

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; 18% of children in kindergarten through 12th grade in Pennsylvania are affected by obesity, according to the 2018-2019 Pennsylvania Growth Screening Index. Obesity is tied to the socioeconomic status of families and puts children and adolescents at risk for poor health outcomes. HPP is 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. Please visit www.HPPlans.com/nutrition for comprehensive information on description of services, ICD-10 and CPT coding, and frequency limits.

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 review the HEDIS Hints resource for Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC), which can be found at www.HPPlans.com/HEDISHints.