



**Clinical Coordinating Center**  
Massachusetts General Hospital  
55 Fruit Street, 5LON207  
Boston, MA 02114

**Data Coordinating Center**  
Massachusetts General Hospital  
165 Cambridge Street Suite 400  
Boston, MA 02114

## Diet Quality by Global Burden of Disease Region in Adults with HIV at Low to Moderate Traditional Cardiovascular Disease Risk in REPRIEVE

Kathleen Fitch, Sara McCallum, Kristine Erlandson, Steven Grinspoon and colleagues

Link to full article:

[https://journals.lww.com/aidsonline/Abstract/9900/Diet\\_in\\_a\\_global\\_cohort\\_of\\_adults\\_with\\_HIV\\_at\\_Low.79.aspx](https://journals.lww.com/aidsonline/Abstract/9900/Diet_in_a_global_cohort_of_adults_with_HIV_at_Low.79.aspx)

Poor diet is an important modifiable risk factor for chronic conditions that are common among people with HIV, for example, heart disease. The purpose of this investigation was to learn more about diet and participant characteristics related to diet by geographic region of participants in the REPRIEVE Trial.

### ➤ The participants

- 7736 participants
- Average age, 50 years
- 30% were natal female
- 43% were Black or African American

For this investigation, the investigators included participants who completed the Rapid Eating Assessment for Participants (REAP) questionnaire at trial entry. A diet quality score was calculated from question responses, with higher diet quality score representing better diet quality.

### ➤ The key findings were:

- Overall diet quality score was optimal in 13% of participants, but suboptimal in 38% of participants and poor in 4% of participants.
- Participants living in South Asia had the highest overall diet quality score (highest diet quality) and 61% of participants' diet in this region was classified as optimal.

### ➤ The investigators found that higher (better) diet quality score was associated with:

- Older age
- Less frequent alcohol use
- South East/East Asia and South Asia region of residence

### ➤ What the investigators found regarding diet quality and heart disease risk factors:

- Heart disease risk score, body mass index, and waist circumference increased with worsening category of diet quality
- Participants with diet quality scores categorized as poor had the highest percentage of high blood pressure compared to the other diet quality categories.

In summary, among participants in REPRIEVE, there were important variations in diet quality by geographic region. Diet was suboptimal or poor for 42% of all participants. Poor diet is an important risk factor for heart disease and can be improved among a large proportion of people with HIV.

REPRIEVE Trial Website: [reprivetrial.org](http://reprivetrial.org)

*The findings shared in this summary are from the REPRIEVE population at a specific point in time. These findings are descriptive and not intended to change clinical care. If you have questions about what you've read, please talk to members of the REPRIEVE study team at your local site or a health care provider.*