

The Jordanian Society for
the Care of Diabetes



The Diabetes Bus

2023

The Jordanian Society for the Care of Diabetes (JSCD) launched the Diabetes Bus in 2022. The idea of this continuous campaign was to venture into remote areas to assist people living with diabetes, detect pre-diabetes, promote awareness, and give risk assessments, with visitors directed to their respective physicians. It also serves as a vehicle for data surveillance.

During 2023, in partnership with Boehringer Ingelheim, the "Diabetes Bus" campaign covered the southern Jordan Valley (Ghor Al-Safi, Ghor Al-Mazraa, Ghor Fifa) and Aqaba under the slogan **"know your risks, know your response"**, which is the title launched by the International Diabetes Federation for the World Diabetes Day 2023.

know your
risks, know
your response



Outreach & Awareness

The campaign brought participant specialists who provided medical consultations from the fields of endocrinology and pediatric endocrinology, nephrologists, family physicians, optometrists, internal medicine specialists, nurses, diabetes educators, diabetic foot specialists, dieticians, and laboratory technicians.

Furthermore, Dr. Heba Al Barghouthi gave an awareness lecture on hypertension and kidney disease, the causes and risk factors, and the need for periodic examination of blood pressure, early treatment, and the importance of adhering to prescribed treatments.



Testing

Various stations were set up to facilitate tests including blood glucose, Hemoglobin A1C, microalbuminuria, blood pressure monitoring, nerve and diabetic foot examinations, eye examinations, and nutritional checkups.

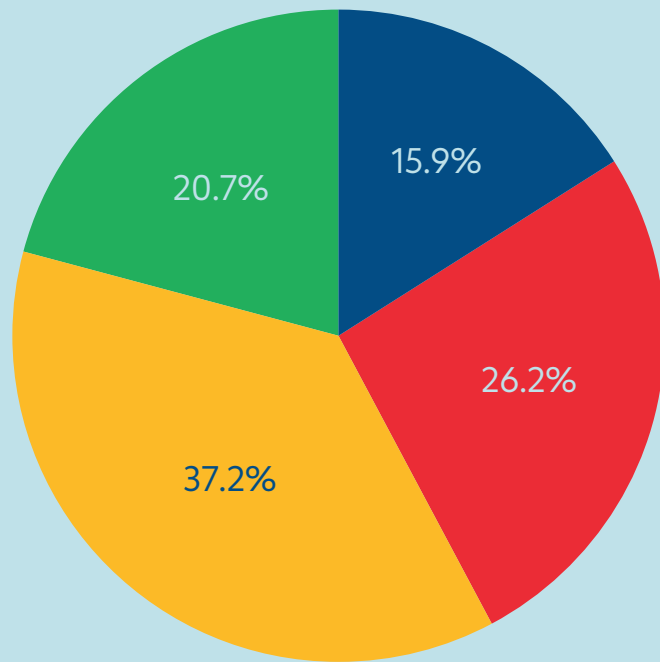
Specialists also assessed all individuals who participated on that day and their risk factors. Several cases of pre-diabetes and impaired blood sugar were detected and were referred to family physicians. Cases of uncontrolled high blood sugar were referred to endocrinologists for further evaluation and management. Cases of hypertension were referred to nephrologists.

Other referred citizens received kidney function tests, thyroid function tests (TSH), and CBC tests.

