

# Developing capability, partnerships and research in ageing and HIV in Zambia in the time of COVID-19

**Dr. Jaime Vera**

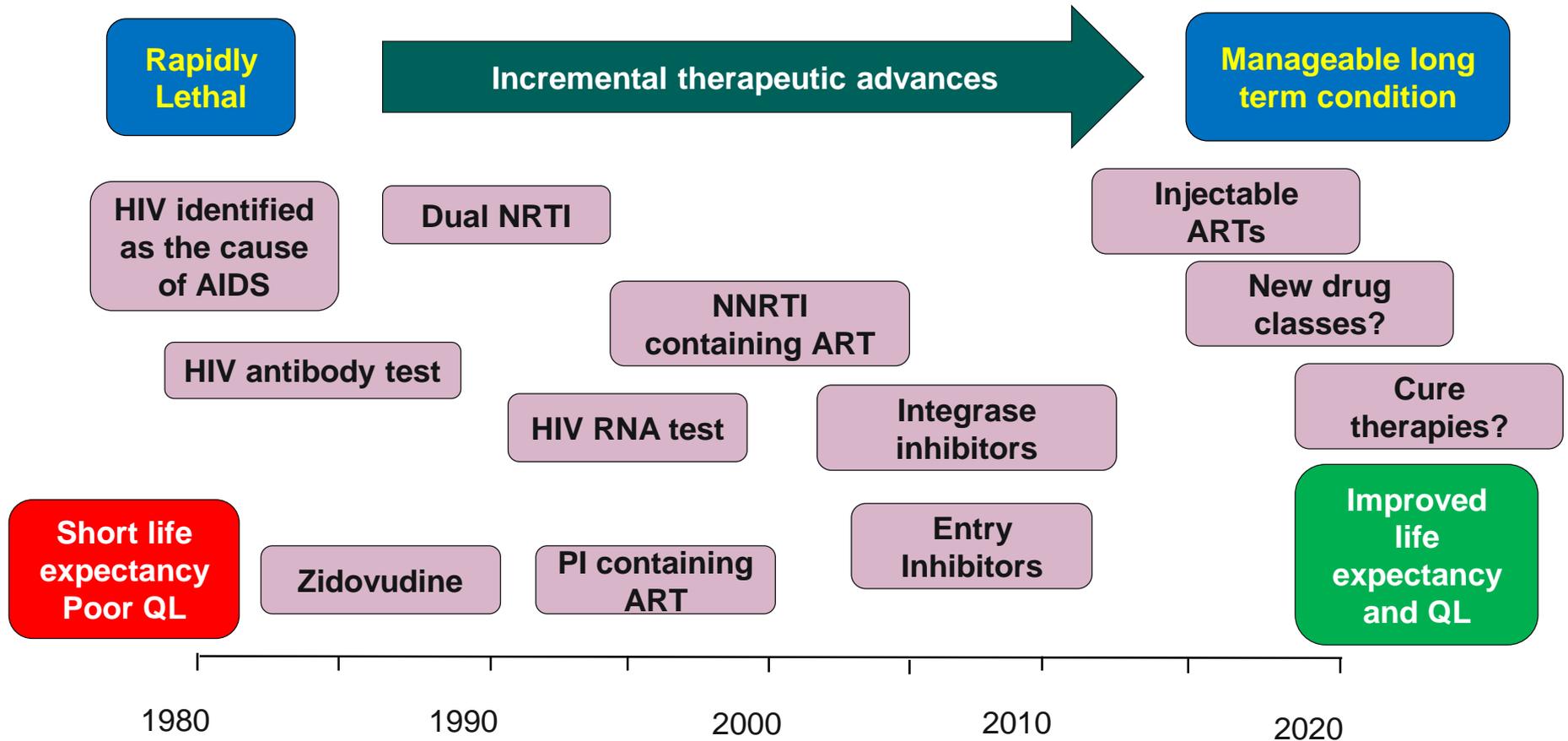
**Senior Lecturer in HIV Medicine and Honorary Consultant Physician  
Brighton and Sussex Medical School**

**Belinda Chihota**

**Epidemiologist and Clinical Researcher  
Centre of Infectious Disease Research in Zambia  
Institute of Social and Preventive Medicine, University of Bern**

