ABSTRACT:
Adequate dietary intake is vital to slow down HIV progression and increase survival, so the present study was undertaken to assess socio demographic profile and adequacy of dietary intake of HIV positive patients. A110 subjects were registered for study data related to socio-demographic, medical, dietary were recorded in pretested semi structured questionnaire. Majority (55.45 per cent) the subjects were in the age groups 30-60 years. The per capita income per months was Rs.2125±1512. Heterosexual transmission was found in 82.73 per cent subjects. The mean Hb and CD4 cell of the subjects was 10.88±2.15 g/dl 303.05±133.5 cells mm⁻³ respectively. The mean energy intake of sedentary and moderate male subjects was 1907±467 and 2043±454 kcal/day respectively and female subjects were 1570±434 and 1844±288 kcal/day respectively. The protein intake of male and female subjects was 54.73±12.33 and 45.24±11.59 gm respectively. A significant difference was found between mean energy and protein intake and computed RDA. The sedentary and moderate male subjects achieved 74.75 and 68.06 per cent of energy RDA respectively and the values for female subjects were 75.13 and 75.11 per cent respectively. The male and female subjects achieved 54.39 and 35.19 per cent protein RDA respectively. Inadequate dietary intake is detrimental for health and survival so nutrition intervention is imperative in the management of HIV infection.

KEY WORDS: Biochemical, dietary adequacy, HIV, socio-demographic

REFERENCES


