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Glycaemic status and prevalence of comorbid conditions among people with diabetes in Jordan

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Abstract

The increase in the prevalence of diabetes between 1994 and 2004 in Jordan was significant at a rate of 13.0% to 17.1%. Good glycemic control is crucial in reducing the risk of diabetes-related complications. Despite the availability of evidence-based treatment guidelines, glycemic control appears to remain suboptimal. This cross-sectional study was enrolled 495 patients with type 2 Diabetes mellitus who attending the governmental outpatient clinics in Zarqa Directorate during 2008. Body weight and height were measured; Body mass index (BMI) was calculated. Fasting blood samples were taken to determine fasting blood glucose, glycosylated hemoglobin and lipid levels. The mean age was 57.1 years. The large majority of the patients were either over-weight (34.8%) or obese (53.3%); the mean BMI was 30.6 kg/m2. The mean fasting blood glucose was 225 mg/dl. The mean glycosylated hemoglobin level was 9.0%. In 80.9% of the patients the glycosylated hemoglobin level was above the recommended target of 7%, hypertension (55%), low-density lipoprotein cholesterol > 100 mg/dl (54.8%) and serum triglyceride levels > 150 mg/ dl (70%) were present in the study. In this population weight reduction, improved glycemic control, along with reduced LDL-cholesterol and triglycerides, should be important goals of therapy in these patients to reduce the burden of cardiovascular disease in the future.

Biography

Huda M. Al Hourani is an associate professor as well as the chairperson for the last four years. He holds a Ph.D. in Nutrition from Oxford Brookes University/UK. He has more than 20 years of experience in the field of nutrition and dietetics and engaged in many courses and training workshops in collaboration with World Health Organization (WHO), Food and Agricultural Organization (FAO), Ministry of Health, Hospitals and Universities, and he was recognized by the WHO as a Regional Facilitator for the WHO new growth standards. He prepared the Food and Nutrition profile for Jordan 2011 in collaboration with FAO. He published many papers on obesity and its relation to diabetes mellitus and breast cancer in international journals.