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Purple zone: a preventative initiation to address elevated BMI for age in people with cystic fibrosis. A pediatric care center practice

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INTRODUCTION

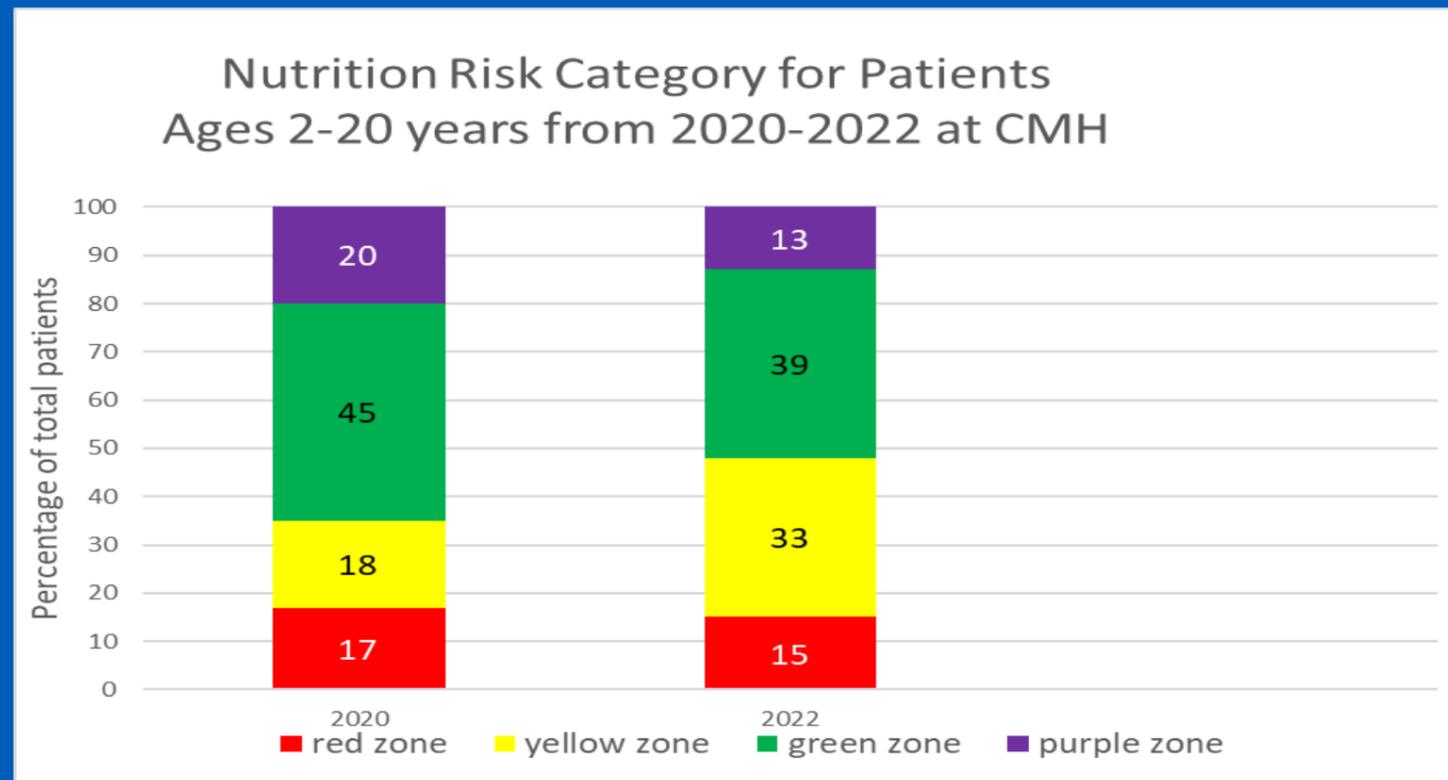
- The percentage of overweight/obese adults with CF has tripled in the past two decades
- The 2021 Cystic Fibrosis Foundation Patient Registry indicated >40% adults with CF were overweight or obese based on CDC definition
- In general, overweight and obese children are more likely to stay obese into adulthood

METHOD

- Nutrition risk algorithm was created in 2018 using red, yellow, and green color zones associated with BMI percentile for age
 - Purple zone was added in September 2020
 - Data was collected from CMH center's patient registry from 2020-2022
- **Purple** BMI >85th %ile
 - **Green** BMI 50th -85th %ile
 - **Yellow** BMI 25th -50th %ile
 - **Red** BMI < 25th%ile

Identify Nutrition Status in *Colorful* Ways

TITLE: Purple Zone: A Preventative Initiation to Address Elevated BMI for Age in People with Cystic Fibrosis – a Pediatric Care Center Practice



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RESULTS

- Fifty-two percent patients met the goal of BMI > 50thile in 2022
- Populations in both extreme groups, red and purple zones, have declined
- The percentage of patients in overweight/obese category has decreased from 20% down to 13%

DISCUSSION

- Use of the color zone allows teams to standardize message on nutrition status
- Care givers and patients have better understanding of their nutrition status in colorful ways
- Individualized nutrition therapy for each color zone is prescribed
- High calorie/protein diets continue for red zone patients
- Weight management interventions such as mindful eating was discussed with purple zone group