OBESITY ICD-10-CM CODES:

NCHS ICD C&M, MARCH 2023

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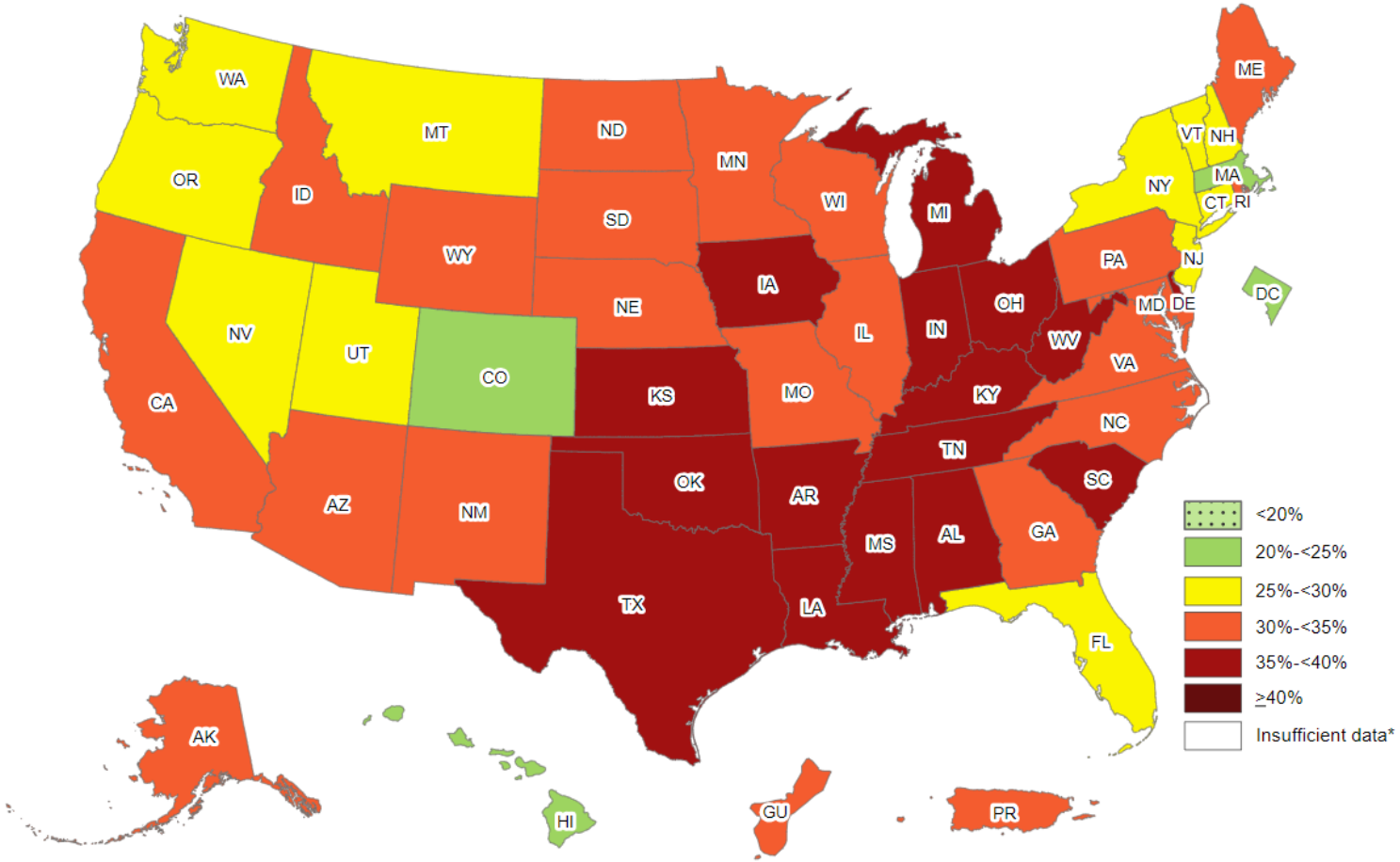
AGENDA

