Saudi Arabia



Country report card - children

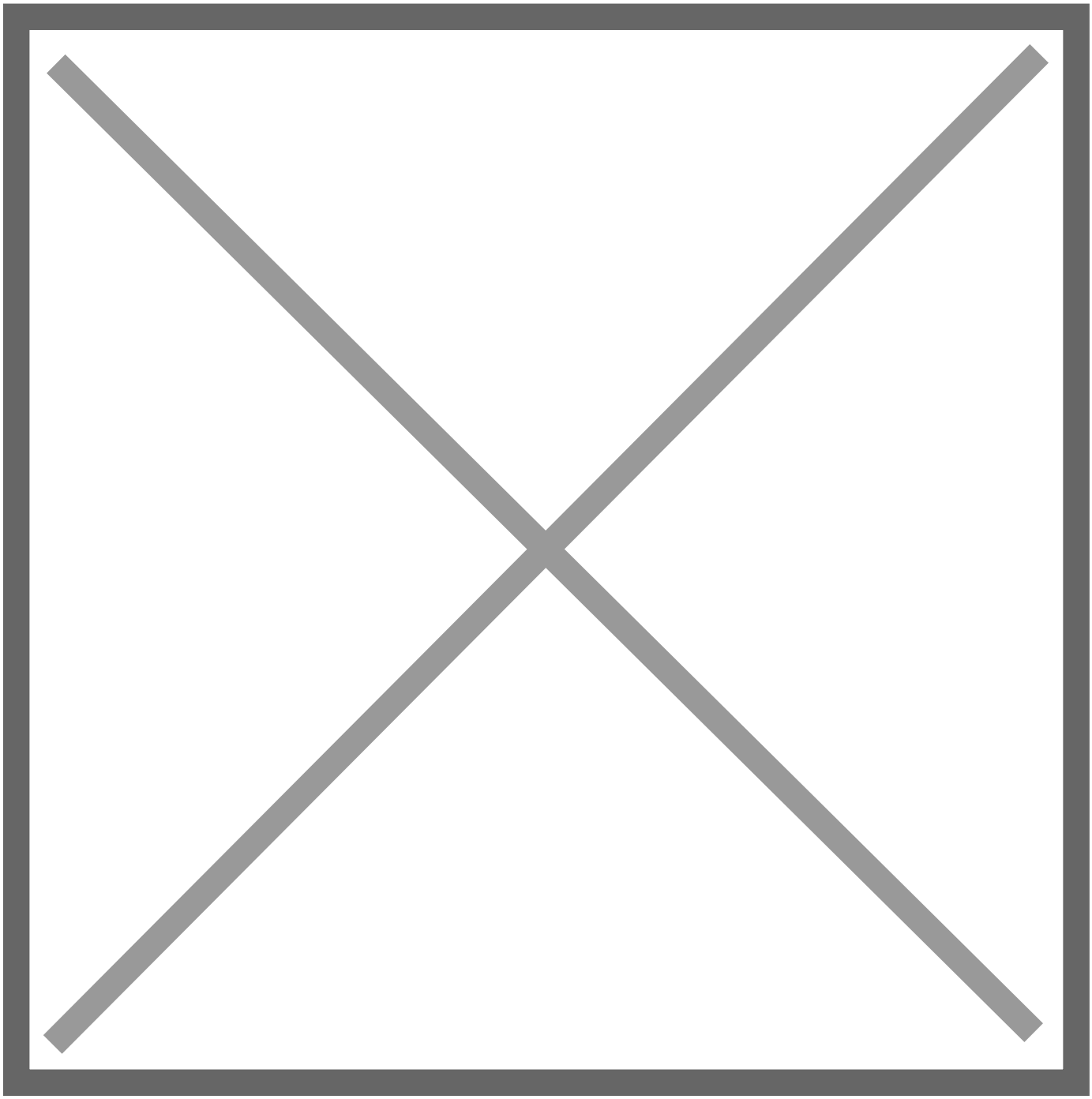
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/saudi-arabia-186/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	6
Overweight/obesity by age	9
Overweight/obesity by region	12
Overweight/obesity by socio-economic group	15
Overweight/obesity by ethnicity	18
Double burden of underweight & obesity	25
Mental health - depression disorders	28
Mental health - anxiety disorders	32

Obesity prevalence

Children, 2024

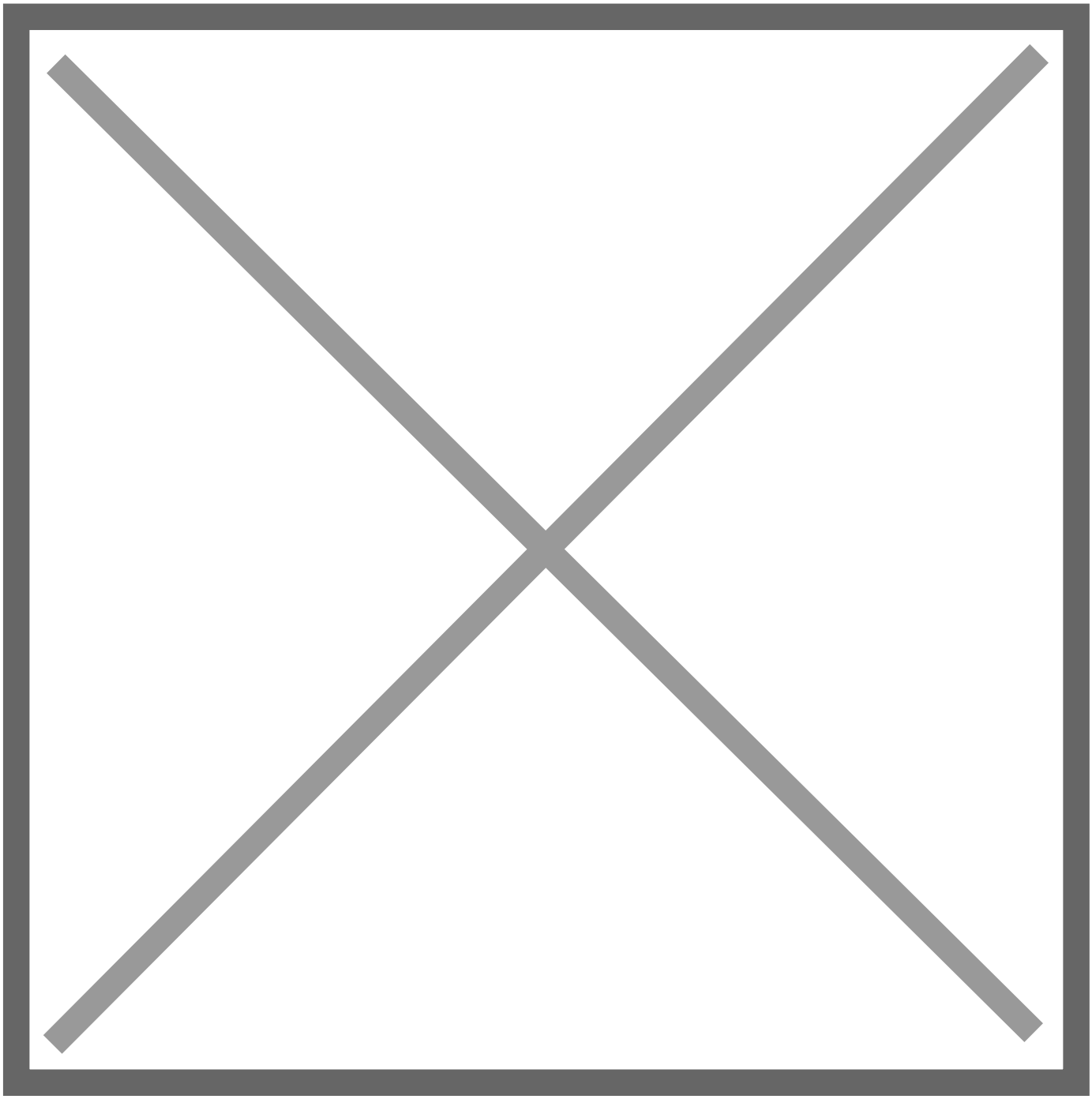


Survey type:	Self-reported
Age:	2-14
Sample size:	79723
Area covered:	National
References:	General Authority for Statistics. Health Determinants Statistics Publication 2024. Kingdom of Saudi Arabia; Riyadh. Available at: https://www.stats.gov.sa/documents/20117/2435259/Health+Determinants+Statistics+Publication+2024+EN.pdf [Accessed 19.06.25]

