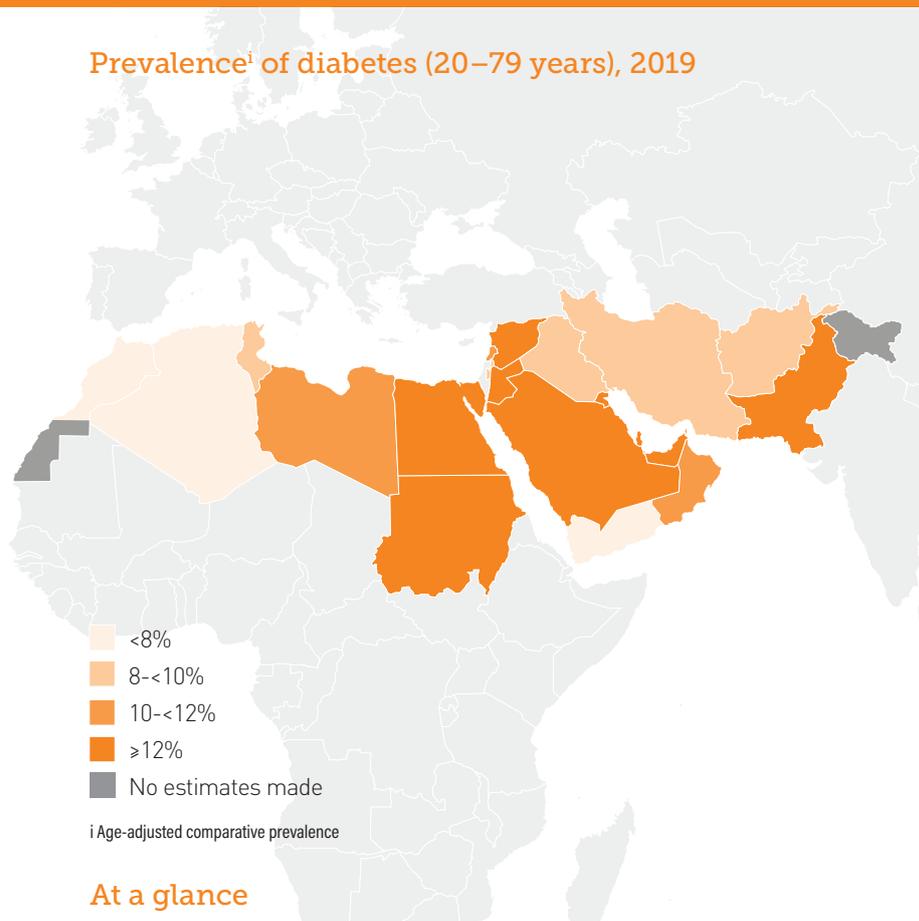




MIDDLE EAST AND NORTH AFRICA

Prevalenceⁱ of diabetes (20–79 years), 2019



At a glance

	2019	2030	2045
Adult population (20–79 years)	426 million	534 million	687 million
Diabetes (20–79 years)			
Regional prevalence	12.8%	14.2%	15.7%
Age-adjusted comparative prevalence	12.2%	13.3%	13.9%
Number of people with diabetes	55 million	76 million	108 million
Number of deaths due to diabetes	418,900	-	-
Proportion of undiagnosed diabetes	44.7%	-	-
Number of people with undiagnosed diabetes	24 million	-	-
Diabetes-related health expenditure (20–79 years)			
Total health expenditure, USD	25 billion	32 billion	39 billion
Impaired glucose tolerance (20–79 years)			
Regional prevalence	8.3%	8.9%	9.4%
Age-adjusted comparative prevalence	9.2%	9.7%	9.9%
Number of people with impaired glucose tolerance	35 million	47 million	64 million
Type 1 diabetes (0–19 years)			
Number of children and adolescents with type 1 diabetes	149,400	-	-
Number of newly diagnosed children and adolescents each year	20,800	-	-

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Highlights



1 in 8 adults have diabetes.



55 million people have diabetes. If we do not act now, this figure will rise to 108 million by 2045 (96%) - the second highest increase among the IDF Regions, after Africa.



Almost half of the people with diabetes (45%) have not been diagnosed and are at a higher risk of developing harmful and costly complications.



Diabetes is expected to cause almost 418,900 deaths in 2019.



1 in 12 people have impaired glucose tolerance and there will be an increase of 82% by 2045.



