Prevalence and Factors Associated with Anemia in Adults in the UAE

Priya Pardasani*
Gulf Medical University, Ajman, United Arab Emirates

Meenadarsini Dhamothiran
Gulf Medical University, Ajman, United Arab Emirates

Juhena Kadir Shaikh
Gulf Medical University, Ajman, United Arab Emirates

Mohammed Razwin
Gulf Medical University, Ajman, United Arab Emirates

Jayadevan Sreedharan
Thumbay Institute of Population Health, Gulf Medical University, Ajman, United Arab Emirates

Abstract:

Background: Anemia is defined as a condition in which the number of red blood cells or the hemoglobin concentration within them is lower than normal.

Objectives: To determine the prevalence of anemia and the associated factors among adults residing in the UAE. The study also aims to assess the knowledge about anemia among the study population.

Materials and Methods: A cross-sectional study was conducted among the adults residing in the UAE using a self-administered questionnaire. Data was analyzed using SPSS version 29. A score of six and higher was considered above average, whereas below six was considered below average knowledge. A chi-square test and logistic regression were done.

Results: Around 8.9% of participants currently had anemia. Around 100% of participants with secondary qualifications knew average compared to 93.5% of postgraduate participants with below-average knowledge about anemia. Consumption of dates, jaggery/molasses, beef liver, and sardines possessed statistically significant associations.

Conclusion: 8.9% of adults in the UAE are diagnosed with anemia. Consumption of dates, jaggery/molasses, beef liver, and sardines are the statistically significant factors associated. Knowledge about anemia is associated with age, gender, education, employment, marital status and the emirate of residence.

Keywords:

Anemia, Adults, Factors, Prevalence, UAE.