



THE NMC HEALTH INDEX - 2014



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Methodology

- Survey of 1,054 adults (aged 18+) in the UAE exploring perceptions of health and wellness
- Mixed mode data collection: online and computer-assisted personal interviewing (CAPI)
- Respondents could take the survey in English or Arabic
- Quotas based on UAE government statistics were assigned for age, gender and nationality to reflect the population. Data has not been weighted.
- Fieldwork dates:

	Completed interviews	Start Date	End Date
Online (Panel members)	520	17-Oct	3-Oct
Offline (Self-administered CAPI)	534	30-Oct	15-Nov

- The overall margin of sampling error for the “total” results in this study is plus or minus 3 percentage points at the 95% confidence interval
- Responses may not add to 100% due to rounding or exclusion of don't know responses
- Health guidelines or target behaviours are noted on relevant questions as ‘perceived ideal’ and reflect commonly used guidelines or norms



Key findings:

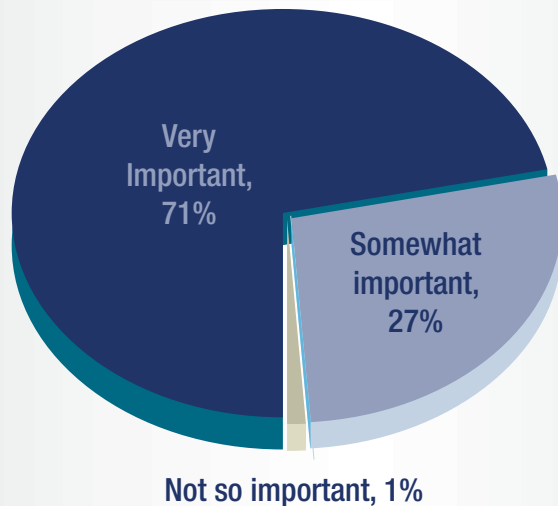
- Having a healthy and active life is considered to be very important by most respondents (71%)
- But nearly as many (65%) think their health and wellness is not fully within their control
- Three quarters (73%) rate their health and well-being as extremely good (37%) or above average (36%)
- However, only 53% achieve a score above the mean value (65) on the overall health index, which indicates that many respondents overestimate their healthiness
- Respondents receive the lowest scores overall for the emotional health index (average score 58) followed by the physical health index (66). Highest scores are attained on the social health index (71)
- For many, perceived importance of personal health in everyday life does not translate into healthy behaviours and lifestyle
- e.g. BMI scores indicate that more than half (52%) of those surveyed are overweight (34%) or obese (18%)
- A quarter (26%) have already been diagnosed with one or more non-communicable diseases



Views and perceptions on health and well-being



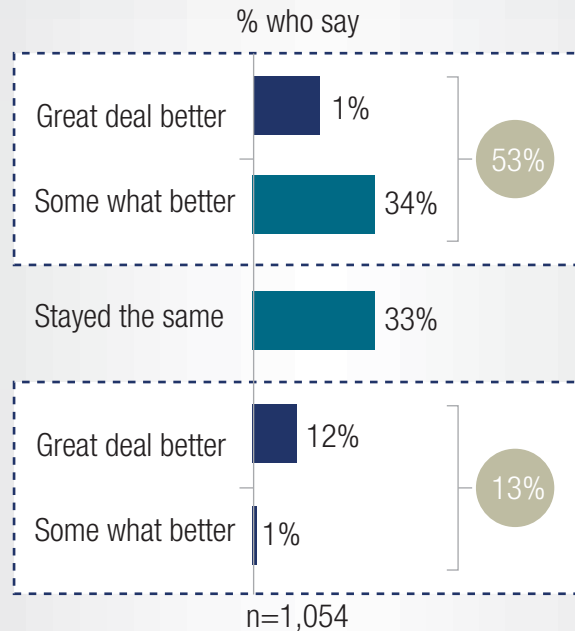
Almost all respondents say having a healthy and active lifestyle is at least somewhat important to them



- Furthermore, seven in ten (71%) say having a healthy and active life is very important
- However, respondent's perceived importance of a healthy and active lifestyle does not necessarily translate into healthy behaviours
- Of those who say having a healthy and active lifestyle is very important (71%):
 - More than half (53%) have a BMI score classified as overweight (36%) or obese (17%)
 - A third (34%) exercise less than once a week
 - And one in five (20%) smoke tobacco



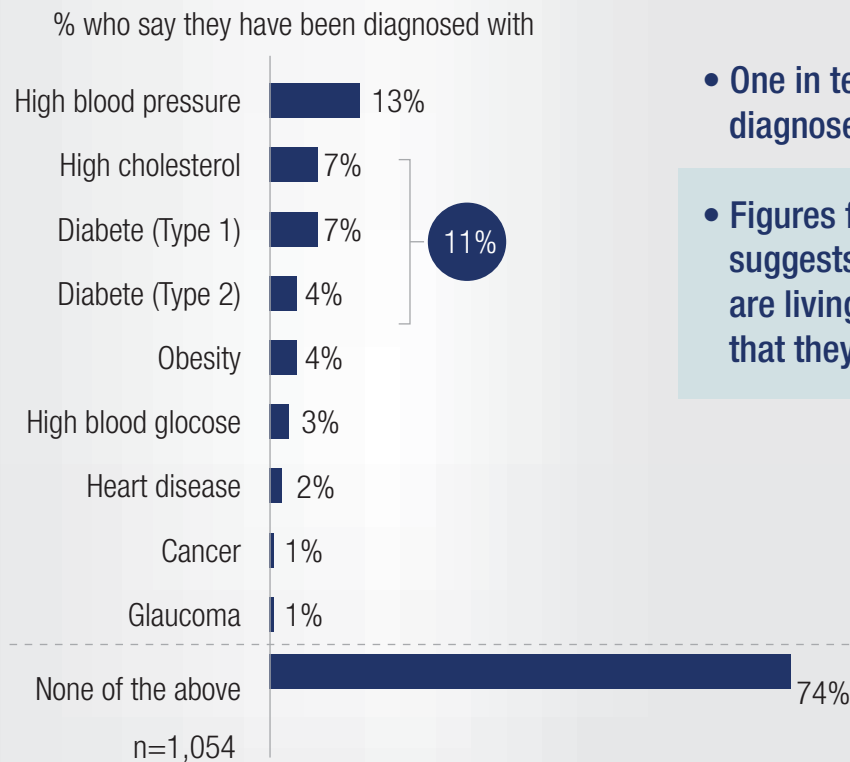
Half (53%) say their health and well-being has changed for the better over the past few years



- Emirati respondents are the most optimistic, with nearly seven in ten (69%) saying their health is a great deal better (23%) or somewhat better (46%)
- Two in three (64%) 18 -24 year olds say their health is a great deal better (25%) or somewhat better (39%)
- Almost half (47%) of 45-54 year olds say their health and well-being has stayed the same
- And overall, women (19%) are more likely than men (9%) to say their health and well-being is worse in the past few years



But a quarter (26%) have been diagnosed with one or more non-communicable diseases (NCDs)



- One in ten (11%) respondents say they have been diagnosed with Type 1 (7%) or Type 2 (4%) diabetes

- Figures from International Diabetes Federation suggests that 19% of the adult UAE population are living with diabetes, half of whom are unaware that they have it

Q. Have you ever been diagnosed with any of the following medical conditions. Please select all that apply



NMC HEALTH Index 2014



The NMC Health Index

- This is the first health index of its kind in the UAE and therefore there is no comparative data for the index. This data provides a benchmark for future research
- The NMC Healthcare Index is a detailed analysis of wellness and well-being of the United Arab Emirates population
- The overall health index is comprised of three sub-indices which measure physical, social and emotional health
- These sub-indices are calculated by computing an average score from their component variables
- Each sub-index is standardized on a 0-100 score and respondents receive a score for each sub-category
- The sub-indices are weighted evenly and combined into standardized 0-100 score measuring health holistically
- The ideal health and well-being score is 100 and as scores move closer to 0, respondents health and well-being deviate further from the ideal

Ideal-100



0



Sub-Indices Design

Each component variable in the sub-index is scored according to how well the respondent adheres to or deviates from recommended health guidelines or “ideal” categories

Physical health index

Explores factors which can influence physical health such as:

- Perceived state of physical health
- Perceived control over a healthy lifestyle
- Body Mass Index (BMI)
- Waist size • Diet
- Exercise
- Alcohol, sheesha and tobacco consumption

Social health index

Social health index Weighs reported satisfaction with a variety of elements of everyday life against their perceived importance such as:

- Relationships with family and friends
- Religion and spirituality
- Work/ life balance
- Access to healthcare
- Perceived physical and emotional health
- Financial situation
- Community interaction
- Safety and security

Emotional health index

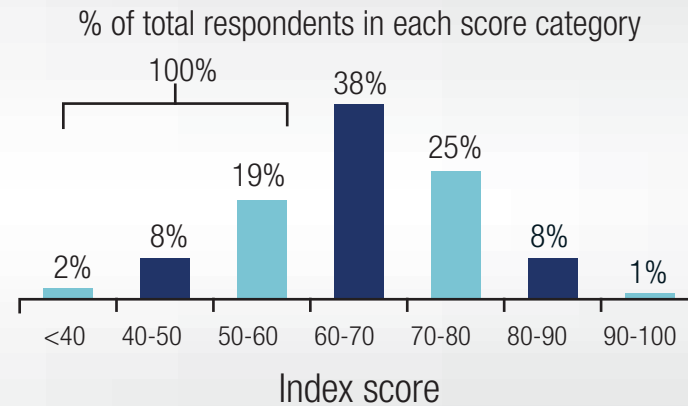
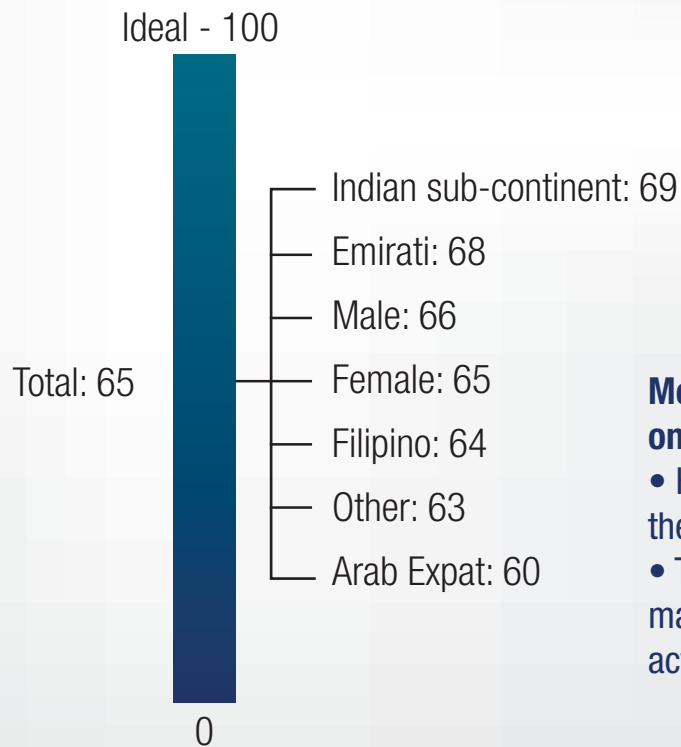
Explores factors which can influence emotional health such as:

- Perceived happiness
- Perceived stress and anxiety in daily life
- WHO (Five) Well-being Index as a measure of emotional functioning
- Hours of sleep per night
- Hours of leisure time per week



Overall health index: Average score for respondents in the UAE is 65

Overall health and well-being index scores



Most respondents (82%) score between 50-80 on the overall health index

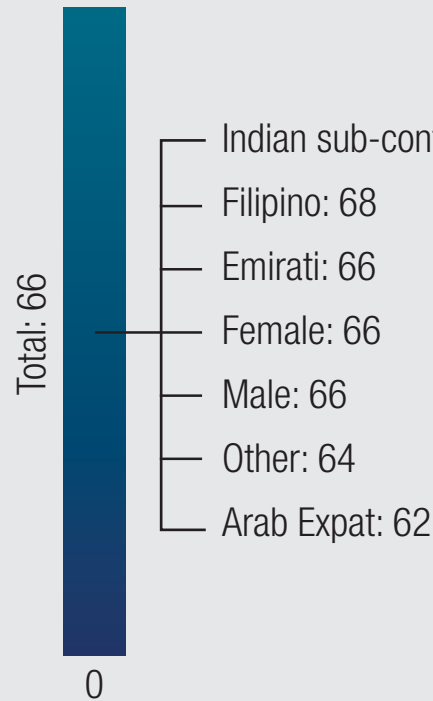
- However, one in ten (10%) respondent's scores fall at or below the index mid point (50) indicating poorer health
- The distribution of scores within the index indicates that while many respondents have taken steps towards living a healthy and active lifestyle, there is still considerable room for improvement



Arab Expat respondents tend to receive the lowest scores across all sub-health indices

