Appendix 1 (as supplied by the authors)

Figure 1. The Edmonton Obesity Staging System (29)

EOSS: EDMONTON OBESITY STAGING SYSTEM - Staging Tool

**STAGE 0**
- No sign of obesity-related risk factors
- No physical symptoms
- No psychological symptoms
- No functional limitations

Case Example:
Physically active female with a BMI of 32 kg/m², no risk factors, no physical symptoms, no self-esteem issues, and no functional limitations.

**STAGE 1**
- Patient has obesity-related **SUBCLINICAL** risk factors
  - Prolonged hypertension, impaired fasting glucose, elevated low HDL cholesterol, etc.
  - OR -
- MILD physical symptoms - patient currently not requiring medical treatment for comorbidities
  - Glycemic or metabolic events, occasional obesity/pain, fatigue, etc.
  - OR -
- MILD obesity-related psychological symptoms and/or mid-impairment of well-being
  - Quality of life not impacted

Case Example:
58 year old female with a BMI of 59.3 kg/m², borderline hypertension, mild lower back pain, and knee pain. Patient does not require any medical intervention.

**STAGE 2**
- Patient has **ESTABLISHED** obesity-related comorbidities requiring medical intervention
  - HTN, type 2 diabetes, sleep apnea, PCD, osteoarthritis, reflux disease - OR -
- MODERATE obesity-related psychological symptoms
  - Depression, eating disorders, anxiety disorder - OR -
- MODERATE functional limitations in daily activities
  - Quality of life is beginning to be impacted

Case Example:
32 year old male with a BMI of 36 kg/m² who has primary hypertension and obstructive sleep apnea.

**STAGE 3**
- Patient has significant obesity-related end-organ damage
  - Nephrological complications, heart failure, diabetic complications, hypoglycemia
  - OR -
- **SIGNIFICANT** obesity-related psychological symptoms
  - Major depression, suicide ideation - OR -
- **SIGNIFICANT** functional limitations
  - Unable to work or complete routine activities, reduced mobility
- **SIGNIFICANT** impairment of well-being
  - Quality of life is significantly impacted

Case Example:
69 year old female with a BMI of 67 kg/m² diagnosed with sleep apnea, CV disease, GERD, and suffered from stroke. Patient’s mobility is significantly limited due to osteoarthritis and golf.

**STAGE 4**
- **SEVERE** (potential end stage) from obesity-related comorbidities - OR -
- **SEVERELY** disabling psychological symptoms - OR -
- **SEVERE** functional limitations

Case Example:
45 year old female with a BMI of 54 kg/m² who is in a wheel chair because of disabling arthritis, severe hyperglycemia, and anxiety disorder.

Sharma AM & Kushner RF, Int J Obes 2009

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