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PhD Dissertation Defense**

Entitled

*Prevalence, Correlates, Characteristics of Prediabetes in Al Ain Abu Dhabi
And Dubai, United Arab Emirates: Cross-sectional Study*

by

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Abstract

Prediabetes, a period of moderate hyperglycemia prior to the onset of type 2 diabetes, and it is associated with increased risk of diabetes and cardiovascular disease. The main aim of this thesis is to determine the prevalence of prediabetes, assess the correlates of prediabetes and identify the correlates of the transition from a state of prediabetes to diabetes mellitus among adults in the UAE. We conducted a cross-sectional study on 605 adults aged 18 years and over in Al Ain. Based on fasting plasma glucose 110-125 mg/dl and HbA1c of 5.7-6.4% 37.5% participants had prediabetes. Older age, overweight obesity, and cigarette smoking were positive and secondary and higher level of education was negative correlates of prediabetes. We recruited 700 participants with prediabetes who attended five health care centers in Dubai in 2015. Of these 487 participated in a follow-up study in 2017 and 114 (23.4%) converted to diabetes. Low physical activity and high low-HDL-C were significant predictors. Prediabetes is a significant public health problem in UAE. Significant correlates of prediabetes included older age, overweight obesity and cigarette smoking.

Keywords: Prediabetes, diabetes, Physical Activity, obesity, prediabetes screening.