

eCQM Title	Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents		
CMS ID	155	eCQM Version Number	14.0.000
CBE Number	Not Applicable	GUID	0b63f730-25d6-4248-b11f-8c09c66a04eb
Measurement Period	January 1, 2026 through December 31, 2026		
Measure Steward	National Committee for Quality Assurance		
Measure Developer	National Committee for Quality Assurance		
Endorsed By	None		
Description	<p>Percentage of patients 3-17 years of age who had an outpatient visit with a primary care physician (PCP) or obstetrician/gynecologist (OB/GYN) and who had evidence of the following during the measurement period.</p> <ul style="list-style-type: none"> - Percentage of patients with height, weight, and body mass index (BMI) percentile documentation - Percentage of patients with counseling for nutrition - Percentage of patients with counseling for physical activity 		
Copyright	<p>This Physician Performance Measure (Measure) and related data specifications are owned and were developed by the National Committee for Quality Assurance (NCQA). NCQA is not responsible for any use of the Measure. NCQA makes no representations, warranties or endorsements about the quality of any product, test or protocol identified as numerator compliant or otherwise identified as meeting the requirements of the measure or specification. NCQA makes no representations, warranties, or endorsement about the quality of any organization or physician that uses or reports performance measures and NCQA has no liability to anyone who relies on such measures or specifications. NCQA holds a copyright in the Measure. The Measure may be used for internal, noncommercial purposes (e.g., use by healthcare providers in connection with their practices) without obtaining approval from NCQA. All other uses, including a commercial use (including but not limited to vendors using or embedding the measures and specifications into any product or service to calculate measure results for customers for any purpose), must be approved by NCQA and are subject to a license at the discretion of NCQA. (C) 2012-2025 National Committee for Quality Assurance. All Rights Reserved.</p> <p>Limited proprietary coding is contained in the Measure specifications for user convenience. Users of proprietary code sets should obtain all necessary licenses from the owners of the code sets. NCQA disclaims all liability for use or accuracy of any third-party codes contained in the specifications.</p> <p>CPT(R) codes, descriptions and other data are copyright 2025. American Medical Association. All rights reserved. CPT is a trademark of the American Medical Association. Fee schedules, relative value units, conversion factors and/or related components are not assigned by the AMA, are not part of CPT, and the AMA is not recommending their use. The AMA does not directly or indirectly practice medicine or dispense medical services. The AMA assumes no liability for data contained or not contained herein. Applicable FARS/DFARS restrictions apply to government use.</p> <p>Some measure specifications contain coding from LOINC(R) (https://loinc.org). The LOINC table, LOINC codes, LOINC panels and form file, LOINC linguistic variants file, LOINC/RSNA Radiology Playbook, and LOINC/IEEE Medical Device Code Mapping Table are copyright 2004-2025 Regenstrief Institute, Inc. and the Logical Observation Identifiers Names and Codes (LOINC) Committee, and are available at no cost under the license at https://loinc.org/kb/license/.</p> <p>This material contains SNOMED Clinical Terms(R) (SNOMED CT[R]) copyright 2004-2024 International Health Terminology Standards Development Organisation.</p> <p>ICD-10 copyright 2025 World Health Organization. All Rights Reserved.</p> <p>Some measures use RxNorm, a standardized nomenclature and coding for clinical drugs and drug delivery devices, which is made publicly available courtesy of the U.S. National Library of Medicine (NLM), National Institutes of Health, Department of Health and Human Services. NLM is not responsible for the measures and does not endorse or recommend this or any other product.</p> <p>"HL7" is the registered trademark of Health Level Seven International.</p>		
Disclaimer	<p>The performance Measure is not a clinical guideline and does not establish a standard of medical care, and has not been tested for all potential applications. THE MEASURE AND SPECIFICATIONS ARE PROVIDED "AS IS" WITHOUT WARRANTY OF ANY KIND.</p> <p>Due to technical limitations, registered trademarks are indicated by (R) or [R] and unregistered trademarks are indicated by (TM) or [TM].</p>		
Measure Scoring	Proportion		
Measure Type	Process		
Stratification	<p>Report a total score, and each of the following strata:</p> <p>Stratum 1 - Patients age 3-11 years at the end of the measurement period</p> <p>Stratum 2 - Patients age 12-17 years at the end of the measurement period</p>		
Risk Adjustment	None		
Rate Aggregation	None		
Rationale	<p>Over the last four decades, childhood obesity has more than tripled in children and adolescents 2 to 19 years of age (from a rate of approximately 5 percent to 18.5 percent) (Fryar, Carroll, & Ogden, 2014; Hales et al., 2017). Non-Hispanic black and Hispanic youth are more likely to be obese than their non-Hispanic white and non-Hispanic Asian counterparts. In 2015-2016, approximately 22 percent of non-Hispanic black and 26 percent of Hispanic youth were obese compared to approximately 14 percent of non-Hispanic white and 11 percent of non-Hispanic Asian youth (Hales et al., 2017).</p> <p>Childhood obesity has both immediate and long-term effects on health and well-being. Children who are obese have higher rates of physical health conditions, such as risk factors for cardiovascular disease (like high blood pressure and high cholesterol), type 2 diabetes, asthma, sleep apnea, and joint problems. There is also a correlation between childhood obesity and mental health conditions, such as anxiety and depression (Centers for Disease Control and Prevention [CDC], 2016). In addition, children who are obese are more likely to be obese as adults and are therefore at risk for adult health problems, such as heart disease, type 2 diabetes, and several types of cancer (CDC, 2016).</p> <p>The direct medical costs associated with childhood obesity total \$1.32 billion per year (Ward et al., 2021).</p> <p>Because obesity can become a lifelong health issue, it is important to screen for obesity in children and adolescents, and to provide interventions that promote weight loss (U.S. Preventive Services Task Force, 2017).</p>		
Clinical Recommendation Statement	<p>U.S. Preventive Services Task Force (2017) - The Task Force recommends that clinicians screen for obesity in children and adolescents 6 years and older and offer or refer them to comprehensive, intensive behavioral interventions to promote improvements in weight status. (B recommendation)</p> <p>American Academy of Pediatrics – Bright Futures (Hagan, Shaw, & Duncan, 2017)</p> <ul style="list-style-type: none"> - Plot and assess BMI percentiles routinely for early recognition of overweight and obesity. - Assess barriers to healthy eating and physical activity. - Provide anticipatory guidance for nutrition and physical activity. 		
Improvement Notation	Higher score indicates better quality		
Reference	<p>Reference Type: CITATION</p> <p>Reference Text: 'Centers for Disease Control and Prevention. (2016). Childhood Obesity Causes & Consequences. Retrieved from https://www.cdc.gov/obesity/childhood/causes.html'</p>		
Reference	<p>Reference Type: CITATION</p> <p>Reference Text: 'Ward, Z. J., Bleich, S. N., Long, M. W., & Gortmaker, S. L. (2021). Association of body mass index with health care expenditures in the United States by age and sex. PLOS ONE, 16(3), e0247307. https://doi.org/10.1371/journal.pone.0247307'</p>		

