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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?**
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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 ≥ 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.