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 CLASSIFICATION OF WEIGHT STATUS (BMI kg/m²)**

<table>
<thead>
<tr>
<th>Classification</th>
<th>BMI Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese Class I</td>
<td>30 - 34.9</td>
</tr>
<tr>
<td>Obese Class II</td>
<td>35 - 39.9</td>
</tr>
<tr>
<td>Obese Class III</td>
<td>≥40</td>
</tr>
</tbody>
</table>

**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 39.2 kg/m², borderline hypertension, mild lower back pain, and knee pain. Patient does not require any medical intervention.

**Class III, Stage 1 Obesity**

**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 wheelchair because of disabling arthritis, severe hyperpnea, and anxiety disorder.

**Class III, Stage 4 Obesity**

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

**Stage 0 / Stage 1 Obesity**
Patient does not meet clinical criteria for admission at this time. Please refer to primary care for further preventative treatment options.