This case study provides a brief description of the diabetes epidemiological situation in Gulf Cooperation Council (also known as the GCC and comprising United Arab Emirates, Saudi Arabia, Oman, Kuwait, Qatar, and Bahrain).

Despite dedicated nationwide efforts to raise awareness against the harmful effects of fast-food consumption and sedentary lifestyle, the Arab population continues to struggle with an increased risk for metabolic disorders.

The International Diabetes Federation (IDF) has reported that GCC countries have one of the highest prevalence of diabetes and obesity in the world, given the sedentary lifestyles and increased consumption of foods that are high in calories and sugar. Of the 149,600 deaths in the GCC during 2020, nearly 73% were due to noncommunicable diseases (NCDs).

In this report, we conducted an analysis of literature on the Arab individuals from Gulf countries and delineated genetic

Diabetes Industry in the GCC
Case Study
2023

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determinants for quantitative traits associated with anthropometry, lipid profile, insulin resistance, and blood pressure levels. We reviewed genetic background of diabetes among Arab populations, analysed healthcare market and key market players that offer service for diabetes patients.
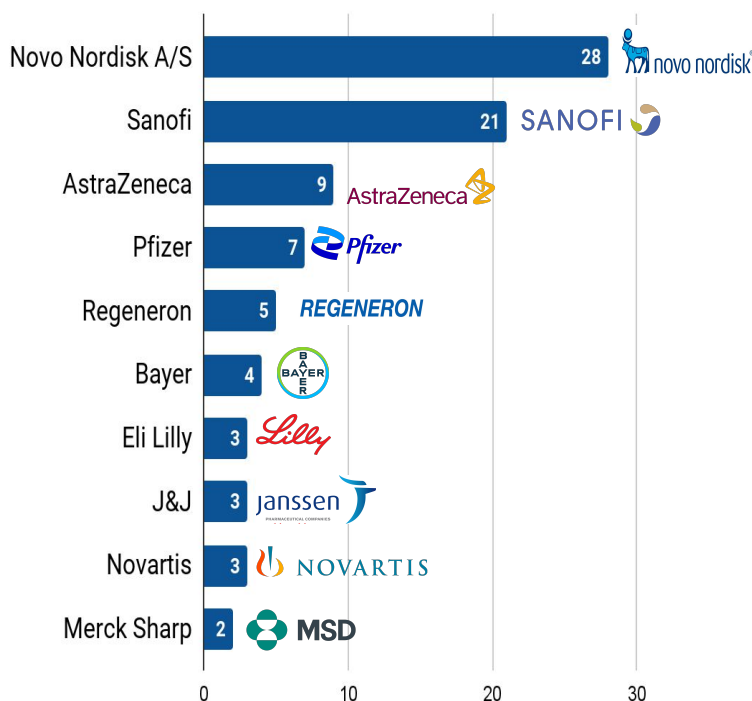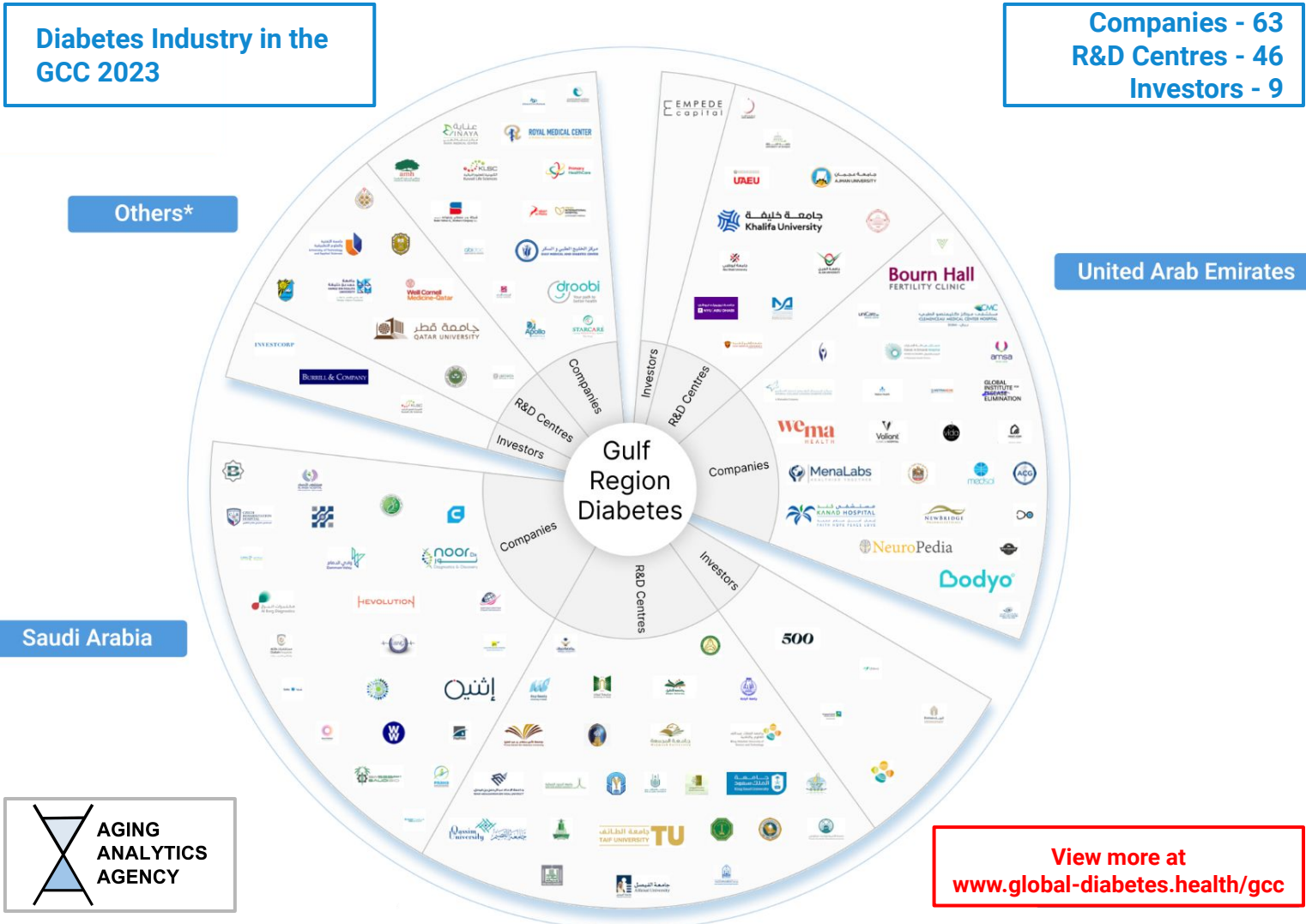
63	9	46
Companies	**Investors**	**R&D Centers**