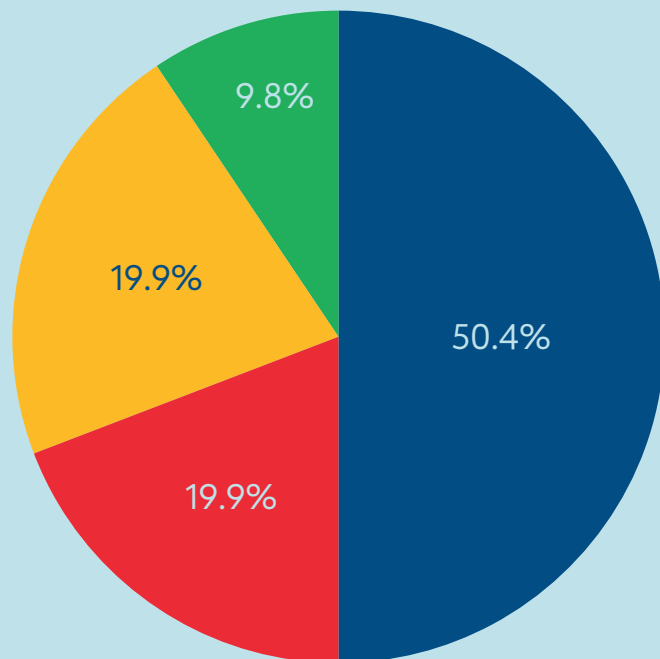
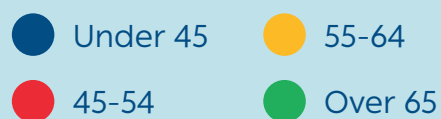
Findings showed that mean blood pressure was 160/100 mmHg, while hemoglobin A1C levels were 8.4%. Nutritional checkups showed that 50% of both females and males had a BMI above 30. Nutritional checkups showed high levels of a poor lifestyle with low exercise rates, and a knowledge deficit in carbohydrate counting needed for insulin dosage management.

Health Screenings	
Test	Estimated number of beneficiaries
Blood Glucose	400
Hemoglobin A1C	140
Microalbuminuria	150
Diabetic foot screenings	150
Neuropathy	30
Retinopathy	250
Nutrition (in-body scans)	350

