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**ABSTRACT 187**

Title:

**Body mass index and waist circumference as predictors of mortality among older Singaporeans**

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Keywords: Mortality, body mass index, waist circumference

Abstract:

Objective:

To compare body mass index (BMI) and waist circumference as predictors of all-cause mortality among older Singaporeans.

Methods:

Data from Panel on Health and Aging of Singaporean Elderly was used in which 5000 older adults (> 60 years) were interviewed at baseline. Mortality information was collected during the second wave of the survey conducted two years later. Odds of mortality was compared between quintiles of BMI and waist circumference and between predefined categories of BMI and waist circumference, stratified by smoking status (current, former and never smokers).

Results:

Preliminary analysis of data showed that among never smokers low quintiles of waist circumference and the lowest predefined waist circumference category (<79 cm for men / < 68 cm for women) has the greatest odds of mortality. Those in the highest waist circumference category (>102 cm for men/ >88 cm for women) had the lowest odds of mortality among never smokers.

Conclusion:

Waist circumference appears to be a better predictor of mortality compared to BMI among never smokers, with older adults having a small waist circumference being at a higher risk of mortality