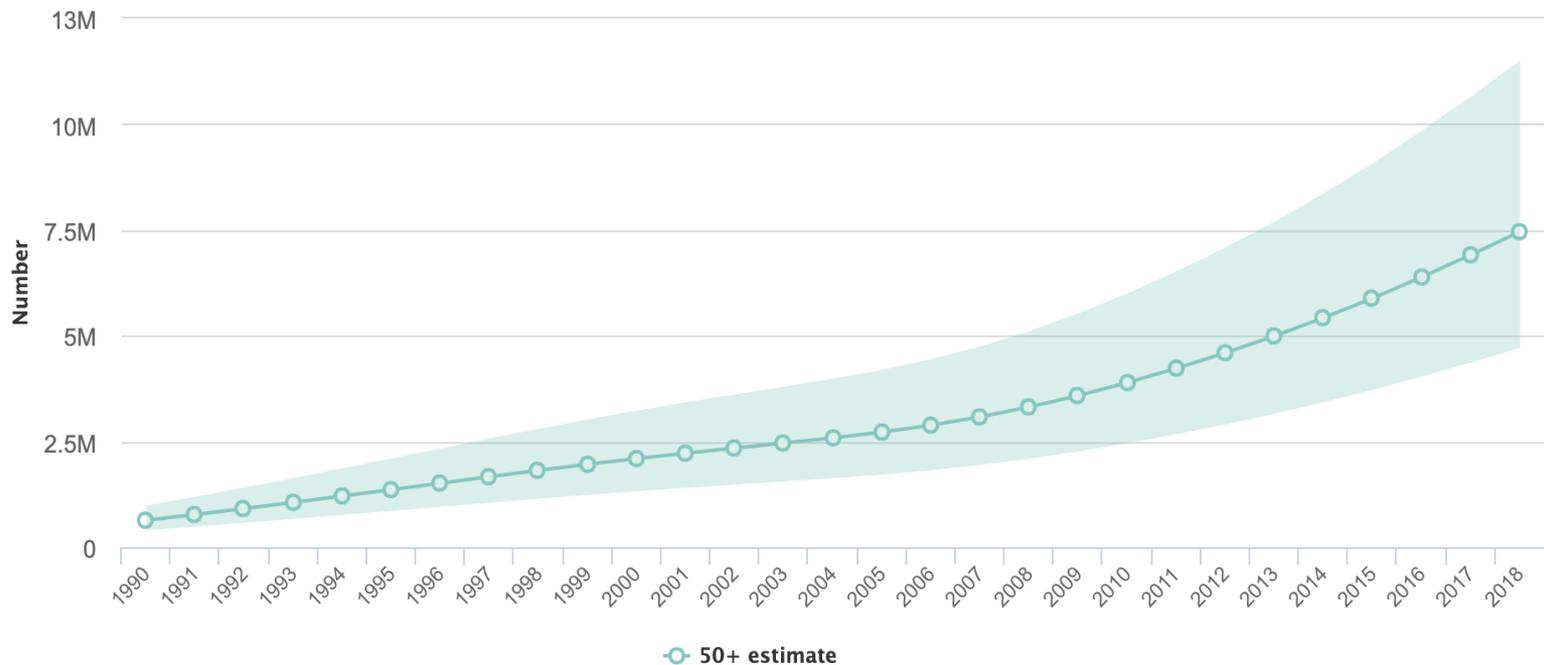


# Evolution of treatment for HIV infection



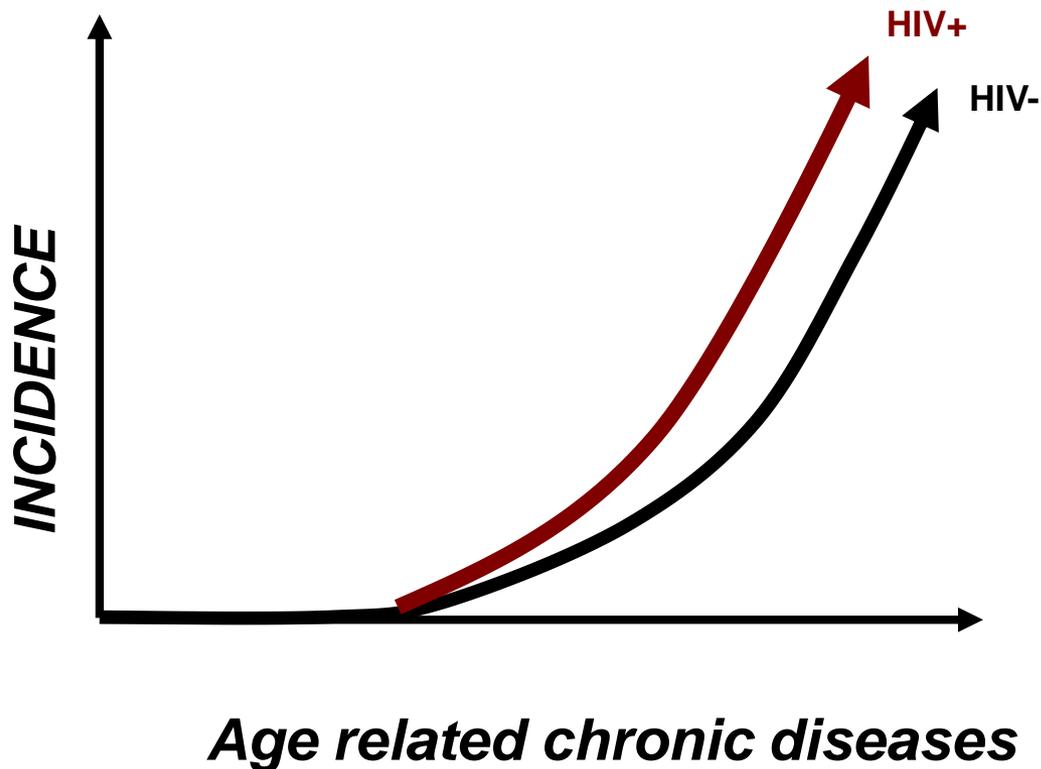
# People living with HIV aged 50+ globally

