



Saudi Arabia

Diabetes and influenza

6th Mena Influenza Stakeholders Meeting

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Organized by Fondation Mérieux

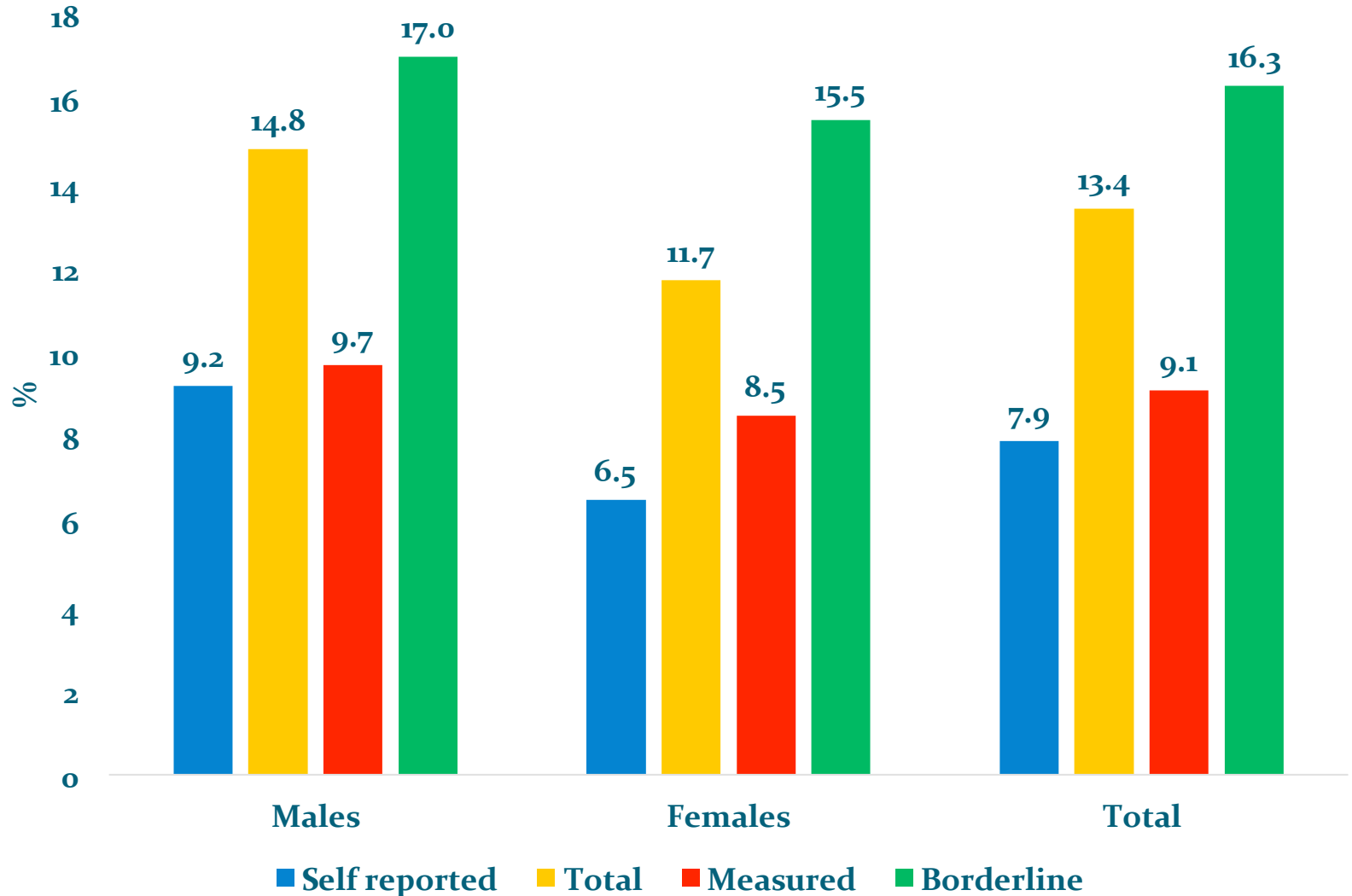
Prague, Czech Republic
6-7 April 2017

The Prevalence of Diabetes Mellitus in Saudi Arabia: Previous Studies

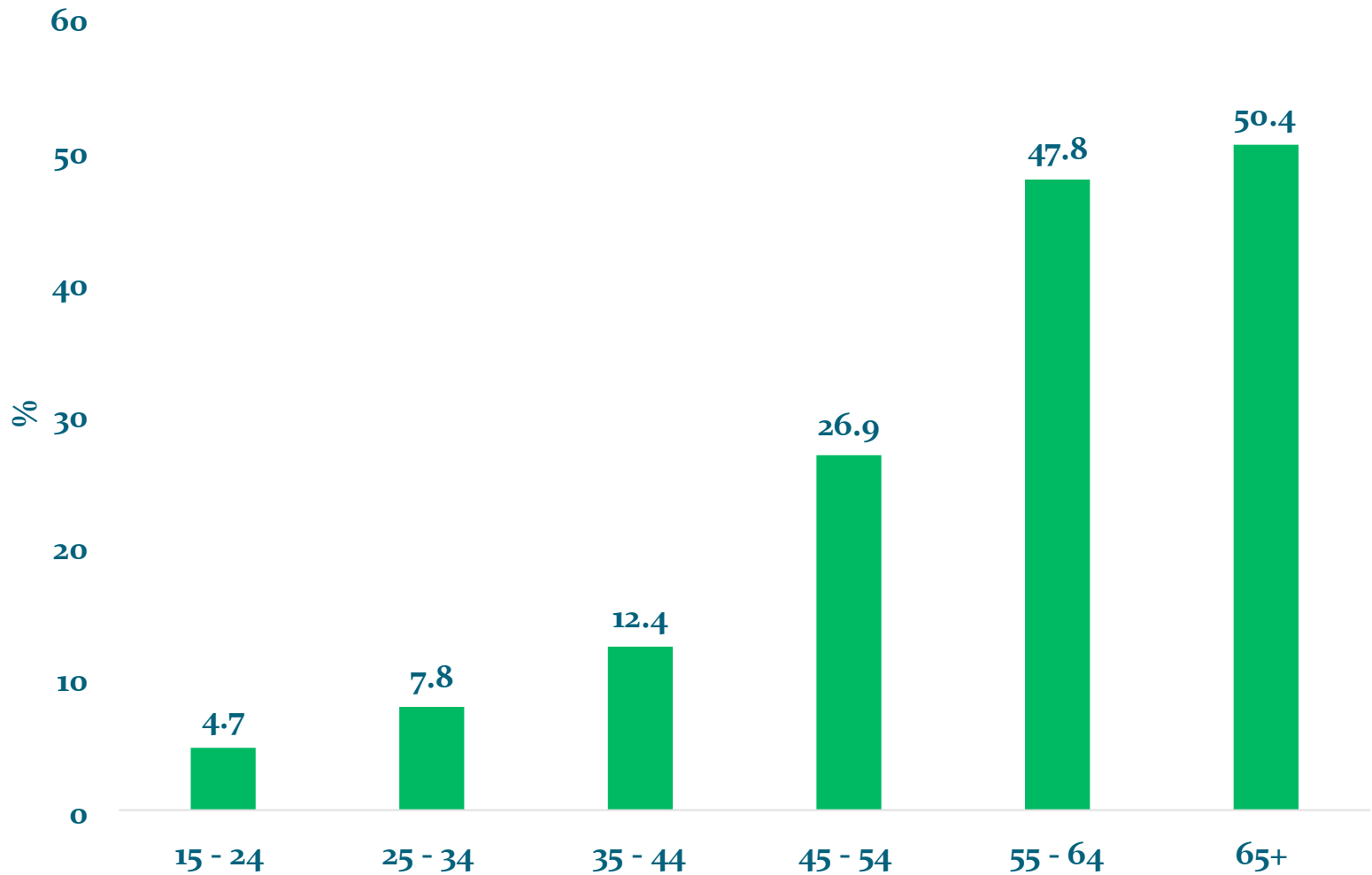
Author	Prevalence	Age of subjects	Sample size	Year published
Fatani et al	Overall=4.3% Males 2.9% Females 5.9%	15-65	5222	1987
Al-Nuaim	Urban Males 12% Females 14% Rural Males 7% Females 7.7%	>15 years	13177	1997
El-Hazmi et al	Males 5.86% Females 4.83%	2-77 years	25337	1998
Warsy et al	Males 9.7% Females 7%	>14 years	14660	1999
Al-Nozha et al	Overall 23.7% Males 26.2% Females 21.5%	30-70 years	16917	2004

