

## Houston Area HIV Services Ryan White Planning Council

### Affected Community Committee Meeting

12 noon, Monday, July 24, 2017

**Meeting Location:** 2223 West Loop South, Room 532  
Houston, TX 77027

#### AGENDA

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- I. Call to Order Rodney Mills and  
Tana Pradia, Co-Chairs
- A. Welcome
  - B. Announce who will be chairing the meeting
  - C. Moment of Reflection
  - D. Adoption of the Agenda
  - E. Approve the Minutes
- II. Public Comment
- (NOTE: If you wish to speak during the Public Comment portion of the meeting, please sign up on the clipboard at the front of the room. No one is required to give his or her name or HIV/AIDS status. All meetings are audio taped by the Office of Support for use in creating the meeting minutes. The audiotape and the minutes are public record. If you state your name or HIV/AIDS status it will be on public record. If you would like your health status known, but do not wish to state your name, you can simply say: "I am a person with HIV/AIDS", before stating your opinion. If you represent an organization, please state that you are representing an agency and give the name of the organization. If you work for an organization, but are representing yourself, please state that you are attending as an individual and not as an agency representative. Individuals can also submit written comments to a member of the staff who would be happy to read the comments on behalf of the individual at this point in the meeting.)
- III. Old Business
- A. Update on Pride Festival (volunteers: Tracy, Tana, Steven, Alex, Allen, Isis, John and Rodney)
  - B. Road 2 Success at Thomas Street Health Center (volunteers: Curtis, Cecilia, Teresa, Denis, Isis and Alex)
  - C. Camino hacia tu Salud
    - 5:00 pm set up, Monday, August 28, 2017 at Leonel Castillo Comm. Center
    - Topics: HIV Healthcare and Medication Services; ADAP Updates and We Are Listening
    - Volunteers: Isis, Tana, Skeet, Curtis, Teresa, Tracy, Alex, Evelio and Steven V.
  - D. Community Events
  - E. Greeters
  - F. Quarterly Committee Report
- IV. Announcements
- No committee meeting in August  
September meeting: Standards of care training and consumer only workgroup meeting
- V. Adjourn
- VI. Members meet with committee mentor Teresa Pruitt

## Houston Area HIV Services Ryan White Planning Council

### Affected Community Committee Meeting

12 noon, Monday, June 19, 2017

Meeting Location: 2223 West Loop South, Room 240, Houston, TX 77027

### MINUTES

MEMBERS PRESENT	MEMBERS ABSENT	OTHERS PRESENT
Tana Pradia, Co-Chair	Amber David	Cecilia Ross, RWPC Chair
Rodney Mills, Co-Chair	Herman Finley, excused	
Curtis Bellard	Arlene Johnson	
Skeet Boyle	Teresa Pruitt	
Tracy Gorden	Jacob Sandler	
Denis Kelly		<i>Office of Support</i>
Allen Murray		Tori Williams
John Poole		Rod Avila
Isis Torrente		
Alex Moses		
Veria Steptoe		

**Call to Order:** Mills called the meeting to order at 12:07 p.m. and asked for a moment of reflection.

**Adoption of the Agenda:** **Motion #1:** *it was moved and seconded (Bellard, Boyle) to adopt the agenda. Motion carried unanimously.*

**Approval of the Minutes:** **Motion #2:** *it was moved and seconded (Boyle, Torrente) to approve the May 22, 2017 minutes. Motion carried.* Abstentions: Murray and Poole.

**Public Comment:** None.

#### New Business

**Results of the FY 2018 Allocations Process:** Williams gave a brief summary of the FY 2018 allocations process. The focus of the Priority and Allocations Committee in 2017 was to make medication available to clients the day an HIV physician prescribes it. If anyone has public comments to make, they can be made at the June 26, 2017 Public Hearing, or at the next Steering and/or Council meeting on July 6 or 13, 2017.

#### Old Business

**Road 2 Success:** Williams reviewed event details for the next Road 2 Success. The set up will start at 11:00 am on Thursday, June 29, 2017 at Thomas Street Health Center. The event is open to all. Committee members agreed to distribute flyers to help promote the event.

