

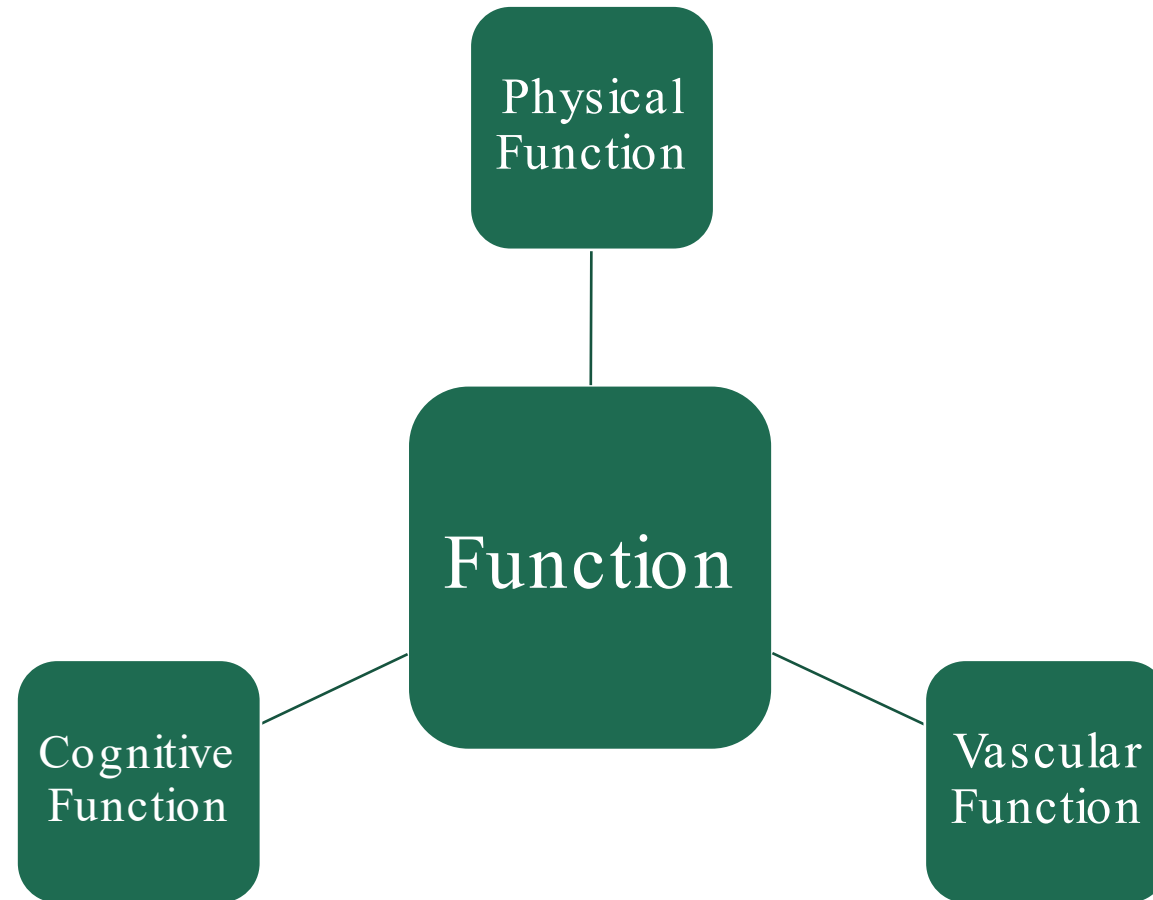
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# Older Adults with HIV... Exercise is Medicine

