



World Food
Programme

20
23

**HIV Year in
Review**

June 2024

Despite global efforts spanning four decades, HIV remains one of the world's most serious public health challenges. Globally, there are 39 million people living with HIV, including 1.3 million newly infected people and over 1.5 million children under the age of 14.¹

Hunger, malnutrition, and HIV are inexorably linked in a vicious cycle. Food insecurity and malnutrition are critical and significant risk factors for HIV transmission and treatment interruption. PLHIV are also more likely to suffer loss of income and catastrophic health expenditures, which can then lead to food insecurity.²

In 2023, humanitarian crises continued to exacerbate HIV risks through increased food insecurity, gender-based violence, and health service disruptions. Unsafe conditions and sexual violence, coupled with limited access to HIV treatments due to infrastructure breakdowns contributed to transmission rates. Furthermore, treatment adherence is challenged by food scarcity and loss of essential documents. This complex interplay of factors underscores the need for integrated emergency responses that address health, nutrition, and safety to mitigate HIV vulnerability and ensure continuity of care.

In 2023, WFP directly assisted 346,162 people living with HIV and tuberculosis and their families to meet their essential nutrition needs. This was achieved through transfer of food, cash and individual capacity strengthening transfers, through activities such as general food distribution, treatment of malnutrition, prevention of malnutrition, social and behavior change (SBC), resilience and livelihood support, as well as social protection. Direct implementation of HIV programming spun across all regions worldwide reaching 22 country offices, 11 of which were corporate emergency contexts. WFP's support also included country capacity strengthening in 15 additional countries, which consisted of awareness raising and partnership, policy development and systems strengthening through technical assistance, guidance and training, and evidence generation.

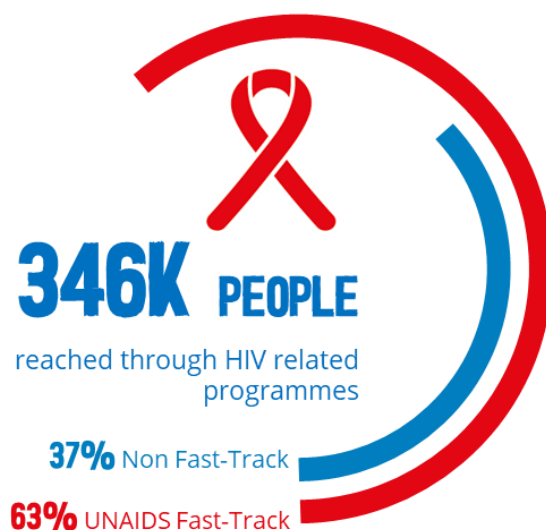
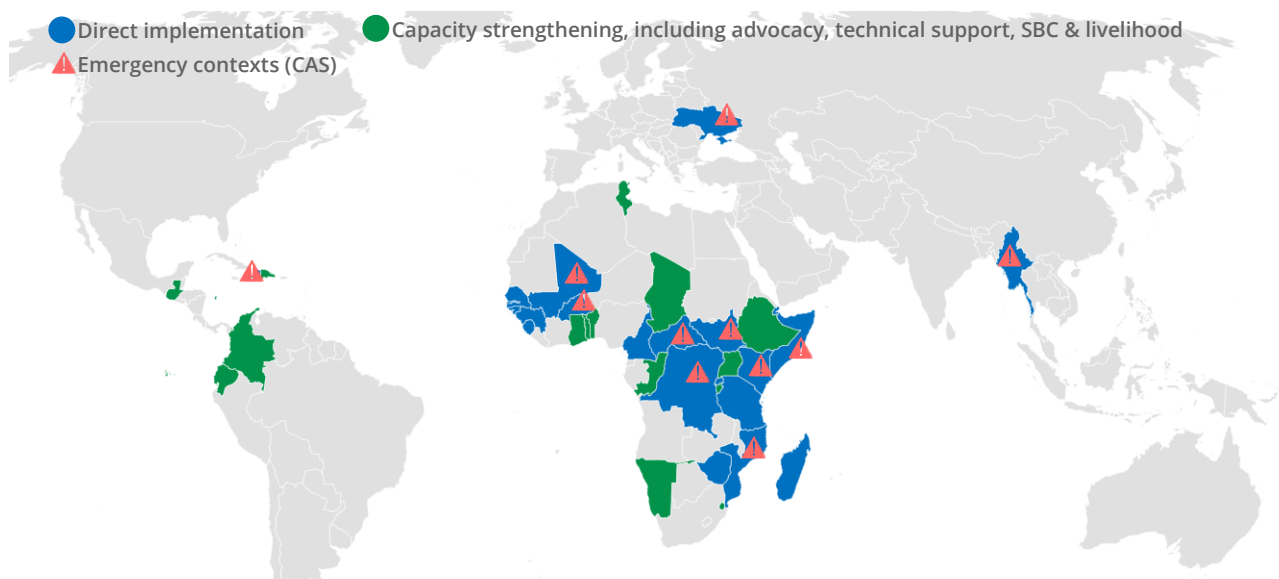


