



# Focus on Obesity & Protein-Calorie Malnutrition

March is National Nutrition Month

## Facts about Obesity & Protein-Calorie Malnutrition

Body Mass Index (BMI) is a reportable HEDIS/Star healthcare quality measurement. For the general population, as shown in the following table, BMI can provide sound clinical information on a person's nutritional status. In order to determine that patients are at a healthy weight, the provider should record their height and weight, calculate the BMI, and document the BMI in the chart at least once or twice a year.<sup>1</sup>

Classification	BMI
	Principal Cut-off Points
<i>Underweight</i>	<18.50
Severe Malnutrition	<16.00
Moderate Malnutrition	16.00–16.99
Mild Malnutrition	17.00–18.49
<i>Normal Range</i>	18.50–24.99
<i>Overweight</i>	≥25.00
Pre-Obese	25.00–29.99
<i>Obese</i>	≥30.00
Obese Class I	30.00–34.99
Obese Class II	35.00–39.99
<b>Obese Class III (Morbid Obesity)</b>	≥40.00

## Obesity

Based on recommendations by the U.S. Preventive Services Task Force (USPSTF), CMS will cover preventive services and counseling for obesity, under a new HCPCS code, G0447 (Face-to-Face Behavioral Counseling for Obesity, 15 minutes).<sup>2</sup>

## Protein-Calorie Malnutrition

Among the elderly, significant mortality is associated when the BMI is less than 21.<sup>3</sup> The prevalence of protein-calorie malnutrition varies depending on the clinical setting. Protein-calorie malnutrition is estimated at 4% in the community setting; 29% in sub-acute care facilities; 27% and 38% among the hospitalized elderly aged 60 – 79 and aged 80 and older, respectively; and 30–40% among those aged 70 years of age and older who have been hospitalized for over two weeks.<sup>4</sup>

## Documentation Tips<sup>5, 6</sup>

The ICD-9-CM separates obesity and malnutrition into several specific code categories based on degree or severity. Clinical documentation should include:

- Weight loss or gain
- Physical examination signs
- BMI
- Laboratory values (total protein, albumin, pre-albumin)
- Degree or severity
- Treatment plan
- Underlying medical conditions

While BMI may be coded by the medical assistant or other medical professional, the diagnosis must be coded based upon the provider's documentation.<sup>5</sup>

## ICD-9-CM Coding – Obesity<sup>6</sup>

- 278.00 Obesity, unspecified
- **278.01** Morbid Obesity (BMI 40 or greater)
- 278.02 Overweight (BMI 25–29.9)
- **278.03** Obesity hypoventilation syndrome (OHS, Pickwickian syndrome)

## BMI (adult over 20 years old)

- V85.0 below 19
- V85.1 19.0 – 24.9 Normal
- V85.2x 25.0 – 29.9 Overweight
- V85.3x 30.0 – 39.9 Obesity
- **V85.4x** 40 or greater Morbid Obesity

## ICD-10-CM Coding – Obesity<sup>7</sup>

- E66.01 Morbid (severe) obesity due to excess calories
- E66.09 Other obesity due to excess calories
- E66.1 Drug-induced obesity
- E66.2 Morbid (severe) obesity with alveolar hypoventilation (Pickwickian syndrome)
- E66.3 Overweight
- E66.8 Other obesity
- E66.9 Obesity, unspecified

## ICD-9-CM Coding – Protein-Calorie Malnutrition<sup>6</sup>

- **262** Other severe, protein-calorie malnutrition
- **263.0** Malnutrition of moderate degree
- **263.1** Malnutrition of mild degree
- **263.8** Other protein-calorie malnutrition
- **263.9** Unspecified protein-calorie malnutrition

## ICD-10-CM Coding – Protein-Calorie Malnutrition<sup>7</sup>

- E43 Unspecified severe protein-calorie malnutrition
- E44.0 Moderate protein-calorie malnutrition
- E44.1 Mild protein-calorie malnutrition
- E46 Unspecified protein-calorie malnutrition

<sup>1</sup> Centers for Medicare & Medicaid Services (2011): Medicare Health & Drug Plan Quality & Performance Ratings 2012 Part C & Part D Technical Notes.

<sup>2</sup> CMS IBT for obesity <http://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/ICN907800.pdf>

<sup>3</sup> Berrington de Gonzalez A (December 2010). Body-Mass Index and Mortality among 46 Million White Adults. N. Engl. J. Med. 363 (23): 2211–9. (2010).

<sup>4</sup> Nutritional Screening Survey in the UK in 2008 Hospitals, Care Homes and Mental Health Units, British Association of Parenteral and Enteral Nutrition. 2009. [www.bapen.org.uk](http://www.bapen.org.uk).

<sup>5</sup> "Classification of Diseases, Functioning, and Disability." Centers for Disease Control and Prevention. National Center for Health Statistics, 09 08 2011. Web. 30 Oct 2013. <<http://www.cdc.gov/nchs/icd/icd9cm.htm>>.

<sup>6</sup> World Health Organization: ICD-9-CM for Providers, Professional Ed. Volumes 1&2. 2014. Alexandria, VA: OptumInsight, 2013

<sup>7</sup> Optum 2014 ICD-10-CM The Complete Official Draft Code Set. The Centers for Medicare and Medicaid Services (CMS) and the National Center for Health Statistics (NCHS). "ICD-10-CM Official Guidelines for Coding and Reporting." Department of Health and Human Services. DHHS. 2013. October