

EOSS: Edmonton Obesity Staging System

Staging Tool

Stage 0

Class I, Stage 0 Obesity



- 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

Class III, Stage 1 Obesity

- 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.

WHO Classification of Weight Status (BMI kg/m²)

Obesity Class I	30 - 34.9
Obesity Class II	35 - 39.9
Obesity 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.



Obesity is a multifactorial, progressive, and relapsing chronic disease characterized by abnormal and/or excessive body fat (adiposity) that impairs health.

Stage 2

Class II, Stage 2 Obesity

- Patient has **ESTABLISHED** obesity-related comorbidities requiring medical intervention (*HTN, Type 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.

Stage 3

Class III, Stage 3 Obesity

- 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.

Stage 4

Class III, Stage 4 Obesity

- **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.