- Food insecurity is prevalent among people living with HIV infection, and yet many people who experience food insecurity are prescribed antiretroviral therapies (ARTs) that require food.
- Individuals taking ART regimens that require food are significantly more likely to be non-adherent to treatment.
- Individuals taking ART regimens that require food are significantly more likely to have poorer HIV suppression.
- After controlling for potential confounding factors, receiving ART that requires food is significantly related to poorer ART adherence and unsuppressed HIV.
- People living with HIV who are food insecure likely experience multiple facets of poverty that challenge their medication adherence, but food insecurity is the only such factor that is directly related to the pharmacokinetics of some antiretroviral medications.

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