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Proposed management of quality outcomes for obesity and diabetes in the UAE

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According to the UAE 2021 vision, launched by H H Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, the country is to be among the best countries in the world by the Golden Jubilee of the Union. Six national priorities representing key focus sectors have been determined; amongst which is World-Class Healthcare. Under the sector of World-Class Healthcare, there are indicators for the prevalence of diabetes; however there is no key indicator or outcomes for obesity, except for the prevalence of obesity amongst children. Other indicators include the prevalence of smoking any tobacco product, number of death from cancer per 100,000 populations, average healthy life expectancy and the number of deaths from cardiovascular diseases per 100,000 populations, amongst others. The last-mentioned indicator in this abstract; that is the number of deaths from cardiovascular disease, correlates directly with obesity. The results for this indicator are 297.6 deaths per 100,000 populations according to the World Health Organization (WHO) report for the 2012 figures published in the 2014 report, sponsored by the Ministry of Health and Prevention. The same report by the WHO indicates that the proportional mortality (% of total deaths, all ages and both sexes) from cardiovascular diseases is at 30% and for diabetes is only 3%. Looking at the prevalence of diabetes, which is an indicator that measures the number of people between the ages of 20 and 79 with diabetes in the UAE, as a proportion of the total population, with this age group being aligned with the age group used by the International Diabetes Federation, it stands at 19.3% for the year 2015. In other words, approximately 1 in 5 UAE nationals had diabetes in 2015. The UAE is determined to cut down on the prevalence of diabetes from 19% to 16% by 2021. Proposed methods will be presented to cut down on both diabetes and obesity in the UAE will be presented.

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