Reference	Reference Type: CITATION Reference Text: 'Fryar, C. D., Carroll, M. D., & Ogden, C. L. (2014). Prevalence of Overweight and Obesity Among Children and Adolescents: United States, 1963-1965 through 2011-2012. Health E-Stats. Retrieved from https://www.cdc.gov/nchs/data/hestat/obesity_child_11_12/obesity_child_11_12.htm'
Reference	Reference Type: CITATION Reference Text: 'Hagan, J. F., Shaw, J. S., & Duncan, P. M. (eds.). (2017). Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th ed. Elk Grove Village, IL: American Academy of Pediatrics.'
Reference	Reference Type: CITATION Reference Text: 'Hales, C.M., Carroll, M.D., Fryar, C.D., et al. (2017). Prevalence of Obesity Among Adults and Youth: United States, 2015-2016. NCHS Data Brief. Retrieved from https://www.cdc.gov/nchs/data/databriefs/db288.pdf'
Reference	Reference Type: CITATION Reference Text: 'U.S. Preventive Services Task Force. (2017). Screening and interventions for overweight in children and adolescents: Recommendation statement. Rockville, MD: Agency for Healthcare Research and Quality. Retrieved from https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-children-and-adolescents-screening1?ds=1&s=obesity'
Definition	None
Guidance	The visit must be performed by a PCP or OB/GYN. Because BMI norms for youth vary with age and sex, this measure evaluates whether BMI percentile, rather than an absolute BMI value, is assessed. This eCQM is a patient-based measure. This version of the eCQM uses QDM version 5.6. Please refer to the eCQI resource center (https://ecqi.healthit.gov/qdm) for more information on the QDM.
Transmission Format	TBD
Initial Population	Patients 3-17 years of age by the end of the measurement period, with at least one outpatient visit with a primary care physician (PCP) or an obstetrician/gynecologist (OB/GYN) during the measurement period
Denominator	Equals Initial Population
Denominator Exclusions	Exclude patients who are in hospice care for any part of the measurement period. Patients who have a diagnosis of pregnancy during the measurement period.
Numerator	Numerator 1: Patients who had a height, weight and body mass index (BMI) percentile recorded during the measurement period. Numerator 2: Patients who had counseling for nutrition during the measurement period. Numerator 3: Patients who had counseling for physical activity during the measurement period.
Numerator Exclusions	None
Denominator Exceptions	None
Supplemental Data Elements	For every patient evaluated by this measure also identify payer, race, ethnicity and sex

