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Background

Research Setting

- Focus groups conducted at University of Alabama at Birmingham and University of Mississippi Medical Center

Unmet Need

- Black females with HIV are disproportionately at risk for cardiometabolic and cardiovascular diseases
- Lack of engagement in exercise among Black females with HIV
- Low participation of Black females in clinical trials evaluating exercise interventions

Theoretical Framework

TDF Domain	Definition & Impact	Barriers	Facilitators
Knowledge	Understanding benefits and guidelines for physical activity	Information gaps; unfamiliarity with HIIT	Enhanced awareness through education
Skills	Required techniques and abilities for exercise	Improper use of equipment; pacing issues	Routine development; behavior integration
Social/Professional Role	Influence of personal and work attributes on exercise	Disconnected community	Positive identity reinforcement; community support
Beliefs about Capabilities	Beliefs in physical, mental ability to exercise	Lack of flexibility, poor self-efficacy	Confidence in new routines
Beliefs about Consequences	Perceived effects of lifestyle choices	Fear of injury	Exercise as mitigation for health issues
Intentions	Motivation and readiness levels	Internal motivation deficits	Prioritization of health
Memory, Attention, Decision Processes	Cognitive influences on exercise	Cognitive barriers	Supportive cue systems
Environmental Context	External factors affecting exercise ability	Weather, costs, facility access issues	Accessible facilities, supportive policies
Social Influences	Impact of social interactions on exercise	Stigma, discrimination	Encouragement from peers and providers
Emotion	Emotional states influencing exercise	Anxiety, depression, fear	Improved mood from regular exercise
Reinforcement	Incentives for participating in exercise	Lack of perceived benefits	Recognized physical/mental health benefits
Behavioral Regulation	Ability to maintain an exercise routine	Routine establishment difficulties	Systematic routine integration

Project Aims

Aim 1: Identify factors (barriers and facilitators) and mediating SDOH associated with the willingness to participate in the HEALTH study among eligible Black females with HIV at the UMMC site.

Aim 2: Identify factors (barriers and facilitators) and mediating SDOH associated with the willingness to engage in the HEALTH study among enrolled Black females with HIV at the UAB site.

Outcomes

Anticipated Results

- Insights into barriers and facilitators.
- Increased trial participation and retention
- Improved cardiometabolic health in Black women with HIV

Reporting Findings

- Presentations at community events and conferences
- Publications in peer-reviewed journals

Key Messages

Community Engagement

- Engage regularly
- Develop culturally relevant communication methods

Capacity Building

- Train local healthcare providers and community leaders
- Establish community health programs

Sustainable Practices

- Create a framework for community feedback
- Secure funding for continued implementation

Community Impact

Key Partners

- UAB Center for AIDS Research (CFAR)

Public Health & Societal Impact

- Health Education Resources: This study highlights the barriers and facilitators to participating in clinical trials among Black PLHIV, particularly emphasizing the role of SDOH and exercise behaviors in managing hypertension and improving health outcomes.
- Public Health Practices: These findings offer the potential to tailor existing health programs, enhancing engagement strategies that promote participation in clinical trials and support healthier exercise behaviors for Black PLHIV.

References



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