

Table 3 Prevalence of obesity-linked type 2 diabetes mellitus (T2DM) among Arabs (continued)

Author (reference)	Country	Year	Sample size	Main findings	Notes
Bener (125)	Qatar	2009	1117	Prevalence of T2DM: 16.7% Prevalence of BMI \geq 30 kg/m ² in diabetics: 59.7% Prevalence of BMI \geq 30 kg/m ² in non-diabetics: 42.3% (P < 0.001) Prevalence of central obesity in diabetics: 76.3% Prevalence of central obesity in non-diabetics: 61.3% (P < 0.001)	Central obesity defined as waist circumference \geq 102 cm for males and \geq 88 cm for females
AlHabori (137)	Yemen	2004	498	Prevalence of T2DM: 7.4% Mean BMI in diabetics: 24.4 kg/m ² Mean BMI in non-diabetics: 23.6 kg/m ²	BMI did not correlate with any abnormalities in glucose tolerance
Gunaid (138)	Yemen	2008	250	Prevalence of T2DM: 10.4% Mean BMI in diabetic men: 24.2 kg/m ² Mean BMI in non-diabetic men: 22.8 kg/m ² Mean BMI in diabetic women: 25.6 kg/m ² Mean BMI in non-diabetic women: 22.9 kg/m ²	Waist circumference (central obesity) but not BMI significantly correlated with glucose levels
Al-Sharafi (139)	Yemen	2014	1640	Mean BMI in diabetic males: 25.4 kg/m ² Mean BMI in diabetic females: 28 kg/m ² (P < 0.001) Prevalence of BMI \geq 25 kg/m ² in diabetics: 58.8% Prevalence of BMI \geq 30 kg/m ² in diabetics: 28.8%	No control group No glucose measurements reported
Alhyas (55)	Gulf region	2011	Not available	Prevalence of obesity in men: 13.05–37% Prevalence of obesity in women: 16–49.15% Estimated prevalence of impaired glucose tolerance: 10–20%.	Systematic review of 43 studies
Abdul-Rahim (123)	Palestine	2001	302	Prevalence of T2DM: 12% Mean BMI in diabetics: 33.7 kg/m ² Mean BMI in non-diabetics: 29.3 kg/m ² (P = 0.05) BMI \geq 30 kg/m ² associated with T2DM (OR 2.63; 95% CI: 1.40–4.93) Waist-to-hip ratio \geq 0.9 associated with T2DM (OR 4.88; 95% CI: 1.92–12.4)	Odds ratio adjusted for age and sex only
Yassin (124)	Palestine	2011	194	Prevalence of normal weight and overweight were significantly higher in controls Prevalence of BMI 30–34.9 kg/m ² in diabetics: 36.4% Prevalence of BMI 30–34.9 kg/m ² in controls: 21.1% (P = 0.018 vs diabetics) Prevalence of BMI 35–39.9 kg/m ² in diabetics: 19.2% Prevalence of BMI 35–39.9 kg/m ² in controls: 6.3% (P = 0.007 vs diabetics)	Cross-sectional study
Ajlouni (114)	Jordan	2008	1121	Prevalence of T2DM: 17.4% Mean BMI in diabetics: 32.3 kg/m ² Mean BMI in non-diabetics: 29.8 kg/m ² (P < 0.001) Diabetes related to obesity in multivariate logistic regression analysis (OR 1.06; 95% CI: 1.02–1.09)	–