

**Edmonton  
 Obesity  
 Scoring  
 System**

**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 (Asthma on moderate exertion, occasional arthralgia, fatigue, etc.) - OR -
- **MILD** obesity-related psychological symptoms and/or mild impairment of well-being (quality of life not impaired)

Case Example:  
 38 year old female with a BMI of 30.2 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

**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 wheel chair because of disabling arthritis, severe hyperlipaemia, and anxiety disorder.

Class III, Stage 4 Obesity

**Treatment Algorithm of Patients with Overweight and Obesity**

EOSS	BMI < 30	BMI 30-35	BMI 35-40	BMI >40	Age (years)
STAGE 0					> 60
					< 60
STAGE 1				<b>S</b>	> 60
					< 60
STAGE 2				<b>S</b>	> 60
					< 60
STAGE 3			<b>S</b>	<b>S</b>	> 60
					< 60
STAGE 4					> 60
		<b>S</b>	<b>S</b>	<b>S</b>	< 60

  

<span style="background-color: #ffffcc; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> lifestyle intervention	<span style="background-color: #90ee90; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> pharmacological therapy (In patients with T2DM, is indicated the use of antidiabetic medications that have additional actions to promote weight loss, such as GLP-1 analogs).	<span style="background-color: #add8e6; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> bariatric surgery
<span style="background-color: #ffb6c1; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> rehabilitation (physical, neurological, cardiopulmonary, psychiatric)		<b>S</b> surgery to be considered in selected cases with favorable risk/benefit profile