Notes:	Data from the Woman and Child Health Survey 2024, collected through computer-assisted personal interviews (CAPI). Sample size includes adult women not shown in this data.
Cutoffs:	WHO

Overweight/obesity by education

Children, 2017-2019

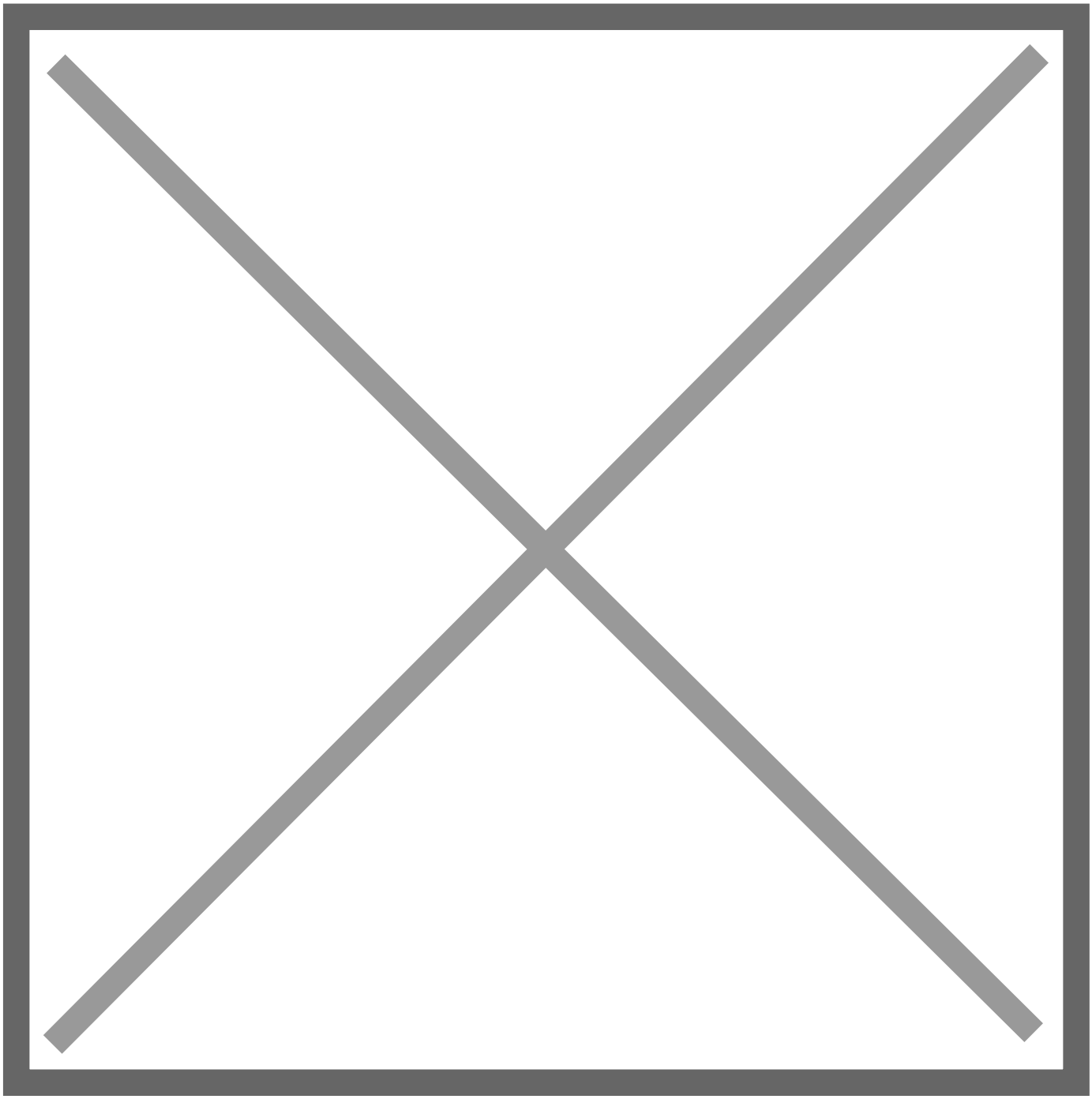


Survey type:	Measured
Age:	6-13
Sample size:	2169
Area covered:	Riyadh and Jeddah

References:	Al-Hazzaa, H.M. et al. (2022). Prevalence of overweight and obesity among saudi children: A comparison of two widely used international standards and the national growth references. Frontiers in Endocrinology, [online] 13. doi: https://doi.org/10.3389/fendo.2022.954755
Notes:	WHO and KSA cut-offs also available in article
Definitions:	Highest level of maternal education
Cutoffs:	IOTF

