

Identifying Dietary Needs of People with HIV: Promoting Post-Secondary Partnerships to Fill Needs in Community Health Care

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Aim

Identifying gaps in HIV Care Continuum that can be filled by partnerships to improve patient care. Provide future healthcare workers experience to opportunities working with people with HIV.

Future Application

Furthering of post-secondary partnerships to other realms of HIV care (behavioral Health, Clinical Care, etc.). Future HIV nutrition studies focusing on Gut-Associated Lymphoid Tissue (GALT) and microbiomes.

Discussion

The benefits of this type of program can be assessed in three ways: student experience, clinic/patients experience, and community experience. In 2022, nutrition interns recorded 175 visits. These visits were performed under minimal supervision, as allowed by the university, allowing students to receive hands on experience with patients with HIV in a unique out-patient clinic. In this patient population, nutrition students consult all patients, many who are considered overweight and/or obese (BMI > 25), and in some cases diabetic. This requires a much more complex nutrition regimen than that of other patient populations, which in turn creates a more well-rounded clinician.

Agency/Patients benefit from more accessible nutrition care with less expense, on average patients who undergo initial and follow up screens saved around \$70. Along with clinical advantages, the use of interns allows for more effective dissemination of information and experience treating the HIV population.



Background

- 200 Patients recorded visits with 3 different nutrition interns over a 6-month span in 2023.
- March 2024, Florida Food Bank Access was increased from 200% to 400% of the FPL (Federal Poverty Level).
- As of June 2024: 644 individuals are eligible for food bank services.

Purpose

- Assess the impact of Post-Secondary Partnerships in filling gaps in healthcare.
- Eliminate nutrition as a barrier to HIV Care.
- Current focus is community healthcare nutrition.
- Potential future-considerations for improving symptomology through patient nutrition and self-care.

