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Factors Affecting the Prevention of Communicable and Non-Communicable Diseases in the UAE

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The current COVID-19 pandemic has undoubtedly affected many aspects of our everyday lives, especially our diet and life styles. The pandemic also contributed to both increase in communicable and non-communicable disease in different regions of the world (Chudasama et al., (2020) including United Arab Emirates (UAE). Cardiovascular disease is accounted for top mortality rates (25%) followed by injuries (17%) and cancers causing 10% (The United Arab Emirates Government Portal, 2020).

The project aims to study the major factors that affect the prevention and control of chronic diseases and genetic disorders. Some factors include the knowledge, perceptions and practices related to the major diseases under study. The study population includes high school and college students. Data will be collected from the target study population using on-line survey instruments. The surveys will be done before and immediately after delivering a ten-hour on-line educational course to the participants. Some potential topics will include risk factors associated with chronic, infectious and genetic disorders and ways to mitigate these risk factors. Recommended prevention strategies will focus on health dietary and physical life styles. The project avails the opportunity to several students to be trained in research methodology, public health and prevention.

Biography:

Riaz Akseer is an MD-PhD, he is currently working as a Division Chair/ Assistant Professor of Health Science in Abu Dhabi Women's College, Higher Colleges of Technology. He is also an adjunct Professor at Health Sciences Department, Brock University St. Catharines, Ontario, Canada. Dr. Akseer's research is focused on patient centeredness and evidence based medicine. In addition to teaching and research, Dr. Akseer also has several years of clinical experience in sleep medicine in North America and the Middle East.