

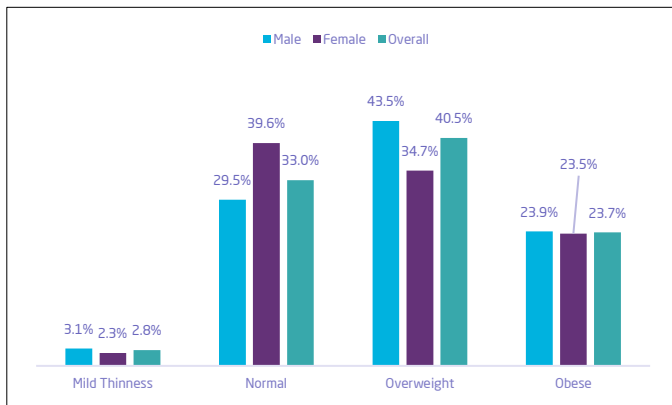
## 23.7% of Adult Population (15 years and above) in Saudi Arabia are Obese

Based on the self-reported weight and height in the Saudi National Health Survey (SNHS), the prevalence of obesity (body mass index (BMI)  $\geq 30$ ) was found to be 23.9%. Moreover, the consumption rates of vegetables and fruits among adults aged 15 years and above were 36.5% and 24.8%, respectively. On the other hand, the rate of tobacco consumption among those aged 15 years and above reached 17.5%.

### Prevalence of obesity among adults ( $\geq 15$ yrs.) is 23.7%

As shown in Figure 1, the prevalence of obesity based on BMI  $\geq 30$  among adults ( $\geq 15$  yrs.) was 23.7% without a significant difference between males and females. On the other hand, 29.5% of males had a normal body weight compared to 39.6% of females.

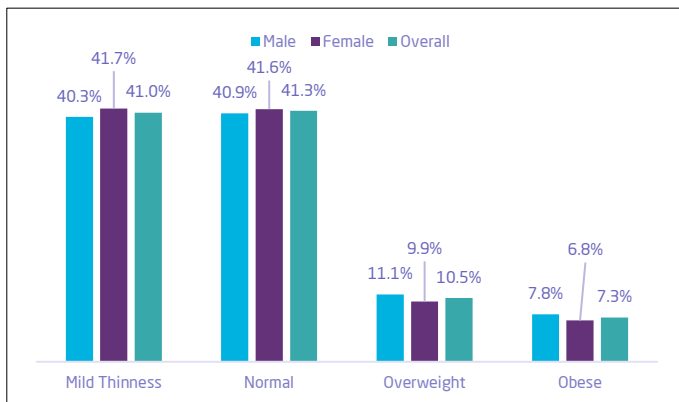
Figure 1. Prevalence (%) of obesity, overweight, normal, and mild thinness among adults (15 years and above) by sex



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

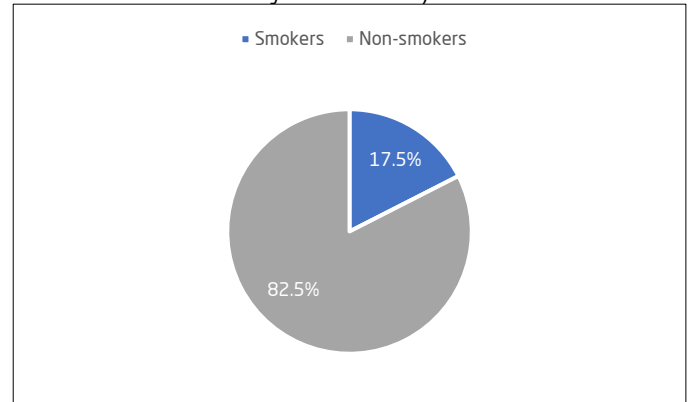
The prevalence rates of obesity and overweight among children and adolescents aged 14 years or less were 7.3% and 10.5%, respectively, with no significant difference between males and females as shown in Figure 2.

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



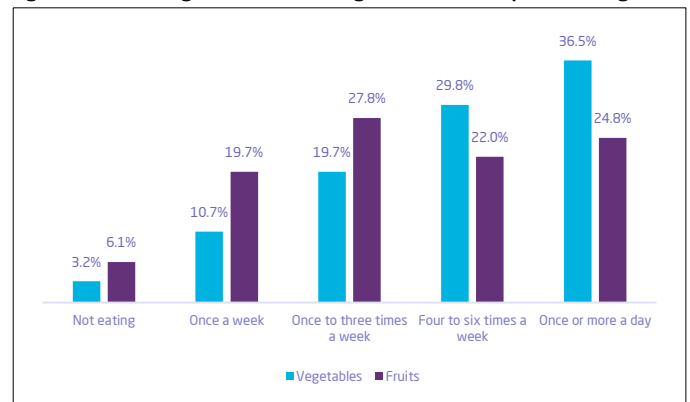
### Prevalence of tobacco smoking among adults ( $\geq 15$ yrs.) is 17.5%

Figure 3. Prevalence (%) of tobacco smoking in general among adults (15 years and above).



### 36.5% of adult population ( $\geq 15$ yrs.) consume one or more portions of vegetable daily

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](#)