Appendix 1 (as supplied by the authors) Figure 1. The Edmonton Obesity Staging System (29)

EOSS: EDMONTON OBESITY STAGING SYSTEM - Staging Tool

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 EOSS Score WHO Obesity Classification

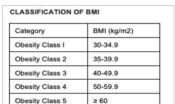
STAGE 1

- 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
- 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





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 apnes, PCOS, osteoarthritis, reflux disease) OR
 MODERATE obesity-related psychological symptoms
- (depression, eating disorders, anxiety disorder) OR MODERATE functional limitations in daily activities
- 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/m 2 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
- 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