Waging War Against HIV: Prevention is Key

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Overview

The Numbers
The Reasons
What Can We Do
Partnerships and Service
Closing Statement
Q&A

Disclaimer: The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Understanding the Issue
Human Immunodeficiency Virus

• HIV can be transmitted through blood, vaginal fluid, and pre-seminal fluid and semen.

• HIV is transmitted from one person to another:
  – Through unprotected sex (anal, vaginal, or oral sex without a condom) with a person who has HIV.
  – By sharing needles, syringes, or other injection equipment with a person who injects drugs and has HIV.
  – Through pregnancy, birth, or breastfeeding.
How Do I Know That I Have It?

- Getting an HIV test is the only way to know if you have HIV.

- CDC recommends that providers in all health care settings make HIV testing a routine part of medical care for patients aged 13 to 64, unless the patient declines (opts out).

http://www.cdc.gov/hiv/basics/whatishiv.html
How Do You Protect Yourself Against HIV?

- HIV is entirely preventable.
- Best ways to protect yourself: Abstain from sex and practice mutual monogamy.
- If sexually active – use condoms correctly each time you have sex.
- Reduce your number of sex partners.
- If you inject drugs, use clean needles and never share them.
- If you have been diagnosed with HIV: Seek Treatment Early and Stay in Treatment.

http://www.cdc.gov/hiv/basics/whatishiv.html
Pre-exposure prophylaxis (PrEP)

- Pre-exposure prophylaxis (or PrEP) is when people at very high risk for HIV take HIV medicines daily to lower their chances of getting infected.

- PrEP can stop HIV from taking hold and spreading throughout your body. It is highly effective for preventing HIV if used as prescribed, but it is much less effective when not taken consistently.

https://www.cdc.gov/hiv/basics/prep.html
Is There A Cure for HIV?

- No effective cure currently exists for HIV. But with proper medical care, HIV can be controlled.

- Treatment for HIV is called antiretroviral therapy or ART. If taken the right way, every day, ART can dramatically prolong the lives of many people infected with HIV, keep them healthy, and greatly lower their chance of infecting others.

https://www.cdc.gov/hiv/basics/prep.html
The Numbers
HIV Diagnoses in the United States for the Most-Affected Subpopulations, 2015

https://www.cdc.gov/hiv/group/gender/women/index.html
Summary

- The number of new HIV diagnoses among women declined 40%, 2005 -2014.
  - 42% among African American women, 35% among Latina women, and 30% among white women.

- The number of new HIV diagnoses among African American gay and bisexual men increased 22%, 2005-2014; stabilized, increasing < 1% since 2010.

- The number of new HIV diagnoses among all Hispanic/Latino gay and bisexual men increased 24%, 2005-2014 with 87% increase among young Hispanic/Latino gay and bisexual men (aged 13 to 24).
  - The number of new HIV diagnoses among young gay and bisexual Hispanic/Latino men increased 16% from 2010 to 2014.

https://www.cdc.gov/hiv/group/racialethnic/africanamericans/index.html
https://www.cdc.gov/hiv/group/racialethnic/hispaniclatinos/index.html
Summary – HIV Incidence, 2008-2014

- Declined 18%, 2008-2014
- Declined in all transmission categories except MSM
  - 36% decline among heterosexuals
  - 56% decline among people who inject drugs
  - Highest in Black/African American MSM, relatively stable 2008-2014
  - Increased 22% in Hispanic/Latino MSM
  - 18% decline in white MSM and young (13 –24 years) MSM
  - 25% increase among MSM aged 25-34 years

Sing S, Song R, Satcher Johnson AS, McCray E, Hall HI. HIV Incidence, Prevalence and Undiagnosed Infections in Men Who Have Sex With Men, CROI, February 14, 2017
Lifetime Risk Of A Diagnosis of HIV Infection, US

- Males: 1 in 68  
  - Females: 1 in 253
- Men
  - Blacks/African Americans – 1 in 22
  - Hispanics/Latinos – 1 in 51
  - Whites - 1 in 140
- Females
  - Blacks/African Americans – 1 in 54
  - Hispanics/Latinas – 1 in 256
  - Whites – 1 in 941

Rates of Adults and Adolescents Living with Diagnosed HIV Infection
Year-end 2014—United States and 6 Dependent Areas

N = 970,319               Total Rate = 360.0

American Samoa 0.0
Guam 55.1
Northern Mariana Islands 12.6
Puerto Rico 567.3
Republic of Palau 22.8
U.S. Virgin Islands 642.1

Note. Data include persons with a diagnosis of HIV infection regardless of stage of disease at diagnosis. Data are based on address of residence as of December 31, 2014 (i.e., most recent known address).
Reasons for Disparities

Not all women with HIV are getting the care they need.

Get the facts.
Structural and Contextual Factors

- Background Prevalence of HIV and other STIs
- Assortative Partner Selection Patterns
- High Risk Sexual Networks
- Higher Incarceration Rates – disrupt social and sexual networks
Structural and Contextual Factors

- Immigration status and language barriers
- Stigma and discrimination - discourage individuals from seeking testing, prevention, and treatment services
- Barriers to timely access and use of medical and social services

HIV Infection — United States, 2008 and 2010 Supplements November 22, 2013 / 62(03);112-119
http://www.cdc.gov/mmwr/preview/mmwrhtml/su6203a19.htm?s_cid=su6203a19_w
What Is Needed

• Break down barriers to HIV care and treatment to ensure HIV-infected persons are virally suppressed
• Support campaigns to promote HIV testing and treatment
• Identify the pathways through which structural and contextual factors affect HIV prevention, transmission, treatment and care

CDC. Vital Signs: HIV Diagnosis, Care, and Treatment Among Persons Living with HIV — United States, 2011 MMWR Weekly Report, November 28, 2014 / 63(47);1113-1117
What Can Individuals and Communities Do?
What Can Individuals Do

- Individuals
  - Get tested
  - Get the facts
  - Get talking
  - Be safe
  - Talk to your partner and encourage him to know his status
  - If sexually active – practice mutual monogamy; use condoms each time you have sex
  - Ask about other prevention methods like PrEP
  - If positive, get treatment early and stay in care
What Can Communities Do?