Overweight/obesity by age

Children, 2024

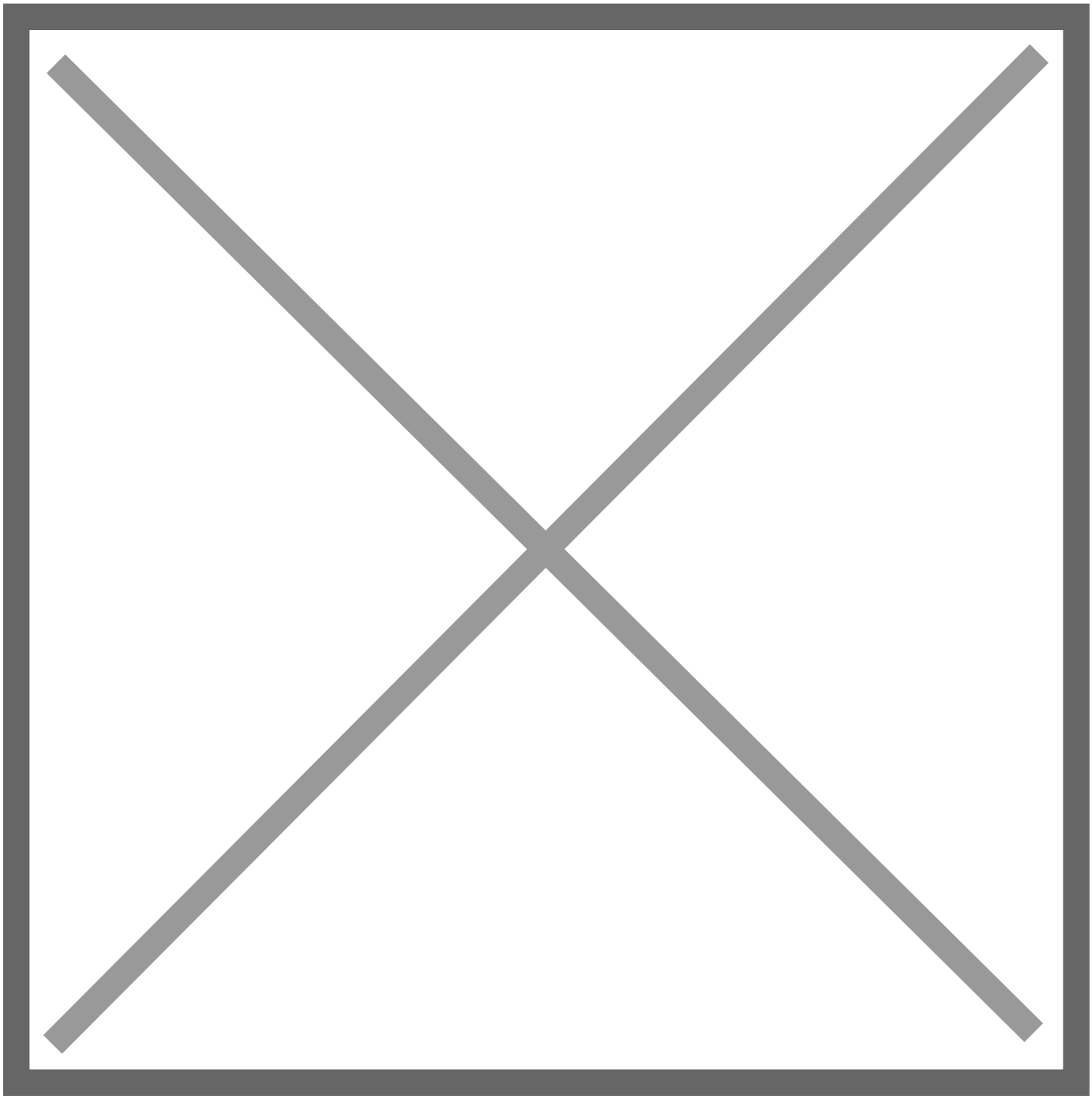


Survey type:	Self-reported
Sample size:	79723
Area covered:	National
References:	General Authority for Statistics. Health Determinants Statistics 2024. Available at: https://www.stats.gov.sa/en/statistics-tabs/-/categories/123842?tab=436312&category=123842 [Accessed 19.06.25]
Notes:	Data from the Woman and Child Health Survey 2024. Sample size includes adult women not shown in this data.

Cutoffs:	WHO

Overweight/obesity by region

Children, 2020-2022

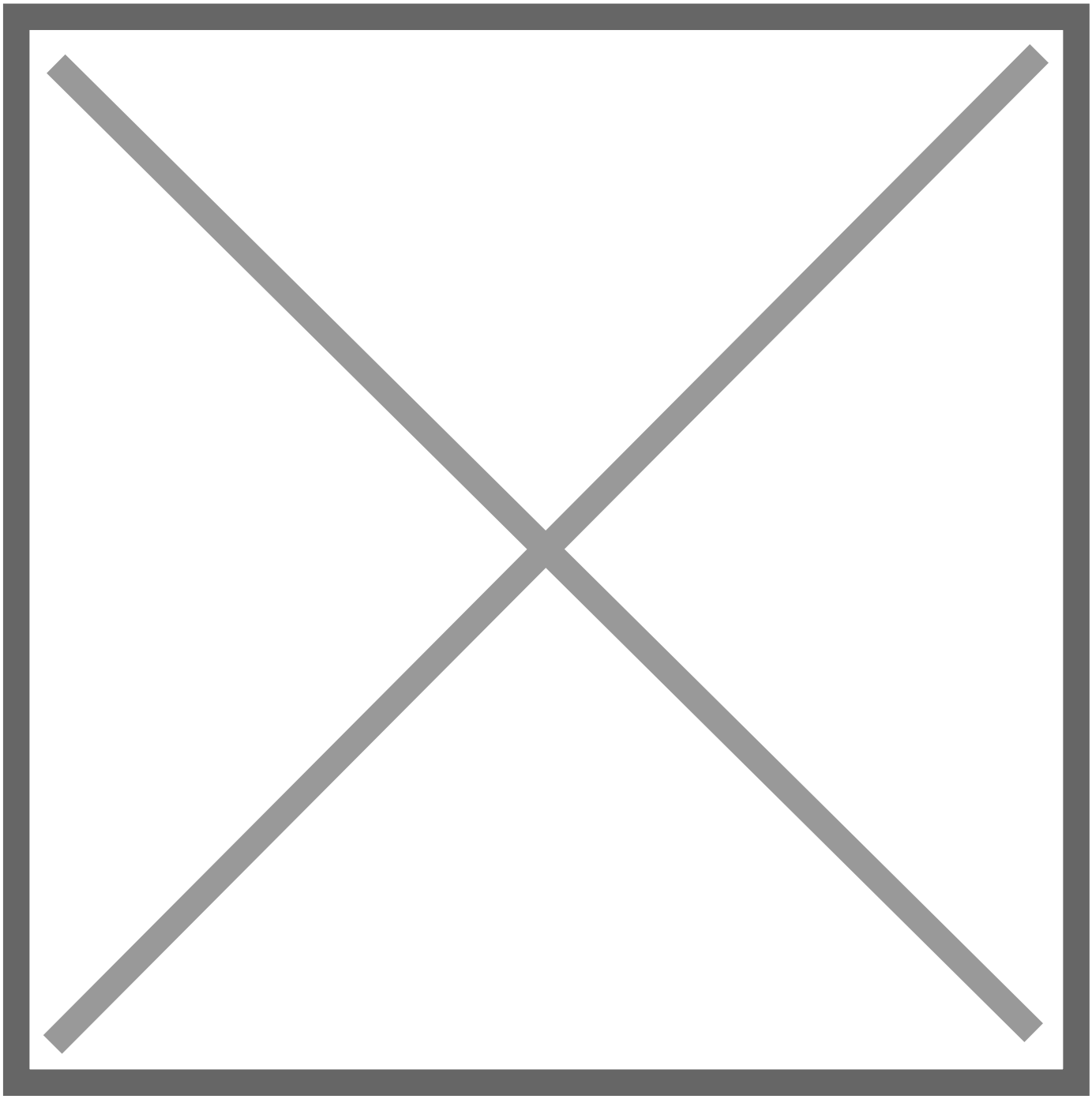


Survey type:	Measured
Age:	6-19
Sample size:	1134317
Area covered:	National

References:	Alhamed, A., Al-Zeer, A., Alsaawi, F., Alshaikh, A., Alzaher, A., Alkattan, A., Alrasheed, N., Sagor, K., Alsalem, E., Ibrahim, M. and Alfaleh, A., 2023. The shifting patterns of childhood obesity: Insights from national school screening data. Saudi Pharmaceutical Journal, p.101862.
Definitions:	Growth Charts for Saudi Children and Adolescents. BMI data were plotted on Saudi's sex-specific percentile charts and categorized into four groups: underweight (less than the 5th percentile), normal weight (5th percentile to less than 85th percentile), overweight (85th to less than 95th percentile), obese (95th percentile or greater), and severe obesity (120% of the 95th percentile or greater)
Cutoffs:	Other