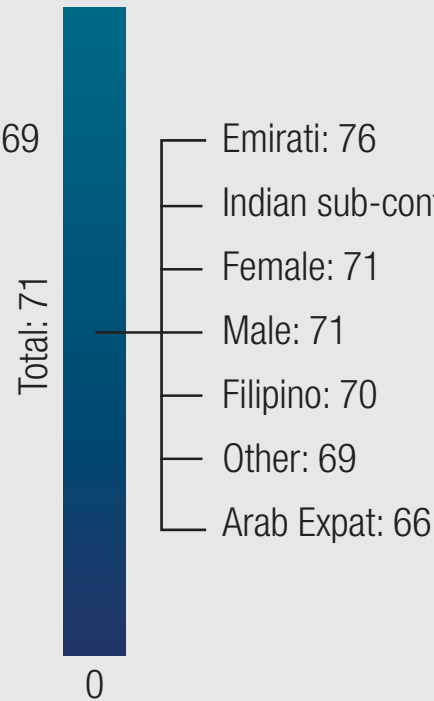
Physical health index Scores

Ideal - 100



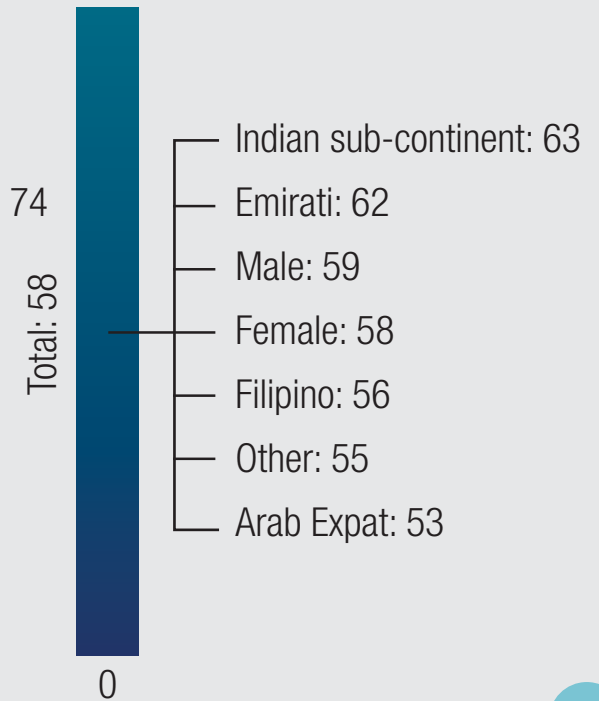
Social health index Scores

Ideal - 100



Emotional health index Scores

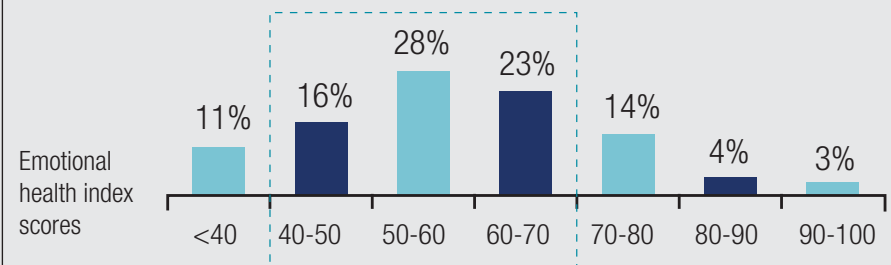
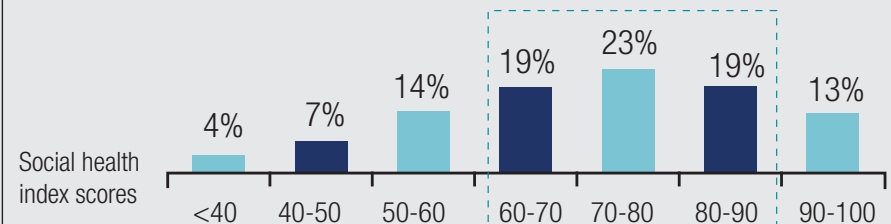
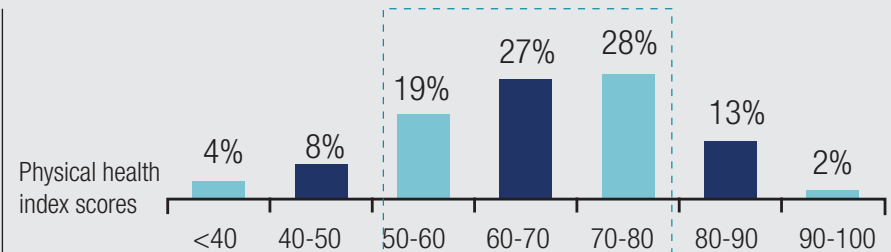
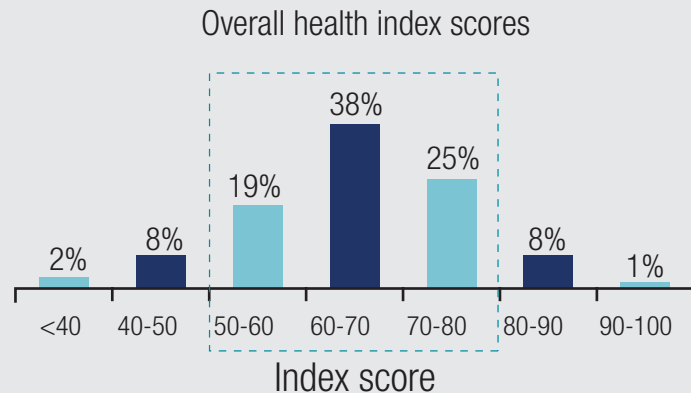
Ideal - 100





Respondent scores tend to be lower overall for emotional health compared to social or physical health

- The graph below shows the distribution of respondent scores on the standardised 0 -100 scale for the overall health index and each sub index
- Scores tend to be highest overall for social health





Physical health sub-index



Physical Health

Physical health index: Average overall score for respondents is 66

Physical health index scores

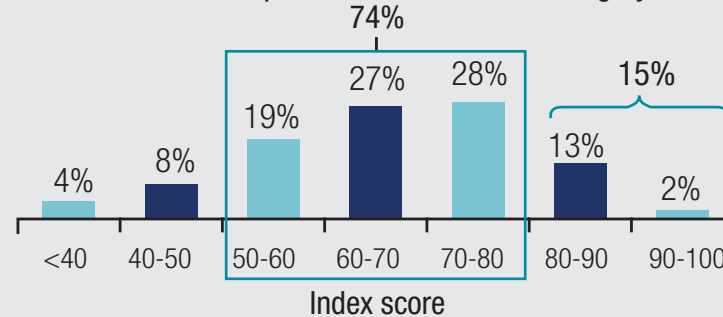
Ideal-100



0

- Indian Sub: 69
- Filipino: 68
- Other: 64
- Emirati: 66,
Female: 66, Male: 66
- Arab Expat: 62

% of total respondents in each score category



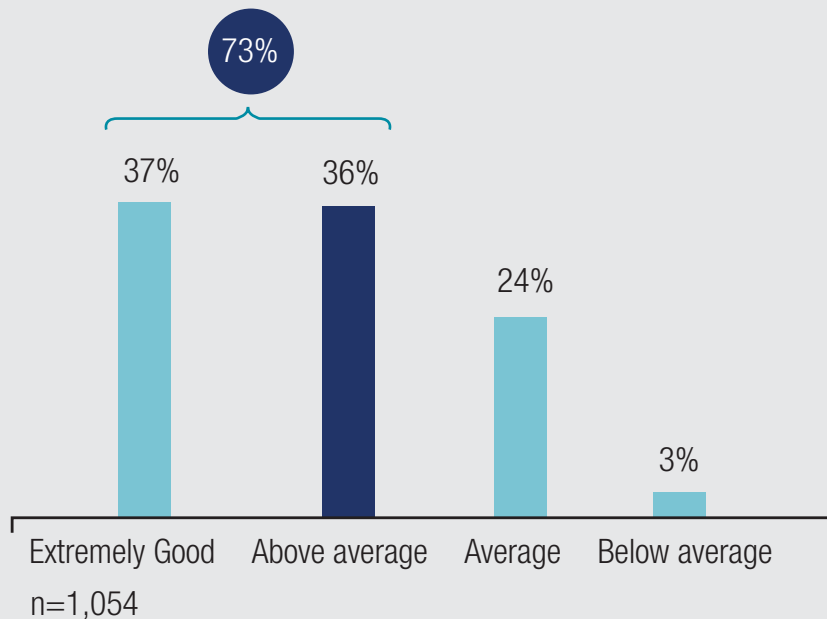
- Most respondents (74%) physical health score falls within the 50-80 range on the index
- But very few respondents (15%) score in the top strata (>80)
- Raising awareness of the benefits of physical health to overall health may encourage people to modify their lifestyle and everyday behaviour to improve their health



Physical Health

Most respondents have a positive perception of their overall health and well-being

% who rate their overall health and well-being as



- Nearly three quarters (73%) say their health and well-being is extremely good (37%) or above average (36%)
- However, only 52% of respondents score above the average score (65) on the overall health index which indicates that many respondents overestimate their healthiness

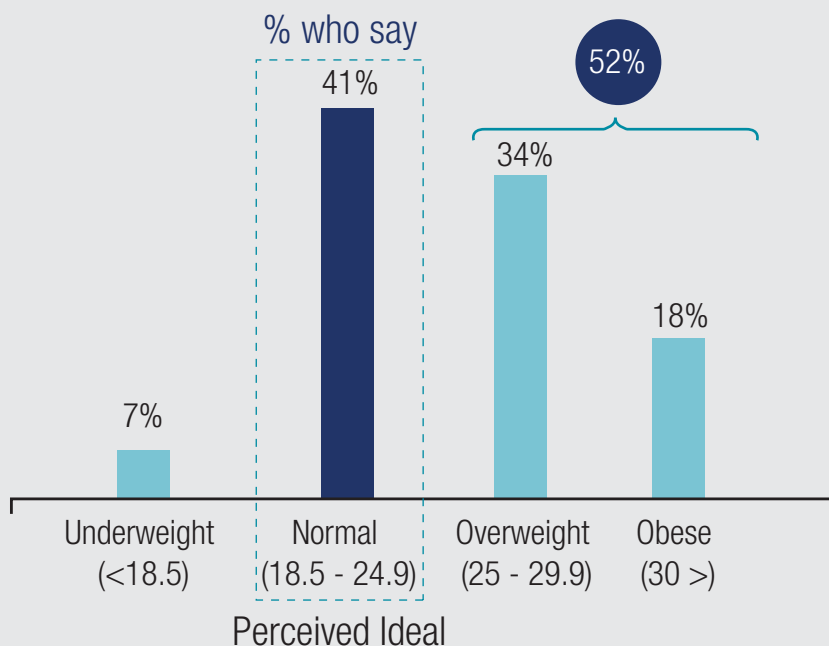
Please note: Data by nationality, gender and age included in appendix

Q. How would you rate your overall health and well-being?



Physical Health

However, BMI scores indicate that more than half (52%) of those surveyed are overweight (34%) or obese (18%)



- Body Mass Index scores were calculated based on self reported measurements for height and weight
- Emirati respondents report the highest rate of obesity with a quarter (27%) having a BMI score in the obese range (30)
- BMI scores do not tend to align with respondents self ratings of health and well-being
- One in five (18%) who say their overall health is extremely good have a BMI score in the obese range
- A further third (31%) have a BMI score classified as overweight
- Four in five (81%) respondents whose BMI is categorised in the obese range (30) say they have never been diagnosed with obesity

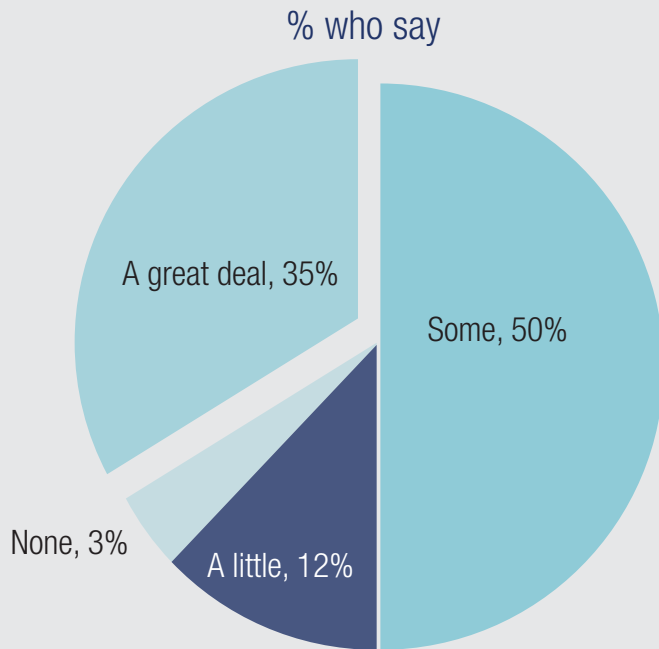
Q. Please enter your height

Q. Please enter your weight



Physical Health

The majority of respondents (65%) feel that having a healthy lifestyle is not wholly within their control



Total who say some, a little or no control over having a healthy lifestyle = 65%

- Just one in three (35%) say they have a great deal of control over having a healthy lifestyle
- More than one in ten (15%) say they have a little (12%) or no control (3%)
- Arab Expat respondents are significantly more likely than other nationalities to say they have a little (21%) or no control (7%)

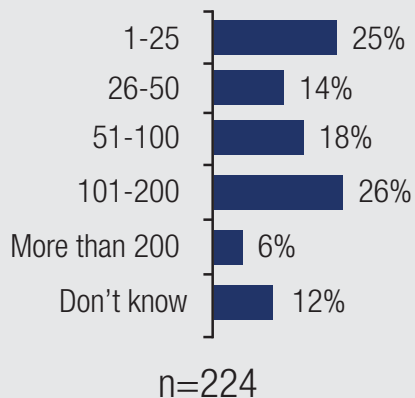
Q. How much control do you feel you have over having a healthy lifestyle?



