

Memorandum

To: Gold Coast Health Plan Primary Care Providers

From: Kim Timmerman MHA, CPHQ, Director of Quality Improvement
Nancy Wharfield, M.D., Chief Medical Officer

Re: **National Nutrition Month**

Date: March 8, 2019

March is National Nutrition Month, an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. It focuses on the importance of making informed eating choices and developing sound physical activity habits to reduce the risk of lifelong chronic diseases such as obesity, type 2 diabetes, and heart disease.

It is important to teach healthy behaviors in children, as they are more likely to maintain these patterns as an adult. According to the Centers for Disease Control and Prevention (CDC), over the last three decades, childhood obesity has doubled in children and adolescents and continues to be a primary health concern among parents. As health care professionals, we can provide our youngest members and their guardians with the knowledge and tools they need to thrive through the transformative power of food and nutrition.

HEDIS® Measure: WCC

Every year, Gold Coast Health Plan (GCHP) reports on the Healthcare Effectiveness Data and Information Set (HEDIS®) performance measure, **Weight Assessment and Counseling for Nutrition and Physical Activity for Children / Adolescents (WCC)**. This measure looks at the percentage of members ages 3 to 17 who had an outpatient visit with a primary care physician or OB/GYN and who had evidence of the following during the measurement year:

- BMI percentile documentation
- Counseling for nutrition
- Counseling for physical activity

HEDIS® Specifications Documentation

The WCC measure requires the following documentation on the medical record to be compliant:

BMI Percentile: Height, weight and BMI percentile or BMI percentile plotted on an age-appropriate growth chart. Ranges and thresholds do not meet the criteria for this indicator.

Elements that do meet the BMI percentile criteria for this measure are:

- BMI percentile documented as a value (e.g., 85th percentile)
- BMI percentile plotted on an age-growth chart

Counseling for Nutrition: Documentation *must* include a note indicating the date and, at a minimum, one of the following components discussed during the visit:

- 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 during face-to-face visit
- Anticipatory guidance for nutrition
- Weight or obesity counseling
- Counseling for eating disorders
- 5 – 2 – 1 – 0

Counseling for Physical Activity: Documentation *must* include a note indicating the date and, at a minimum, one of the following components discussed during the visit:

- 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 during a face-to-face visit
- Anticipatory guidance specific to the child's physical activity
- Weight or obesity counseling
- Counseling for eating disorders
- 5 – 2 – 1 – 0

Provider Resources

- The Academy of Nutrition and Dietetics has helpful tools for both providers and members, including a [National Nutrition Month Celebration Toolkit](#).
- The U.S. Department of Agriculture has dietary guidelines, including [MyPlate resources](#).
- For more information on why good nutrition matters, the CDC has a medically factual guide, [Why It Matters](#).
- To find information on the HEDIS® WCC measure, you can go to the GCHP website, www.goldcoasthealthplan.org > Providers > Resources > HEDIS® > [HEDIS Measure: Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents \(WCC\)](#)

If you have any questions or concern about this measure, please contact GCHP's Quality Improvement Department at hedis@goldchp.org.