

THE FOODNOW PROJECT: EXPLORING CURRENT NUTRITIONAL PROGRAMMING AND RESOURCES AVAILABLE TO PEOPLE LIVING WITH HIV/AIDS (PLWHA) IN CANADA

JESSICA MANNETTE¹, ABIGAIL CLARKE¹, CHELSEY PURDY¹, YINGYING ZHANG¹, MELISSA ROTHFUS^{2,3}, MARY LYNCH^{4,5}, BARB HAMILTON-HINCH⁶, PATRICIA WILLIAMS^{1,7}, PHILLIP JOY¹, SHANNAN GRANT^{1,8,9}

1. Department of Applied Human Nutrition, Mount Saint Vincent University 2. WK Kellogg Health Sciences Library, Dalhousie University 3. Aligning Health Needs and Evidence for Transformative Change (AH-NET-C): A JBI Centre of Excellence 4. Department of Anesthesia, Pain Management & Perioperative Medicine, Dalhousie University 5. QEII Health Sciences Centre 6. School of Health and Human Performance, Dalhousie University 7. Food Action Research Centre (FoodARC), Mount Saint Vincent University 8. Departments Pediatrics and Obstetrics and Gynaecology, IWK Health Centre 9. Departments Pediatrics and Obstetrics and Gynaecology, Dalhousie University



Funded by: ResearchNS

BACKGROUND

- **FoodNOW** (Food to eNhance Our Wellness) was established in 2020.
- A **comprehensive community-informed needs assessment**.
- Nutritional status plays a key role in **maintaining immune function** and preventing progression to AIDS [1].