1 in 9 live births are affected by hyperglycemia in pregnancy.

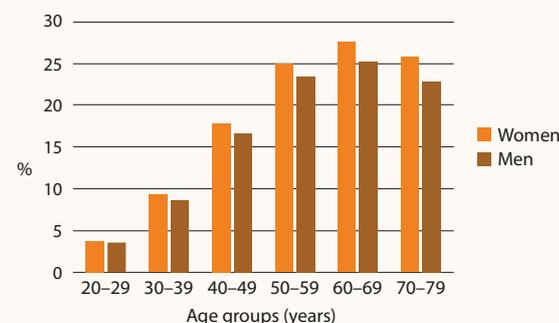


USD 25 billion is spent on treating diabetes in 2019, but there will be an increase of 55% by 2045.

Top five countries for number of people with diabetes (20–79 years), 2019

	Millions
Pakistan	19.4
Egypt	8.9
Iran (Islamic Republic of)	5.4
Saudi Arabia	4.3
Sudan	3.7

Prevalence of diabetes by age and sex, 2019



Need more information?

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or contact atlas@idf.org



MIDDLE EAST AND NORTH AFRICA Key country data

Country or territory	Adult population (20-79 y), 1,000s	Adults with diabetes (20-79 y), 1,000s	Diabetes prevalence (20-79 y), %	Diabetes age-adjusted comparative prevalence (20-79 y), %	Cost per person with diabetes (20-79 y), USD	Diabetes-related deaths (20-79 y)	Type 1 diabetes (0-19 y)	Proportion of undiagnosed diabetes (20-79 y), %	One in X adults (20-79 y) has diabetes
Afghanistan	17,038.9	1,090.8	6.4	9.2	167.5	18,630	1,406	73.4	16
Algeria	26,623.2	1,904.7	7.2	6.7	795.4	12,657	33,084	65.8	14
Bahrain ⁱ	1,245.2	202.7	16.3	15.6	1,163.0	538	85	36.1	6
Egypt	58,091.5	8,850.4	15.2	17.2	279.1	76,263	11,755	54.4	7
Iran (Islamic Republic of)	57,188.4	5,387.2	9.4	9.6	1,141.1	33,037	7,808	34.8	11
Iraq	19,914.4	1,505.0	7.6	8.8	555.5	15,658	4,978	47.0	13
Jordan	5,516.0	544.2	9.9	12.7	712.5	3,266	1,218	45.9	10
Kuwait	3,096.4	681.1	22.0	12.2	1,089.6	1,693	4,168	16.8	5
Lebanon	4,101.7	529.9	12.9	11.2	1,548.4	5,037	556	42.8	8
Libya ⁱ	4,161.3	405.1	9.7	10.2	-	2,789	1,691	42.8	10
Morocco	23,368.6	1,735.5	7.4	7.0	470.5	8,025	30,187	42.8	13
Oman	3,666.0	291.8	8.0	10.1	752.6	965	268	43.7	13
Pakistan	113,351.5	19,369.8	17.1	19.9	83.3	158,974	1,754	43.8	6
Palestine	2,594.1	174.3	6.7	9.5	-	-	677	25.1	15
Qatar ⁱ	2,241.2	347.0	15.5	15.6	1,751.2	644	1,358	36.1	6
Saudi Arabia	23,324.7	4,275.2	18.3	15.8	1,172.5	15,039	27,784	39.0	5
Sudan	20,580.2	3,690.3	17.9	22.1	362.3	41,998	12,594	28.4	6
Syrian Arab Republic ⁱ	9,634.4	1,186.5	12.3	13.5	-	10,471	2,550	58.6	8
Tunisia	7,956.9	809.5	10.2	8.5	579.2	5,317	2,194	75.0	10
United Arab Emirates	7,925.7	1,223.4	15.4	16.3	1,237.3	2,093	400	40.7	6
Yemen	14,708.0	572.7	3.9	5.3	-	5,772	2,926	22.2	26

ⁱ Based on extrapolation from similar countries.

National/regional prevalence: The actual percentage of each country's/region's adult population that has diabetes. Appropriate for assessing diabetes burden.

Age-adjusted comparative prevalence: Calculated by assuming that a country/region has an age profile identical to that of the world population. Appropriate for comparing countries/regions.

Health expenditure for people with diabetes are assumed to be on average two-fold higher than people without diabetes.