



Increased physical activity levels amongst HIV positive individuals

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Positive Health - Central YMCA

# The problem / need identified

‘Positive Health’ was established in 1997 specifically to promote increased activity levels for people living with HIV

Late 1980’s AZT introduced - First medication available for HIV

By late 1990’s the introduction of HAART (Highly Active Anti-Retroviral Therapy)

Side Effects of Anti-retroviral: Muscle wastage, Poor sleeping patterns, Loss of appetite, lipodystrophy- In 1999 83% of patients taking Anti-retroviral had lipodystrophy

20 years on - What’s changed?

## **Our model / solution**

- ▶ **Referral from clinic or GP**
- ▶ **One to One initial fitness assessment and gym programme – (programme is developed based on the individuals goals, referrer aims and the clients medical background and fitness levels) SMART**
- ▶ **Weekly attendance at supervised gym session for 12 weeks to help with adherence and support individuals**
- ▶ **Access to swimming pool and a wide range of exercise classes**
- ▶ **Final fitness assessment to measure progress**
- ▶ **Subsidised membership to the gym and continued support**
- ▶ **Access to social events, holistic therapies, support groups, collaboration with other HIV groups and charities**
- ▶ **Swim Group – Positive Strokes**

## Our results / impact

- ▶ **Over 15,000 people have accessed the programme**
- ▶ **Over 25 people from the programme have gone on to volunteer with us in a variety of roles**
- ▶ **In 2006 10% of referrals were female - Ten years on this has risen to 24%**
- ▶ **2014 – 2015 - 91% Feel better about themselves - 94% Have an improved sense of wellbeing -100% Are confident about taking part in physical activity independently**
- ▶ **2011 18% 50yrs + 2015 32% 50yrs +**
- ▶ **HIV Testing x 4 each year – Positive East**

## Next steps

- ▶ Mentoring (Project 100 – Positively UK)
- ▶ Engaging more women - In the UK 107,800 now LWHIV – Over a third are women ([Annual Public Health report 2014](#))
- ▶ HIV and Ageing - Long term medication – Diabetes/ Heart Disease / Osteoporosis
- ▶ More **support for participants** who are working or trying to get back into work