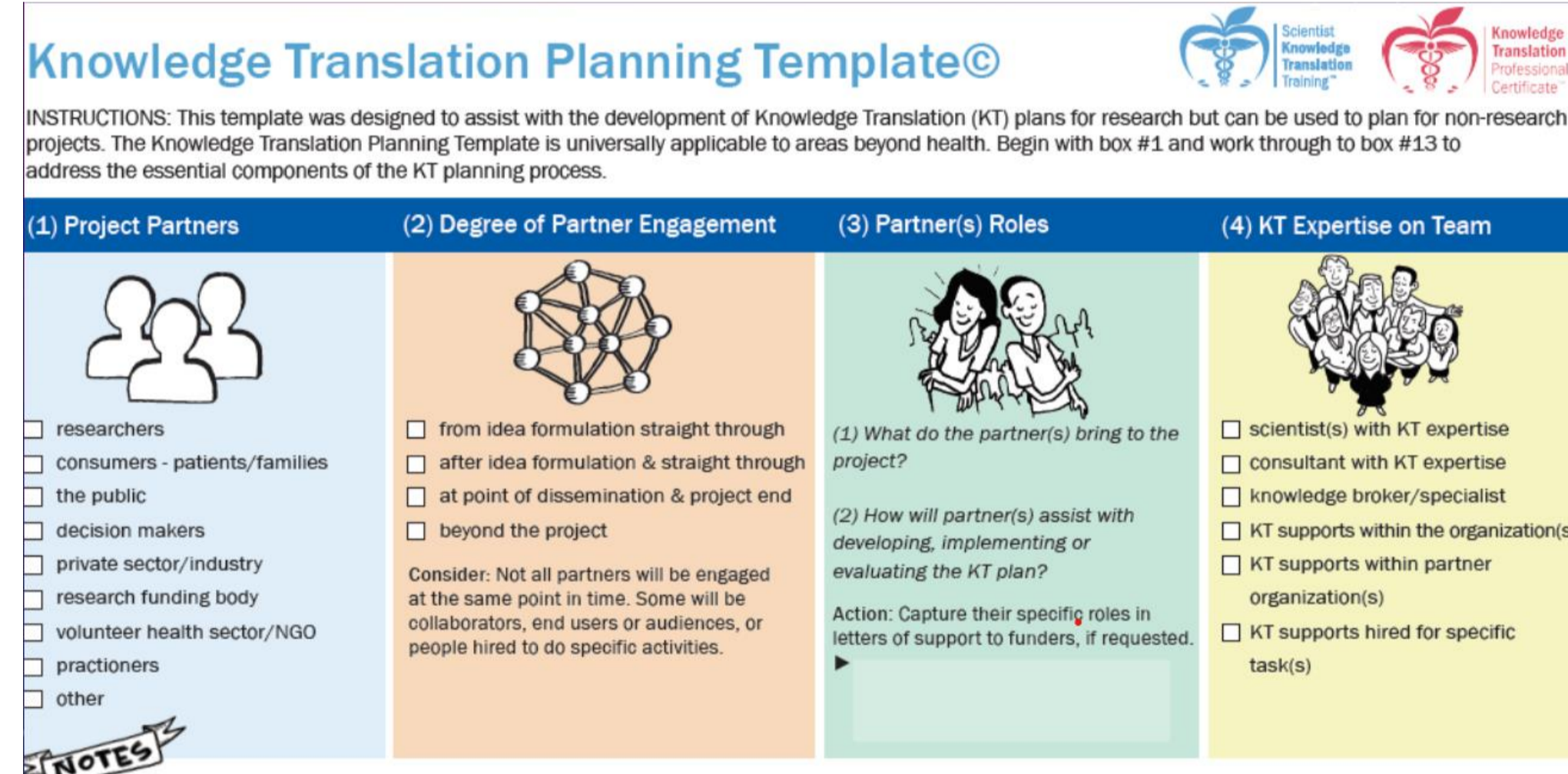


KNOWLEDGE TRANSLATION

Mission and values:

- KT theory and strategies integrated throughout FoodNOW, including:
 - Creating a community of practice
 - Facilitating stakeholder & end-user knowledge exchange

Figure 1: The Knowledge Translation Planning Template© (knowledge to action framework)



METHODS

Figure 3: FoodNOW project phases (knowledge inquiry and synthesis)

