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Topic: Food and nutrition security

Title: Food insecurity and undernutrition in treated HIV patients a (post-) conflict setting: A cross sectional study from Goma, Eastern Democratic Republic of Congo

Presentation Type: Poster

Introduction: To assess the prevalence of food insecurity, and its association on undernutrition among HIV patients on antiretroviral therapy(ART) in a (post-) conflict setting.

Methodology: This Goma multicenter cross-sectional study was carried out from february 1st to march 3rd, 2016. All the 583 eligible and consenting patients who attended the five hospitals with ART programs were included in the study. Undernutrition, was assessed using body mass index. Food insecurity was the primary independent variable and was measured using the household food insecurity access scale. The prevalence of undernutrition and food insecurity were also estimated. A logistic regression model was used to identify the relationship between undernutrition and food insecurity, adjusted for other covariates. The adjusted odds ratio (AOR) was calculated for each factors.

Results: The prevalence of food insecurity in the present group was 91.3%(95%CI: 89.0 - 93.6). The prevalence of undernutrition was 24.1%(95%CI: 20.6 - 27.6). Only two percent have received a nutritional support during the previous month. Being household food insecure (AOR=4.47; 95%CI:1.35 - 14.78) and living in a household with low socio-economic status (AOR=2.02; 95%CI: 1.10 - 3.69) were significantly associated with undernutrition.

Conclusion: This study measured a high prevalence of food insecurity in Goma. The study highlights the negative impact of food insecurity on undernutrition and how the situation is exacerbated by the presence of HIV. Further studies are suggested to assess nutritional status with a high validity (sensitivity and specificity) way in HIV patients on ART in this setting.