FOCUS ON: METABOLIC SYNDROME AND OBESITY

Body Mass Index (BMI)

**Recording the actual BMI on a progress note and properly coding it now are essential HEDIS/Stars healthcare quality measures, mandated by the Centers for Medicare and Medicaid Services (CMS).**

BMI provides the most useful population-level measure of overweight and obesity.

### Overweight, Obesity and Morbid Obesity:
- 85% of all persons with type 2 diabetes are overweight
- Reducing one’s weight by 5-10% drastically can reduce the risk of heart disease and stroke
- Obesity is defined as an increase in body weight beyond the limitation of skeletal and physical requirements, as the result of excessive accumulation of body fat
- Morbid obesity is the condition of weighing two or more times the ideal weight; so called because it is associated with many serious and life-threatening disorders

<table>
<thead>
<tr>
<th>Classification</th>
<th>BMI Principal Cut-Off Points*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight</td>
<td>25.00 - 29.99</td>
</tr>
<tr>
<td>Obese</td>
<td>≥30.00</td>
</tr>
<tr>
<td>Obese Class I</td>
<td>30.00 - 34.99</td>
</tr>
<tr>
<td>Obese Class II</td>
<td>35.00 - 39.99</td>
</tr>
<tr>
<td>Morbid Obesity</td>
<td>≥40.00</td>
</tr>
<tr>
<td>Super Obesity</td>
<td>≥45.00</td>
</tr>
</tbody>
</table>

*Additional cut-off points have been established for Asian patients, whose risks for type 2 diabetes mellitus and cardiovascular disease occur at lower BMI when compared to Caucasian patients.1*

### Metabolic Syndrome
- Metabolic syndrome consists of multiple and interrelated risk factors of metabolic origin which increase the risk of developing atherosclerotic cardiovascular disease by two-fold and Type 2 diabetes mellitus by five-fold2
- Metabolic syndrome can be precipitated by many underlying risk factors, the most important of which are abdominal obesity and insulin resistance2

4. AHA Coding Clinic: 4th Q, Dysmetabolic Syndrome X, 2001

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