Cystic Fibrosis

Cystic fibrosis (CF) is a life-threatening genetic disease that primarily affects the lungs and digestive system. An estimated 30,000 children and adults in the United States (70,000 worldwide) have CF.

- In people with CF, a defective gene and its protein product cause the body to produce unusually thick, sticky mucus that:
  - Clogs the lungs and leads to life-threatening lung infections
  - Obstructs the pancreas and stops natural enzymes from helping the body break down food and absorb vital nutrients

Nutrition and CF

Nutrition is important in order to:

- Promote stronger lungs improving lung function
- Achieve normal growth and development
- Strengthen immune system to fight infections better
- Meet increased energy needs

In order to meet 20-50% higher energy needs:

- Patients need to eat high fat/high calorie foods
- Patients need to eat meals and snacks often

Socioeconomic Status and CF

When compared to other socioeconomic status (SES) groupings, CF patients identified as having a low SES show:

- Higher rates of hospitalization
- Higher rates of death
- Lower body mass index (BMI) percentages
- Worse nutritional outcomes
- Lower percentages for pulmonary function tests (PFT’s)

References


Cystic Fibrosis Foundation: www.cff.org
Foods Needed

Food Requested

 Nutritional drinks (i.e., Boost®, Ensure®)

 Instant breakfast

 DuoCal®, Similac®

 Nutritional Bars (i.e., Kind®, Quest®, Larabar Uber®)

 Meats

 Vegetables

High Calorie/High Fat Foods

<table>
<thead>
<tr>
<th>Perishable</th>
<th>Non-Perishable</th>
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<tbody>
<tr>
<td>Cheddar cheese not reduced fat</td>
<td>Salted nuts, trail mix, or granola</td>
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<tr>
<td>Cream cheese not reduced fat</td>
<td>Dried raisins, cherries or cranberries</td>
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<tr>
<td>Whipped Cream</td>
<td>Potato chips</td>
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<tr>
<td>Butter</td>
<td>Peanut butter, almond butter or Nutella®</td>
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<tr>
<td>Sour Cream</td>
<td>Syrup</td>
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<tr>
<td>Mayonnaise</td>
<td>Pasta</td>
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<tr>
<td>Avocado</td>
<td>Pancake mix</td>
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<tr>
<td>Eggs</td>
<td>Canned soups (especially creamed)</td>
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<tr>
<td>Half and Half</td>
<td>Salad dressings</td>
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<tr>
<td>TV dinners</td>
<td>Fruit juices</td>
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<tr>
<td>Bacon</td>
<td>Canned fruit in syrup</td>
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<tr>
<td>Whole Milk</td>
<td>Salted Crackers (i.e., Wheat Thins®, Triskets®)</td>
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