



North Carolina Quick Facts

NC Population: **10,835,491**
Medicaid coverage: **18.4%**

Adults with obesity: **34.1%**
Adults with diabetes: **12.1%**

The data used in this snapshot were extracted from state Medicaid manuals, fee schedules, statutes, regulations, preferred drug lists, and managed care coverage. Included are specific limitations and restrictions that often pose barriers to the utilization of these benefits. Visit the [STOP Obesity Alliance website](#) to download a more [detailed description of the limitations and restrictions \(PDF\)](#), as well as our [project methodology \(PDF\)](#).



Nutrition Counseling

Covered



Obesity Medication

Not covered



Intensive Behavioral Therapy

Covered with limitations

IBT services not specific for obesity.

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Metabolic & Bariatric Surgery

**Covered with limitations
and restrictions**

Limitations/restrictions:

- BMI
- Qualifying comorbidities
- Center of Excellence requirement
- Provider restriction
- Limitations on Rev/Corr
- Rev/Corr post-op non-compliance
- Documentation of wt loss attempt
- Obesity minimum duration
- Length of wt loss attempt
- Recency of wt loss attempt
- Number of wt loss attempts
- Mental health evaluation
- Wt loss program required
- History of substance use disorder



North Carolina Contacts & Resources

📞 Medicaid office: 1-(888) 245-0179

🌐 [North Carolina Medicaid Website](#)