

The burden of non-communicable diseases among people living with HIV is Sub Saharan Africa

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- We included **188 studies** from **21 countries**, representing **2,838,350 PLHIV**.
- We found a **high burden of NCDs** among PLHIV .
- Depression: **30.4%** ; Hypertension: **20.1%** ; Diabetes: **5.4%**
- **More countries in SSA** need to determine the burden of NCDs among PLHIV.
- Under represented NCDs were **Cervical cancer** and **Chronic respiratory diseases**.

BACKGROUND

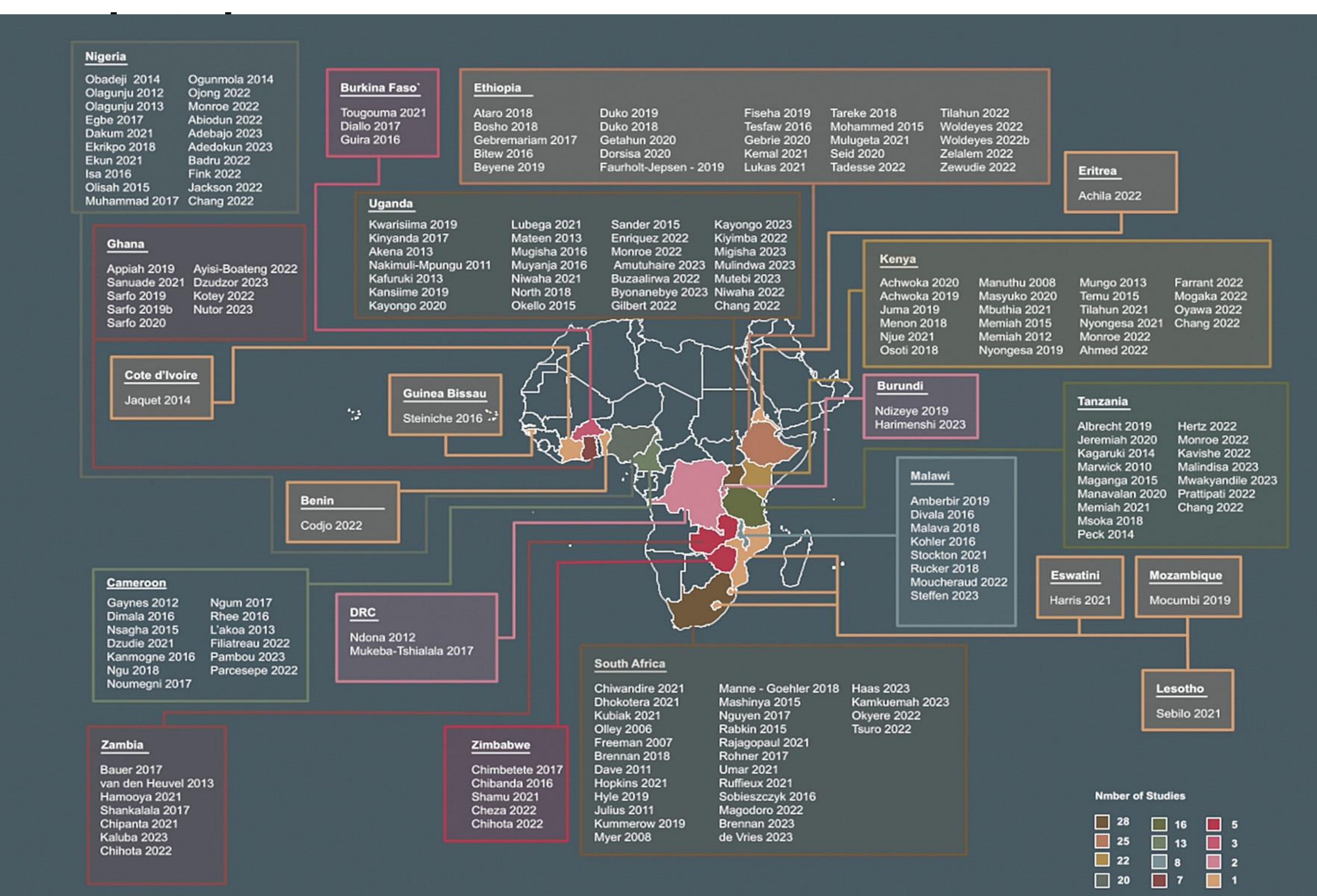
- ❖ Non-communicable diseases (NCDs) are increasing among people living with HIV (PLHIV),
- ❖ Globally, **39.9 million PLHIV** (UNAIDS,2024)
- ❖ East and Southern Africa is home to **20.8 million PLHIV (>50%)**
- ❖ Most **premature deaths (85%)** due to NCDs occur in LMICs.
- ❖ The wide **availability of antiretroviral therapy** has allowed PLHIV to have a longer life expectancy (an opportunity for developing NCDs)
- ❖ We determined the **prevalence of NCDs and NCD risk factors** among PLHIV in SSA to inform **health policy makers** and to **promote integrated HIV/NCD care** at primary health care facilities.

