

Ahlem. Silini¹, S. Rejaibi^{1,2,3}, N. Zoghlami¹, N. Ben Mansour^{1,2}, H.Aounallah-Skhiri^{1,2,3}

1 : INSP (Institut National de la Santé), Epidemiology Departement, Tunis, Tunisia ; 2 : Medical Faculty of Medicine , Tunis El Manar University, Tunis, Tunisia
3 : SURVEN, Research Laboratory, Nutrition Surveillance and Epidemiology, Tunis, Tunisia

Our study revealed a **high prevalence of NCDs among elderly in Tunisian population.**

BACKGROUND

- In Tunisia, non-communicable diseases (NCDs) are the leading causes of death in the population aged 65 years and over in 2020. An estimate of the national prevalence of the main NCDs in this population is currently missing in the literature.
- To study the prevalence of main NCDs as well as their main risk factors, among elderly in Tunisia.

METHODS

- Data were obtained from the **2016 Tunisian Health Examination Survey (THES-2016)**: a three-stage stratified survey of Tunisian households.
- Data were collected using a **self-administered questionnaire**. Hemoglobin, HbA1c, lipid profile and blood glucose, and blood pressure were measured by the following devices, respectively: "HemoCue 201 System", "A1CNow+", "Cardiocheck", and "Omran M6 Comfort".
- As part of this study, we focused on **elderly aged 65 years and more**.
- Data were analyzed with R software.

RESULTS

- A total of **1.552** individuals were included with a **sex ratio** equal to **1.1**.
- Regarding main NCDs risk factors, their prevalence was as follows: smoking (17.9%), obesity (30.2%) and abdominal obesity (51.8%).

RESULTS CONTINUED

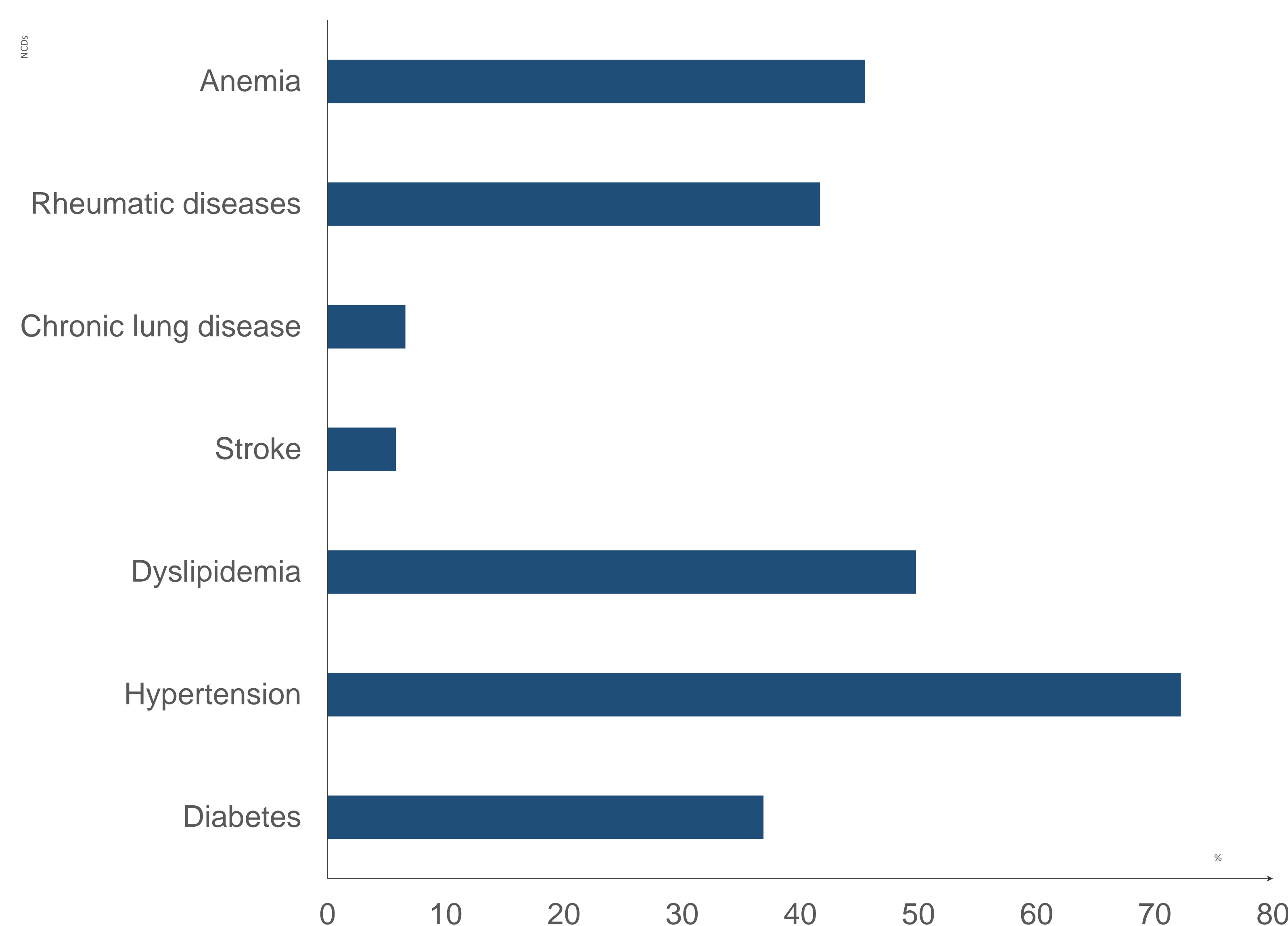


Chart 1 : Prevalence of Non communicable diseases among elderly, Tunisia THES

CONCLUSIONS

- Our study revealed a **high prevalence of NCDs** among **elderly** in Tunisian population.
- A **better implementation of the National Multisectoral Strategy for the Prevention and Control of NCDs 2018-2025** is therefore crucial in order to reduce health expenses and improve quality of life among this vulnerable population.

Contact informations :

Ahlem SILINI, MD

- ✉ ahlemsilini7@gmail.com
- ☎ +216 56 220 734
- 🌐 Ahlem Silini
linkedin.com/in/ahlem-silini-b71104228
- 🌐 Ahlem Silini
https://www.researchgate.net/profile/Ahlem-Silini