

## ABSTRACT

### **Introduction:**

Nutritional support is an integral part of a comprehensive response to HIV/AIDS. Adequate quality nutrient intake can improve antiretroviral absorption and tolerance and thus improve the health and quality of life of HIV infected individuals. The main aim of the study was to assess the nutrition status of HIV positive adolescents attending ART clinic in Jinja Regional Referral Hospital.

### **Methodology:**

A cross-sectional study involving a census of 208 HIV positive adolescents attending Jinja RRH ART clinic was conducted. Quantitative data was collected from HIV positive adolescents using a researcher administered questionnaire and a key informant guide was used to get qualitative data from health workers. Data was entered in Epi-data software and analyzed in Stata software.

### **Results:**

The level of under nutrition by BMI for age was found to be at 4.3% of which 1.4% had severe low BMI for age, 2.9% moderate, 21.2% were at risk of low BMI for age. Being in boarding school (OR 4.695, 95% CI, 0.91- 18.18, P= 0.026), being married (OR 0.1, 95% CI 0.10-1.01, P=0.018) and distance to the facility (OR 0.73, 95% CI 0.54- 0.197, P=0.015) were the factors found to significantly affect the nutrition status of respondents.

### **Conclusion and Recommendations:**

The prevalence of low BMI for age an indicator under nutrition was found to be high among the respondents despite being on ART. Boarding status, distance to health care facility and marital status were the main risk factors for low BMI among the respondents. The study recommends a multi-sectoral approach to design and implement Food and Nutrition programs as part of a comprehensive response to adolescent HIV at different levels. The study recommends a multi-sectoral approach to design and implement Food and Nutrition programs as part of a comprehensive response to adolescent HIV at different levels, approach to design and implement Food and Nutrition programs as part of a

comprehensive response to adolescent HIV.