

Table 1 Comparing the burden of type 2 diabetes mellitus in the world with the Middle East and North Africa region by age-standardized rate per 100 000 population, 1990–2019

| Country | Year | Rate (95% UI) | | | |
|----------------------------|------|---------------------------|---------------------|---------------------|------------------------|
| | | Prevalence | Incidence | Deaths | DALYs |
| Global | 1990 | 3546.5 (3243.8–3862.7) | 184.6 (170.9–199.7) | 16.7 (15.7–17.6) | 628.3 (537.2–730.9) |
| | 2019 | 5282.9 (4853.6–5752.1) | 259.9 (240.4–281.4) | 18.5 (17.2–19.7) | 801.6 (670.6–954.4) |
| MENA | 1990 | 3640.4 (3313.8–3996.0) | 196.6 (180.7–213.7) | 24.8 (22.5–27.7) | 808.3 (696.9–944.3) |
| | 2019 | 6753.3 (6170.3–7394.2) | 353.2 (326.1–383.4) | 25.2 (22.4–28.2) | 1060.8 (872.1–1279.1) |
| Afghanistan | 1990 | 4458.7 (4001.2–4972.7) | 226.9 (204.8–251.8) | 27.8 (18.5–40.5) | 997.1 (713.4–1373.5) |
| | 2019 | 8537.4 (7658.3–9562.5) | 412.0 (371.7–458.7) | 39.9 (23.4–58.0) | 1567.9 (1136.3–2073.0) |
| Algeria | 1990 | 4048.0 (3641.3–4517.6) | 211.9 (191.4–234.1) | 17.0 (12.6–23.5) | 641.4 (485.4–828.7) |
| | 2019 | 7675.1 (6860.5–8599.1) | 386.4 (350.3–428.8) | 18.2 (13.9–23.4) | 951.0 (727.9–1234.6) |
| Bahrain | 1990 | 7546.0 (6822.4–8259.7) | 442.5 (409.2–476.7) | 77.8 (66.2–91.0) | 2067.6 (1751.7–2415.8) |
| | 2019 | 14234.9 (13261.9–15287.2) | 757.6 (721.3–795.9) | 127.0 (102.5–154.6) | 3232.5 (2622.4–3929.3) |
| Egypt | 1990 | 2392.2 (2172.6–2629.7) | 140.8 (130.4–151.7) | 23.3 (21.4–25.4) | 718.2 (637.2–811.6) |
| | 2019 | 5657.6 (5105.8–6302.3) | 295.2 (268.3–325.2) | 33.8 (26.0–43.8) | 1224.7 (973.0–1492.8) |
| Iran (Islamic Republic of) | 1990 | 3285.6 (2940.8–3652.4) | 170.5 (155.0–188.4) | 12.5 (10.7–14.4) | 516.5 (420.7–628.2) |
| | 2019 | 6312.9 (5690.2–6959.5) | 323.3 (295.7–354.5) | 22.0 (18.4–23.8) | 958.1 (776.6–1170.2) |
| Iraq | 1990 | 5595.5 (5041.5–6185.8) | 286.9 (262.8–312.7) | 49.2 (39.5–58.6) | 1544.0 (1292.5–1824.7) |
| | 2019 | 8564.6 (7852.9–9298.9) | 424.9 (392.4–460.2) | 45.8 (37.1–54.4) | 1625.0 (1314.8–1979.3) |
| Jordan | 1990 | 5243.6 (4824.3–5714.5) | 300.4 (277.9–323.3) | 63.9 (53.8–74.9) | 1624.7 (1380.1–1899.1) |
| | 2019 | 7628.8 (6944.1–83187.0) | 395.6 (363.4–428.4) | 40.2 (34.1–47.5) | 1292.9 (1069.4–1569.3) |
| Kuwait | 1990 | 6685.3 (6107.3–7339.9) | 346.9 (317.7–378.9) | 28.8 (25.4–32.3) | 1072.4 (877.3–1311.0) |
| | 2019 | 10250.2 (9240.2–11339.5) | 495.5 (451.9–542.7) | 18.5 (15.3–22.2) | 1136.3 (841.6–1480.0) |
| Lebanon | 1990 | 4447.1 (4035.0–4924.8) | 231.3 (211.8–255.2) | 20.4 (17.5–24.4) | 801.8 (649.5–990.4) |