**Camino hacia Tu Salud:** Williams discussed the following event details for *Camino hacia Tu Salud*.

- The set up will begin at 5:00 pm on Monday, August 28, 2017 at Leonel Castillo Community Center.

- Volunteers include: Isis, Tana, Skeet, Curtis, Teresa, Tracy, Alex, Evelio and Steven.
- Topics are still tentative and include the following possibilities: the Affordable Care Act, the Ryan White Health Insurance Assistance Program and co-pays, eligibility, ADAP updates and case management.

**Community Events:**

- **Pride Festival:** Avila review the instructions for those volunteering to staff the booth at the Pride Festival. It would help if one more volunteer were to sign up to assist with the last shift. Moses offered to be that volunteer. The first group of volunteers will need to meet in the unloading area at 10 am to help unload and set up.

**Greeters:** Committee members signed up to be greeters at Council meetings.

**Announcements:** Bellard stated that some of the agency forms have become out of date. If they were to be updated, it would be easier to share medical records between agencies.

**Adjourn:** The meeting adjourned at 12:54 p.m.

Submitted by:

Approved by:

\_\_\_\_\_  
Tori Williams, Director                                 Date

\_\_\_\_\_  
Committee Chair   Date

## 2017 Road 2 Success/Camino hacia tu Salud

(as of 07/17/17)

*Road 2 Success: Understanding the HIV Care System* and the Spanish version, *Camino hacia tu Salud*, is a series of free, seminars with the goal of providing HIV+ individuals and caregivers living in the Greater Houston area with information that will help them understand the complex HIV care system and empower them to:

- access HIV-related services
- access a source of payment for their services
- voice their concerns regarding HIV-related services
- participate in the development of the HIV prevention and care system

GUIDING PRINCIPLES: No boring or highly technical presentations. At least 2 seminars each year taught in Spanish. Select class locations that are familiar and comfortable for the consumers. No combative behavior.

Day, date, times	Event, Co-Host & Location	Information to be Presented	Participants
Thursday, June 29 12 noon – 2 pm	Road 2 Success – 2-hour seminar Thomas Street Health Center (TSHC) TSHC 2015 Thomas Street, 77009	Eligibility Requirements – Ryan White and Harris Health System Case Management Services My Health App – Patient Reminder System	<b><u>Need 5 Volunteers:</u></b> Curtis, Cecilia, Teresa, Denis, Isis and Alex.
Monday, August 28 5:30 pm – 8 pm	Camino hacia tu Salud – 2-hour seminar Positive713 Support Group Leonel Castillo Community Ctr. 2101 South Street, 77009	HIV Healthcare and Medication Services We Are Listening ADAP Updates	<b><u>Need 7 Volunteers (incl. Spanish speaking):</u></b> Isis, Tana, Skeet, Curtis, Teresa, Tracy, Alex, Steven and Evelio
Saturday, November Exact date and time TBD	Road 2 Success – 4-hour seminar Montrose Center 401 Branard Street, 2 <sup>nd</sup> Floor, 77006	To be determined	<b><u>Need 12 volunteers</u></b>
Saturday, December Exact date and time TBD	Camino hacia tu Salud – 4-hour seminar Tentative Location: Leonel Castillo Community Ctr. 2101 South Street, 77009	To be determined	<b><u>Need 8 Spanish Speaking Volunteers:</u></b>  DISTRIBUTE LEAP FLYERS
January 2018 Exact date and time TBD	Road 2 Success – 4-hour seminar Location: To be determined	To be determined	<b><u>Need 10 Volunteers (incl. Spanish speaking):</u></b>

**Affected Community Committee**  
**2017 Community Events** (as of 07/17/17)

Point Person (PP): Committee member who picks up display materials and returns them to the Office of Support.