People aged 50+ living with HIV



Source: UNAIDS 2019 estimates

# Age-related chronic diseases rises exponentially with age



# Common comorbidities among ageing HIV-infected adults

**Cognitive decline**



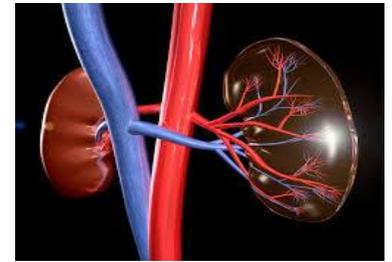
**Cardiovascular Disease**



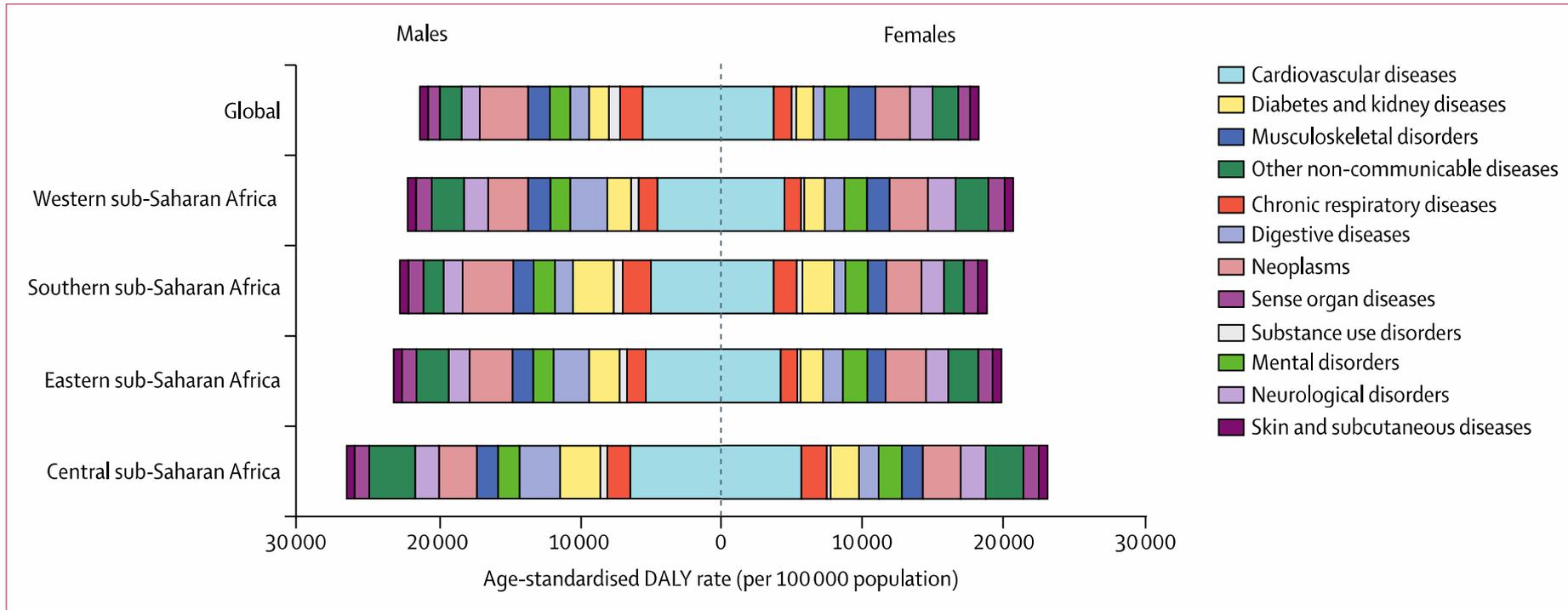
**Liver Disease**



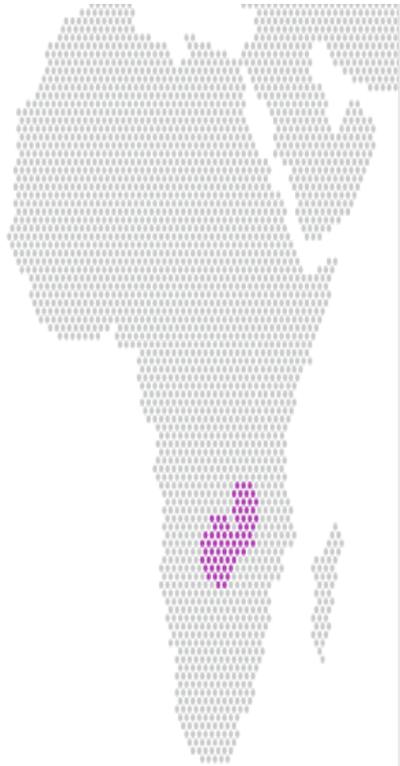
**Kidney Disease**



# Burden of NCD globally and by SSA region: 2017



# Limited data on NCD in people living with HIV



## Zambia (2018)

**1.2m** people living with HIV

**11.3%** adult HIV