Overweight/obesity by socio-economic group

Children, 2017-2019



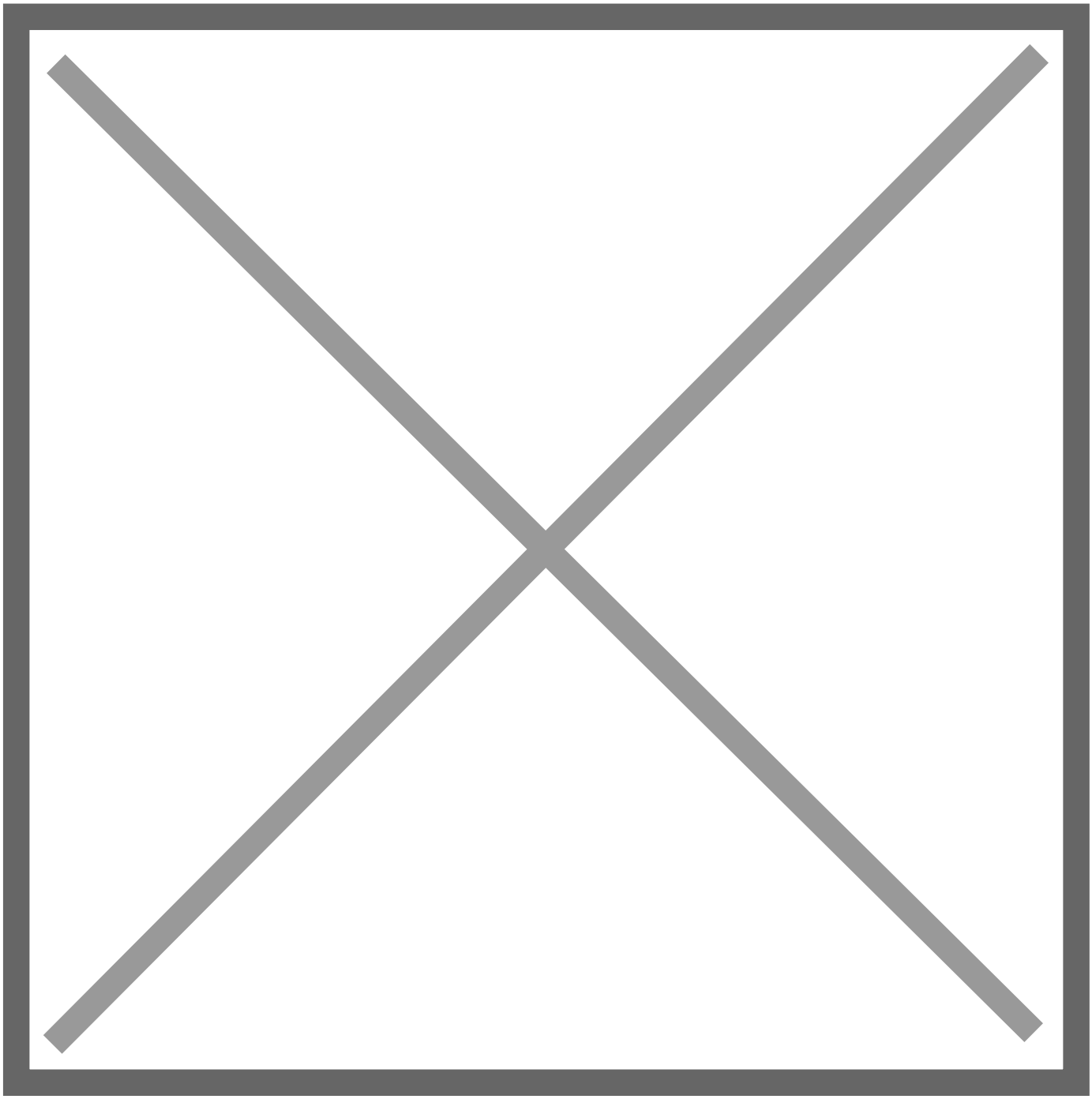
Survey type:	Measured
Age:	6-13
Sample size:	2169
Area covered:	Riyadh and Jeddah

References:	Al-Hazzaa, H.M. et al. (2022). Prevalence of overweight and obesity among saudi children: A comparison of two widely used international standards and the national growth references. Frontiers in Endocrinology, [online] 13. doi: https://doi.org/10.3389/fendo.2022.954755
Notes:	WHO and KSA cut-off data also available in article
Definitions:	Annual family income in Saudi Riyal (SR)
Cutoffs:	IOTF

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

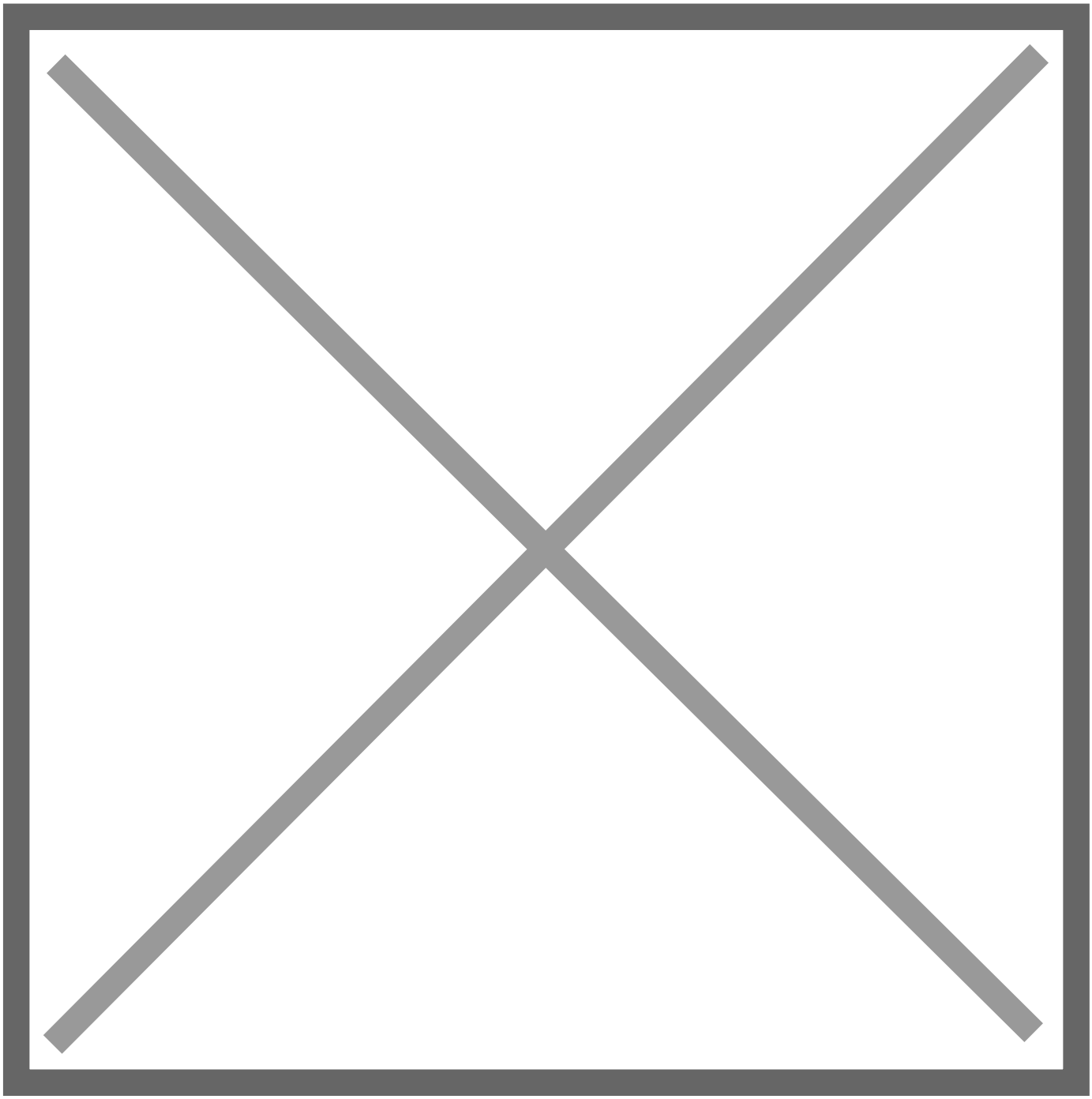
Children, 2024



Survey type:	Self-reported
Age:	2-14
Sample size:	79723
Area covered:	National

References:	'Body Mass Index (BMI) among children (2 - 14 years) by sex and nationality ' in General Authority for Statistics, Health Determinants Statistics 2024. Available at: https://www.stats.gov.sa/en/statistics-tabs/-/categories/123842?tab=436312&category=123842 [Accessed 19.06.25]
Notes:	Data from the Woman and Child Health Survey 2024. Sample size includes adult women not shown in this data.
Definitions:	Nationality: Saudi or Non-Saudi
Cutoffs:	WHO

