

# Defining Morbid Obesity

Obesity is a serious disease with symptoms that build slowly over an extended period of time. The National Institutes of Health (NIH) define morbid obesity as:

Being 100 pounds or more above your ideal body weight,

Or, having a BMI of 35 or greater and one or more co-morbid conditions

Or, having a Body Mass Index (BMI) of 40 or greater

V85.35	35.0-35.9
V85.36	36.0-36.9
V85.37	37.0-37.9
V85.38	38.0-38.9
V85.39	39.0-39.9
V85.41	40.0-44.9
V85.42	45.0-49.9
V85.43	50.0-59.9
V85.44	60.0-69.9
V85.45	70 and over

When a patient has a BMI of 35, but less than 40, they can be diagnosed with Morbid Obesity ICD-9 — 278.01

## Qualifying Co-Morbid Conditions

- **Type 2 diabetes**, which can lead to heart disease, kidney failure, blindness, amputation of the feet or legs, and nerve damage
- **Heart disease**, such as hardening of the arteries, heart attack, and angina
- **High blood pressure**, which can lead to heart disease, stroke, kidney failure, and vision loss
- **High cholesterol**, which can lead to heart disease, stroke, and kidney failure
- **Obstructive sleep apnea** has been associated with high blood pressure
- **Acid reflux/GERD**, which can lead to esophagitis, Barrett's esophagus, and esophageal cancer (adenocarcinoma)
- **Cancer**
- **Depression**
- **Osteoarthritis and joint pain**, which can lead to loss of mobility
- **Stress urinary incontinence**
- **Female reproductive health disorder**, which can lead to infertility and sexual dysfunction

An emerging body of literature demonstrating relationships between maternal obesity and structural birth defects, including:

- Increased risk of spina bifida and heart defects
- Decreased risk of gastroschisis
- These conditions occur more frequently in people with morbid obesity. Mortality rates from many of these conditions are also higher among people with morbid obesity.

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