

**WEIGHT GAIN IN PEOPLE WITH HIV**

**Select DHHS and IAS–USA Guideline Recommendations**



**DHHS Guidelines**

UPDATED  
SEPTEMBER 25, 2025

**Guidelines for the Use of ARV Agents in Adults and Adolescents With HIV<sup>1,\*</sup>**

**SECTION ADDED: WEIGHT GAIN IN PEOPLE WITH TREATED HIV**

- Weight gain after ART initiation is common. ART initiation should not be delayed because of concerns for weight gain (AIII), and ART should not be interrupted or discontinued because of weight gain (AIII)<sup>†</sup>
- ART selection, whether for initiation or switch, should be based on optimization of virologic suppression **Specific antiretrovirals should not be selected to prevent or reduce weight gain (AII), as available evidence suggests this strategy is ineffective<sup>‡</sup>**



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**IAS–USA Guidelines**

PUBLISHED  
DECEMBER 1, 2024

**ARV Drugs for Treatment and Prevention of HIV in Adults: 2024 Recommendations of the IAS–USA Panel<sup>2,\*</sup>**

- Changing regimens because of weight gain (evidence rating: BIIa) is not recommended<sup>‡</sup>



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\*Please see the full DHHS and IAS–USA guidelines for a complete list of recommendations.

<sup>†</sup>Rating of recommendations: A=Strong. Rating of evidence: II=Data from well–designed nonrandomized trials or observational cohort studies with long–term clinical outcomes; III=Expert opinion.<sup>1</sup>

<sup>‡</sup>Strength of recommendation: B=Moderate panel support for the recommendation. Quality of evidence: Ia=Evidence from 1 or more randomized clinical trials published in the peer–reviewed literature.<sup>2</sup>

ART, antiretroviral therapy; ARV, antiretroviral; DHHS, US Department of Health and Human Services; IAS–USA, International Antiviral Society–USA.

**References:** 1. Panel on Antiretroviral Guidelines for Adults and Adolescents. Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents with HIV. Department of Health and Human Services. Updated September 25, 2025. Accessed October 20, 2025. <https://clinicalinfo.hiv.gov/sites/default/files/guidelines/documents/adult-adolescent-arv/guidelines-adult-adolescent-arv.pdf>  
2. Gandhi RT, Landovitz RJ, Sax PE, et al. Antiretroviral drugs for treatment and prevention of HIV in adults: 2024 recommendations of the International Antiviral Society–USA Panel. *JAMA*. 2025;333(7):609–628.

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