### Appropriate counseling among pediatric cardiac patients with BMI greater than 85%

**Measure Description:** Proportion of patients, 3-18 years old, with a BMI greater than 85% who received appropriate counseling.

<table>
<thead>
<tr>
<th><strong>Numerator</strong></th>
<th>Number of patients who received appropriate counseling(^1) for elevated BMI(^2) during the measurement period or in the 12 months prior to the outpatient visit(^4).</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Denominator</strong></td>
<td>Number of patients, 3-18 years old, with a BMI(^2) greater than the 85% percentile(^3) (within the past 12 months) and at least one pediatric cardiology outpatient visit during the measurement period.</td>
</tr>
</tbody>
</table>

**Denominator Exclusions**
- Patients in whom an accurate height and weight cannot be obtained for medical reasons
- Patients who are actively enrolled/engaged in obesity program

**Denominator Exceptions**
None

**Definitions / Notes**
1. **Appropriate counseling is defined as:**
   - BMI \(\geq 85^{th}\) percentile
     - (a) Patient education and self-help materials for weight reduction via diet and exercise
     - OR
     - (b) Referral to a registered dietician

2. **Measurement of BMI should be done as follows:**
   Body mass index (BMI): a measure derived from the division of the square of the height in meters into the weight in kilograms.

3. **BMI percentile should be calculated as follows:**
   A patient’s BMI percentile is determined from plotting the BMI on CDC growth charts

4. **Clinic Visit:** If the patient has had multiple visits during the measurement period, use the most recent visit (i.e. last visit in the measurement period).

**Measurement Period**
Quarterly

**Sources of Data**
Retrospective medical record review, electronic medical record

**Attribution**
Clinician, practice or institution

**Care Setting**
Outpatient

**Rationale**
Obesity has become one of the most important public health problems in the United States. One third of the children are overweight (BMI >= 85\(^{th}\) percentile). BMI is the single most important predictor of cardiovascular morbidity. Monitoring
### Clinical Recommendation(s)

<table>
<thead>
<tr>
<th>ACC/AHA Guidelines:</th>
<th>None available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other guidelines/references:</td>
<td>None available</td>
</tr>
</tbody>
</table>

### Challenges to Implementation

Some clinicians may not have electronic systems to support BMI documentation. Documentation of BMI may be viewed as time consuming, and not a sub-specialty problem. This problem is exacerbated by the perception that family and patients may not comply with recommendations and because the impact of intervention is delayed with no perceived immediate reward.

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