Day, date, times	Event	Location	Participants
Sunday, March 5 1pm-Walk	AIDS Foundation Houston (AFH) AIDS Walk	Houston Park Downtown 1100 Bagby Street, 77002	Allen Murray will distribute Project LEAP flyers.
Saturday, June 24 Noon – 7:00 pm	Pride Festival	Downtown near City Hall	<u>Shift 1 (11:30 am-2 pm)</u> : PP Tracy G, Tana, Steven V. <u>Shift 2 (2-4:30 pm)</u> Alex, Allen, Isis <u>Shift 3 (4:30-7 pm)</u> : PP: <b>John P.</b> , Rodney, Alex
Thursday, June 29 11:30 am – 2 pm	Road 2 Success	Thomas Street Health Center 2015 Thomas Street, 77009	<b>Need 5 Volunteers:</b> Curtis, Cecilia, Teresa, Denis, Isis and Alex.
Monday, August 28 5 pm – 8 pm	Camino hacia tu Salud	Positive713 Leonel Castillo Community Center 2101 South Street, 77009	<b>Need 7 Volunteers:</b> Isis, Tana, Skeet, Curtis, Teresa, Tracy, Alex, Steven and Evelio
Sunday, October 22	MISS UTOPIA	Crowne Plaza Northwest-Brookhollow 12801 Northwest Freeway Houston, TX 77040	<b>Volunteers:</b> PP: _____, Skeet, Curtis, Alex, Isis, Cecilia, Tana DISTRIBUTE LEAP FLYERS
Saturday in November	Road 2 Success	Montrose Center 401 Branard Street, 2 <sup>nd</sup> Floor, 77006	<b>Need 12 volunteers</b>
Tuesday, December 1	World AIDS Day Events		Most committee members attend events DISTRIBUTE LEAP FLYERS
Saturday in December	Camino hacia tu Salud	Tentative: Leonel Castillo Community Ctr. 2101 South Street, 77009	<b>Need 8 Spanish Speaking Volunteers:</b>  DISTRIBUTE LEAP FLYERS
Saturday in January	Road 2 Success	Montrose Center 401 Branard Street, 2 <sup>nd</sup> Floor, 77006	<b>Need 10 Volunteers (incl. Spanish speaking):</b>  DISTRIBUTE LEAP FLYERS

## Greeters for 2017 Council Meetings

(Revised: 06-20-17)

<b>2017 Meeting Dates</b> (Please arrive at 11:45 a.m. Unless otherwise noted, the meetings are held at 2223 W. Loop South)	<b>Greeter #1</b> External Member	<b>Greeter #2</b>	<b>Greeter #3</b>
Thurs. March 9		Curtis	John
Thurs. April 13		Isis	Allen
Thurs. May 11	Alex	Denis	John
Thurs. June 8 – OFF SITE: Montrose Ctr.	Alex	Curtis	John
Thurs. July 13	Veria	Skeet	Teresa or Curtis
Thurs. August 10	Curtis	Skeet	Isis
Thurs. September 14	Alex	Teresa	Rodney
Thurs. October 12	Veria	Teresa	Skeet
Thurs. November 9 External Committee Member Appreciation		Denis	Allen
Thurs. December 14			

**2017 QUARTERLY REPORT**  
**AFFECTED COMMUNITY COMMITTEE**  
(To be submitted July 2017)

**Status of Committee Goals and Responsibilities (\* indicates a HRSA mandate):**

1. Educate consumers so they understand how to access HIV/AIDS treatment and medication. Provide information that can be understood by consumers of diverse educational backgrounds on client-centered issues.

**Status:**

2. In 2017, get a better understanding of the needs of transgender individuals through training, attending meetings of the transgender community and more.

3. Assure participation by people living with HIV/AIDS in all Council work products.

**Status:**

4. \*Work with other committees to coordinate Public Hearings regarding the FY 2018 How to Best Meet the Need Results & Priorities and Allocations for Ryan White Parts A and B and State Services.

**Status:**

5. Recruit Council applicants throughout the year.

**Status:**

6. Annually, review the status of committee activities identified in the current Comprehensive Plan.

**Status:**

\_\_\_\_\_  
Committee Chairperson

\_\_\_\_\_  
Date

# Meaningful Involvement of People with HIV/AIDS (MIPA)

“Nothing About Us Without Us”



The principle of meaningful involvement of people with HIV/AIDS (MIPA) was first articulated in the Denver Principles in 1983, and has also been endorsed by UNAIDS, the body that coordinates global action on the HIV/AIDS epidemic. *The National HIV/AIDS Strategy: Updated to 2020* supports MIPA as well, acknowledging the “persistent advocacy from people living with HIV” and “the engagement of affected communities.”

