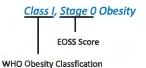
EOSS: EDMONTON OBESITY STAGING SYSTEM - Staging Tool

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 (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

WHO CLASSIFICATION OF WEIGHT STATUS (BMI kg/m2)

Obese Class II 35 - 39.9 Obese Class II <u>></u>40

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.

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



