

## Pilot Phase Report Summary

### Brief

- Qatar Biobank aims to recruit more than 60,000 participants by 2019
- The report is based on 1,200 samples collected during Qatar Biobank's pilot phase between September 2013 and October 2014
- Up until 15 January 2015, Qatar Biobank recorded 2006 participants - 1500 of whom are Qatari and 506 of whom are long term residents who have lived in Qatar for more than 15 years.
- There are 864 male participants and 1142 female participants
- All age groups are represented in the sample
- The majority of the participants are between 22 to 38 years old
- 45% of the female participants reported to have gained weight in the past year

### Physical Activity

- 80% of the sample population reported no level of moderate physical activity per week
- 77% of males and 86% of females reported no moderate physical activity per week
- 67% of the sample population (61% male/70% female) reported walking less than 2 hours per week for leisure
- 55% of the males sampled reported working in an office-based environment, which leads to inactivity
- 42% of the males sampled reported watching TV and using computers for more than 4 hours per day compared to 38% of females sampled
- 35% of males sampled reported watching TV and using computers between 2-4 hours per day compared to 32% of females sampled
- 35% of male and 42% of female participants reported changing their diet to lose weight, while 18% of male and 22% of female participants changed their diet to become healthier

### Clinical Referral

- 530 out 1172 (45.2%) of the participants were referred to Hamad Medical Clinic (HMC)\* and other primary healthcare centres.
- 373 (70%) of the participants were unaware that they had a disease
- 25% of referrals were due to abnormal bone density and low blood calcium rates
- 19% of referrals were due to dyslipidemia (high cholesterol)
- 18% of referrals were due to diabetes
- 17% of referrals were due to high blood pressure

\* *HMC assigned special clinic (building 10) for Qatar Biobank referrals and other chronic non-communicable diseases referral.*

### **Body Mass Index**

- 73% of the sample population were classified as overweight and obese
- 37% of the population were classified as obese

### **High Risk of Cardiovascular Diseases**

- 37% of the population have borderline or high levels of total cholesterol
- 76.6 % % of male and 70.4% female participants are at risk of developing cardiovascular disease due to being overweight/obese
- 52.7% of male and 31.7% of female participants were categorised as being hypertensive or recorded high normal/pre-hypertensive levels
- 21.3% of male and 15.6% of female participants who were categorised as hypertensive were undergoing treatment for hypertension, but still considered hypertensive.

### **High Prevalence of Vitamin D Deficiency**

69.8% of male and 68.3% of female participants recorded below average vitamin D levels, while 12.5% of male and 16.5% of female participants suffer from severe vitamin D deficiency