

How the VA Rates Ulcerative Colitis and Crohn's Disease

Regulatory Source: 38 CFR § 4.114 – Diagnostic Codes 7323, 7325

VA Source: <https://ecfr.gov>

Summary:

Ulcerative colitis and Crohn's disease are rated by the severity and frequency of gastrointestinal symptoms. Ratings depend on pain, weight loss, anemia, and the ability to maintain work or normal nutrition.

VA Rating Table:

Rating	Explanation
10%	Mild symptoms including occasional diarrhea or cramping. Little impact on weight or daily activity.
30%	Moderate symptoms with frequent bowel movements, abdominal pain, and some weight loss. Functional limits present.
60%	Severe symptoms like anemia, constant pain, fatigue, frequent bowel movements. Significant weight loss or daily impact.
100%	Pronounced symptoms with malnutrition, near-constant pain, or hospitalization. Total impairment in ability to maintain gainful employment.

Required Evidence:

- Diagnosis of Crohn's disease or ulcerative colitis
- Colonoscopy, biopsy, or imaging confirming GI inflammation
- Medical records showing treatment with steroids, biologics, or hospital visits
- Documentation of weight loss, malnutrition, or frequent bathroom use
- Personal impact statements on work or quality of life

Pro Tip:

Keep a bathroom log or symptom diary. If you experience flare-ups more than twice per month or need immunosuppressants, push for a C&P; exam and higher rating.