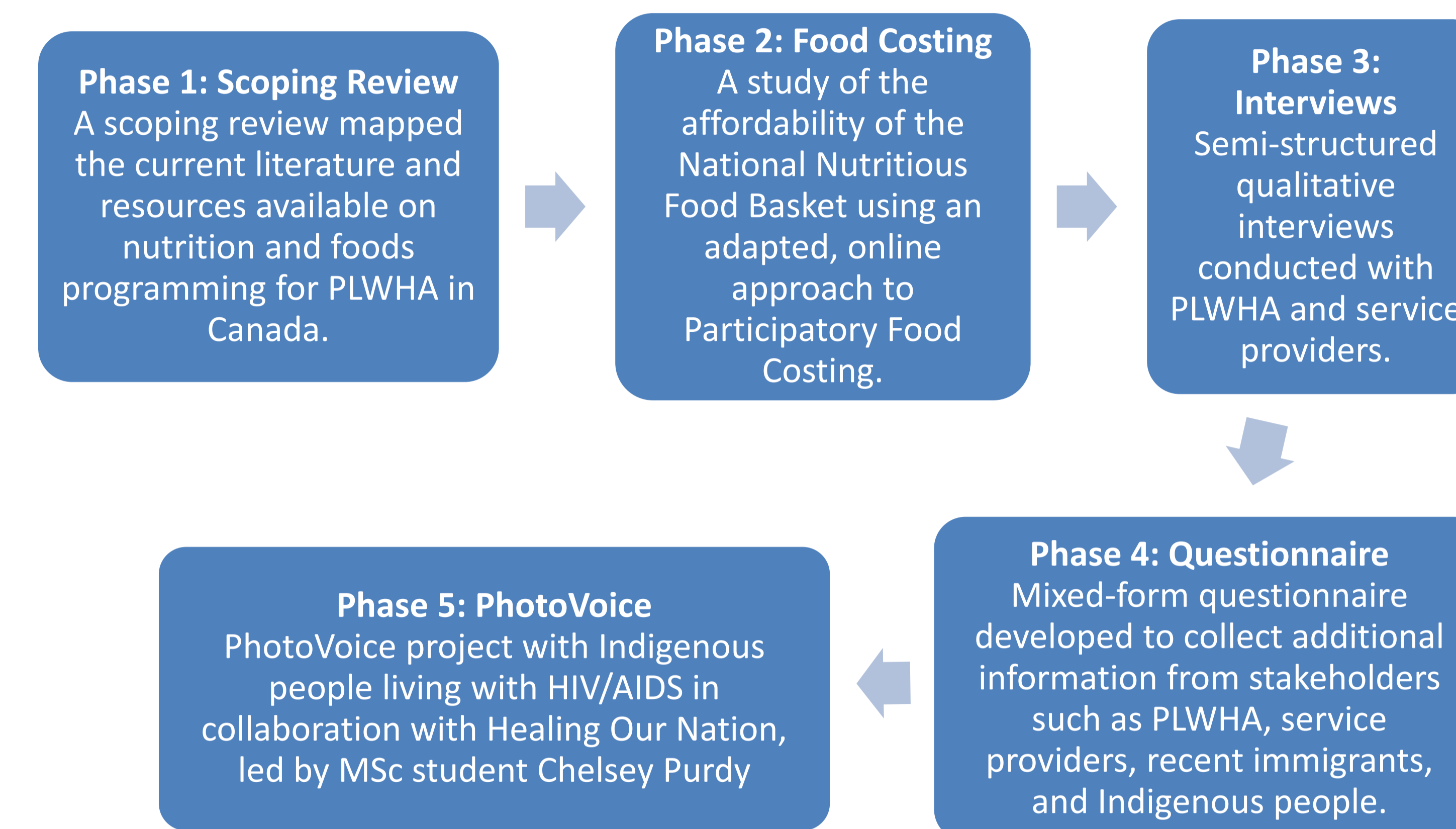
