The prevalence of diabetes and pre-diabetes in Kuwait

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CAMBRIDGE DIABETES SEMINAR

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Diabetes in the MENA region

- Diabetes prevalence in MENA is high

- Prevalence of obesity and associated disorders also high

- High socioeconomic costs

	2015	2040
Global	8.8	10.4
MENA	9.1	11.4
Kuwait	14.3	-

1. IDF Diabetes Atlas, 8th Edition

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2014 EMAN-Steps study

- Nationwide health survey
- Aim: Determine the prevalence of NCD and their risk factors in Kuwaiti adults
- Age: 18-69
- All 6 urban areas
- Conducted Feb 2013-Sept 2014 by MOH

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Survey design

- WHO Steps Instrument for Chronic Disease Risk Factor Surveillance

- 3 Steps

1. Demographics, lifestyle and medical history

2. Physical measurements

3. Biochemical analysis

Study demographics

Characteristic	All (n=2561)	
	Mean	**[95%. C.I.]**
Mean age (years)	36	[35.9, 36.9]
Sex (% female)	53	[50.5, 54.5]
Mean Body Mass Index (kg/m^2)	31.4	[30.4, 32.4]
Mean Waist-to-Hip ratio Men	0.89	[8.88, 0.90]
Mean Waist-to-Hip ratio Women	0.83	[0.82, 0,83]
Mean HbA1c (%)	5.8	[5.7, 5.8]
Mean Fasting Plasma Glucose (mmol/L)	5.7	[5.6, 5.8]