prevalence (ages 15-49)

**48,000** new HIV infections

**17,000** AIDS-related deaths

**78%** adults on antiretroviral treatment\*

**79%** children on antiretroviral treatment\*

\*All adults/children living with HIV

Source: UNAIDS Data 2019

Patterns of NCDs and associated risk factors?

What conditions should health systems be focussed on?



Health care outcomes of among ageing PLWH in Zambia?

How should health systems screen and managed PLWH with NCDs

# 90-90-90 in Zambia

ZAMBIA

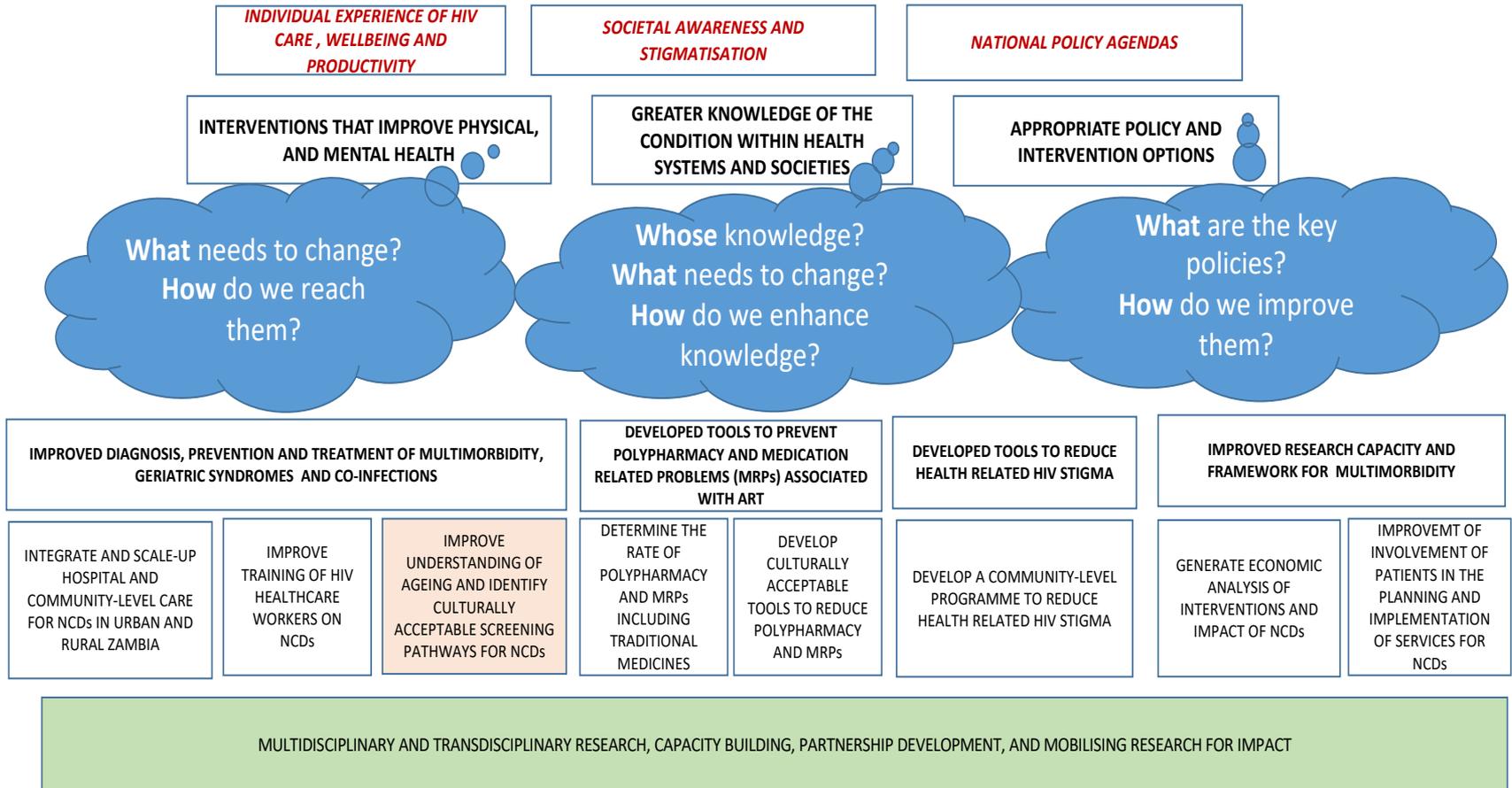
Progress towards 90 90 90 targets (all ages)



