

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

Nutrition Criteria/ ICD-10 Codes	Definition of Child/Adolescent Criteria	Recommended Number of Visits
<b>Diabetes</b> E10.10 – E11.9	Type 1 & Type 2	4 visits over 6 months
<b>Eating disorders</b> F50.00 - F50.029 F50.20 - F50.25, F50.8 – F50.9	Anorexia nervosa, bulimia or other feeding or eating disorder	4 visits over 2 months
<b>Lead poisoning</b> T56.0X1A – T56.0X4S	Blood Lead Level	4 visits over 6 months
<b>Obesity and Overweight</b> E66.0 – E66.9	<u>Ages 2 – 19 years:</u> > 85 <sup>th</sup> percentile by weight for height OR by BMI, using the appropriate growth chart for age (NCHS)	8 visits over 1 year
<b>Pre-diabetes (impaired glucose tolerance)</b> R73.01 – R73.09	Impaired fasting glucose of $\geq 100$ mg/dl, but <125 mg/dl. <b>and/or</b> impaired glucose tolerance (IGT), defined as oral glucose tolerance test value of $\geq 140$ mg/dl, but less than 200 mg/dl	2 visits over 6 months
<b>Pregnancy Related Conditions</b> 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 in policy MCUG3118 Prenatal & Perinatal Care OR 1-2 visits per month up to 12 months after delivery
<b>Severe anemia</b> D50.0 – D50.9 D53.0 – D53.9	Has received a trial of iron therapy for 2 months and <b>who still has a</b> Hemoglobin less than or equal to 9.0gm/dl <b>and a</b> hemoglobin electrophoresis which does not indicate hemoglobinopathy	3 visits over 6 months
<b>Severe food hypersensitivity</b> L27.2	Diagnosed food hypersensitivity to casein, gluten, or soy	2 visits over 6 months
<b>Short Stature</b> R62.0 R62.50 – R62.52	Measurement below the 5 <sup>th</sup> percentile <u>height for age</u> using the appropriate growth chart for age (NCHS)	3 visits over 6 months
<b>Under weight, and/or failure to thrive</b> R62.0 R62.50 – R62.52 R63.0	Measurement below the 5 <sup>th</sup> percentile <u>weight for height</u> using the appropriate growth chart (NCHS) <b>or</b> Dramatic drop on the growth curve from previous visit by two percentiles	3 visits over 6 months