Diabetic - Age Group

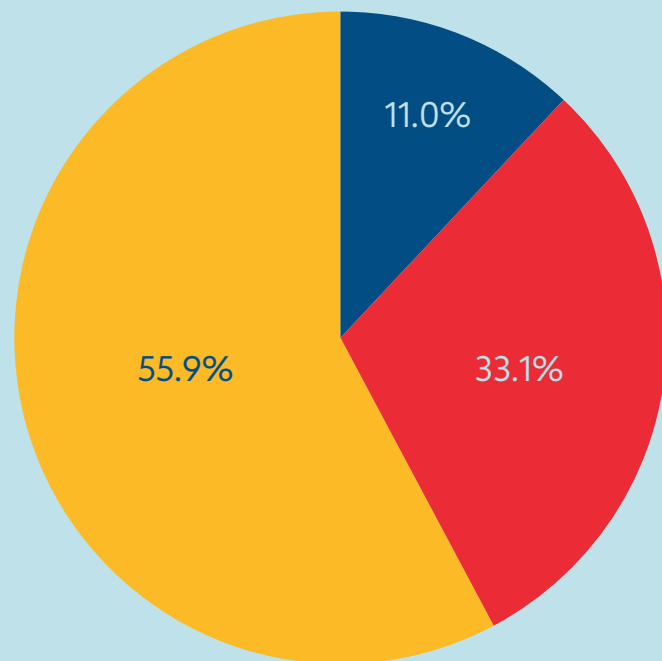


Non- Diabetic - Age Group



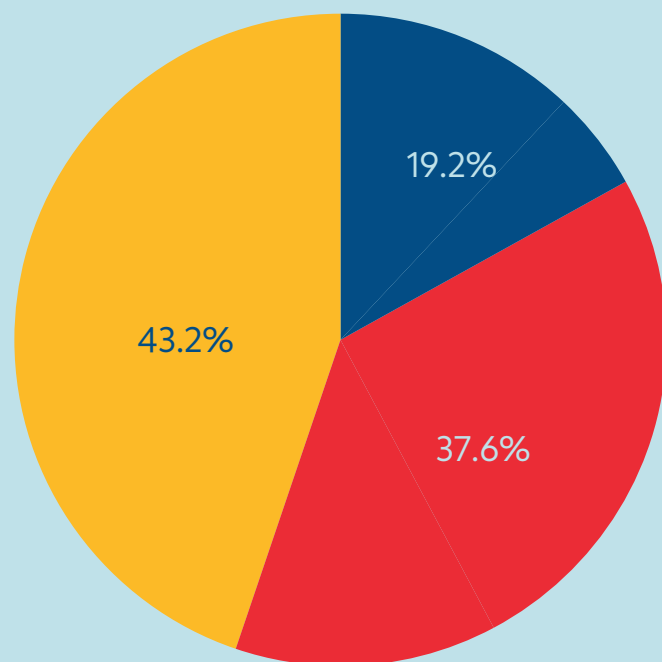
Diabetic - BMI

- Lower than 25 kg/m²
- 25-30 kg/m²
- Above 30 kg/m²

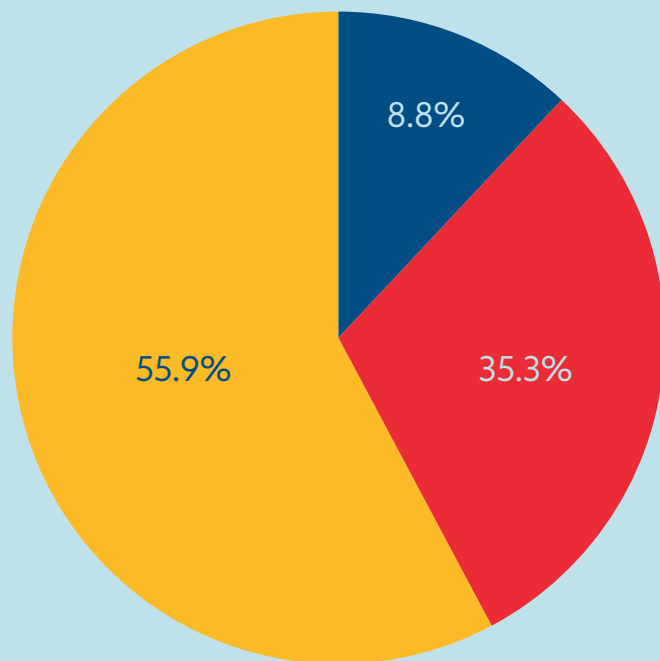
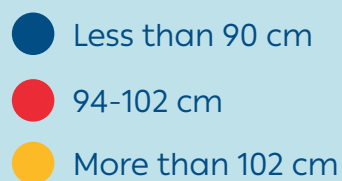


