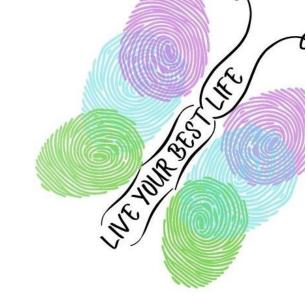
Living Your Best Life: Understanding what it means to live well with HIV



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Before the National Dialogue

Living Your Best Life



A partnership is established between Realize and the CTN CAN LhIVE WELL research team



HIV policy needs to plan beyond viral suppression

What are the multi-level factors affecting the well-being of people living with HIV?

The Research Question: What does wellness mean to people living with HIV in Canada?



Summer 2021 Living Your Best Life goes virtual

Six people living with HIV hired and trained to conduct community consultations to explore the meaning of living well with HIV



Community consultations engaged five communities of people living with HIV:

Middle-Eastern, East/South/Southeast Asian Men Women People with experience of drug use and/or sex work Youth aged 16-29 years old The Francophone community



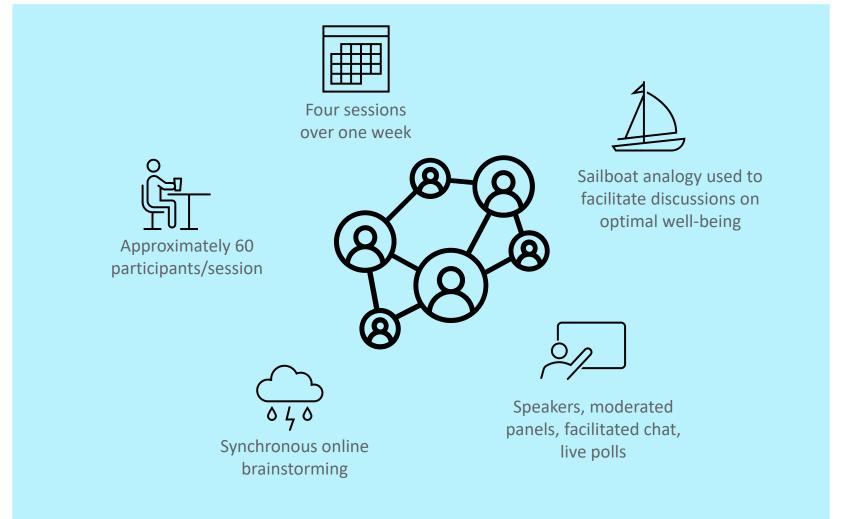
Responses were analyzed and informed the agenda for the National Dialogue



An Engaging Virtual National Dialogue

Living Your Best Life





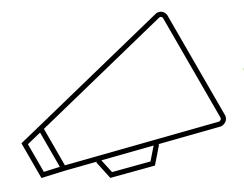
Six Themes Emerged as Central to Well-being in LYBL BEST YOUR LIVING LIFE Culture is MEDICINE ... Individualized & Unique Approaches to Wellness Different in each person and changes over our LIFE JOURNEY ... HEALING ... CLUTAR LOO IMPORTANT CONTRIBUTOR TO WELLNESS Next Steps important "New knowledge is old knowledge to new people" Take direct action to COMBAT STIGMA, to ask US Involve community MEANINGFULY... Circle of Courage BUSY, then we need 60 minutes a day understand their discrimination & systemic racism ... We need to sit in NATURE for MUHI-level POSITIVE HEALTHY ACTIONS .. INCLUSIVE & equitable spaces and services BASIC NEEDS PRE-REQUISITE Strengths-based Indigenized transformative Move BEYOND research laction led by Indigenous women FINDCE different components of a CLINICAL FOCUS to view & address wellness Move Research to Action through PRACTICE and POLICY CHANGE Wellness should be conceptualized more wholistically ... compreherrave... Broad... Wholistic... Feople living with HIV should have access Take an Intersectional Wellness Approach emotional to a 'menu' of wellness supports based on community-defined needs Wholistic Acknowledge Approach to Wellness ₫ Individuals build a wellness Social Determinants of Wellness each person's Measure and address QUALITY OF LIFE DIFFERENT& OVERLAPPING Go beyond just measuring & addressing strategies 'toolbox' Also includes social/personal identifies & its sexual health HIV care outcomes impact on their wellness Gay Men's Hub realize FOSTERIA BRILLIANCEMASTERY.COM (1) Multi-level Having Community Conceptualize positive one's basic Well-being Culture is a is an well-being healthy needs met is unique to broadly and contributor important actions are is a precontributor cursor needed

COVID-19 was frequently referenced across LYBL, both for its direct impact on the health of people living with HIV and because the pandemic illustrated existing structural inequities that limit wellbeing for people living with HIV.

Calls to Action & Next Steps

Living Your Best Life





When defining wellness and responding to wellness needs, **involve community meaningfully,** starting with understanding what community wants

Take an intersectional approach to wellness, acknowledging that each person embodies multiple social/personal identities and these intersect to impact their wellness. Combat racism and other stigmas to ensure inclusive and equitable spaces and services

Address the basic needs (housing, income, food etc.) of people living with HIV as a pre-requisite to optimal well-being

Move beyond a clinical focus on HIV to address wellness more wholistically

COVID-19 has provided policy makers, health practitioners, and researchers with an opportunity to consider wellness more wholistically and engage PLWHIV to formulate responses at the individual, community, and structural levels.