METHODS

- ❖ A **systematic review and meta-analysis**
- ❖ We followed the **PRISMA-20 guidelines** for systematic reviews
- ❖ Comprehensively searched **PubMed/MEDLINE, Scopus, and EBSCOhost (CINAHL)** electronic databases for sources published from 2010 to July 2023.
- ❖ We applied the **random effects meta-analysis model** to pool the results using STATA.
- ❖ **Chi-square & I² statistic:** to measure **Heterogeneity**
- ❖ the **Doi plots** and **LFK index:** potential effect of publication bias on the meta-analysis
- ❖ PROSPERO (registration number: **CRD42021258769**).

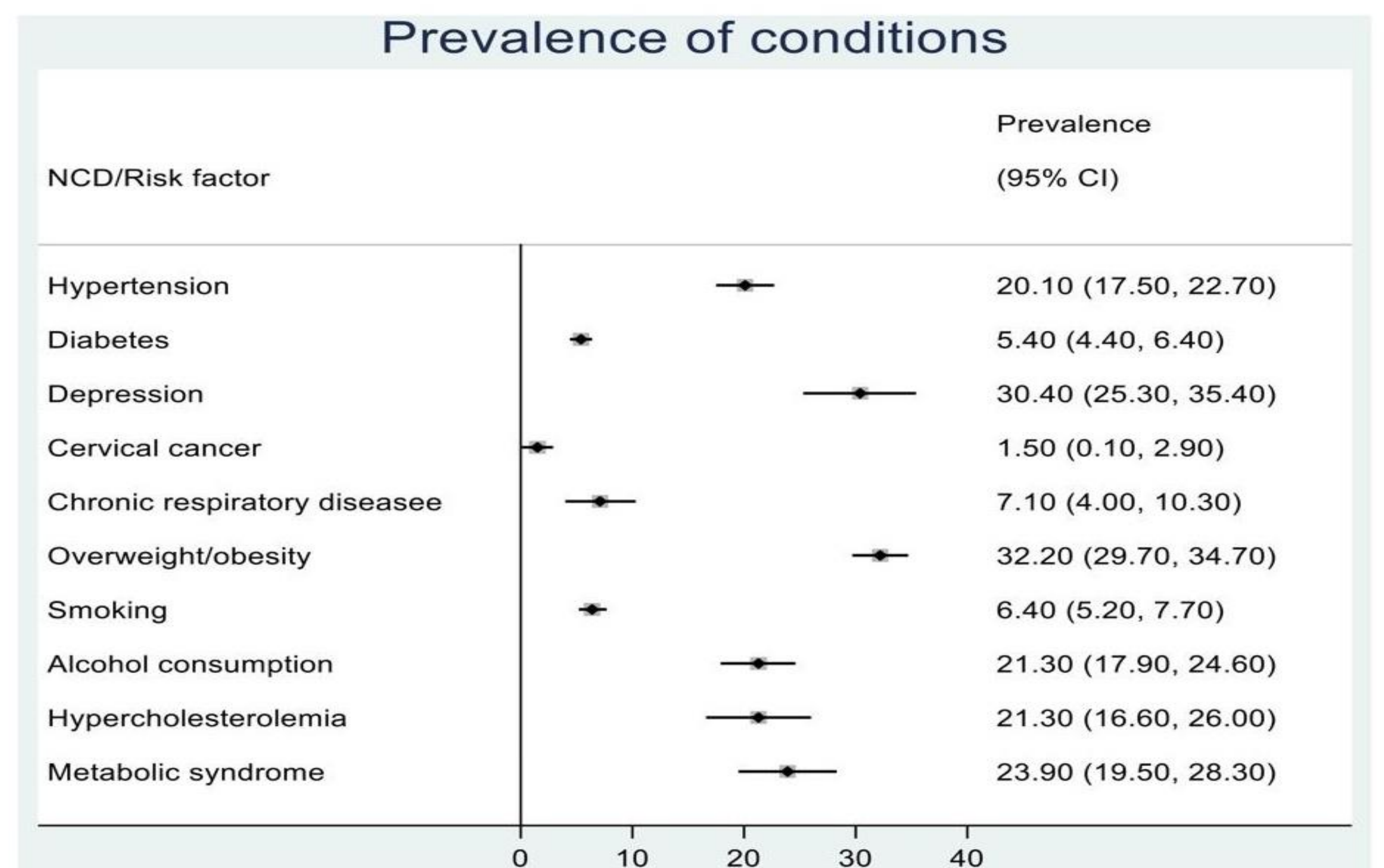
RESULTS

Fig 1: Map showing countries where included studies on the burden of NCD/risk factors among PLHIV in SSA were



RESULTS CONTINUED

Fig 2: Forest plot of pooled estimates generated by meta-analyses for prevalence of selected conditions among PLHIV in SSA



CONCLUSIONS

- ❖ PLHIV have a **high prevalence of NCDs and their risk factors**.
- ❖ We recommend **strengthening of health systems** to allow for improved **integration of NCDs and HIV services** in public health facilities in SSA.
- ❖ **NCD risk factors** such as obesity, hypercholesterolemia, and alcohol consumption can be addressed through **health promotion campaigns**.
- ❖ There is a need for **further research** on the burden of NCDs among PLHIV.
- ❖ Reporting of negative findings should be encouraged to limit the effects of publication bias

ADDITIONAL KEY INFORMATION

- ❖ The study was conducted as part of a larger PhD project.
- ❖ The manuscript was published in the *Eclinical Medicine (Lancet) Journal*: <https://www.thelancet.com/action/showPdf?pii=S2589-5370%2823%2900432-7>
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