

# The 29th Annual Canadian Conference on HIV/AIDS Research Le 29e Congrès annuel canadien de recherche sur le VIH/sida

Session: **CS2**: Friday May 1 - 15:00:17:00 - HIV and Aging

Track: Clinical Sciences  
Subject: HIV and Aging and Comorbidities (including CVD, Osteoporosis, Neurocognitive Effects)  
Presentation Type: Oral  
Title of Abstract: **Successful Aging with HIV: Who and How?**  
Authors and Affiliations: Nancy E. Mayo<sup>1</sup>, Marie-Josée E. Brouillette<sup>3</sup>, Lesley K. Fellows<sup>2</sup>  
1. Research Institute McGill University Health Centre, Montreal, QC, Canada, 2. Montreal Neurological Institute, Montreal, QC, Canada, 3. Department of Psychiatry, Faculty of Medicine, McGill University, Chronic Viral Illness Service, McGill University Health Center, Montreal, QC, Canada

## Abstract

**Background:** Much attention is paid to the negative aspects of aging with HIV. Less attention is paid to those doing well, yet much could be learned from those aging successfully.

**Objective:** The purpose of this study is to estimate the extent to which people aging with HIV met criteria for successful aging and maintained this status over time. A second objective was to identify factors that placed people at promise for successful aging.

**Methods:** Participants were members of the Positive Brain Health Now (BHN) cohort which recruited from five Canadian sites (2014-2016) with prospective follow-up over 27 months. People  $\geq 50$  were classified as aging successfully if they were at or above norms on 7 or 8 of 8 health-related quality of life domains from the RAND-36. Promise factors covered domains of socio-demographic, HIV, co-morbidity, life-style, resilience, and the environment. Group-based Trajectory Analysis, logistic regression and regression tree analysis, a form of machine learning, were applied.

**Results:** Of the 536 people over the age of 50 at study entry, 77 (14.4%) met criteria for successful aging at entry and over time. In a multivariate analysis using data at study entry, self-reported cognitive ability, resilience, and quality of the environment were associated with greater odds of successful aging (odds ratios per standard deviation difference: 2.6 [95%CI: 2.48 - 2.81]; 3.9 [95%CI: 3.22 - 4.75]; 3.5 [95%CI: 1.95 - 6.28], respectively) and predicted this status with a high degree of certainty ( $c = 0.897$ ). Of these, the resilience factors of confidence in managing symptoms, meaning in life, and plans/goals for future, and the environmental factors, feeling safe and having adequate money and housing, were the most important for distinguishing the successful agers.

**Conclusion:** The results indicate the important role that cognition, resilience, and social determinants have in contributing to successful aging.