Figure 1: Countries supported by WFP with HIV activities through direct implementation & capacity strengthening in 2023



1 UNAIDS. 2023. [Global Factsheet – World AIDS Day 2023](#)
2 World Bank (2007). [HIV/AIDS, nutrition and food security: what we can do - a synthesis of international guidance \(worldbank.org\)](#)

Evidence-based programming to support to people affected by HIV in emergencies

WFP continues to be at the forefront of emergency response, providing assistance to vulnerable people in crisis contexts, many of which have a high HIV burden. In 2023, WFP provided transfers in the form of food, cash and capacity strengthening to the most vulnerable people living with HIV/tuberculosis and their families in 11 humanitarian, refugee, and other fragile settings. Additionally, WFP conducted targeted and rapid assessments to highlight the impact of emergency crises on people living with and at risk of HIV. These assessments make key stakeholders aware of the unique vulnerabilities faced by HIV-affected households.

HAITI



140K

adults aged 15-49 living with HIV



UNAIDS fast-track country



WFP emergency context

In Haiti, a pilot cash transfer project was implemented to enhance treatment outcomes and the nutritional, social, and economic well-being of nearly 1,500 households affected by HIV. Haiti has the highest HIV prevalence in the Latin America and Caribbean region (approximately 1.7 per cent). In collaboration with a local organization, the pilot provided conditional cash transfers of USD 50 monthly for eight months, contingent on recipients attending monthly medical follow-ups. The project included regular nutrition education sessions to bolster treatment adherence and promote better health outcomes through improved nutrition. **The dropout rate from the cash transfer programme among participants fell from 8 per cent to 1 per cent over the project's duration, enhancing the continuity of antiretroviral therapy.** There was an **increase in viral load suppression among beneficiaries, from 83 per cent at the project's onset to 89 per cent at its conclusion.** Cash transfers play a significant role in improving retention rates of people living with HIV on antiretroviral therapy, while also empowering beneficiaries to invest in income-generating activities to enhance resilience.

MYANMAR



270K

adults aged 15-49 living with HIV



UNAIDS fast-track country



WFP emergency context

WFP extended support to more than 25,500 people living with HIV across seven regions in Myanmar. Notably, the town of Pakokku in Magway Region scaled-up nutrition education and counselling activities for people living with HIV and their caregivers to improve nutritional status and treatment outcomes. To combat low dietary diversity and inadequate consumption of nutrient-rich foods, **WFP introduced fortified rice to its food assistance for HIV/tuberculosis patients in Rakhine State and Magway Region**, aiming to mitigate micronutrient deficiencies amidst escalating food prices. This initiative will be scaled-up in 2024 to additional areas including Yangon, Mon, Kayin, and Kachin states, to further address nutritional gaps.