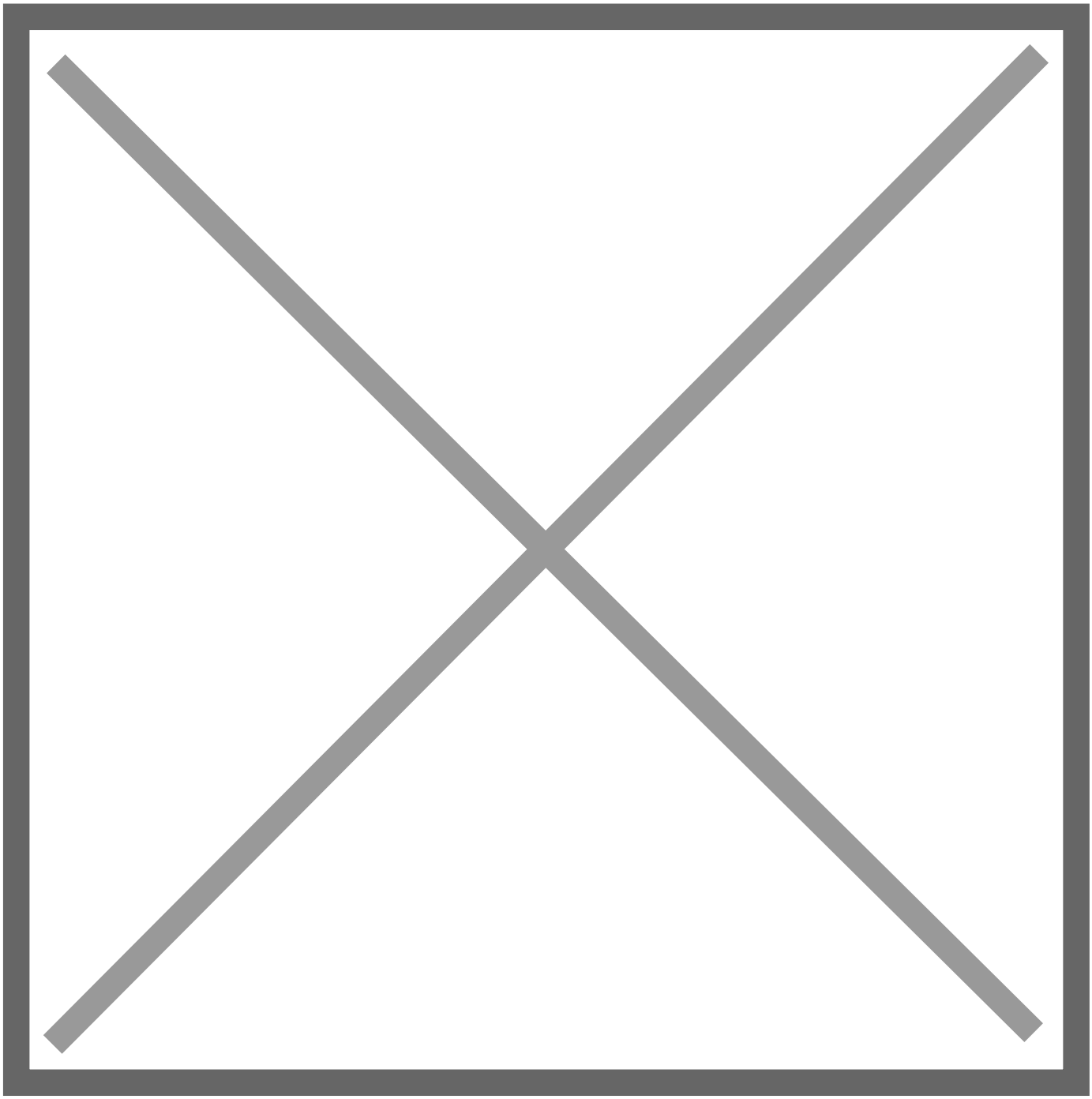
Boys, 2024



Survey type:	Self-reported
Age:	2-14
Sample size:	79723
Area covered:	National

References:	'Body Mass Index (BMI) among children (2 - 14 years) by sex and nationality ' in General Authority for Statistics, Health Determinants Statistics 2024. Available at: https://www.stats.gov.sa/en/statistics-tabs/-/categories/123842?tab=436312&category=123842 [Accessed 19.06.25]
Notes:	Data from the Woman and Child Health Survey 2024. Sample size includes adult women not shown in this data.
Definitions:	Nationality: Saudi or Non-Saudi
Cutoffs:	WHO

Girls, 2024

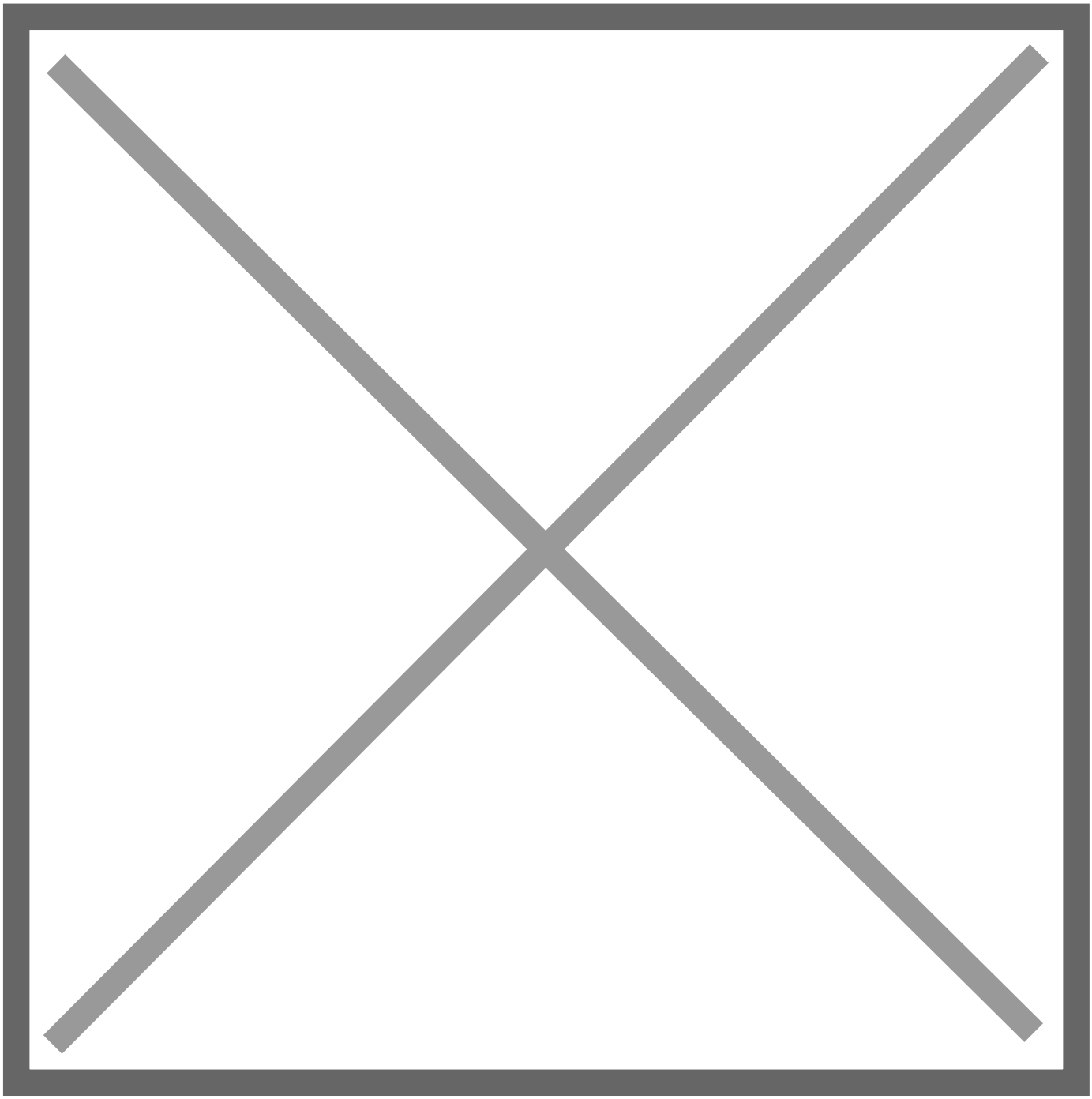


Survey type:	Self-reported
Age:	2-14
Sample size:	79723
Area covered:	National

References:	'Body Mass Index (BMI) among children (2 - 14 years) by sex and nationality ' in General Authority for Statistics, Health Determinants Statistics 2024. Available at: https://www.stats.gov.sa/en/statistics-tabs/-/categories/123842?tab=436312&category=123842 [Accessed 19.06.25]
Notes:	Data from the Woman and Child Health Survey 2024. Sample size includes adult women not shown in this data.
Definitions:	Nationality: Saudi or Non-Saudi
Cutoffs:	WHO

