Only 26% of US Men and 19% of US Women meet recommended aerobic and muscle-strengthening physical activity (PA) guidelines. Evidence suggests PA as a promising alternative to reduce alcohol use and misuse. People living with HIV (PLWH) have low PA rates and higher drinking rates than the general population. PLWH are 2-4 times more likely to use alcohol than the general population. Among PLWH, alcohol misuse can cause a decreased function of the immune system, increased susceptibility to comorbid diseases, and interference with antiretroviral adherence, leading to exacerbation of HIV symptoms.

To measure the association of PA and alcohol use in a national population, results were generated from 2017-2018 surveys (n=5,839). The stratified age results suggest that intervening to increase PA may be more effective on Black adults than those under the age of 50. Those who did not typically engage in PA showed decreased likelihood for binge drinking. Overall, non-Hispanic white participants are more likely to meet PA guidelines (for cardio exercise) than non-Hispanic Black and other race participants (both Hispanic and non-Hispanic). White participants are significantly more likely to engage in physical activity and binge drink than Black participants.

The stratified age results suggest that intervening to increase PA may be of benefit among the older adults. When considering race, the results suggest intervening on Black adults may be of benefit. However, we continue to explore the data to provide additional insight for PLWH.