



ATN 174: The Balance Study

Study Description

This study is testing whether adding a **once-weekly injectable medication** (semaglutide) to a supportive **app-based lifestyle program** helps improve **weight and heart health** more than the app-based program alone.

The app-based lifestyle program includes:

- **Live virtual coaching** on healthy eating and physical activity scheduled through the app
- Tools to **track health behaviors** using wearable device
- Support for **building skills, setting goals, and staying motivated**

The study will also look at how these approaches affect:

- **Blood pressure** and **cholesterol**
- **Mental health** and well-being
- **Substance use** and daily habits

Participants will:

- Take part in a **virtual lifestyle coaching program** over several months
- Be **randomly assigned** (like flipping a coin) to:
 - Lifestyle program only, or
 - Lifestyle program plus weekly semaglutide medication
- Attend **study visits** and **complete surveys**
- **Use an app** to track health behaviors and receive feedback

The study will follow participants for about 8 months to understand changes over time.

Who may be eligible?

The study is designed for adolescents and young adults (ages 13–24) who are diagnosed with HIV, currently receiving HIV treatment, and are overweight or obese.

Why is this study important?

Young people with HIV are increasingly experiencing weight gain and changes in body fat that raise their risk for heart disease later in life. These changes can be caused by a mix of factors, including daily habits, stress, HIV medications, and overall health.

Healthy eating, physical activity, and counseling are important for weight management, but on their own they often lead to only small improvements. New medications, such as **semaglutide (a GLP-1 medication)**, have been shown to help people lose weight and improve heart health, but have not been well studied in adolescents and young adults with HIV.

This study aims to better understand **how to support healthy weight and heart health in youth with HIV** using a combination of medication and app-based lifestyle support.

Ultimately, the **findings could guide how healthcare providers support young people with HIV in maintaining healthier weight** and overall well-being across their lives.

Where is the study enrolling?

Coming soon

ClinicalTrials.gov Information

Coming soon

Questions? Contact Us!

Site:

Project Lead:

Email:

Phone Number: