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## Obesity and vitamin D as risk factors leading to type 2 diabetes in the GCC region

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Type 2 diabetes has increased markedly in recent years and became a huge and growing global public health problem causing 4.9 million deaths worldwide in 2014. Furthermore, recent updated data from International Diabetes Federation (IDF) indicated that the Gulf Cooperation Council (GCC) countries are part of this pandemic, and have one of the highest prevalence of diabetes in the world. Nearly 20% of the people living in the GCC region are diabetic. Therefore, type 2 diabetes constitute a foremost health challenge together with a major economic burden to the world health systems including GCC countries, and this may continue to worsen in the coming years. Obesity and vitamin D deficiency have been considered to be major risk factors for the development of type 2 diabetes. In this research, we conduct a literature review aiming at identifying the factors that may contribute to the increase of obesity and vitamin D deficiency in the GCC region and propose possible solutions to reduce obesity and overcome vitamin D deficiency.

### Biography

Mokhtar Ghoul is a PhD student at Brunel University London, Brunel Business School. He graduated with a Master's Degree in Information Systems (MSIS) from Roosevelt University Chicago in 2001. He is currently the Head of Clinical Trials Support in the King Khalid Medical City Center for Health Research at King Fahad Specialist Hospital in Dammam, Saudi Arabia.

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