

Obesity in Saudi Arabia

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This paper highlights the current situation of obesity in Saudi Arabia. The prevalence of obesity ranged from 14% in children less than 6 years to about 83% in adults. Women were more prone to be overweight or obese than men. Several factors were reported to be associated with obesity in this country such as age, sex, socio-economic status, employment, education, and parity. More studies are needed to determine cultural influences in developing obesity. Strategy to prevent obesity in Saudi Arabia should include encouragement of physical activity, reduce intake of high fat foods and behaviour modification.

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