



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 and counseling for physical activity.

Improving HEDIS® scores*

Variable	Document the following:	Associated codes:
BMI percentile	<ol style="list-style-type: none"> 1. Date of visit 2. Height, weight, and BMI % from the same data source in the same measurement year <p>NOTE: BMI % can be documented as a value or plotted on an age-growth chart.</p>	ICD 10 Z68.51 – Z68.54
Nutrition counseling	<ol style="list-style-type: none"> 1. Date of visit 2. Notation of at least one of the following: <ul style="list-style-type: none"> • Discussion of current nutrition behaviors (e.g., eating habits, dieting behaviors). • 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. 	ICD 10 Z71.3 CPT 97802, 97803, 97804 G codes G0270-G0271, G0447

Chart continued on next page

*HEDIS, which stands for Healthcare Effectiveness Data and Information Set, is a registered trademark of the National Committee for Quality Assurance.

Variable	Document the following:	Associated codes:
Physical activity	<ol style="list-style-type: none"> 1. Date of visit 2. Notation of at least one of the following: <ul style="list-style-type: none"> • 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. 	ICD 10 Z02.5 G codes G0447

Tip:

Services can be rendered at visits other than well-visit; however, documentation specific to assessment or treatment of an acute or chronic condition does not count. For example, neither the notation of BRAT diet for treatment of diarrhea nor the notation of exercise-induced asthma meet criteria.

Exclusions:

Members with a pregnancy diagnosis during current year and members in hospice are excluded from this measure.

Avoid these common documentation errors:

- Documenting BMI % ONLY without height and weight
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- Counseling/education before or after the measurement year
- Documenting physical exam findings, such as "Well nourished," **does not meet** for nutritional counseling
- Without specific mention of nutrition or physical activity, the following notations **do not meet** criteria:
 - "Health education"
 - "Anticipatory guidance"
 - "Cleared for gym class"
 - Anticipatory guidance related solely to safety (such as "Wears helmet," or "Water safety")
 - Notation solely related to screen time (computer or television)