

Quality Measures

Quality measures should be:

- Something that can improve health for your patients
- Easy to quantify and easy to measure
- Something that you have the ability to impact
- Tied to standards (such as insurance company, government, local, or organization measures) when possible

Possible Obesity Quality Measures

- Percentage of adults with BMI <18.5 or ≥25 who have a follow-up plan ([NQF 0421](#), MIPS 128)
- Percentage of adults with BMI <18.5 or ≥25 and serious mental illness who have a follow-up plan (NQF 2601)
- Percentage of children and adolescents with BMI percentile documentation, diet and activity counseling (NQF 0024)
- Documentation of BMI percentile and weight classification for children ([Q-METRIC](#))
- Percentage of adults with a visit who had BMI documented (NCQA)
- Percentage of adults with diabetes who had BMI documented (HRSA)
- Percentage of children over 10 years with BMI ≥ 95th percentile who have had lipid profile, blood glucose measurement, and liver function tests
- Percentage of children with obesity receiving Intensive Health Behavior and Lifestyle Treatment (IHBLT)
- Percentage of adults with obesity who have prescribed exercise and diet goals
- Percentage of adults with BMI > 30 with a diagnosis of obesity document on their record

Interventions

Good interventions will:

- Use the entire team effectively - Not just more work for the physician and other clinical staff
- Often engage patients in improving their health
- Generally involve incremental change - Make small changes, then make more changes later if the initial changes work well
- Only change one or two processes at a time
- Include educating staff on the disease or treatment being addressed

Possible Obesity Interventions

- Have nurse/medical assistant obtain weight and height for all patients without a documented BMI *
- Partner with community organization(s) to offer Intensive Health Behavior and Lifestyle Treatment (IHBLT) for patients with obesity ♦
- Create standing orders for appropriate lab testing for children with obesity ♦
- Create standing orders for interventions for patients with obesity ♦
- Promote a Family Healthy Weight Program
- Make your practice welcoming to patients with overweight or obesity
- Use motivational interviewing to promote healthy weight *
- Create patient education resources for patients about prevention and treatment of obesity
- Involve other team members (nurses, dietician, or care managers) in educating patients with obesity
- Documentation of an obesity diagnosis for all patients with BMI > 30

* Ideas for physicians without continuity of patients ♦ Ideas for physicians in administrative roles