Appendix 1 (as supplied by the authors)

Figure 1. The Edmonton Obesity Staging System (29)

EOSS: EDMONTON OBESITY STAGING SYSTEM - Staging Tool

<table>
<thead>
<tr>
<th>STAGE 0</th>
<th>STAGE 1</th>
<th>STAGE 2</th>
<th>STAGE 3</th>
<th>STAGE 4</th>
</tr>
</thead>
</table>
| • NO sign of obesity-related risk factors  
• NO physical symptoms  
• NO psychological symptoms  
• NO functional limitations | • Patient has obesity-related SUBCLINICAL risk factors  
(pancreatic hyperinsulinemia, impaired fasting glucose, elevated low-density lipoprotein cholesterol, etc.)  
• OR -  
• MILD physical symptoms - patient currently not requiring medical treatment for comorbidities  
(osteoarthritis, hypertension, or mild fatigue or depression)  
• OR -  
• MILD obesity-related psychological symptoms  
and/or mild impairment of well-being  
(poor quality of life not impacted) | • Patient has established obesity-related comorbidities requiring medical intervention  
(HTN, type 2 diabetes, sleep apnea, calcium oxalate calculi, reflux disease)  
• OR -  
• MODERATE obesity-related psychological symptoms  
(depression, anxiety, eating disorders, suicide ideation)  
• OR -  
• MODERATE functional limitations in daily activities  
(poor quality of life beginning to be impacted) | • Patient has significant obesity-related end-organ damage  
(renal insufficiency, heart failure, diabetic complications, exacerbating coronary artery disease)  
• OR -  
• SIGNIFICANT obesity-related psychological symptoms  
(major depression, suicide ideation)  
• OR -  
• SIGNIFICANT functional limitations  
(eg, unable to work or complete routine activities, reduced mobility)  
• OR -  
• SIGNIFICANT impairment of well-being  
(poor quality of life significantly impacted) | • SEVERE (potential end stage) from obesity-related comorbidities  
• OR -  
• SEVERELY disabling psychological symptoms  
• OR -  
• SEVERE functional limitations |

Case Examples:

- **Stage 0**: 32 year old female with a BMI of 32 kg/m², no risk factors, no physical symptoms, no self-esteem issues, and no functional limitations.
- **Stage 1**: 58 year old female with a BMI of 59.3 kg/m², borderline hypertension, mild lower back pain, and knee pain. Patient does not require any medical intervention.
- **Stage 2**: 32 year old male with a BMI of 36 kg/m² who has primary hypertension and obstructive sleep apnea.
- **Stage 3**: 69 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 joint pain.
- **Stage 4**: 45 year old female with a BMI of 54 kg/m² who is in a wheelchair because of disabling arthritis, severe hyperglycemia, and anxiety disorder.

Classification of BMI:

<table>
<thead>
<tr>
<th>Category</th>
<th>BMI (kg/m²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity Class 1</td>
<td>30-34.9</td>
</tr>
<tr>
<td>Obesity Class 2</td>
<td>35-39.9</td>
</tr>
<tr>
<td>Obesity Class 3</td>
<td>40-44.9</td>
</tr>
<tr>
<td>Obesity Class 4</td>
<td>45-59.9</td>
</tr>
<tr>
<td>Obesity Class 5</td>
<td>≥ 60</td>
</tr>
</tbody>
</table>

Patient does not meet clinical criteria for admission at this time. Please refer to primary care for further preventative treatment options.