Physical Health

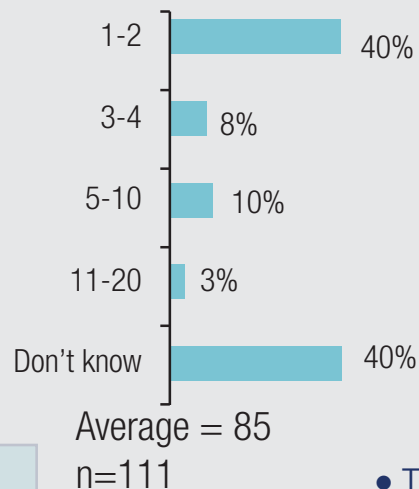
Overall, three in ten (31%) either smoke some form of tobacco or drink alcohol weekly

21% Smoke tobacco

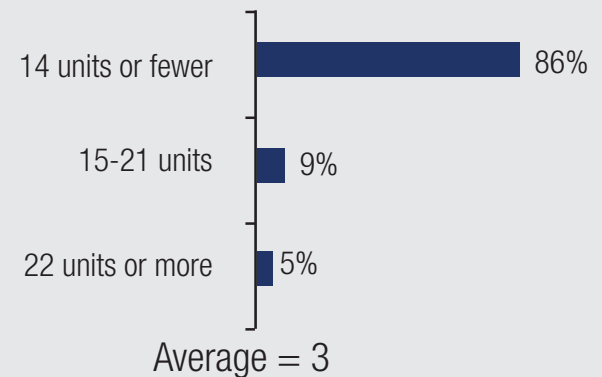


Men (32%) are five times more likely than women (6%) to smoke tobacco

11% Smoke sheesa



10% Drink alcohol



- Those who drink alcohol are twice as likely (48%) to smoke some form of tobacco compared to non- drinkers (23%)
- Filipino respondents (34%) are more likely than other nationalities to say they drink alcohol

- Q. Do you do any of the following? Smoke tobacco, smoke sheesa, drink alcohol
- Q. On average, how many cigarettes do you smoke a week
- Q. On average, how many Sheesa do you smoke a week?
- Q. On average, how many units of alcohol do you drink per week?



Physical Health

Physical activity: Only one in ten (14%) do 30 minutes of moderate exercise on 5 or more occasions per week



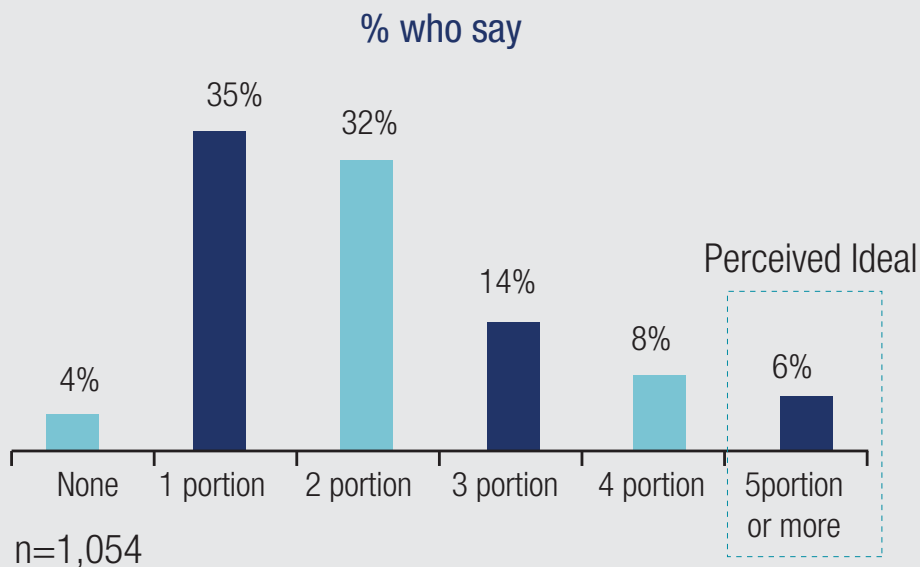
- One third (35%) of respondents exercise less than once a week
- Those who exercise less than once a week are more likely to be:
 - Females (41%) [Males, 31%]
 - Arab Expats (44%) [Emiratis, 32% or Non-Arabs, 31%]
 - Or have a BMI score classified as obese: (45%) [Overweight, 35%, Normal weight, 32%, underweight, 30%]

Q. On average, how many times a week do you exercise or do moderate physical activity for 30 minutes or more? Moderate physical activity is where you're working hard enough to raise your heart rate and break into a sweat



Physical Health

Diet: Less than one in ten (6%) eat 5 or more portions of fruit and vegetables per day



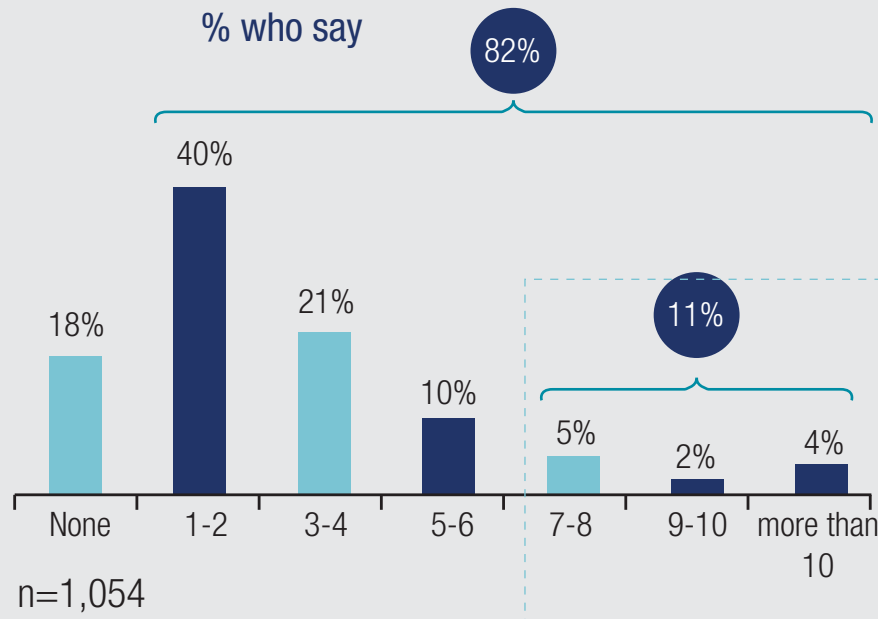
- The majority of respondents consume only one (35%) or two (32%) portions of fruit and vegetables per day
- Respondents who say they have little or no control over having a healthy and active lifestyle are more likely to eat no fruit and vegetables per day (13%) than those who have say they have a great deal or some control (3%)

Q. On average, how many portions of fruit and vegetables do you eat per day?



Physical Health

Diet: Four in five (82%) respondents consume carbonated or sugary drinks on a weekly basis



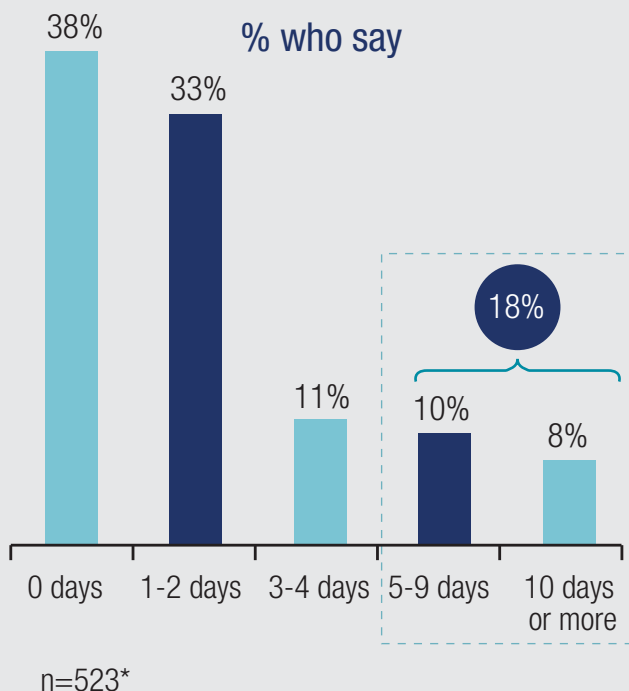
- Most respondents (40%) consume one to two carbonated or sugary beverages per week
- One in five (11%) consume seven or more carbonated or sugary drinks per week
- Nearly half (45%) of respondents aged 55 or more say they have no carbonated or sugary drinks per week

Q. On average, how many carbonated or sugary drinks do you consume per week?



Physical Health

Respondents who work have taken an average of 2.8 days sick leave in the past year



- Nearly two in five (38%) have not taken any sick leave in the past year
- But one in five respondents (18%) have taken 5 days or more of sick leave in the last year
- Females respondents (69%) are more likely than males (58%) to have taken sick leave in the past year

Q. Approximately how many days of sick leave have you taken from work in the past year?

*NOTE: Graph shows data for those who are self employed or employed on a full or part time basis.

“Don’t know” responses excluded



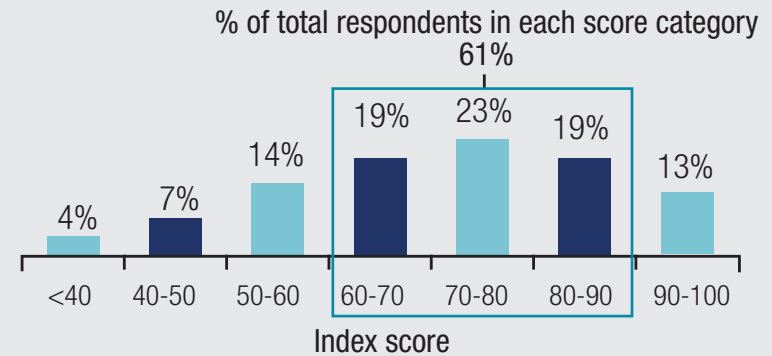
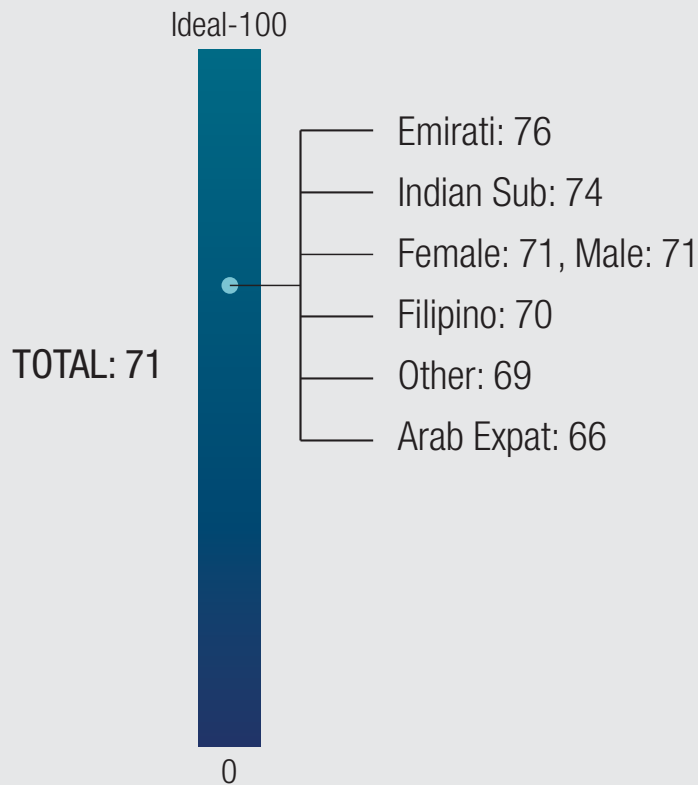
Social health sub-index



Social Health

Social health index: Average score for respondents is 71

Social health index scores



- Most respondents (61%) social health score falls within the 60-90 range on the index
- Many respondents recognise the importance of different elements of social health to their everyday lives
- The biggest gaps between perceived importance and reported satisfaction tend to relate to work factors, physical and emotional health



Social Health

A wide range of factors are considered to be important in everyday life but physical health is seen as most important