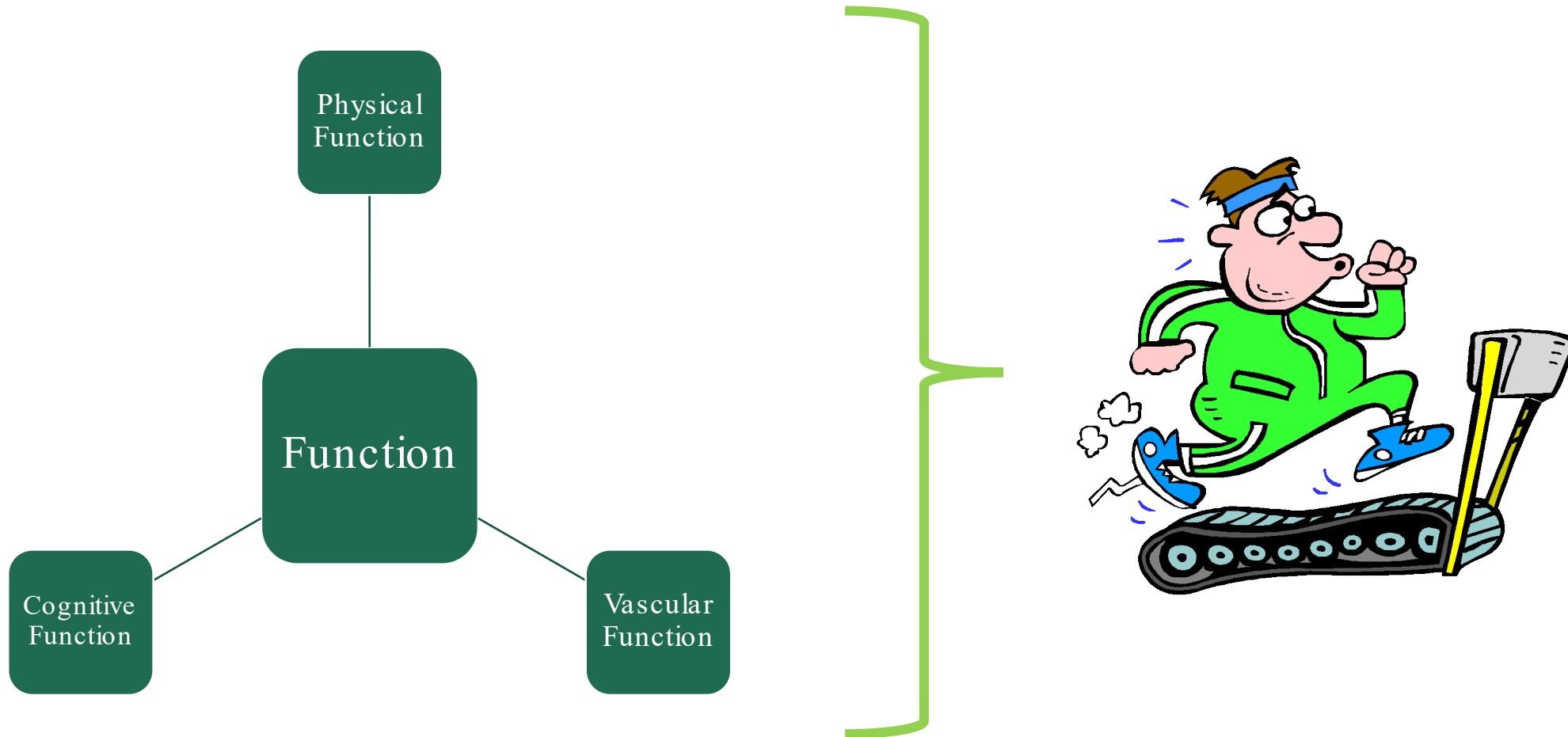
Ray Jones, PhD  
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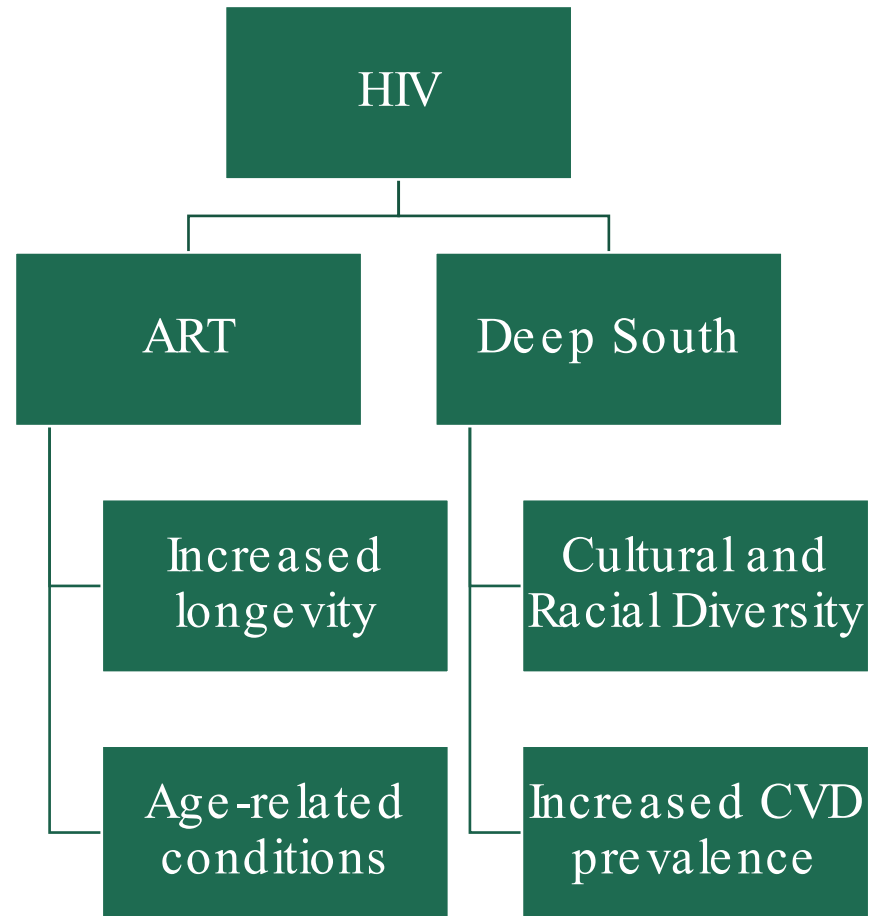
# Research Interests



