MEDICAL NUTRITION THERAPY REFERRAL GUIDELINES FOR ADULTS, CHILDREN AND ADOLESCENTS

Nutrition Criteria/ ICD-10 Codes	Criteria Description
Cardiovascular disease or risk of E78.0 – E78.3, E78.5 I70.0 – I70.249 I70.261 – I70.299 I70.401 – I70.419 I70.501 – I70.519 I70.8 – I70.92, I10 – I11.9	Hypertension, hyperlipidemia **and/or** coronary artery disease
Decubitus ulcer L89.90 – L89.95 L89.000 – L89.029 L89.110 – L89.149 L89.200 – L89.329 L89.500 – L89.819	Increased nutritional need due to wound
Pre-diabetes (impaired glucose tolerance) R73.01, R73.03 – 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
Diabetes E10.10 – E11.9	Type 1 & Type 2
Eating disorders F50.00 - F50.029 F50.20 - F50.25, F50.8 – F50.9	Anorexia nervosa, bulimia or other feeding or eating disorder
Gastrointestinal disease: **Crohn's Disease** K50.00, K50.10, K50.80, K50.90 **Ulcerative colitis** K51.00, , K51.20, K51.30, K51.40, K51.50, K51.80, K51.90 K52.9 **Irritable bowel syndrome** K58.9 **Malabsorption, s/p GI surgery** K90.0 – K90.3 K90.81 – K90.9	Need for dietary manipulation due to gastrointestinal condition

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Nutrition Criteria/ ICD-10 Codes	Criteria Description
HIV/AIDS B20	Nutritional problems related to HIV/AIDS
Lead poisoning T56.0X1A – T56.0X4S	Blood Lead Level
Liver disease K70.0 – K70.31 K72.91, K73.0, K73.2, K73.9, K74.5 – K75.1, K75.4, K75.9, K76.3, K76.6 – K77	Need for dietary manipulation due to declining liver function
Obesity E66.0 – E66.2, E66.8, E66.9	**Adults:** BMI > 30 Kg/m² **and** at medical risk with concurrent medical problem(s) **or** BMI > 27 Kg/m² with CVD complications **Pediatric:** Ages 2 – 19 years: > 95th percentile by weight for height OR by BMI, using the appropriate growth chart for age (NCHS)
Overweight E66.3	**Adults:** BMI between 25 and 29.9 Kg/m² **and** Waist to Hip Ratio ≥ .95 in men and ≥ .85 in women **Pediatric:** Ages 2 – 19 years: > 85th and < 95th percentile by weight for height OR by BMI, using the appropriate growth chart for age (NCHS)
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
Pre-End Stage Renal and/or Chronic Kidney Disease N01.0, N03.1 – N03.2, N03.5, N03.8 – N03.9, N04.0 – N04.2, N04.5, N04.8 - N04.9, N05.1 – N05.2, N05.5, N05.8 – N05.9, N08, N17.0 – N17.2, N17.8 – N17.9, N18.1 – N19	Need for dietary manipulation due to declining renal function (pre-dialysis)

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Nutrition Criteria/ ICD-10 Codes	Criteria Description
Severe anemia D50.0 – D50.9 D53.0 – 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
Severe food hypersensitivity L27.2	Diagnosed food hypersensitivity to casein, gluten, or soy
Short Stature R62.0 R62.50 – R62.52	Measurement below the 5th percentile height for age using the appropriate growth chart for age (NCHS)
Substance abuse Z79, F10.10, F11.10, F11.20 – F11.21, F12.10, F12.20 – F12.21, F13.10, F13.20 – F13.21, F14.10, F14.20 – F14.21, F15.10, F15.20 – F15.21, F16.10, F16.20 – F16.21, F17.200, F18.20 – F18.21, F19.10, F19.20 – F19.21	Nutritional problems related to substance abuse
Undernutrition or risk of related to dietary deficiency: E40 – E41, E43 – E51.12, E51.8, E52 – E56.1, E56.9, E58, E63.8 – E63.9, E64.3 **Poor dentition, poor appetite, unexplained weight loss** R63.0, R63.3 - R63.6 **Cachexia** R64	Poor nutritional status related to a variety of medical problems, including cancer, cancer treatment, frail, elder, etc.
Underweight, and/or failure to thrive R62.0 R62.50 – R62.52 R63.0	Measurement below the 5th percentile weight for height using the appropriate growth chart (NCHS) **or** Dramatic drop on the growth curve from previous visit by two percentiles