Companies by the Number of Active Clinical Trials in the GCC

Company	Active Clinical Trials
Novo Nordisk A/S	28
Sanofi	21
AstraZeneca	9
Pfizer	7
Regeneron	5
Bayer	4
Eli Lilly	3
J&J	3
Novartis	3
Merck Sharp	2

GCC attracts the pharmaceutical companies to conduct clinical trials. Most international companies had one to three active trials in this region in 2022. The major players on the market that have trials in Gulf countries are Novo Nordisk (Denmark), Sanofi (France), AstraZeneka (UK), Pfizer (USA), and others.

- The familial clustering of diabetes has been reported in the Arab populations due to consanguineous marriages. But only 25 risk loci have been replicated in the Arab populations.

- Among Gulf countries, the highest level of **undiagnosed diabetes** is in the **UAE (64%), Oman (50%)**, and **Saudi Arabia (44%)**. Kuwait, Qatar, and Bahrain show higher level of diagnostics, and estimate level of undiagnosed diabetes in these countries is less than 40%.

- GCC **diagnostic companies** seems to be the most successful among the whole healthcare market. The market attracts domestic companies, as well as international investors. The **UAE** and **Saudi Arabia** have the most developed system of diagnostic laboratories that provide diabetes testing.

- The leaders in **clinical research** are **Saudi Arabia** (60 clinical trials), the **UAE** (48 clinical trials), **Qatar** (30 clinical trials). The lowest number of clinical trials was found in Oman. There was only one clinical research during last decade.

- The total number of **R&D sites** is more than **45**. The major scientific hub is **Saudi Arabia** where are placed **26 research centres** that investigate diabetes

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Diabetes Industry in the GCC 2023

Companies - 63
R&D Centres - 46
Investors - 9

Others*

United Arab Emirates

Saudi Arabia

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Aging Analytics Agency is the world's premier provider of industry analytics on the topics of Longevity, Precision Preventive Medicine and Economics of Aging, and the convergence of technologies such as AI, Blockchain, Digital Health and their impact on the healthcare industry. The agency is the **only analytics company focused exclusively on the topics of Aging, Geroscience and Longevity.** Founded in 2013, with headquarters in London, UK and branches in Europe, US and Canada, it began producing in-depth reports on Longevity long before it emerged as an industry.

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Having Practical Longevity Division that Creates Validated Proprietary Analytics

Providing Financial and Investment Analytics

Offering Government and Policy Proposals and Analytics