Partnering with people living with HIV to make informed decisions about their own health care and treatment, research agendas that affect them, and creation and review of policies and programs that directly impact them are important cornerstones of the global response to HIV.

As UNAIDS explains, at its most basic level, MIPA does two important things:

- 1 recognizes the important contribution that people living with and affected by HIV/AIDS can have in the response to the epidemic as equal partners and
- 2 creates a space within society for involvement and active participation of people living with HIV in all aspects of that response.

## WHY MIPA MATTERS

People living with HIV are likely to be intimately familiar with factors that place individuals and communities at risk for acquiring HIV in the first place; barriers to accessing care and treatment; and challenges to living a full and healthy life with dignity.

When people living with HIV are involved in program development and implementation, it can improve relevance and effectiveness of strategies. Moreover, raising visibility of people living with HIV and elevating their voices and experiences can help decrease HIV-related stigma and discrimination. Studies show that when individuals and communities are proactively engaged in ensuring their own wellbeing, improved health outcomes are more likely.<sup>1</sup>

## MIPA IS ABOUT MORE THAN JUST HIV STATUS

Historically, there have been many barriers to meaningful inclusion of people living with HIV in decision-making roles



within organizations and service delivery settings. Many of these ultimately lead back to a need to address systems of privilege that structure who has access to power — such as racism, misogyny, transphobia, formal education requirements, and decision-making processes that are unnecessarily bureaucratic.

MIPA today is about ensuring that the communities most affected by HIV are involved in decision-making, at every level of the response. Specifically, many organizations may need to re-envision their systems to involve young people, folks of trans experience, and Black and Latinx communities in decision-making.

“Our PLHIV partner organization supported us in identifying meaningful ways to include patient voices at each stage of our transformation towards becoming a trauma-informed primary care clinic. We now have our patients at the table for every major programmatic decision. The result is a feeling and reality that our program is grounded in the actual needs and visions of our patients.”

—Edward Machtinger, MD  
Director, Women’s HIV Program, University of California, San Francisco

<sup>1</sup>International HIV/AIDS Alliance and Horizons (2003). *The Involvement of People Living with HIV/AIDS in Community-based Prevention, Care and Support Programs in Developing Countries.*



People living with HIV commit to treatment and prevention fully only when there is a commitment to involving and engaging them authentically.

Benefits of MIPA are vast:



**Individual level.** Involvement can build self-esteem, counter depression, increase HIV and health care knowledge, improve engagement in care, develop stronger connections to the community, increase empowerment, autonomy and self-advocacy, and improve health outcomes.



**Organizational level.** Involvement can improve: program processes and outcomes; cultural competency; responsiveness to client needs; client satisfaction; quality of care and services; organizational trust; and prevention, treatment, care, and support services for people living with and affected by HIV. Importantly, people feel more valued and invested in an organization when they are involved in decision-making.



**Community level.** MIPA can decrease HIV stigma, discrimination, and myths; develop safe spaces for marginalized populations; increase opportunities for collaboration; improve services available; decrease community viral load; and improve community pride.

## MECHANISMS FOR INVOLVEMENT

People living with and affected by HIV can be engaged on a range of levels including executive leadership and governance; policymaking; program development and implementation; leadership development; peer support; policy and advocacy; designing campaigns; public speaking; and evaluation.

MIPA does not happen in a vacuum. Rather, it requires buy-in and dedication from organizational decision makers and intentional actions to ensure that people living with HIV, especially those from marginalized communities, are, in

# AIDS United and the United States People Living with HIV Caucus are here to help.

fact, meaningfully involved and set up for success.

This also includes investing in *capacity building* and technical assistance for people living with HIV, *enlisting these individuals on decision-making bodies*, ensuring those enlisted are *reflective of the epidemic* and marginalized communities, *hiring people living with HIV*, establishing a clear and objective *feedback loop*, educating staff and establishing policies to *counter stigma*, and *monitoring implementation* of recommendations. For government agencies and other funders, requirements and associated reporting on MIPA-centric policies and activities are important measures in ensuring their uptake and adherence.

