

## Weight Assessment and Counseling for Nutrition and Physical Activity for Children and Adults

This measure was introduced in 2009 in response to the issue of increased incidence of obesity among children and adolescents. For your patients 2 – 17 years old, measure BMI percentile and counsel for nutrition and physical activity at least once a year.

1. BMI
  - For this measure, document the BMI **percentile** annually
  - Document in the progress notes or on a graph
  - If you use an EMR, make certain the program automatically documents BMI measurements
  
2. Nutrition Counseling
  - Document via a note or checklist, a discussion, anticipatory guidance, educational materials or counseling on nutrition
  - References to “appetite” are not acceptable; diet must be addressed
  - Complete this measure annually
  
3. Physical Activity Counseling
  - Document via a note or checklist, a discussion, anticipatory guidance, educational materials or counseling on physical activity
  - “Cleared for gym” is not acceptable, but clearance for a specific sport is OK
  - Complete this measure annually

**Use these codes to report the 3 indicators and avoid chart review**

Codes to Identify BMI Percentile,  
Counseling for Nutrition and Counseling for Physical Activity

Description	CPT	ICD-9 Diagnosis	HCPCS
BMI percentile		V85.5	
Counseling for nutrition	97802-97804	V65.3	G0270
Counseling for physical activity		V65.41	S9451