Table of Contents

- [Population Criteria](#)
- [Definitions](#)
- [Functions](#)
- [Terminology](#)
- [Data Criteria \(QDM Data Elements\)](#)
- [Supplemental Data Elements](#)
- [Risk Adjustment Variables](#)

Population Criteria

▲ Population Criteria 1

▲ Initial Population

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[3, 17]
and exists ("Qualifying Encounters")

▲ Denominator

"Initial Population"

▲ Denominator Exclusions

Hospice."Has Hospice Services"
or exists ("Pregnancy Diagnosis Which Overlaps Measurement Period")

▲ Numerator

exists ("BMI Percentile in Measurement Period")
and exists ("Height in Measurement Period")
and exists ("Weight in Measurement Period")

▲ Numerator Exclusions

None

▲ Denominator Exceptions

None

▲ Stratification 1

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[3, 11]

▲ Stratification 2

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[12, 17]

▲ Population Criteria 2

Initial Population

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[3, 17]
and exists ("Qualifying Encounters")

Denominator

"Initial Population"

Denominator Exclusions

Hospice."Has Hospice Services"
or exists ("Pregnancy Diagnosis Which Overlaps Measurement Period")

Numerator

exists ["Intervention, Performed": "Counseling for Nutrition"] NutritionCounseling
where Global."NormalizeInterval" (NutritionCounseling.relevantDatetime, NutritionCounseling.relevantPeriod) during day of "Measurement Period"

Numerator Exclusions

None

Denominator Exceptions

None

Stratification 1

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[3, 11]

Stratification 2

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[12, 17]

Population Criteria 3**Initial Population**

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[3, 17]
and exists ("Qualifying Encounters")

Denominator

"Initial Population"

Denominator Exclusions

Hospice."Has Hospice Services"
or exists ("Pregnancy Diagnosis Which Overlaps Measurement Period")

Numerator

exists ["Intervention, Performed": "Counseling for Physical Activity"] ActivityCounseling
where Global."NormalizeInterval" (ActivityCounseling.relevantDatetime, ActivityCounseling.relevantPeriod) during day of "Measurement Period"

Numerator Exclusions

None

Denominator Exceptions

None

Stratification 1

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[3, 11]