Double burden of underweight & obesity

Children, 2022

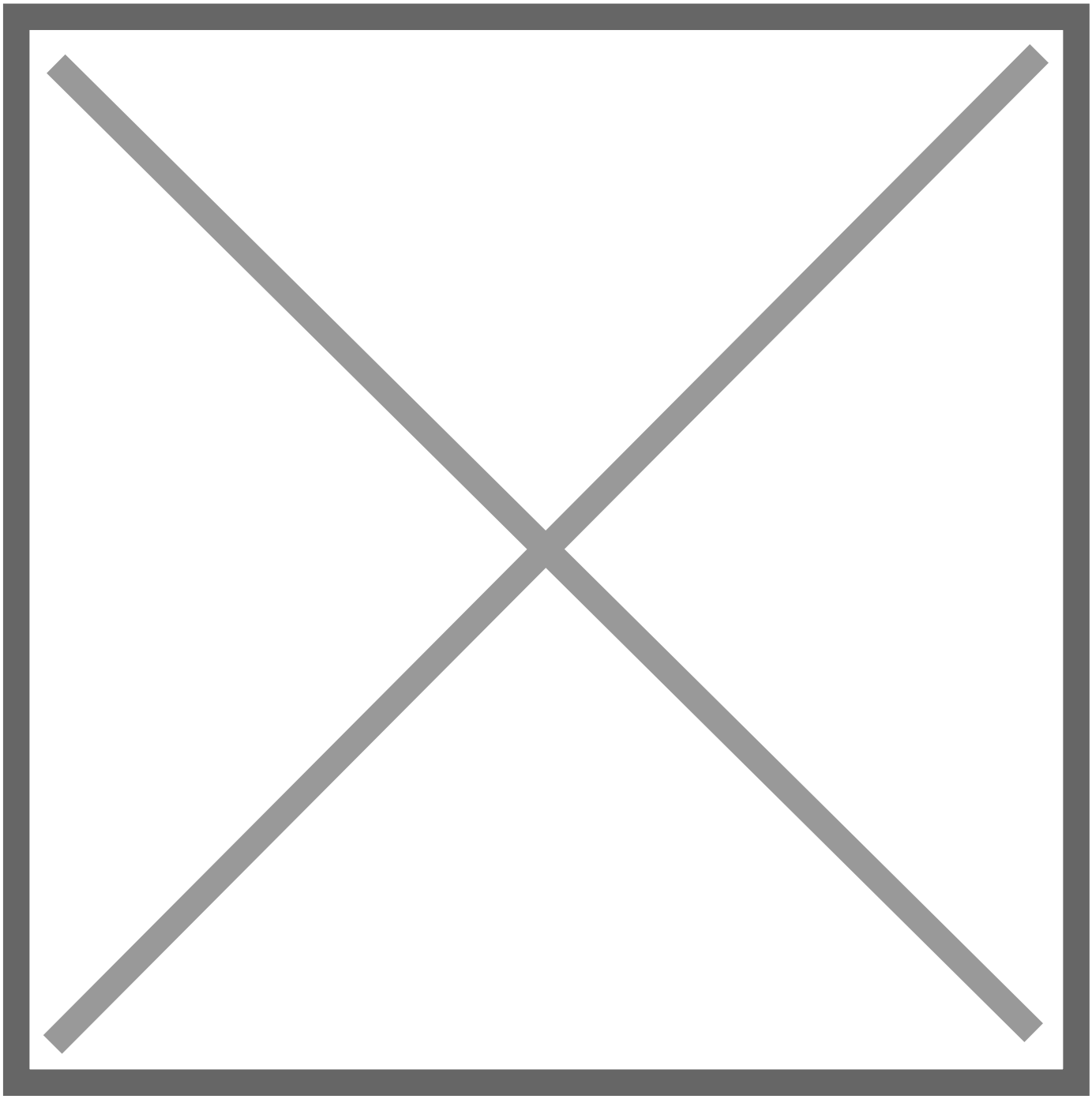


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates

Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

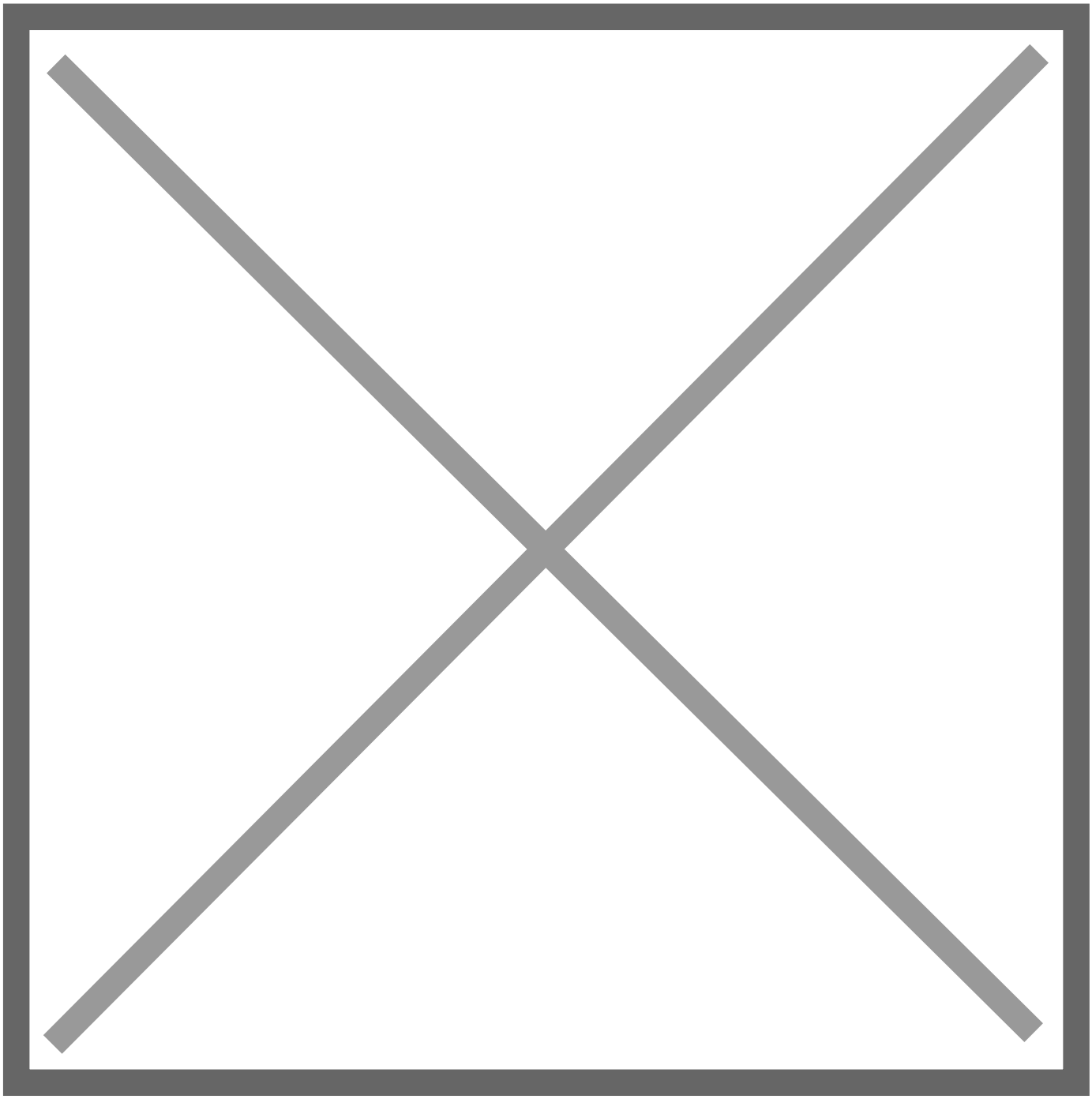
