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## RISING BURDEN OF DIABETES MELLITUS IN THE UNITED ARAB EMIRATES – EPIDEMIOLOGICAL DATA FROM 2006 – 2016

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Diabetes is an important public health problem and an increasing cause of morbidity and mortality in the United Arab Emirates. Multiple factors contribute to the development of Diabetes Mellitus including lifestyle factors such as obesity. Data was collected and analysed from the Institute of Health Metrics, University of Washington, <http://www.healthdata.org>. In the UAE, the DALYs due to diabetes increased from 666 in 2006 to 930 per 100 000 in 2016. There has been an upsurge of Type 2 Diabetes Mellitus, in particular from 2006, in the UAE. The prevalence of diabetes mellitus in United Arab Emirates increased from 5612 per 100, 000 cases in 2006 to 7342 per 100,000 cases in 2016. Risk factors associated with diabetes were also analysed. High Body Mass index, DALY's rate per 100 000 increased from 2075.01 in 2006 to 3022.539 in 2016. Metabolic risks, DALY's rate per 100 000 increased from 3310.054 in 2006 to 4848.508 in 2016. Low Physical activity, DALY's rate per 100 000 increased from 216.58 in 2006 to 341.71 in 2016. There was a rise in risk factors that positively correlated with a rising trend in Type 2 Diabetes mellitus. During the period 2006–2016, the total DALY's of Type 2 Diabetes mellitus increased by a remarkable 42% in the United Arab Emirates compared with a 10.69% increase in the rest of the world and 1.07% in high-income group countries. This study revealed a high burden of Type 2 Diabetes Mellitus in the United Arab Emirates attributed to multiple risk factors associated with rapid globalisation and industrialisation. The risk factors have attributed to an increase in overall burden of disease as reflected by DALYs for Diabetes. The findings call for prioritising and incorporating programs to encourage factors such as increased physical activity, reducing metabolic risks and developing strategies to reduce obesity. Furthermore, the study results indicate the need to implement lifestyle awareness among the population and clinicians. Strategies are required to strengthen evidence-based management of diabetes in primary care.

### Biography

Moien Khan is a practising family physician trained in the United Kingdom. He has done his masters in the management of diabetes mellitus and also holds a masters in health economics, policy and management from the London School of Economics and Political Science, United Kingdom. He moved to the United Arab Emirates in 2013. He is passionate about management of Type 2 Diabetes and its complications. His research areas include the burden of diabetes mellitus and its complications.

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