Stratification 2

AgeInYearsAt(date from
end of "Measurement Period"
) in Interval[12, 17]

Definitions**BMI Percentile in Measurement Period**

["Physical Exam, Performed": "BMI percentile"] BMIPercentile
where Global."NormalizeInterval" (BMIPercentile.relevantDatetime, BMIPercentile.relevantPeriod) during day of "Measurement Period"
and BMIPercentile.result is not null

Denominator

"Initial Population"

Denominator Exclusions

Hospice."Has Hospice Services"
or exists ("Pregnancy Diagnosis Which Overlaps Measurement Period")

Height in Measurement Period

["Physical Exam, Performed": "Height"] HeightExam
where Global."NormalizeInterval" (HeightExam.relevantDatetime, HeightExam.relevantPeriod) during day of "Measurement Period"
and HeightExam.result is not null

4 Hospice.Has Hospice Services

```

exists ( ["Encounter, Performed": "Encounter Inpatient"] InpatientEncounter
  where ( InpatientEncounter.dischargeDisposition ~ "Discharge to home for hospice care (procedure)"
    or InpatientEncounter.dischargeDisposition ~ "Discharge to healthcare facility for hospice care (procedure)"
  )
  and InpatientEncounter.relevantPeriod ends during day of "Measurement Period"
)
or exists ( ["Encounter, Performed": "Hospice Encounter"] HospiceEncounter
  where HospiceEncounter.relevantPeriod overlaps day of "Measurement Period"
)
or exists ( ["Assessment, Performed": "Hospice care [Minimum Data Set]"] HospiceAssessment
  where HospiceAssessment.result ~ "Yes (qualifier value)"
  and Global."NormalizeInterval" ( HospiceAssessment.relevantDatetime, HospiceAssessment.relevantPeriod ) overlaps day of "Measurement Period"
)
or exists ( ["Intervention, Order": "Hospice Care Ambulatory"] HospiceOrder
  where HospiceOrder.authorDatetime during day of "Measurement Period"
)
or exists ( ["Intervention, Performed": "Hospice Care Ambulatory"] HospicePerformed
  where Global."NormalizeInterval" ( HospicePerformed.relevantDatetime, HospicePerformed.relevantPeriod ) overlaps day of "Measurement Period"
)
or exists ( ["Diagnosis": "Hospice Diagnosis"] HospiceCareDiagnosis
  where HospiceCareDiagnosis.prevalencePeriod overlaps day of "Measurement Period"
)

```

4 Initial Population

```

AgeInYearsAt(date from
  end of "Measurement Period"
) in Interval[3, 17]
and exists ( "Qualifying Encounters" )

```

4 Numerator 1

```

exists ( "BMI Percentile in Measurement Period" )
and exists ( "Height in Measurement Period" )
and exists ( "Weight in Measurement Period" )

```

4 Numerator 2

```

exists ["Intervention, Performed": "Counseling for Nutrition"] NutritionCounseling
  where Global."NormalizeInterval" ( NutritionCounseling.relevantDatetime, NutritionCounseling.relevantPeriod ) during day of "Measurement Period"

```

4 Numerator 3

```

exists ["Intervention, Performed": "Counseling for Physical Activity"] ActivityCounseling
  where Global."NormalizeInterval" ( ActivityCounseling.relevantDatetime, ActivityCounseling.relevantPeriod ) during day of "Measurement Period"

```

4 Pregnancy Diagnosis Which Overlaps Measurement Period

```

["Diagnosis": "Pregnancy"] PregnancyDiag
  where PregnancyDiag.prevalencePeriod overlaps "Measurement Period"

