

HEDIS® Tip Sheet

Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC)

Measure Description

The percentage of members 3-17 years of age who had an outpatient visit with a PCP or OB/GYN provider and who had evidence of the following during the measurement year:

- **BMI percentile documentation.** Because BMI norms for youth vary with age and gender, this measure evaluates whether BMI percentile is assessed rather than an absolute BMI value.
- **Counseling for nutrition documentation** or referral for nutrition education.
- **Counseling for physical activity documentation** or referral for physical activity.

Product Lines: Commercial, Medicaid

Codes Included in the Current HEDIS® Measure

| Description | Code |
|------------------------------------|--|
| BMI Percentile <5% for age | ICD-10: Z68.51 |
| BMI Percentile 5% to <85% for age | ICD-10: Z68.52 |
| BMI Percentile 85% to <95% for age | ICD-10: Z68.53 |
| BMI Percentile ≥95% for age | ICD-10: Z68.54 |
| Nutrition Counseling | CPT: 97802-97804 ICD-10: Z71.3 HCPCS: G0270, G0271, G0447, S9449, S9452, S9470 |
| Physical Activity Counseling | ICD-10: Z02.5, Z71.82 HCPCS: S9451, G0447 |

Ways to Improve HEDIS® Scores

- Use appropriate HEDIS codes to avoid medical record review.
- Avoid missed opportunities by taking advantage of every office visit (including sick visits and sports physicals) to capture BMI percentile, counsel on nutrition and physical activity.
- Place BMI percentile charts near scales.
- Document **BMI percentile**. This includes height, weight, and BMI percentile.
- Document the following when **counseling for nutrition**:
 - Current nutrition behaviors (e.g., meal patterns, eating and dieting habits).
 - Use a checklist that notates nutrition was addressed.
 - Provide counseling or refer to nutrition education.
 - Document that children/teens received nutritional educational materials during the visit and highlight anticipatory guidance.
 - Document weight or obesity counseling.
 - Documentation of a referral to nutritional education/ Women, Infants, and Child (WIC) services does meet criteria.
 - Documentation related to a member's appetite does not meet criteria.
- Document the following when **counseling for physical activity**:
 - Use a checklist that notates that physical activity was addressed.
 - Physical activity counseling/education (e.g., child rides tricycle in yard).

- Discussion of current physical activity behaviors (e.g., exercise routine, participation in sports activities and exam for sports participation).
- While “cleared for sports” does not count, a sports physical does count.
- Include specific mention of physical activity recommendations to meet criteria for notation of anticipatory guidance.
- Document weight or obesity counseling.
- Document that children/teens received physical activity educational materials during the visit.
- Schedule synchronous telehealth visits to provide counseling for nutrition, counseling for physical activity, and capture BMI percentile.

“For children and teens, BMI is age- and sex-specific and is often referred to as BMI-for-age. In children, a high amount of body fat can lead to weight-related diseases and other health issues. Being underweight can also put one at risk for health issues.”

Reference: Centers for Disease Control and Prevention. (2021, March 17). *About child & teen BMI*. Centers for Disease Control and Prevention. https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Required Exclusions

- Members who have a diagnosis of pregnancy any time during the measurement year. Do not include laboratory claims (POS: 81).
- Members in hospice or using hospice services any time during the measurement year.
- Members who died any time during the measurement year.

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