Risk Factors Associated With ≥10% Weight Change in Treatment-Naïve and Treatment-Experienced People Living With HIV Initiating or Switching to an NNRTI- or INSTI-Based Antiretroviral Therapy in Four Large Cohort Studies

Introduction

Body weight and BMI are increasing in the general population, as well as in PLWH.1-3 Weight change can be multifactorial; some ART regimens have been associated with weight gain but there are also reports of weight loss.4-6 Factors driving weight changes in PLWH are not well understood.

The aim of this study was to explore risk factors associated with ≥10% weight gain and ≥10% weight loss in PLWH initiating or switching to NNRTI or INSTI ART.

Methods

Objective: To estimate adjusted odds ratios for potential risk factors associated with ≥10% weight gain or loss from baseline to 12 months of follow-up in PLWH initiating or switching from baseline to INSTI- or ART-based ART.