

HEALTH: PREVALENCE OF OBESITY PROJECTED TO DROP TO 29% BY 2030

Achieving and maintaining a healthy weight brings numerous positive benefits to individuals' health and overall well-being:

Lower risk of chronic illnesses:

Weight loss significantly reduces the likelihood of developing chronic conditions such as type 2 diabetes, heart disease, hypertension, and certain cancers⁴⁹.

Improved Mobility and Physical Function:

Shedding excess weight alleviates joint pain and decreases the risk of early-onset osteoarthritis. Enhanced mobility enables individuals to engage in physical activities more comfortably, promoting a more active and dynamic lifestyle⁵⁰.

Increased Life Expectancy:

Maintaining a healthy weight is associated with a longer life expectancy. By reducing the risk of life-threatening diseases like cardiovascular disease and stroke, weight loss contributes to a healthier, and longer life⁵¹. This extended lifespan may allow individuals to remain active in their communities, and

spend more quality time with their families, including the possibility of meeting future generations.

Enhanced Mental Health:

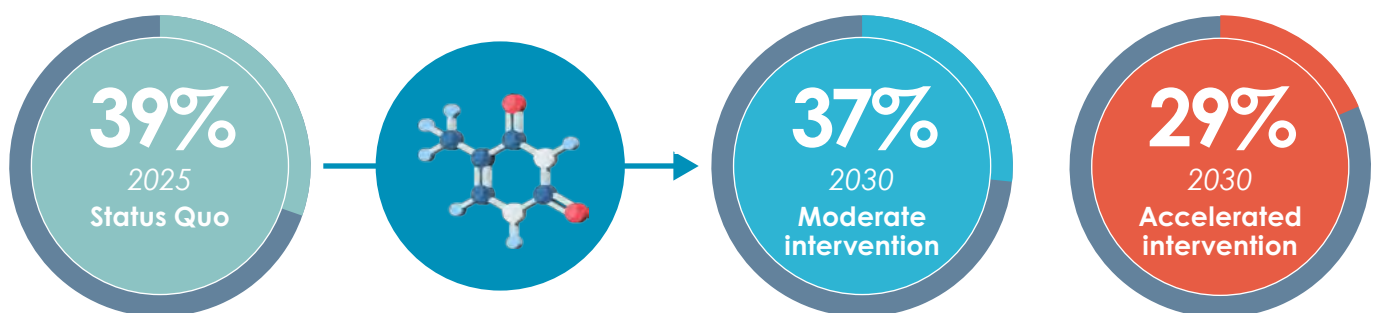
Weight loss positively impacts mental health by reducing the incidence of depression, anxiety, and low self-esteem⁵².

Addressing obesity may lead to reduced healthcare expenditures for treating obesity and its related comorbidities. Consensus on the positive health implications of losing weight are observed through a sentiment analysis of social media channels.

"I've noticed a significant reduction in dislocations, and I have much greater mobility post weight loss"

"Losing weight been a game-changer for my diabetes management. My blood sugar levels are much more stable" - *Whiteshield Sentiment Analysis*

Figure 9: Reduction in obesity prevalence (2025-2030)

