

Improving Physical Activity Engagement in Adolescents with Down Syndrome

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Motivation

- Adolescents with DS are at high risk for obesity and health complications
- Few participate in regular physical activity
- This project seeks to increase their engagement

Context

- Physical activity is under-addressed in this population
- Only 33% have tailored physical activity plans
- Only 50% have documented physical activity conversations

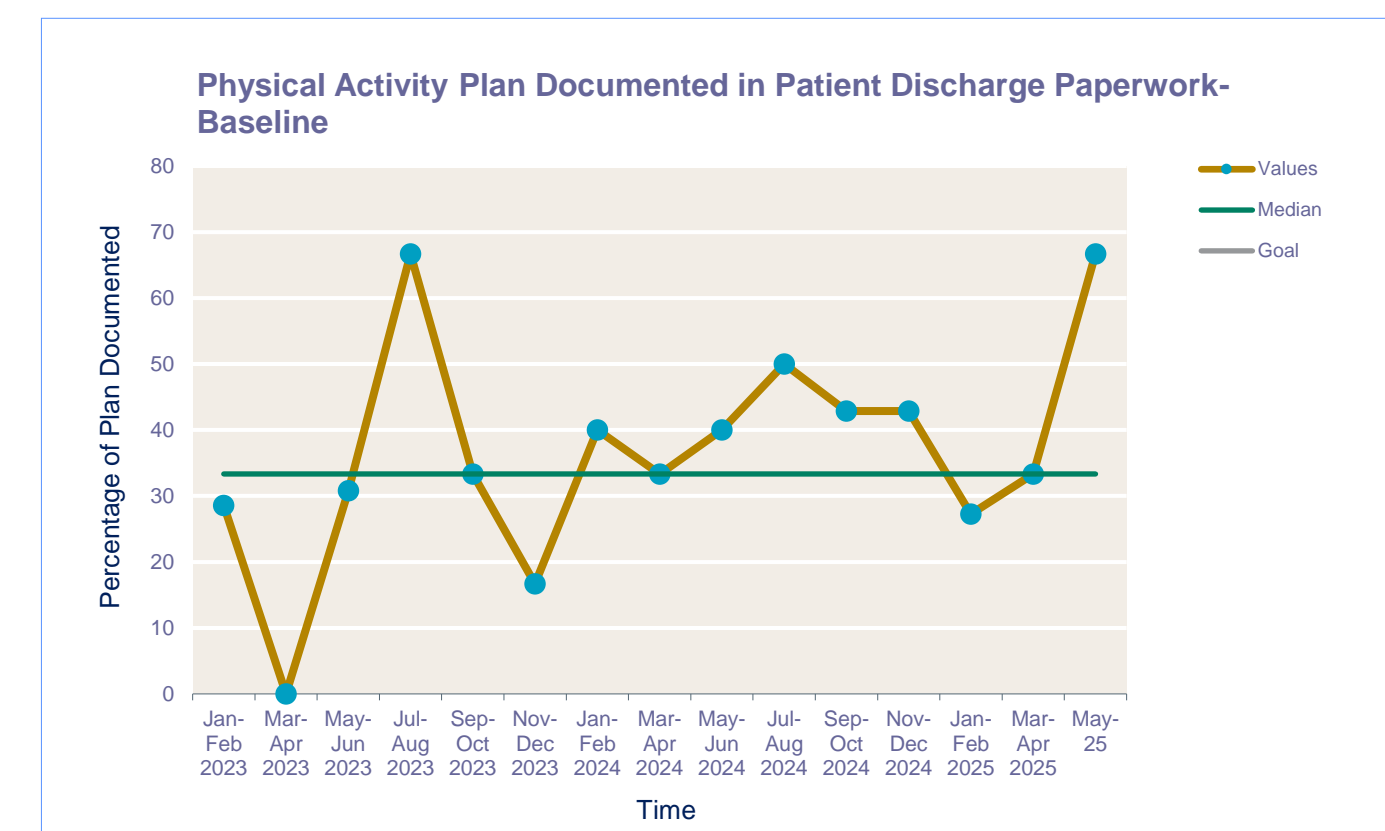


