

**MEDICAL NUTRITION THERAPY REFERRAL GUIDELINES
FOR CHILDREN / ADOLESCENTS**

Nutrition Criteria/ ICD-10 Codes	Definition of Child/Adolescent Criteria	Recommended Number of Visits
Diabetes E10.10 – E11.9	Type 1 & Type 2	4 visits over 6 months
Eating disorders F50.00 - F50.02 F50.2, F50.8 – F50.9	Anorexia nervosa, bulimia or other feeding or eating disorder	4 visits over 2 months
Lead poisoning T56.0X1A – T56.0X4S	Blood Lead Level	4 visits over 6 months
Obesity and Overweight E66.9, E66.3	<u>Ages 2 – 19 years:</u> > 85 th percentile by weight for height OR by BMI, using the appropriate growth chart for age (NCHS)	8 visits over 1 year
Pre-diabetes (impaired glucose tolerance) R73.01 – R73.09	Impaired fasting glucose of ≥ 100 mg/dl, but <125 mg/dl. and/or impaired glucose tolerance (IGT), defined as oral glucose tolerance test value of ≥ 140 mg/dl, but less than 200 mg/dl	2 visits over 6 months
Pregnancy Related Conditions O09, O10-O16, O21, O24, O26.0 - O26.2, O26.8, O26.9, O30, O36.5, O36.6, O36.8, O36.9, O40, O48, Z34	All pregnant individuals with these diagnoses are eligible for MNT	see Perinatal Services visit recommendations OR 1-2 visits per month up to 12 months after delivery
Severe anemia D50.0 – D50.9 D53.9	Has received a trial of iron therapy for 2 months and who still has a Hemoglobin less than or equal to 9.0gm/dl and a hemoglobin electrophoresis which does not indicate hemoglobinopathy	3 visits over 6 months
Severe food hypersensitivity L27.2	Diagnosed food hypersensitivity to casein, gluten, or soy	2 visits over 6 months
Short Stature R62.0 R62.50 – R62.52	Measurement below the 5 th percentile <u>height for age</u> using the appropriate growth chart for age (NCHS)	3 visits over 6 months
Under weight, and/or failure to thrive R62.0 R62.50 – R62.52	Measurement below the 5 th percentile <u>weight for height</u> using the appropriate growth chart (NCHS) or Dramatic drop on the growth curve from previous visit by two percentiles	3 visits over 6 months