Diabetes is a metabolic disorder characterized by resistance to the action of insulin, insufficient insulin secretion, or both. It is estimated that diabetes affects about 5% of the population in the industrialized nations, majority (~90%) constitute type-2 diabetes. It is expected that diabetes will be one of the most challenging public health problems of the 21st century. It is now affecting more than 150 million people worldwide and is predicted to rise to 300 million by 2025. In Saudi Arabia: Overall prevalence of Type-1, Type-2 and IGT was found to be 0.3%, 4.53% and 0.72% respectively and over the age of 60 years the Type-2 is increased to 26.87%. Recently in a seminar in the kingdom on "Diabetic Patient Empowerment" it was revealed that 25 to 30% of Saudi population is suffering from diabetes, and 52% of population is obese. Interestingly 34% army soldiers were also found to be obese (Arab News-2006).