



One of a series of tip
sheets that look at key
Healthcare Effectiveness
Data and Information
Set measures

Weight assessment and counseling for nutrition and physical activity for children and adolescents

This measure examines the percentage of patients ages 3 to 17 who had an outpatient visit with a primary care physician or an OB-GYN, with evidence of the following three components during the measurement year:

- BMI percentile documentation
- Counseling for nutrition
- Counseling for physical activity

Improving HEDIS® scores

Annual measurement and documentation of:

1. Date of visit
2. Documenting BMI percentile includes:
 - Height, weight and BMI percentile from the same data source in the same measurement year
3. Documenting nutritional counseling includes:
 - Current information on diet and nutrition (dietary preferences, meals, habits)
 - Nutritional counseling or referral
4. Documenting physical activity counseling includes:
 - Current information on activity (sports or activities done at home)
 - Physical activity counseling or referral

Documentation examples

- **BMI percentile plotted on an age/growth chart**
- **Notes describing educational materials on nutrition and activity that were given to the patient during a face-to-face visit**

Note: Documenting weight and obesity counseling satisfies physical activity and nutritional counseling elements.

Tip:

Submitting BMI can be done through supplemental data exchange or through claims with proper coding.

- **BMI %:** ICD10 Z68.51 - Z68.54
- **Counseling on nutrition:** ICD10 Z71.3, CPT: 97802 and 97803 and 97804
- **Counseling on physical activity:** Note: There is no applicable ICD10 code. Submit physical activity counseling through Health e-Blue Web.

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