```

4 Qualifying Encounters

```

( ["Encounter, Performed": "Office Visit"]
  union ["Encounter, Performed": "Preventive Care Services Individual Counseling"]
  union ["Encounter, Performed": "Preventive Care, Established Office Visit, 0 to 17"]
  union ["Encounter, Performed": "Preventive Care Services, Initial Office Visit, 0 to 17"]
  union ["Encounter, Performed": "Preventive Care Services Group Counseling"]
  union ["Encounter, Performed": "Home Healthcare Services"]
  union ["Encounter, Performed": "Telephone Visits" ] ) ValidEncounters
  where ValidEncounters.relevantPeriod during day of "Measurement Period"

```

4 SDE Ethnicity

```

["Patient Characteristic Ethnicity": "Ethnicity"]

```

4 SDE Payer

```

["Patient Characteristic Payer": "Payer Type"]

```

4 SDE Race

```

["Patient Characteristic Race": "Race"]

```

4 SDE Sex

```

["Patient Characteristic Sex": "Federal Administrative Sex"]

```

4 Stratification 1

```

AgeInYearsAt(date from
  end of "Measurement Period"
) in Interval[3, 11]

```

4 Stratification 2

```

AgeInYearsAt(date from
  end of "Measurement Period"
) in Interval[12, 17]

```

4 Weight in Measurement Period

```

["Physical Exam, Performed": "Weight"] WeightExam
  where Global."NormalizeInterval" ( WeightExam.relevantDatetime, WeightExam.relevantPeriod ) during day of "Measurement Period"
  and WeightExam.result is not null

```

Functions**4 Global.NormalizeInterval(pointInTime DateTime, period Interval<DateTime>)**

```

if pointInTime is not null then Interval[pointInTime, pointInTime]
else if period is not null then period
else null as Interval<DateTime>

```

Terminology

- code "Discharge to healthcare facility for hospice care (procedure)" ("SNOMEDCT Code (428371000124100)")
- code "Discharge to home for hospice care (procedure)" ("SNOMEDCT Code (428361000124107)")
- code "Hospice care [Minimum Data Set]" ("LOINC Code (45755-6)")

- code "Yes (qualifier value)" ("SNOMEDCT Code (373066001)")
- valueset "BMI percentile" (2.16.840.1.113883.3.464.1003.121.12.1012)
- valueset "Counseling for Nutrition" (2.16.840.1.113883.3.464.1003.195.12.1003)
- valueset "Counseling for Physical Activity" (2.16.840.1.113883.3.464.1003.118.12.1035)
- valueset "Encounter Inpatient" (2.16.840.1.113883.3.666.5.307)
- valueset "Ethnicity" (2.16.840.1.114222.4.11.837)
- valueset "Federal Administrative Sex" (2.16.840.1.113762.1.4.1021.121)
- valueset "Height" (2.16.840.1.113883.3.464.1003.121.12.1014)
- valueset "Home Healthcare Services" (2.16.840.1.113883.3.464.1003.101.12.1016)
- valueset "Hospice Care Ambulatory" (2.16.840.1.113883.3.526.3.1584)
- valueset "Hospice Diagnosis" (2.16.840.1.113883.3.464.1003.1165)
- valueset "Hospice Encounter" (2.16.840.1.113883.3.464.1003.1003)
- valueset "Office Visit" (2.16.840.1.113883.3.464.1003.101.12.1001)
- valueset "Payer Type" (2.16.840.1.114222.4.11.3591)
- valueset "Pregnancy" (2.16.840.1.113883.3.526.3.378)
- valueset "Preventive Care Services Group Counseling" (2.16.840.1.113883.3.464.1003.101.12.1027)
- valueset "Preventive Care Services Individual Counseling" (2.16.840.1.113883.3.464.1003.101.12.1026)
- valueset "Preventive Care Services, Initial Office Visit, 0 to 17" (2.16.840.1.113883.3.464.1003.101.12.1022)
- valueset "Preventive Care, Established Office Visit, 0 to 17" (2.16.840.1.113883.3.464.1003.101.12.1024)
- valueset "Race" (2.16.840.1.114222.4.11.836)
- valueset "Telephone Visits" (2.16.840.1.113883.3.464.1003.101.12.1080)
- valueset "Weight" (2.16.840.1.113883.3.464.1003.121.12.1015)