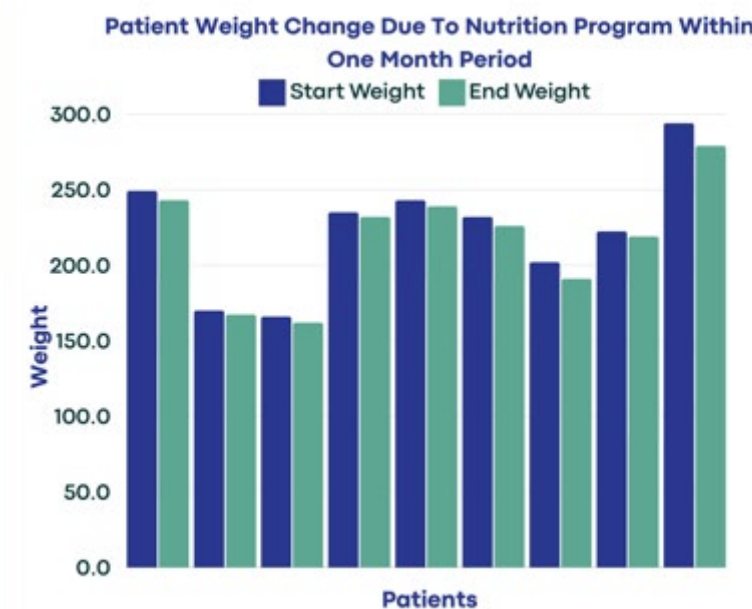
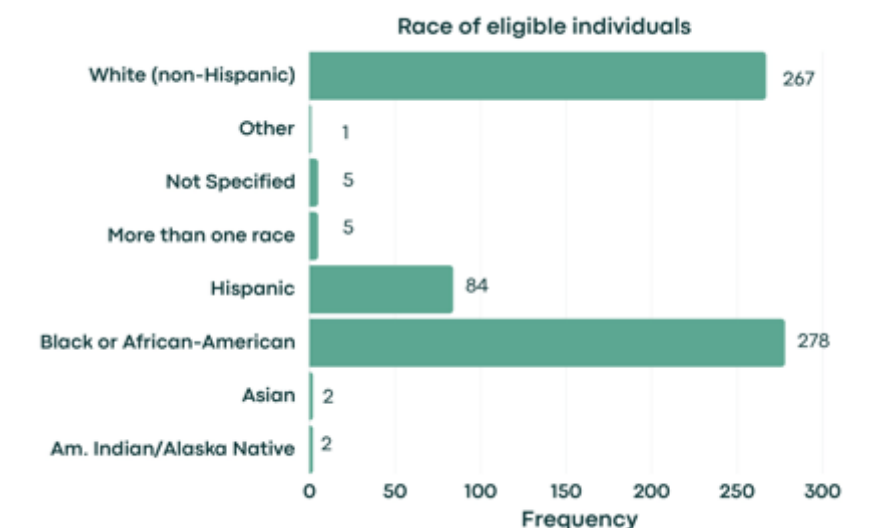
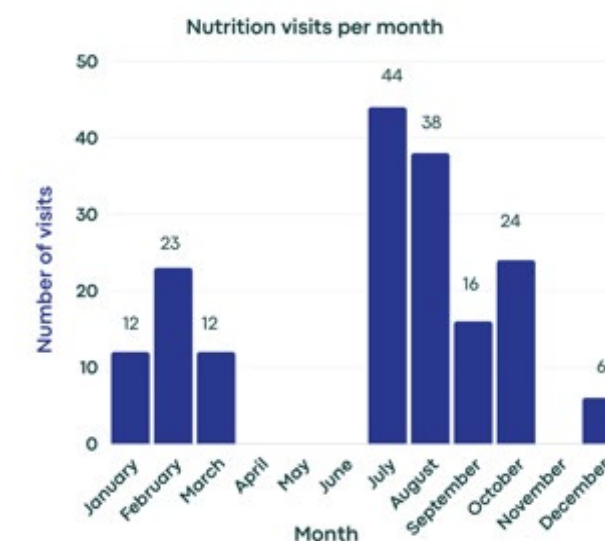
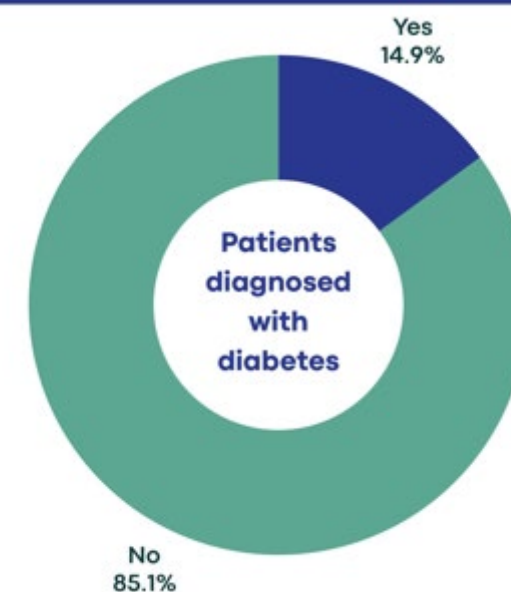
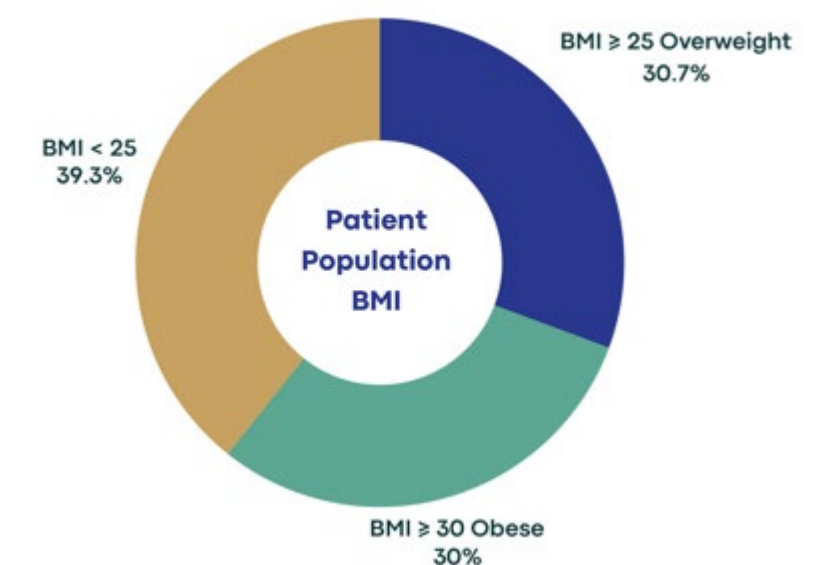


Table of Gender by Age Group					
Gender	11-24	25-44	45-64	65+	Total
Female	0	63	148	41	252
Male	4	88	207	88	387
Transgender MtF	0	2	3	0	5
Total	4	153	358	129	644



Attestations: "It is great to have this resource."
"I have better ideas of what to cook."
"I have started to reduce my soda intake and make lifestyle changes."

Acknowledgements

Keiser University – post-secondary partnership
Second Harvest – Food Bank
Unconditional Love Inc. Staff