

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

**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.**

1. **BMI percentile documentation\***
2. **Counseling for nutrition**
3. **Counseling for physical activity**

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

### **Exclusions (optional):**

Female members who have a diagnosis of pregnancy during the measurement year. The denominator for all rates must be the same. An organization that excludes these members must do so for all rates.

### **BMI Percentile Documentation**

Documentation in the outpatient medical record must include height, weight, and BMI percentile during the measurement year. The height, weight, and BMI percentile must be from the same data source.

### **Either of the following meets criteria for BMI percentile:**

- BMI percentile documented as a value (e.g., 85<sup>th</sup> percentile)
- BMI percentile plotted on an age-growth chart

**Only evidence of the BMI percentile or BMI percentile plotted on an age/growth chart meets criteria.**

**Ranges and thresholds do not meet criteria for this indicator. A distinct BMI percentile is required for numerator compliance. Documentation of >99% or <1% meet criteria because a distinct BMI percentile is evident (i.e., 100% or 0%).**

### **Counseling for Nutrition**

Documentation of counseling for nutrition in the medical record must include a note indicating the date and at least one of the following

- Discussion of current Nutrition (e.g., eating habits, dieting behaviors)
- Checklist indicating nutrition was discussed
- 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

- Discussion of current physical activity behaviors (e.g., exercise, 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 face-to-face visit
- Anticipatory Guidance specific to child's physical activity
- Weight or obesity counseling

***The following notations or examples of documentation do not count as numerator compliant***

### BMI

- BMI percentile documented in medical record or plotted on age-growth chart.
- Notation of BMI value only.
- Notation of height and weight only.

### Nutrition

- No counseling/education on nutrition and diet.
- Counseling/education before or after the measurement year.
- Notation of "health education" or "anticipatory guidance" without specific mention of nutrition.
- A physical exam finding or observation alone (e.g., well-nourished) is not compliant because it does not indicate counseling for nutrition.
- Documentation related to a member's "appetite" does not meet criteria.

### Physical Activity

- No counseling/education on physical activity.
- Notation of "cleared for gym class" alone without documentation of a discussion.
- Counseling/education before or after the measurement year.
- Notation of "health education" or "anticipatory guidance" without specific mention of physical activity.
- Notation of anticipatory guidance related solely to safety (e.g., wears helmet or water safety) without specific mention of physical activity recommendations.
- Notation solely related to screen time (computer or television) without specific mention of physical activity

### Tips

- ***Services may be rendered during a visit other than a well-child visit. These services count if the specified documentation is present, regardless of the primary intent of the visit; however, services specific to the assessment or treatment of an acute or chronic condition do not count toward the Counseling for Nutrition and Counseling for Physical Activity indicators. For example, the following documentation is specific to the assessment or treatment of an acute or chronic condition and does not meet criteria:***
- Notation that a member with chronic knee pain is able to run without limping.
- Notation that a member has exercise-induced asthma.



- Notation that a member with diarrhea is following the BRAT diet. Notation that a member has decreased appetite as a result of an acute or chronic condition.
  
- ***Services rendered for obesity or eating disorders may be used to meet criteria for the Counseling for Nutrition and Counseling for Physical Activity indicators if the specified documentation is present.***
  - Referral to the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) maybe used to meet criteria for the Counseling for Nutrition indicator.
  - The BMI Percentile, 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
  - Refer to Appendix 3 for the definition of PCP and OB/GYN and other prenatal care practitioner
  
- Only evidence of the BMI percentile or BMI percentile plotted on an age/growth chart meets criteria