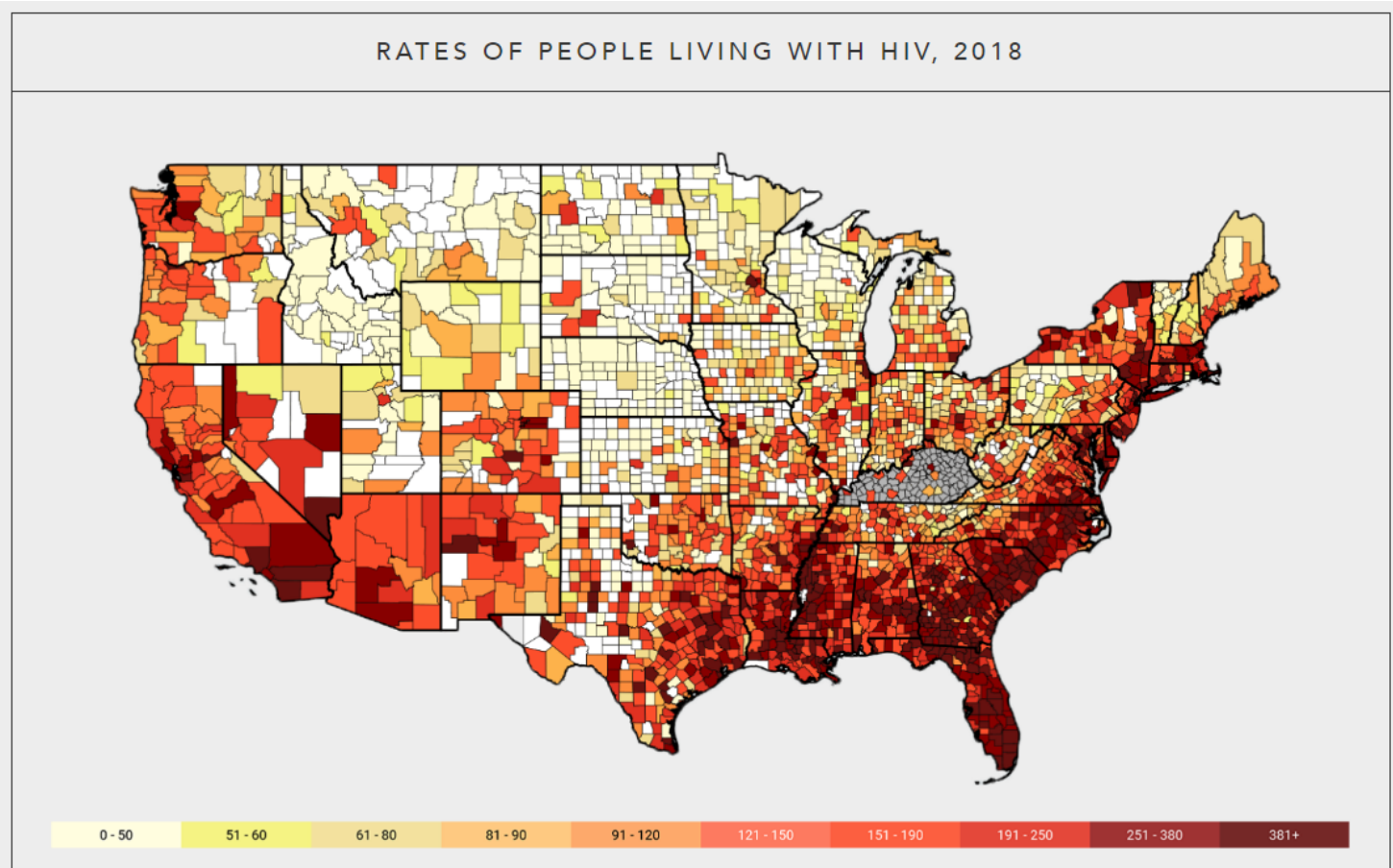
# Research Interests



# State of the Science



# State of the Science

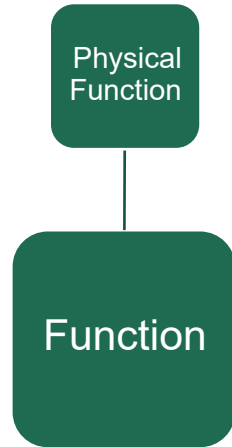


- Nearly half of PLWH are aged 50 and older
- In 2018, individuals aged 50 and older accounted for 17% of the new cases.
- By 2030, over 70% of people with HIV will be older than 50.

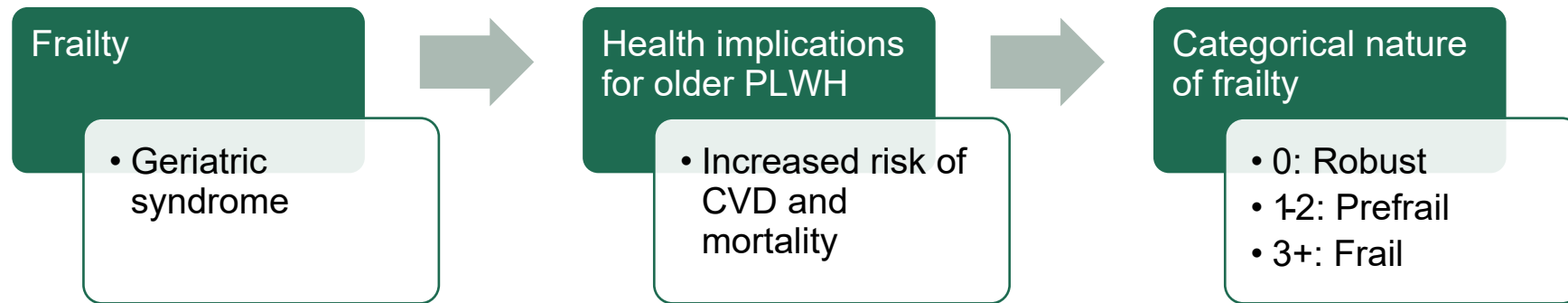
Source: AIDSvu. Rates of persons living with HIV, 2018. Local Data: United States. Map data available through J Med Internet Res, 2020.

<https://aidsvu.org/local-data/united-states/>

# Physical Function Project



- **Cardiometabolic Disease among Frailty Clusters in Adults Aging with HIV**



- UAB Center for AIDS Research (CFAR) Network of Integrated Clinical Systems (R24AI067039)

### 1 Characteristic

- Fatigue
- Weight loss
- Low physical activity
- Low mobility

### 2 Characteristics

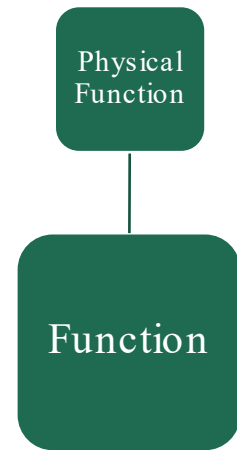
- Fatigue + weight loss
- Fatigue + low physical activity
- Fatigue + low mobility
- weight loss + low physical activity
- weight loss + low mobility
- low physical activity + low mobility

