



مستقبل صحي للإمارات
UAE HEALTHY FUTURE

NEWSLETTER

March 2020

THANK YOU FOR YOUR VALUABLE PARTICIPATION IN THE UAE HEALTHY FUTURE STUDY



DR. RAGHIB ALI
PRINCIPAL INVESTIGATOR

MARHABA!

In 2011, I moved to the UAE from the University of Oxford because I wanted to understand why rates of obesity, diabetes, and cardiovascular disease were so high in the UAE and how they could be prevented. This would only be possible through a large, long-term study of Emirati health, and in 2014 the Public Health Research Center at NYU Abu Dhabi in partnership with the leading hospitals and universities in the UAE, began the UAE Healthy Future Study. This is the first study of its kind in the UAE, which aims to achieve our vision of creating 'a healthy society where everyone can achieve their full potential in life.'

This long-term objective is only possible through your kind participation - the questionnaires you have filled in and the physical measurements and samples you have provided are key to understand the risk factors for obesity, diabetes and heart disease and what we can do to prevent them.

Thank you for taking part and helping us build a healthier future for the UAE!

EVENTS



Memorandum of Understanding with Dubai Health Authority

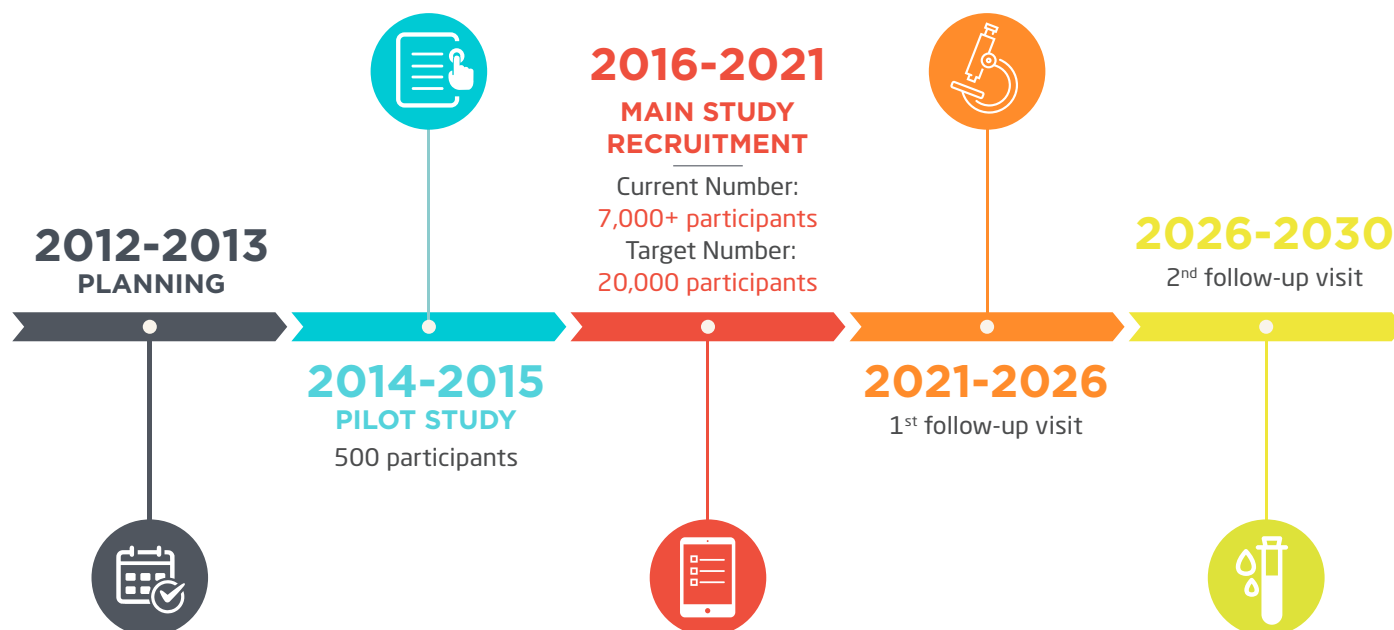


Memorandum of Understanding with Department of Health, Abu Dhabi

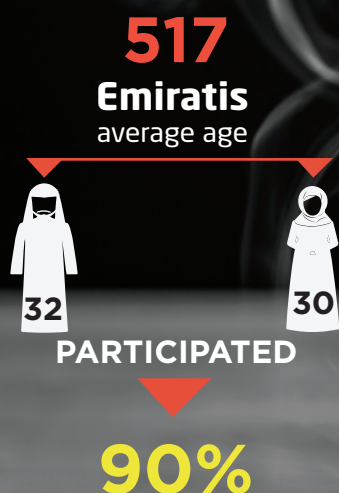
DID YOU KNOW?

