

Staging with the BOSS will be considered when **BMI \geq 25 kg/m²** OR a **waist-height ratio of \geq 0.5** is present.

When staging with the BOSS, **presence of one of the criteria** is sufficient to allocate a certain stage, unless it is explicitly stated that a combination of criteria needs to be present.

A diagnosis for complications in the table below can be considered when a criterium is met (e.g., HbA1c \geq 6.5% for type 2 diabetes), a clinical diagnosis is registered OR when medication is used (e.g., oral antidiabetic agents for type 2 diabetes).

Variable	Susceptibility BOSS0	Preclinical BOSS1	Clinical early BOSS2	Clinical intermediate BOSS3	Clinical late BOSS4
Glucose homeostasis <i>Fasting glucose (mg/dL) OR HbA1c (%)</i>	<100 mg/dL; <5.7%	<100 mg/dL; <5.7%	Prediabetes; 100-126 mg/dL; 5.7-6.4%	Type 2 diabetes; \geq 126 mg/dL; \geq 6.5%; Very high CVD risk: <50: \geq 7.5%; 50-69: \geq 10%; \geq 70: \geq 15%	Combination: very high CVD risk + type 2 diabetes
Cardiovascular disease risk <i>Score 2</i>	Low CVD risk: <50: <1%; 50-69: 2.5%; \geq 70: <5%	Moderate CVD risk: <50: <2.5%; 50-69: <5%; \geq 70: <7.5%	High CVD risk: <50: 2.5-7.4%; 50-69: 5-9.9%; \geq 70: 7.5-14.9%		
Cardiac health	NYHA I	NYHA I	NYHA II	NYHA III; Secondary prevention \geq 0.675	NYHA IV; Decompensation
Liver health <i>NAFLD score</i>	<-1.455	<-1.455	-1.455-0.67		Decompensation
Kidney health <i>e GFR (ml/min/1.73 m²)</i>	\geq 90	\geq 90	60-89	30-59	<30; Decompensation
Functional wellbeing	No impact	No impact	Orthopedic issues (e.g., back, joint, knee issues/pain)	Mobility impairment	Severe impairment of mobility
Mental wellbeing	No impact	No impact	Clinical psychotherapeutic repercussions (e.g., fear, depression)	Severe clinical psychotherapeutic repercussions (e.g., severe depression, anxiety disorder)	Clinical psychotherapeutic repercussions requiring hospitalization
Other	None present	None present	COPD (Gold <3); Sleep apnea (AHI 5-14); PCOS; Urinary incontinence; Reflux; Gout	COPD (Gold 3 or 4) Sleep apnea (AHI \geq 15) Cerebral damage (e.g recurrent headaches)	Severe cerebral damage (e.g vision loss)

Provisional version