

New ICD-10-CM Diagnosis Codes for Adult Obesity

Summary: Effective October 1, 2024, new ICD-10-CM diagnosis codes for adult and childhood obesity are available to use. ICD-10-CM codes are used to classify and diagnose disease processes and for disease management and billing purposes, as well as health services research.

The new codes represent a significant advancement in the accurate coding of obesity severity and align with the latest recommendations from professional societies, including the American Board of Obesity Medicine. The new codes aim to improve obesity care for patients of all ages.

How the New Codes Help Providers and Patients

- **Improve Accuracy:** The previous ICD-10-CM codes did not accurately capture the different levels of obesity severity. The new codes provide a more precise way to classify obesity and reflect the latest guidelines and recommendations from professional societies.
- **Improve Coding Practice:** Obesity is currently under-coded in claims data. The new codes are intended to improve coding practices and the utility of claims data.
- **Enhance the Usefulness of Data:** The improved coding will improve understanding of the health care burden and medical expenditures associated with obesity and facilitate the identification of, and billing for, obesity in adults.
- **Help Reduce Stigma and Bias:** Health care providers can play a role in reducing stigma by using accurate and clinically relevant terms. An example of this is using "Class 3 Obesity" instead of "morbid obesity due to excess calories." This helps create a more supportive environment for patients.

How to Use the New Codes

To increase accuracy and available treatment options for adults with obesity, use the new E-codes (E66.811, E66.812, and E66.813) together with the existing Z-codes.

New E-Codes	Obesity Severity	BMI Range (kg/m ²)	Adult BMI Z Codes	Adult BMI
E66.811	Class 1 Obesity	30 to less than 35	Z68.25-Z68.29	25-29.9
E66.812	Class 2 Obesity	35 to less than 40	Z68.30-Z68.39	30.0-39.9
E66.813	Class 3 Obesity	40 or greater	Z68.41	40.0-44.9
			Z68.42	45.0-49.9
			Z68.43	50.0-59.9
			Z68.44	60.0-69.9
			Z68.45	70 or greater

Note: E-codes focus on documenting external causes of disease to identify patterns for prevention. Z-codes capture factors influencing health status or encounters beyond specific diseases.

Next Steps for Providers

1. **Update Coding Practices:** Replace of the older codes (e.g., E66.01, E66.09, E66.8, E66.0). Instead, use the new E-codes in combination with the existing Z-codes. Familiarize yourself with the new codes and ensure your Electronic Health Record (EHR) system is updated.
2. **Share With Your Team:** Provide this information to your billing, clinical, and EHR staff.
3. **Talk to Your Patients:** Help reduce stigma and bias by using clinically relevant terms with your patients. Consider which treatment plans and resources can best support your patients according to their individual needs.

Additional Resources

CDC Links:

- [About obesity](#) page, which includes data maps of adult obesity prevalence, consequences of obesity, risk factors, and more.
- [Adult obesity facts](#).
- [About BMI](#) and [BMI frequently asked questions](#).
- [ICD-10-CM](#)—search the International Classification of Diseases, Tenth Revision, Clinical Modification for codes to classify medical diagnoses.

Other Resources:

- [Weight bias and stigma](#) (University of Connecticut's Rudd Center for Food Policy and Health)