

Weight Assessment and Management for Youth

Do I need to monitor and track BMI at every visit?

- We recommend **recording height and weight at all outpatient visits** and including calculated BMI percentiles in charts.
- **Children and adolescents, 3-17 years old, should have their BMI assessed annually, but up to 40% are missed.** If this information is tracked only at well visits, a large portion of children who do not come in for their annual well check may be missed.

I measured the BMI, now what?

- **No matter the BMI**, each child should have a BMI assessment coded during ≥ 1 office visit.
- During sick visits, you may not have time to address BMI, but you can recommend a follow-up visit or make a note to discuss it at their next well visit.
- During a well visit, in addition to assessing weight, please make sure to follow-up with appropriate dietary and exercise counseling and referrals, if needed.
- The Center for Healthy Weight and Nutrition at Nationwide Children's offers free training and resources on how to offer weight-management visits in your office:
<https://www.nationwidechildrens.org/specialties/center-for-healthy-weight-and-nutrition>

If you are eligible for the Partners For Kids (PFK) Provider Incentive Plan, you will be financially compensated for every eligible patient whose BMI has been appropriately assessed with a diagnosis code at an office visit during the calendar year.

Required

ICD-10 CM Diagnosis	Description
<input checked="" type="checkbox"/> Diagnoses for BMI Assessment	
Z68.51	BMI < 5 th percentile for age
Z68.52	BMI between the 5 th and 85 th percentile for age
Z68.53	BMI between the 85 th and 95 th percentile for age
Z68.54	BMI \geq 95 th percentile for age
<input checked="" type="checkbox"/> Diagnoses for Weight Management Interventions	
Z71.3	Dietary counseling
Z02.5	Sports physical
Z71.82	Exercise counseling

**Z68.1-Z68.4 codes are to be used for patients 20 years and older.*

More Questions?

- Contact the PFK Quality Improvement team at PFKQICoaching@nationwidechildrens.org.