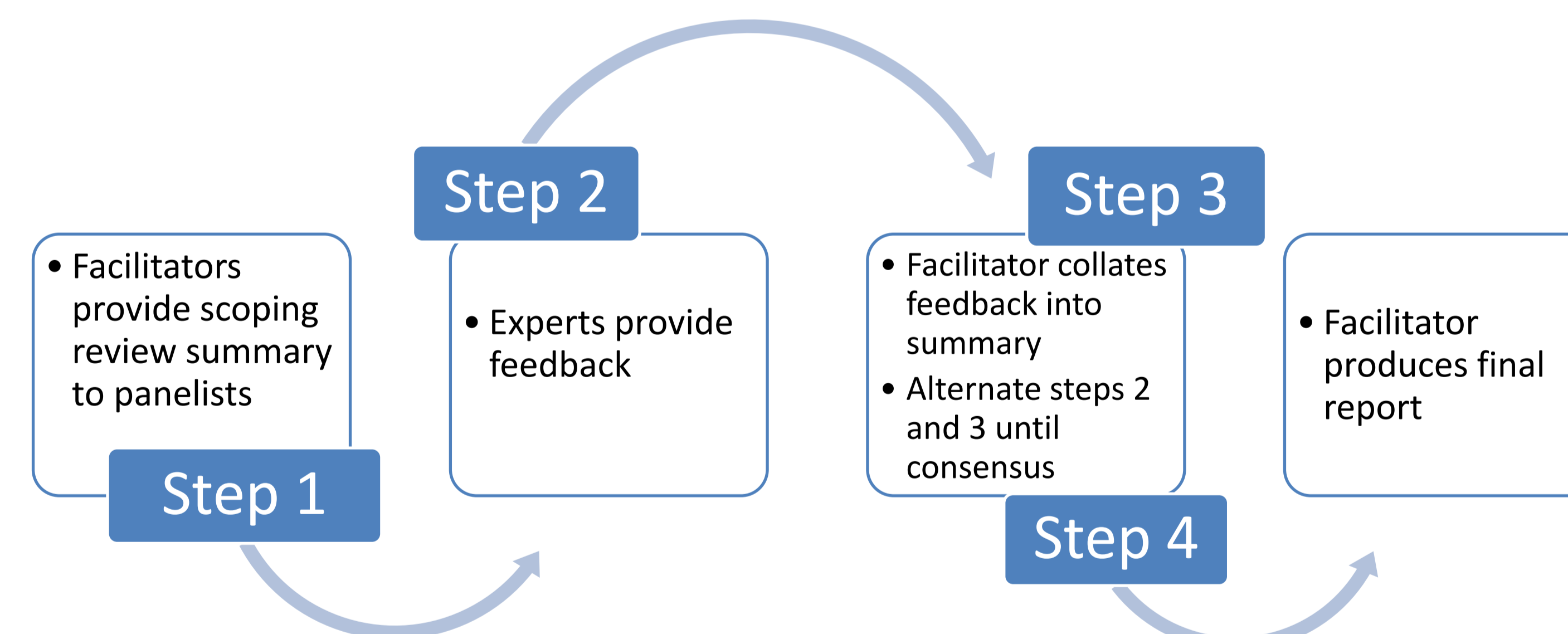


