
PARTNER PROFILE

HIV, Obesity, and Hypertension Program

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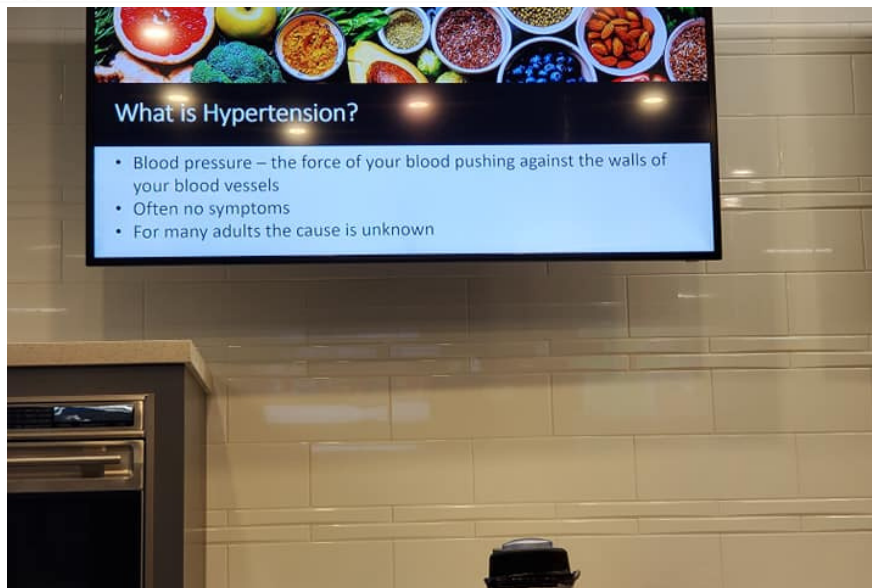
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COMMUNITY AIDS RESOURCE AND EDUCATION SERVICES (CARES)

CARES developed a new referral process to screen their clients for obesity and hypertension, and refer them to the "Veg & Sweat" program.



REGION: Kalamazoo

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

PROGRAM DESCRIPTION

Two risk factors for cardiovascular disease are hypertension and obesity, and both have become growing problems among people living with HIV (PLWH). Hypertension is one of the most significant contributors to non-HIV-related death and obesity rates among PLWH have increased along with increases seen in the general population. Lifestyle and environmental factors that lead to poor diet and physical inactivity are risk factors for obesity and hypertension.

As the second-largest HIV/AIDS service provider, CARES serves 10 counties in southwest Michigan. CARES is offering to screen clients who are interested in healthy lifestyles for obesity and hypertension. Then, refer them to "Veg and Sweat", which is a healthy lifestyles interventions program.

Veg and Sweat offers clients:

- Individualized or group nutritional counseling
- Virtual walking groups, healthy cooking, and stress reduction classes
- Farmers market vouchers