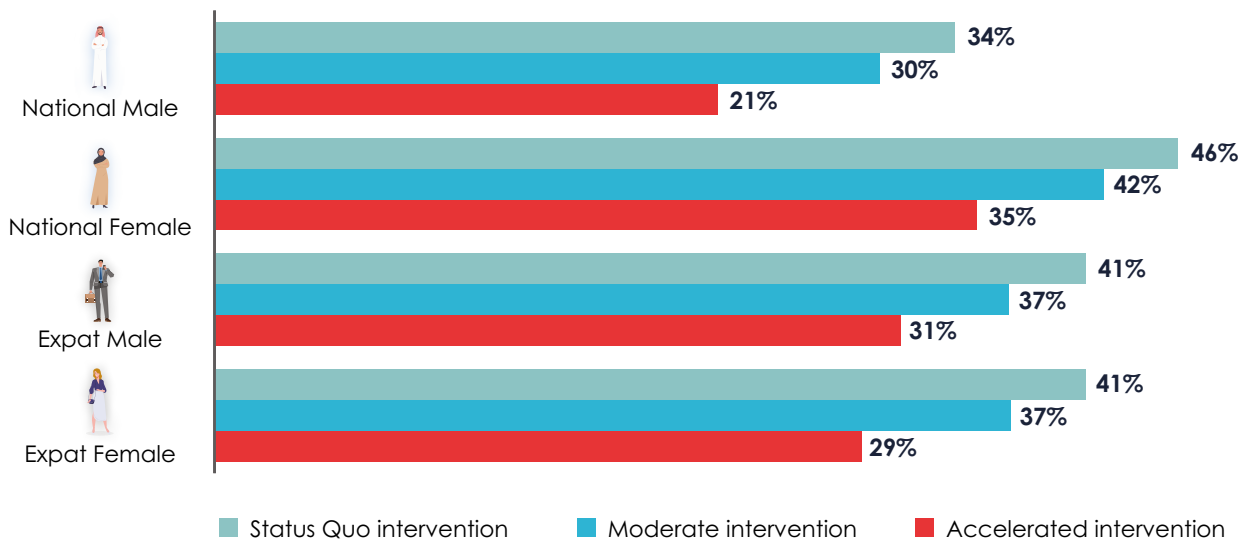


Obesity prevalence reduces to 29% by 2030

In recent years, the prevalence of obesity in KSA has remained high, at around 39% of the adult population. While expatriate workers exhibit lower rates of obesity, compared to Saudi nationals, the overall impact on national obesity trends is less pronounced due to the smaller proportion of foreign workers in the population.

Innovative weight loss solutions could shift the trend, as they have demonstrated high efficacy, allowing patients to achieve weight loss goals. This efficacy is reflected by the significant projected reduction in prevalence of obesity in the System Dynamics model employed for this report, with over one million adults estimated to transition out of obesity by 2030 in the most aggressive intervention scenario (see Table 1 for details on each scenario).

Figure 10: KSA Prevalence of obesity- % (2030)



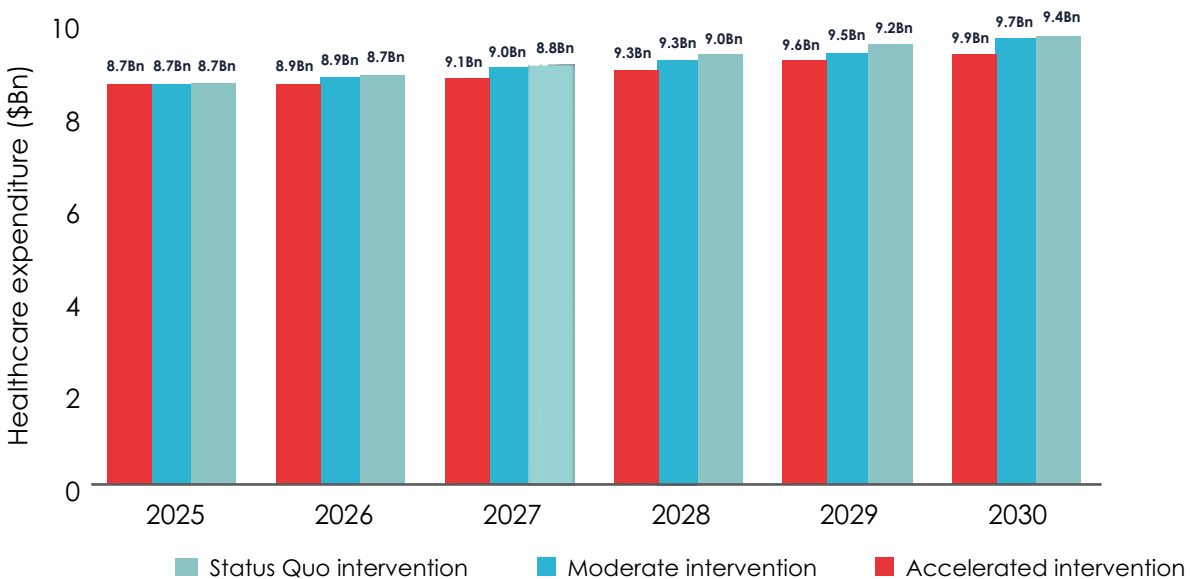
With accelerated intervention scenario, the prevalence of obesity in the adult population, which currently stands at 38%, could drop to 29% by 2030, and 37% in the moderate scenario.

In the case of no intervention, the prevalence of obesity is expected to reach 41% by 2030. For Saudi nationals, prevalence is expected to shift from 40% in 2025 to 27% by 2030 in the accelerated intervention scenario, a drop of

13 percentage points or a 33% decrease. This translates to nearly 2 Mn nationals being prevented from suffering from obesity by 2030. In the moderate intervention scenario, the prevalence could reduce to 41%. For adult expatriates, the prevalence could drop from 38% to 30%, in the accelerated scenario, which translates, to around 1.2 Mn expatriate adults freed from obesity.

