Prevalence & Trends in Physical Activity, Inactivity and Obesity among Saudi Children & Adolescents:
A Growing Public Health Challenge

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What do Physical Inactivity and Obesity have in Common?

- They are both **Lifestyle-related** risk factors.
- They are both quite **Modifiable** risk factors.
- They are **Interrelated** risk factors.
- Both are now **Prevalent** risk factors among Saudi Children and Youth.
Dramatic Lifestyle Changes in Saudi Arabia

- Including **Diet** and **Physical Activity**.

- **Simple, yet Active lifestyle** → **Urbanized and Sedentary Community**

- Today’s children and youth are the most affected.
Heart Rate Monitoring during P. E. Classes

Al-Hazzaa, 1992
Additional Slides were omitted