

# WEIGHT ASSESSMENT AND COUNSELING FOR NUTRITION AND PHYSICAL ACTIVITY

## Common Chart Deficiencies:

- Children seen only when sick
- BMI documented only as a numeric value
- Documentation of Developmental Milestones only does **not** meet HEDIS criteria for physical activity.
- Services specific to an acute or chronic condition do not count toward the counseling indicators for either nutrition or physical activity.

## Tips to Improve HEDIS rate:

- Avoid missed opportunities  
Utilize sick contacts to administer well-child services, such as assessing growth & development; nutrition and physical activity habits.
- Document BMI as a percentile, either next to the BMI value or plotted on a BMI graph (available on CDC.gov website)

Members 3-17 years of age, who had an outpatient visit with a PCP or OB/GYN and had evidence of the following documented during the measurement year (currently 2018):

- ⇒ BMI percentile
- ⇒ Counseling for Nutrition
- ⇒ Counseling for Physical Activity

**Exclusion:** Pregnancy during the measurement year

- ⇒ **BMI Percentile** documentation must include the **date** of the visit and:  
BMI percentile documented as a specific value (eg, 85th percentile) or  
BMI percentile plotted on a Body Mass Index-for-age graph  
**Weight and height taken during the measurement year (2018)**
- ⇒ **Counseling for Nutrition:** documentation must include a note indicating the **date** and evidence of **at least one of the following:**  
Engagement in discussion of current nutrition behaviors (e.g., eating habits)  
Checklist indicating nutrition was addressed  
Counseling or referral for nutrition education  
Member received educational materials on nutrition during a face-to-face visit  
Anticipatory guidance for nutrition  
Weight or obesity counseling
- ⇒ **Counseling for Physical Activity** documentation includes a note indicating the **date** and evidence of **at least one of the following:**  
Engagement in discussion of current physical activity behaviors (e.g., exercise routine, participation in sports activities, exam for sports participation)  
Checklist indicating physical activity was addressed  
Counseling or referral for physical activity  
Member received educational materials on physical activity during a face-to-face visit  
Anticipatory guidance specific to the child's physical activity  
Weight or obesity counseling

# WEIGHT ASSESSMENT AND COUNSELING FOR NUTRITION AND PHYSICAL ACTIVITY

## Administrative Codes associated with this measure\*

### ICD-10 Codes:

BMI percentile: Z68.51-Z68.54

Counseling for Nutrition: Z71.3

Counseling for Physical Activity: Z02.5

### CPT Codes:

Counseling for Nutrition: 97802-97804

\***NOTE:** This is not a comprehensive list.