

SECURITY: ESTIMATED INCREASE OF 78,481 IN THE SECURITY TALENT POOL BY 2030

Addressing obesity among young Saudi males presents significant opportunities to enhance national security

Enhanced recruitment and retention:

By reducing the current obesity prevalence of 35% among Saudi youth, more young Saudi males will meet the physical fitness standards required for mandatory national military service. This increase in eligible candidates strengthens the military and police recruitment efforts and ensures a more robust and capable workforce.

Improved military readiness and reduced injuries:

Weight loss initiatives contribute to higher overall fitness levels among military personnel, ensuring that a greater number are medically ready to deploy when needed. Additionally, reducing obesity decreases the likelihood of musculoskeletal

injuries by approximately 33%, resulting in a more resilient and injury-resistant force

Reducing obesity enables Saudi males to become military ready. The KSA not only strengthens its armed forces but also enhances its overall national security.

78,481 Saudi males may overcome obesity by 2030

Weight loss among young Saudi males has a direct impact on their eligibility for defense and law enforcement roles. Cumulatively, between 2025 and 2030, weight loss could enable an additional 22,233 to 78,481 additional Saudi males to become eligible for military service and eventually increase their capacity to join the police force, depending on the level of the weight loss intervention scenario.

Figure 18: Military fit personnel (2025-2030)

There is an increase of 78,481 military fit personnel in the high impact scenario, 22,233 in low impact

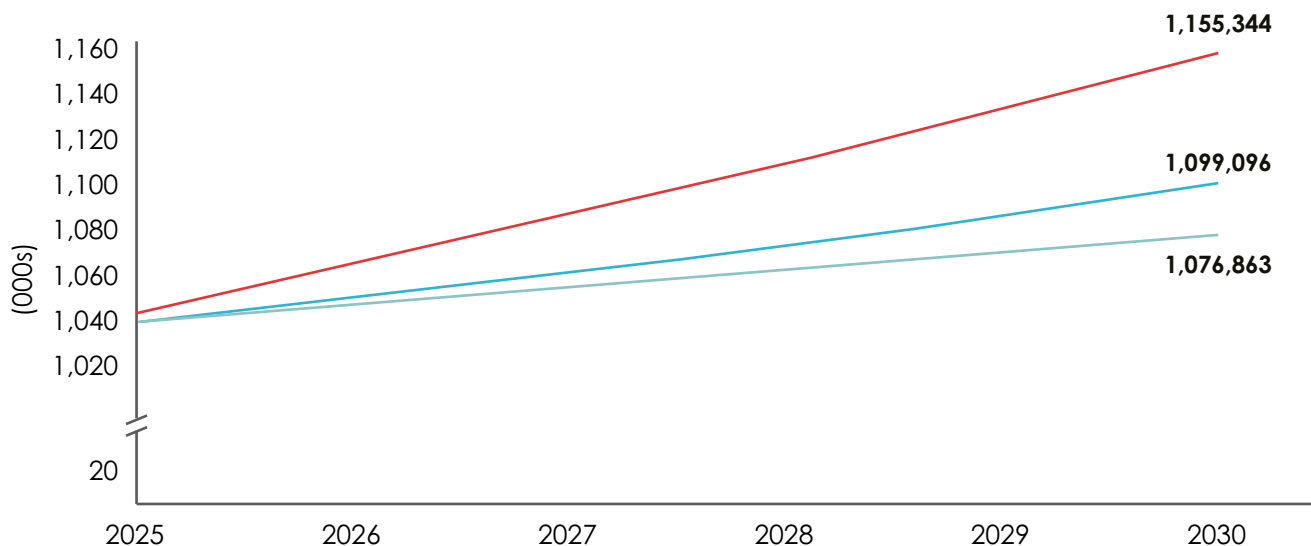



Table 7: Security indicator

Category	Indicator (by 2030)	Measure	Status Quo (2024)	Base Scenario (2030)	Moderate Intervention (2030)	Accelerated Intervention (2030)
 Security	Security Talent Pool	# of healthy weight young Saudi males	282,000	291,761	313,994 (+22,233)	370,242 (+78,481)