Diabetes definition

I. DM

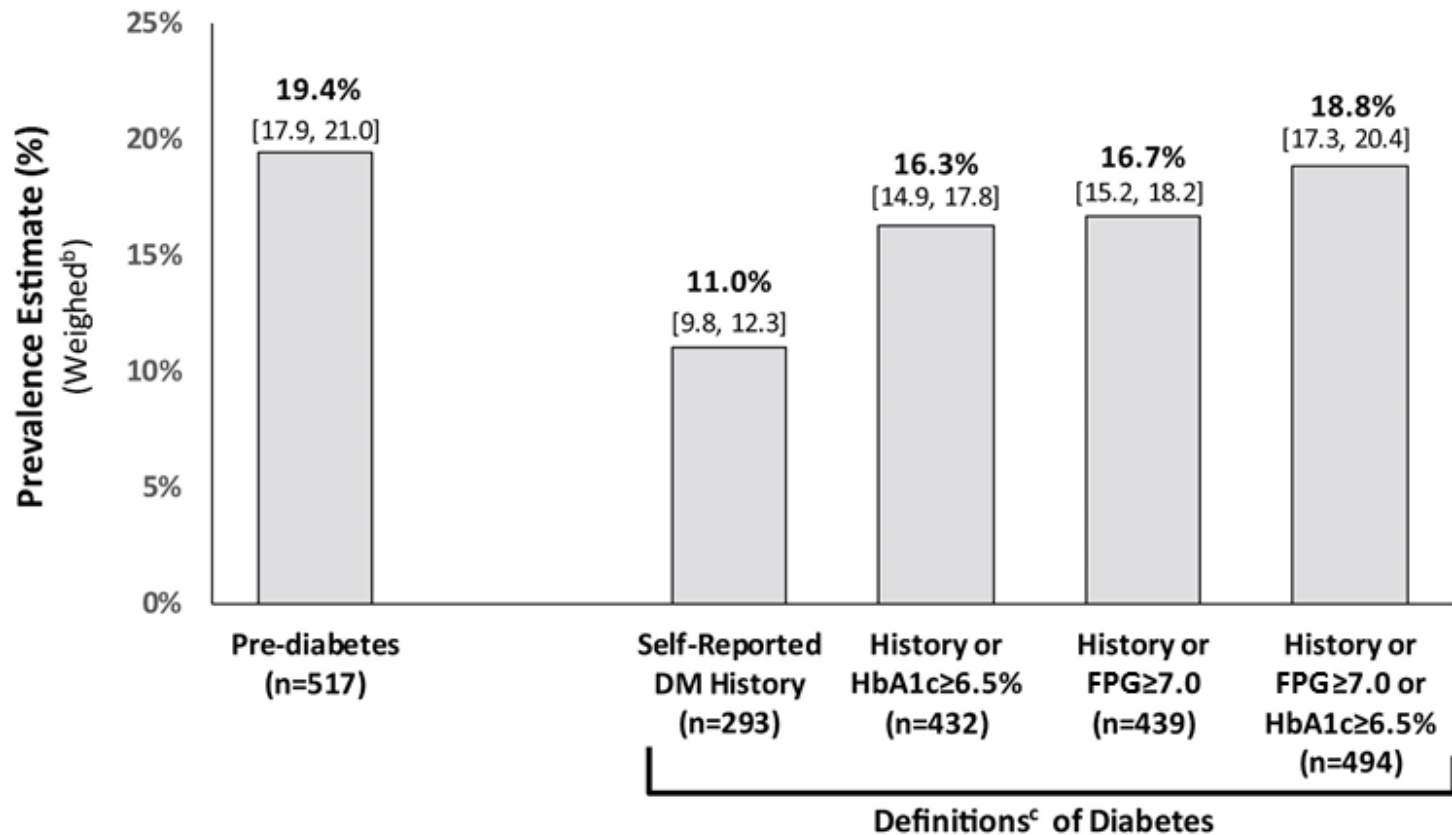- Self-reported history with treatment

- Or FPG ≥7mmol/L

- Or HbA1c ≥6.5%

II. Pre-DM

- FPG 6.1-6.9mmol/L

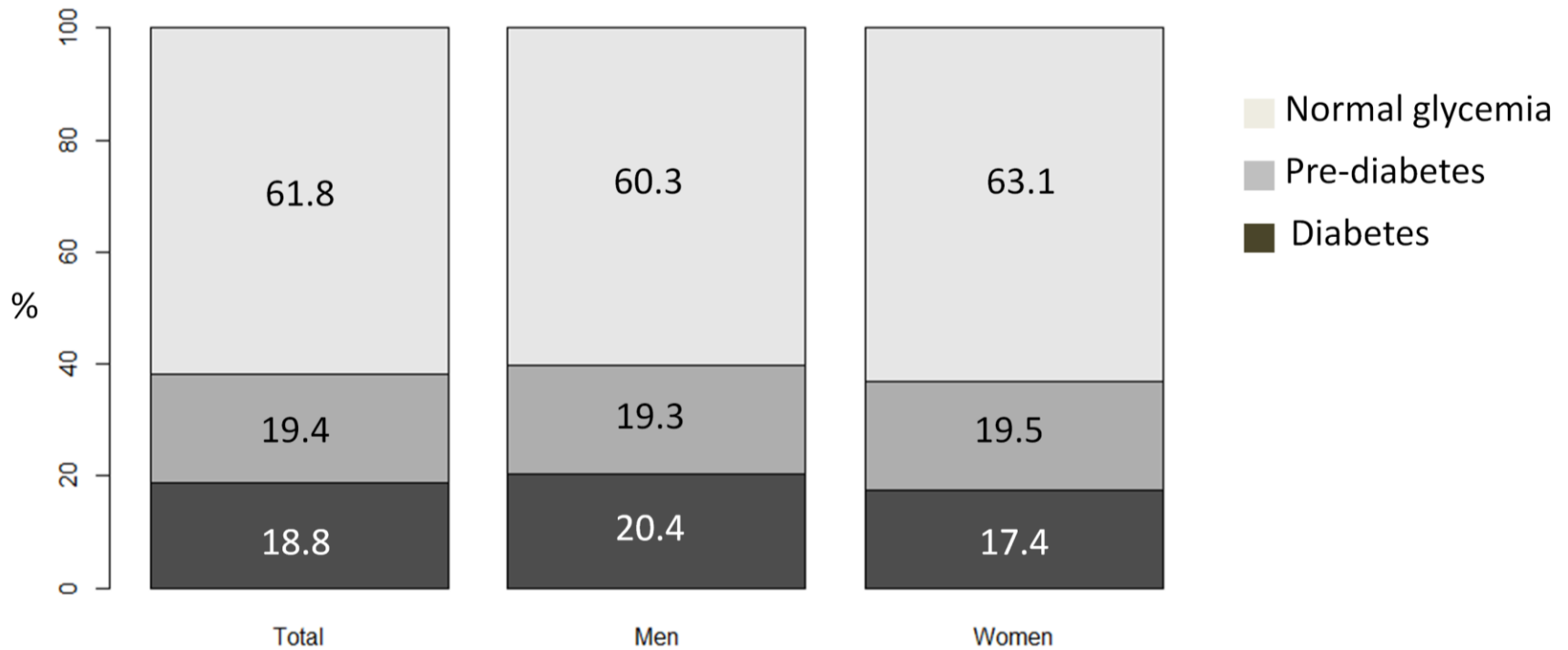- Or HbA1c 5.7-6.4%

Diabetes and pre-diabetes prevalence

Prevalence by sex

Bar chart showing prevalence percentages by sex. Categories: Normal glycemia, Pre-diabetes, Diabetes.

