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Center for Interdisciplinary Research on AIDS
at Yale University

CIRA Talk: "Recommending Physical Activity in the Context of HIV and Substance Use"

Join us on Zoom for this presentation followed by a Q&A session with seminar audience.



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Natural Resources, University of Connecticut

Speaker

Moderator: E. Jennifer Edelman, MD, MHS, Yale School of Medicine

Tuesday, December 14, 2021

2:00 pm – 3:00 pm

Register via Zoom:

<https://bit.ly/3pRv0WJ>

Contact dini.harsono@yale.edu for questions about this event.

Organized by the Center for Interdisciplinary Research on AIDS (CIRA).
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“Recommending Physical Activity in the Context of HIV and Substance Use”

OVERVIEW

Regular physical activity participation improves mental and physical health outcomes among people living with HIV (PLWH). Habitual physical activity also improves substance use outcomes. The exercise dose to elicit these therapeutic benefits among PLWH with substance use (SU) has not been established partially due to the lack of rigor in study designs and the low adherence to exercise in this patient population. An exercise prescription (ExR_x) is the process whereby the recommended amount of physical activity is designed in a systematic and individualized manner in terms of the Frequency (How Often?), Intensity (How Hard?), Time (Duration or How Long?), and Type (What Kind?) or the *FITT* principle. The Center for Interdisciplinary Research on AIDS (CIRA) at Yale University has an interest in learning more about how physical activity can be recommended to improve the heart health of PLWH with SU. Considering this CIRA request, while acknowledging the uncertainty of the exercise dose that elicits therapeutic benefits for this patient population, I will address the following objectives in my presentation: 1) Overview basic definitions and concepts in ExR_x; 2) Discuss an ExR_x that FITTs people PLWH and SU; and 3) Deliberate special considerations in ExR_x for PLWH and SU with a focus on heart health. Takeaways from this presentation will include the need for a higher level of health monitoring, how to integrate multicomponent types of exercise into the FITT ExR_x, and supplementing exercise with self-regulation of biometrics to increase exercise adherence.

SPEAKER

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Dr. Linda S. Pescatello is a Distinguished Professor of Kinesiology at the University of Connecticut (UConn), Storrs. Her research focuses on exercise prescription to optimize health benefits; using exercise combined with behavioral strategies to reduce substance abuse; and genetic and clinical determinants of the response of health-related phenotypes to exercise. Dr. Pescatello is an American College of Sports Medicine (ACSM) Citation Award recipient, was an associate editor of ACSM's *Guidelines for Exercise Testing and Prescription the eighth edition*, was the senior editor of *ACSM's Guidelines for Exercise Testing and Prescription the ninth edition*, and she served as an expert panel and writing team member on an update of the ACSM's exercise preparticipation health screening recommendations published in *Medicine & Science in Exercise & Sport*. Dr. Pescatello recently served as a member of the 2018 Physical Activity Guidelines Advisory Committee, and the working groups of the European Association of Preventive Cardiology and the Council of Hypertension of the European Society of Cardiology Position Statement on Exercise and Hypertension. She has authored 200 manuscripts, four books, and 16 book chapters, and has had numerous UConn, American Heart Association, National Dairy Council, National Institutes of Health, and United States Department of Agriculture-funded grants.