

20TH GLOBAL OBESITY MEETING

August 24-25, 2018 Singapore

Association of body mass index and all-cause mortality in a tertiary regional hospital

Lei Anne Carolino

Jose B. Lingad Memorial Regional Hospital, Philippines

Background: All-cause mortality is increased when the patients have a co-existing condition of obesity and underweight. Cohort studies claimed that higher body mass index was a cohort risk associated with coronary heart disease, stroke and respiratory disease mortality, while other chronic diseases can lead to weight loss. In the Philippines, there are no existing data regarding the association of BMI and all-cause mortality.

Methods: This prospective cohort study was conducted at Jose B. Lingad Memorial Regional Hospital from September 2016 until September 2017. Analysis of BMI and mortality was done and logistic regression was performed to determine confounding variables.

Results: There was a significant association between BMI and mortality wherein among the 700 cases, 26% were underweight, 26% overweight and 21% pre-obese patients while in logistic regression, odds of mortality is higher patients who were obese class 1, followed by obese type 1 and underweight and mortality risk is increased when the patients were cigarette smokers, with upper gastrointestinal bleeding, with chronic obstructive pulmonary disease, with coronary artery disease, with pneumonia and cerebrovascular disease.

Conclusion: The patients' BMI is associated with all-cause mortality. Furthermore, the risk of mortality is increased further by intervening factors of body mass index such patients' life style and type of co-existing diseases. Mortality risk among underweight patients is increased by tobacco consumption as well as having related diseases such as upper gastrointestinal bleeding, chronic obstructive pulmonary disease and pneumonia while obesity mortality risk could occur among those with concurrent coronary artery disease and cerebrovascular disease.

lei_carolino@yahoo.com