	Very important(%)
Your physical health	71%
Your home life	69%
Practising your religion	68%
How safe you feel	67%
Amount of time spent with your family	67%
Your emotional health	66%
How much you earn	65%
Your relationship with your partner or spouse	65%
Your job	64%
Your job security	63%
Where you live	62%
Access to health insurance	60%
Your relationship with friends	58%
How much you spend on necessities (e.g. housing, healthcare, food)	57%
Conditions in your workplace	57%
Your spiritual life	56%
Your access to a doctor	55%
Your access to affordable fruits and vegetables	54%
Amount of vacation time you have	53%
Your relationship with your work colleagues	50%
Amount of time you spend at work	49%
Amount of time you have for leisure activities	48%
Your community involvement	48%
How much stress you have	47%
Amount of time you can spend alone	41%

- Respondents were asked to rate how important a range of factors are to their everyday lives
- Personal health, relationships with friends and family, job related factors, religion, financial situation and access to health insurance are perceived as more important
- Work/ life balance, community involvement and how much stress respondents have are seen as less important overall in everyday life

Q. From your perspective, how important or unimportant are each of the following factors in your everyday life?



Social Health

On the whole, respondents are least satisfied with elements related to their work and the amount of stress they have

	Very important(%)
How safe you feel	47%
Practising your religion	47%
Where you live	46%
Your relationship with your partner or spouse	46%
Your home life	45%
Your relationship with friends	44%
Your physical health	42%
Your spiritual life	41%
Your emotional health	41%
Amount of time spent with your family	41%
Your access to affordable fruits and vegetables	36%
Your community involvement	36%
Your job security	36%
Your access to a doctor	35%
Access to health insurance	34%
How much you spend on necessities (e.g. housing, healthcare, food)	33%
Your relationship with your work colleagues	33%
Amount of time you spend at work	33%
Amount of vacation time you have	33%
Amount of time you can spend alone	32%
How much you earn	32%
Amount of time you have for leisure activities	31%
Your job	31%
Conditions in your workplace	31%
How much stress you have	23%

- Respondents were asked to rate the same list of factors in terms of how satisfied or dissatisfied they feel in their everyday lives
- Respondents tend to be most satisfied with their personal health and safety, relationships with friends and family and their faith
- Respondents tend to give lower satisfaction scores for factors related to work (security, salary, working conditions) as well as the amount of stress they have
- Arab Expat respondents tend to give lower satisfaction scores overall for most factors compared to other nationalities

Q. And, how satisfied or dissatisfied do you feel with each of the following factors in your everyday life?



Social Health

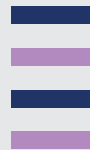
Largest gaps between perceived importance and reported satisfaction relate to work factors

	Perception gap (%)	Total Very important (%)	Total Very satisfied (%)
How much you earn	33%	65%	32%
Your job	33%	64%	31%
Your physical health	29%	71%	42%
Your job security	27%	63%	36%
Amount of time spent with your family	26%	67%	41%
Access to health insurance	26%	60%	34%
Conditions in your workplace	26%	57%	31%
Your emotional health	25%	66%	41%
How much stress you have	24%	47%	23%
How much you spend on necessities (e.g. housing, healthcare, food)	24%	57%	33%
Your home life	24%	69%	45%
Practising your religion	21%	68%	47%
How safe you feel	20%	67%	47%
Your access to a doctor	20%	55%	35%
Amount of vacation time you have	20%	53%	33%
Your relationship with your partner or spouse	19%	65%	46%
Your access to affordable fruits and vegetables	18%	54%	36%
Amount of time you have for leisure activities	17%	48%	31%
Your relationship with your work colleagues	17%	50%	33%
Amount of time you spend at work	16%	49%	33%
Where you live	16%	62%	46%
Your spiritual life	15%	56%	41%
Your relationship with friends	14%	58%	44%
Your community involvement	12%	48%	36%
Amount of time you can spend alone	9%	41%	32%

- This table shows the gap between perceived importance and reported satisfaction with each element in their daily life
- The largest perception gaps tend to be connected to work and financial pressure (salary, security and working conditions, access to health insurance)
- Reported satisfaction with personal health (physical and emotional) is relatively high overall but when compared to perceived importance there are still large perception gaps indicating room for improvement

Q. From your perspective, how important or unimportant are each of the following factors in your everyday life?

Q. And, how satisfied or dissatisfied do you feel with each of the following factors in your everyday life?



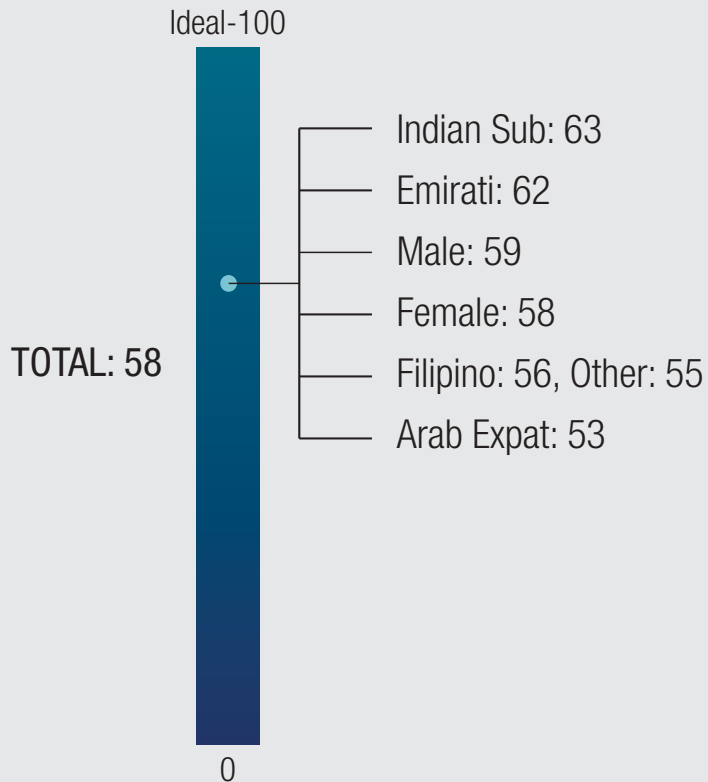
Emotional health sub-index



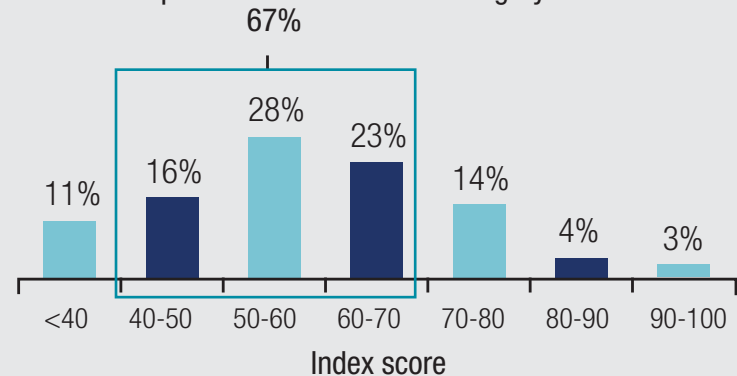
Emotional health

Emotional health index: Average score for respondents is 58

Emotional Health Index Scores



% of total respondents in each score category

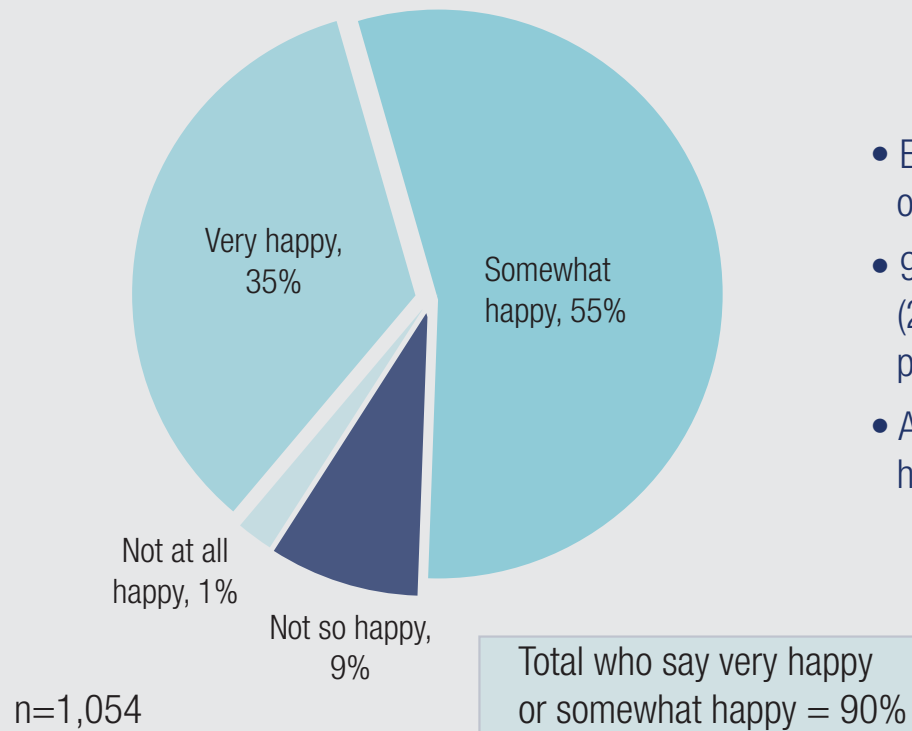


- Overall respondents tend to score lowest on the emotional health index
- Most respondents (67%) emotional health score falls within the 40-70 range on the index
- These scores indicate an opportunity to engage and communicate with people in the UAE on ways to improve their emotional health



Emotional health

Nine in ten (90%) say they are at least somewhat happy with their personal life but only a third (35%) are very happy



- Emirati and Indian subcontinent are happiest overall
- 97% of Emirati respondents are very happy (25%) or somewhat happy (72%) with their personal life
- And 94% of Indian subcontinent are very happy (55%) or somewhat happy (39%)

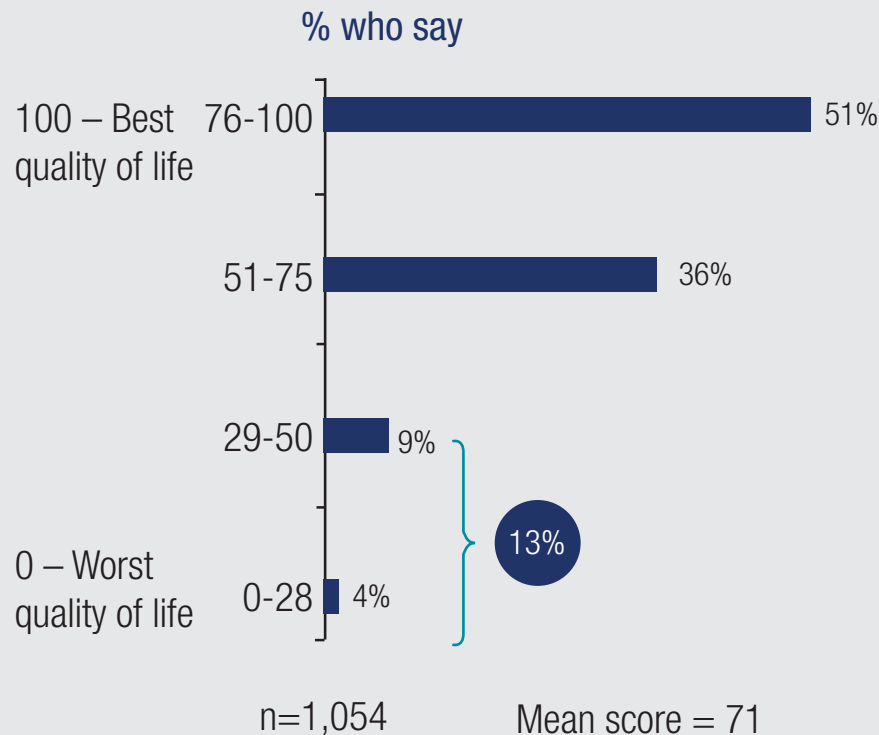
Please note: Data by nationality, gender and age included in appendix

Q. Overall, how happy are you with your personal life?



Emotional health

WHO-5 Emotional Well-being Index: One in ten (13%) indicated to suffer from low moods



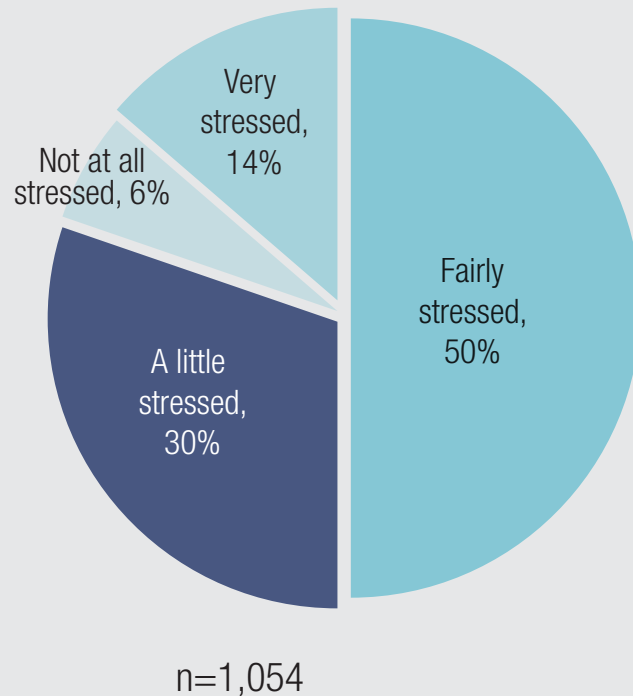
- The WHO-5 index is a measure of emotional functioning
- Respondents rated 5 positively worded items, related to positive mood (good spirits, relaxation), vitality (being active and waking up fresh and rested), and general interests (being interested in things)
- Half (51%) of respondents score within the top quartile, reflecting positive emotional health scores and good quality of life
- Two in three (67%) Emirati respondents fall within this category
- However, more than one in ten (13%) respondents receive a score of 50 or below which is indicative for low mood, though not necessarily depression

