

Abstract

# Diabetes in Jordan: Prevalence, Trend, Awareness and Control

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## Abstract

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**Background:** Studies have reported an increasing prevalence of type 2 diabetes Mellitus (DM), with the most dramatic increase occurring in developing countries.

**Objective:** This study aimed to determine the prevalence of type 2 DM and impaired fasting glycemia (IFG), assess the trend, awareness and state of control of type 2 DM in Jordan.

**Methods:** Data were analyzed from a cross-sectional study in 2017 that included a random sample of 4056 Jordanians aged 25 years and above. DM and IFG were diagnosed according to American Diabetes Association definition. HbA1c >7.5% was defined as unsatisfactory metabolic control.

**Results:** This study included a total of 4056 persons (70.5% females). The age-standardized prevalence rate of IFG was 21.6% among males and 19.2% among females and that for DM was 28.3% (95% CI: 25.5, 31.1) among males and 19.9% (95% CI: 18.1, 21.6) among females. The prevalence rate of DM increased significantly with increasing age peaking at age of 60-64 for both males (58.7%) and females (53.1%). In consecutive surveys (1994, 2004, 2007, and 2017) that adopted the same methodology, the aged-standardized rate of DM increased from 13% in 1994 to 17.1 in 2004 to 13.4 in 2007 to 22.3 in 2017. Of the 888 diabetic subjects, 768 (86.5%) had been previously diagnosed and 13.5% were diagnosed by the study team. Of the 768 patients who were previously diagnosed, 699 (91.0%) were on treatment; of whom 212 (30.0%) had good glycemic control.

**Conclusions:** The prevalence of type 2 diabetes and IFG is high in Jordan and is increasing. More than two thirds of patients had diabetes with unsatisfactory control. Therefore, they are likely to benefit from programs aimed at encouraging behaviors toward achieving optimum weight as well as physical activity behaviors. Physicians caring for patients with diabetes may need to adopt a more vigorous approach for diabetes control.

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