

## Session 2: Overview of Nutrition and HIV/AIDS

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**Purpose:** In this session participants will receive an overview of nutrition and the link between nutrition and HIV/AIDS.

**Objectives:** By the end of the session, participants should be able to:

1. Define nutrition and list the ways nutrition is important for PLHIV.
2. Discuss the relation between nutrition and HIV/AIDS.

### **Advance Preparation**

1. Know the materials in the trainee Tool kit and if it is not available for participants, prepare handouts from it.
2. Have a copy of the Nutrition and HIV Counselling Cards (especially the content on the relation between nutrition and HIV/AIDS).
  - Review *The Cycle of Nutrition and HIV/AIDS* from the counselling cards.

**Proposed Session Time: 2 hours**

**Topic 2.1: Review the objectives of Session 2** (Listed above; use PowerPoint or flip chart.) *(5 minutes)*

**Topic 2.2: The definition of nutrition and reasons good nutrition is important for PLHIV** *(30 minutes)*

**Facilitative PowerPoint:** How do we define nutrition? Discuss 5 key aspects of the definition of nutrition.

- What factors affect the 5 aspects of nutrition among PLHIV?
- What is malnutrition, and how does it occur among PLHIV?
- Why is nutrition important for PLHIV? See counselling cards *(second of the yellow cards)*.

### **Five aspects of good nutrition**

Food availability and access (quantity and quality) → Household access to food in terms of production and purchase (wages); PLHIV access (e.g. access to food, food preparation) and external support; stigma issues in providing support; knowledge and attitudes concerning food for the ill; seasonality, which affects food availability and quality but also wages and care.

Food intake → Depends, for example, on the form of the food (may need to be mashed/pureed or flavoured), frequency of eating food, support to encourage eating, illnesses or health conditions that limit intake (e.g. loss of appetite, mouth sores, constipation, vomiting and nausea, change of taste, medical regimen, depression/stress). A balanced diet is essential, and supplements are necessary when one is unable to obtain a diet with sufficient quantities of required nutrients.

Digestion and absorption → Affected by intolerances, diarrhoea, constipation, effect of the virus on gut integrity

Use and metabolism of the nutrients → Affected by OIs, HIV's impact on the metabolic system, effect of drugs/ARVs and their side effects, physical exercise, use of alcohol.

Excretion → Affected by water intake, the function of the organs, frugs/ARVs, etc.

## **Topic 2.2: The relation between nutrition and HIV/AIDS and the objectives of nutritional care and support for PLHIV (85 minutes)**

### **Brainstorm**

- Show the group *the Cycle of Relation between HIV and Nutrition* in counselling cards (yellow code).
- Ask “How does HIV affect nutrition?” and “How does nutrition affect HIV/AIDS?”
- Ask “What is the objective of nutritional care and support for PLHIV?” As needed, refer to responses in the counselling cards.