Total: Normal glycemia 61.8, Pre-diabetes 19.4, Diabetes 18.8
Men: Normal glycemia 60.3, Pre-diabetes 19.3, Diabetes 20.4
Women: Normal glycemia 63.1, Pre-diabetes 19.5, Diabetes 17.4

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Prevalence by age
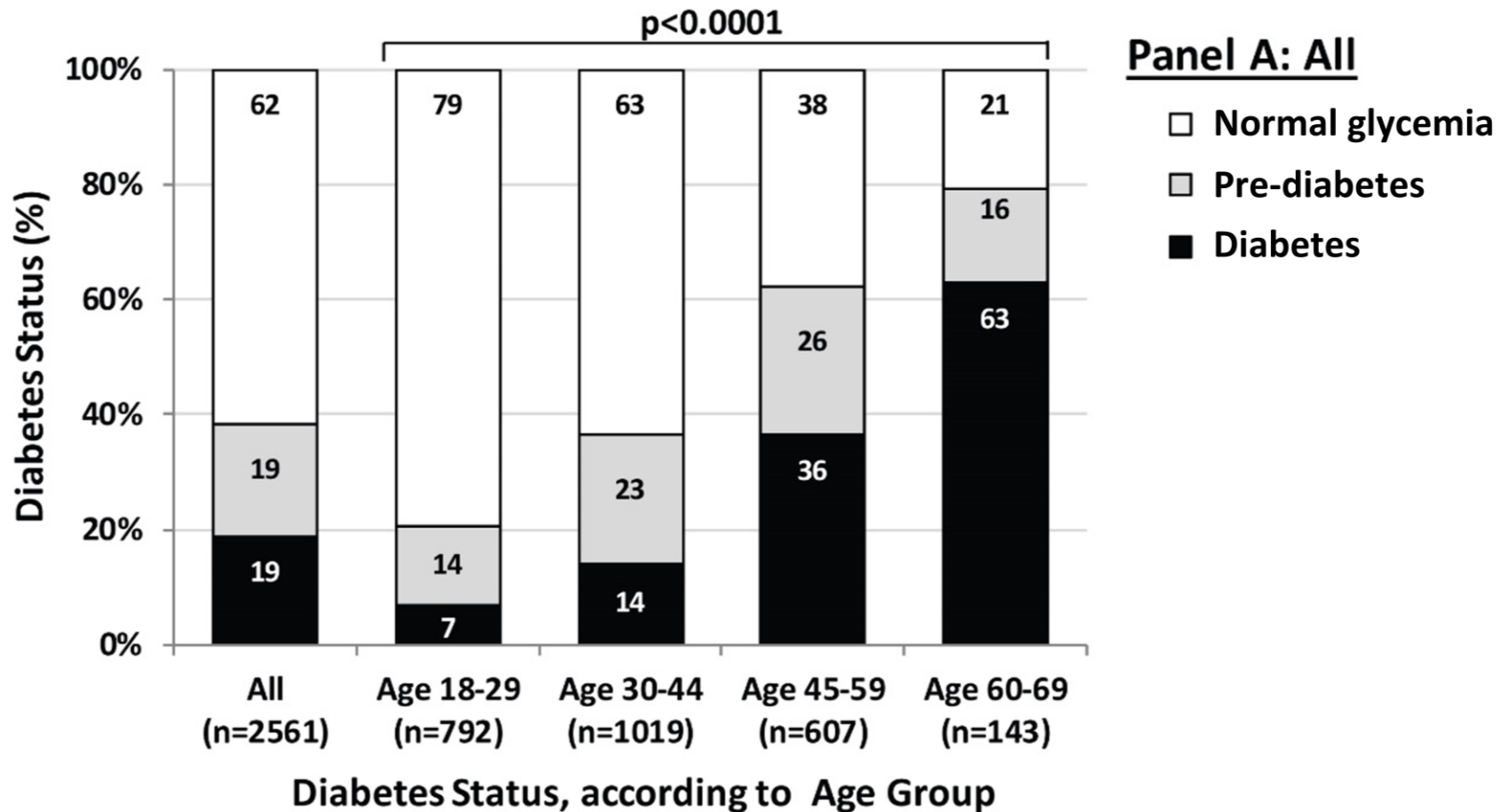
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International Diabetes Federation

DIABETES RESEARCH AND CLINICAL PRACTICE

The prevalence of pre-diabetes and diabetes in the Kuwaiti adult population in 2014

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