

Table 2 Prevalence of obesity and annual rate of increase in prevalence from the selected studies in Saudi Arabia after adjustment for age groups and year periods

Study (ref.)	Year/ midpoint of period	Men				Women			
		25–34 yrs	35–44 yrs	45–54 yrs	55–64 yrs	25–34 yrs	35–44 yrs	45–54 yrs	55–64 yrs
<i>Obesity prevalence (%)</i>									
Al-Nuaim et al. (5)	1992	10.1	14.0	14.2	12.9	16.1	25.1	25.8	22.8
Warsy & El-Hazmi (9)	1993	12.5	17.6	17.8	16.4	20.1	31.5	32.4	28.7
Al-Nozha et al. (7)	1997	25.2	27.8	29.1	25.0	40.2	45.2	48.1	42.5
WHO STEPwise (6)	2005	27.1	34.5	32.9	31.0	39.5	54.7	58.8	53.2
<i>Average annual rate of increase in obesity (%)</i>									
	–	1.5	1.9	1.7	1.7	2.1	2.8	3.1	2.8