



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

### WCC Measure Description<sup>1</sup>

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.

### Why is WCC Important?<sup>1</sup>

Over the last three decades, childhood obesity has more than doubled in children and tripled in adolescents. It is the primary health concern among parents in the United States, topping drug abuse and smoking. Childhood obesity has both immediate and long-term effects on health and well-being.

Health lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. Obesity can become a lifelong health issue; therefore, it is important to monitor weight problems in children and adolescents and provide guidance for maintaining a health weight and lifestyle.

### Best Practices

- ✓ Contact parents of patients to schedule their visits at least once a year.
- ✓ Assessing physical, emotional and social development is important at every stage of life, especially with children and adolescents.
- ✓ Use sick visits and sports physicals to complete this measure.
- ✓ Discuss proper food intake, healthy eating habits, eating disorders, and issues, such as body image.
- ✓ Promote physical activity and discuss organized sports or after school programs and record activity, such as being active 5 days a week.

## Numerator Compliance<sup>2</sup>

**Rate 1: BMI Percentile** - BMI percentile during the measurement year. Do not include laboratory claims.

**Rate 2: Nutrition** - Counseling for nutrition during the measurement year. Do not include laboratory claims.

**Rate 3: Physical** - Counseling for physical activity during the measurement year. Do not include laboratory claims.

## Numerator Codes<sup>2</sup>

Refer to HEDIS Numerator Codes Dashboard on the Trillium HEDIS Resources website.

## Data Collection Method<sup>2</sup>

Administrative (Claims + Supplemental Data)



## Trillium Percentages/NCQA National Averages<sup>1</sup>

WCC	Calendar Year	Trillium	NCQA National Average
Rate 1: BMI Percentile	2022	58.6	76.8
	2021	48.6	76.1
Rate 2: Nutrition	2022	30.6	68.1
	2021	30.0	69.2
Rate 3: Physical	2022	21.9	64.8
	2021	19.8	65.7

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<sup>1</sup> Source: [ncqa.org/hedis/measures](https://ncqa.org/hedis/measures)

<sup>2</sup> Source: HEDIS MY 2024 Tech Specs Manual Vol. 2