

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

## Provider Tip Sheet

### What is being measured?

This measure assesses the percentage of members between the ages of 3 to 17 years old, who had an outpatient visit with a PCP or OB/GYN and who had evidence of BMI percentile, counseling for nutrition and counseling for physical activity during the measurement year. Because BMI norms for youth vary with age and gender, the measure evaluates whether BMI *percentile* is assessed, rather than an absolute BMI value.<sup>1</sup>

### Why is this measure important?

Over the last three decades, childhood obesity has more than doubled in children and tripled in adolescents, causing both immediate and long-term effects on health and well-being.<sup>2</sup> Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.<sup>2</sup> Obesity can become a lifelong health issue; therefore, it is important to monitor weight problems in children and adolescents and provide guidance for maintaining a healthy weight and lifestyle.<sup>3</sup>

### Eligible Population

All members between the ages of 3 and 17 years old.

### Medical Documentation

Measure	Description	Codes
BMI Percentile The percentile ranking (e.g., 85th percentile) is based on the CDC's BMI-for-age growth charts, which indicates the relative position of the patient's BMI number among others of the same gender and age.	Documentation must include all the following: <ul style="list-style-type: none"> <li>• BMI percentile</li> <li>• Height</li> <li>• Weight</li> </ul>	ICD-10 Z68.51 Z68.52 Z68.53 Z68.54

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## Best Practices

- Document the BMI percentile in the member's chart.
- Advise patients of their BMI and what the normal BMI range is for their age, gender, height, and weight.
- Counsel on nutrition and physical activity.
- Place a BMI chart near the scale to encourage conversation about making healthy choices.

## References

1. National Association for Quality Assurance. (2023). [Weight Assessment and Counseling for Nutrition and Physical Activity for Children and Adolescents](#).
2. Centers for Disease Control and Prevention. (2013). [Childhood Obesity](#).
3. Centers for Disease Control and Prevention. (2012). [Physical Activity Amongst US Youth](#).

## Support

We are committed to the care and well-being of our members. We are also committed to working with you as a partner to develop the best possible treatment plans for all patients.

Please view the Provider section of our website at [ambetterofnorthcarolina.com](https://ambetterofnorthcarolina.com) for additional tools and resources. You may also contact your [Provider Engagement Administrator](#) directly for support and education.

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