

## Vitality triumph



Kenya leads globally with an impressive vitality score, surpassing **Saudi Arabia** and the **UAE**.

79.6

Kenya

79.2

Saudi Arabia

77.1

UAE

## Key Drivers of Vitality

**Optimism**

and

**a thirst for learning**

contribute to **Kenya's high vitality**.



**75%**

of Kenyans reported that they look forward to each new day.

## Impact of Cost of Living

**94%**

of Kenyans report struggling with stress due to the cost of living crisis.



Financial and emotional health concerns persist amid economic growth.

## Mental Health Insights

Despite high vitality, stress levels soar at

**94%.**



**56%**

of Kenyans rate their mental well-being as 'Excellent or Very good'.

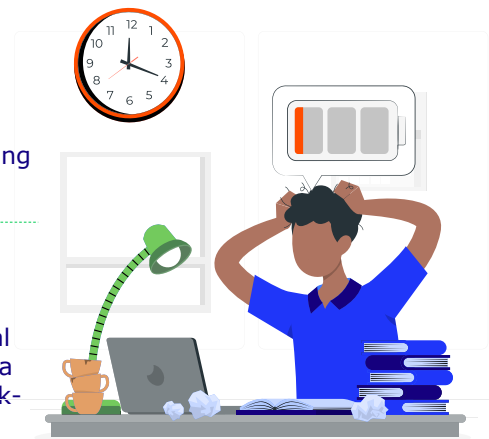
## Workplace Wellness Trends

**97%**

of Kenyan workers report experiencing stress, with all respondents reporting burnout.

**83%**

work outside normal hours, highlighting a need for better work-life balance.



## Post-Pandemic Lifestyle Changes

Kenyans prioritize



**85%**

Family and friends



**84%**

Health and well-being

Emphasis on holistic well-being reflects changing post-pandemic priorities.

## Employer's Role in Health

**78%**

of Kenyans desire more employer support for leading a healthier life.



Workplace health programs are valued, with **private health insurance plans (78%)** topping the list of expats' health priorities.