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Nutritional Adequacy Beyond Macronutrients: Dietary Diversity and its Determinants Among PLHIV In Northern India: Reg ID: 120

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ABSTRACT

Introduction: Dietary diversity is a critical component of nutritional adequacy and overall health. In people living with HIV (PLHIV), suboptimal dietary diversity can worsen nutritional deficiencies and compromise immune recovery. Limited evidence exists regarding dietary diversity patterns and influencing factors among PLHIV in North India. **Objectives**: To assess the level of dietary diversity and determine its socio-demographic and clinical correlates among PLHIV attending a tertiary care hospital. **Methods:** A cross-sectional study was conducted among 400 adults enrolled at an ART Centre in Western Uttar Pradesh. Data on socio-demographic and HIV-related characteristics were collected using a structured proforma. Dietary diversity was assessed by 24-hour recall using the FAO 10-food group method. Dietary Diversity Score (DDS) ranged from 0–10 and was categorized as low (0–3), medium (4–6), and high (7–10). Descriptive statistics were applied; association analysis with selected variables is ongoing. **Results:** The mean age of participants was 41.1 ± 10.8 years, and 52.5% were male. Most were rural residents (74.8%) and unemployed (46%). The mean DDS was 4.06 ± 1.40, with over half (52.3%) having low dietary diversity, 39.2% moderate, and only 8.5% high diversity. The distribution was right-skewed, reflecting limited consumption of diverse food groups. **Conclusion:** Dietary diversity was found to be suboptimal among PLHIV, suggesting inadequate diet quality and potential nutritional vulnerability. Further statistical analysis to identify socio-demographic and clinical factors associated with dietary diversity is underway and will be presented at the conference.

KEYWORDS

Nutrition, PLHIV, Dietary diversity