Data Criteria (QDM Data Elements)

- "Assessment, Performed: Hospice care [Minimum Data Set] using "Hospice care [Minimum Data Set] (LOINC Code 45755-6)"
- "Diagnosis: Hospice Diagnosis" using "Hospice Diagnosis (2.16.840.1.113883.3.464.1003.1165)"
- "Diagnosis: Pregnancy" using "Pregnancy (2.16.840.1.113883.3.526.3.378)"
- "Encounter, Performed: Encounter Inpatient" using "Encounter Inpatient (2.16.840.1.113883.3.666.5.307)"
- "Encounter, Performed: Home Healthcare Services" using "Home Healthcare Services (2.16.840.1.113883.3.464.1003.101.12.1016)"
- "Encounter, Performed: Hospice Encounter" using "Hospice Encounter (2.16.840.1.113883.3.464.1003.1003)"
- "Encounter, Performed: Office Visit" using "Office Visit (2.16.840.1.113883.3.464.1003.101.12.1001)"
- "Encounter, Performed: Preventive Care Services Group Counseling" using "Preventive Care Services Group Counseling (2.16.840.1.113883.3.464.1003.101.12.1027)"
- "Encounter, Performed: Preventive Care Services Individual Counseling" using "Preventive Care Services Individual Counseling (2.16.840.1.113883.3.464.1003.101.12.1026)"
- "Encounter, Performed: Preventive Care Services, Initial Office Visit, 0 to 17" using "Preventive Care Services, Initial Office Visit, 0 to 17 (2.16.840.1.113883.3.464.1003.101.12.1022)"
- "Encounter, Performed: Preventive Care, Established Office Visit, 0 to 17" using "Preventive Care, Established Office Visit, 0 to 17 (2.16.840.1.113883.3.464.1003.101.12.1024)"
- "Encounter, Performed: Telephone Visits" using "Telephone Visits (2.16.840.1.113883.3.464.1003.101.12.1080)"
- "Intervention, Order: Hospice Care Ambulatory" using "Hospice Care Ambulatory (2.16.840.1.113883.3.526.3.1584)"
- "Intervention, Performed: Counseling for Nutrition" using "Counseling for Nutrition (2.16.840.1.113883.3.464.1003.195.12.1003)"
- "Intervention, Performed: Counseling for Physical Activity" using "Counseling for Physical Activity (2.16.840.1.113883.3.464.1003.118.12.1035)"
- "Intervention, Performed: Hospice Care Ambulatory" using "Hospice Care Ambulatory (2.16.840.1.113883.3.526.3.1584)"
- "Patient Characteristic Ethnicity: Ethnicity" using "Ethnicity (2.16.840.1.114222.4.11.837)"
- "Patient Characteristic Payer: Payer Type" using "Payer Type (2.16.840.1.114222.4.11.3591)"
- "Patient Characteristic Race: Race" using "Race (2.16.840.1.114222.4.11.836)"
- "Patient Characteristic Sex: Federal Administrative Sex" using "Federal Administrative Sex (2.16.840.1.113762.1.4.1021.121)"
- "Physical Exam, Performed: BMI percentile" using "BMI percentile (2.16.840.1.113883.3.464.1003.121.12.1012)"
- "Physical Exam, Performed: Height" using "Height (2.16.840.1.113883.3.464.1003.121.12.1014)"
- "Physical Exam, Performed: Weight" using "Weight (2.16.840.1.113883.3.464.1003.121.12.1015)"

Supplemental Data Elements

▲ SDE Ethnicity

["Patient Characteristic Ethnicity": "Ethnicity"]

▲ SDE Payer

["Patient Characteristic Payer": "Payer Type"]

▲ SDE Race

["Patient Characteristic Race": "Race"]

▲ SDE Sex

["Patient Characteristic Sex": "Federal Administrative Sex"]

Risk Adjustment Variables

None

Measure Set	None