Chart 1. Baseline Inclusion of Physical Activity in Discharge Paperwork

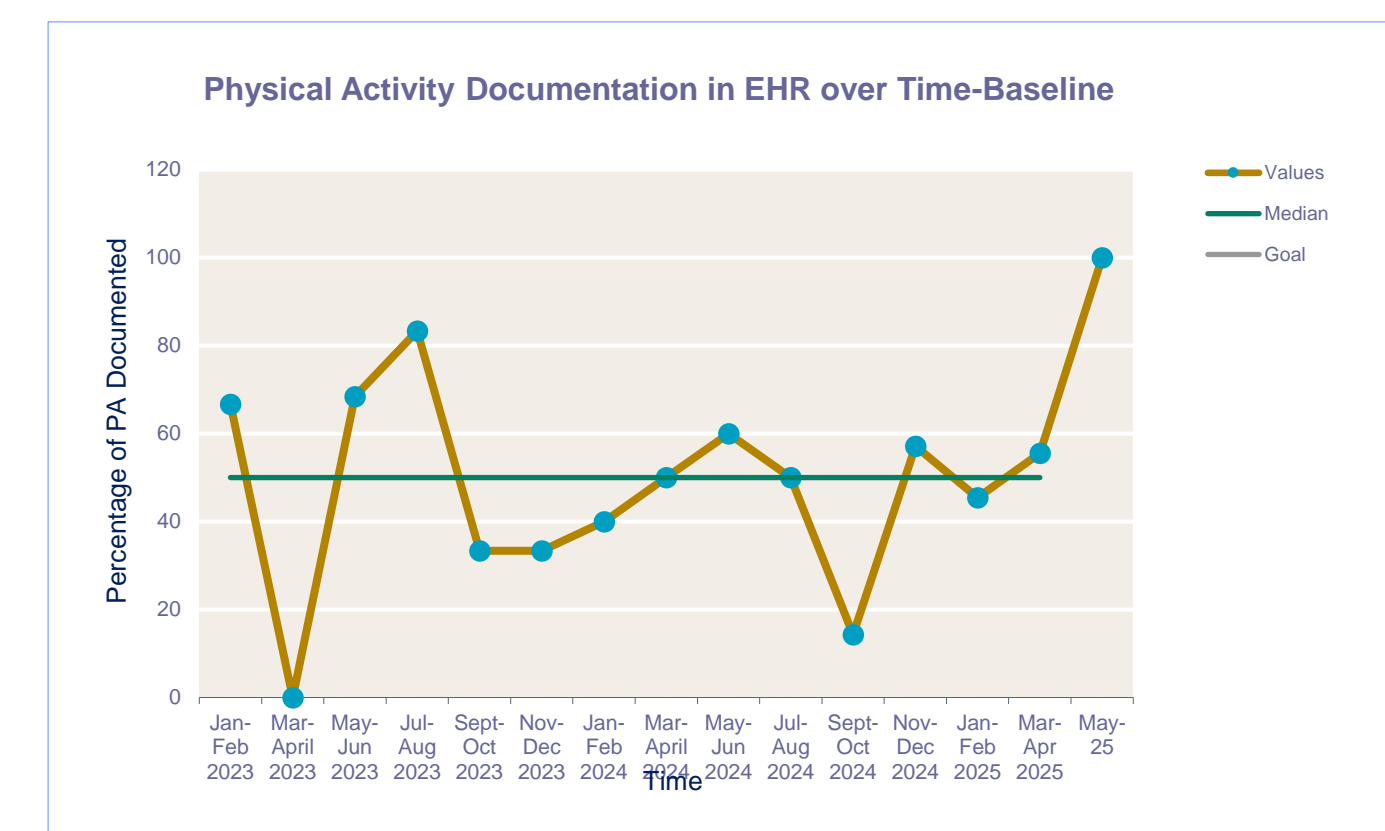


Chart 2. Baseline EHR Documentation of Physical Activity Discussions

Project Description

- Target population: Adolescents (14-21) with Down syndrome and BMI >75th percentile, seen at the Down Syndrome Center of Western PA
- Using *Plan-Do-Study-Act (PDSA)* cycles to implement and track interventions aimed at increasing PA engagement



Our aim is to increase **physical activity** in **adolescents** aged 14-21 with **Down syndrome** and **obesity** by 25% by December 2025.

