**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**

### 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 41 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** (e.g. 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 42 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 48 kg/m² who is in a wheelchair because of disabling arthritis, severe hyperpnea, and anxiety disorder.

**Class III, Stage 4 Obesity**

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

- Obese Class I .......... 30 - 34.9
- Obese Class II .......... 35 - 39.9
- Obese Class III .......... ≥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.