Q. Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks?
 I have felt cheerful and in good spirits/ I have felt calm and relaxed/ I have felt active and vigorous/ I woke up feeling fresh and rested/ My daily life has been filled with things that interest me



Emotional health

Nearly two thirds (64%) of respondents say they feel very stressed (14%) or fairly stressed (50%) in their everyday life



- Respondents who say they feel little or no stress have a significantly higher score (71) on the overall health index than those who feel very or fairly stressed (62)

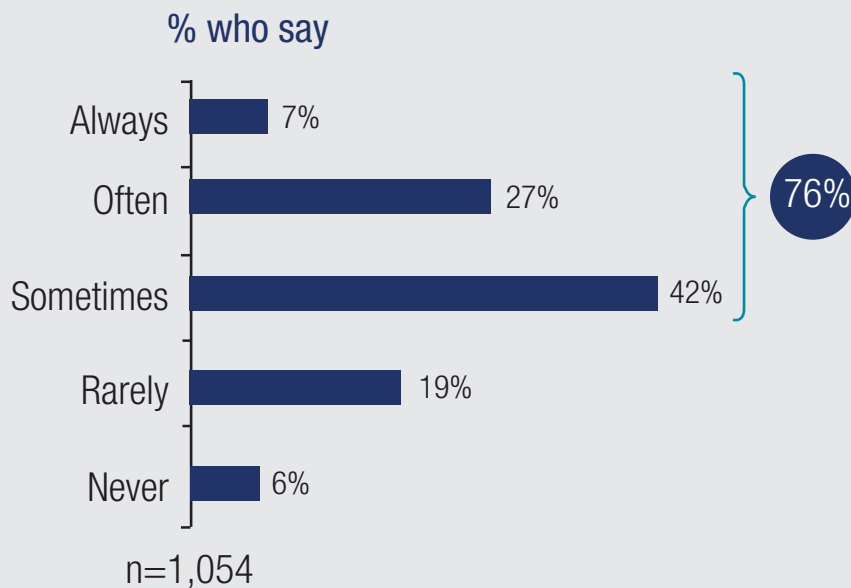
Please note: Data by nationality, gender and age included in appendix

Q. In your everyday life, how stressed do you feel?



Emotional health

Three quarters (76%) say they have felt anxious worried or upset at least sometimes in the past month



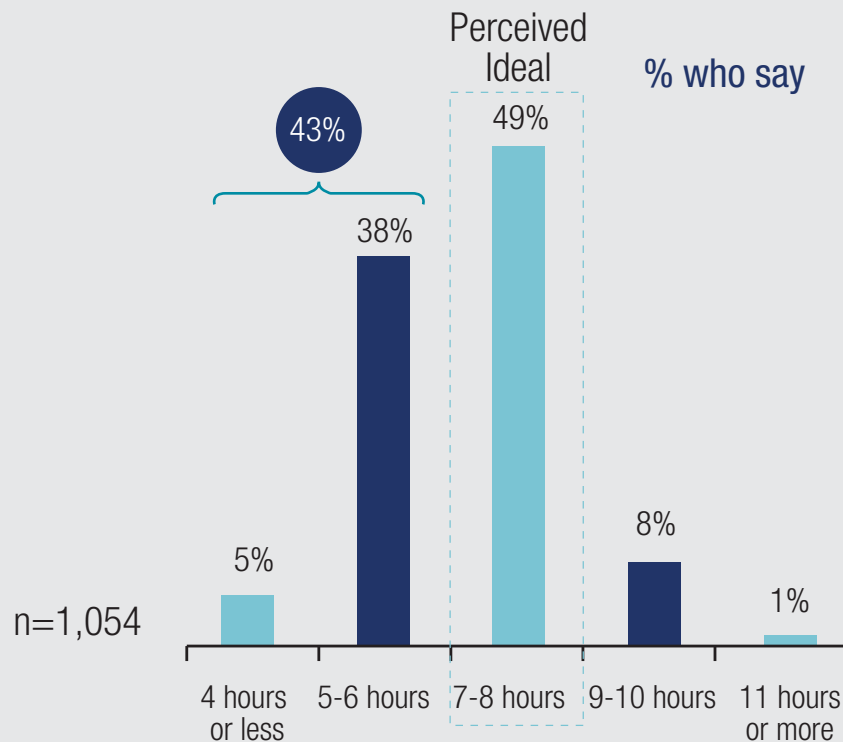
- Indian subcontinent (38%) and Emirati (27%) respondents report the lowest anxiety levels with more than three in ten saying they have rarely or never experienced anxiety in the last month

Q. How often have you felt anxious, worried or upset in the past month?



Emotional health

Only half (49%) of respondents sleep for the recommended 7-8 hours per night



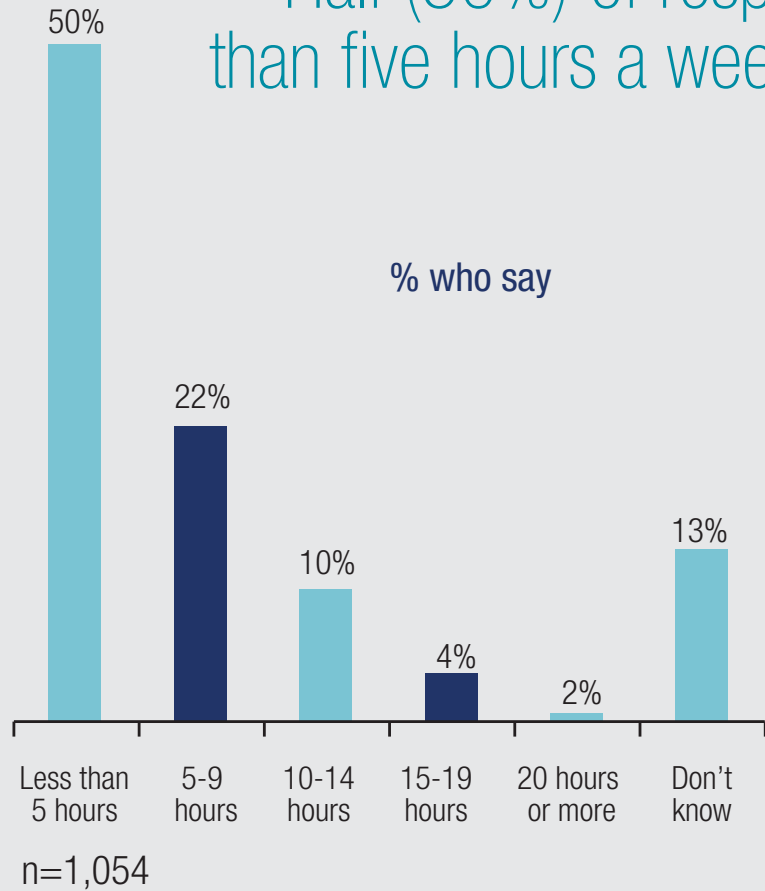
- Two in five (43%) have less than 7 hours sleep per night
- On average, Emirati respondents tend to sleep most overall (7.1 hours per night) and Filipino respondents tend to have the least sleep per night (6.3 hours)

Q. On average, how many hours of sleep do you have per night?



Emotional health

Half (50%) of respondents have less than five hours a week for leisure activities



- Most respondents have less than one hour per day available to spend on leisure activities

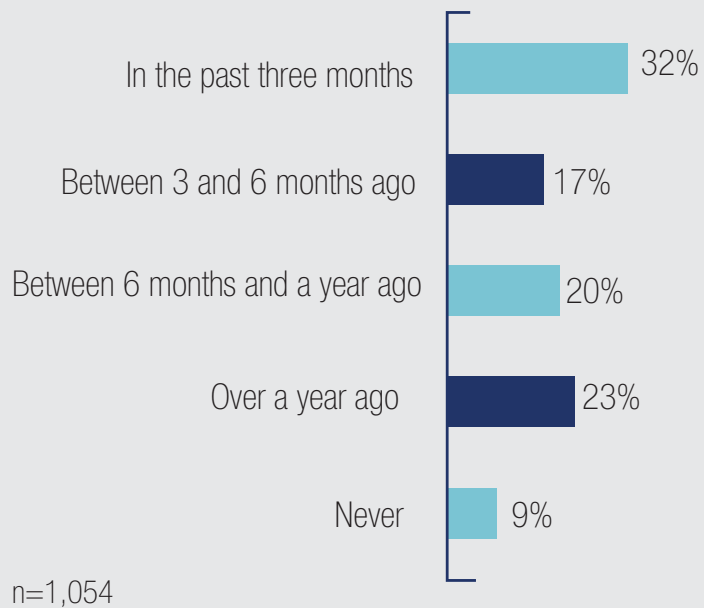
Q. On average, how many hours of sleep do you have per night?



Views on the UAE healthcare system



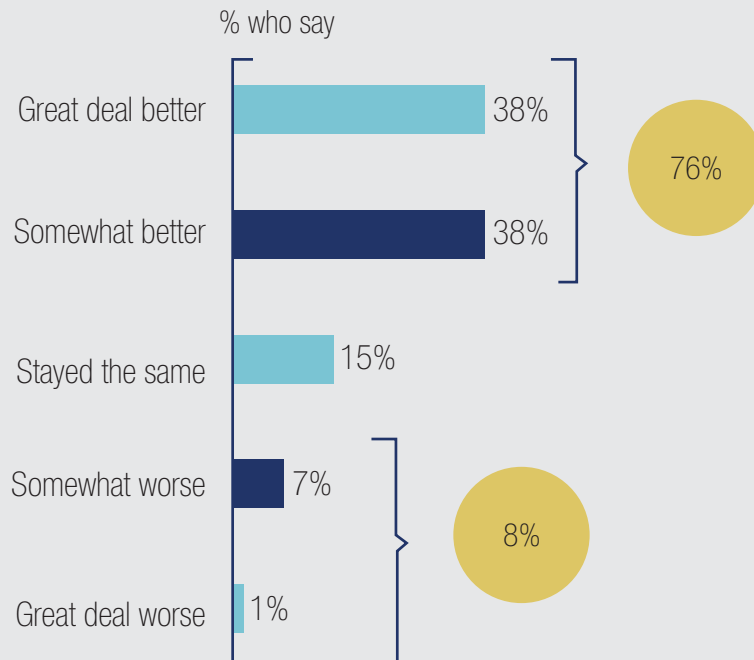
One in ten (9%) has never visited a doctor for any medical reason



- Close to one in five (16%) Emirati respondents say they have never visited a doctor
- Women (37%) are more likely than men to have visited the doctor in the last three months (27%)



Three in four (76%) say the healthcare system in the UAE is better than other countries



n=1,054

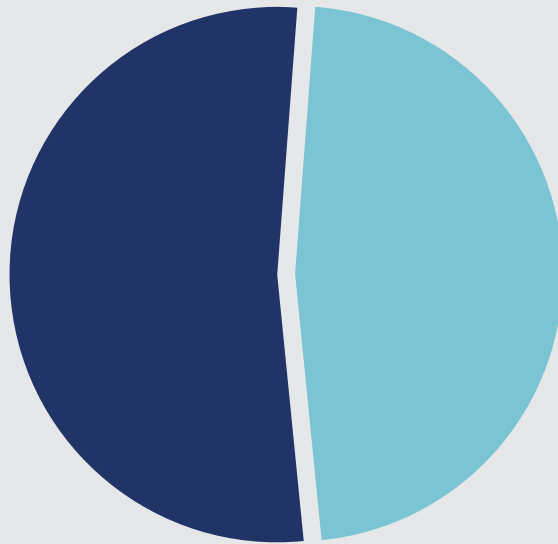
- Emirati respondents are most positive about the healthcare system in the UAE with more than four in five (83%) saying it is better overall than other countries

Q. How do you feel the healthcare system in the UAE compares to other countries?



However, more than half (53%) would go to another country for an operation

% who say



n=1,054

■ Yes ■ No

- Half of the respondents (48%) who say the healthcare system in the UAE is better than other countries also say they would go to another country for a planned operation
- Non-national respondents are more likely than Emiratis to say they would go to another country for an operation
- Filipino respondents (62%) are most likely to say they would go to another country
- Still, one in three (35%) Emirati respondents say they would have an operation in another country

