

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.

Class I, Stage 0 Obesity
WHO Obesity Classification

STAGE 1

- Patient has obesity-related **SUBCLINICAL** risk factors (borderline hypertension, impaired fasting glucose, elevated liver enzymes, etc.) - **OR** -
- **MILD** physical symptoms - patient currently not requiring medical treatment for comorbidities (dyspnea on moderate exertion, occasional aches/pains, fatigue, etc.) - **OR** -
- **MILD** obesity-related psychological symptoms and/or mild impairment of well-being (quality of life not impacted)

Case Example:
38 year old female with a BMI of 59.2 kg/m², borderline hypertension, mild lower back pain, and knee pain. Patient does not require any medical intervention.

Class III, Stage 1 Obesity

CLASSIFICATION OF BMI

Category	BMI (kg/m ²)
Obesity Class 1	30-34.9
Obesity Class 2	35-39.9
Obesity Class 3	40-49.9
Obesity Class 4	50-59.9
Obesity Class 5	≥ 60

Patient *does not meet clinical criteria for admission* at this time. Please refer to primary care for further preventative treatment options.

STAGE 2

- Patient has **ESTABLISHED** obesity-related comorbidities requiring medical intervention (HTN, Type 2 Diabetes, sleep apnea, PCOS, 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.

Class II, Stage 2 Obesity

STAGE 3

- Patient has **significant** obesity-related end-organ damage (myocardial infarction, heart failure, diabetic complications, incapacitating osteoarthritis) - **OR** -
- **SIGNIFICANT** obesity-related psychological symptoms (major depression, suicide ideation) - **OR** -
- **SIGNIFICANT** functional limitations (eg: unable to work or complete routine activities, reduced mobility)
- **SIGNIFICANT** impairment of well-being (quality of life is significantly impacted)

Case Example:
49 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 gout.

Class III, Stage 3 Obesity

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 hyperpnea, and anxiety disorder.

Class III, Stage 4 Obesity



Sharma AM & Kushner RF, *Int J Obes* 2009