

Diabetes Prevalence in Middle East and North Africa region (Estimates for 2017 and 2045)



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Introduction: Diabetes is a serious and increasing global epidemic, and accurate estimates of the burden are essential for an efficient allocation of resources. The new edition of the International Diabetes Federation Atlas (IDF Atlas 8th ed. 2017) provides estimates of people (18-99 years) living with diabetes in the Middle East and North Africa (MENA) region. Previous estimates of the prevalence of diabetes have demonstrated a growing burden, with notable national variability with the MENA region¹⁻⁷. The current estimates provide the latest figures based on the highest quality data on diabetes prevalence for the 21 countries in the MENA region.

Methodology: A total of 33 population-based data sources from 16 countries out of 21 in the MENA region were used to estimate diabetes prevalence in adults in the region. Countries without data sources were extrapolated from countries with similar geographic, ethnicity and income group. Only Kuwait had a nationwide study conducted with the last five years (2014). Algeria, Jordan, Oman, Pakistan, Saudi Arabia, Palestine, Sudan and United Arab Emirates have estimates partly based on oral glucose tolerance tests, which is considered as the most reliable diabetes diagnostic test. The estimated diabetes prevalence for the remaining countries may be underestimates. The MENA region poses a particular challenge for estimating diabetes prevalence probably due to the fact that a large proportion of the resident population in many countries consists of immigrants and refugees. As a result, studies that include only national citizens provide a limited contribution to the overall picture of diabetes for the whole country. The details of the methodology of diabetes prevalence estimation can be found at IDF Diabetes Atlas 8th 8.

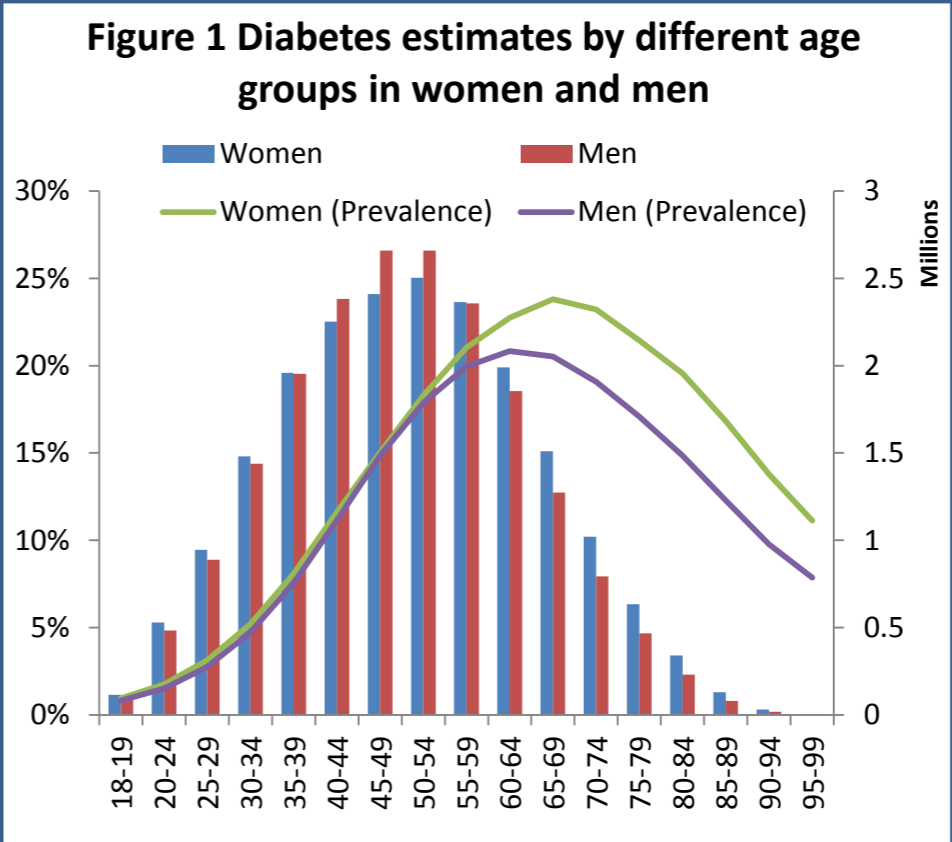
At a glance	2017	2045
Adult population (18-99 years)	435.1 million	728.5 million
Regional prevalence (18-99 years)	9.2% (6.4 – 12.3%)	11.8% (8.2 – 15.7%)
Age-adjusted comparative prevalence (18-99 years)	10.5% (7.2 – 13.9%)	10.4% (7.1 – 14%)
Number of people with diabetes (18-99 years)	39.9 million (27.9 – 53.3 million)	85.9 million (59.5 – 114.2million)
Number of deaths due to diabetes (20-99 years)	373,556 (256,544 -501,539)	

