

# Maintaining Healthy Weight With Cystic Fibrosis



There is a close connection between weight and lung function in cystic fibrosis — the better your BMI, often, the better your lung function.

## WHY IS BMI SO IMPORTANT?

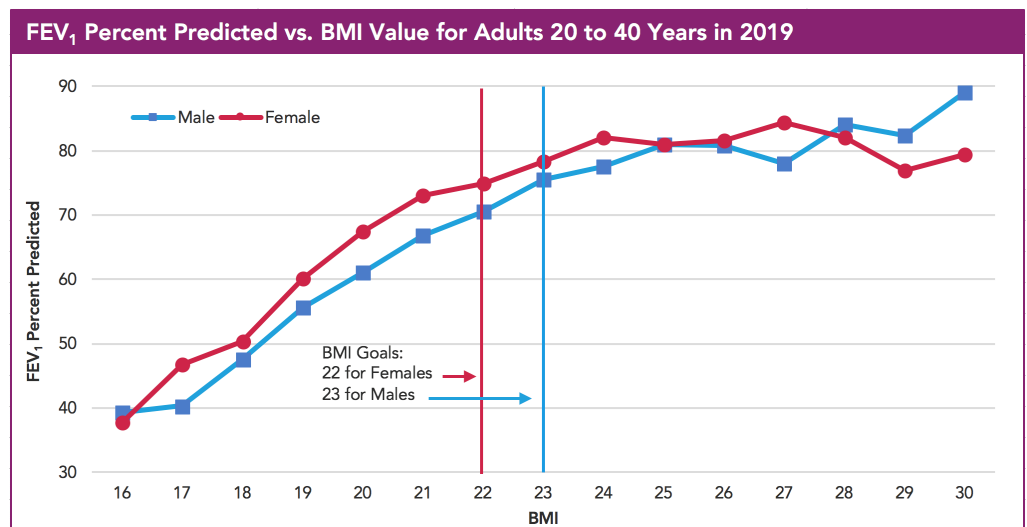
Body Mass Index (BMI) is a measure of weight that can be used to estimate health risk. Increasing or maintaining weight keeps your BMI in the healthy range. For people with CF, the Cystic Fibrosis Foundation recommends the following BMI goals:

- Adult women: 22 kg/m<sup>2</sup>
- Adult men: 23 kg/m<sup>2</sup>

Higher BMI is associated with better lung function (FEV<sub>1</sub>).

## WHY THIS MATTERS

An improved BMI and good **nutrition** can affect your health in several ways. In addition to better lung function, a healthier BMI can provide a “cushion” for times your calorie needs are higher, and your appetite is low, such as when you are sick. Good nutrition and a healthier weight also decrease the risk of **bone loss** and may help strengthen your immune system to fight off **infection**.



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## WHAT YOU CAN DO

Regular use of pancreatic **enzymes** and CF **vitamins**, combined with a healthy diet, help meet nutrition goals. If you and your CF care team decide that gaining weight would improve your health, discuss a realistic weight gain goal for you. Partner with your **CF dietitian** to design a nutrition plan that factors in your lifestyle to help you meet this goal.

My current BMI: \_\_\_\_\_ kg/m<sup>2</sup>      My current weight: \_\_\_\_\_ pounds/kg

My goal weight is \_\_\_\_\_ pounds/kg to achieve a BMI of 22/23