**Saudi Health Interview
Survey
2013**

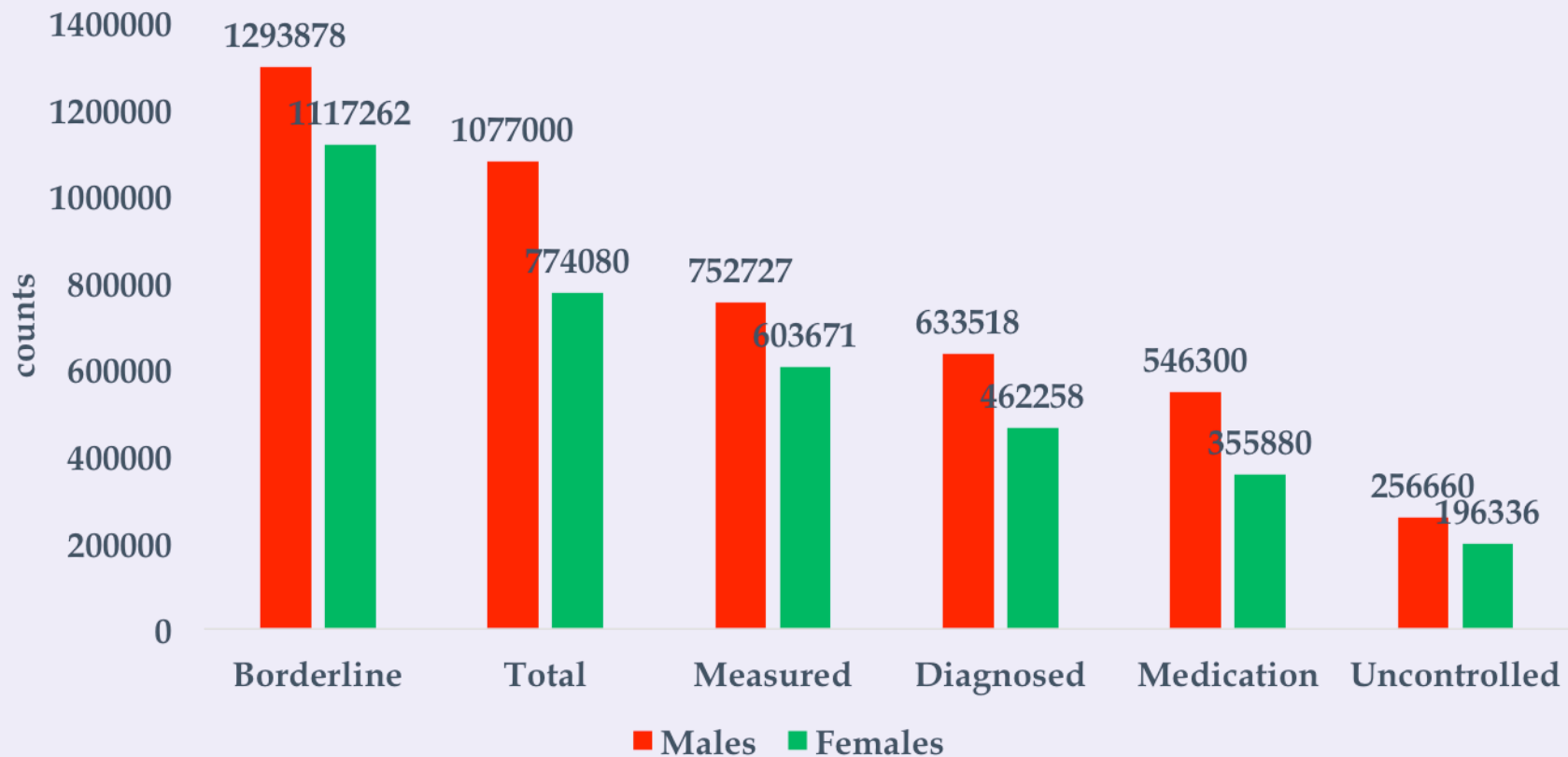
Diabetes Mellitus



Diabetes by Age



Diabetes Mellitus in Numbers



Summary of findings for Saudis ages 15 or older

15.1%

Hypertensive

40.5%

Borderline
hypertensive

8.5%

Hypercholesterole
mic

20%

Borderline
Hyper-
cholesterole
mic

13.4%

Diabetic

16.3%

Borderli
ne
diabetic

Summary of findings for Saudis ages 15 or older

28.7%

Obese

29% Over
weight

51%

Vitamin D
deficient

75.5%

Have never
gone for a
routine
checkup

12.2%

Currently
smoke
cigarettes

11.3%

Consume shisha
daily

COUNTRY OBJECTIVE FOR THE UPCOMING 3 YEARS in Diabetes

- Reaching vaccination coverage :
 - 50% of Chronic diseases patients

ACTION PLAN COMPONENTS UPDATE

COMPONENTS / Actions	Progress achieved since the beginning of MENA INS?	2017 – 2018- Future actions to attain (to be completed in September)	Challenges
SURVEILLANCE	March to May 2017: Launching incidence of Flu in DM pt in 2016-2017 season	<p>JAN and February 2018: if the diabetic patient had been vaccinated or not</p> <p>May and June 2018: The vaccinated patients: had flu or not</p>	<p>Registration and reporting at PHC</p> <p>Collect the data of FLU burden on diabetic patients</p>
VACCINATION	Community campaign, be properly prepared from March to May 2017	<p>implemented starting from the flu season 2017-2018</p> <p>The diabetic patients will be included into the whole FLU awareness campaign activities, as one of the target groups.</p> <p>will create a dedicated materials with dedicated message toward the diabetic patients, the materials including (Leaflets, Rollup stands, Video,...etc)</p> <p>will contribute in the Diabetes campaign activities that are organizing by MOH during November 2017 with FLU materials.</p> <p>Well being clinics in malls, Mobile clinics</p>	<p>Raise the Vaccination coverage among the diabetic patients (now 8%)</p> <p>Coverage : compliance of Health workers and diabetic patients maintenance supply of vaccine Reaching target population</p>

ACTION PLAN COMPONENTS UPDATE