Results: Approximately 39.9 (27.9 -53.3) million people or 9.2% (6.4 – 12.3%) of adults aged 18-99 are living with diabetes in MENA Region in 2017. . About 49.1% of people with diabetes are estimated to be undiagnosed. If the trend continues, the number of people with diabetes will be more than double to 85.9 (59.5 – 114.2) million by 2045. The number of deaths due to diabetes from age 20 to 99 years is 373,556 (Table 1)

Conclusion: The age-adjusted diabetes prevalence (18-99 years) in MENA region is 10.5%, which is the second highest after North America and Caribbean region compared to all IDF regions. The attributable deaths due to diabetes below the age of 60 is also the second highest among IDF regions (namely 51.8%). The current estimates of 38.7 million people with diabetes is expected to increase as much as 112% by 2045. Extensive work is needed in order to implement action plans for the prevention and control of diabetes and related complications to reduce the social and economic burden in the IDF MENA region.

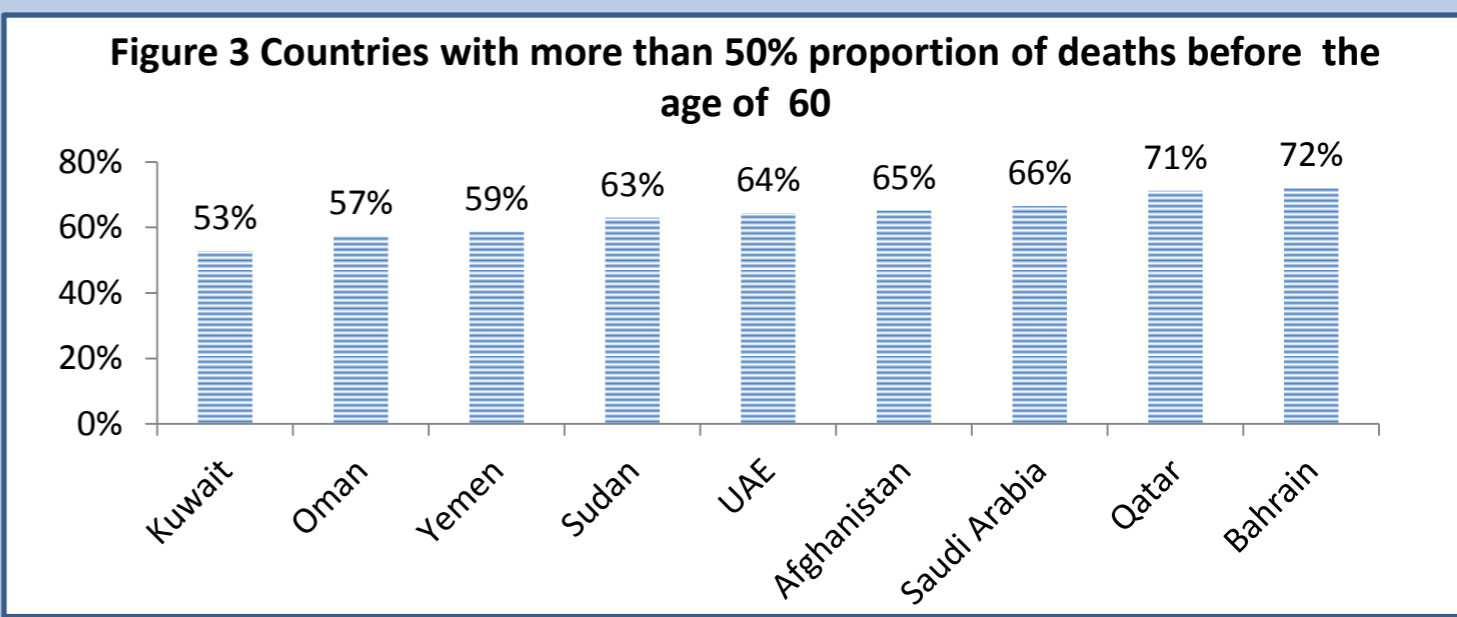
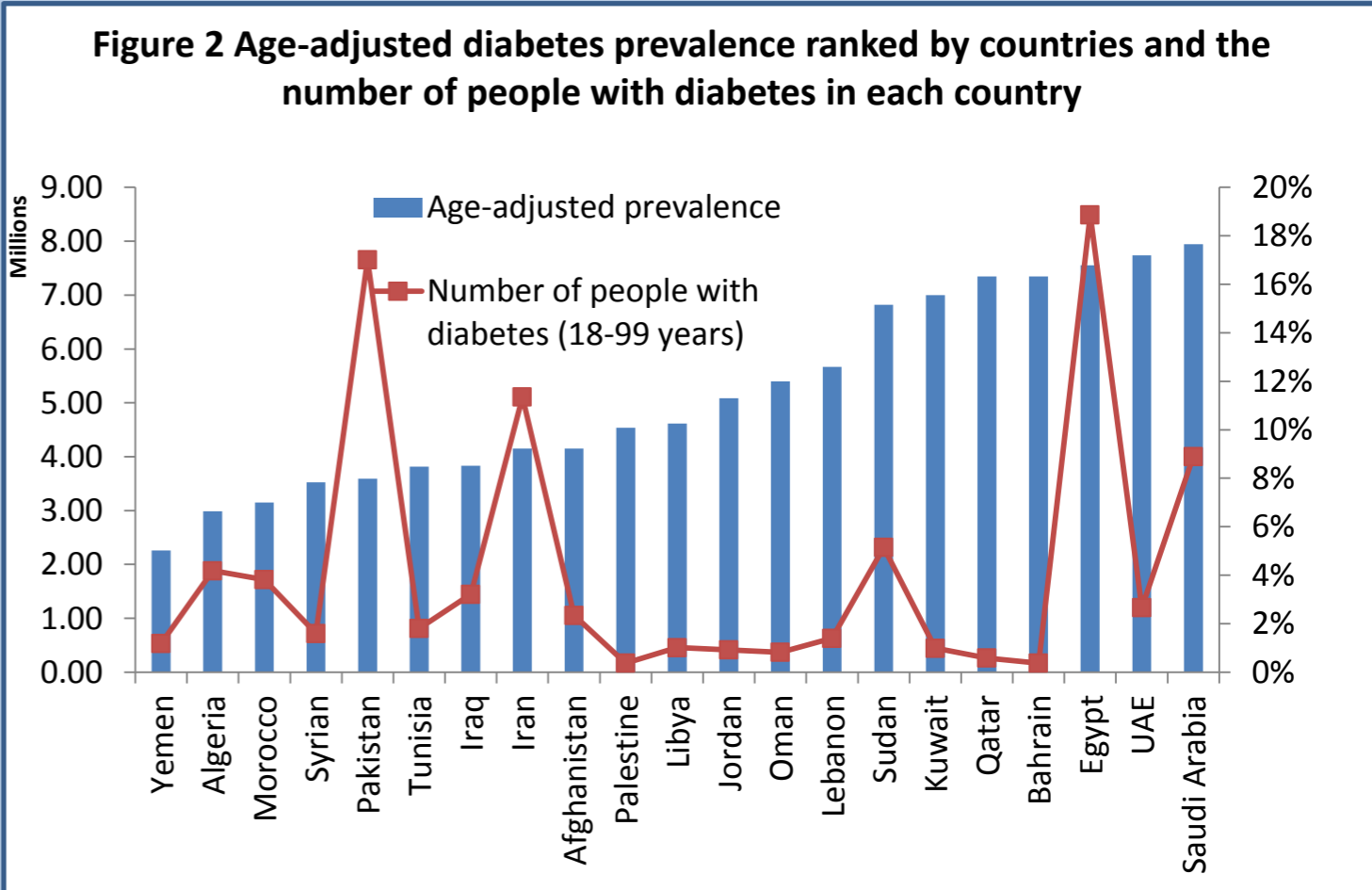
References:
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Rank	Country	Age adjusted prevalence
1	Saudi Arabia	17.7%
2	UAE	17.2%
3	Egypt	16.8%
4	Bahrain	16.3%
5	Qatar	16.3%

Diabetes Prevalence increases from age 18 and peaks around age 65 years (almost 25% in women)(Figure 1). Women have a higher diabetes prevalence than men in this region. Bahrain (14.9%), Qatar (14.9%) and UAE (14.8%) are the top three countries with highest age-adjusted prevalence in this region (Table 2, Figure 2). Egypt (8.5 million), Pakistan (7.7 million) and Iran (5.1 million) are the top three countries with highest number of people with diabetes. (Figure 2) Countries with the highest proportion of deaths before the age of 60 are Bahrain (72%), Qatar (71%) and Saudi Arabia (66%). (Figure 3)



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