Lack of Food Is Tied to Doing Poorly on HIV Treatment

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People receiving treatment for HIV who lack sufficient food are more likely to have a detectable viral load than those who have enough to eat, aidsmap reports. Publishing their findings in the Journal of Acquired Immune Deficiency Syndromes, researchers analyzed data on 2,118 HIV-positive people receiving food and nutrition services through a Ryan White Part A program in New York City between 2011 and 2013.

The researchers categorized participants as having food insufficiency if they reported sometimes or often lacking enough money for food, not having enough to eat, or recently going a day without eating.

Sixty-one percent of the participants had food insufficiency at both of the two periodic assessments in the trial, 25 percent had food insufficiency at one assessment, and 14 percent had no food insufficiency.

After adjusting for various factors, the investigators found that experiencing food insufficiency was linked to a 60 percent increase in the likelihood of having a detectable viral load. Meanwhile, having unstable housing and having an income below the poverty level were each associated with a 50 percent increased chance of a detectable viral load.

To read the aidsmap article, click here.

To read the study abstract, click here.

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