Mental health - depression disorders

Children, 2023



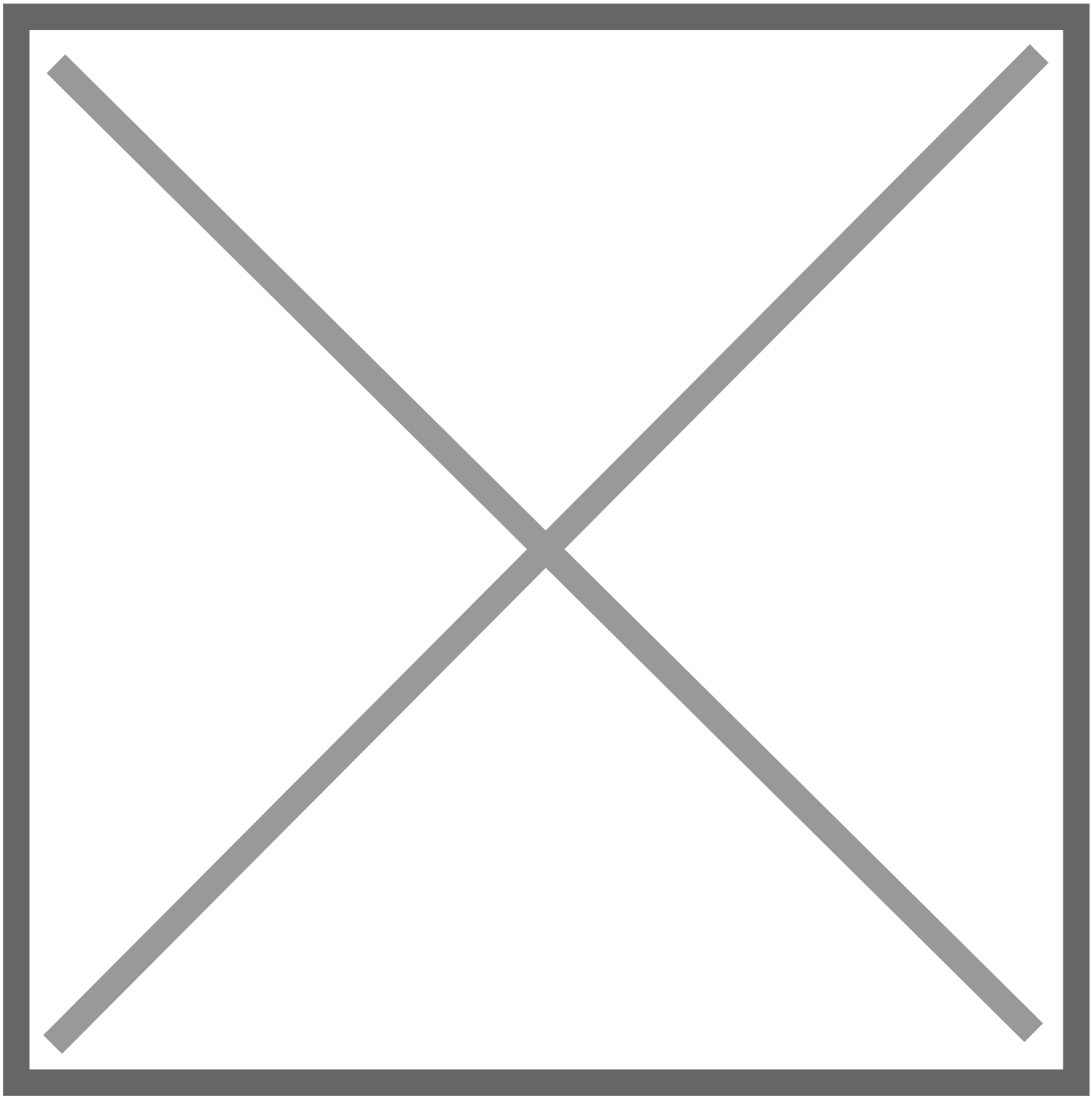
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

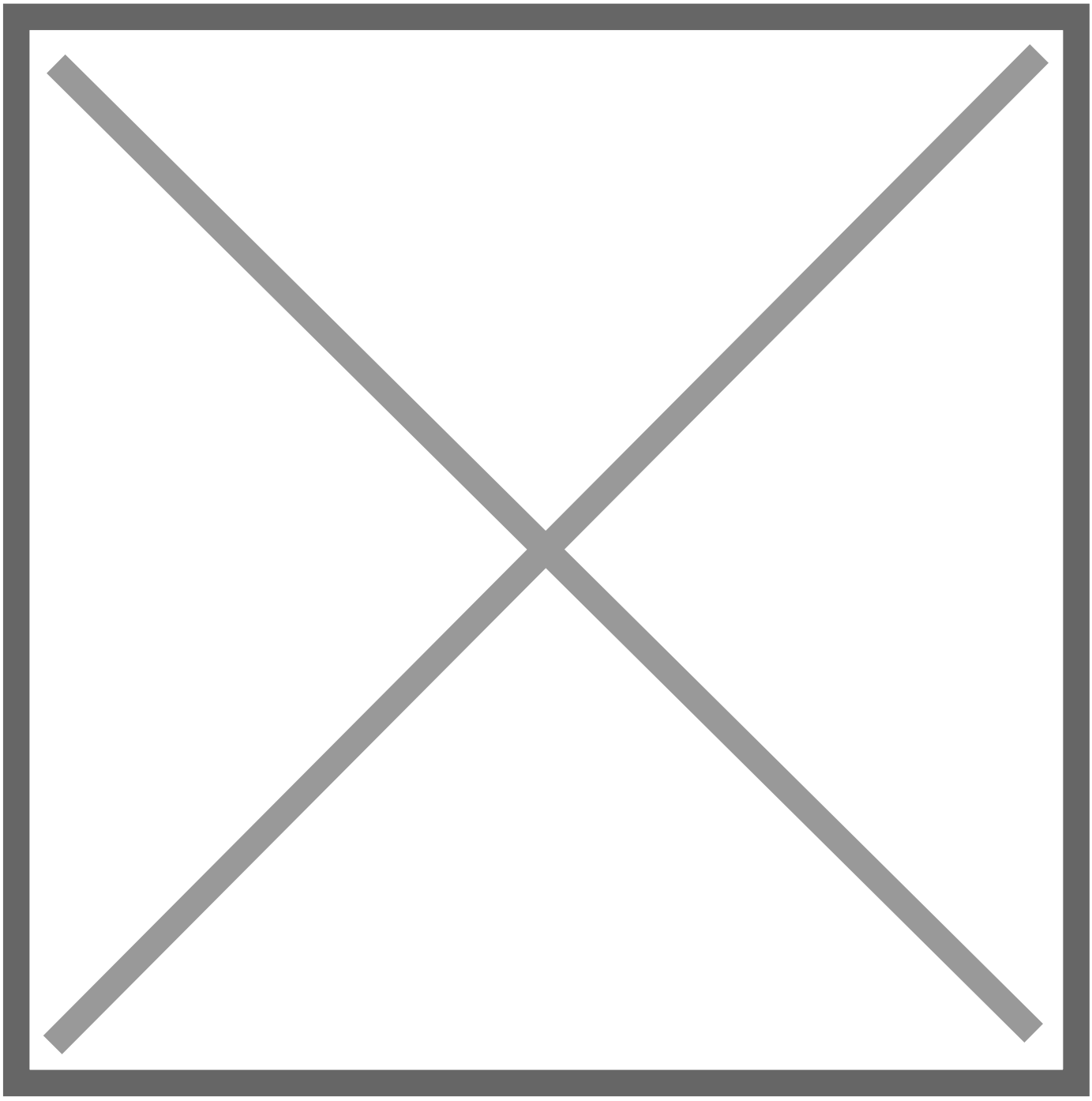
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

