Food Insecurity Screening in People with Cystic Fibrosis

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Adequate nutrition is a cornerstone in the management of cystic fibrosis (CF). Malabsorption secondary to pancreatic insufficiency and increased energy demands related to lung disease, can increase energy requirements over twofold for a person with CF. Food insecurity (FI) affects approximately 10% of Mainers (1). Per the Cystic Fibrosis Foundation, there may be up to a threefold increase in the prevalence of food insecurity in the CF population (2). To address this issue we implemented FI screening in the adult and pediatric CF programs to identify the prevalence of FI within our population and to offer immediate interventions.

In order to provide immediate, short-term interventions to those who screened positive, our team partnered with the Good Shepherd Food Bank to offer food assistance with housing, heating, food, etc. To the tool in effort to better identify people experiencing FI.

In the pediatric program, the FI rate was equivalent to that in the State of Maine. In the adult program, the FI rate was three times the rate of the general population in Maine, in line with the prevalence reported in the national CF population in 2022.

In the pediatric program, the FI rate was three times the rate of the general population in Maine, in line with the prevalence reported in the national CF population.