



**TITLE:** *Anthropometric Measures of Obesity to Predict Mortality using Edmonton's Obesity Staging System, among Young Sudanese Females at Khartoum Locality, Sudan*

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**ABSTRACT (upto 300 words)**

Obesity is considered a serious health hazard. It predisposes the individual to many disorders, such as diabetes and heart disease, it shortens the life span, and it complicates childbirth and surgery. This study was a cross-sectional descriptive health center-based study conducted in health centers at Khartoum locality during November 2018-January 2019; aimed to predict mortality among a young female Sudanese population enrolled in health centers.

The total sample of this study was 80 obese females, were 20-45 years enrolled into two randomly selected health centers. All obese females who fit the criteria and approved to be included have been selected as respondents. Primary data was obtained through questionnaires, anthropometric and other relevant measurements; main tool utilized is the Edmonton's obesity staging system (EOSS).

The prevalence of EOSS stages 0 (no risk factors or co-morbidities), 1 (mild conditions), 2 (moderate conditions), and 3 (significant conditions) were 22.5%, 12.5%, 45.0%, and 20.0%, respectively. All variables except for functional, of the EOSS had showed a positive correlation with BMI.

Considering the progression of co-morbidities with BMI shifts, same trend with the other variables, the relationship between EOSS variables and BMI was found to be linear. Further in-depth studies, a cohort prospective study should be carried, with objective to predict morbidity and mortality, to provide data for population studies and suggest suitable solutions.

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**Mode of Presentation:** Oral.

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**BIOGRAPHY (upto 200 words)**

Associate Professor in Nutrition and Dietetics, School of Health Sciences, AUW. Former Dean of the School of Health Sciences at Ahfad University for Women Sudan, coordinator for School Graduate Studies. Director of Nutrition and Health Center for Training and Research. She is involved in scholarly teaching, curriculum development and research. Supervision over 50 dissertations. Has published 5 articles in refereed Journals, and a book on Nutritional Assessment and Nutrition Education and Counseling, one chapter in a book and 4 professional papers in Conference proceedings. Registered Nutrition and Dietetics First Consultant, member of Sudanese National Council for Medical & Health Professions, she is also a WHO Consultant and national researcher for the desk review in Food Composition Tables for Sudan.

