



Collaboration for Early Childhood

Strong Start, Bright Future

April
2013

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MOTIVATIONAL INTERVIEWING IN THE TREATMENT OF OBESITY

Karen Walker, MD

Obesity has more than doubled in children ages six to 11. The rate in adolescents has been even more alarming by tripling in number. Currently one in five children is overweight. This can lead to many serious health issues such as diabetes, heart disease and even depression.

I'm sure that we have all had patients that we have counseled about proper nutrition and exercise, but can't seem to influence them to make the necessary changes. They become non-compliant and can't seem to get motivated despite our best efforts. Perhaps we're using the wrong language. Learning motivational interviewing skills can help. Learn to listen to our patients and get a glimpse of this person-centered style of effecting change.

At our upcoming Physicians Network Breakfast, Kelly Walker Lowry, Ph.D., will present a quick over-view of Motivational Interviewing and how we might use it to treat obesity. Dr. Lowry is a medical psychologist in the Department of Child and Adolescent Psychiatry at Lurie Children's. Her research interests are the developmental origins and influences on human eating and activity behaviors with a focus on modifiable behaviors for intervention.

Join us at Maya del Sol (144 S. Oak Park Ave.) at 7:15 am on April 9th, to hear Dr. Lowry present "Reducing Childhood Obesity with Motivational Interviewing." Please RSVP to Karen Baldwin at 708-613-6122 or kbaldwin@collab4kids.org.

WILD ABOUT WELLNESS, A PIONEERING HEALTHY COMMUNITY

Oak Park Wild About Wellness, A Pioneering Healthy Community is a collaborative of community organizations focused on preventing childhood obesity through policy and systems change. The goal is to encourage every young person, adult and family in Oak Park to embrace and value a healthy lifestyle specifically incorporating good nutritional habits and increased lifelong physical activity. Six objectives aim to increase the: 1) Availability of fresh fruit & vegetables and less processed food for preschool through school-aged children, 2) Number of community activities that promote healthy eating, 3) Capacity of families to provide healthy food to children, 4) Number of youth biking and walking to school, 5) Number of after-school/community activities, and 6) Number of families foregoing car usage for trips within one mile of home.

To support the above goals, the collaborative has created two brochures to encourage healthy eating. *Eat The Best, Leave the Rest* is a guide for health family eating. *Healthy Snacks Are Where It's At* discusses portion sizes and healthy snack choices. You can introduce your patients to one of the healthiest snack foods around: hummus, a delicious Middle Eastern spread made from cooked, mashed chickpeas, blended with tahini, olive oil, lemon juice, salt and garlic. It's a great source of iron, vitamin B6, protein, fiber and folate. Encourage your patients to assemble this healthy treat themselves to get them interested in trying new foods (turn over for recipe). These kid-friendly bites take minutes to prepare and are a great way to use leftover salad ingredients. For copies of the brochures or digital files, contact Jill Moorhead, West Cook YMCA, 708-383-5200.

If you are interested in joining the collaborative, call Elizabeth Lippitt, 708-848-0528, ext. 226.

Childhood Obesity Care

The U.S. Preventive Services Task Force (USPSTF) recommends that children ages 6 and over receive obesity screening and that they also be offered a comprehensive, intensive behavioral intervention program to promote improvement in weight status. The Illinois Department of Healthcare and Family Services recommends that children up to age 21 receive a nutritional assessment requiring health history, dietary evaluation and BMI measurement. BMI measurements should be assessed at every preventive healthcare visit starting at the age of two and should be designated by the use of a Vcode.*

V85.51=BMI <5%
V85.52=BMI 5-<85%
V85.53=BMI >85-<95%
V85.54=BMI >95%

Treating overweight/obese patients can be challenging. Billing and coding appropriately can ensure that you receive adequate reimbursement for the management of these complex patients. Counseling patients with obesity should occur during all preventative visits, however patients that are obese or overweight may require more frequent visits.

Assessment of health-risk can be an important instrument in the management of obesity. For the administration and interpretation of such an appraisal, the following code should be documented: CPT 99420.

Evaluation and management codes can be used and the level of service should correspond to the total amount of face-to-face time that was documented:

CPT 99201-99205: New Patient office visit
CPT 99211-99215: Established patient office visit
CPT 99241-99245: Outpatient consultations

Diagnosis codes that can be used for these encounters can include some of the primary diagnoses, such as: 307.50 (Eating disorders, unsp.), 783.1 (Abnormal weight gain), or 278.00, 278.01 or 278.02 (Obesity, unsp., Morbid obesity or Overweight). If co-morbid conditions such as Hypertension (401.9), Hyperlipidemia (272.1), Diabetes (250.00) and Acanthosis Nigricans (701.2) are observed, those codes should be used as well. The corresponding BMI code should also be included along with the diagnosis.

Private insurers and Illinois Medicaid will pay for all the mentioned codes with proper documentation and in the case of CPT 99420 Illinois Medicaid is competitively priced.

**These V-Codes are only for patients up to age 20.*

Healthy Hummus Snack

- Multigrain flatbread
- Hummus
- Sprouts, broccoli florets, diced cucumbers, sliced baby carrots, sliced olives, sliced bell peppers

Cut the flatbread into 3" rounds and spread with an even layer of hummus. Children can then make happy faces with assorted fresh veggies.

Our mission is to make sure that all children (birth to age 5) in our local community arrive at kindergarten safe, healthy, and ready to succeed, and eager to learn.

Physicians Network
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