Examples of organizational practices that can be put in place:

- minimum percentage of seats on the governance board for people living with HIV and in organizational leadership;
- minimum percentage of people living with HIV, people of color, and LGBTQ-identified folks in management roles;
- commitment to involve people living with HIV in development and design of new programs;
- protocols to take and act on input from clients or patients on an ongoing basis; and
- financial support for participation in meetings, such as travel stipends, honoraria, and per diems.

MIPA requires dedication, planning and assessment, organizational buy-in, and a champion to help usher its development and continued assessment. Decades of HIV work have shown MIPA's unique—and critical—role in addressing the HIV epidemic and advancing the lives and health of people living with and affected by it. This work takes time but this investment is critical, doable, and well worth the effort.

## THE MIPA “LITMUS TEST”

ASK YOURSELF:

### LEADERSHIP AND REPRESENTATION:

- What positions do people living with HIV and people of color hold in your organization?
  - To what extent are they represented in management and decision-making positions?

### INTERSECTIONALITY:

- Have you considered how HIV stigma, racism, sexism, classism, and other forms of oppression may be operating in organizational practices? How might these be addressed?
- What practices and policies do you have in place to support trans and gender non-conforming staff and clients, including those who are in a transition process?

### INPUT AND ENGAGEMENT:

- How do people living with HIV provide input into service delivery?
- How are client concerns about services resolved?
- Do you have formal mechanisms for input by clients?
  - Are people living with HIV represented and are they reflective of the constituency you serve?
  - Can they safely say, “no”?
  - Are their recommendations implemented?
  - Is there a mechanism for them to sign off on policies?

Learn more about technical assistance opportunities for you to advance MIPA in your own organization or community:

## Renew Your Medication Eligibility Yearly

At the Texas HIV Medication Program (THMP), our goal is help you get your medications and stay on them. **This is why we have changed when we renew eligibility to the last day of your birthday month.**

You know how important your medicine is for your health. We want to make sure you have a day you will remember to renew your eligibility so you will always have what you need to stay healthy.

### Remember:

- ◆ Your medications work best when you take them every day.
- ◆ If you have concerns about your medications, talk to your doctor or pharmacist.
- ◆ Let THMP know when your life changes so we can keep up with you. Six months after you renew your eligibility, we will check in with you to see what has changed.
- ◆ Your local agency can help you apply and reapply for THMP - Just ask!
- ◆ On the month of your birthday, remember it's time to renew your eligibility. Check your mail, and if you don't hear from us, give us a call! We want to make sure you can fill your THMP medications every month.

Texas HIV Medication Program

**(800) 255-1090**

[www.dshs.texas.gov/hivstd/meds](http://www.dshs.texas.gov/hivstd/meds)

Taking your medications is a gift you give yourself



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services



# Living with HIV

## HIV and Nutrition and Food Safety

Last Reviewed: June 16, 2017

### Key Points

- In people with HIV, good nutrition supports overall health and helps maintain the [immune system](#). Good nutrition also helps people with HIV maintain a healthy weight and absorb HIV medicines.
- A healthy diet includes a variety of nutritious foods in the right amount to maintain a healthy weight. But HIV infection and its treatment can sometimes make it hard for a person to follow a healthy diet. For example, HIV-related infections can make it hard to eat or swallow.
- Food and water can be contaminated with germs that cause illnesses. Food safety refers to ways to handle, prepare, and store food to prevent foodborne illnesses (sometimes called food poisoning).
- Because HIV damages the immune system, foodborne illnesses are likely to be more serious and last longer in people with HIV than in people with a healthy immune system.
- People with HIV should take the following steps to prevent foodborne illnesses:
  - Wash hands, cooking utensils, and countertops often when preparing foods.
  - Keep raw meat, poultry, seafood, and eggs separate from foods that are ready to eat, including fruits, vegetables, and breads.
  - Cook food to safe temperatures.
  - Refrigerate or freeze foods to prevent spoiling.

### What is nutrition?

Nutrition refers to the food we eat to grow and stay healthy. Nutrition also includes all the processes our body uses to take in and use that food (called metabolism).

### Why is good nutrition important for people living with HIV?

Good nutrition supports overall health and helps maintain the [immune system](#). Good nutrition also helps people with HIV maintain a healthy weight and absorb HIV medicines.