SOMALIA



WFP emergency context

In Somalia, **WFP initiated a comprehensive study to evaluate the impact of drought on the food security, nutrition, and socioeconomic status of PLHIV on antiretroviral therapy (ART)**. By the end of 2023, the drought's severity had left more than 6 million Somalis facing severe to near-complete food shortages, with 1.7 million in emergency conditions and more than 81,000 at catastrophic or famine levels. Moreover, acute malnutrition impacted approximately 1.4 million children, including 330,000 children severely malnourished. In nearly 61 per cent of the country's districts, critical levels of malnutrition were reported. The study aimed to outline the specific vulnerabilities of people living with HIV amidst this crisis. **Findings revealed a pronounced vulnerability among people living with HIV, with 51 per cent living in households with low dietary diversity and 48 per cent with poor food consumption scores**, significantly higher than non-HIV-affected households. Additionally, the study observed a double burden of malnutrition, with 18 per cent of respondents underweight and 27 per cent suffering from overweight/obesity.

DRC



430K adults aged 15-49 living with HIV



UNAIDS fast-track country



WFP emergency context

As complex and intensifying conflict continue in the Democratic Republic of Congo (DRC), the country is also facing a significant HIV epidemic, evidenced by an estimated 540,000 people living with HIV. People living with HIV in the DRC have heightened food and nutrition requirements, which are frequently unmet during humanitarian crises. WFP together with MoH through the national nutrition programme (PRONAUT), conducted a food security assessment across 21 territories in five provinces. It was found that HIV-affected households expend 68 per cent of their daily budget on food, indicating a critical need for nutritional support, and over 63 per cent of households reported income needs. **As a result of the assessment, WFP was able to scale-up nutrition support and advocate for inclusive social protection within national systems and agendas.**



Capacity and systems strengthening for comprehensive and inclusive programming

WFP partnered with governments and local organizations to build capacity and strengthen systems to advance systematic inclusion of HIV at national levels through the development or revision of safety nets, national policies, strategies and guidelines on nutrition and HIV and the development of other nutrition assessments, counselling, and support tools.

BURKINA FASO



87K adults aged 15-49 living with HIV



WFP emergency context

In its commitment to country capacity strengthening in Burkina Faso, WFP has played a key role in enhancing social protection for people living with HIV. Collaborating with the Permanent Secretariat of the National Social Protection Council (SP-CNPS), **WFP has facilitated access to vital services for people living with HIV through inclusive social protection mechanisms.** This collaboration involved supporting SP-CNPS in the revision of guidelines and the development of training modules focused on inclusive social protection. WFP assisted with the registration of vulnerable people living with HIV into the Unified Social Registry to ensure their enrolment and inclusion in national social safety nets.

TANZANIA



1.6M adults aged 15-49 living with HIV



UNAIDS fast-track country

WFP supported the Tanzanian Ministry of Health, in collaboration with the National Council of People living with HIV in Tanzania to develop a nutrition application called the **Lishe App which provides vital nutrition information to people living with HIV to help prevent malnutrition.** Available on the Google Play Store, the application addresses a crucial gap in the health sector of Tanzania, where the use of mobile technologies for disseminating HIV healthcare information is common, but nutrition information is often overlooked. The Lishe App, co-created with input from peer-led network and other stakeholders, features comprehensive resources on nutrition and HIV information, leveraging technology to support health and nutrition among vulnerable populations.

CAMEROON



450K adults aged 15-49 living with HIV



UNAIDS fast-track country

To ensure more sustainable support for vulnerable people living with HIV, the Cameroon country office integrated such individuals into ongoing food assistance and resilience activities since 2021. Lessons learned from the pilot implementation were used to develop guidance. WFP has continuously worked with the Ministry of Public Health to support targeting and identification of the most vulnerable HIV-affected households in the South-West, East and Adamawa region. **In 2023, more than 3,000 HIV-affected households (over 14,000 people) were integrated into WFP's cash transfer assistance in these regions.** Further, to improve follow-up and nutrition education for beneficiaries, WFP organized trainings for community-based health personnel on feeding and nutrition practices.



NUTRITION & FOOD QUALITY SERVICE

World Food Programme

Via Cesare Giulio Viola 68/70,
00148 Rome, Italy - T +39 06 65131
nutrition@wfp.org

Photo Credits

Cover photo: WFP/Roberto Valussi-Anzul Mult

Page 4: WFP/Vincent Tremeau