



The State of Emirati Women's Health

A Five-Year Biomarker Trends Report (2022–2026)

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Foreword

Every August 28th, the United Arab Emirates marks Emirati Women's Day — a national occasion to recognize the achievements of Emirati women across every field of public and professional life, and the vision of Her Highness Sheikha Fatima bint Mubarak, Chairwoman of the General Women's Union, in advancing that progress.

At Valeo Health, we mark the occasion differently than most: with data. Since 2022, thousands of Emirati women have trusted Valeo with their preventive health screening — sharing a picture of how key biomarkers of metabolic, hormonal, thyroid, and cardiovascular health have moved across five years.

This report is our contribution to the conversation around Emirati Women's Day: not a celebration in the abstract, but a grounded look at what the numbers say about the health of the women engaging with preventive care today, and what that means for the preventive health system built to serve them.

This is a descriptive report drawn from aggregated, year-level averages rather than individual client records. We have been deliberate about stating what the data can and cannot support, and about flagging results that look more like data artifacts than real biological change.



About This Report



Data Source

This report draws on two aggregated datasets from Valeo Health's client testing records, 2022–2026: (1) annual counts and average age of Emirati women tested, and (2) annual average values for 308 distinct biomarkers across the same population. Both datasets are pre-aggregated at the yearly level — individual client-level records were not part of this analysis.

What This Report Can and Cannot Show

Because the underlying data is a set of yearly averages rather than individual test results, this report is descriptive rather than statistical. It can show how the average value of a biomarker moved from one year to the next across the tested population. It cannot show the distribution of results within a year, identify what share of women fell inside or outside a reference range, control for age or other factors, or establish statistical significance for any year-over-year change. Where prior Valeo research (e.g. the five-year UAE residents whitepaper, the PMOS whitepaper) used client-level data to run distributional and inferential statistics, this report's scope is narrower by design, matching what the source data can responsibly support.

