

EOSS: EDMONTON OBESITY STAGING SYSTEM **- *Staging Tool***

NOTE:

We recommend the use of a high-quality colour or monochrome laser printer for the reproduction of this tool.

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- Staging Tool

STAGE 0

- NO sign of obesity-related risk factors
- NO physical symptoms
- NO psychological symptoms
- NO functional limitations

STAGE 1

- Patient has obesity-related **subclinical** risk factors - OR -
- **MILD** physical symptoms - patient currently not requiring medical treatment for comorbidities - OR -
- **MILD** obesity-related psychology and/or mild impairment of well-being

STAGE 2

- Patient has an **ESTABLISHED** obesity-related comorbidities requiring medical intervention - OR -
- **MODERATE** obesity-related psychological symptoms - OR -
- **MODERATE** functional limitations in daily activities

STAGE 3

- Patient has **significant** obesity-related end-organ damage - OR -
- **SIGNIFICANT** obesity-related psychological symptoms - OR -
- **SIGNIFICANT** functional limitations -OR-
- **SIGNIFICANT** impairment of well-being

STAGE 4

- **SEVERE** (potential end stage) from obesity-related chronic disease - OR -
- **SEVERE** disabling psychological symptoms - OR -
- **SEVERE** functional limitations

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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

How to assign EOSS score

- ☐ Calculate BMI
- ☐ Complete all required lab-work
- ☐ Identify obesity related mental, mechanical & metabolic co-morbidities
- ☐ Assess functional limitations
 - Quality of life
 - Mobility
 - Work performance
- ☐ Use above information to assign an EOSS score between 0-4

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STAGE 3

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STAGE 4

- **SEVERE** (potential end stage) from obesity-related chronic disease - *OR* -
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Sharma AM & Kushner RF, *Int J Obes* 2009

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