

- Integrating Nutrition into HIV Programs
A paper for the WISSH “Trends, Threats and Opportunities in Food Aid Programming”
February 16th 2005
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Integrating Nutrition into HIV Programs

- **Session objectives:**
- Nutritional impacts on the individual
- Nutritional Requirements to address HIV
- Links to other malnutrition statistics
- Non nutritional impacts of HIV
- Nutrition interventions for HIV emergency response
- Nutrition interventions for HIV as a development issue.



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Nutritional Impacts of HIV on individuals

- Appetite loss leading to poor food intake
- Appetite loss due to medication,
- Damage to intestinal cells
- Poor absorption of micronutrients leading to e.g. anemia
- Disruption of metabolism
- Diarrhea
- Increased Illnesses (fever, mouth sores etc)
- Depression and fatigue
- Alternative use of income to pay for e.g. treatment, testing, “cures”



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Nutritional Requirements to Address HIV

- Many PLWHA already malnourished
- HIV worsens the situation
- 10-15% more energy increasing to 20-30%
- No evidence of higher protein requirements
- Deficiency of Vitamins A, B-complex, C, E, selenium and zinc affect the capacity of the immune system to respond.



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Links to poverty indicators

- 840 million people suffer energy-protein malnutrition
- 3.5 billion people suffer from iron deficiency
- 140 million preschoolers and over 7 million pregnant women suffer from Vitamin A deficiency
- 4.4 million children and 6.2 million pregnant mothers are blind due to Vitamin A deficiency
- 740 million people have goitre (Iodine deficiency)
- 500 million people at risk of Iodine deficiency



Non nutrition impacts of HIV

➤ Asset depletion

- Lack of access to land for production
- Sale of assets such as livestock
- Lack of income generating opportunities

➤ Decline in human capital

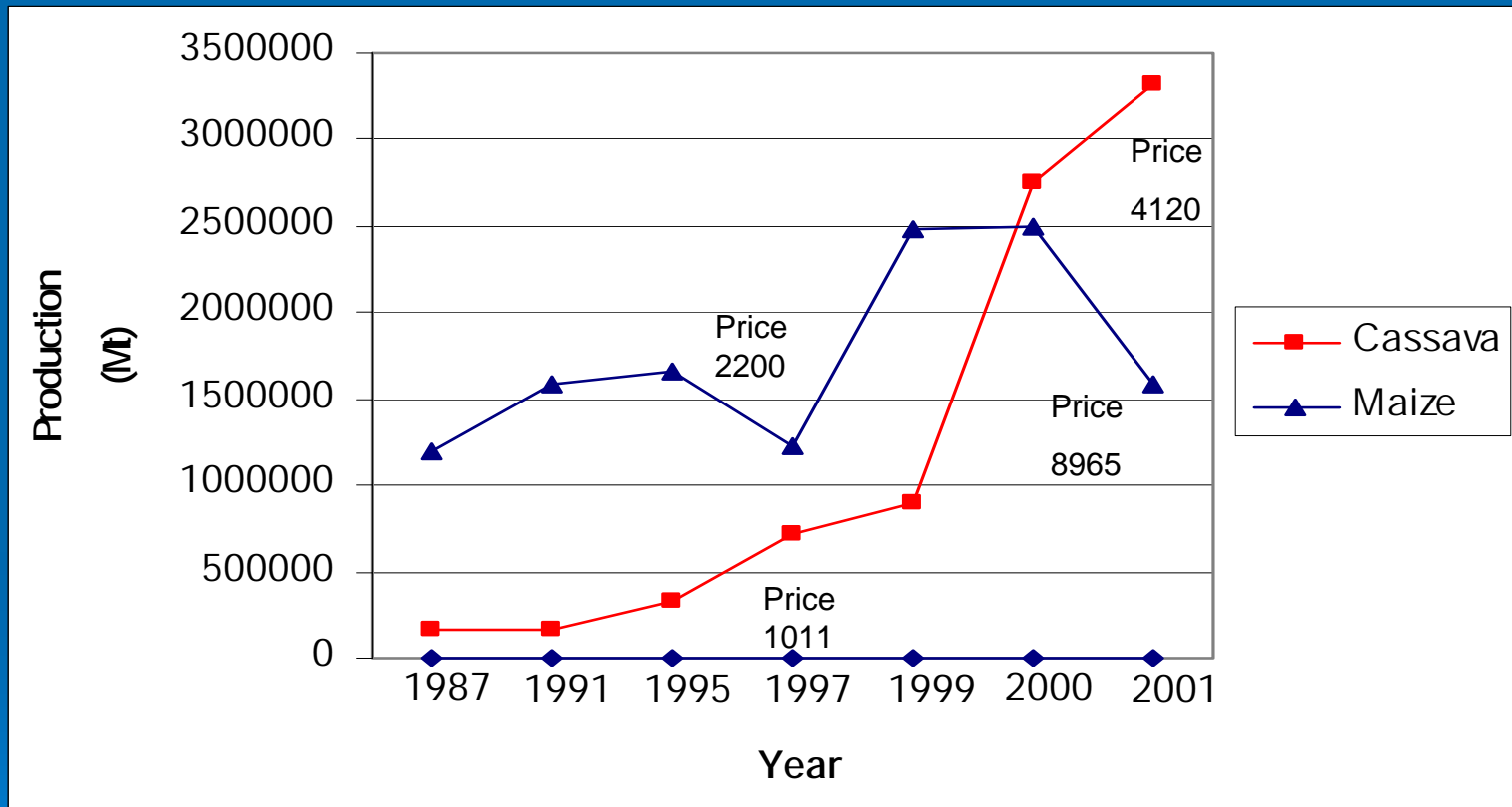
- Increase in low labor crops
- Less labor available/
- Less skills among the labor
- Reduced production efficiency
- Increased dependency ratio