Figure 4: Scoping Review - The Delphi method process (community consultation) [4]



RESULTS

Table 1: Phase 2 Affordability Analysis of Households (including one PLWHA) in NS

Income Assistance Family of Four	Family of Four, one minimum-wage earner	Income Assistance Family, single mother with two children	Income Assistance, single man	Disability Support Program, single man	Old Age Security/ Guaranteed Income Supplement, single woman
Monthly Income \$2,666.25	Monthly Income \$3,345.25	Monthly Income \$2,200.25	Monthly Income \$1,037.84	Monthly Income \$1,859.25	Monthly Income \$2,571.25
Monthly Costs \$3,724.95	Monthly Costs \$3,738.70	Monthly Costs \$3,173.90	Monthly Costs \$1,715.24	Monthly Costs \$1,715.24	Monthly Costs \$1,635.18
Income Leftover -\$1,058.70	Income Leftover -\$383.45	Income Leftover -\$973.65	Income Leftover -\$677.40	Income Leftover \$144.01	Income Leftover \$963.07

Figure 5: Phase 3 Qualitative Semi-Structured Interviews with Service Providers

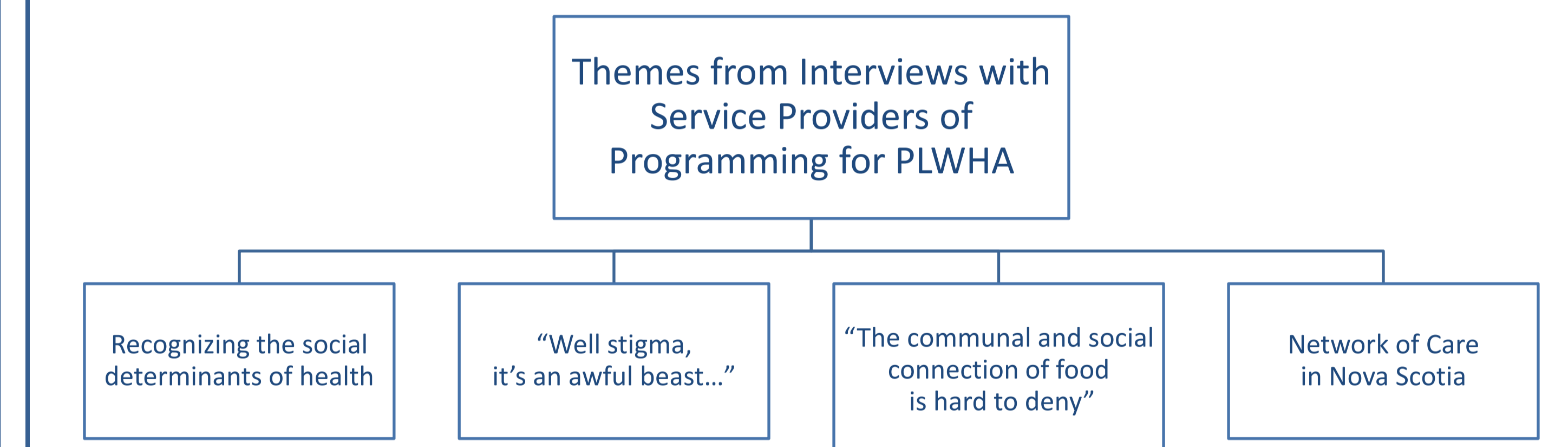
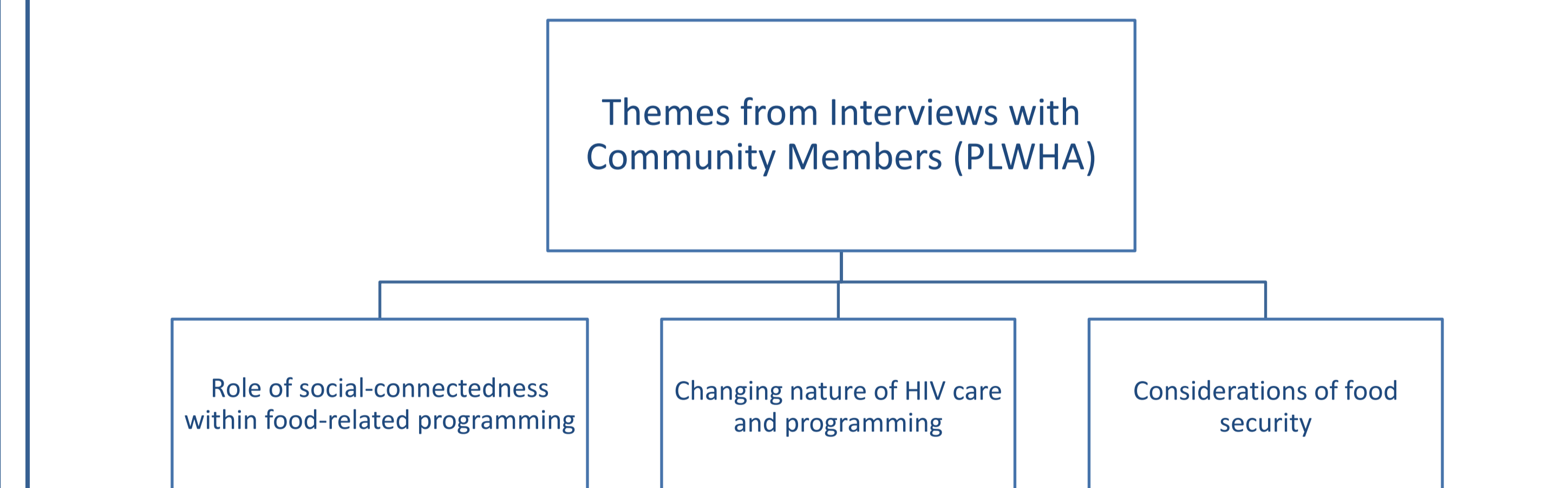


