



Story Behind the Curve

This measure assesses the percentage of Vermont Medicaid beneficiaries between the ages of 18 -74 who had an outpatient visit and had their body mass index (BMI) documented during the past two years.

BMI is considered the most efficient and effective method for assessing excess body fat; it is a starting point for assessing the relationship between weight and height.

Obesity is the second leading cause of preventable death in the United States. It is a complex, multifaceted, chronic disease that is affected by environmental, genetic, physiological, metabolic, behavioral and psychosocial components. Obesity's impact on individual overall health is great. It increases both morbidity and mortality rates and the risk of conditions such as diabetes, congestive heart disease and cancer.

Guidelines from various organizations indicate that the first step in weight management is assessment of height and weight in order to calculate BMI.

Vermont Medicaid produced this measure, which requires medical record review, for the first time in 2016.