

Obesity Classes

Obesity is recognized as a highly prevalent chronic disease with complex inflammatory and endocrinological pathophysiology, with serious health and social consequences.¹⁻³ A previous proposal related to obesity classes was presented at the September 2022 ICD-10 Coordination and Maintenance meeting, and further clinical details are available from that proposal.

Obesity in children and adolescents is determined by age- and gender-specific percentiles. Therefore, a child or adolescent may suffer from obesity at a lower BMI than an adult. For adults, the overweight range is from a BMI of 25.0 to <30. Obesity in adults is subdivided into the following: Class 1: BMI of 30 to < 35; Class 2: BMI of 35 to < 40; Class 3: BMI of 40 or higher (sometimes categorized as “severe” obesity).⁴ Obesity in children uses a classification system recognizing BMI \geq 95th percentile as class I obesity, BMI \geq 120% of the 95th percentile as class II obesity, and BMI \geq 140% of the 95th percentile as class III obesity.⁵

Having a high BMI-for-age is associated with clinical risk factors for cardiovascular disease, including high cholesterol and high blood pressure,⁶ and other chronic conditions. Obesity has been an ongoing problem in children and adolescents.^{6,7} It is recommended that adolescents with class 2 obesity together with a co-morbidity, or with class 3 obesity should be considered for bariatric surgery.⁸ In January 2023, the AAP released a Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity to inform pediatric healthcare providers about the standard of care for youth with overweight and obesity and related comorbidities.⁹

Proposed changes to the ICD-10-CM obesity codes have been received from within CDC, from the Division of Nutrition, Physical Activity, and Obesity, of the National Center for Chronic Disease Prevention and Health Promotion; with further input from additional obesity experts. This proposal is a result of combined input, as well as comments from the previous presentation.

References

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TABULAR MODIFICATIONS

Option #1

	E66	Overweight and obesity
Revise		Use additional code to identify body mass index (BMI), if known, <u>for adults (Z68.1-Z68.45) or pediatrics (Z68.5-)</u>
Delete	Excludes1:	 adiposogenital dystrophy (E23.6) lipomatosis NOS (E88.2) lipomatosis dolorosa [Dercum] (E88.2) Prader-Willi syndrome (Q87.11)
Add	Excludes2:	adiposogenital dystrophy (E23.6)
Add		lipomatosis NOS (E88.2)
Add		lipomatosis dolorosa [Dercum] (E88.2)
Add		Prader-Willi syndrome (Q87.11)
	E66.8	Other obesity
New sub-subcategory	E66.81	Obesity class
New code	E66.811	Obesity, class 1
New code	E66.812	Obesity, class 2
New code	E66.813	Obesity, class 3
New code	E66.89	Other obesity not elsewhere classified

Option #2

	E66	Overweight and obesity
Revise		Use additional code to identify body mass index (BMI), if known, <u>for adults (Z68.1-Z68.45) or pediatrics (Z68.5-)</u>
Delete	Excludes1:	 adiposogenital dystrophy (E23.6) lipomatosis NOS (E88.2) lipomatosis dolorosa [Dercum] (E88.2) Prader-Willi syndrome (Q87.11)
Add	Excludes2:	adiposogenital dystrophy (E23.6)
Add		lipomatosis NOS (E88.2)
Add		lipomatosis dolorosa [Dercum] (E88.2)

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Add		Prader-Willi syndrome (Q87.11)
	E66.8	Other obesity
New sub-subcategory	E66.81	Obesity in children and adolescents
Add		Use additional code to identify body mass index (BMI), pediatric, if known (Z68.5-)
New code	E66.811	Obesity in children and adolescents, class 1
New code	E66.812	Obesity in children and adolescents, class 2
New code	E66.813	Obesity in children and adolescents, class 3
New code	E66.819	Obesity in children and adolescents, unspecified
New sub-subcategory	E66.82	Obesity in adults
Add		Use additional code to identify body mass index (BMI), adult, if known (Z68.1-Z68.45)
New code	E66.821	Obesity in adults, class 1
New code	E66.822	Obesity in adults, class 2
New code	E66.823	Obesity in adults, class 3
New code	E66.829	Obesity in adults, unspecified
New code	E66.89	Other obesity not elsewhere classified