

DIET QUALITY, CARDIOVASCULAR DISEASE RISK FACTORS AND DIABETES PREVALENCE AMONG CANADIANS LIVING WITH HIV ENGAGED IN A STUDY ABOUT HEALTH BEHAVIORS

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Background

Among people living with HIV...

- Long-term antiretroviral drug use along with normal aging and lifestyle risk factors can increase cardiovascular disease and diabetes risk [1, 2].
- Diet quality tends to be low and differ by sex [3].
- There is a high likelihood of not following dietary guidelines [4] for recommended saturated fat [5,6] and cholesterol dietary intake [7].

However, **diet quality is a potential modifiable factor** [3,4].

Objective

- To describe diet quality, cardiovascular disease risk factors and diabetes prevalence among people living with HIV.



Methods

Online randomized controlled trial (CTN288) [8]



- Study aim: to evaluate the efficacy of web-based interventions to support the adoption of healthy behaviors among PLHIV across Canada.
- Study website: www.vihensante.ca
- Recruitment: online advertisement, referrals from medical clinics and community organizations working with PLHIV.
- Inclusion criteria: adult PLHIV (18+), understand French/English, Internet access.

Diet quality, cardiovascular disease risk factors and diabetes prevalence analysis

- Outcomes:
 - Diet quality is assessed with “Starting the Conversation” an 8-item simplified food frequency instrument [9].
 - Health indicators is measured with self-reported questions regarding blood pressure, blood cholesterol, associated medication and diabetes.
- Data collection: baseline assessment (self-administered online questionnaire).
- Analysis: descriptive analysis of data collected between 04/2016 and 12/2019.

Results

Among the 189 participants, 84.1% were men with a mean age of 47 years.

Table 1. Diet quality (over the last 7 days, n=189)

<i>How many times did you eat...</i>	% (n)
Fast food meals or snacks	
Less than 1 time	21.2 (40)
1-3 times	61.4 (116)
4 or more times	17.5 (33)
Snack chips/crackers	
Less than 1 time	48.7 (92)
1-3 times	42.9 (81)
4 or more times	8.5 (16)
Desserts/other sweets	
Less than 1 time	29.1 (55)
1-3 times	42.9 (81)
4 or more times	28.0 (53)
Quantity of butter/margarine used	
Very little	35.4 (67)
Some	50.3 (95)
A lot	14.3 (27)

Table 2. Cardiovascular disease risk factors and diabetes prevalence (n=189)

	% (n)
Cardiovascular disease risk factors	
High blood pressure	13.2 (25)
High cholesterol	28.0 (53)
Medication	
For hypertension	21.2 (40)
For cholesterol	23.3 (44)
Diabetes prevalence	
Type 1	0.5 (1)
Type 2	3.7 (7)
Prediabetes	7.9 (15)

Conclusions

- Recruitment and data collection are still ongoing.
- Metabolic comorbidities is highly prevalent among HIV-infected adults [4].
- Among this sample of people living with HIV engaged in a study related to health behaviors, participants reported a high frequency of fatty-food intake and exposure to cardiovascular disease risk factors.
- Adopting healthy behaviors, such as eating a low-fat diet, is a modifiable factor that can impact the emergence and progression of cardiovascular disease risk factors and diabetes [3, 4].

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