- Background
- Problem Statement
- Proposal

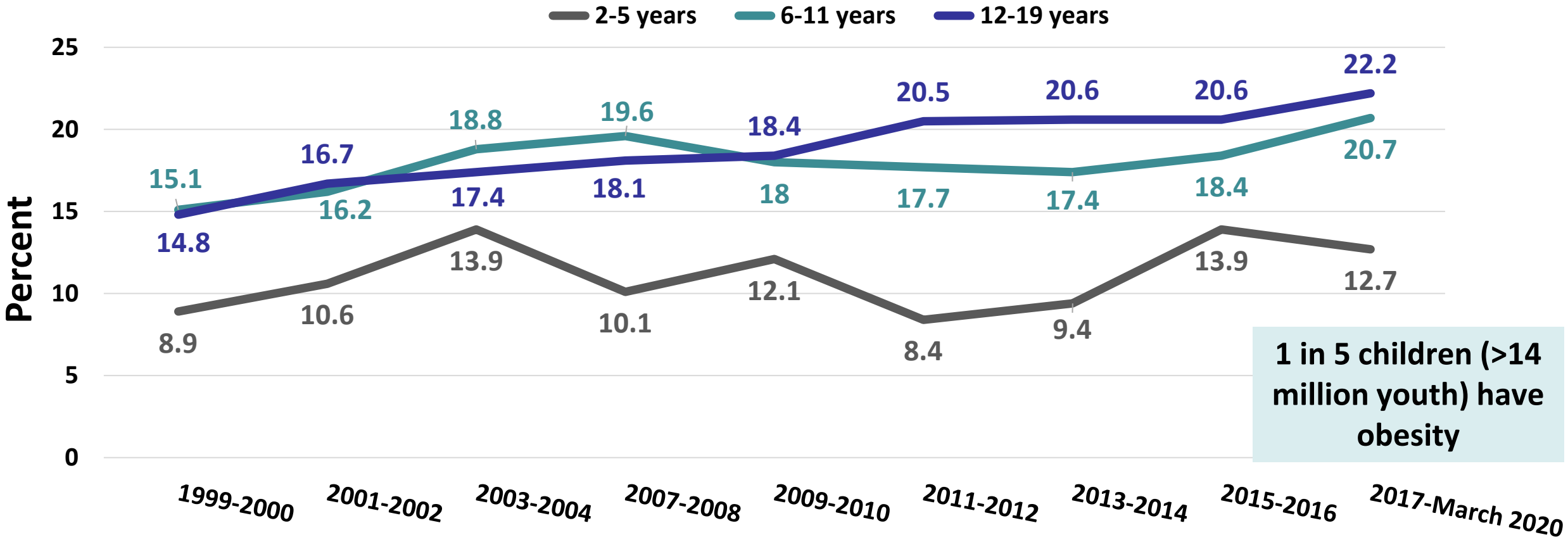
PREVALENCE OF SELF-REPORTED OBESITY AMONG U.S. ADULTS BY STATE AND TERRITORY, BRFSS, 2020



CDC DATA SHOW THAT ADULT OBESITY PREVALENCE CONTINUES TO RISE ACROSS THE U.S.

CHILDHOOD OBESITY IS HIGH AMONG ALL AGE GROUPS

Prevalence of Obesity in U.S. Youth 2-19 Years, 1999-2000 through 2017-March 2020



1 in 5 children (>14 million youth) have obesity

CATEGORIZATION: OVERVIEW

- Class 1, 2 or 3 categorization:
  - Well established in the literature*,
  - Increasing class associated with worsening morbidity and mortality,
  - Important for classification of disease severity,
  - Supported by professional organizations.
- Prevents confusion arising from:
  - Terminology (e.g., “severe,” “extreme,” etc), and
  - Stigmatization (e.g., “morbid,” and “excess calories”).

