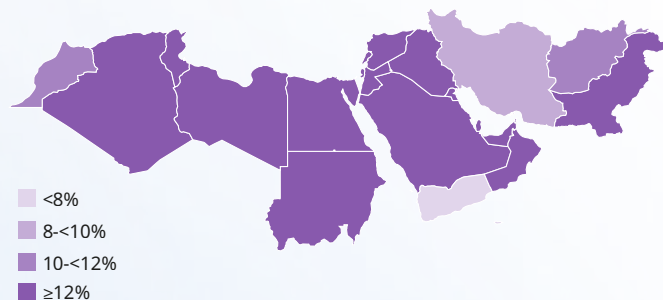




# Diabetes in Middle-East and North Africa - 2024



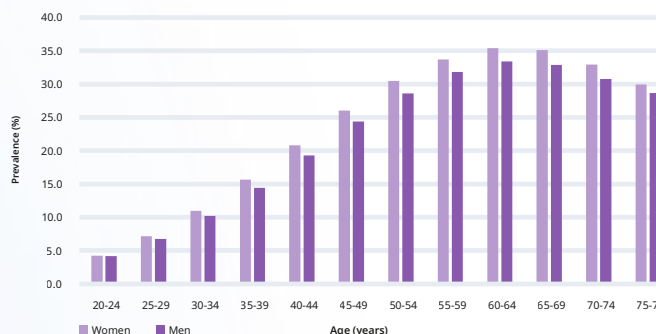
## Age-standardised prevalence (%) of diabetes (20-79 years)



## Highlights

- 1 in 6 adults has diabetes – 85 million. The highest proportion of all IDF Regions.
- The number of adults with diabetes is predicted to increase by 92% to 163 million by 2050 – the second highest increase of all IDF Regions.
- 1 in 3 adults living with diabetes are undiagnosed.
- The Region has the highest diabetes prevalence in older adults (32.3%).
- Diabetes-related expenditure totals USD 35 billion in 2024.
- 1 in 5 live births are affected by hyperglycaemia in pregnancy.

## Estimated prevalence (%) of diabetes by age and sex



## Adults with diabetes (20-79y)

**2050** 162.6 Million

**2024** 84.7 Million

**92%** increase

## Top 5 countries

	2024	2050
Top five countries for number of adults with diabetes (20-79 years)		
Pakistan	35.0m	70.0m
Egypt	13.0m	25.0m
Islamic Republic of Iran	5.5m	8.2m
Saudi Arabia	5.3m	9.5m
Algeria	4.8m	7.9m

## Top 5 countries

	2024	2050
Top five countries for age-standardised prevalence of adults with diabetes (20-79 years)		
Pakistan	31.4%	34.2%
Kuwait	25.6%	28.2%
Qatar	24.6%	27.0%
Saudi Arabia	23.1%	25.4%
Egypt	22.4%	25.7%

## At a glance

	2024	2050
Adult population (20-79 years)	480m	773m
Diabetes (20-79 years)		
Regional prevalence	17.6%	21.0%
Age-standardised prevalence	19.9%	22.8%
Number of people with diabetes (20-79 years)	85m	163m
Number of deaths due to diabetes (20-79 years)	467,000	
Healthcare expenditure due to diabetes (20-79 years)		
Total healthcare expenditure, USD	35b	50b
Impaired glucose tolerance (20-79 years)		
Regional prevalence	10.4%	11.0%
Age-standardised prevalence	11.0%	11.6%
Number of people with impaired glucose tolerance	50m	85m
Impaired fasting glucose (20-79 years)		
Regional prevalence	7.5%	8.1%
Age-standardised prevalence	8.0%	8.4%
Number of people with impaired glucose tolerance	36m	62m
Undiagnosed diabetes (20-79 years)		
Regional proportion	37.2%	
Number of people with undiagnosed diabetes	32m	
Type 1 diabetes (all age groups)		
Number of people with type 1 diabetes	1.4m	

m = million | b = billion





# Diabetes in Middle-East and North Africa - 2024



## Middle-East and North Africa

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-standardised prevalence (20-79 y), %	Total diabetes health expenditure, (USD)	Cost per person with diabetes (20-79 y), USD	Diabetes-related deaths (20-79 y)	Type 1 diabetes (all age groups)	Proportion of undiagnosed diabetes (20-79 y), %	One in X adults (20-79 y) has diabetes
Afghanistan	19,857.8	1,932.8	9.7	11.7	266,352,048.3	137.8	11,642	13,600	71.4	10
Algeria	28,219.3	4,761.8	16.9	17.5	3,111,168,073.4	653.4	20,642	188,195	31.7	6
Bahrain	1,107.1	197.6	17.8	22.1	189,841,149.7	960.9	338	7,706	46.4	6
Egypt	66,602.5	13,214.5	19.8	22.4	3,104,049,277.5	234.9	72,039	191,776	62.0	5
Iraq	24,364.8	2,669.4	11.0	13.4	2,077,975,623.8	778.4	14,683	65,550	47.1	9
Islamic Republic of Iran	62,068.3	5,453.6	8.8	9.0	7,317,829,779.6	1341.8	23,380	134,623	32.6	11
Jordan	6,674.8	1,086.5	16.3	20.5	927,612,390.0	853.7	4,644	25,881	18.6	6
Kuwait	3,203.0	908.5	28.4	25.6	1,291,242,801.1	1421.2	923	28,739	37.3	4
Lebanon	3,229.5	439.7	13.6	12.3	768,128,215.8	1746.8	2,861	12,438	26.1	7
Libya	4,352.3	634.8	14.6	15.8			5,164	28,085	31.7	7
Morocco	24,763.9	2,881.0	11.6	11.9	1,307,452,860.2	453.8	16,235	139,699	31.7	9
Oman	3,131.4	412.3	13.2	17.0	297,078,595.6	720.6	625	34,676	50.0	8
Pakistan	130,417.4	34,532.4	26.5	31.4	2,737,622,416.4	79.3	226,752	24,440	26.9	4
Qatar	2,193.1	409.3	18.7	24.6	589,002,372.9	1439.0	364	12,862	46.4	5
Saudi Arabia	24,983.1	5,344.6	21.4	23.1	7,335,543,452.3	1372.5	8,038	222,942	43.6	5
State of Palestine	2,807.7	315.3	11.2	15.5			2,723	10,958	30.2	9
Sudan	24,192.2	3,860.6	16.0	19.0	575,946,852.2	149.2	29,269	94,809	37.3	6
Syrian Arab Republic	14,287.3	2,246.1	15.7	19.0			13,677	42,393	26.1	6
Tunisia	8,391.4	1,392.9	16.6	16.0	746,648,526.0	536.0	6,391	41,279	31.7	6
United Arab Emirates	7,710.7	1,274.2	16.5	20.7	2,017,758,351.5	1583.5	830	79,074	64.0	6
Yemen	17,664.6	720.8	4.1	5.5			5,998	10,746	22.3	25