The purpose of this study was to investigate the risk perceptions and cooking behaviors of Saudi Arabian women in relation to cardiovascular disease (CVD) and intentions to cook low fat meals. Participants were Saudi Arabian women (ages 22-55). Data were collected through self-administered paper-pencil surveys in the summer of 2016. This study was conducted in a primary care clinic’s waiting room in a single hospital (King Khalid University Hospital) providing services to patients mainly from the Riyadh district of Saudi Arabia. The Home Cooking and Intentions to Cook Low Fat Meals Survey instrument was used in data collection. Both descriptive and inferential statistical data analyses were conducted using SPSS version 24.

The major findings of this study showed a moderate negative correlation between risk perception of CVD and fat-related cooking behavior. Significant positive correlation is seen between risk perception of CVD and intention to cook low fat meals. The participants demonstrated high fat cooking behavior. It is recommended to conduct further research to understand how perceptions are formed among Saudi Arabian women and why they do not practice healthy cooking behaviors to prevent CVD.