Non-Diabetic - BMI

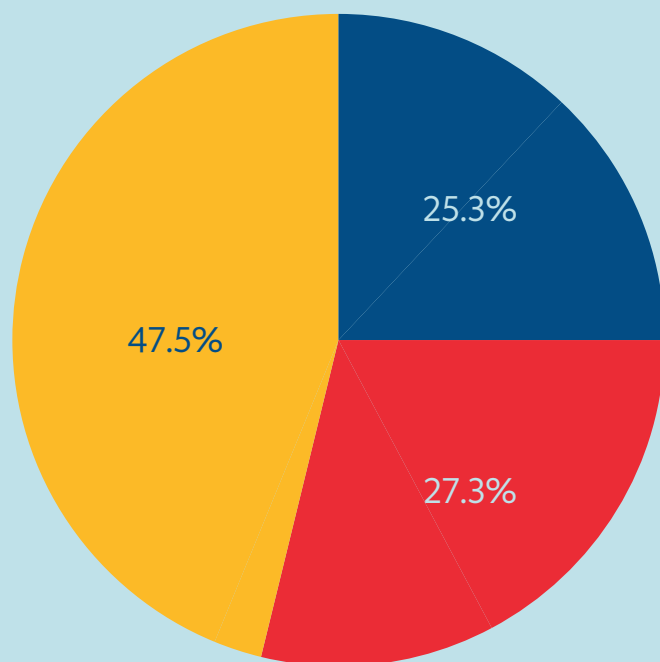
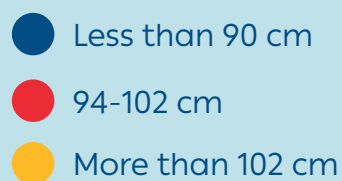
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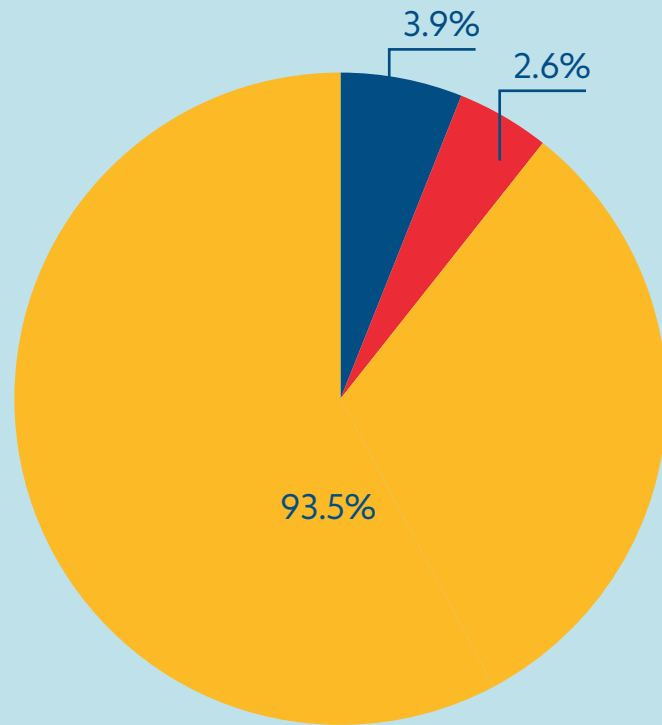
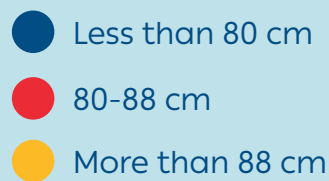
Diabetic - Waist Circumference for Males



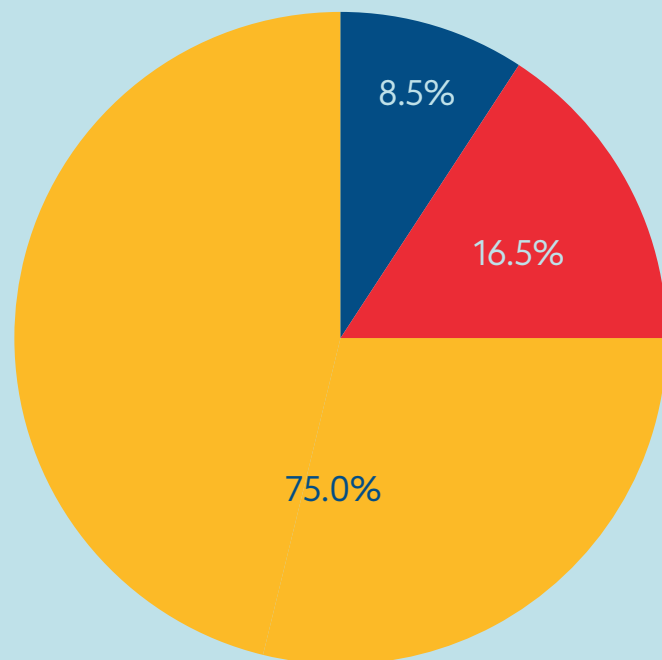
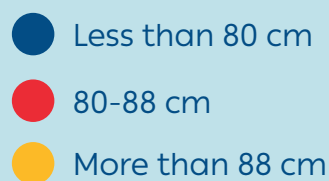
Non- Diabetic - Waist Circumference for Males



Diabetic - Waist Circumference for Females



Non-Diabetic - Waist Circumference for Females



Special thanks to our partners who contributed to this success:

Boehringer Ingelheim | Nairoukh Pharma | Jordanian National Women's Committee |
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