

Regional Consultation on  
Nutrition and HIV/AIDS:  
Evidence, lessons and recommendations  
for action in South-East Asia

Bangkok, Thailand, 8-11 October 2007



**World Health  
Organization**

Regional Office for South-East Asia

# Regional Consultation on Nutrition and HIV/AIDS: Evidence, lessons and recommendations for action in South-East Asia

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## Abbreviations

AIDS	Acquired immunodeficiency syndrome
ART	Antiretroviral Therapy
AFASS	Acceptable, feasible, affordable, sustainable and safe
BFHI	Baby-Friendly Hospital Initiative
BMI	Body Mass Index
FANTA	Food and Nutrition Technical Assistance
FAO	Food and Agriculture Organization
GFATM	Global Fund to fight AIDS, Tuberculosis and Malaria
HAART	Highly active antiretroviral therapy
HIV	Human immunodeficiency virus
IAEA	International Atomic Energy Agency
IATT	Inter-agency Task Team
ICDDR,B	The International Centre for Diarrhoeal Disease Research, Bangladesh
ICN	International Conference on Nutrition
IYCF	Infant and Young Child Feeding
KHANA	Khamar HIV/AIDS NGO Alliance
MI	Micronutrient Initiative
NICHD	National Institute of Child Health and Human Development
NIH	National Institutes of Health

OVC	Other vulnerable children
PEPFAR	President's Emergency Plan for AIDS Relief
PLWHAs	People living with HIV/AIDS
PMTCT	Prevention of mother-to-child transmission
RUTF	Ready to use therapeutic foods
SAM	Severe acute malnutrition
SCN	Standing Committee on Nutrition
SEAR	South-East Asia Region
TRC	Tuberculosis Research Centre
UNAIDS	Joint United Nations Programme on HIV/AIDS
UNHCR	United Nations High Commissioner for Refugees
UNICEF	United Nations Children's Fund
USAID	United States Agency for International Development
VCT	Voluntary Counselling and Testing
WFP	World Food Programme
WHA	World Health Assembly

## Executive summary

### 1. Introduction

An estimated 39.5 million people were living with HIV/AIDS at the end of 2006, of which 4 million were in the South-East Asia Region. The HIV/AIDS epidemic continues to have a devastating impact on health, nutrition, food security and overall socioeconomic development of the population affected by the disease. HIV and nutrition are strongly related to each other. Immune deficiency as a result of HIV infection leads to malnutrition which in turn, leads to immune deficiency, worsens the effect of HIV and contributes to more rapid progression to AIDS. Malnutrition rates are also high in the South-East Asia Region. Good nutrition for people living with HIV increases resistance to infection, maintains weight, improves the quality of life as well as drug compliance and efficacy.

This joint regional consultation was proposed as a direct response to the 2006 World Health Assembly resolution WHA 59.11 on Nutrition and HIV/AIDS whereby the Member States requested the Director-General to strengthen technical guidance to Member States for incorporating HIV/AIDS issues in national nutrition policies and programmes; and to support the development and dissemination of science-based recommendations, guidelines and tools on nutritional care and

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