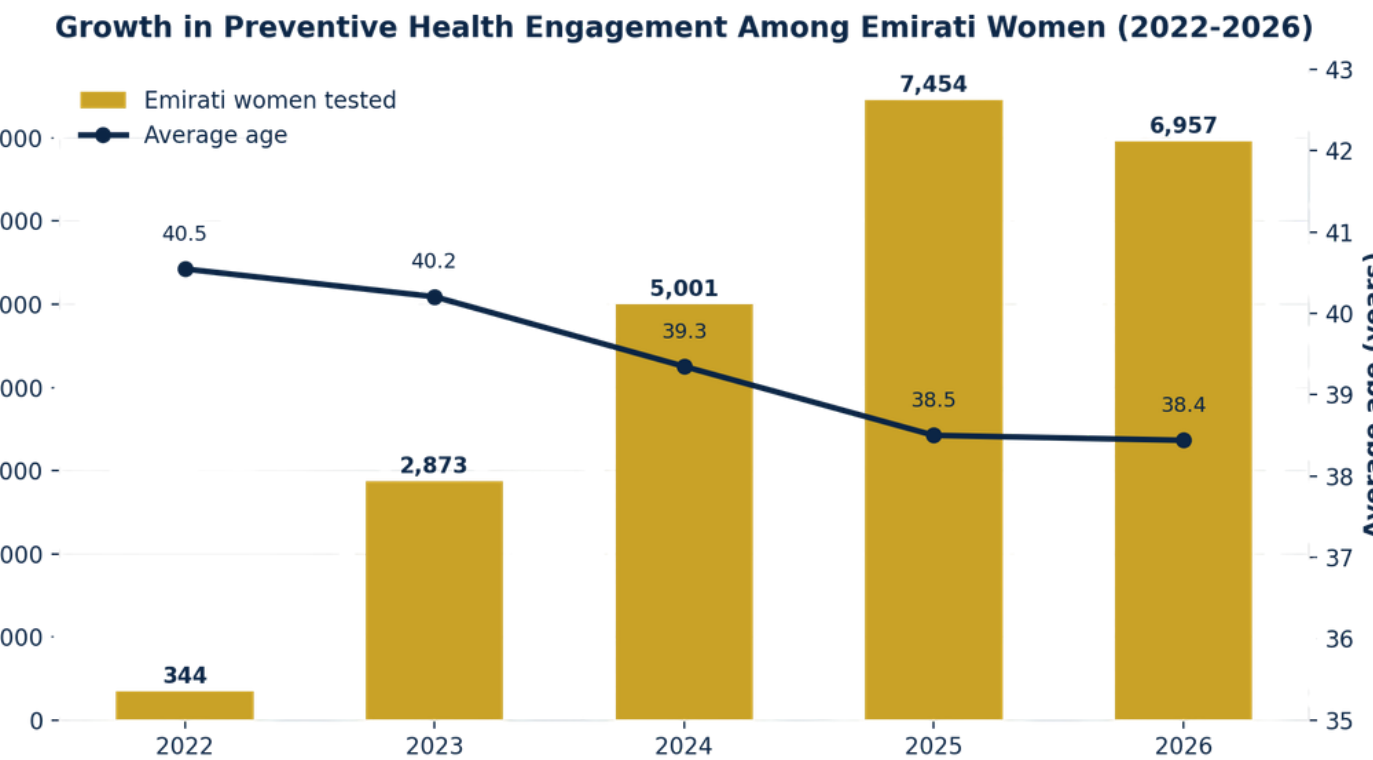
Sample Size Across Years

The number of women tested grew nearly twenty-fold across the window — from 344 in 2022 to a peak of 7,454 in 2025. Averages from 2022, in particular, should be read with more caution than later years: a smaller sample is more easily shifted by a handful of unusual results. Where a biomarker's 2022 value looks disproportionately high or low relative to the rest of the series, this is noted.



Growth in Preventive Health Engagement Among Emirati Women

Testing volumes among Emirati women grew every year from 2022 to 2025. We’re expecting more growth towards the end of the year. That still left volumes more than twenty times above the 2022 starting point. Average age fell in each of the five years, from 40.5 to 38.4 – a two-year decline that, taken together with the volume growth, points to preventive testing reaching a broader and younger cross-section of Emirati women over time, rather than growth being driven solely by repeat engagement from an older, already-engaged group.

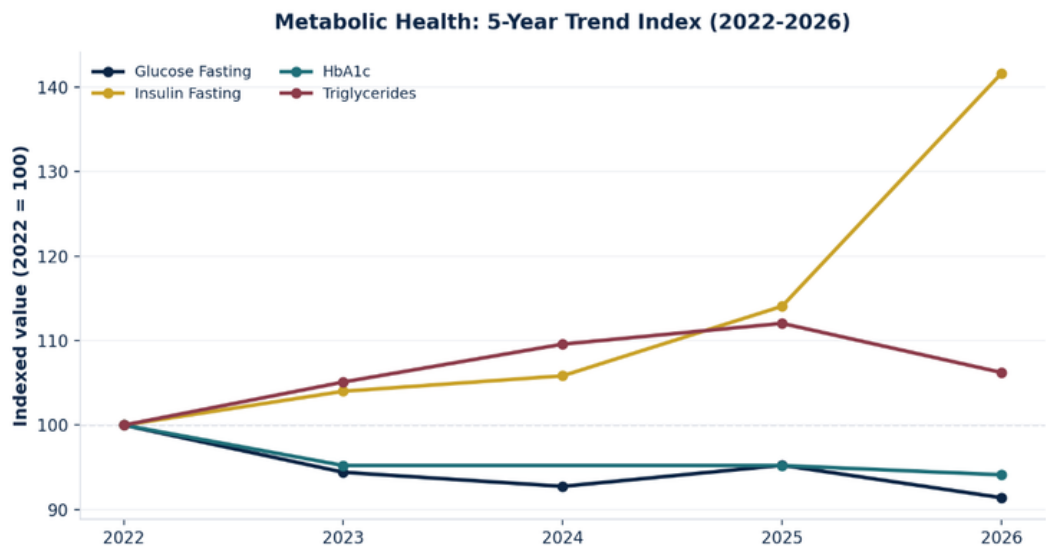




Five-Year Biomarker Trends by Category

Metabolic Health

Fasting glucose averages declined modestly across the five years (94.0 to 86.0 mg/dL), a favorable pattern. Fasting insulin moved in the opposite direction, rising steadily and then sharply in the final year (+42% overall, from 8.74 to 12.38 uIU/mL), with triglycerides also trending upward through 2025 before easing in 2026. Rising insulin alongside broadly stable-to-falling glucose is a pattern consistent with early insulin resistance developing ahead of overt glycemic changes — relevant context given Valeo's growing GLP-1 client base.



