**Title:**

“All my food is customized\*”: Barriers & Facilitators Concerning Nutrition for Persons Living with Cystic Fibrosis

**Lay Title:**

Help and Hindrances for Nutrition in CF

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**What was your research question?**

In the newer era of modulators, we wanted to learn more about how people with CF think about nutrition, and how they handle issues related to eating, food, and nutrition.

**Why is this important?**

Instead of trying to gain weight, concerns seem to have shiftedtowards maintaining or even losing weight in this era of modulator therapies. We wanted to understand this in more depth with the goal of eventually creating materials and programs that can help people achieve their nutrition and health goals.

**What did you do?**

We did semi-structured interviews with 44 adults living with CF, asking about how you define “good” nutrition, what helps your diet, and what gets in the way. The interview guide was developed by a team of community members and CF healthcare providers. Each person had two, 30-60 minute interviews.

**What did you find?**

The most helpful aspects to nutrition that people mentioned were their registered dietitians/ nutritionists/CF care team members, convenience of foods, physical activity, social support, and weight stabilization following triple therapy modulator initiation. On the flip side, the most frequently mentioned barriers were also dietitians/CF care team members, inconvenience, gastrointestinal symptoms and illnesses, and the need for enzymes and other medications.

**What does this mean and reasons for caution?**

People living with CF identified several positive and negative factors in optimizing nutrition. These might be addressed through updated education of both patients themselves and/or the CF care team. However, more diverse patient perspectives are needed in future research studies.

**What’s next?**

We hope this information about nutrition can provide a path forward to helping people living with CF to get the best possible nutrition to live healthier happier lives.

**Original manuscript citation in PubMed**

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