Figure 11: Reduction in public healthcare expenditure

Weight loss helps save the KSA \$1.8 Bn of healthcare expenditure in the accelerated intervention scenario, \$0.45 Bn in the moderate intervention scenario



Healthcare expenditure savings estimated to amount to \$1.8 Bn cumulatively by 2030.

Obesity imposes a substantial financial burden on government and private healthcare systems, diverting critical resources from other health services. Based on model results, the KSA healthcare system spends \$8.5 Bn in 2025 on healthcare costs related to obesity. This expenditure is projected to increase to \$9.8 Bn by 2030. However, with weight loss, these costs are expected to drop to \$9.4 Bn in 2030, saving the healthcare system more than \$1.8 Bn cumulatively from 2025 to 2030 in the accelerated intervention scenario, of which \$469 Mn is saved in 2030 alone. The moderate intervention scenario could lead to cumulative savings of \$459 Mn, \$158 Mn of which is in 2030. **This significant cost reduction not only alleviates the healthcare budget but also enables the reallocation of funds towards preventive care and other important health initiatives, ultimately**

enhancing the efficiency and effectiveness of the national healthcare system.

Life expectancy may increase by 1.1 years

Weight loss significantly contributes to the preservation and extension of individuals' life expectancy. Individuals suffering from obesity may lose up to 8 years of life expectancy as compared to individuals with a healthy weight⁵³. According to estimates of this study, based on scientific literature on the topic, losing weight could add 1.1 years of life expectancy to each individual's life who was previously living with obesity, by 2030 in the accelerated intervention scenario and 0.3 years of life in the moderate intervention scenario. The key driver behind this increase in life expectancy is the reduction in life years lost, due to obesity related to comorbidities. By losing weight, a previously affected individual can live a longer and healthier life.

“I’m pre-diabetic with a BMI of 32+ (it was 37+ 3 months ago) [...] I need to take action now to be healthy so I can live longer and not get diabetes.” - Whiteshield Sentiment Analysis



Consider the case of Ali, the 55-year-old expatriate from Pakistan who drives a taxi in Riyadh. With effective weight loss, he has regained control over his health, significantly reducing his risk of developing chronic conditions such as type 2 diabetes, hypertension, and cardiovascular diseases. He finds himself more energetic, engaging in activities with his friends on the weekends and is not worried about his health anymore.


Weight loss is estimated to save up to 3.1 years of healthy life

Weight loss not only adds years to life but also improves the quality of those years, as measured by Quality-Adjusted Life Years (QALYs). By reducing obesity-related comorbidities, weight loss interventions substantially increase QALYs⁵⁴, ensuring individuals spend more of their extended lifespan in good health.

According to the study's estimates, in the accelerated intervention scenario, 3.1 years of healthy life are gained.

In the moderate intervention scenario, the gain is 0.8 years of healthy life by 2030. This highlights how weight loss not only prolongs life expectancy but also enhances everyday functioning, mental well-being, and overall quality of life.

Table 3: Health indicators

Category	Indicator (by 2030)	Measure	Status Quo (2024)	Base Scenario (2030)	Moderate Intervention (2030)	Accelerated Intervention (2030)
 Health	Prevalence of obesity	%	39	41.8%	37% (-2% points)	29% (-10% points)
	Healthcare costs	\$ Bn	8.5	9.8	9.7 (\$0.15 Bn)	9.3 (\$0.47 Bn)
	Life expectancy	Years (adults living with obesity)	75.5	75.5	75.8 (+0.3 years)	76.6 (+1.1 years)
	QALY savings	Healthy Life Years (adults living with obesity)	53.4	53.4	54.2 (+0.8 years)	57.3 (+3.1 years)

From a health perspective, Saudis of all ages, and expatriates in the working age group benefit the most from weight loss

Analysis by Key Demographic

Nationality

- Obesity prevalence decrease occurs more strongly for Saudi nationals than expatriates. For nationals, the prevalence of obesity could drop from 40% to 28% and for expatriates, the prevalence may drop from 38% to 30%.
- The higher drop in obesity prevalence in Saudi nationals can be explained by the fact that they begin with a much higher obesity rate to begin with. They also usually have access to the most comprehensive healthcare plans provided by the government.

Age

- The most significant weight reduction in terms of people overcoming obesity is seen in the working age group of people aged 30-59. The obesity prevalence may reduce from 45% to 33%. This

leads around 754,727 working age professionals to overcome obesity and become more productive in their employment, adding a significant boost to the GDP. The drop in the prevalence of obesity in the people aged 18-29 moves from 18% to 11%, causing around 167,228 youth to potentially overcome obesity.

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