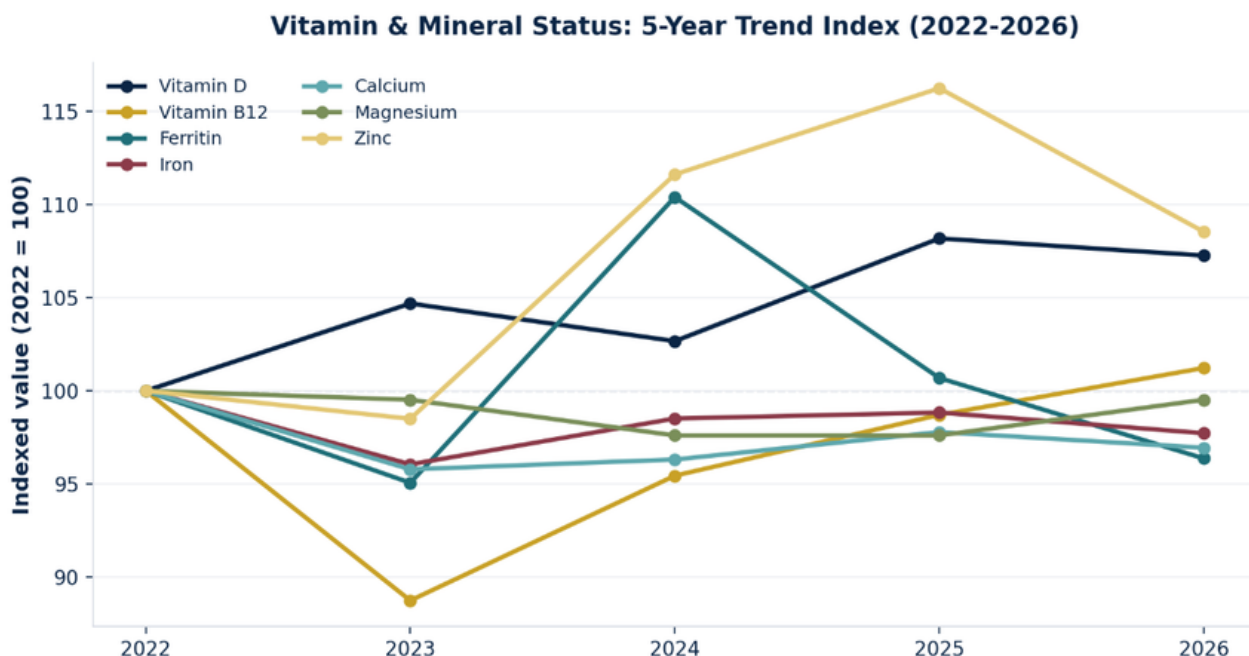
Data note: HbA1c's 2024 figure (marked †) is treated as a data quality flag; see About This Report.



Five-Year Biomarker Trends by Category

Vitamin & Mineral Status

Vitamin D averages sat consistently in the insufficient range throughout the period (32.7–35.3 ng/mL against a commonly used sufficiency threshold of 30 ng/mL, with optimal ranges often cited above 40), a well-documented pattern in the Gulf region despite high year-round sun exposure, generally attributed to sun avoidance and covering norms. Zinc rose 8.5% and Ferritin fluctuated without a clear direction. Folate rose sharply from 2022 to 2023 (7.4 to 13.9 ng/mL) and held near that higher level through 2026 — plausibly reflecting increased supplementation or fortification awareness, though the small 2022 base warrants caution in reading too much into the size of the jump.



