



* Conflict of Interest Disclosure: None to be declared.

Successful Aging with HIV: Who and How?

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the CTN
CIHR Canadian
HIV Trials Network

le Réseau
Réseau canadien
pour les essais VIH des IRSC

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.

Sample

Participants were members of the Positive Brain Health Now (BHN) cohort
50 years of age or older
Recruited from five Canadian sites (2014-2016)
Prospective follow-up over 27 months.

Methods

Logistic regression, Rasch analysis, Regression Tree Analysis

**What is successful
aging?
25 definitions
Prevalence range:
1– 94%**

Which ones?
Data availability?
Interpretation?
Clinical relevance?
Actionable?

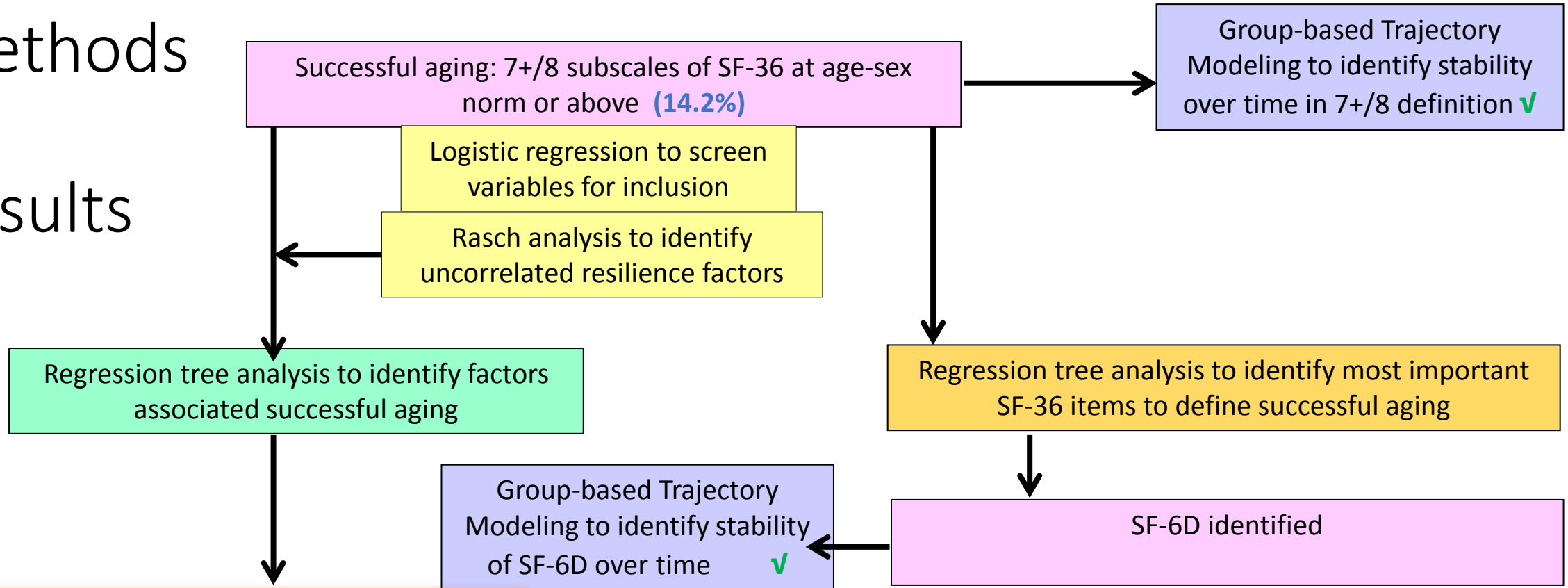
Avoidance of disease and disability
Maintenance of high physical and
cognitive function, and
Sustained engagement in social and
productive activities

Values on specific physiological
parameters

Tests of physical capacity

Self-reports of health and well-
being

Methods & Results



Leisure opportunities
Network
Optimistic future
Lonely
Safe in daily life
Transportation Money
Plans and goals for future
Meaning in life



Self-reported Cognition



Probability
successful aging
c=0.898

Conclusions and Implications

SF-36 is the best known and widely used measure of health status and it has normative data in many nations including Canada

Using it to define successful aging is hampered by requiring 36 items, 8 sub-scale scores to be calculated and linked to normative data and classified as above or below norm

Regression Tree Analysis (form of machine learning) identified that 6 areas could be used, each with multiple levels. These 6 areas define the SF-6D.

Plan A: use the SF-6D (5 or 6 dimensions at highest level)

Plan B: administer 9 items related to the environmental and resilience factors identified + 6 cognitive items

These 15 items provided almost perfect prediction of successful aging

Successful aging not associated with age, sex, education or HIV factors

Successful aging was predicted by resilience and environmental factors which fall under
SOCIAL DETERMINANTS OF HEALTH + SELF-REPORTED COGNITIVE CONCERNS