

Old Questions, Old Answers,
New Venues:
Where does food fit with HIV/AIDS
care and treatment strategies

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The Cutting Edge

Old Questions

- What food/nutrients are needed by people living with HIV/AIDS?
- When should food/nutrients be used as therapy in HIV/AIDS?
- How do we know that it has an impact?

Old Answers

- People living with HIV/AIDS need to maintain nutritional status for health maintenance and to decrease the impact of disease: nothing different from anyone else
- When there is a nutrition-related problem
- By using sensitive and precise measurements and criteria for that which we hope to accomplish

Old Venue

- Food and nutrients provided for a variety of reasons... to address:
 - General food insecurity, including a variety of economic and social issues
 - General malnutrition

New Venue

- Food as therapy vs. food as a “feeding program”
 - Addressing nutrition-related problems
 - Supporting the “health care plan”

Let's Get Clinical!

Answer Old Questions In New Settings

- Who: people with nutrition problems
 - Maintain health, delay disease effects, delay ARV treatment (?)
- What: products that address the problems
 - Shoring up nutritional status enough to withstand other therapies and disease
 - Particular problems with disease in mind:
 - Anemia, diarrhea, “thrush”
 - Problems associated with disease

Old ?s: New Settings

- When: when indicated
 - Monitoring → Problem → Solution → Monitoring
(and so on)
- Why: set objectives
 - What kinds of impacts in which populations
 - Match monitoring
- How: selectively
 - and according to evidence, experience, and problems

For the Few and the Brave

- You gotta start somewhere
 - Learn lessons from everywhere
 - Add a clinical mindset to your public health work
 - Develop programs that contribute to evidence
 - Requires some changes in capacity
 - Requires accountability, checks and balances
 - Observe international rules and regs for working with humans

New Partnerships

- Widen teams to include clinical expertise
 - Broaden capacity
 - Don't try to do everything for everyone
 - Take it a step at a time with planning for each objective, associated activity or task
- Make it last
 - Determine those things that find “truth” and streamline your future work

With Your New Eyes

- Build programs that contribute to knowledge and experience
- Remember that food/nutrients are therapy when overlaid on disease
 - Interactions should be considered
 - Impact should include health indicators

Dream a Little:
Build Your Vision

Thank you!