

Factors Promoting Health-Enhancing Physical Activity Among the Saudi Population: A National Survey Informing Saudi Vision 2030's Health Transformation

Muffarah Hamid Alharthi*

ABSTRACT

Physical activity constitutes a significant public health concern in Saudi Arabia. This study aims to investigate Saudi lifestyle factors affecting physical activity and propose a policy that enhances physical activity among the Saudi population, aligning with and contributing to the achievement of Saudi Vision 2030's health goals. This is a cross-sectional national survey of 1,508 Saudi adults, randomly sampled from primary health care centers (PHCs). To measure physical activity, the Global Physical Activity Questionnaire (GPAQ) is used. The STATA BE version 19, 2024, was used to conduct the analysis. This study revealed several significant factors associated with physical activity level. The findings reveal that a notable proportion, 540 participants (35.8%), are classified as inactive, indicating a lack of sufficient physical activity in their daily routines. In this regard, the analysis highlights several significant factors influencing health-enhancing physical activity including age (OR of 1.02 95% CI: 1.01 - 1.03, $p=0.004$), gender (OR of 0.75 95% CI: 0.60 - 0.93, $p=0.010$), education (OR=1.50, 95% CI: 1.05 - 2.15, $p=0.026$), employment status (OR=1.80, 95% CI: 1.40 - 2.30, $p<0.001$), economic status (OR=1.60, 95% CI: 1.10 - 2.25, $p=0.015$), chronic diseases (OR=1.40, 95% CI: 1.10 - 1.70, $p=0.007$), and work type (OR=1.30, 95% CI: 1.02 - 1.67, $p=0.036$). This study revealed low physical activity among the population, indicating a need for targeted intervention, which has the potential to reduce socioeconomic inequities, promote workplace wellness, and incorporate exercise into healthcare, thereby enhancing public health outcomes and supporting Saudi Vision 2030.

Keywords: Lifestyle Behaviors, Physical Activity, Saudi Arabia, Primary Health Care Centers, Health Policy, Saudi Vision 2030

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* Department of Family & Community Medicine
College of Medicine, University of Bisha, Saudi Arabia.
Email: mualharthi@ub.edu.sa