

Table 5 Population-based prevalence studies of diabetes mellitus (DM) and impaired glucose tolerance (IGT) in rural and semi-rural communities in some Eastern Mediterranean Region countries

| County [reference] | Age groups (years) | Diagnostic criteria | Setting | Group studied | Prevalence (%) |
|-----------------------|-----------------------|------------------------|------------|------------------|-------------------|
| Sudan [23] | ≥ 25 | WHO | Rural | DM | 2.6 |
| | | | | IGT | 2.2 |
| Jordan [24] | ≥ 25 | WHO | Semi-urban | DM | 13.4 |
| | | | | IGT | 9.8 |
| Egypt [25,26] | ≥ 20 | WHO | Rural | DM | 4.9 |
| | | | | IGT | 13.1 |
| Lebanon [27] | ≥ 30 | WHO | Semi-rural | DM (30–64 yr) | 12.3 |
| | | | | DM (≥ 65 yr) | 29.1 |
| | | | | IGT (30–64 yr) | 5.9 |
| | | | | IGT (≥ 65 yr) | 10.8 |
| Saudi Arabia [28] | ≥ 15 | WHO | Rural | DM (M) | 6.8 |
| | | | | DM (F) | 8.4 |
| | | | | IGT (M) | 7.4 |
| | | | | IGT (F) | 8.1 |
| Tunisia [29] | ≥ 20 | FBG ≥ 165 mg/dL | Rural | DM (M) | 2.3 ^a |
| | | | | DM (F) | 0.6 |
| Yemen [this study] | ≥ 35 | WHO | Semi-rural | DM | 6.3 ^a |
| | | | | IGT | 6.0 |

^aAge-standardized prevalence.

WHO = World Health Organization; FBG = fasting blood glucose.

M = males; F = females.