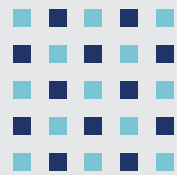


Research Implications



Research implications

- Benchmark measurement of health and wellness in the UAE – As this is the first time the NMC Healthcare Index has been conducted, it is not possible to make comparisons beyond the sub-groups in the current dataset. Nevertheless, the research provides a wide range of insights for NMC Healthcare to engage in current public health debates and is a reliable benchmark for future research
- Need to communicate the gap between perceived health and reported health – The general public need to be better informed about health risk factors and what they should do to prevent or manage non-communicable diseases
- Clear and engaging education on risk factors – Given the gap between perceived health and reported health it is clear that more can be done to educate people in the UAE about health risks. NMC Healthcare needs to develop high quality, targeted education programmes to encourage people to live more active and balanced lives. To do this, NMC Healthcare should identify and champion a small number of health issues and consider conducting further research to better understand the types of programmes and communications that will most likely lead to behavioural change
- Stakeholder engagement – NMC Healthcare should partner with a range of stakeholders (e.g. national governments, employers, patient groups) to help develop and implement programs and products targeted to specific segments of the population

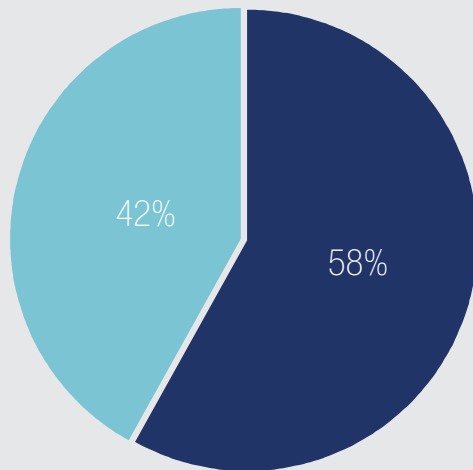


Demographics



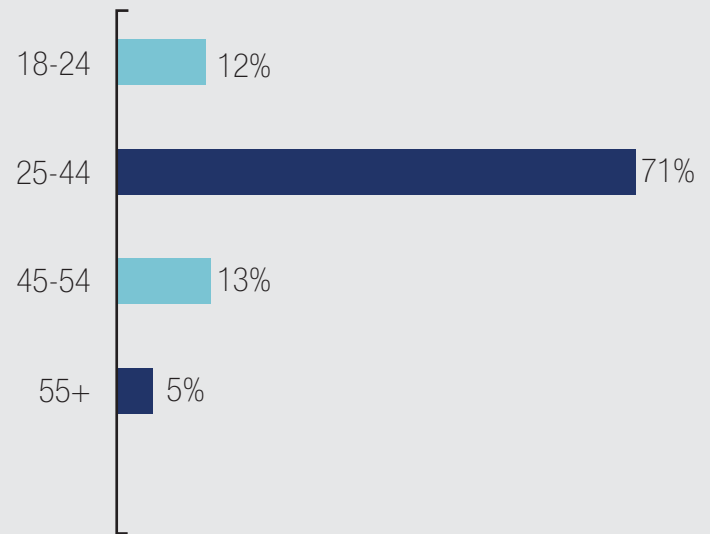
Demographics: Gender and Age

Gender



n=1,054

Age



n=1,054

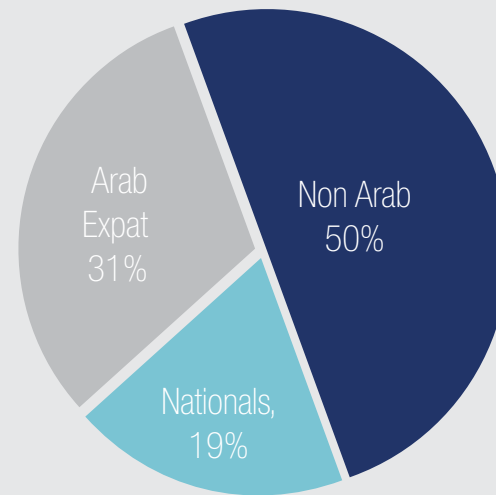
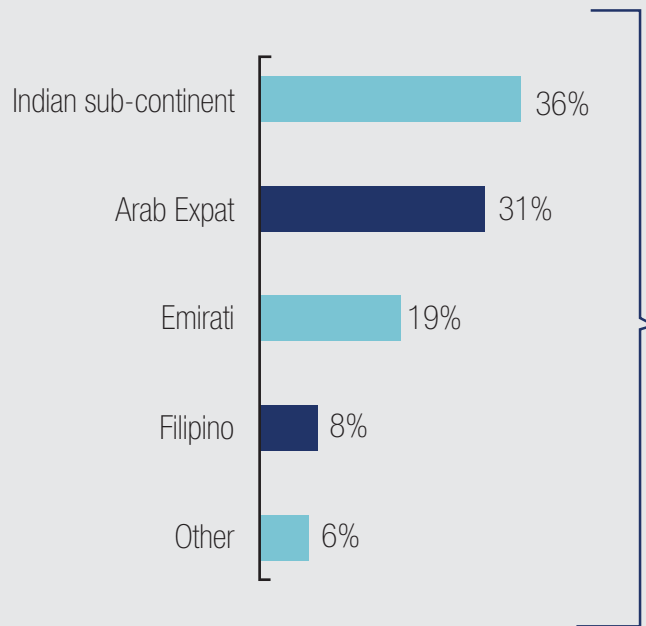
Q. What is your gender

Q. In which year were you born?



Demographics: Nationality

Nationality



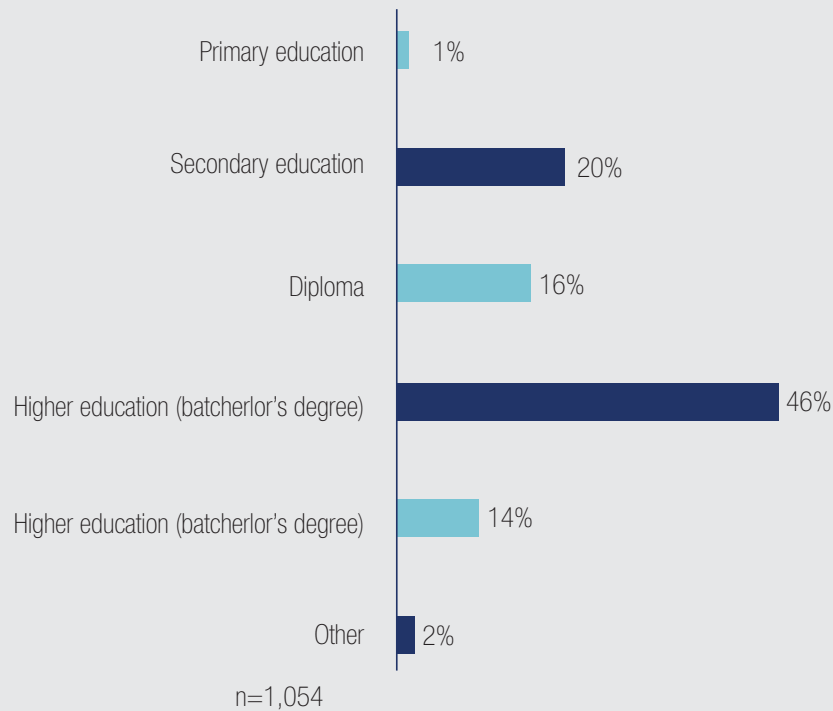
n=1,054

Q. What is your nationality?

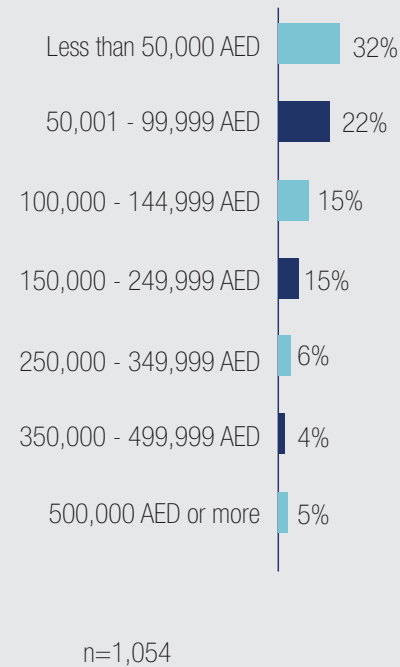


Demographics: Education and income

Education



Annual household income



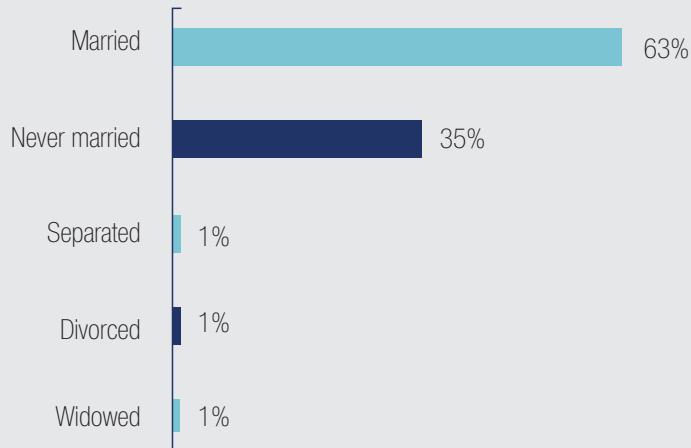
Q. What is your highest level of education?

Q. Which of the following categories includes your total annual household income?



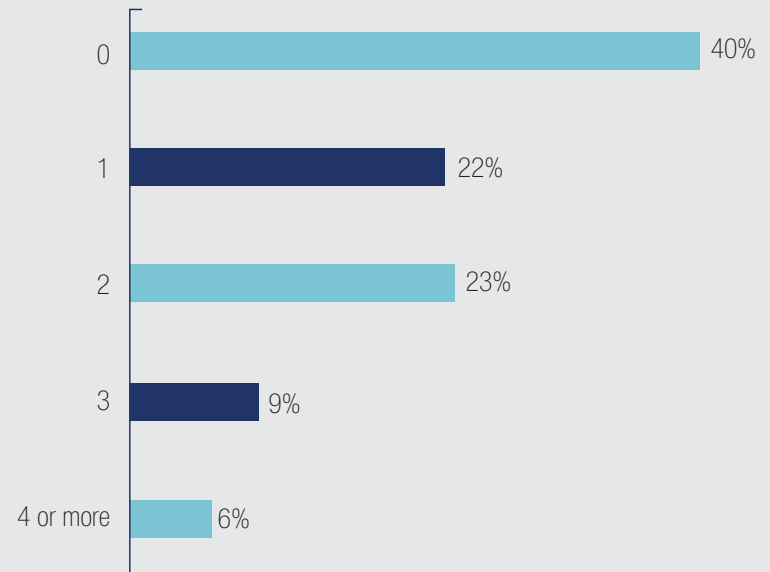
Demographics: Relationship Status and Children

Relationship Status



n=1,054

Number of children under 18 in household



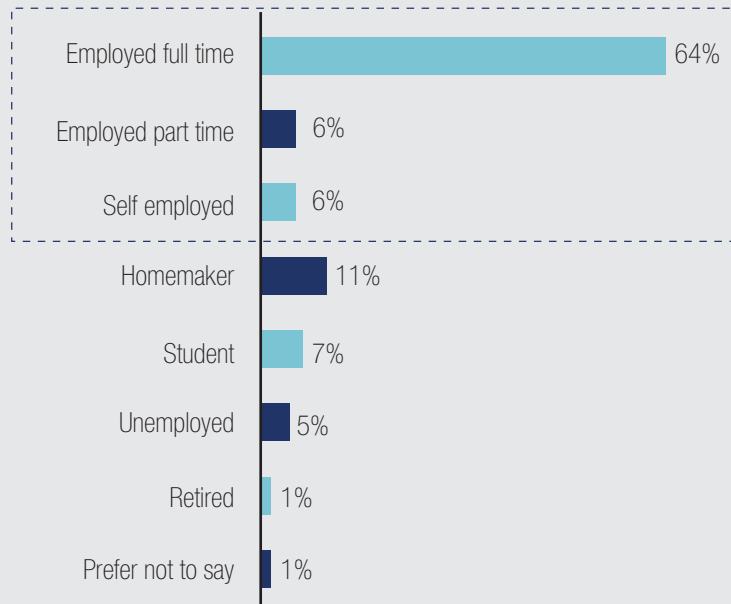
n=1,054

- Q. Which of the following best describes your relationship status?
- Q. And how many children under the ages of 18 are there living in your household?



