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Sedentary Behavior in People Living With HIV: A Systematic Review and Meta-Analysis


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Background:

Sedentary behavior is independently associated with an increased risk of poor mental health, developing cardiovascular disease (CVD) and premature mortality. Despite the knowledge that CVD is one of the leading causes of non-AIDS related premature mortality in people living with HIV (PLWH), relatively little attention has been attributed to sedentary behavior in this population. The aims of this meta-analysis were to (a) establish the pooled mean time spent sedentary, (b) investigate predictors of sedentary levels, and (c) explore differences with age- and gender-matched healthy controls.

Methods:

Two independent authors searched major databases until August 2016. A random effects meta-analysis was performed.

Results:

Across 6 unique cross-sectional studies, including 9 sedentary levels, there were 523 (292 men) PLWH (age range = 37 to 58 years). PLWH spent 533 min/day (95% CI = 466 to 599) engaging in sedentary behavior. There was a trend ($P = .07$) for higher levels of sedentary behavior in self-report measures (551 min, 95% CI = 543 to 560, $N = 4$) than in objective sedentary behavior time (505 min, 95% CI = 498 to 512, $N = 3$). The time PLWH spend engaging in sedentary behavior is among the highest levels reported in the literature.

Conclusions:

Given that sedentary behavior is an independent predictor of CVD, future lifestyle interventions specifically targeting the prevention of sedentary behavior in PLWH are warranted.


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