Reviewer’s report

Title: A survey identifying nutritional needs in a contemporary adult cystic fibrosis cohort

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Reviewer: Stephan Haas

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Kapnadak and co-workers developed a 14-item questionnaire to analyze from a patient-centered perspective the primary nutrition concerns and preferred health-improvement resources of 66 adult CF patients followed-up in a CF outpatient clinic.

Traditionally, care of CF patient is centered on the prevention of undernutrition reflected by recommendations of minimal BMI levels in CF patients.

The increasing median age of CF patients together with an epidemic of obesity is an explanation for the very interesting results of this study:
A large number of CF patients was overweight or obese (28.8% and 9.1% respectively) and consequently "not-gaining further weight" was a chief concern. In parallel to a growing digitalization of our society, preferred health-improvement resources were chosen to be internet-based.

In spite of a high prevalence of obesity, a relatively large percentage was physical active (physical activity: 3.6 days/week) and having access to web-bases fitness recommendations was noted by many as a health-improvement resource.

The study contributes to a more individualized approach in the follow-up of this patient group with a stronger focus on obesity-related nutritional challenges.

The study has limitations which are addressed by the authors (study design, sample size, patient selection).

Patients were recruited from March 2016–August 2016. It would be interesting to know how many patients were asked to participate (selection bias?). Ultimately, 66 patients were included.

Small sample size represents a limitation to draw conclusions from the socioeconomic analysis generating interesting statistical trends. Access to insurance (Medicaire) was used as indirect indicator of socioeconomic status. Further larger studies with a better study design are worthwhile to follow this interesting topic.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

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Yes

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