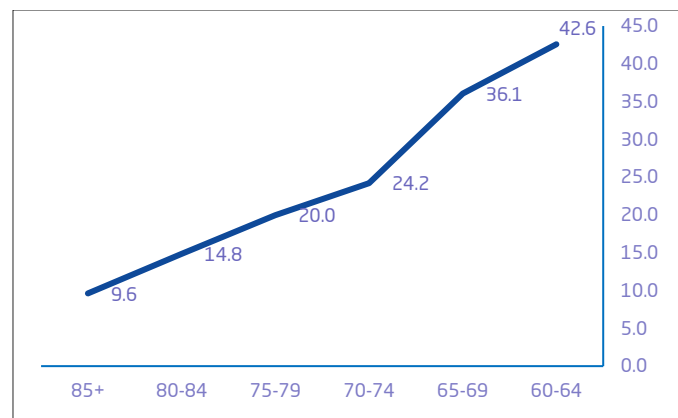
Figure 3. Relative distribution of elderly Saudis by level of life satisfaction



33.0 % of elderly Saudis engage in regular physical activity

The Elderly Survey results showed that physical activity among the elderly in the Kingdom decreases with age. Percentage of those who engage in physical activity was about 42.6% among individuals in the 60-64 age group, declining to 36.1% in the 65-69 age group, and then dropping to 24.2% among those aged 70-74 years. The rate then dropped to 9.6% among individuals aged 85 years and over Figure (4).

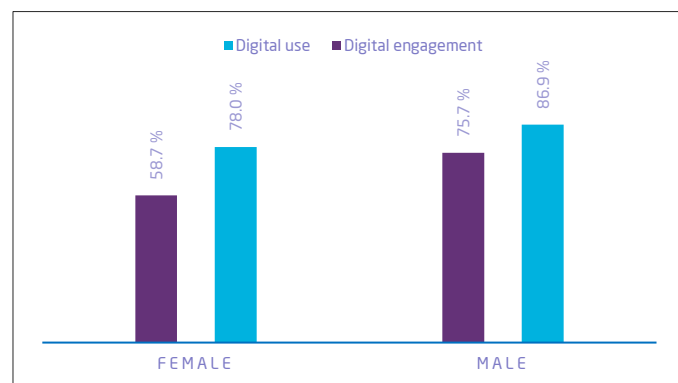
Figure 4. Relative distribution of elderly Saudis who engage in physical activity by age group



68.0% of elderly Saudis use and benefit from technology

The survey revealed that the level of digital inclusion among the elderly in the Kingdom varies between males and females. The rate of digital use (such as using a smartphone or computer) reached 86.9% among males compared to 78.0% among females. In terms of digital engagement (using technology to access services or complete tasks), the rate was 75.7% among males and 58.7% among females Figure (5).

Figure 5. Percentages of elderly Saudis by digital use and digital engagement



Methodology and quality

The Elderly Statistics Publication presents key indicators related to the elderly population in the Kingdom of Saudi Arabia, based on the findings of the Elderly Survey 2025 and the latest population estimates. For more details on the methodology, please click on: [Methodology and Quality, Tables](#).