

# INTERESTING INSIGHTS

## PEOPLE IN THE UAE ARE OPTIMISTIC ABOUT THEIR HEALTH AND CONSIDER IT ESSENTIAL TO LEAD A HEALTHY AND ACTIVE LIFESTYLE

But numbers show that 52% people have a BMI score in the overweight (34%) or obese (18%) range



## UAE RESIDENTS THINK HEALTHY BUT ACT UNHEALTHY

53% of UAE's population feels their health has changed for the better but the study reveals that 26% of UAE residents have been diagnosed with one or more Non-Communicable Diseases (NCDs)

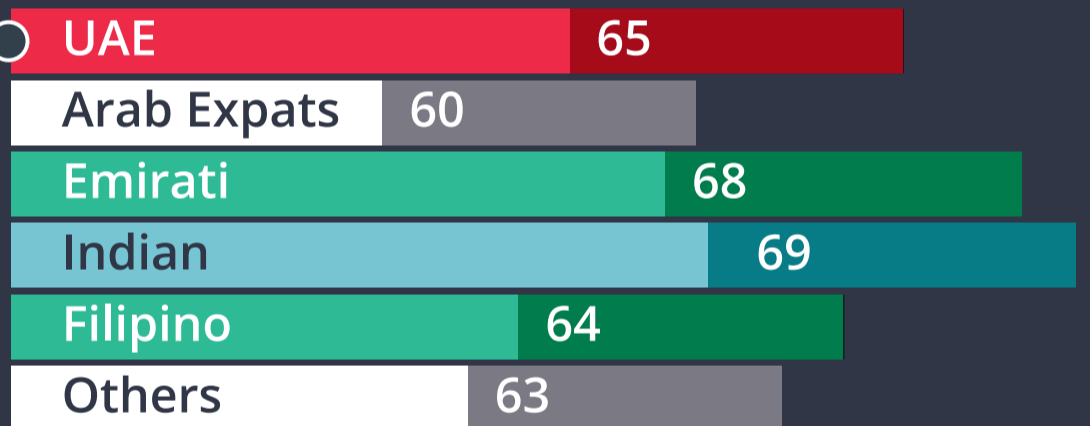


76% of UAE residents consider the UAE Healthcare system to be better than other countries, however, 53% say they would want to travel abroad for a planned

## AVERAGE UAE HEALTH SCORE



IDEAL 100



## OVERALL LOW EMOTIONAL WELLBEING SCORES DEPICT HIGH AMOUNT OF STRESS IN EVERYDAY LIFE

64% of UAE residents feel very or fairly stressed in daily life while 76% have felt anxious, worried or upset at least sometime in the past month, half have less than 5 hours a week for leisure activities and only 50% sleep for 7-8 hours per night



COMPARED TO OTHER NATIONALITIES LIVING IN THE UAE, ARAB EXPATS SCORE THEMSELVES LOWEST ON PHYSICAL, SOCIAL AND EMOTIONAL ASPECTS OF OVERALL HEALTH AND WELLNESS

## PHYSICAL HEALTH IS SEEN AS MORE IMPORTANT THAN SALARY OR RELATIONSHIPS



71% of the people consider their physical health to be a very important factor in their everyday life compared to time spent with their family (67%), how much they earn (65%), the relationship they share with their friends (58%) and community involvement (48%)