Integrating Nutrition Interventions into Routine HIV/AIDS Care: Challenges, Solutions, and Lessons Learned from Uganda

The NuLife—Food and Nutrition Interventions for Uganda project, funded through the United States Agency for International Development (USAID), was a three year project (2008-2011) managed by University Research Co., LLC (URC) in partnership with the Uganda Ministry of Health (MOH). In January 2009 the project began providing direct technical support to the 34 health facilities countrywide to integrate nutrition interventions into their HIV/AIDS care, treatment and support services. Later that year, the program scaled up to support a total of 54 sites. The target groups for nutrition interventions were infants aged six months to six years, children aged six to 18 years, adults, and pregnant and postpartum women.

Support to the 54 facilities followed a year of preparation work that included conducting a baseline survey; assessing the capacity and readiness of the sites to implement nutrition interventions; dialoguing with representatives of people living with HIV/AIDS (PLHIV), district officials, and other stakeholders; reviewing and updating resource materials to support nutrition programming; developing policies and guidelines; developing training manuals for comprehensive nutrition care; training national level trainers; and procuring commodities essential for nutrition interventions, including ready-to-use therapeutic food (RUTF), anthropometric equipment, and job aids.

The process of integrating nutrition interventions into routine HIV/AIDS care varied across the 54 sites. As a group, the sites learned valuable lessons in providing nutrition support to PLHIV. This document recounts site experiences, reviews challenges encountered, and explains solutions developed.

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[3] https://www.usaidassist.org/topics/nutrition