- Analysis on first 500 participants in the study has been completed and 6 articles were published.
- There are 40 lead researchers in addition to 30 research staff working on the UAE Healthy Future Study.
- The main reason why people participate in medical research in the UAE is volunteerism and giving back to the community.
- The analysis of sample processing takes place in the NYU Abu Dhabi, Research Laboratories.

YOUR JOURNEY WITH THE STUDY



SUMMARY RESULTS ON THE 1ST 500 PARTICIPANTS



completed the questionnaire,
physical measurements
and provided samples



Self-reported tobacco use:
36% men **3% women**
reported smoking tobacco
based on survey responses

Biochemical verification
of smoking status revealed
42% men **9% women**
were positive for cotinine indicating
possible recent tobacco use

32%
of smokers used two different
tobacco products

6%
of smokers used more than two
tobacco products at the same time



FACTS ON OBESITY

In 2016,
GULF COUNTRIES
have ranked among the
top 20 countries in terms of
OBESITY & OVERWEIGHT

Overweight and obesity are linked to number of health problems including:

heart disease



diabetes



cancers



Causes include

- **Genetics factors:** obesity tends to run in families.
- **Environmental factors:** lifestyle behavior such as unhealthy diet and physical inactivity.
- **Physiological factors:** some emotions may influence eating habits.
- **Other factors:** medications and some medical conditions.



IN **2016**
OVER **650** MILLION
ADULTS WERE OBESE



13%

the world's
adult
population

SUGAR AND OBESITY

Excessive intakes of sugar and sweetened beverages have been linked to weight gain.
As a society we consume far too much sugar.

2 types of sugars



Naturally occurring sugars
can be found in vegetables,
fruits and milk based products



Added sugars
Sugars and syrups added
to food during processing
and preparation.



**How much
sugar is
recommended?**

5% of the daily
energy intake



around **6 teaspoons**
of table sugar



SOURCES OF ADDED SUGAR

MAIN SOURCE

Sugary drinks

Sports & energy drinks
soda and soft drinks



On average

a single can of sugary drink
contain 40g of added sugar



around 10 teaspoons of table sugar



SUGARY DRINKS COST MORE IN UAE

The UAE cabinet adopted a decision to expand the list of excise products to include sweetened beverages, sugary drinks and electronic smoking devices.

January 1, 2020

TAX

50%



A tax of 50% is levied on any product with added sugar or other sweeteners in form of beverage, liquid, concentrate, powder and extracts or any product that may be converted into drinks. (United Arab Emirates, The Cabinet)

Sweetened breakfast

Breakfast & energy bar, cereals



Syrups and sweets

Syrups, honey, candy



Frozen treats

Ice cream & gelato, frozen yogurt



Sweet baked goods

Cakes, cookies & pies, sweet rolls



MEET THE RESEARCHERS



Dr. Ayesha Salem Al Dhaheer

Associate Professor, Vice Dean
Food, Nutrition and Health Department
College of Food and Agriculture
UAE University, Al Ain

INTERESTS

The glycemic index of foods, management and prevention of diabetes, growth assessment, dietary intake interventions, and metabolic syndrome assessment.

ROLE

Dr. Ayesha has been a co-principal investigator and member of the steering committee for the study since its inception, leading the recruitment of participants from UAEU. She has also been Chair of the dietary working group and developed the tools for online dietary assessment, including a food frequency questionnaire and 24-hour recall that were adapted to the UAE culture. She will also lead the analysis of the dietary data and so will continue to play an important role in the study in the future.



