According to the National Institutes of Health (NIH), more than two-thirds of adults in the U.S. are either overweight (BMI 25 – 29.9) or obese (BMI 30 or higher). Individuals with a BMI of 25 or higher are at an increased risk of serious health concerns, including:

- Heart disease
- Some types of cancer
- High blood pressure
- Stroke
- Non-alcoholic fatty liver disease
- Type 2 diabetes
- Stroke
- Non-alcoholic fatty liver disease
- Type 2 diabetes
- Obesity
- Type 2 diabetes
- Osteoarthritis

**What is the quality measure?**

Adult BMI Assessment focuses on your adult patients ages 18 to 74 who you see for outpatient visits. You can help us ensure quality care by accurately documenting the following information in your patients’ charts:

- For patients 21 and older, document the patient’s weight, calculated BMI value, and date the measurements were observed.
- For patients younger than 21, document the patient’s height, weight, and BMI percentile either documented as a value or plotted on an age-growth chart is acceptable for recording BMI in the medical record.

**What can you do to improve this quality measure?**

Proper weight management is key to preventing the risks associated with high BMI. Your guidance and support can help your patients make better choices, lose weight and achieve their best health. To help ensure your patients’ weight management success, please do the following:

1. Document each patient’s BMI in an accurate and timely manner on the claim.
2. Ask your patients to identify one lifestyle behavior they can change and help them make a plan to achieve it.
3. Use appropriate diagnostic codes to properly document patient BMI.

### SAMPLE DIAGNOSIS CODES:

- **Adult BMI**
  - BMI 19 or less: Z68.1
  - BMI 20.0-23.9: Z68.20-Z68.23
  - BMI 24.0-29.9: Z68.24-Z68.29
  - BMI 30.0-39.9: Z68.30-Z68.39
  - BMI 40.0-49.9: Z68.41-Z68.42
  - BMI 50-59.9: Z68.43
  - BMI 60.0-69.9: Z68.44
  - BMI 70 or greater: Z68.45

- **Pediatric - BMI Percentile**
  - BMI <5th Pctl for age: Z68.51
  - BMI 5th Pctl - <85th Pctl: Z68.52
  - BMI 85th Pctl - <95th Pctl: Z68.53
  - BMI Greater Than or Equal to 95th Pctl: Z68.54