

## Body Size Perception and Obesity Knowledge in Saudi Arabia: A Cross-Sectional Study

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### ABSTRACT

The aim of this study was to explore body size perception and obesity knowledge among the general public in Saudi Arabia. In Saudi Arabia, in April 2023, a cross-sectional online survey was undertaken to investigate body size perception and obesity awareness among the general population. Binary logistic regression analysis was used to identify predictors of knowledge. In this study, a total of 1,205 participants were involved. Only a small proportion of the study participants were able to identify the level of obesity. Almost half of the participants confirmed that they were obese and that they were unsatisfied with their current body weight. The majority of the study participants reported that their current body weight was either high or very high. The study participants showed a high level of knowledge of obesity. Young participants aged 24–30 years, those with higher education, high income (higher than 7500 Saudi riyal), and working in the medical field showed a higher probability of being knowledgeable of obesity compared to others. This study found a high level of knowledge of obesity among the study participants, especially among young participants aged 24–30 years, those with higher education and income, and those in the medical field. These findings may be attributed to an increase in the level of knowledge and awareness of overweight and obesity and their consequences.

**Keywords:** Knowledge, obesity, perception, Saudi Arabia

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