

The Role of Soyfoods in the Management of HIV/AIDS

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Food/Nutrition Security

- Food security: access by all people at all times to sufficient food for an active and healthy life
 - Includes at a minimum a ready availability of nutritionally adequate and safe foods and an assured ability to acquire acceptable foods in socially acceptable ways
- Nutrition security: provision of an environment that encourages and motivates society to make food choices consistent with short and long-term good health

Food is First!

- Food is the single highest priority for health maintenance and disease prevention
- Priorities in food:
 - Fluids
 - Calories
 - Protein
 - Vitamins/Minerals
 - “Designer” Nutrients

Role of Food Insecurity in HIV/AIDS

- Food insecurity can lead to
 - Compromise in immune function
 - Higher risk behaviors in some instances
 - Higher risk for disease transmission
- Food insecurity with HIV infection can lead to
 - Quicker progression of disease
 - Social structure breakdown
 - Economic burden to families that further compromises food security

Food and HIV Infection

- HIV infection can lead to
 - Illness, making it difficult to maintain basic activities required to maintain food supply
 - Loss of appetite to maintain food intake
 - Loss of physical and mental functions to maintain food acquisition and intake
- Priorities: Fluids, Calories, Protein, Vit/Min
 - Soy provides calories, protein, some vit/min

Chronic HIV Infection Issues

- Chronic HIV infection is longer-term
- Inflammation from HIV infection leads to:
 - Altered hormone balance that changes how the body uses nutrients
 - Problems with diabetes, kidney compromise, liver compromise, bone loss, muscle losses, cardiovascular diseases, others
 - Opportunistic illness takes additional toll on health and survival
- Anti-HIV treatments may increase glucose intolerance and diabetes, cardiovascular disease risk, and effects on appetite or other symptoms

Food as Treatment in Chronic HIV Infection

- Health maintenance requires
 - Basic four food priorities
 - Additional strategies for chronic disease management
- Soy provides value in three of four of the basic food priorities
- Soy provides additional health benefits important to long-term survival and health with HIV infection

Designer Nutrients and Soy

- Desired health benefits in chronic HIV infection
 - Reduce effects of glucose intolerance and diabetes
 - Reduce effects of cardiovascular disease
 - Reduce bone mineral losses
 - Improve protein quality for optimal utilization

Summary

- Soyfoods have two major roles to play in care and treatment of HIV-infected populations
 - Basic food needs for calories, protein, and some vit/min
 - Special health benefits for long-term survivors
 - Special health benefits in those treated with anti-HIV medications