

### Who is eligible?

Children and adolescents 3-17 years of age who had an outpatient visit with a primary care practitioner or OB/GYN during the measurement year.

### Why it matters?

Over the last three decades, childhood obesity has more than doubled in children and tripled in adolescents.<sup>1</sup> It is the primary health concern among parents in the United States, topping drug abuse and smoking.<sup>2</sup> Childhood obesity has both immediate and long-term effects on health and well-being. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. Obesity can become a lifelong health issue; therefore, it is important to monitor weight problems in children and adolescents and provide guidance for maintaining a healthy weight and lifestyle.<sup>2</sup>

### Measure Description

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

- BMI Percentile
- Counseling for Nutrition
- Counseling for Physical Activity

*\*Because BMI norms for youth vary with age and gender, this measure evaluates whether BMI percentile is assessed rather than an absolute BMI value.*

### Best Practices

- Services count if the specified documentation is present, regardless of the intent of the visit, provider type, or place of service.
  - Sports physicals and immunization encounters are excellent opportunities to incorporate counseling.
  - Services rendered during a telephone visit, e-visit or virtual check-in meet criteria.
- Consider incorporating a checklist into the EMR indicating nutrition or physical activity was addressed as this meets counseling documentation criteria.
- Consider including height, weight, BMI percentile, and links to online education materials in the after visit summary for all members.

### Documentation Tips:

- BMI Percentile
  - BMI percentile plotted on an age-growth chart or documented as a value (50th percentile) meets criteria.
  - Member-collected height, weight, and BMI percentile can be used if entered into the medical record.
  - Notation of BMI value of height and weight only are not acceptable.
- Counseling for Nutrition
  - Referral to WIC may be used to meet nutrition counseling criteria.
  - A physical exam finding or observation alone without indicating counseling (e.g., well-nourished) is not compliant.
  - Nutrition status related to an acute illness does not meet criteria (i.e., BRAT diet).
- Counseling for Physical Activity
  - Screen time documentation without specific mention of physical activity does not meet criteria.
  - Physical activity is most missed for younger children in this measure, particularly 3-4-year-olds. Be sure to document physical activity assessment and counseling for all ages 3-17.

**WCC Claim Codes**

**NOTE:** Four individual codes are required to capture the WCC measure appropriately. Do not include laboratory claims (claims with POS code 81).



**Outpatient Visit**

CPT	OR	UBREV	OR	HCPCS
99202, 99203, 99204, 99205, 99211, 99212, 99213, 99214, 99215, 99242, 99243, 99244, 99245, 99341, 99342, 99344, 99345, 99347, 99348, 99349, 99350, 99381, 99382, 99383, 99384, 99385, 99386, 99387, 99391, 99392, 99393, 99394, 99395, 99396, 99397, 99401, 99402, 99403, 99404, 99411, 99412, 99429, 99455, 99456, 99483		0511, 0983, 0521, 0517, 0523, 0510, 0520, 0522, 0514, 0519, 0529, 0982, 0515, 0513, 0516, 0526, 0528, 0527		G0439, G0438, T1015, G0463, G0402

**BMI Percentile**

Code System	Definition	Code
ICD-10	<5th Percentile	Z68.51
ICD-10	5th to <85th Percentile	Z68.52
ICD-10	85th to <95th Percentile	Z68.53
ICD-10	>/= 95th Percentile	Z68.54
LOINC	BMI Percentile	59574-4
LOINC	BMI Percentile per age	59575-1
LOINC	BMI Percentile per age and sex	59576-9

**Physical Activity Counseling**

Code System	Definition	Code
ICD-10	Encounter for examination for participation in sport	Z02.5
ICD-10	Exercise counseling	Z71.82
HCPCS	Exercise classes, non-physician provider, per session	S9451
HCPCS	Face-to-face behavioral counseling for obesity, 15 minutes	G0447

**Nutrition Counseling**

Code System	Definition	Code
CPT	Medical nutrition therapy – Initial assessment and intervention	97802
CPT	Medical nutrition therapy – Reassessment and intervention	97803
CPT	Medical nutrition therapy – Group (2 or more)	97804
ICD-10	Dietary counseling and surveillance	Z71.3
HCPCS	Face-to-face behavioral counseling for obesity, 15 minutes	G0447
HCPCS	Medical nutrition therapy, reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition, or treatment regimen, group (2 or more), each 30 minutes	G0271
HCPCS	Medical nutrition therapy; reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition or treatment regimen, individual, face to face with the patient, each 15 minutes	G0270
HCPCS	Nutrition classes, non-physician provider, per session	S9452
HCPCS	Nutritional counseling, dietitian visit	S9470
HCPCS	Weight management classes, non-physician provider, per session	S9449

**Additional Resources**

**Clinical Practice Guidelines for Providers**

- [American Academy of Pediatrics – Obesity Prevention](#)
- [NIH Pediatric Obesity Algorithm](#)
- [Endocrine Society – Pediatric Obesity Guideline Resources](#)

**Healthy Rewards Program for Members**

- [Healthy Play and Exercise](#)
- [Healthy Risk Assessment](#)

**References**

<sup>1</sup> Centers for Disease Control and Prevention (CDC). 2013. “adolescent and School Health: Childhood Obesity Facts.” <http://www.cdc.gov/healthyyouth/obesity/facts.htm> American Heart Association. 2013. “Overweight in Children” <http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/>

<sup>2</sup> Obesity/Overweight-in-Children\_UCM\_304054\_Article.jsp  
 CDC. 2012. “NCHS Data Brief. Physical Activity in U.S. Youth Aged 12-15 Years, 2012.” <http://www.cdc.gov/nchs/data/databriefs/db141.htm>

Source: National Committee for Quality Assurance (NCQA). Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC). <https://www.ncqa.org/hedis/measures/weight-assessment-and-counseling-for-nutrition-and-physical-activity-for-children-adolescents/>