HIV attacks and destroys the immune system, which makes it harder for the body to fight off infections. Daily use of HIV medicines (called antiretroviral therapy or ART) prevents HIV from destroying the immune system. But a healthy diet also helps strengthen the immune system and keep people with HIV healthy.

### **What is a healthy diet for people living with HIV?**

In general, the basics of a healthy diet are the same for everyone, including people with HIV.

- Eat a variety of foods from the five food groups: fruits, vegetables, grains, protein foods, and dairy.
- Eat the right amount of food to maintain a healthy weight.
- Choose foods low in saturated fat (found in animal products such as meat and dairy products), sodium (salt), and added sugars.

To learn more about how to maintain a healthy diet, visit the U.S. Department of Agriculture's (USDA's) [ChooseMyPlate.gov website](#).

### **What are some nutrition-related problems that people with HIV may face?**

HIV infection and its treatment can sometimes make it hard for a person to follow a healthy diet. The following are examples of nutrition-related issues that can affect people with HIV:

- HIV-related infections can make it hard to eat or swallow.
- Changes in metabolism can cause weight loss or weight gain.
- Side effects from HIV medicines such as loss of appetite, nausea, or diarrhea can make it hard to adhere to (stick to) an HIV [regimen](#).

Browse the following resources to learn more about HIV and nutrition and how to manage nutrition-related problems:

- [Nutrition and Health Issues: AIDS/HIV](#), from Nutrition.gov
- [Diet and Health: AIDS/HIV](#), from USDA
- [Side Effects Guide](#), from the U.S. Department of Veterans Affairs

In addition to eating healthy, people with HIV must pay attention to food safety.

### **What is food safety?**

Food and water can be contaminated with germs that cause illnesses. Food safety refers to ways to handle, prepare, and store food to prevent foodborne illnesses (sometimes called food poisoning).

### **Why is food safety important for people living with HIV?**

HIV attacks the immune system. A weakened immune system makes it hard for the body to fight off infections, including foodborne illnesses.

Following food safety guidelines reduces the risk of foodborne illnesses, which are likely to be more serious and last longer in people with HIV than in people with a healthy immune system.

## What steps can people with HIV take to prevent foodborne illnesses?

People with HIV can reduce their risk of foodborne illnesses by avoiding certain foods and taking care to prepare and store foods safely. If you have HIV, follow these food safety guidelines:

### Don't eat or drink the following foods:

- Raw or undercooked eggs, for example, in homemade mayonnaise or uncooked cookie dough
- Raw or undercooked poultry, meat, and seafood (especially raw shellfish)
- Unpasteurized milk, cheeses, and fruit juices
- Raw seed sprouts, such as alfalfa sprouts or mung bean sprouts

Water contaminated with human or animal waste can also cause illness. To be safe, never drink water directly from a lake or river and don't swallow water during swimming.

It is important to be careful about what you eat or drink if you are traveling outside of the United States, especially in developing countries. Before your trip, read this [fact sheet for people living with HIV and traveling outside the United States](#) from the Centers for Disease Control and Prevention (CDC).

### Follow the four basic steps to food safety: clean, separate, cook, and chill.

- **Clean:** Wash your hands, cooking utensils, and countertops often when preparing foods.
- **Separate:** Separate foods to prevent the spread of any germs from one food to another. For example, keep raw meat, poultry, seafood, and eggs separate from foods that are ready to eat, including fruits, vegetables, and breads.
- **Cook:** Use a food thermometer to make sure that foods are cooked to safe temperatures.
- **Chill:** Refrigerate or freeze meat, poultry, eggs, seafood, or other foods that are likely to spoil within 2 hours of cooking or purchasing.



For more information, visit the U.S. Food and Drug Administration's (FDA's) [Food Safety for People with HIV/AIDS webpage](#). The webpage includes information on the recommended safe

minimum internal temperatures for cooked foods, tips for eating in restaurants, and steps to take if you think you have food poisoning.

