

Appendix 5.**Table 2.** King's College Obesity Staging System

| | Stage 0 Normal Health | Stage 1 At risk of disease | Stage 2 Established disease | Stage 3 Advanced disease |
|----------------------------------|--------------------------------------|---|--|--|
| Airways | Normal | Snoring | CPAP therapy | Cor pulmonale |
| BMI | <35kg/m ² | 35-40 kg/m ² | 40-60 kg/m ² | >60 kg/m ² |
| Cardiovascular | <10% risk | 10-20% risk | Heart disease | Heart failure |
| Diabetes | Normal | Impaired fasting glucose | Type 2 diabetes | Uncontrolled type 2 diabetes |
| Economic | Normal | Increased expense for clothes and travel | Workplace discrimination | Unemployment due to obesity |
| Functional | Can walk three flights of stairs | Can walk one or two flights of stairs | Requires mobility aid | Housebound |
| Gonadal | Normal | PCOS/erectile dysfunction | Subfertility | Sexual dysfunction leading to relationship breakdown |
| Health status (perceived) | Normal | Low mood or QoL | Depression or poor QoL | Severe depression |
| Image (body) | Normal | Dislikes body | Body image dysphoria | Eating disorder |

CPAP: Continuous Positive Airway Pressure, PCOS: Polycystic Ovarian Syndrome, QoL: Quality of Life