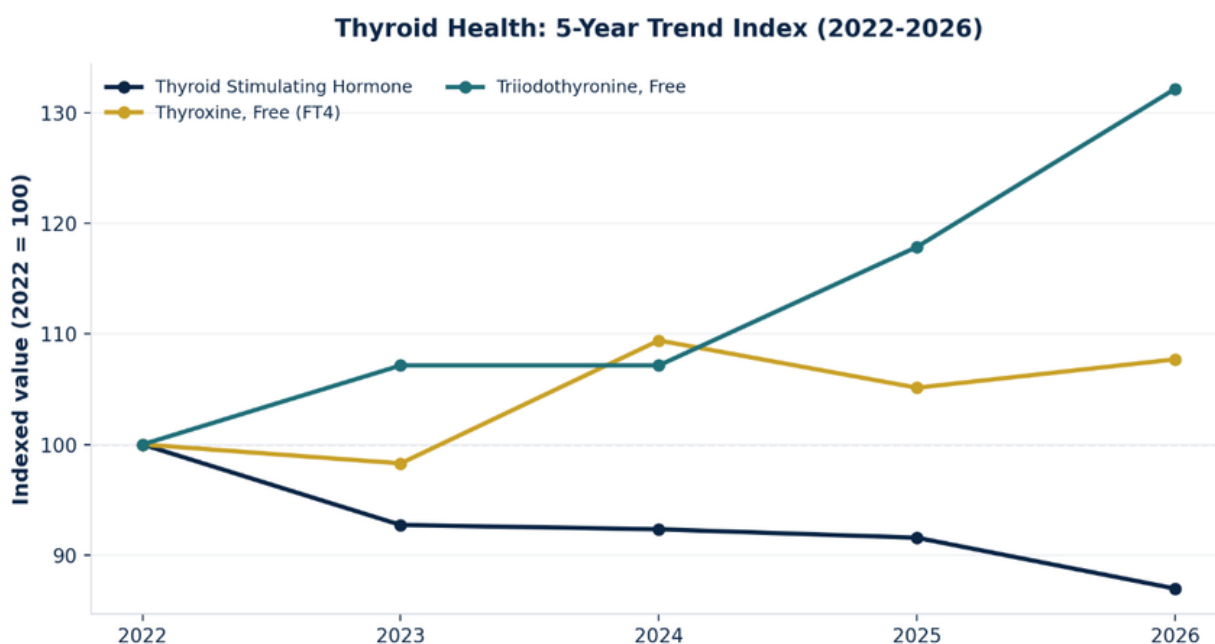
Data note: Folate is shown here in the data table but was excluded from the index chart, where its scale compressed every other



Five-Year Biomarker Trends by Category

Thyroid Health

TSH declined gradually across the five years (2.61 to 2.27 uIU/mL), remaining within typical reference ranges throughout. Free T3 rose steadily (+32%), while Free T4 moved more modestly. Taken together, the pattern is one of stable thyroid function at the population-average level, without a signal of emerging hypo- or hyperthyroidism across the tested cohort.