Figure 6: Phase 3 Qualitative Semi-Structured Interviews with Community Members



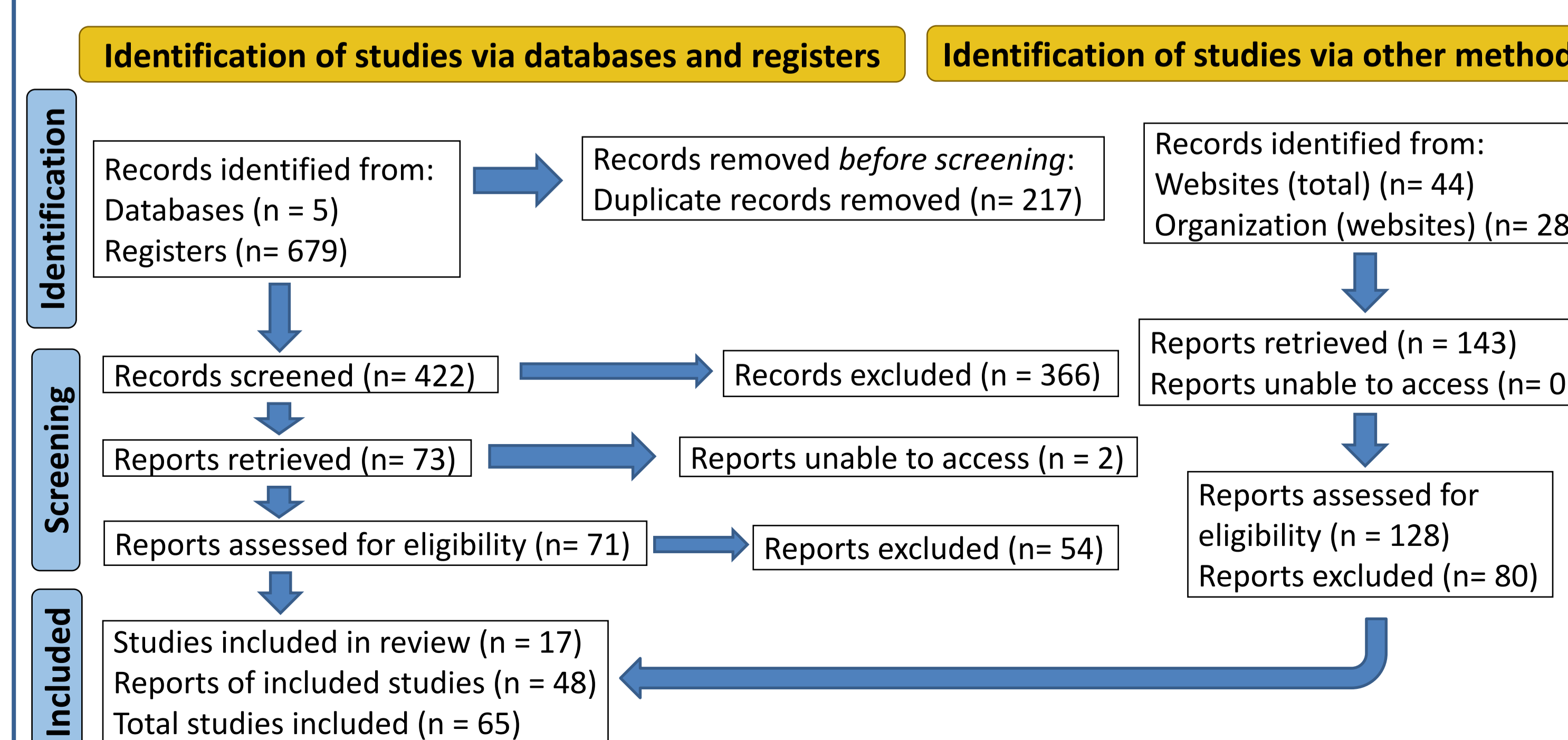
RESEARCH QUESTIONS

Figure 2: Research questions (identify problems and determine gaps)

- 1) What are the nutrition and food needs of PLWHA (and those supporting PLWHA) in NS?
- 2) What are the existing barriers and facilitators to existing food and nutrition programming for PLWHA in NS in relation to other social determinants such as race, religion, community?
- 3) How can programming be designed to improve nutritional health of PLWHA in NS?

RESULTS

Figure 5: Scoping Review search results and study selection and inclusion process [3] (synthesis)



CONCLUSIONS

- Phase 1: More opportunities for knowledge exchange between programs needed
- Phase 2: PLWHA cannot afford current medical nutrition therapy.
- Phase 3: Amplifying voices with lived experience, especially those who have traditionally been marginalized (intersectionality).
- Stakeholders would like findings to be presented at a community event.

References: [1] Giliauskas D, Gogolishvili D. Nutrition and HIV | The Ontario HIV Treatment Network [Internet]. 2018 [cited 2020 Jul 23]. Available from: <https://www.ohtn.on.ca/rapid-response-nutrition-and-hiv> [3] Green, R. A. The Delphi Technique in Educational Research. SAGE Open. 2014 4(2), 215824401452977. [4] Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71.

Acknowledgements: Mount Saint Vincent University's Centre for Applied Research in Human Health, Food Action Research Centre (FoodARC), Dalhousie University's WK Kellogg Health Sciences Library, Dr. Erna-Snelgrove Clarke (JBI trainer for Queen's University, Faculty of Health Sciences, JBI Comprehensive Systematic Review Training Program), AIDS Coalition of Nova Scotia, and Dr. Peter Stilwell (Post doctorate, McGill University).