| | 2019 | 7653.3 (6871.0–8524.3) | 383.5 (347.7–424.1) | 15.9 (11.4–20.4) | 991.2 (737.8–1295.0) |
| Libya | 1990 | 4770.4 (4282.1–5283.8) | 244.8 (221.3–271.1) | 14.2 (10.5–18.0) | 686.8 (531.8–866.7) |
| | 2019 | 9292.0 (8328.3–10384.7) | 454.8 (409.7–506.5) | 18.3 (13.4–24.1) | 1138.8 (859.7–1475.2) |
| Morocco | 1990 | 3419.6 (3062.0–3803.5) | 178.7 (161.4–198.1) | 13.1 (10.4–18.6) | 546.8 (436.7–695.7) |
| | 2019 | 6918.0 (6211.8–7684.1) | 345.1 (311.5–378.7) | 22.4 (17.2–28.3) | 1008.6 (786.9–1261.8) |
| Oman | 1990 | 4248.8 (3825.3–4693.4) | 242.0 (222.1–264.4) | 44.7 (34.3–57.2) | 1248.3 (992.0–1505.9) |
| | 2019 | 7423.3 (6666.4–8199.8) | 410.3 (374.4–447.8) | 58.3 (50.4–66.5) | 1618.5 (1363.6–1912.1) |
| Palestine | 1990 | 4569.7 (4130.8–5053.0) | 258.2 (237.5–281.7) | 53.9 (43.0–66.4) | 1398.9 (1131.1–1700.6) |
| | 2019 | 8319.6 (7549.9–9013.0) | 452.7 (414.6–485.4) | 68.8 (59.5–78.7) | 1907.9 (1642.6–2233.1) |
| Qatar | 1990 | 8552.6 (7728.5–9442.2) | 493.1 (453.7–534.1) | 111.2 (94.4–130.9) | 2528.1 (2147.5–2948.9) |
| | 2019 | 16312.4 (15050.0–17723.2) | 818.0 (773.9–868.7) | 122.1 (98.9–151.2) | 2975.3 (2401.2–3673.1) |
| Saudi Arabia | 1990 | 5380.7 (4914.3–5869.4) | 282.7 (260.4–306.4) | 25.2 (19.2–33.1) | 902.3 (710.1–1117.0) |
| | 2019 | 9453.1 (8563.1–10498.6) | 462.1 (420.8–506.9) | 19.1 (16.2–23.7) | 1064.5 (829.7–1348.1) |
| Sudan | 1990 | 3621.7 (3234.1–4040.3) | 186.6 (168.2–206.2) | 11.1 (8.4–16.4) | 510.3 (386.5–656.2) |
| | 2019 | 7272.0 (6509.9–8134.3) | 359.6 (323.4–399.6) | 15.7 (10.6–21.7) | 855.6 (643.6–1090.2) |
| Syrian Arab Republic | 1990 | 4341.8 (3942.2–4797.3) | 224.5 (204.8–246.0) | 18.7 (14.4–23.2) | 740.1 (594.8–903.0) |
| | 2019 | 6832.6 (6133.8–7554.8) | 345.7 (312.5–378.2) | 15.9 (12.3–20.8) | 853.2 (646.5–1103.2) |
| Tunisia | 1990 | 4352.6 (3907.5–4816.6) | 226.1 (205.3–249.7) | 10.9 (8.7–15.0) | 564.0 (434.2–720.3) |
| | 2019 | 8162.2 (7324.6–9059.8) | 408.6 (369.9–451.9) | 14.8 (10.7–19.9) | 943.8 (713.8–1233.8) |
| Turkey | 1990 | 3582.8 (3284.4–3912.6) | 202.5 (188.6–219.4) | 40.4 (34.6–47.0) | 1141.6 (976.1–1333.6) |
| | 2019 | 5082.0 (4584.6–5564.4) | 273.8 (248.8–298.6) | 22.7 (18.3–27.6) | 869.9 (702.3–1073.5) |
| United Arab Emirates | 1990 | 6855.8 (6171.6–7585.2) | 397.2 (364.7–431.8) | 75.3 (58.3–92.8) | 1884.2 (1558.7–2246.7) |
| | 2019 | 11098.2 (10089.0–12249.4) | 589.9 (546.0–641.8) | 55.2 (41.4–70.7) | 1865.2 (1468.0–2332.4) |
| Yemen | 1990 | 2720.2 (2418.6–3042.1) | 145.9 (131.5–161.8) | 11.7 (8.1–17.9) | 467.3 (354.5–626.4) |
| | 2019 | 4686.9 (4150.6–5245.5) | 241.7 (217.4–268.6) | 14.2 (10.2–19.8) | 676.5 (512.3–878.8) |

DALYs = disability-adjusted life years.