



Anorexia Nervosa and Bulimia Nervosa

Quick Reference Guide

2026

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1 CLINICAL SNAPSHOT

Definition: Anorexia nervosa (AN) and bulimia nervosa (BN) are serious psychiatric eating disorders defined in DSM-5-TR by disturbed eating behavior, **fear of weight gain**, and **disturbance in body weight or shape perception**. AN is characterized by restriction of energy intake leading to significantly low body weight; BN involves recurrent binge episodes with inappropriate compensatory behaviors at normal or above-normal weight. Both carry high medical morbidity and one of the highest standardized mortality ratios of any psychiatric condition.^{1,2,3,4}

ICD-10 Codes:

AN: **F50.01x** (Restricting type — F50.010 mild F50.011 moderate F50.012 severe F50.013 extreme F50.014 in remission F50.019 unspecified) and **F50.02x** (Binge-eating/purging type — F50.020 to F50.029, same severity pattern). BN: **F50.21** mild **F50.22** moderate **F50.23** severe **F50.24** extreme **F50.25** in remission. Adjacent codes that do NOT map to HCC 153: **F50.81x** (binge eating disorder), **F50.89** (atypical AN / OSFED), **R63.0** (anorexia as appetite-loss symptom). Severity is documented by adult BMI for AN and by weekly compensatory-behavior frequency for BN per the September 2024 DSM-5-TR ICD-10-CM update.^{1,2,3,5}

Prevalence: Lifetime prevalence: AN up to **4% in females, 0.3% in males**; BN up to **3% in females, >1% in males**.⁶ Atypical AN lifetime prevalence (~**2.9%**) is comparable to typical AN (3.1%).² In adults ≥65, full eating disorders affect **2.1-7.7% of older women** and <1% of older men, with **56.4% of cases late-onset** (after age 40).^{7,8}

HCC/RAF V28 Mapping

ICD-10 CODE ^{5,21}	HCC CATEGORY	RAF WEIGHT	DOCUMENTATION REQUIREMENT
F50.010- F50.013, F50.019 (AN restricting type)	HCC 153 — Personality Disorders; Anorexia/Bulimia Nervosa	0.396	AN, Restricting type with severity. Document named diagnosis + DSM-5-TR criteria + BMI-keyed severity + active status . Severity: mild ≥17 moderate 16–16.99 severe 15–15.99 extreme <15 kg/m ² ^{5,9}
F50.020- F50.023, F50.029 (AN binge-eating/purging type)	HCC 153 — Personality Disorders; Anorexia/Bulimia Nervosa	0.396	AN, Binge-eating/purging type. Same severity ladder as restricting type. Document specific behaviors (vomiting, laxative misuse) and current BMI ^{5,9}
F50.21- F50.24 (BN)	HCC 153 — Personality Disorders; Anorexia/Bulimia Nervosa	0.396	BN with severity. Document weekly frequency : mild 1–3 moderate 4–7 severe 8–13 extreme ≥14 episodes/week ^{5,9}

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