

PROGRAM PROFILE

HIV, Obesity, and Hypertension Program

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PROGRAM BACKGROUND

People living with HIV (PLWH) are more likely to be obese and at higher risk for heart attack, stroke, coronary heart disease, hypertension, and sudden cardiac death.

PLWH consume more fat, less fiber, less fruit, and fewer vegetables than their uninfected counterparts. There is a high prevalence of obesity and hypertension among PLWH compared to the rest of the American population—at 42% and 33.3 % respectively.

This program is responding to these disparities by funding AIDS service organizations and clinics to treat hypertension and lower BMI through healthy eating and physical activity opportunities for PLWH.



PROGRAM DESCRIPTION

4 KEY PREVENTION STRATEGIES:

- Equipping medical case managers with the necessary skills and knowledge to provide clients with the information on CDC-recommended obesity and hypertension prevention strategies.
- Enhancing existing social support groups for people living with HIV with resources and training to create and maintain a walking club or other physical activity interventions.
- Engaging the health system by establishing a process for identification and referral for PLWHs who have obesity and/or hypertension.
- Developing and implementing program sustainability planning to ensure continued program delivery after the end of the four-year project.

REGION: Detroit and Kalamazoo

FOCUS: Obesity and hypertension among people living with HIV (PLWH)

