

## **Importance of Nutrition for CLHIV**

HIV/AIDS and under nutrition affect immune function, with lack of essential micronutrients leading to nutritionally acquired immune-dysfunction syndrome and this influences immune defences increase susceptibility to various opportunistic infection like TB, diarrhoea, oral candidacies, etc. ART alone may not be sufficient to revive an already compromised nutritional status and they need a well balanced food to maintain or improve the nutritional status along with ART. Despite current global efforts to increase ART coverage, HIV-infected children remain nutritionally challenged due to socio-economic, disease, and other specific health-related factors. In developing countries like India, Malnutrition is known to be associated with low socio economic factors (orphan hood, food insecurity, poor dietary patterns, low maternal education, etc.,) of children

### **Sneha care home and Nutrition**

In Sneha care home, all our children are getting a well planned, nutritionally balanced diet which includes all basic five food groups in terms of macro and micronutrients.

### **Nutrition Assessment in Sneha care Home**

**1.Anthropometry Assessment:** All our children's Nutritional status has improved well after admitting into sneha care Home, children's height is improving from severe stunting to moderate stunting and Under nutrition is also reducing from moderate

to mild, And mild wasting may be due to their disease condition as well as their presence of malnutrition in their early life before admitting to centre.

**2.Bio-chemical Assessment:** CD4 count and Haemoglobin status is improving in all children irrespective of ART.

**3.Clinical Assessment:** All our children are keeping very good health except common cold, fever, some skin allergy due to their medical condition.

**4.Dietary Assessment:** Reveals that all of our children were consuming very good calories, proteins, vitamin B12, folic acid (B9), fat (essential fatty acids) carbohydrates, calcium, thiamine, and riboflavin. Recently we have started growing green leafy vegetables in our garden to improve the vitamin A and iron intake, because the food sources are found to be well absorbed when compared to supplementation. Because Malabsorption of nutrients (e.g. elemental iron) are very common in these population.

### **Conclusion**

This underscores the needs and early aggressive nutrition intervention and the importance of nutritionally balanced diet for the children living with HIV.

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