

Field story:

How nutrition support my life

Human Development Trust has started a nutritional support to People Living with HIV/AIDS early February 2011 for four month consecutively; one of the beneficiaries is Pius Sabinius (35) who resides at Kanyinya village Mbumba ward, the village was under Rulenge ward before further division of the ward. During identification of PLHIV for nutritional support, Mr Pius was found serious sick with 42 kg and 350 CD4, during an exclusive interview he was quoted saying;

“I was found HIV positive in 2008 after prolonged illness since 2006 when I decided to test for HIV. My health status was deteriorating daily, faced with regular illnesses and could not walk more than a km per day. In attempt to move a long distance I felt dizziness and easily swayed by wind. All my neighbours, friends and relatives counted days for my death, conceived my death whenever reports were made about death occurrence as well stigma from the community members, I was actually close to death. Due to sickness I was affected economically and could not send my children to school. When I recall that time I feel like crying and I am grateful to HDT for what you did to me”



Mr Pius Sabinius before nutritional support

In June, HDT team conducted follow-up visits to evaluate the efficiency of nutritional support. It was so exciting to see the improvement of Mr. Pius Sabinius, he measured 59 kg (The increase of 17 kg) with CD4 count of 480 (an increase of 130 CD4). The rate of opportunistic infection has reduced drastically being observed by low number of hospital visits as compared to visits before support. He has changed completely looking healthier with more energy and so charming one. Currently he has resumed his normal activities as he was quoted saying;



status is revitalized significantly.

“After enrolment for nutritional support and started using it in February 2011, I started observing with time, an average increase of 4 kg per month including CD4 count. Currently no opportunistic infections attack me, I can walk more than 40 km per day to and from CTC and other duties in the market. I have resumed all my normal activities. For sure the nutritional support I received from HDT has recovered my life. Thank you very much for the support once PLHIV under ARV is being given the nutritional support the health

Mr. Pius Sabinius chopping banana for his guest



Human Development Trust with financial support from Elton Joh AIDS foundation has been supporting 169 PLHIV with nutrition supplements in Ngara and Biharamulo districts. Nutritional supplement has improved the health status among PLHIV. Among 169 PLHIV selected for nutritional support, 139 (82%) have improvements in terms of weight increase, 20 (12%) their weight remained constant while 10 (6%) had their weight dropped (see illustration in the chart below). Before the support, weight measurements were taken and taken again after the fourth distribution, we observed a significant change with body weight. Improvement in CD4 count could not be observed for many because the CD4 machine is currently not working. We conclude therefore, nutritional support is effective in revitalizing the health of PLHIV to resume their normal activities.

