# IT-12.17: Primary Care Behavioral Counseling to Promote a Healthy Diet

| **Measure Title** | **IT-12.17 Behavioral Counseling in Primary Care to Promote a Healthy Diet** |
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| **Description** | Percentage of adult patients diagnosed with, or with documentation of, risk related to diet-related chronic disease (e.g., diabetes, hypertension, heart disease, hypercholesterolemia) who received intensive behavioral counseling.  |
| **NQF Number** | Not applicable |
| **Measure Steward** | U.S. Preventive Services Task Force  |
| **Link to measure citation** | <http://www.uspreventiveservicestaskforce.org/3rduspstf/diet/dietrr.htm>  |
| **Measure type** | Non Stand-Alone (NSA) |
| **Performance and Achievement Type** | Pay-for-Reporting: Prior Authorization |
| **DSRIP-specific modifications to Measure Steward’s specification** | None |
| **Denominator Description**  | Adult patients diagnosed with, or with documentation of, risk related to diet related chronic disease such as diabetes, hypertension, heart disease, and hypercholesterolemia. |
| **Denominator Inclusions** | The Measure Steward does not identify specific denominator inclusions beyond what is described in the denominator description. |
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| **Denominator Size** | Providers must report a minimum of 30 cases per measure during a 12-month measurement period (15 cases for a 6-month measurement period)* For a measurement period (either 6 or 12 months) where the denominator size is less than or equal to 75, providers must report on all cases. No sampling is allowed.
* For a measurement period (either 6 or 12 months) where the denominator size is less than or equal to 380 but greater than 75, providers must report on all cases (preferred, particularly for providers using an electronic health record) or a random sample of not less than 76 cases.
* For a measurement period (either 6 or 12-months) where the denominator size is greater than 380, providers must report on all cases (preferred, particularly for providers using an electronic health record) or a random sample of cases that is not less than 20% of all cases; however, providers may cap the total sample size at 300 cases.
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| **Numerator Description**  | Number of adult patients receiving intensive behavioral counseling including documentation of the following: 1. Assess dietary practices and related risk factors.
2. Advise to change dietary practices.
3. Agree on individual diet change goals.
4. Assist to change dietary practices or address motivational barriers.
5. Arrange regular follow-up and support or refer to more intensive behavioral nutritional counseling (e.g., medical nutrition therapy) if needed.

Either of the two following approaches will qualify for behavioral counseling:1. Medium-intensity face-to-face dietary counseling (two to three group or individual sessions) delivered by a dietitian or nutritionist or by a specially trained primary care physician or nurse practitioner.
2. Lower-intensity interventions that involve 5 minutes or less of primary care provider counseling supplemented by patient self-help materials, telephone counseling, or other interactive health communications.
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| **Numerator Inclusions** | The Measure Steward does not identify specific numerator inclusions beyond what is described in the numerator description. |
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| **Setting** | Ambulatory |
| **Data Source** | Administrative/Clinical data sources; Supplemental data sources |
| **Allowable Denominator Sub-sets** | All denominator subsets are permissible for this outcome  |