



**BlueCross BlueShield** of Montana



**QUALITY CARE**

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

We gather data from providers to measure and improve our members' care. Child and adolescent weight assessment and counseling for nutrition and physical activity is one aspect of care we measure in our quality programs.

### What We Measure

We capture the percentage of children and adolescents ages 3 to 17 who had an outpatient visit with a primary care provider or OB/GYN during the measurement year and had evidence of all the following:

- Body mass index percentile documentation
- Counseling for nutrition
- Counseling for physical activity

A higher percentage represents a more well-rounded assessment of children and adolescents.

Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents is a Healthcare Effective Data for Information Set (HEDIS®) measure. See the [National Committee for Quality Assurance website](#) for more details. Quality measures evaluate a prior calendar year performance.

### Why It Matters

Children and adolescents are at an important time in their lives when it comes to weight assessment and nutrition counseling. Because BMI norms for children and adolescents vary with age and gender, this measure only evaluates whether BMI percentile is assessed.



## Eligible Population

Members ages 3 to 17 as of Dec. 31 of the measurement year are included in this measure. Exclude members from the measure who:

- Have a diagnosis of pregnancy anytime during the measurement year
- Are in hospice or using hospice services anytime during the measurement year

## Tips to Consider

- Document date of service, weight, height and BMI percentile as a value or plotted on an age-growth chart in your medical records.
- Discuss current nutrition and physical activity behaviors with our members and their caregivers.
- Provide anticipatory guidance for nutrition and for physical activity.
- If appropriate, provide or refer our members to counseling for nutrition education, physical activity and weight or obesity counseling.
- Document whether you discussed these topics with the member or provided educational materials during a face-to-face visit.

## How to Document

Quality data is collected from claims information and chart review.

For more information, see [NCQA's HEDIS Measures and Technical Resources](#).



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