DIETARY INTAKE, NUTRITIONAL STATUS AND MORBIDITY PATTERNS OF MALE PRISONERS LIVING WITH HIV AT SELECTED PRISONS IN KENYA

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Declaration

“This proposal is my original work and has not been presented for a degree or any other award in any other University.”

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ABSTRACT

People living with HIV and AIDS face increased challenges in maintaining proper nutrition. HIV negatively affects almost all body systems, which results in recurrent opportunistic infections, weight loss, distribution of weight changes, and death. Dietary intake and consequently nutrition status impacts on HIV either negatively or positively. Within prison settings, barriers exist that limit the ability of prisoners to improve and maintain their health. Male inmates living with HIV are well recognized as vulnerable and socially excluded population, whose acquiring of adequate treatment is greatly affected by poor nutritional status among other factors. The purpose of the study will be to assess the food consumption patterns, nutritional and health status of male prisoners living with HIV at selected GK prisons in Kenya as well as determine the factors that affect the same. The study will use a cross sectional analytical survey with a sample size of 135 male inmates. The study will be carried out on HIV positive male inmates at the 4 selected GK prisons, both on remand and convicted. The subjects will include both those on care (Cotrimoxazole and multivitamins) and on treatment (ARVs) and should have been within the prison walls for the last 3 months. Purposive sampling will be used to select the study population (HIV positive prisoners) and simple random sampling to select the subjects among the HIV positive male inmates in the 4 prisons. The study is aimed at influencing the prison menu to be in line with the nutrition and HIV guidelines in order to improve nutrition care for HIV positive prisoners. An observation checklist will be used to check the food eaten, method of cooking used, amounts served and conditions in which the food is served. A structured questionnaire and FGDs will also be used to collect data. Anthropometric measurements will also be taken on all the subjects. Anthropometric data will be analyzed by use of Epi Info while nutrition data will be analyzed by use of Nutrisurvey. This data will further be analyzed by use of Statistical Package for Social Sciences (SPSS Version 17) software. Association between health and nutrition status will be analyzed by use of regression analysis. Pearson’s Product Moment correlation (r) will be used to analyze continuous data where P -Value <0.05 will be considered significant. Descriptive statistics will be used to describe and summarize data on HIV positive male inmates’ socio economic, demographic characteristics and health factors. Data presentation will be in a form of descriptive statistics, that is frequency tables, cross tabulations, pie charts and bar graphs and appropriate inferential statistics will also be presented.