BACKGROUND

- The 2020 Canadian Adult Obesity Clinical Practice Guidelines highlight the impact of comorbidities on obesity.
- There is a need for early person-centred interventions in primary care to prevent excessive weight gain and development of obesity-related comorbidities.
- Edmonton Obesity Staging System (EOSS) stage is a better predictor of mortality than Body Mass Index (BMI).

OBJECTIVE

To determine the usability of data from the Northern Alberta Primary Care Research Network (NAPCReN) database to develop a dashboard to assess patient EOSS stage.

RESULTS

- Figure 1: Percentage of population in each BMI class by overall EOSS stage (n=22932). Excludes patients whose EOSS stage could not be assigned (n=528).
- Figure 2: Percentage of population in each EOSS stage for each comorbidity.
- Figure 3: Data presentation tool for EOSS stage.
- Figure 4: Percentage of patients whose comorbidity EOSS scores could be assigned.

CONCLUSION

- Over half our region is in the EOSS 2, providing an opportunity to intervene to improve clinical outcomes for people living with obesity.
- 11 to 18% of patients could not be assigned comorbidity EOSS stage scores based on unavailable data. Physicians can use the dashboard to identify these patients and determine whether it would be appropriate to obtain measures for them.
- The dashboard offers an opportunity for physicians and teams to quickly identify patients at risk of disease (EOSS 1) or with established disease.
- The dashboard makes information easily accessible for quality improvement and individual clinical care.