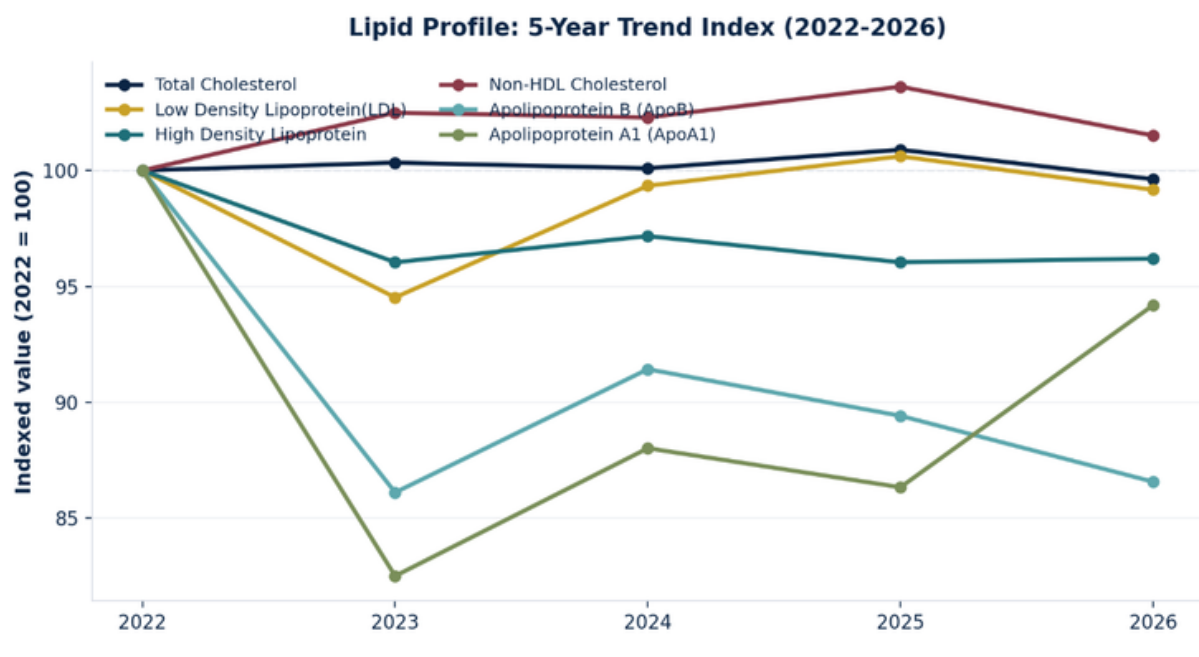




Five-Year Biomarker Trends by Category

Lipid Profile

Lipid averages were broadly stable across the five years. Total Cholesterol, LDL, and HDL each moved within a narrow single-digit-percent band, with no sustained directional trend. ApoB (a marker of atherogenic particle count) declined modestly relative to 2022, while ApoA1 (linked to HDL particle function) also declined before partially recovering by 2026 — a mixed picture that does not point clearly toward improving or worsening cardiovascular lipid risk at the population level.