Dr. Tom Loney

Associate Professor
Public Health and Epidemiology
College of Medicine, MBRU
Dubai, United Arab Emirates

INTERESTS

Assessing the relationship between lifestyle, occupational, and environmental exposures and various health outcomes (e.g. obesity, diabetes, cardiovascular disease, and cancer). He has a special interest in the relationship between physical activity and chronic disease.

ROLE

To develop and implement the data collection procedures and analysis of accelerometer-derived estimates of free-living physical activity in the UAEHFS using the UK Biobank protocol as a framework.

Why should people participate in the Study

Participating in the study is a national priority, since the outcomes data will feed into the development of national preventive programs and policies for the generation to come.

The UAEHFS is a gift to the nation as the study findings will help to improve the health and wellbeing of Emiratis in the UAE. We should all view ourselves as 'citizen scientists' and contribute to improving the world we live in by participating in research projects such as the UAEHFS.

COMING UP SOON



STAY TUNED FOR A NEW DEVICE

We are introducing **physical activity accelerometers** to our participants, a device that can measure physical activity and **sleep**, so we can understand more about people's **daily activities** and sleep patterns and how it affects their health.

NUTRITIONAL QUESTIONNAIRES



A food frequency questionnaire and 24-hour recall will also be introduced, additional to our existing questionnaire, so we can assess people's energy and nutrient intake by determining **how often a person eats** a limited number of foods and in turn investigate diet health relations.

E-CIGARETTES AND TOBACCO POLICY QUESTIONNAIRE

Since the legalization of e-cigarettes in the UAE last year, we are interested in learning more about their use among Emiratis. We also want to learn more about new tobacco policies that have rolled out recently.

Look out for a survey invitation from our team



We are happy to announce that you can now also **consent online** for the UAE Healthy Future Study!



You will be **contacted** by the **study team** soon to obtain your consent to collect your **Emirates ID number** for the purpose of **follow-up**.

WE WANT TO HEAR ALL ABOUT YOUR EXPERIENCE WITH US

Write to us on info@UAEhealthyfuture.ae



Latifa Women and Children Hospital,
Blood Donation Center



Abu Dhabi Blood Bank (Khalidiya)
Cleveland Clinic Abu Dhabi (Al Mariyah Island)
Healthpoint (Zayed Sports City)



UAE University - Main campus (Al Ain)
Kanad Hospital (Al Ain)



TELL A FRIEND



**DID YOU UPDATE
YOUR CONTACT
INFORMATION?**

Call

800 2327

or email info@UAEhealthyfuture.ae
and let us know

WHERE TO FIND US?



UAEhealthyfutur



UAEhealthyfuture



UAEhealthyfuture



UAEhealthyfuture



REMINDER

HAVE YOU COMPLETED ALL THE STEPS OF THE STUDY?



Fill out a simple questionnaire on lifestyle, health, and socio-economic factors.



Have some physical measurements taken.



Give small samples of blood, urine and mouth-rinse.




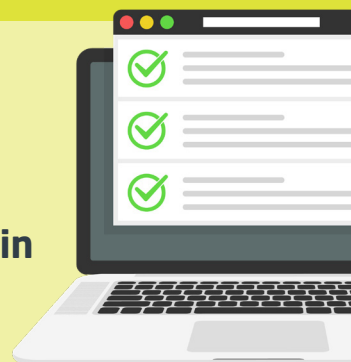
Be re-contacted for follow-up questions and/or attend a repeat assessment visit.

STUDY QUESTIONNAIRE

If you have not yet completed your survey, it is never too late.

<https://adcssurvey.abudhabi.nyu.edu/eng/admin/users/login>

CLICK HERE 



1

Use your **email address** or **phone number** to **Login**.

2

If you **forgot** our **password**, click **forgot** password and check your **email/phone** number to **reset**.

3

You **do not need** to visit the **clinic** to complete your **survey**.

4

All you need is **internet**.

MEASUREMENTS & SAMPLES

If you have not completed your measurements or have not given your samples yet, you still can **complete this by booking an appointment and visiting a study clinic**.

You can now choose the time and location most convenient to you. All you need is to click here <https://uaehealthyfuture.timetap.com/> and **book an appointment** as a **returning participant**.

| The study team would like to thank you for your generous contribution towards a healthier future for the UAE.