**This fact sheet is based on information from the following sources:**

From the AIDS Education and Training Center (AETC) National Coordinating Resource Center:

- [Guide for HIV/AIDS Clinical Care: Nutrition](#)

From CDC:

- [HIV Treatment Works: Healthy Diet](#)

From CDC, the National Institutes of Health, and the HIV Medicine Association of the Infectious Diseases Society of America:

- Guidelines for the Prevention and Treatment of Opportunistic Infections in HIV-Infected Adults and Adolescents: [Appendix A. Recommendations to Help HIV-Infected Patients Avoid Exposure to, or Infection from, Opportunistic Pathogens](#)

From FDA:

- [Food Safety for People with HIV/AIDS](#)

From USDA:

- [ChooseMyPlate.gov](#)



## Vivir con el VIH

### El VIH, la nutrición y la seguridad alimentaria

Última revisión: 28 junio, 2017

#### Puntos importantes

- En las personas con el VIH, la buena nutrición apoya el estado general de salud y ayuda a mantener el **sistema inmunitario**. La buena nutrición también ayuda a las personas con el VIH a mantener un peso saludable y absorber los medicamentos contra el VIH.
- Una alimentación saludable incluye una variedad de alimentos nutritivos en las cantidades adecuadas para mantener un peso saludable. Sin embargo, la infección por el VIH y su tratamiento pueden a veces hacer que sea difícil para la persona seguir una alimentación saludable. Por ejemplo, las infecciones relacionadas con el VIH pueden dificultar comer o tragar los alimentos.
- Los alimentos y el agua pueden estar contaminados con microbios que causan enfermedades. La seguridad alimentaria se refiere a la forma de manejar, preparar y almacenar los alimentos para prevenir las enfermedades transmitidas por los alimentos (intoxicación por alimentos).
- Como el VIH daña el sistema inmunitario, las enfermedades transmitidas por los alimentos tienen más probabilidad de ser más graves y durar más tiempo en las personas con el VIH que en las personas con un sistema inmunitario saludable.
- Las personas con el VIH debe tomar las siguientes medidas para prevenir las enfermedades transmitidas por los alimentos:
  - Lavarse las manos, lavar los utensilios de cocina y los mesones a menudo mientras preparan los alimentos.
  - Guardar la carne, el pollo, los mariscos y los huevos crudos separados de los alimentos que están listos para comer, como las frutas, las verduras y los panes.
  - Cocinar los alimentos a temperaturas seguras.
  - Refrigerar o congelar los alimentos para evitar que se pudran.

#### ¿Qué es la nutrición?

La nutrición se refiere al alimento que comemos para crecer y permanecer sanos. La nutrición

también incluye todos los procesos que el cuerpo usa para recibir y utilizar ese alimento (llamado metabolismo).

### **¿Por qué es la buena nutrición importante para las personas con el VIH?**

La buena nutrición apoya el estado general de salud y ayuda a mantener el [sistema inmunitario](#). La buena nutrición también ayuda a las personas con el VIH a mantener un peso saludable y absorber los medicamentos contra el VIH.

El VIH ataca y destruye el sistema inmunitario, lo cual le dificulta al organismo combatir las infecciones. El uso diario de los medicamentos contra el VIH (conocido como tratamiento antirretroviral o TAR) evita que el VIH destruya el sistema inmunitario. Sin embargo, una alimentación saludable también ayuda a fortalecer el sistema inmunitario y a mantener a las personas con el VIH sanas.

### **¿Cuál es una alimentación saludable para las personas con el VIH?**

En general, los fundamentos de una alimentación saludable son iguales para todas las personas, incluso para las que tienen el VIH.

- Consuma una variedad de alimentos de los cinco grupos de alimentos: frutas, verduras, granos, proteínas y productos lácteos.
- Consuma la cantidad adecuada de alimentos para mantener un peso saludable.
- Escoja alimentos bajos en grasa saturada (que se encuentra en los productos animales como carne y productos lácteos), en sodio (sal) y en azúcar agregada.

Para información adicional sobre cómo mantener una alimentación saludable, visite el [sitio web ChooseMyPlate.gov](#) del Departamento de Agricultura de los Estados Unidos (USDA).