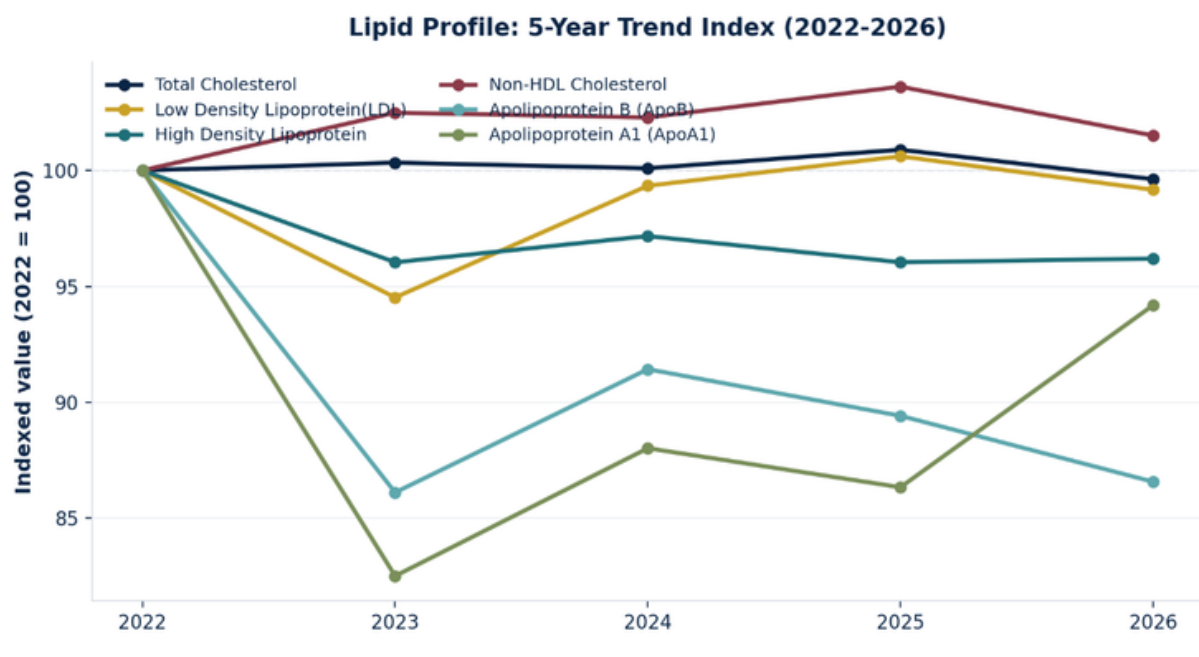




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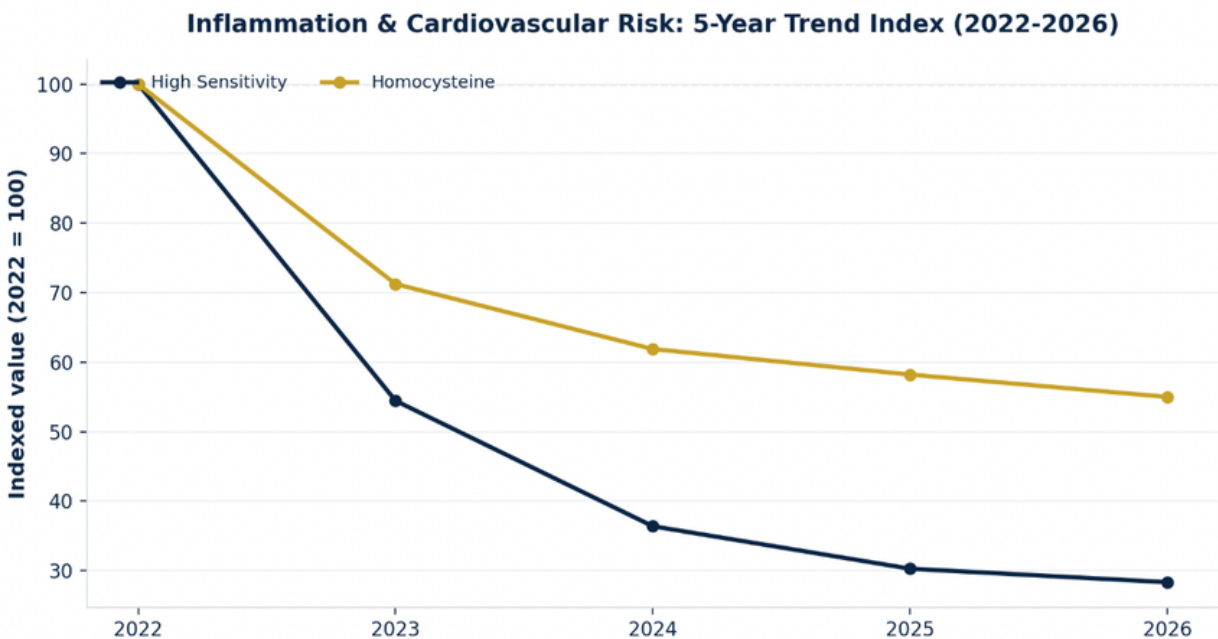




Five-Year Biomarker Trends by Category

Inflammation & Cardiovascular Risk

This is the clearest favorable trend in the entire dataset. High-sensitivity CRP fell 72% across the five years (7.20 to 2.04 mg/L), and Homocysteine fell 45% (17.42 to 9.58 umol/L) – both consistently, year over year, with no reversals. Both markers are associated with systemic inflammation and cardiovascular risk, and a sustained decline across a growing, progressively younger population is a genuinely positive signal, though it may partly reflect the shifting age composition of who is being tested each year rather than a pure biological improvement within the same women over time.

