



cira

Center for Interdisciplinary Research on AIDS
at Yale University

CIRA Talk: "Physical Activity among People with HIV"

Join this virtual CIRA Talk for a research presentation followed by
a moderated discussion with audience and Q&A.



E. Jennifer Edelman

Professor of Medicine
Yale Schools of Medicine
Speaker



Dini Harsono

Program Director, Health Services
and Global Research, CIRA
Speaker



Colleen Mistler

Postdoctoral Fellow
Yale School of Medicine
Speaker

Moderator: John Pachankis, PhD
Yale School of Public Health

Discussant: Melinda Irwin, PhD, MPH
Yale School of Public Health

Tuesday, February 6, 2024
1:00 pm – 2:00 pm Eastern

Register via Zoom:
<http://tinyurl.com/5n8dmm2n>

Contact erin.nicholson@yale.edu for questions about this event.

Organized by the Center for Interdisciplinary Research on AIDS (CIRA).
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Trace Kershaw, Ph.D., Principal Investigator.

OVERVIEW

Physical activity is associated with improved health outcomes among people with HIV (PWH). In the recent pandemic context, policies designed to mitigate COVID-19 transmission may result in an increase in sedentary lifestyle and decreased physical activity. In this talk, our team will give a brief overview of our CIRA-funded pilot study “Prevalence and Correlates of Physical Inactivity Among Individuals with HIV During the First COVID 19 Wave”. We will share findings of our analysis on self-reported physical activity and factors associated with physical inactivity during the early phase of the pandemic among a sample of PWH in two HIV clinics in the US Northeast. In addition, our team will discuss our to-date findings from an on-going systematic review that identifies, evaluates, and synthesizes the literature on physical activity interventions tailored to PWH with unhealthy substance use. We will discuss our extensive literature search, data extraction methods, study characteristics, intervention elements, and outcomes variables measured among the 11 included studies. We will also discuss our ideas for next steps and invite suggestions and feedback on developing an intervention to promote physical activity among PWH.

SPEAKERS

E. Jennifer Edelman, MD, MHS, AAHIVS

Professor of Medicine

Yale Schools of Medicine and Public Health

E. Jennifer Edelman, MD, MHS is a Professor of Medicine. She serves as Director of the Clinical and Health Services Research Core at the Yale’s Center for Interdisciplinary Research on AIDS, co-Director of Education of Yale Center for Clinical Investigation, and Associate Director of the Research in Addiction Medicine Scholars Program. Certified as an internist, HIV specialist and in Addiction Medicine, she serves as an HIV provider and the physician consultant in the Addiction Medicine Treatment Program at the Yale-New Haven Hospital Center for Infectious Diseases. Funded by NIH, her research over the past 14+ years has focused on understanding and addressing harms of substance use among individuals with and at substantial risk for HIV. She enjoys applying different methodologies, including observational, interventional, and implementation science-based approaches, and collaborating with clinical, community, and public health-based partners.

Dini Harsono, MSc

Program Director, Health Services and Global Research

Center for Interdisciplinary Research on AIDS (CIRA)

Dini Harsono holds a dual role as a program director at Yale University’s Center for Interdisciplinary Research on AIDS (CIRA), and a researcher in the Edelman’s lab at Yale School of Medicine. At CIRA, she oversees the center’s programs that support HIV health services and global research. She leads the coordination of CIRA’s international research program and HIV/AIDS in humanitarian crises initiatives, and the Yale Global HIV/AIDS Research Network. As a member of the Edelman’s lab, she conducts mixed methods studies in support of clinical trials and other projects that aim to implement and evaluate evidence-based HIV prevention and addiction treatment interventions. Trained in health psychology, her research interests are the behavioral aspects of human health, the socio-ecological factors influencing the uptake of evidence-based practice, and the ethical considerations in research, particularly related to HIV, mental health, and substance use.

Colleen B. Mistler, PhD

Postdoctoral Fellow

Yale School of Medicine

Dr. Colleen Mistler is a post-doctoral research fellow in the Yale School of Medicine, Division of Prevention and Community Research. She received her Bachelors of Science degree in Movement and Sports Studies with a concentration in health education and physical education. As an advocate for 'Exercise is Medicine,' she has developed and implemented physical activity interventions for individuals with cognitive and physical disabilities. To date, Dr. Mistler's research has focused on HIV prevention and adapting behavioral interventions to the profiles of individuals with substance use disorders. Her training in the social aspects of HIV/AIDS, substance use prevention, and health promotion has prepared her for a career addressing health disparities among individuals with HIV and unhealthy substance use.

MODERATOR

John Pachankis, PhD

Professor of Public Health

Yale School of Public Health, CIRA

John Pachankis (he/him) is the Susan Dwight Bliss Professor of Public Health and directs Yale's LGBTQ Mental Health Initiative, which serves as a home for scholarship devoted to understanding and improving the mental health of LGBTQ populations in the US and around the world. His NIH-funded research program examines the efficacy of LGBTQ-affirmative mental health interventions delivered via novel technologies, in diverse settings, and across the spectrum of the LGBTQ community. These treatments have shown often-times strong and sustained reductions in depression, anxiety, suicidality, substance use, and HIV risk across several randomized controlled trials. He has published 150+ scientific papers on LGBTQ mental health and stigma and co-edited the Handbook of Evidence-Based Mental Health Practice with Sexual and Gender Minorities published by Oxford University Press. You can learn more about his research at <https://medicine.yale.edu/lgbtqmentalhealth/>.

DISCUSSANT

Melinda Irwin, PhD, MPH

Professor Epidemiology

Yale School of Public Health

Dr. Irwin is a prominent leader in the field of cancer prevention and survivorship research. Her research over the past 20 years has focused on randomized trials of exercise and weight loss on biological markers, treatment side effects and quality of life in people with diagnosed with cancer. She has received funding from the National Institutes of Health, American Cancer Society, Breast Cancer Research Foundation, American Institute for Cancer Research, Komen for the Cure, and Livestrong Foundation. She is currently leading an NCI-funded clinical trial examining the impact of nutrition and exercise on improving chemotherapy completion rate, endocrine therapy adherence, biomarkers, body composition and quality of life in women beginning chemotherapy for breast cancer, and also leading a newly funded NCI U01 trial of exercise and nutrition on treatment outcomes in women newly diagnosed with ovarian cancer.