

## Meeting Point: Good food – good health

### The relevance of nutrition for people living with HIV and AIDS

9 September 2010, Bern



#### **Strategies and experiences of the Bantanai HIV and AIDS Service Organisation, Zimbabwe, a partner of fepa**

Good nutrition can help to maintain and improve the health and the quality of life of people living with HIV and AIDS. It can delay the progression from HIV to AIDS-related diseases. However, good nutrition cannot cure AIDS or prevent HIV infection or be a substitute for antiretroviral treatment. A healthy and balanced diet helps to maintain and improve the performance of the immune system and therefore helps a person to stay healthy. Good nutrition will complement and reinforce the effect of any medication taken.

Farai Mahaso, coordinator of the Batanai HIV and AIDS Service Organisation will share with us experiences and strategies in Zimbabwe. Helena Zweifel, coordinator of aidsfocus.ch and executive director of the network Medicus Mundi Switzerland will facilitate the event:

- How does Batania deal with the demand for a healthy and balanced diet for people living with HIV and AIDS in Zimbabwe, especially in areas with a low resource base and food shortage?
- What role does nutrition play in the support of people living with HIV? How do home based vegetable and herbal gardens contribute to the wellbeing of people living with HIV?
- What does Batanai do on the relevance of nutrition in the AIDS response on the advocacy level?

aidsfocus.ch, the Swiss platform on HIV/AIDS and international cooperation, provides a forum for joint discussion and reflection. aidsfocus.ch is a project organised by Medicus Mundi Switzerland, the network Health for all, and supported by 30 Swiss organisation and SDC. aidsfocus.ch invites all persons interested in the issues of health and nutrition to participate and share ideas and experiences.

Time and venue: 14.15-16.45, c/o Afro-European Medical and Research Network (AEMRN), Neuengasse 8 (4<sup>th</sup> floor), 3011 Bern (5 min. from the station, exit Neuengasse).

Information: [www.aidsfocus.ch](http://www.aidsfocus.ch), [www.medicusmundi.ch](http://www.medicusmundi.ch) and Tel. 061 383 18 10.

Registration: [info@aidsfocus.ch](mailto:info@aidsfocus.ch) (Registration not required, but helps organising)