

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

Learn how to improve your Healthcare Effectiveness Data and Information Set (HEDIS®) rates by using this tip sheet about the Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC) measure, best practices and more resources.

Assesses children and adolescents 3-17 years of age who had an outpatient visit with a primary care practitioner or OB/GYN during the measurement year and had evidence of: Body mass index (BMI) percentile documentation, Counseling for nutrition and Counseling for physical activity.

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

**LOB**  
Commercial  
Medicaid

**CMS Weight**  
N/A

**HEDIS**  
2023

### Exclusions

Exclude members who meet any of the following criteria:

- Members who have a diagnosis of pregnancy any time during the measurement year.
- Members in hospice or using hospice services any time during the measurement year.
- Members who died any time during the measurement year.

### Medical Record Documentation

Documentation 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., 85th 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% meets criteria because a distinct BMI percentile is evident (i.e., 100% or 0%).

**Counseling for Nutrition Documentation**

Documentation of counseling for nutrition or referral for nutrition education during the measurement year as identified by administrative data or medical record review.

Learn more about EPIC workflow by following:

<https://uhcommunity.uhhospitals.org/UHAccountableCareOrganization/EPIC%20%20Quick%20Tips/Forms/AllItems.aspx>

**Best Practices**

- Capture BMI Percentile and nutrition and physical activity at every visit, including sick visits
- Encourage patients to maintain the relationship with a PCP to promote consistent and coordinated health care
- Educate patients on the importance of having at least one ambulatory or preventive care visit during each measurement year
- Document weight and obesity counseling, if applicable, to comply for both Nutrition and Physical Activity sub-measures
- Member-reported biometric values (body mass index, height and weight) are acceptable
- Remind patients of their appointment by making calls or sending texts
- Make outreach calls and/or send reminders to advise members of the need for a visit

**Coding Best Practice**

WCC Component	Codes
BMI <5th percentile	Z68.51
BMI 5th to <85th percentile	Z68.52
BMI 85th to <95th percentile	Z68.53
BMI > or = to 95th percentile	Z68.54
Nutritional Counseling	CPT®: 97802, 97803, 97804 HCPCS: G0270, G0271, G0447, S9449, S9452, S9470 ICD-10: Z71.3
Physical Activity Counseling	HCPCS: G0447, S9451 ICD-10: Z02.5, Z71.82

**References**

Weight assessment and counseling for nutrition and physical activity for children/adolescents. (2023). Retrieved from <https://www.ncqa.org/hedis/measures/weight-assessment-and-counseling-for-nutrition-and-physical-activity-for-children-adolescents/>