Source: UNAIDS Data 2019

**Avert** [www.avert.org](http://www.avert.org)

# Improve health related quality of life of ageing PLWH in Zambia



# IeDEA NCD Study: Prospective Cohort of 1,500 Adults in Zambia and Zimbabwe

NEWLANDS CLINIC, HARARE,  
ZIMBABWE



KALINGALINGA CLINIC, LUSAKA,  
ZAMBIA



# STUDY VISITS AND MEASURES



## 2 Weeks

- Fasting glucose + lipid Panel
- Depression + Anxiety
- Physical Activity
- Diet
- **Qualitative Interview**

## 1 Year

- Repeat all baseline measurements

2019

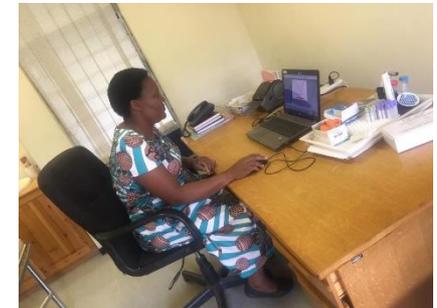
2020

2021

2022

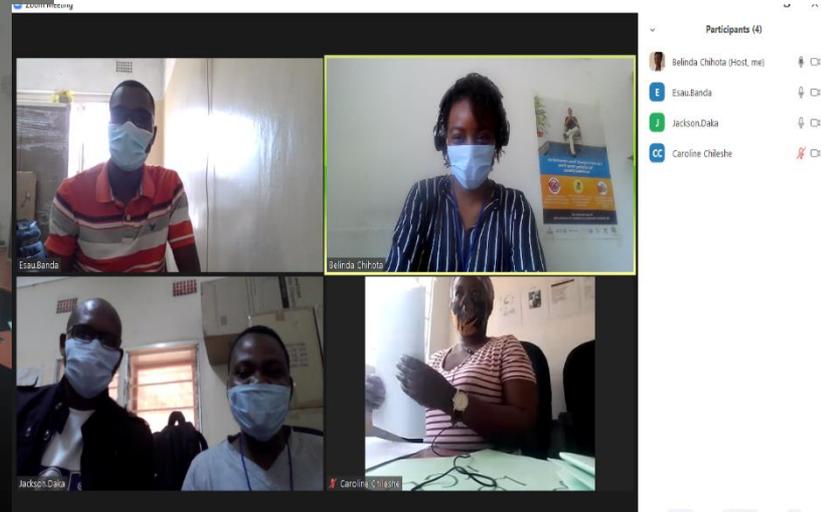
## Baseline

- Blood Pressure
- Height, Weight
- Hip, Waist Circumference
- HIV viral load, CD4+
- Liver + Kidney Function Tests
- Hepatitis Screening
- Socio-Demographics
- Alcohol and Smoking
- **Continuous glucose monitor**



# Research during COVID-19

**IeDEA  
STUDY  
ROOM**  
(NCD-DTG-SSR)  
PLEASE DO NOT  
ENTER WITHOUT A  
FACE MASK



# Thank You!!!



Brighton and Sussex Centre for Global Health Research



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