### 3 Characteristics

- Fatigue + weight loss + low physical activity
- Weight loss + low physical activity + low mobility
- Fatigue + low physical activity + low mobility
- Fatigue + weight loss + slowness

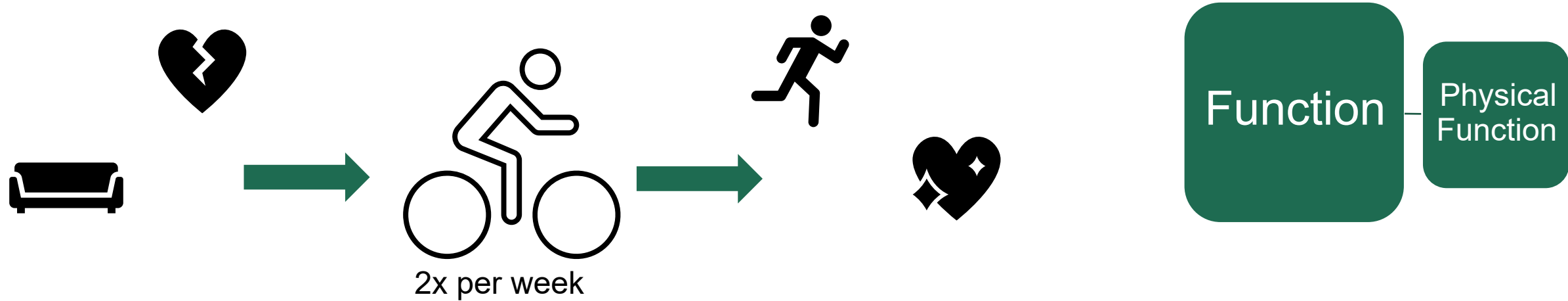
### 4 Characteristics

- Fatigue + weight loss + low physical activity + low mobility



# Physical Function + Exercise Project

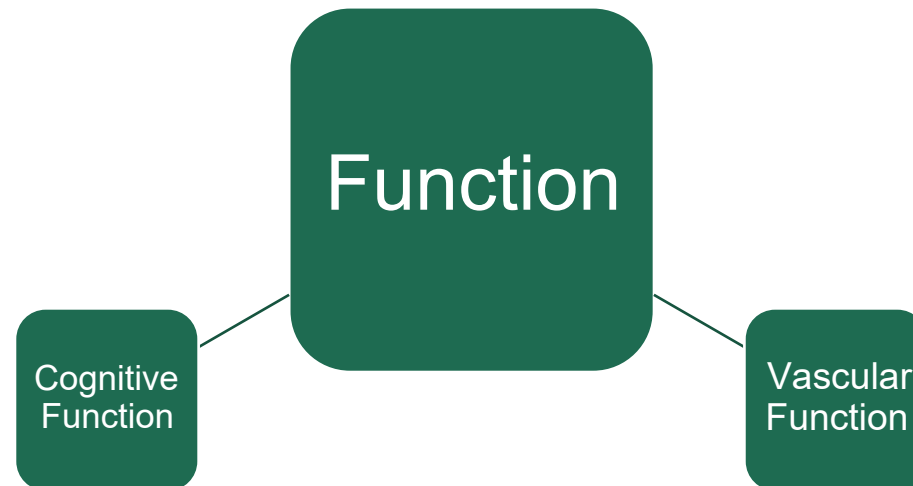
- Feasibility of High-Intensity Interval Training in Older Adults with HIV and Co-Occurring Hypertension



- Funding for this study was provided by/ provided in part by an HIV/Aging Pilot Award under NIA grant # R33AG067069-01.

# What's Next?

- Central Vascular Implications to Cognitive Impairment among Older Adults with HIV



# What's Missing?

## Disparities (Age/Race)

Social Determinants of Health  
Stigma

## Exercise Implications

Barriers/Facilitators  
Viral (inflammatory/immune regulation)  
Psychological

# Acknowledgements

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- UAB Center for AIDS Research (CFAR) Network of Integrated Clinical Systems Pilot Project (R24AI067039)
- HIV/Aging Pilot Award - NIA grant # R33AG067069-01.

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**Thank you!**