QI Process Map

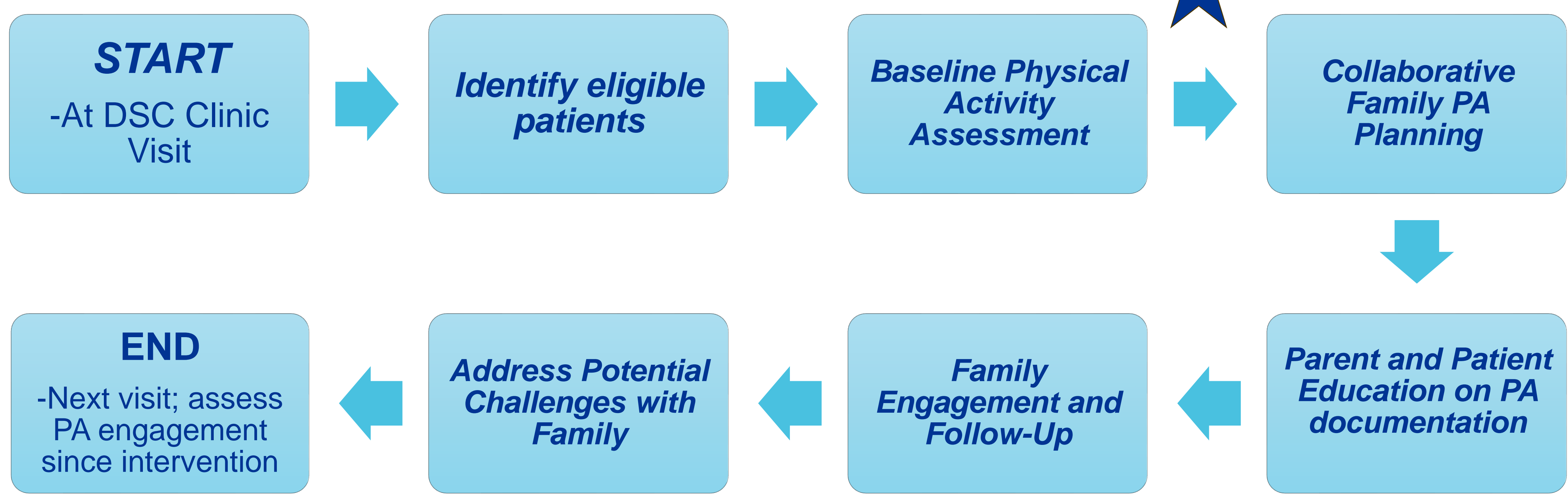


Figure 1. QI Process Map for Increasing Physical Activity Engagement in Adolescents with Down Syndrome and Obesity at the Down Syndrome Center of Western PA.

Project Deliverables

- Target Interventions (First PDSA cycle)
 - Create DOT phrases in EHR to standardize PA documentation
 - Conduct 5-minute monthly check-ins to track PA progress
- By end of year 1
 - One completed PDSA cycle
 - 25% increase in physical activity
- Future goals (1-3 years):
 - >25% increase in physical activity
 - Reduction in BMI

Potential Impact

- Supports health equity by promoting PA and reducing disparities related to obesity
- Serves as framework for improving care and outcomes in other clinics and populations

References and/or Acknowledgements

- Thank you to Dr. Andrew McCormick and the Down Syndrome Center of Western Pennsylvania.
- This project is supported by DSMIG and the University of Pittsburgh Department of Pediatrics