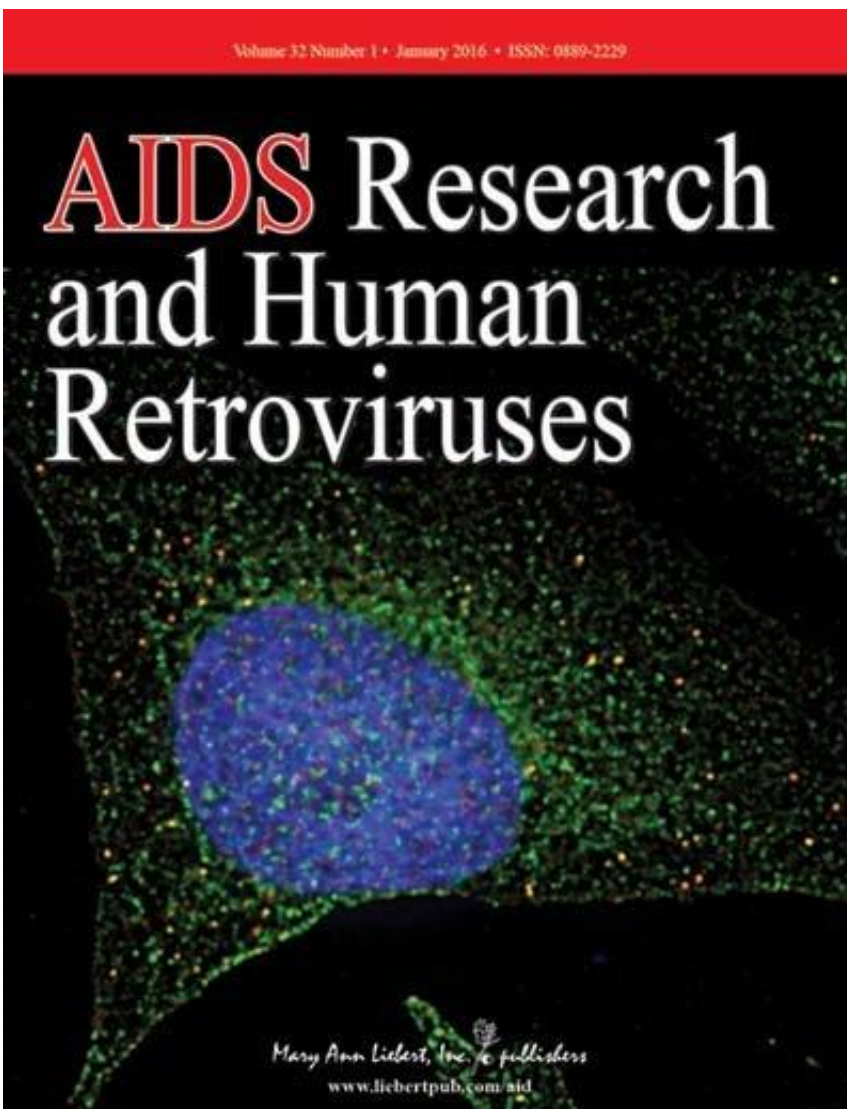


# Obesity and weight gain in HIV-infected adults on antiretroviral therapy: What's the harm?

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Credit: Mary Ann Liebert, Inc., publishers

The percentage of HIV-infected adults who were obese-body mass index >30 kg/m<sup>2</sup>-when they began antiretroviral therapy (ART) doubled over a 12-year period. After 3 years of ART, 18% of adults who were overweight at initiation of therapy had become obese, and 22% of those with a normal BMI at initiation had become overweight, raising their risk of additional health complications, according to a new study published in *AIDS Research and Human Retroviruses*.

John Koethe and coauthors, writing on behalf of the North American AIDS Cohort Collaboration on Research and Design (NA-ACCORD), present the results of a comparison study of weight gain and BMI for HIV-infected and age-, sex-, and race-matched non-infected [adults](#) in North America between 1998 and 2010. The authors report a significantly higher median BMI after 3 years of ART for HIV-infected white [women](#) compared to age-matched, non-infected white women (but no significant difference for HIV-infected men or non-white women) in the article "[Rising Obesity Prevalence and Weight Gain Among Adults Starting Antiretroviral Therapy in the United States and Canada.](#)"

"This is an important piece of the puzzle in the ongoing effort to avoid health complications currently seen in aging HIV-infected populations in North America," says Thomas Hope, PhD, Editor-in-Chief of *AIDS Research and Human Retroviruses* and Professor of Cell and Molecular Biology at Northwestern University, Feinberg School of Medicine (Chicago, IL).

**More information:** John R. Koethe et al. Rising Obesity Prevalence and Weight Gain Among Adults Starting Antiretroviral Therapy in the United States and Canada, *AIDS Research and Human Retroviruses* (2016). [DOI: 10.1089/aid.2015.0147](https://doi.org/10.1089/aid.2015.0147)

Provided by Mary Ann Liebert, Inc

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