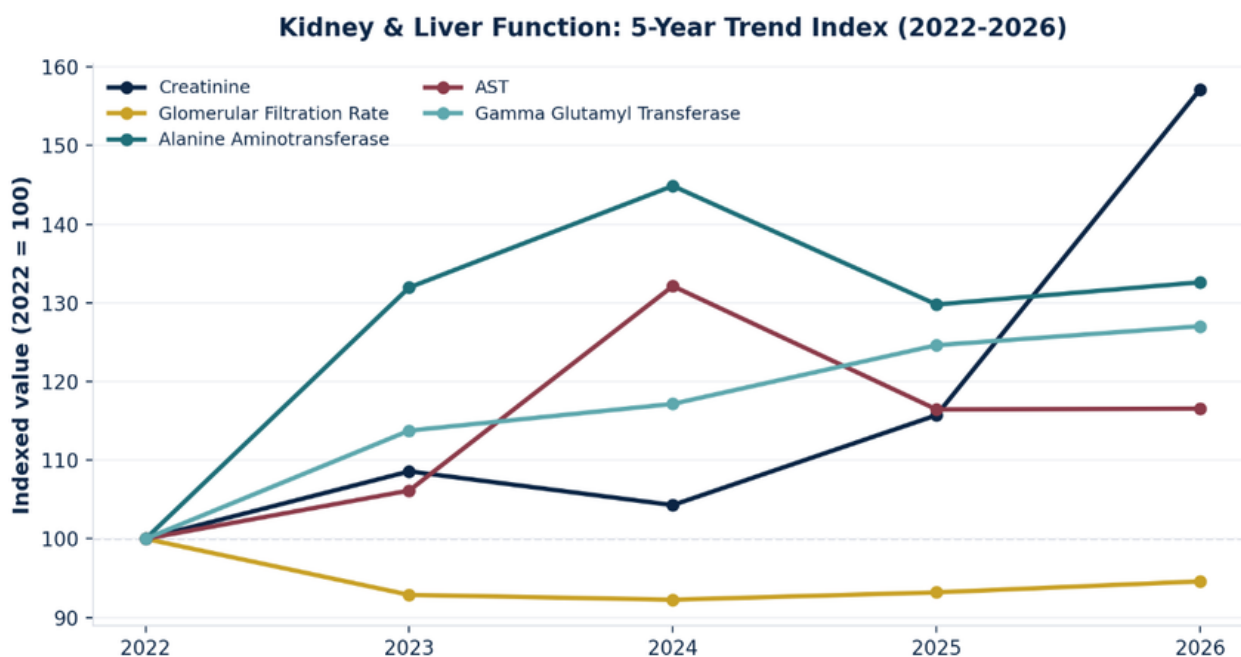




Five-Year Biomarker Trends by Category

Kidney & Liver Function

Creatinine rose 57% across the period (0.70 to 1.10 mg/dL) while eGFR — the more clinically informative kidney function marker — declined modestly from 114.4 to 108.2 mL/min/1.73m², still within a broadly normal range but a pairing that would typically prompt individual-level follow-up were it seen in a single patient. Liver enzymes (ALT, AST, GGT) all trended upward over the period, a pattern worth monitoring alongside the metabolic signals noted earlier, though average values remained within commonly used normal limits throughout.

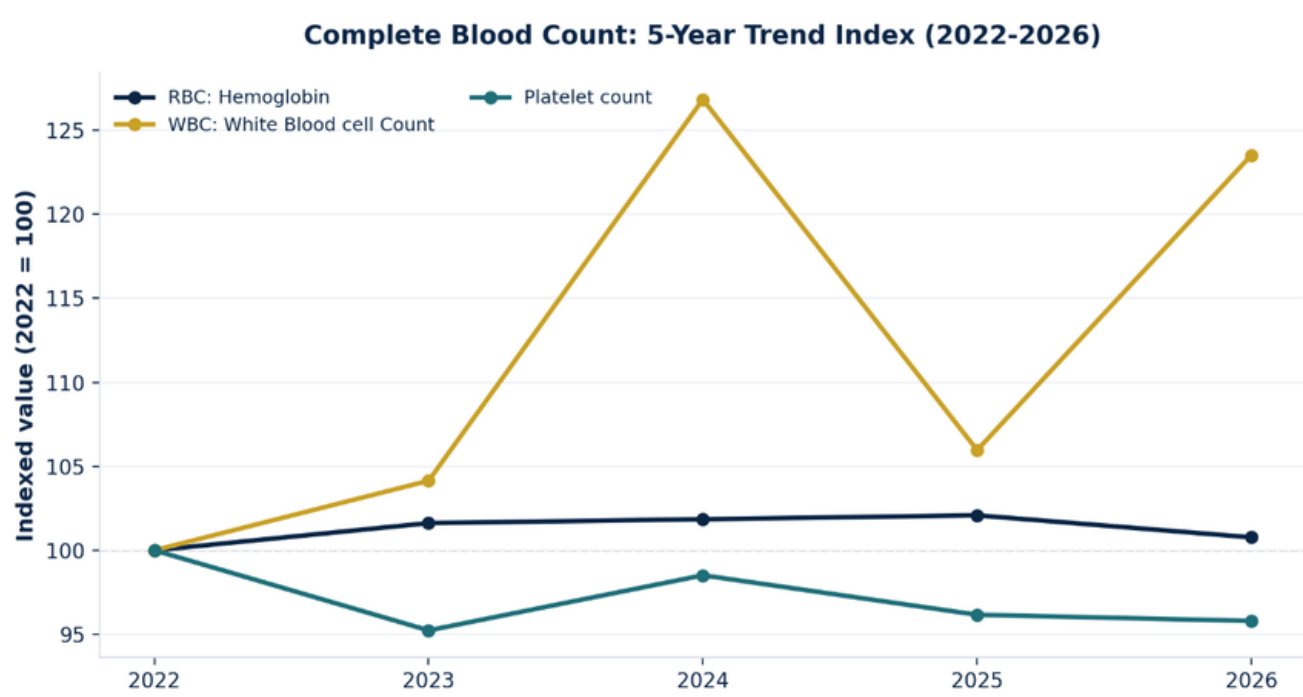




Five-Year Biomarker Trends by Category

Complete Blood Count

Hemoglobin remained essentially flat across the five years (12.97 to 13.07 g/dL), suggesting anemia prevalence at the population-average level did not meaningfully shift. White blood cell counts and platelet counts both showed year-to-year variability without a clear sustained trend in either direction.