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Production of lower labor/value crops Malawi

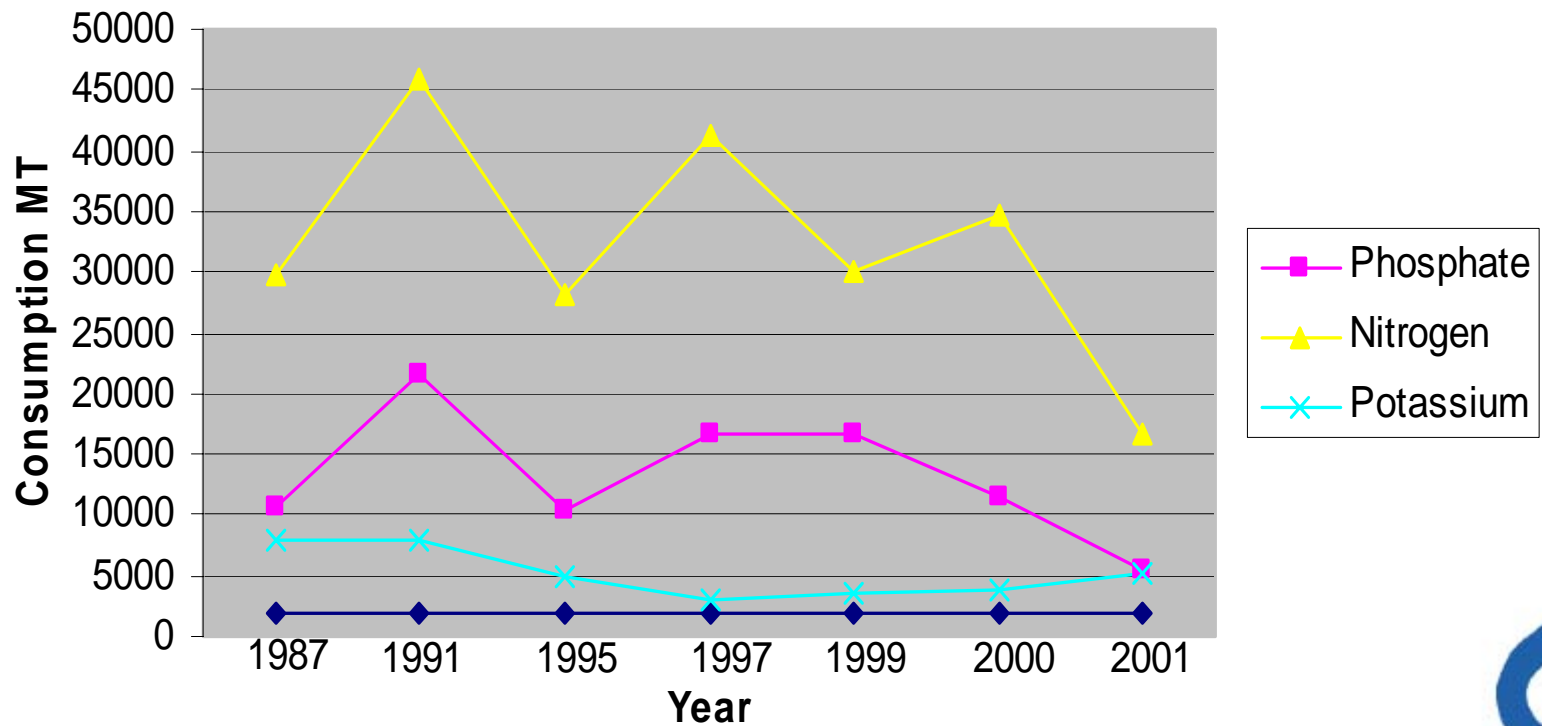


Source FAOStat



Fertilizer consumption Malawi 1987-2001

Fertilizer consumption Malawi



Source FAO Stat



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Types of nutrition support

➤ Food programs

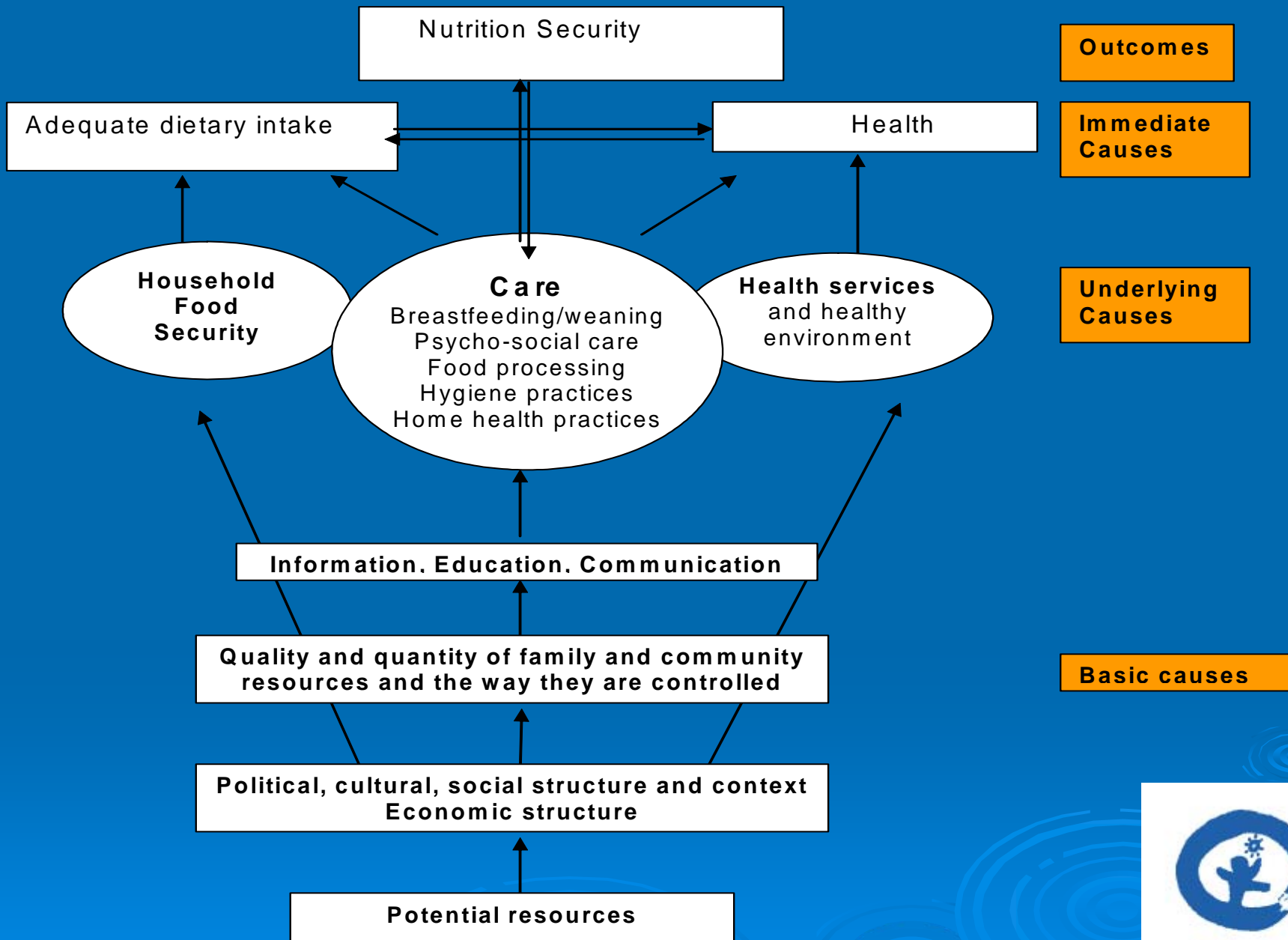
- Therapeutic, supplementary & general food distribution programs (macro-nutrients; some micro-nutrients);
- Implementation by WFP/NGO consortia;
- Food fortification.. Durability vs quality;
- School feeding programs
- Links to ARV treatment
- Food for TB patients
- Food for nutrition security



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The UNICEF Framework



Modified from conceptual framework of UNICEF, 1998



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Issues to consider for HIV programs

- Community selection of beneficiaries
- Nutrition for chronically sick within communities
- Provision of post death ongoing support for affected populations, particularly OVC
- Length of intervention
- Exit strategy



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Development aspects of nutrition

- School and community gardens;
- Agricultural training schools
- Local food purchases as production incentives
- Diversification towards more nutritious & less labor intensive foods
- Cash cropping for income generation
- Use of inputs; compost
- Role of starter packs
- Involving the community in monitoring
- Asset preservation

Universal birth registration;
Land ownership rights



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Thank you to all of you who help address the basic food needs of children,
infected and affected by HIV



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