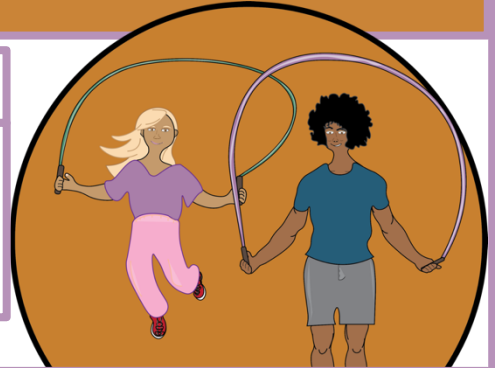


## — Physical Activity in Youth Living with or without HIV —

- Adults with HIV **may be at higher risk** of developing heart disease.
- **Physical activity can lower** the risk of this health problem.
- We looked **at how physical activity changes as children with HIV go through adolescence.**

### — WHO PARTICIPATED —

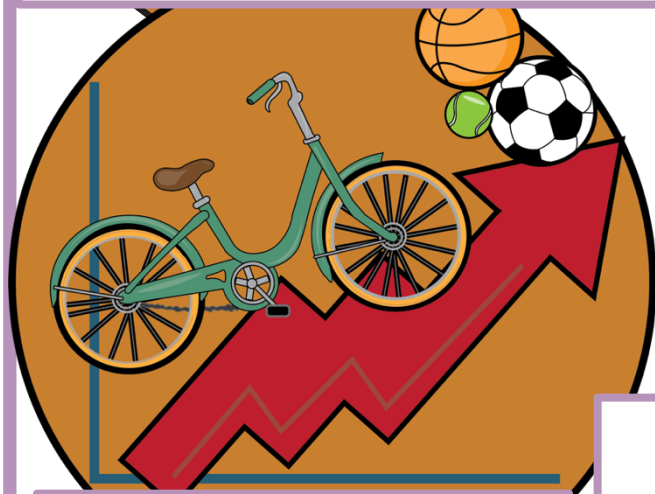
- Children and youth between the **ages of 7 and 19**
- 387 youth with **perinatal HIV (YPHIV)**
- 209 youth who **were exposed to HIV at birth but were not infected (YPHEU)**



### — WHAT WE DID —

- We asked **participants to fill out surveys** about their physical activity during their clinical visits. **On average**, participants completed **three surveys at different ages.**

### — WHAT WE FOUND —



- **Both groups became more active** as they got older.
- **However, YPHIV didn't increase their physical activity** as much as YPHEU.

- **Overall, YPHIV had lower physical activity throughout adolescence.** The difference became more striking as youth reached their late teens.
- More research is needed to **understand** why this happens and how to **encourage physical activity** to lower risk of heart disease.

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Dirajjal-Fargo S, Williams PL, Broadwell C, et al. Brief Report: Youth Living With Perinatally Acquired HIV Have Lower Physical Activity Levels as They Age Compared With HIV-Exposed Uninfected Youth. *J Acquir Immune Defic Syndr*. 2021;87(1):700-705. PMID: 33443964