

Table 1 Summary of obesity-related initiatives in Saudi Arabia, 1999–2019

Initiative	Initiating organization	Year initiated	Description
The Healthy City Initiative	World Health Organization (WHO)	1999	The Healthy City Initiative is led by the WHO, but is implemented locally in communities in Saudi Arabia; it includes a range of activities aimed at health promotion; one goal is to improve streets so they are safe and friendly for walking (19)
Al-Haraka Baraka Physical Activity Promotional Initiative	King Saud University, Arab Nutrition Center and Mars Middle East Inc.	2006	Educational programme delivered in Saudi Arabian schools to children ages 6 to 12 years; it focused on physical activity lessons and knowledge (20)
Strategy to Combat Obesity and Promote Physical Activity in the Arab Countries	Arab Task Force on Obesity Prevention and Physical Activity Promotion meeting	2010	Strategy offering useful guidelines for Arab countries to set up their own plan of action to prevent and control obesity (21)
Obesity control programme	Ministry of Health	2013	Programme aimed at improving treatment for obesity in Saudi Arabia: primary health care professionals are trained in how to get their patients to develop a habit of physical activity (8)
The National Transformation programme in Vision 2030	Government of Saudi Arabia	2016	Level 2.2.1 objectives of Vision 2030 indicate that “increasing public participation in physical activity and sports” are goals; Level 2.1.3 objectives also state an aim to “strengthen prevention against health threat” (11)
Abha Document	Saudi Arabian Society of Metabolic and Bariatric Surgery	2016	This paper was to provide updated guidelines for clinical management of obesity (22)
RASHAKA programme	Ministry of Education	2017	Initiative aimed at increasing physical activity in Saudi Arabian schools (23)
Sports Boulevard Project	The High Commission for the Development of Riyadh	2019	One of 4 mega-projects aimed at significant urban planning to create healthy spaces for exercise; a feature is the connection of multiple biking trails that can also be used by horse riders (22,24)