



One in a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures, commonly referred to as HEDIS® 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 percentile from the same data source in the same year 	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 • 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

Tip:

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

continued

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, Z71.82 G codes G0447

Helpful HEDIS hints

- Members with a pregnancy diagnosis during current year and members in hospice are excluded from this measure.
- Avoid these common documentation errors:
 - Documenting BMI percentile **only** without height and weight
 - Documenting height and weight **only** without BMI percentile
 - Counseling/education before or after the measurement year
 - Documenting physical exam finding, such as “well nourished,” doesn’t meet the criteria for nutritional counseling
 - Without specific mention of nutrition or physical activity, the following notations don’t 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)
 - Notation related to appetite

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This measure applies to commercial members only.