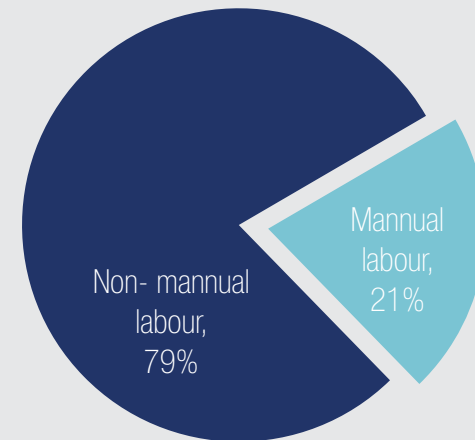
Demographics: Employment status

Employment status



n=1,054

Type of work



n=799

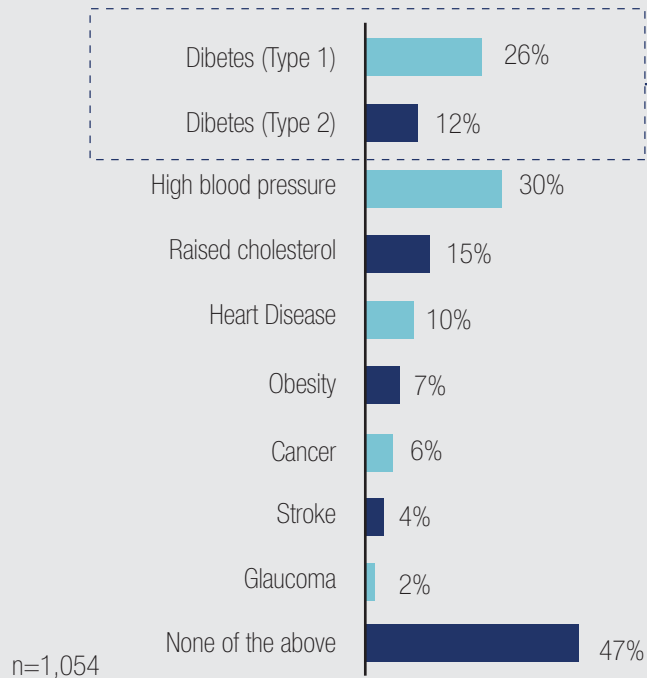
Q. Please indicate your current employment status

Q. IF Employed: Please indicate the type of work you do?

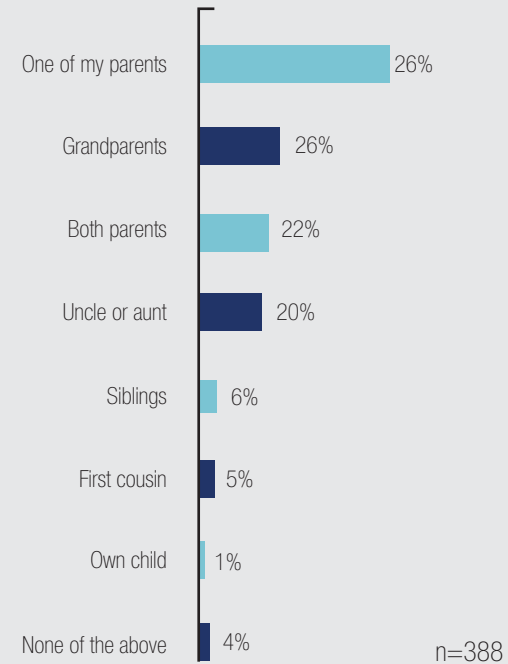


Nearly two in five respondents (38%) say that Type 1 (26%) or Type 2 (12%) diabetes runs in their family

Family history of medical conditions



Family members with diabetes



Q. Do you have a family history of any of the following medical conditions (Please select all that apply)

If YES to DIABETES Please specify which family members have been diagnosed with diabetes. Please pick all that apply





Perceived importance of a healthy and active life By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Very important	59	68	88	77	71	70	73	66	72	74	68
Somewhat important	40	30	12	22	29	28	27	34	27	24	30
Total very/ somewhat important	99	98	100	99	100	98	100	99	99	98	98
Not so important	1	3	-	1	-	2	-	1	1	2	2
Not at all important	-	-	-	-	-	-	-	-	-	-	-
Total not so/ not at all important	1	3	-	1	-	2	-	1	1	2	2

Q. In general, how important is having a healthy and active life to you personally?

Responses may not add to 100% due to rounding



Perceived change in health and well-being By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Great deal better	23	14	19	23	16	23	15	25	20	11	15
Somewhat better	46	30	39	30	37	36	32	39	34	34	32
Total great deal/ somewhat better	69	44	58	53	53	59	47	64	54	45	47
Stayed the same	28	35	31	36	29	32	34	25	33	36	47
Somewhat worse	3	19	11	11	19	8	18	11	12	16	6
Great deal worse	1	2	-	-	-	1	1	-	1	2	-
Total somewhat/ great deal worse	4	21	11	11	19	9	19	11	13	18	6

Q. How has your health and well-being changed over the past few years, if at all?
Responses may not add to 100% due to rounding



Diagnosed medical conditions

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Diabetes (Type 1)	7	6	1	10	6	7	7	6	6	213	13
Diabetes (Type 2)	2	4	2	4	5	5	2	1	3	6	15
Obesity	4	7	1	3	2	3	6	4	4	5	4
Heart disease	2	2	2	2	5	3	2	2	2	2	4
Cancer	-	-	-	1	2	1	-	1	1	-	2
High blood pressure	10	9	16	16	16	12	13	9	10	24	32
High blood glucose	2	3	1	4	-	3	2	1	2	7	6
High cholesterol	6	8	10	8	-	8	7	-	5	20	21
Glaucoma	-	-	1	2	-	1	1	-	1	1	4
None of the above	78	70	75	76	71	75	72	81	79	51	43

Q. Have you ever been diagnosed with any of the following medical conditions? Please select all that apply
Multiple responses allowed



Overall health index and sub-index mean scores

By Nationality, Gender and Age

Mean Score	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
Overall health index	68	60	64	69	63	66	65	67	65	65	68
Physical health index	66	62	58	69	64	66	66	67	66	65	67
Social health index	76	66	70	74	69	71	71	74	70	72	76
Emotional health index	62	53	56	63	55	59	58	60	58	60	61



Physical Health

Overall health and well-being

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Extremely good	53	41	18	32	22	45	26	44	37	29	38
Above average	35	34	34	40	40	33	41	27	38	42	30
Average	12	22	47	25	29	20	30	26	23	25	26
Below average	1	4	1	3	6	3	3	4	2	4	4
Extremely poor	-	-	-	-	3	-	-	-	-	-	2

Q. How would you rate your overall health and well-being?

Responses may not add to 100% due to rounding



Physical Health

BMI Scores

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Underweight (BMI score <18.5)	5	5	12	7	10	6	8	14	6	5	4
Normal (18.5 - 24.9)	42	36	57	42	36	40	42	54	42	32	30
Overweight (25 - 29.9)	26	39	19	38	37	37	31	21	35	43	36
Obese (30 >)	27	20	12	13	18	17	19	11	18	21	30

Calculation for BMI:

$$\frac{\text{Mass (kg)}}{(\text{Height (m)})^2}$$

$$\frac{\text{Mass (lb)} \times 703}{(\text{Height (in)})^2}$$

BMI Categories:

Underweight = <18.5, Normal weight = 18.5–24.9, Overweight = 25–29.9, Obese = BMI of 30>

Q. Please enter your height

Q. Please enter your weight

Responses may not add to 100% due to rounding



Physical Health

Perceived control over having a healthy lifestyle By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
A great deal	28	26	55	43	29	35	35	34	35	36	38
Some	61	47	37	48	56	52	47	46	50	50	51
Total a great deal/ some	89	73	92	91	85	87	82	80	85	86	89
A little	10	21	7	8	13	10	15	16	12	10	11
None	2	7	-	1	3	3	4	3	3	4	-
Total a little/ none	12	28	7	9	16	13	19	19	15	14	11

Q. How much control do you feel you have over having a healthy lifestyle?
Responses may not add to 100% due to rounding



Physical Health

Alcohol and tobacco consumption

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
Smoke tobacco (% Yes)	24%	28%	14%	14%	27%	32%	6%	16%	22%	24%	9%
Average number of cigarettes per week	116	109	41	37	66	91	44	71	83	101	116
Smoke Sheesa (% Yes)	10%	16%	7%	7%	10%	13%	8%	15%	11%	8%	2%
Average number of Sheesa per week	8.	3.1	1.0	2.1	2.2	3.8	2.4	2.7	2.9	7.0	-
Drink alcohol (% Yes)	2%	6%	34%	14%	8%	13%	6%	9%	11%	10%	11%
14 units or fewer	67%	74%	93%	87%	100%	84%	93%	100%	85%	93%	60%
15-21 units	-	11%	7%	11%	-	10%	7%	-	9%	7%	40%
22 units or more	33%	16%	-	2 %	-	6%	-	-	6%	-	-

Q. Do you do any of the following? Smoke tobacco, smoke sheesa, drink alcohol

Q. On average, how many cigarettes do you smoke a week

Q. On average, how many Sheesa do you smoke a week?

Q. On average, how many units of alcohol do you drink per week?

Responses may not add to 100% due to rounding



Physical Health

Weekly moderate physical activity By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Less than once a week	32	44	34	27	48	31	41	34	35	36	40
1 occasion	19	12	20	16	6	16	14	16	15	18	19
2 occasions	15	16	14	15	17	14	18	13	16	14	11
3 occasions	9	10	14	14	11	12	12	14	12	10	9
4 occasions	14	6	4	9	5	12	3	6	9	7	9
5 occasions or more	12	11	13	19	13	16	12	17	14	15	13

Q. On average, how many times a week do you exercise or do moderate physical activity for 30 minutes or more? Moderate physical activity is where you're working hard enough to raise your heart rate and break into a sweat
Responses may not add to 100% due to rounding



Physical Health

Daily fruit and vegetable consumption

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
None	3	7	4	3	8	5	4	8	4	2	-
1 portion	31	40	36	34	35	37	33	35	38	25	26
2 portions	38	37	25	27	30	28	38	37	30	43	32
3 portions	11	10	15	19	21	13	16	10	14	15	17
4 portions	12	5	11	10	3	11	5	6	8	11	11
5 portions or more	6	2	10	9	3	7	5	4	6	4	15

Q. On average, how many portions of fruit and vegetables do you eat per day?
 Responses may not add to 100% due to rounding



Physical Health

Weekly carbonated or sugary drink consumption

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
None	15	18	5	21	17	17	18	12	16	24	45
1 - 2	30	37	57	44	37	38	42	31	40	46	38
3 - 4	23	22	20	21	17	21	22	27	22	15	13
5 - 6	10	10	11	8	14	10	9	14	9	7	4
7 - 8	10	7	4	2	6	6	5	9	6	4	-
9 - 10	5	3	1	1	3	3	2	2	3	2	-
More than 10	8	3	2	3	5	5	3	6	5	2	-

Q. On average, how many carbonated or sugary drinks do you consume per week?
 Responses may not add to 100% due to rounding



Physical Health

Average number of sick days per year By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
Average number of days	2.5	3.3	3.0	2.5	1.8	2.4	3.4	3.4	2.8	1.9	3.0
Number of individuals in the sample*	57	165	69	200	32	344	179	37	400	66	20

Q. Approximately how many days of sick leave have you taken from work in the past year?

*NOTE: Table shows average number of sick days for those who are self employed or employed on a full or part time basis .

“Don’t know” responses excluded



Social Health

Perceived satisfaction with various factors in everyday life By Nationality, Gender and Age

% Very important	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
Your job	51	67	82	63	71	69	58	49	66	68	64
Your relationship with friends	69	60	60	51	59	59	58	67	57	53	72
How much you spend on necessities such as housing, healthcare and food	45	66	63	53	60	54	61	47	58	59	62
Access to health insurance	68	68	59	52	41	59	61	58	60	61	66
Your spiritual life	50	63	70	50	52	51	62	52	56	58	60
Practising your religion	71	74	76	60	68	64	74	68	68	67	83
Amount of time you spend at work	41	50	55	50	51	50	47	37	50	51	57
Amount of time you can spend alone	54	45	31	34	29	39	43	45	40	39	47
How safe you feel	65	73	80	61	54	63	73	63	68	59	74
Your job security	58	69	75	60	59	66	60	48	65	67	79
Where you live	60	65	71	58	62	57	68	59	63	55	72
Your community involvement	59	52	49	41	37	48	49	55	46	49	64
Your physical health	63	71	90	71	73	66	78	67	72	71	77
Your emotional health	71	67	86	58	63	61	73	68	66	63	70
Your relationship with your partner or spouse	48	67	84	68	65	58	74	48	66	71	72
Your relationship with your work colleagues	58	49	57	47	48	54	44	45	51	50	57
Your access to affordable fruits and vegetables	48	59	69	51	52	49	62	49	53	59	68
How much you earn	62	71	77	59	57	66	63	54	66	62	79
How much stress you have	49	51	41	44	48	42	53	45	48	41	47
Your access to a doctor	66	59	59	47	41	52	59	52	54	56	74
Your home life	63	71	80	67	73	62	78	66	69	67	74
Conditions in your workplace	57	56	76	53	59	59	53	50	56	58	79
Amount of time spent with your family	55	66	81	70	73	60	76	57	67	72	70
Amount of vacation time you have	54	53	57	53	49	51	56	51	53	51	64
Amount of time you have for leisure activities	53	50	36	49	37	45	52	52	49	41	49