### **¿Cuáles son algunos de los problemas relacionados con la nutrición que pueden enfrentar las personas con el VIH?**

La infección por el VIH y su tratamiento pueden a veces hacer difícil para la persona seguir una alimentación saludable. Los siguientes son ejemplos de problemas relacionados con la nutrición que pueden afectar a las personas con el VIH:

- Las infecciones relacionadas con el VIH pueden dificultar comer o tragar los alimentos.
- Los cambios en el metabolismo pueden causar adelgazamiento o aumento de peso.
- Los efectos secundarios de los medicamentos contra el VIH, como la pérdida del apetito, las náuseas o la diarrea pueden dificultar el cumplimiento (seguir) del [régimen de tratamiento](#).

Vea los siguientes recursos para aprender más sobre el VIH y la nutrición, y cómo manejar los problemas relacionados con la nutrición:

- [Nutrición y la salud](#) de Nutrition.gov
- Guía de efectos secundarios del Departamento de Asuntos de los Veteranos de los Estados Unidos ([Disponible solamente en inglés](#))



Además de comer saludable, las personas con el VIH deben prestar atención a la seguridad alimentaria.

### **¿Qué es la seguridad alimentaria?**

Los alimentos y el agua pueden estar contaminados con microbios que causan enfermedades. La seguridad alimentaria se refiere a la forma de manejar, preparar y almacenar los alimentos para prevenir las enfermedades transmitidas por los alimentos (intoxicación por alimentos).

### **¿Por qué es la seguridad alimentaria importante para las personas con el VIH?**

El VIH ataca el sistema inmunitario. Un sistema inmunitario debilitado le dificulta al organismo luchar contra las infecciones, incluyendo las enfermedades transmitidas por los alimentos.

Seguir las pautas para la seguridad alimentaria reduce el riesgo de las enfermedades transmitidas por los alimentos, que tienen más probabilidad de ser más graves y durar más tiempo en las personas con el VIH que en las personas con un sistema inmunitario saludable.

### **¿Qué medidas pueden tomar las personas con el VIH para prevenir las enfermedades transmitidas por los alimentos?**

Las personas con el VIH pueden reducir su riesgo de enfermedades transmitidas por los alimentos evitando ciertos alimentos y teniendo cuidado al preparar y almacenar los alimentos. Si usted tiene el VIH, siga estas pautas de seguridad alimentaria:

#### **No coma ni beba los siguientes alimentos:**

- Huevos crudos o no cocinados suficiente, por ejemplo, en mayonesa hecha en casa o masa para galletas cruda
- Pollo, carne y mariscos crudos (especialmente crustáceos crudos)
- Leche, quesos, y zumos de fruta sin pasteurizar
- Brotes crudos de semillas, como brotes de alfalfa o frijol chino (mung bean)

El agua contaminada con desechos humanos o animales también puede causar enfermedades.

Para estar seguro, nunca beba agua directamente de un lago o de un río y no trague agua mientras está nadando.

Es importante que tenga cuidado con lo que come o bebe si está viajando fuera de los Estados Unidos, especialmente en países en vía de desarrollo. Antes de su viaje, lea esta [Hoja informativa para las personas con el VIH que están viajando al extranjero](#), de los Centros para el Control y la Prevención de Enfermedades (CDC).

#### **Siga los cuatro pasos básicos de seguridad alimentaria: Lavar, separar, cocinar y refrigerar.**

- **Lavar:** Lávese las manos, lave los utensilios de cocina y los mesones a menudo mientras prepara los alimentos.
- **Separar:** Separe los alimentos para prevenir la propagación de microbios de un alimento a otro.

Por ejemplo, separe la carne, el pollo, los mariscos y los huevos crudos de los alimentos que están listos para comer, como las frutas, las verduras y los panes.

- **Cocinar:** Utilice un termómetro de alimentos para cerciorarse que los alimentos estén cocinados a temperaturas seguras.
- **Refrigerar:** Refrigere o congele la carne, el pollo, los huevos, los mariscos, u otros alimentos que se puedan dañar en un plazo de 2 horas de cocinarlos o de comprarlos.



Para información adicional, visite el sitio web [Seguridad alimentaria para las personas con el VIH/SIDA](#) de la Administración de Alimentos y Medicamentos (FDA) de los Estados Unidos. El sitio web incluye información sobre las temperaturas internas mínimas seguras recomendadas para los alimentos cocinados, consejos para comer en restaurantes y las medidas que debe tomar si piensa que tiene una intoxicación por alimentos.