



Vitality Triumph

UAE scores an impressive **32%** in vitality, surpassing the global average of **20%**.

Factors Fueling Vitality

Cultural and identity boost vitality, contributing to the UAE's high score.

Women and Millennials lead in vitality scores, with women reporting slightly higher vitality than men.



Cost of Living Impact

45%

stressed due to the "cost of living crisis." Financial and emotional health concerns persist.

Mental Health Matters

87%

high-vitality individuals report robust mental health.

Overall stress levels remain high at **89%**



Overall Health Snapshot



UAE showcases resilience with a vitality score of

32%,

surpassing the global average of **20%**

Expats' Health Priorities

Top preferences - private **health insurance plans (83%)** and **mental health support (33%)**.



Workplace Wellness Boost

Stable working patterns observed.



Improved

work-related stress (61% working full-time).

Post-Pandemic Lifestyle Shifts

75% prioritize health and well-being.

Emphasis on **family, friends (79%)**.



Employer's Role Vital

75% find inflation impacting health expenses.



77% desire more employer support for a healthier life.