

# **ABBOTT EXPANDS CFCHEF PROGRAM IN 2012 FOR PEOPLE AFFECTED BY CYSTIC FIBROSIS**

CFChef Website Features New Nutrition Topics and a Consumer Survey to Generate Cystic Fibrosis Community Input

Abbott Park, Illinois (NYSE: ABT) — Abbott today announced the launch of four themed recipe contests as a part of the CFChef program, an online nutrition resource developed to address the specific nutritional needs of people living with cystic fibrosis (CF). The CFChef program will host "Cookout" and "Back-to-School" recipe contests through June 21, 2012 as well as the "Winter Holiday" and "Spring Holiday 2013" recipe contests later in the year. Individuals touched by CF are invited to submit original recipes for a CF diet or CF adaptations of traditional meals online at [www.Chef4CF.com](http://www.Chef4CF.com).

"Providing nutritionally balanced, CF-friendly recipe options through the CFChef program helps patients learn more about the importance of nutrition," said Jim Hynd, divisional vice president, Cardiovascular Care, Metabolics and GI Care. "For more than 20 years, Abbott has been committed to supporting the unique needs of CF patients by providing programs like CFChef that help to inform the patient, their family and friends."

Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive systems of approximately 30,000 children and adults in the United States. More than 70 percent of people with CF are diagnosed by age two. In patients with CF, a thick, sticky mucus is produced in certain organs throughout the body, most commonly the lungs and digestive system, including the pancreas. Many people living with CF are unable to properly digest food because of the thick mucus in the digestive system.

Additionally, the pancreas does not produce enough digestive pancreatic enzymes in these patients, causing malabsorption of the calories and nutrients (vitamins and minerals) in food. To achieve proper nutrition, individuals with CF need to consume more calories than a person without the disease.

As a part of this year's initiative, the CFChef website has been updated to provide instructions on how to manage energy imbalances through diet, as well as meal preparation tips to help meet the nutritional requirements of both CF and non-CF family members. In addition, the program now includes an online survey, which will be available to the CF community at [www.Chef4CF.com](http://www.Chef4CF.com) until July 20, 2012. This survey will allow those touched by CF to provide valuable input regarding the overall program and nutrition guide content for future website updates and additions.

"With its growing recipe database and the introduction of an interactive survey, the CFChef website continues to be an increasingly useful tool for the CF community," said Suzanne Michel, a registered dietitian at a leading children's CF center in Philadelphia. "Chef4CF.com now provides a comprehensive shopping list, useful cooking tips, and shows CF patients and their families it's possible to eat healthy and cook successfully, even with complex dietary requirements and a busy schedule."

## **About CFChef**

CFChef is an Abbott-sponsored online nutrition resource developed to help people living with cystic fibrosis (CF) and their families better understand the unique nutritional needs of people living with the disease. In addition to serving as an educational resource, CFChef is a place where families, friends and caregivers of people with CF can share recipes and get updated nutrition tips and guidance. Visit CFChef at [www.Chef4CF.com](http://www.Chef4CF.com).

## **About Cystic Fibrosis**

Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive systems of approximately 30,000 children and adults in the United States. The majority of people living with CF are unable to properly digest food due to lack of digestive pancreatic enzymes, and good nutrition is extremely important for growth. With more than 70 percent of people with CF diagnosed by age two, nutritional information for both children and adults can aid in proper growth and development.

## **About Abbott**

Abbott (NYSE: ABT) is a global, broad-based health care company devoted to the discovery, development, manufacture and marketing of pharmaceuticals and medical products, including nutritionals, devices and diagnostics. The company employs approximately 91,000 people and markets its products in more than 130 countries.

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