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SOCIAL MOBILIZATION / EDUCATION / AWARENESS	Orientation sessions for all diabetes coordinators at regions (TOT) College Volunteer.	Regions Coordinators will conduct orientation session for health workers at PHC level under supervision of MOH (March- May) Universities and associations .	Delivering convincing health message to the community using suitable means to reach the community Turnover of HCP.
ADVOCACY & POLICY	Annual Influenza vaccination is recommended & included in the National Guide for Diabetes management. (Since 2008)	a memorandum will be sent to the concerned HCPs to all the concerned, after the distribution of the annual MOH memo to enforce the flu vaccine.	Create a health system that encourages and supports physicians and health care providers to recommend FLU vaccine to their health care prescriptions and to offer the services on site or at various convenient sites for their patients.

CONCLUSIONS / HIGHLIGHTS

- Phase 1: medical education awareness meeting with the MOH 20 coordinators, 22nd of March, Jeddah.
- Phase 2: Four medical education awareness meetings (TOT), which will be held from March to May in 4 main regions (Riyadh 3-4 May, Tabok 10-11 May, Makkah 17-18 May Dammam 25-26 May), under the responsibilities of the MOH and coordinators.

Phase 3: a survey will be conducted 3 times asking about:

- o **March to May 2017:** incidence of Flu in 2016-2017 season
- o **JAN and February 2018:** if the diabetic patient had been vaccinated or not.
- o **May and June 2018:**
 - The vaccinated patients: had flu or not
 - Did the patient vaccinate or not?

CONCLUSIONS / HIGHLIGHTS

- Phase 4: a memorandum will be sent to the concerned HCPs to all the concerned, after the distribution of the annual MOH memo to enforce the flu vaccine.
- Phase 5: community campaign, will be properly prepared from March to May 2017, to be implemented starting from the flu season 2017-2018 and to be working on November 2017 with the world diabetes day.

meeting with the MOH 20 coordinators, 22nd of March, Jeddah.



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