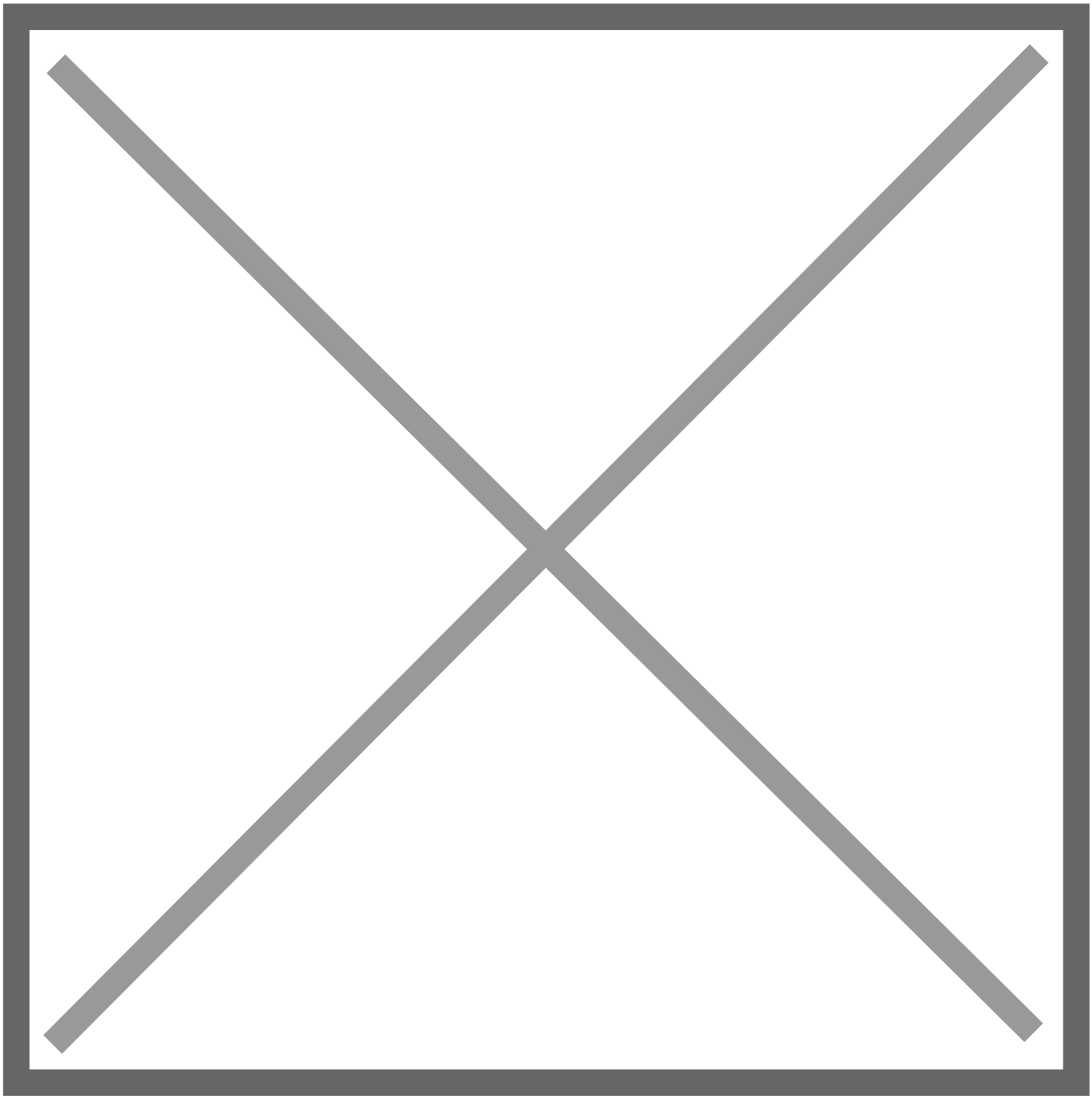
Mental health - anxiety disorders

Children, 2023



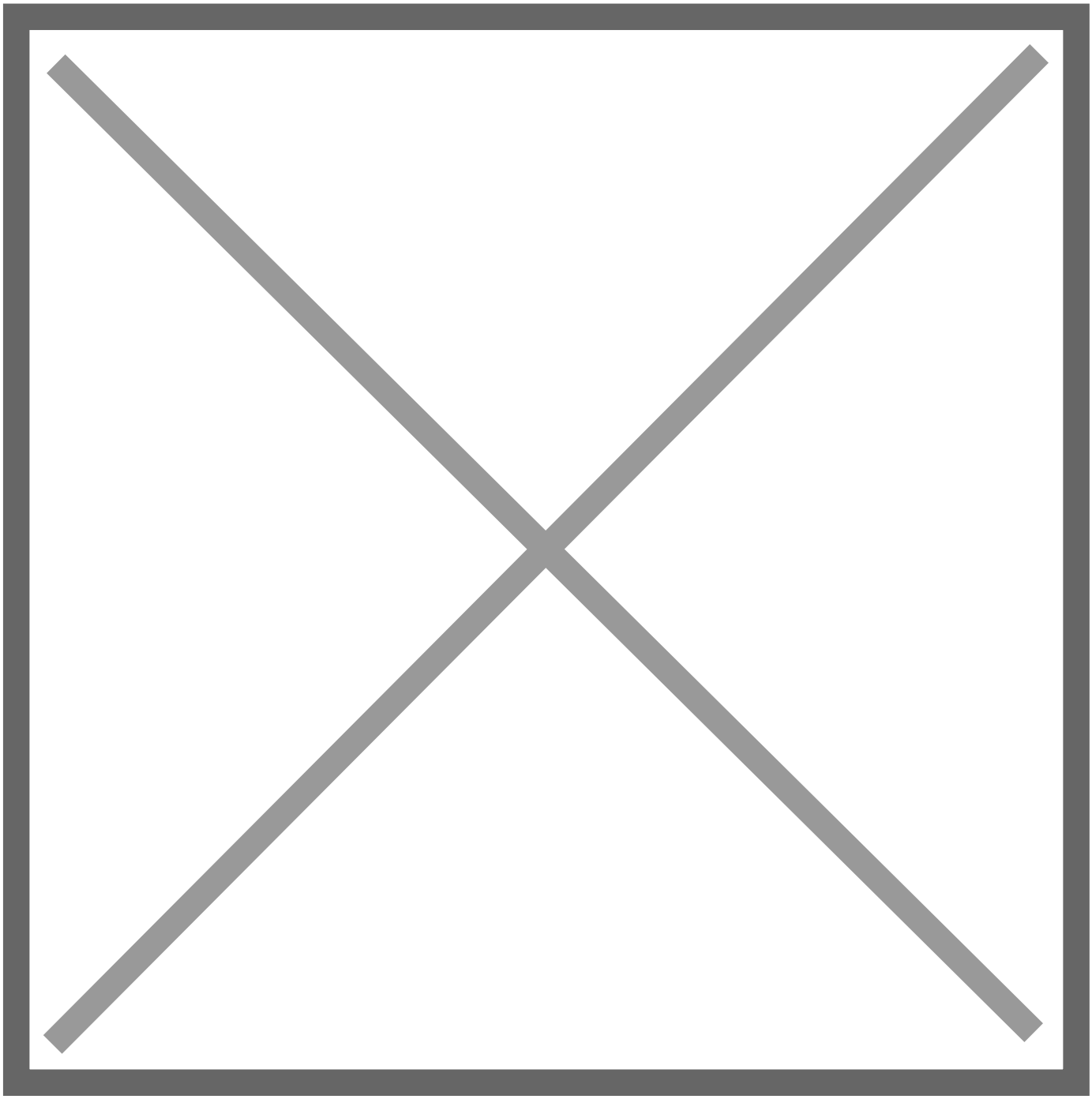
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on November 4, 2026