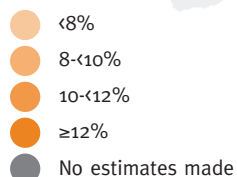
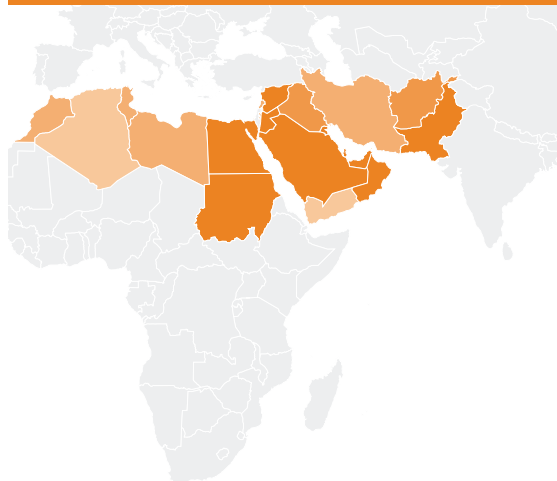




# Diabetes in Middle-East & North Africa – 2021



## Prevalence\* of diabetes (20–79 years), 2021



\*Age-adjusted comparative prevalence

## Top 5 countries

	2011	2021
<b>Top 5 countries for age-adjusted prevalence of people with diabetes (20–79 years)</b>		
Pakistan	8.0%	30.8%
Egypt	21.1%	20.9%
Iran (Islamic Republic of)	16.9%	9.1%
Saudi Arabia	20.2%	18.7%
Sudan	8.7%	18.9%

## Corporate sponsors

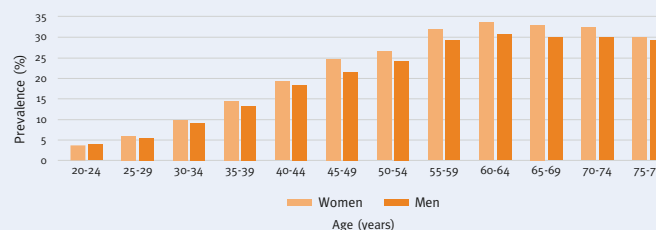
The IDF Diabetes Atlas 10th edition has been produced thanks to educational grants from Novo Nordisk, Pfizer-MSD Alliance and Sanofi:



## Highlights

- 1 in 6 adults has diabetes – 73 million. The highest proportion of all IDF Regions.
- The number of people with diabetes is predicted to increase by 86% to 136 million by 2045 – the second highest increase of all IDF Regions.
- 1 in 3 people living with diabetes in the Region are undiagnosed.
- Diabetes is responsible for 796,000 deaths in 2021.
- The Middle-East and North Africa Region has the highest percentage (24.5%) of diabetes-related deaths in people of working age.
- Diabetes-related expenditure in the Middle-East and North Africa Region totals USD 33 billion in 2021.
- 1 in 7 live births are affected by hyperglycaemia in pregnancy.

## Prevalence of diabetes by age and sex, 2021



## At a glance

	2021	2030	2045
<b>Adult population in Middle-East and North Africa</b>			
Aged 20–79 years	448m	540m	703m
<b>Diabetes (20–79 years)</b>			
Regional prevalence	16.2%	17.6%	19.3%
Age-adjusted comparative prevalence	18.1%	19.6%	20.4%
Number of people with diabetes	73m	95m	135.7m
Number of deaths due to diabetes	796,000	–	–
<b>Healthcare expenditure due to diabetes (20–79 years)</b>			
Total healthcare expenditure, USD	32.6b	43.3b	46.3b
<b>Impaired glucose tolerance (20–79 years)</b>			
Regional prevalence	10.6%	10.9%	11.5%
Age-adjusted comparative prevalence	11.2%	11.5%	11.7%
Number of people with impaired glucose tolerance	47.6m	59m	80.5m
<b>Impaired fasting glucose (20–79 years)</b>			
Regional prevalence	6.5%	6.6%	6.8%
Age-adjusted comparative prevalence	6.1%	6.2%	6.3%
Number of people with impaired fasting glucose	28.9m	35.7m	47.5m
<b>Undiagnosed diabetes (20–79 years)</b>			
Regional prevalence	37.6%	–	–
Number of people with undiagnosed diabetes	27.3m	–	–
<b>Type 1 diabetes (0–19 years)</b>			
Number of children and adolescents with type 1 diabetes	192,500	–	–
Number of newly diagnosed children and adolescents each year	25,000	–	–

*m= million b=billion*

	2011	2021
<b>Top 5 countries for number of people with diabetes (20–79 years) in millions</b>		
Pakistan	6.3	33.0
Egypt	7.3	10.9
Iran (Islamic Republic of)	4.7	5.5
Saudi Arabia	2.8	4.3
Sudan	1.7	3.5

## Need more information?



Visit [www.diabetesatlas.org](http://www.diabetesatlas.org)

Scan QR code

Contact [atlas@idf.org](mailto:atlas@idf.org)



# Diabetes in Middle-East & North Africa – 2021



Country or territory	Adult population (20–79 y), 1,000s	Adults with diabetes (20–79 y), 1,000s	Diabetes prevalence (20–79 y), %	Age-adjusted comparative diabetes 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	18,579.7	1,606.7	8.7	10.9	143.1	31,743	3,493	71.4	12
Algeria	27,196.2	2,013.0	7.4	7.1	862.8	21,749	50,812	45.5	14
Bahrain	1,328.4	119.8	9.0	11.3	1,324.9	536	94	46.4	11
Egypt	59,379.9	10,930.7	18.4	20.9	250.5	122,684	12,210	62.0	5
Iraq	21,391.1	2,011.4	9.4	10.7	850.4	47,932	5,011	47.1	11
Iran (Islamic Republic of)	57,370.4	5,450.3	9.5	9.1	1,354.8	21,752	8,154	35.7	11
Jordan	5,854.1	866.5	14.8	15.4	980.7	5,705	1,246	20.2	7
Kuwait	3,152.8	803.4	25.5	24.9	1,823.6	2,153	4,428	37.3	4
Lebanon	4,449.4	396.1	8.9	8.0	1,930.8	5,492	639	34.5	11
Libya <sup>i</sup>	4,425.1	399.2	9.0	8.7	–	3,782	1,759	45.5	11
Morocco	23,992.8	2,327.7	9.7	9.1	473.7	31,435	43,266	45.5	10
Oman	3,762.3	445.6	11.8	13.8	845.2	2,100	280	50.0	8
Pakistan	123,526.4	32,964.5	26.7	30.8	80.1	396,625	5,595	26.9	4
Qatar <sup>i</sup>	2,406.6	394.9	16.4	19.5	2,017.2	892	1,900	46.4	6
Saudi Arabia	24,194.3	4,274.1	17.7	18.7	1,745.3	32,054	28,926	43.6	6
State of Palestine	2,689.4	183.0	6.8	9.2	–	–	658	30.8	15
Sudan	22,054.0	3,526.6	16.0	18.9	153.4	35,897	16,807	29.0	6
Syrian Arab Republic <sup>i</sup>	10,936.9	1,484.2	13.6	14.9	–	14,060	1,787	30.8	7
Tunisia	8,046.4	869.4	10.8	9.6	616.5	6,868	2,224	45.5	9
United Arab Emirates	8,057.1	990.9	12.3	16.4	2,109.5	4,343	433	64.0	8
Yemen	15,412.9	613.9	4.0	5.4	–	8,561	2769	22.3	25

<sup>i</sup> 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.