

# 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/m<sup>2</sup>, 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 (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/m<sup>2</sup>, 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/m<sup>2</sup>)

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.



## 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/m<sup>2</sup> 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/m<sup>2</sup> 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/m<sup>2</sup> who is in a wheelchair because of disabling arthritis, severe hyperpnea, and anxiety disorder.

*Class III, Stage 4 Obesity*