Key Takeaways & Clinical Considerations

Across categories rather than in isolation, three themes emerge from five years of Emirati women's preventive testing data at Valeo:

Preventive engagement is growing

A nearly twenty-fold increase in testing volume alongside a two-year decline in average age suggests the preventive health message is reaching Emirati women earlier in life, not simply attracting more of the same demographic that was already engaged. This is arguably the single most encouraging trend in the dataset, independent of any individual biomarker.

Early metabolic signals warrant attention alongside strong cardiovascular gains.

Rising fasting insulin, rising triglycerides through 2025, and rising liver enzymes together sketch a metabolic picture that merits closer attention — potentially consistent with increasing rates of insulin resistance — even as fasting glucose itself has trended favorably. This sits alongside a clearly positive story on inflammatory and cardiovascular markers (CRP and homocysteine both down sharply), underscoring that population health rarely moves in one direction across every marker at once, and reinforcing the value of a panel-based rather than single-marker view.

Vitamin D insufficiency remains a persistent, unresolved regional pattern.

Five straight years of average Vitamin D readings in the insufficient range, despite the UAE's abundant sunshine, confirms this is a structural pattern tied to lifestyle and cultural factors rather than a transient dip — and one that preventive health programming has not yet closed, despite years of awareness campaigns across the region.



Personalized Valeo Remarks to Emirati Women

A letter from the data, to the women who created it. This part is written for you: the Emirati woman who booked the test, sat for the blood draw, and became one of the thousands of data points behind every chart in this report. We are not speaking about your individual results here — we can't, from population averages — but we can speak to what five years of women like you, choosing preventive care, have shown us. Here is what we'd want you to know, if we were sitting across from you instead of writing a report.

You are not “behind.” You may be exactly on time.

The average woman testing with us got younger every single year since 2022. That is not an accident — it means more and more Emirati women are choosing to know their numbers earlier, before a problem announces itself. If you are in your 30s and just booked your first full panel, you are not catching up to anyone. You are, statistically, ahead of where the average woman testing with us was three years ago

Five years of sunshine, and we still haven't caught up on Vitamin D.

- ✓ Allow a short 10–15 minutes of sun on arms or face a few times a week — a walk to the car, a coffee on the balcony — is enough; timing it before 11am or after 3pm avoids peak UAE UV.
- ✓ Build in food sources year-round: fatty fish like salmon and sardines, egg yolks, and fortified dairy or plant milks.
- ✓ Ask your physician about a supplement dose right for your levels — most women in this region need one regardless of sun exposure, and dosing should be personalized, not guessed at.
- ✓ Retest annually rather than assuming one good reading means the issue is resolved for good.



Personalized Valeo Remarks to Emirati Women

“My labs are normal” and “nothing is changing in my body” are not the same sentence.

- ✓ Pair carbohydrates with protein, fiber, or healthy fat at each meal to soften blood sugar spikes — dates with a handful of nuts rather than dates alone,
- ✓ A 10-15 minute walk after your largest meal of the day meaningfully improves how your body handles that meal's glucose load.
- ✓ Favor whole grains, legumes, and vegetables over refined carbohydrates and sugary drinks as your everyday default, not just an occasional swap.
- ✓ Build meals around anti-inflammatory staples already familiar in Emirati cooking — olive oil, leafy greens, dates, nuts, and fish — as everyday habits, not occasional treats.
- ✓ Cut back on fried and ultra-processed foods where you can — luqaimat and samboosa at a gathering are one thing, a daily habit is another; frequency matters more than perfection.
- ✓ Favor folate, B12, and B6-rich foods (leafy greens, legumes, eggs, poultry) which support healthy homocysteine metabolism.
- ✓ Regular movement and stress management — sleep, breathing practices, time outdoors — lower systemic inflammation over time, not just in a single blood draw.

Closing Note



Emirati Women's Day is, at its heart, a recognition of how far Emirati women have come and a commitment to what comes next. The data in this report tells a version of that same story in biomarkers: more women engaging with their health, earlier, and a preventive health system with five years of evidence now behind it to sharpen how it serves them.

Valeo Health is proud to support that work, and to publish this report as our contribution to Emirati Women's Day 2026.