

Addressing Childhood Obesity

Childhood obesity is a serious problem, with a prevalence of 19.7% and affecting about 14.7 million children and adolescents in the United States; 16.6% of children in ages 6 to 17 years old in Pennsylvania are affected by obesity, according to the 2023-2024 Pennsylvania State of Childhood Obesity report. Obesity is tied to the socioeconomic status of families and puts children and adolescents at risk for poor health outcomes. We are committed to working with our provider partners to provide guidance and support to manage this patient population.

CODING

The Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (HEDIS WCC) measure was developed to address childhood obesity. As the patient's PCP, you play a key role in guiding children and adolescents toward healthy behaviors. Take advantage of every office visit, including well-child visits for patients' ages 3 to 17, by following the proper coding. Visit [JeffersonHealthPlans.com/pediatric](https://www.jeffersonhealthplans.com/pediatric) for comprehensive information on description of services, ICD-10 and CPT coding, and frequency limits.

Jefferson Health Plans can conduct chat reviews for this HEDIS measure, but providers may also submit the appropriate accepted ICD 10 or HCPCS codes for the components of the WCC measure.

- BMI Percentile:
 - Z68.51 - Body mass index [BMI] pediatric, less than 5th percentile for age
 - Z68.52 - Body mass index [BMI] pediatric, 5th percentile to less than 85th percentile for age
 - Z68.53 - Body mass index [BMI] pediatric, 85th percentile to less than 95th percentile for age
 - Z68.54 - Body mass index [BMI] pediatric, greater than or equal to 95th percentile for age
- Counseling for Nutrition
 - Z71.3 – Dietary counseling and surveillance
 - 97802 – Medical nutrition therapy, initial assessment, and intervention
 - 97803 – Medical nutrition therapy, reassessment, and intervention
 - 97804 – Group medical nutrition therapy
 - G0447 - Face-to-face behavioral counseling for obesity
- Counseling for Physical Activity
 - Z02.5 - Encounter for examination for participation in sport
 - Z71.82 - Exercise counseling
 - S9451 - Exercise classes, non-physician provider, per session
 - G0447 - Face-to-face behavioral counseling for obesity

BEST PRACTICES

Childhood obesity can profoundly affect children's physical health, emotional well-being and self-esteem. Correct medical record documentation and coding ensures that your efforts are acknowledged, you are meeting the WCC measure, and you are improving your young patients' chance at a healthier life. PCPs can educate children and their family of healthy lifestyle habits, including healthy eating and physical activity, that may lower the risk of obesity and developing related diseases, such as heart disease and diabetes.

Please refer to The American Academy of Pediatrics [Bright Futures Tip Sheet](#) for Promoting Health Weight.