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/m²
- Adult men: 23 kg/m²

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.

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/m²  My current weight: _______ pounds/kg

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