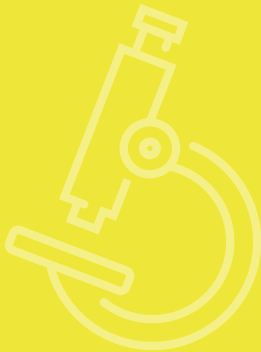




مستقبل صحي للإمارات
UAE HEALTHY FUTURE

UAE HEALTHY FUTURE STUDY



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دائرة الصحة
DEPARTMENT OF HEALTH

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

Thank you for your interest in the **UAE HEALTHY FUTURE STUDY**

You are being invited to join a medical research study on the causes and prevention of obesity, diabetes and heart disease among the Emirati national population between the age of 18 and 40 years. This brochure will give you information about the study.

JOIN US



800 2327



UAEhealthyfuture.ae

**BOOK YOUR
APPOINTMENT
NOW!**



#UAEHealthyFuture

WHY



...is heart Disease
#1
cause of death in the UAE



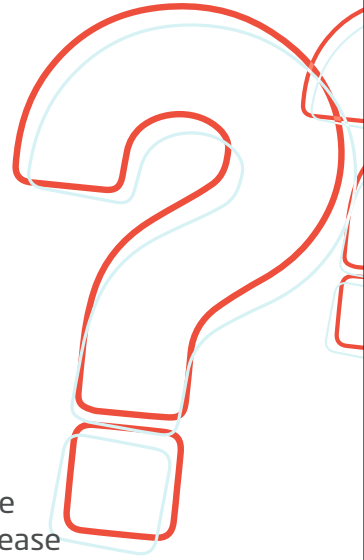
...is **1** out of **5**
Emiratis diabetic



...is **65%** of the
UAE population
overweight or obese



WHAT IS THE PURPOSE OF THIS STUDY?



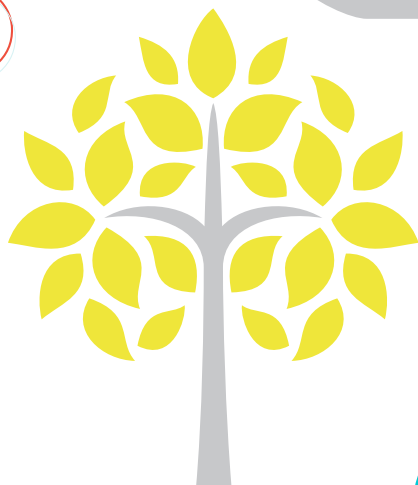
The United Arab Emirates (UAE) has some of the highest rates of obesity, diabetes and heart disease in the world but the reasons for this are unclear. Until now, there have been no studies done in the UAE, or the region, which can give us reliable answers as to why these diseases are common.

Now, for the first time in the UAE, investigators from the leading universities and hospitals have come together to find out why by setting up the UAE Healthy Future study. The UAE Healthy Future study is a medical research study which seeks to determine how the health of 20,000 UAE national men and women, currently aged 18 to 40 is affected by their lifestyle, environment and genes.

To answer these questions reliably, we need long-term studies which follow thousands of people over many years to see how their lifestyle and environment affect the risk of developing these

diseases - these are called 'cohort studies'. Previous cohort studies showed that smoking causes lung cancer; high blood pressure and cholesterol cause heart attack and stroke, etc.

Although the findings of this research may not benefit you directly, the results of this study should give future generations a better chance to live a long life, free of disease and disability. Furthermore, it will be a national resource for the UAE, enabling researchers and policy makers to help build a healthier society for generations to come.



This study will help us find out:

- Why are obesity, diabetes and heart disease common in the UAE?
- What are the most important causes of these diseases?
- What is the relative importance of our genes, lifestyle (including diet, physical activity and tobacco use) and the environment?
- What can we do to prevent them?

WHAT DOES TAKING PART IN THE UAE HEALTHY FUTURE STUDY INVOLVE?

You can participate in the study by signing a consent form during the assessment visit. By signing the consent form, you would be confirming your willingness to:



Fill out a simple questionnaire on lifestyle, health, and socioeconomic 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.

Participation in the study is entirely voluntary.



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عن طريق زيارة موقعنا الإلكتروني:

**CHECK THE LOCATION OF OUR CENTERS
AND BOOK YOUR APPOINTMENT NOW**
by visiting our website:

uaehealthyfuture.timetap.com

