

HEDIS Hints

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

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- What Does NCQA's Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) Measure
- BMI Percentile Documentation
- Counseling for Nutrition Documentation
- Counseling for Physical Activity Documentation
- Codes to Improve Provider Report Card Score
- Questions

What is NCQA's WCC Measure?

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 documentation
- Counseling for nutrition
- Counseling for physical activity

This measure is a hybrid measure, meaning it can come from chart review or codes submitted on claims.

All documentation from a medical record must be dated and have a signature.

Visits may be face-to-face, e-visit or telehealth.

BMI Percentile Documentation

- BMI percentile ranking is based on the CDC's BMI for age growth charts. BMI norms for children vary with age and gender.
- The measure evaluates whether BMI percentile is assessed rather than an absolute BMI value.
- Patient reported biometric values are acceptable if they are documented in the medical record with the date that they were reported
- Information needs during a chart review:
 - Height
 - Weight
 - BMI percentile
 - Documented as a value such as 75th percentile
 - Plotted on the age and gender appropriate BMI growth chart
 - CANNOT be a value range

Counseling for Nutrition Documentation

Documentation must include a note indicating the date and at least one of the following methods of counseling for nutrition occurred:

- 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.

Counseling for Physical Activity Documentation

Documentation must include a note indicating the date and at least one of the following methods of counseling for physical activity occurred:

- 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 Codes

Description	Coding
BMI, pediatric, < 5 th percentile for age	Z68.51
BMI, pediatric, 5 th – 85 th percentile for age	Z68.52
BMI, pediatric, 85 th – 95 th percentile for age	Z68.53
BMI, pediatric, > or = 95 th percentile for age	Z68.54
Counseling for Nutrition	Z71.3
Counseling for Exercise or Physical Activity	Z71.8

CPT Codes

Description	Coding
Medical nutrition therapy	97803, 97804
Medical Nutrition Therapy; initial assessment and intervention, individual, face-to-face with patient, each 15 minutes	97802
Re-assessment and intervention, individual, face-to-face with the patient, each 15 minutes	97803

Penn State's 5210 Campaign



Healthy Children

Penn State's 5210 Campaign

The 5210 health promotion campaign was designed by researchers at Penn State and is supported by the American Academy for Pediatrics.

- 5 or more servings of fruits and vegetables daily
- 2 or fewer hours of recreational screen time
- 1 or more hours of physical activity daily
- 0 sweetened beverages a day

Learn more at <https://5210.psu.edu/>

How HPP Can Support You

Health Partners Plans offers tools to assist you with managing your patients:

- Food resources <https://www.healthpartnersplans.com/providers/resources>
 - AAP Addressing Food Insecurity: A Toolkit for Pediatrician
 - HPP's Nutritional Counseling Guidelines
- Preventive guidelines for obesity:
<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/obesity-in-children-and-adolescents-screening>

Questions?

Please contact ProviderEducation@hpplans.com

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