

Social network practices

Family & peer support; organised religion;
PLHIV networks; formal & informal health care providers

Healthy lifestyles

Nutritional
diet/supplements
Safe sex; cessation of
sexual contact

Psychological practices

Religiosity & spirituality
Positive attitude towards living
with HIV

Physical health practices

Herbal remedies
Non-ART medicine
CD4 cell count testing

Health Status

Physical health
Immunological status

HIV mortality

HIV Morbidity

