

# Adult body mass index

Body mass index (BMI) is the statistical measurement of the weight of a person scaled according to his or her height. BMI is a fairly reliable indicator of body fat for most people. BMI is an inexpensive and an easy-to-perform method of screening for weight categories that may lead to health problems.<sup>2</sup>

## Measure

Patients 18–74 years of age who had an outpatient visit and whose BMI was documented during the measurement year or the year prior to the measurement year.<sup>3</sup>

## Exclusions

Members with a diagnosis of pregnancy during the measurement year

## To do well on HEDIS

Measure a patient's weight and calculate their BMI during an outpatient office visit at least once every two years and report it on a claim. The ICD-10 codes that need to be included all start with Z68 and end with the BMI percentage for BMIs from 20-39.9. For example, the ICD-10 code for a BMI of 29.5 is Z68.29. The exceptions are only those under 20 (Z68.1) and over 40 (Z68.4X), where X is an additional numeric digit.

## Patient's medical record should include

- Date of the patient visit
- The weight and BMI of the patient

## Tips for provider and/or staff when talking to the patient

- Remind patients that the normal range is 18.5–24.9
- Show the patient where his or her height and weight plot on the Adult BMI Chart
- Discuss ideal weight per height and age with all patients
- Document all discussions about BMI in the medical record, including any patient noncompliance with nutritional counseling
- Encourage your staff to use tools within the office to promote ideal BMI, such as handheld cards, charts, electronic medical record (EMR) flags, and educational brochures
- Place posters and educational messages in treatment rooms and waiting areas to help motivate patients to initiate discussions with you about screenings
- Review your EMR or assessment forms to check for fields that document BMI. (If you use EMRs, check if your systems can auto-calculate BMI from the height and weight)

<sup>1</sup> HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

<sup>2</sup> U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, "National Quality Measures Clearinghouse," accessed April 27, 2016, <http://www.qualitymeasures.ahrq.gov/content.aspx?id=49685>

<sup>3</sup> Peter Bach et al. HEDIS 2014 Technical Specifications for Health Plans (National Committee for Quality Assurance 2013), 181–183