

**Table 1 Summary of the published national studies on the prevalence of obesity (BMI  $\geq$  30 kg/m<sup>2</sup>) in Saudi Arabia included in the current study**

Study (ref.)	Data collection period	Sample size (No.)			Age groups studied (years)	Obesity prevalence (%)		
		Men	Women	Total		Men	Women	Total
WHO STEPwise (6)	2005	2 244	2 345	4 589	All (15–64)	28.3	43.8	36.2
		-	-	-	All (25–64)	(31.5)	(50.4)	(41.2)
		-	-	-	15–24	17.8	19.6	-
		-	-	-	25–34	27.1	39.5	-
		-	-	-	35–44	34.5	54.7	-
		-	-	-	45–54	32.9	58.8	-
		-	-	-	55–64	31.0	53.2	-
Al-Nozha et al. (7)	1995–2000	-	-	17 232	All (30–70)	26.4	44.0	35.6
		-	-	-	30–39	25.2	40.2	-
		-	-	-	40–49	30.3	50.2	-
		-	-	-	50–59	27.8	45.9	-
		-	-	-	60–70	22.1	39.0	-
Osman & Al-Nozha (8)	1989–1994	2 673	3 590	6 253	All ( $\geq$ 18)	15.6	24.9	20.8
		-	-	-	18–< 21	9.0	16.5	-
		-	-	-	21–< 31	10.4	22.1	-
		-	-	-	31–< 40	20.7	32.7	-
		-	-	-	$\geq$ 40	20.8	33.2	-
Warsy & El-Hazmi (9)	1992–1995	6 646	9 064	15 710	All (> 14)	13.1	20.3	15.8
		-	-	-	14–19	4.7	4.5	-
		-	-	-	20–29	9.1	13.2	-
		-	-	-	30–39	15.9	26.9	-
		-	-	-	40–49	19.2	36.0	-
		-	-	-	50–59	16.4	28.7	-
Al-Nuaim et al. (5)	1990–1993	5 407	5 244	10 651	All ( $\geq$ 20)	17.8	26.6	22.1
		-	-	-	20–29	-	-	14.7
		-	-	-	30–39	-	-	24.8
		-	-	-	40–49	-	-	33.2
		-	-	-	50–59	-	-	26.3

- = data not available or not relevant.