

Theme Number 3: Policies, programs, interventions

NUTRITIONAL IMPACT OF TITLE II FEEDING PROGRAM TARGETING PEOPLE LIVING WITH AND AFFECTED BY HIV/AIDS IN UGANDA

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Introduction

Food assistance is designed to reduce the burden of scarce food resources and improve the health, productivity, and survival of people living with HIV/AIDS and their families. Beneficiaries receive 300g of corn-soy blend and 25g of vegetable oil providing 1300 calories per person per day.

Objective

A one-year prospective study was designed to assess the benefit of the ACIDI/VOCA Title II HIV/AIDS Initiative on the nutritional status of beneficiaries newly registered to receive food between September 2003 and January 2004.

Scope

Study participants were recruited from four ACIDI/VOCA partner organizations (Catholic Relief Services, Africare, World Vision and TASO). A total of 229 participants were recruited comprising of 104 HIV infected persons aged 16 years and above (primary adult beneficiaries), 88 HIV affected persons aged 16 years and below (secondary beneficiaries) and 37 primary orphans whose HIV status was unknown.

Methods

Nutritional anthropometric measures of weight, height and mid-upper arm circumference (MUAC) were assessed quarterly. Paired comparison T-Test statistic was used to explore statistical significance ($P < 0.05$) in the third quarter data collected compared to baseline.

Results

At the third quarter, 149 beneficiaries were interviewed (69 primary adult, 27 primary orphan and 53 secondary beneficiaries). Analysis of primary adult and orphan beneficiary data showed 53% gained 0-3kg weight, 74% gained MUAC and 56% gained head circumference. Among the secondary beneficiaries, 61% gained 0-3kg weight, 58% gained MUAC and 83% gained head circumference.

Overall, statistical significance was noted in the mean weight gain among primary and secondary beneficiaries ($P = 0.000$ respectively), MUAC of primary adult ($P = 0.000$) and secondary beneficiaries ($P = 0.025$).

Conclusion

Food rations provided by the ACIDI/VOCA Title II Feeding program had a positive impact on nutritional status of people living with and affected by HIV/AIDS.