

SECURITY: ESTIMATED INCREASE OF 5,700+ IN THE SECURITY TALENT POOL BY 2031

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

Enhanced recruitment and retention:

By reducing the current obesity prevalence of 23% among Emirati youth, more young Emirati 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 force⁷⁹.

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

5,700+ Emirati males estimated to overcome obesity by 2031

Weight loss among young Emirati males has a direct impact on their eligibility for defense and law enforcement roles. Cumulatively, between 2025 and 2031, weight loss could enable an additional 1,700 to 5,700 additional Emirati 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 19: Military fit personnel (2025-2031)

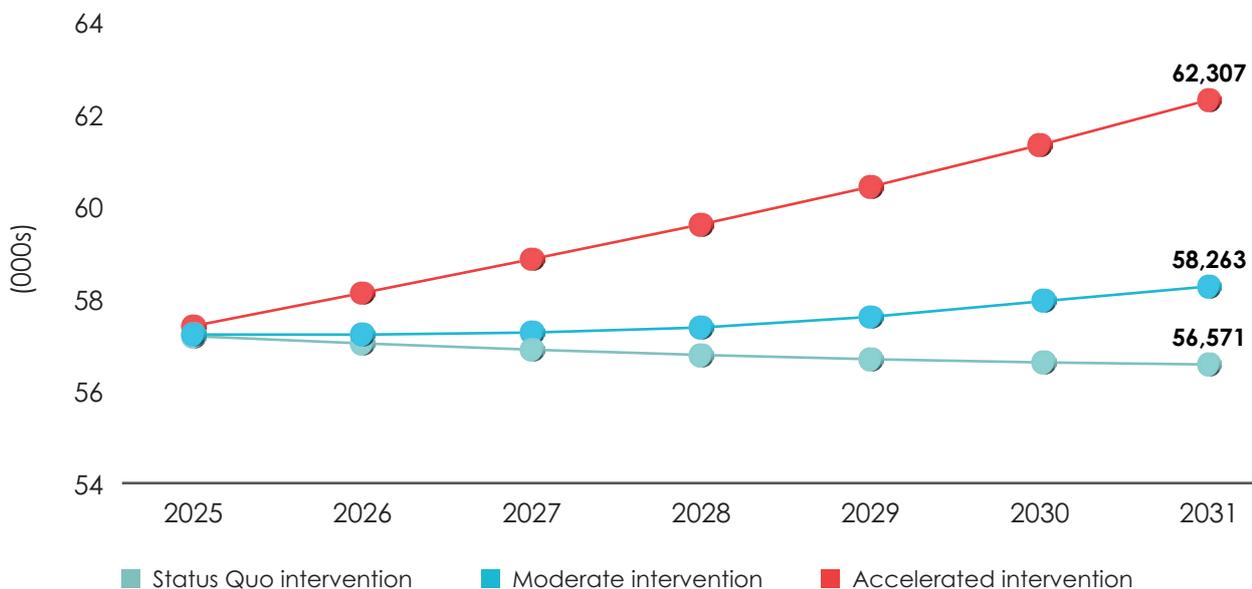


Table 7: Security indicator

Category	Indicator (by 2031)	Measure	Status Quo (2024)	Base Scenario (2031)	Moderate Intervention (2031)	Accelerated Intervention (2031)
 Security	Security Talent Pool	% of healthy weight young Emirati males	57,360	56,570	+1,700	+5,730

