Weight Assessment and Counseling for Nutrition and Physical Activity for Children and Adolescents (WCC)

One of the most important developments in pediatrics in the past two decades has been the emergence of a new chronic disease: obesity in childhood and adolescence. The rapidly increasing prevalence of obesity among children is one of the most challenging dilemmas currently facing pediatricians. Evidence suggests that overweight children and adolescents are more likely to become obese as adults.¹

APPLICABLE LINES OF BUSINESS
- Commercial

MEASURE DESCRIPTION
Patients ages 3-17 who had an outpatient visit with a primary care practitioner/OB-GYN and who had evidence of BMI percentile documentation, counseling for nutrition, and counseling for physical activity during the measurement year.

EXCLUSIONS
The measure excludes patients that:
- Have a diagnosis of pregnancy during the measurement year.
- Are in hospice at any time during the measurement year.

PATIENT MEDICAL RECORDS SHOULD INCLUDE
- Documentation of height, weight, and BMI percentile. Either of the following meets criteria for BMI percentile: BMI percentile documented as a value (e.g., 85th percentile) or BMI percentile plotted on an age-growth chart.
- Documentation of counseling for nutrition or referral for nutrition education during the measurement year.
- Documentation of counseling for physical activity or referral for physical activity during the measurement year.
PATIENT CLAIMS SHOULD INCLUDE

<table>
<thead>
<tr>
<th>Description</th>
<th>Billing Codes</th>
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<tbody>
<tr>
<td>BMI Percentile</td>
<td>ICD-10: Z68.51, Z68.52, Z68.53, Z68.54</td>
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<tr>
<td>Nutritional Counseling</td>
<td>ICD-10: Z71.3</td>
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<td>CPT: 97802, 97803, 97804</td>
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<td></td>
<td>HCPCS: G0270, G0271, G0447, S9449, S9452, S9470</td>
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<td>Physical Activity</td>
<td>ICD-10: Z02.5, Z71.82</td>
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<td></td>
<td>HCPCS: G0447, S9451</td>
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TIPS FOR SUCCESS

- Let the patient know what the normal BMI range is for their age, gender, height, and weight. Show the patient where they fall on the BMI chart as this can be a great way to start a conversation regarding their exercise and nutritional habits.
- Take advantage of every office visit (including problem-focused and sports physicals) to capture BMI and to counsel on nutrition and physical activity.
- Place a BMI chart near the scale to encourage a conversation in making healthy choices; be sure the BMI percentile is documented in the patient’s chart and/or it is plotted on the BMI growth chart.
- Document services rendered for obesity or eating disorders to meet criteria for Counseling for Nutrition and Counseling for Physical Activity.
- When counseling for physical activity discuss organized sports activities or after school programs and document age appropriate activity such as "rides bike for 30 minutes a day."
- When counseling for nutrition discuss appropriate food intake, healthy eating habits, issues including body image and eating disorders, etc.

Note: The Counseling for Nutrition and Counseling for Physical Activity indicators do not require a specific setting. Therefore, services rendered during a telephone visit, e-visit or virtual check-in meet criteria.