

September 2, 2016

# FridayFocus

## What You Document Matters

According to Healthfinder.gov, “One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.” Obesity can be prevented by proper diet and exercise and physicians play an essential role in managing obesity in adults and children.

As health care providers, your guidance and advice is valuable for parents, as well as the children being cared for. Part of your responsibility is to evaluate weight and growth for indicators that your patient needs to lose or gain weight or if any dietary changes should be made. Another component of your duties is documentation of your findings.

In accordance with NCQA guidelines, Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescent (WCC) measure, the following components ***must be documented for members 3-17 years of age:***

### **BMI Percentile**

*Documentation must include height, weight, and BMI percentile.* (All components must be noted at the time of visit). Either of the following meet the criteria for BMI percentile: BMI percentile or BMI percentile plotted on age-growth chart.

### **Nutrition**

Documentation must include a note indicating the date and at least one of the following.

- 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
- Anticipatory guidance for nutrition
- Weight or obesity counseling

### **Physical Activity**

Documentation must include a note indicating the date and at least one of the following.

- 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.
- Anticipatory guidance for physical activity.
- Weight or obesity counseling.

Do not forget to receive credit for the work you have performed. When a child comes in for a well-child visit or sick visit by a PCP or OB/GYN, there should be proper documentation of BMI percentile, counseling for nutrition, and counseling for physical activity noted.

As always, we appreciate your ideas and feedback. Thank you for the quality work you do! All editions of Friday Focus are available on the SWHP website: <https://swhp.org/en-us/prov/news/providers-friday-focus>.



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**September is National  
Childhood Obesity  
Awareness Month**

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