

Kenya Launches Key Nutrition Documents Towards HIV Care and Treatment



Nutrition and HIV Job Service Providers, and Nutrition Vulnerability Profile Survey 2013/14

Good Nutrition, Our Right, and Our Responsibility” was the theme of the 8th nutrition week that began on October 27, 2015 to sensitize citizens on good nutrition. The event culminated to the launch of key nutrition documents to create and promote awareness among other key players in nutritional programs.

Speaking at the event on behalf of UN agencies, Dr. Pirkko Heinonen noted that of the 74 countries where nutrition data exist, Kenya is the only country on course to achieving global nutrition goals according to the Global Nutrition Report 2014, which is commendable but also inspires us to do more”

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Kenya has progressively taken bold steps in addressing the HIV burden and prevalence. These continuous efforts have seen significant drop in national prevalence from 7.1% in 2007 to 5.6% in 2012 (KAIS 2012). Nutrition and food security are vital to People living with HIV (PLHIV) due to increased need for energy and nutrients requirements. Nutrition interventions consistently identify and address malnutrition among the PLHIV to improve adherence to drugs, patients engagement and retention in care and treatment to promote the overall contribution in their

physical, mental and psychosocial health and wellness.

In 2013/14 National AIDs & STI Control Program (NAS COP) and Kenya Medical Research Institute (KEMRI) with support from World Food Program (WFP) conducted a national nutrition survey among HIV population. The survey highlights nutrition and food security vulnerability profile of PLHIV key to informing policy and programming. NAS COP together with USAID, UNICEF, WFP and



Nutrition HIV technical working group in 2014 revised National guidelines on Nutrition and HIV to align it to HIV management updates. Through these strategic partnerships, Nutrition and HIV job aids have been reviewed to align them to the National guidelines towards provision of quality nutrition services.

Successful implementation of the guidelines will contribute towards improving health outcomes and wellness of PLHIV in care and treatment while the National survey will inform and contribute towards research and innovation of goals in reduction of new cases of HIV infection and related deaths from AIDS.

“With Kenya’s interest to adopt the WHO guidelines on initiating ARV treatment soon after HIV diagnosis, it is critical the role of nutrition in the package is recognized and implemented as medicine alone will not be sufficient. They will need good nutrition.”



Stakeholders present included National AIDS and STI Control Program (NASCOP), Center for Disease Control, WHO, UNICEF, USAID NHP, USAID-Water Reed, IntraHealth, World vision, Concern Universal and Feed the Children among others.