Q. From your perspective, how important or unimportant are each of the following factors in your everyday life?



Social Health

Perceived satisfaction with various factors in everyday life By Nationality, Gender and Age

% Very important	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
Your job	36	21	33	37	30	35	26	31	30	33	36
Your relationship with friends	53	38	37	47	38	43	45	59	41	43	51
How much you spend on necessities such as housing, healthcare and food	44	26	25	35	33	33	34	33	33	30	45
Access to health insurance	41	34	29	33	25	34	35	37	33	36	43
Your spiritual life	50	33	47	41	38	38	44	41	39	42	55
Practising your religion	57	42	45	46	52	45	50	48	45	52	62
Amount of time you spend at work	34	22	36	39	37	37	27	26	32	39	43
Amount of time you can spend alone	34	26	30	35	37	30	34	40	31	31	28
How safe you feel	59	37	42	51	37	46	47	51	46	46	53
Your job security	43	25	40	41	30	37	33	34	35	40	40
Where you live	59	32	46	52	40	44	48	53	44	47	53
Your community involvement	53	29	28	37	17	34	37	45	33	35	47
Your physical health	57	29	36	49	40	44	40	48	43	33	47
Your emotional health	48	34	43	43	44	39	44	50	40	36	49
Your relationship with your partner or spouse	45	34	54	56	51	45	48	36	47	50	62
Your relationship with your work colleagues	36	22	29	41	35	36	29	33	32	33	43
Your access to affordable fruits and vegetables	32	27	41	45	44	35	38	35	35	39	47
How much you earn	40	23	27	37	24	33	29	30	30	36	45
How much stress you have	30	15	25	24	27	22	23	27	22	22	19
Your access to a doctor	48	28	30	35	32	34	35	43	32	36	47
Your home life	47	36	37	54	48	44	47	49	43	47	60
Conditions in your workplace	39	17	29	40	24	35	25	31	30	32	38
Amount of time spent with your family	40	30	43	49	52	38	46	46	39	41	53
Amount of vacation time you have	36	18	31	44	38	33	34	41	31	33	38
Amount of time you have for leisure activities	37	22	20	39	32	32	30	37	30	30	40

Q. And, how satisfied or dissatisfied do you feel with each of the following factors in your everyday life?



Emotional health

Perceived happiness with personal life

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Very happy	25	17	40	55	37	36	34	38	34	40	40
Somewhat happy	72	67	48	39	41	56	54	55	55	53	55
Total very/ somewhat happy	97	84	88	94	78	92	88	93	89	83	95
Not so happy	3	15	12	5	22	8	12	6	11	7	2
Not at all happy	-	1	-	1	-	1	-	1	1	-	2
Total not so/ not at all happy	3	16	12	6	22	9	12	7	12	7	4

Q. Overall, how happy are you with your personal life?
Responses may not add to 100% due to rounding



Emotional health

WHO-5 Emotional Well-Being Index

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
Mean Score (0-100 scale)	77	64	73	75	66	74	67	72	70	72	74
76-100	67%	37%	53%	57%	37%	57%	43%	51%	51%	47%	60%
51-75	29%	40%	37%	34%	48%	34%	39%	34%	35%	44%	34%
26-50	4%	15%	5%	7%	11%	6%	13%	13%	9%	7%	4%
0-25	1%	8%	5%	2%	5%	3%	6%	2%	5%	1%	2%

WHO-5 index:

- Each of the five items is rated on a 6-point Likert scale from 0 (= not present) to 5 (= constantly present). Scores are summated, with raw score ranging from 0 to 25.
- Then the scores are transformed to 0-100 by multiplying by 4, with higher scores meaning better well-being.
- Evidence suggests, a score of 50 or below is indicative for low mood, though not necessarily depression.
- A score of 28 or below indicates likely depression.

Q. Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks? I have felt cheerful and in good spirits/ I have felt calm and relaxed/ I have felt active and vigorous/ I woke up feeling fresh and rested/ My daily life has been filled with things that interest me

Responses may not add to 100% due to rounding



Emotional health

Perceived stress in everyday life

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Very	6	18	19	12	17	13	15	13	15	12	11
Fairly	60	55	47	41	54	51	49	53	51	44	47
Total very/ fairly stressed	66	73	66	53	71	64	64	66	66	56	58
A Little	24	25	33	37	24	29	31	23	28	41	38
Not at all	10	2	1	9	5	7	5	10	6	3	4
Total a little/ not at all stressed	34	27	34	46	29	36	36	33	34	44	42

Q. In your everyday life, how stressed do you feel?
 Responses may not add to 100% due to rounding



Emotional health

Frequency of anxiety, worry or upset in the past month

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Always	2	10	6	6	8	5	8	5	7	6	6
Often	18	34	33	21	44	25	29	31	27	24	23
Sometimes	54	42	47	35	33	45	37	34	43	40	40
Total always/ often/ sometimes	74	86	86	62	85	75	74	70	77	70	69
Rarely	21	11	13	28	10	18	21	22	18	23	23
Never	7	2	1	9	5	7	4	7	5	7	6
Total rarely/ never	28	13	14	37	15	25	25	29	23	30	29

Q. How often have you felt anxious, worried or upset in the past month?

Responses may not add to 100% due to rounding



Emotional health

Average amount of sleep per night

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Less than 1 hour	-	-	1	-	-	-	-	1	-	-	-
1 -2 hours	-	1	-	-	-	-	-	-	-	-	-
3 – 4 hours	4	6	5	2	11	4	5	2	5	4	6
5 – 6 hours	24	41	53	37	46	38	38	29	38	44	38
7 – 8 hours	57	42	36	54	38	50	46	51	48	49	53
9 - 10 hours	14	9	5	6	5	7	10	16	8	3	2
11 hours or more	-	1	-	-	-	-	1	1	1	-	-
Don't know	1	-	-	-	-	-	-	-	-	1	-
Average sleep per night (hours)	7.1	6.6	6.3	6.8	6.2	6.8	6.9	7.3	6.8	6.6	6.8

Q. On average, how many hours of sleep do you have per night?

Responses may not add to 100% due to rounding



Emotional health

Average number of hours for leisure activities per week

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Less than 5 hours	48	56	60	47	33	52	47	46	51	50	49
5 – 9 hours	17	20	23	25	33	22	22	25	23	21	11
10 – 14 hours	8	5	6	14	13	11	7	9	8	13	15
15 – 19 hours	3	1	6	7	2	5	3	4	4	2	6
20 hours or more	1	2	-	1	6	2	1	4	1	1	-
Don't know	23	16	5	6	13	8	19	12	12	13	19

Q. On average, how many hours do you have for leisure activities per week
 Responses may not add to 100% due to rounding



Views of the UAE healthcare system vs. other countries

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Great deal better	43	39	30	36	38	44	31	38	38	38	43
Somewhat better	40	35	41	42	24	38	39	39	39	37	38
Total great deal/ somewhat better	83	74	71	78	62	82	70	77	77	75	81
About the same	16	15	24	13	17	12	19	18	14	18	15
Somewhat worse	1	9	5	7	16	5	9	3	8	6	4
Great deal worse	-	2	-	1	5	1	2	2	1	1	-
Total somewhat/ great deal worse	1	11	5	8	21	6	11	5	9	7	4

Q. How do you feel the healthcare system in the UAE compares to other countries?
Responses may not add to 100% due to rounding



Views on leaving the UAE for a planned operation By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Yes	35	55	63	58	60	50	58	45	57	45	43
No	65	45	37	42	40	50	42	55	43	55	57

Q. If you planned to have an operation, would you go to another country for your healthcare?
Responses may not add to 100% due to rounding



Previous visits to physicians By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
In the past three months	29	37	30	29	27	27	37	24	31	36	43
Between 3 and 6 months ago	15	18	17	19	10	15	20	14	18	15	17
Between 6 months and a year ago	24	17	27	17	25	20	19	21	20	17	15
Over a year ago	16	20	23	27	33	25	19	29	21	25	21
Never	16	9	4	7	5	13	4	12	9	7	4

Q. When did you last visit your doctor or physician for any medical reason?
Responses may not add to 100% due to rounding



Annual household income

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Less than 50,000 AED	21	33	54	30	51	31	35	47	33	21	19
50,001 – 99,999 AED	17	25	20	23	24	24	20	14	25	19	15
100,000 – 144,999 AED	11	15	8	20	10	16	14	9	14	23	21
150,000 – 199,999 AED	7	5	7	12	3	8	8	8	8	10	6
200,000 – 249,999 AED	5	8	6	9	10	8	7	5	7	8	15
250,000 – 299,999 AED	4	4	1	3	2	3	3	4	3	4	2
300,000 – 349,999 AED	8	3	1	1	-	2	4	3	3	2	9
350,000 – 399,999 AED	5	2	-	2	-	2	2	3	2	3	4
400,000 – 499,999 AED	3	2	-	1	-	1	2	2	1	1	2
500,000 – 599,999 AED	4	2	-	-	-	1	1	1	1	1	-
600,000 or more AED	18	1	1	-	2	3	5	3	3	7	6

Q. Which of the following categories includes your total annual household income?
Responses may not add to 100% due to rounding



Highest level of education

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Primary education	1	1	-	1	2	1	1	1	1	-	-
Secondary education	44	20	8	10	24	20	21	36	17	20	28
Diploma	27	15	17	10	21	20	11	15	16	20	6
Higher education (bachelor's degree)	24	53	73	48	38	44	50	40	49	38	55
Higher education (master's degree)	5	10	1	26	14	14	15	9	15	20	4
Higher education (doctor's degree)	-	1	-	5	2	2	2	-	2	2	6

Q. What is your highest level of education?

Responses may not add to 100% due to rounding



Relationship status

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Married	55	62	59	69	57	60	67	10	64	95	91
Never married	45	35	36	28	41	39	30	89	34	1	-
Separated	-	-	4	1	-	1	1	1	1	1	-
Divorced	-	2	1	1	-	1	2	-	1	1	6
Widowed	-	1	-	-	2	-	1	-	-	3	2

Q. Which of the following best describes your relationship status?
 Responses may not add to 100% due to rounding



Number of children living in the household By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
0	42	37	54	39	37	45	34	45	42	21	53
1	11	21	24	27	32	22	23	21	23	21	15
2	24	24	13	24	14	20	26	17	22	36	15
3	13	11	5	6	10	8	11	11	8	13	17
4 or more	10	6	4	4	8	5	7	5	5	10	

Q. And how many children under the age of 18 are there living in your household?
Responses may not add to 100% due to rounding



Employment status

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Employed full time	60	60	90	65	59	77	46	37	69	69	49
Employed part time	8	8	4	4	2	4	8	9	6	3	11
Self employed	8	6	1	5	10	8	3	2	5	13	6
Retired	2	1	-	-	-	1	-	-	-	1	6
Homemaker	7	13	2	13	10	-	25	3	12	10	17
Student	9	6	-	7	14	6	8	42	2	-	2
Unemployed	7	6	1	4	5	3	7	5	5	4	9
Prefer not to say	1	1	1	1	2	-	2	1	1	-	-

Q. Please indicate your current employment status
Responses may not add to 100% due to rounding



Type of work

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Manual labour	21	19	34	17	32	22	19	45	20	12	13
Non-manual labour	79	81	66	83	68	78	81	55	80	88	87

Q. Please indicate the type of work you do
 Responses may not add to 100% due to rounding



Family history of medical conditions

By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
Diabetes (Type 1)	23	26	13	29	74	22	31	28	26	26	28
Diabetes (Type 2)	9	15	8	10	13	12	12	13	11	12	15
Obesity	7	10	4	5	23	5	11	10	7	7	2
Stroke	3	4	16	3	13	4	5	3	5	4	2
Heart disease	6	12	19	6	3	6	15	6	11	8	13
Cancer	2	7	17	4	3	3	10	6	6	8	4
High blood pressure	21	31	54	27	-	25	38	31	29	38	34
Raised cholesterol	16	16	13	13	3	12	19	13	13	22	21
Glaucoma	2	3	6	2		1	4	2	3	1	4
None of the above	63	44	31	46		53	39	44	49	40	34

Q. Do you have a family history of any of the following medical conditions? Please select all that apply
Multiple responses allowed



Family members with Diabetes Type 1 or Diabetes Type 2 By Nationality, Gender and Age

	Emirati	Arab Expat	Filipino	Indian Sub-continent	Other	Male	Female	18-24 years	25-44 years	45-54 years	55+ years
	%	%	%	%	%	%	%	%	%	%	%
One of my parents	54	55	72	63	74	63	57	55	63	52	55
Both parents	27	20	6	27	13	23	22	16	22	28	30
Grandparents	31	27	44	23	23	21	32	33	27	16	25
Uncle or aunt	25	23	33	15	13	15	26	24	20	22	10
First cousin	12	5	-	4	3	7	4	8	5	4	5
Siblings	5	6	-	7	3	4	8	8	5	12	-
Own child	2	2	-	1	-	2	1	-	1	2	-
None of the above	5	5	-	3	3	4	4	4	3	10	5

Q. If YES to DIABETES Please specify which family members have been diagnosed with diabetes. Please pick all that apply
Multiple responses allowed



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