*1998 – Adults
2009 – Children and adolescents

OBESITY CLASSIFICATION: CHILDREN

- Described since 2009.
- Recognized by the 2023 American Academy of Pediatrics Clinical Practice Guideline.
- Recognized by other specialty societies and in the literature:
  - Class 1: BMI ≥95th percentile for age and sex to < 120% of the 95th percentile,
  - Class 2: BMI ≥120% of the 95th percentile for age and sex to <140% of the 95th percentile or a BMI >35 kg/m^2 ,
  - Class 3: BMI ≥140% of the 95th percentile for age and sex, or a BMI >40 kg/m^2, whichever is lower based on age and sex.

Classes 2 & 3 parallel adult classifications.

OBESITY CLASSIFICATION: ADULTS

- First endorsed by NHLBI in 1998 and reiterated by first guidelines for adults in 2013.
- Recognized by professional societies and well established in literature.
  - Class 1 Obesity: BMI $\geq$ 30 to 34.9 kg/m^2,
  - Class 2 Obesity: BMI $\geq$ 35 to 39.9 kg/m^2,
  - Class 3 Obesity: BMI $\geq$ 40 kg/m^2 and greater.

MECHANISM OF DISEASE

- Chronic inflammatory disease characterized by dysregulation in cellular and hormonal processes.
- Recognized by professional societies for several decades (NHLBI, AHA, etc.)
- Well established in published literature.

E66.01 and Our Culture of Shame

Scott Hagan, M.D.

"You're going to be disappointed in me!" was how he opened our visit.

The problem list included nonalcoholic steatohepatitis, atrial fibrillation, and a body-mass index (BMI) of 42 standing in the way of his candidacy for knee replacement. Having faithfully committed to a structured weight-loss program for the previous year, my patient had initial success, but most of the pounds came back. "I know, I know, it's no good. I have been bad lately," he confessed with a sheepish grin.

Metabolic surgery was off the table. One of his relatives had had a severe complication, and he didn't want to take that risk. We discussed the promising new option of an injectable glucagon-like peptide 1 (GLP-1) analogue. "A shot to lose weight?" he asked skeptically, but eventually he agreed to try it.

The request for a nonformulary drug required an associated *International Classification of Diseases, 10th Revision* (ICD-10) diagnosis. Groaning as I typed "obesity," I knew the search result I would select: "morbid (severe) obesity due to excess calories" (E66.01). Although "other obesity" (E66.8) and "obesity, unspecified" (E66.9) were also options, they lacked a more precise obesity classification, and I worried that they might not be convincing enough to justify an authorization for an expensive drug.

Pont SJ et al. Pediatrics 2017; 140(6): e20173034
Hagan S. NEJM 2021; 385 (25): 2307.

STIGMATIZATION

PROPOSAL

- **Childhood specific BMI categories:**
  - Overweight: BMI $\geq$85th percentile to <95th percentile for age and gender
  - Class 1: BMI $\geq$95th percentile for age and sex to < 120% of the 95th percentile,
  - Class 2: BMI $\geq$120% of the 95th percentile for age and sex to <140% of the 95th percentile or a BMI >35 kg/m^2 ,
  - Class 3: BMI $\geq$140% of the 95th percentile for age and sex, or a BMI >40 kg/m^2, whichever is lower based on age and sex.
- **Adult BMI categories:**
  - Overweight: BMI 25-29.9 kg/m^2,
  - Obesity Class 1: BMI $\geq$ 30.0-34.9 kg/m^2,
  - Obesity Class 2: BMI $\geq$ 35.0-39.9 kg/m^2 ,
  - Obesity Class 3: BMI $\geq$ 40 kg/m^2.
- **Updates pathophysiological understanding,**
- **Uses preferred, stigma-free terminology.**

QUESTIONS

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