- Keep the conversation going – increase awareness!
- Use social platforms to lend your voice to the conversation.
- Create safe spaces in our homes, schools and places of worship to talk openly and honestly about HIV.
Partnerships Are Important
Partnering and Communicating Together to Act Against AIDS (PACT)

Funded partnership between the Centers for Disease Control and Prevention (CDC) and some of the nation’s leading organizations representing the populations hardest hit by HIV and AIDS

https://www.cdc.gov/actagainstaids/partnerships/pact.html
Expanding Sexual Health Curricula to HBCUs – National HBCU Initiative
Dr. Virginia Banks-Bright – HIV and Hepatitis C Committee
Ms. Jo Valentine and Mr. David Johnson – Division of STD Prevention, CDC

- **Clark Atlanta University** (through Spelman College)
- **Lane College** - training peer facilitators on August 12-13, 2017
- **Morehouse College** – training campus champions in July 2017
- **Morgan State University** – training date to be determined
- **North Carolina A&T State University** – training on Aug 9-11 2017
- **Rust College** - training peer educators on July 21-23, 2017
- **Savannah State** – training date to be determined
- **Spelman College** – training in prep
- **Tennessee State University** – training in prep
Health and Human Services: National HIV/AIDS and Hepatitis C Initiative

HIV in African-American Women: What We Know and How to Prevent It
This presentation will describe the reasons (i.e., social, environmental and contextual factors) for the disproportionate rates of HIV infection among African-American women. It will also highlight key HIV prevention efforts and the importance of community mobilization efforts in reducing HIV risk.

Tuesday, October 25 @ 9 p.m. ET - Register
Who should attend? Area and Chapter Chairs and Co-Chairs of HHS and National Trends, including all Link members involved in healthcare. (All members are invited to attend these timely topics.)

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HIV Infection Among Women in the United States: What Do the Numbers Tell Us?
The presentation will explain the numbers of women living with HIV in the U.S. and the factors that may contribute to African-American women having higher numbers than other groups of women. We will also discuss current recommendations for HIV testing and prevention opportunities.

Tuesday, November 15 @ 9 p.m. ET - Register
Who should attend? Area and Chapter Chairs and Co-Chairs of HHS and National Trends, including all Link members involved in healthcare. (All members are invited to attend these timely topics.)

Know Disparity, Stigma and Fear - Get Woke to Address STDs
Mr. David Johnson, Division of STD Prevention, CDC
Activities
Activities

- Community Forums – increase awareness and testing
- Provider Education – cultural competency
- Youth Awareness and Education Activities
- “Healthy-ware” Celebrations around Awareness Days
- Twitter chats, Thunderclaps
- Webinars
Hypothetical Project: For Discussion

Pumps and Purpose: Healthy You, Healthy Us

- The goal of this project is to improve health outcomes (e.g., viral suppression) among women living with HIV (WLWH).

- The objectives of the project are to increase attendance at medical visits and adhere to medical advice among WLWH.
Pumps and Purpose - How

- Create partnerships and seek funding
- Must honor all confidentiality and IRB (human subjects) requirements
- Strategies – based on a Needs Assessment
- Needs Assessment Outcomes
  - Provide educational training, e.g., entrepreneurship, interviewing skills
  - Donate clothing, toiletries, personal care services
  - Donate oral health services
  - Assist with transportation needs
  - Provide healthy nutrition workshops/exercise
  - Provide social support
Pumps and Purpose - What

- Monthly 1-hour workshops over 6 month period
- Pre- and Post-test assessment
- # appointments attended and adherence to medical advice (self-report)
- Collaborate with partnering organization to conduct evaluation
## Logic Model – for discussion

### Pumps and Purpose: Healthy You, Healthy Us

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Strategies and Activities</th>
<th>Short-Term Outcomes</th>
<th>Intermediate Outcomes</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>educational training, clothing, toiletries, personal care services, oral health services, transportation needs, healthy nutrition workshops/exercise</td>
<td>Conduct six one-hour workshops over 6 month period Provide clothing, toiletries and personal care services Provide 6 vouchers to submit monthly transportation needs</td>
<td>Increased attendance at medical appointments Increase adherence to medical advice</td>
<td>Virus under control (virally suppressed) Improvements in BP, weight Improvements in nutritional habits Improvements in employment</td>
<td>Improve health outcomes among women living with HIV</td>
</tr>
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Act Against AIDS

View Resources List for Health Care Providers

The Prevention IS Care Resources List for Providers offers health care providers quick access to guidelines, information, and tools organized by topic.
Keep The Conversation Going!

• HIV is completely preventable.
• More tools than ever to win the fight against HIV, but we must commit to use them. Tell the story!
  • Testing and awareness of status are critical.
  • Benefits of early treatment, linkage and retention in care
  • PrEP
ACKNOWLEDGEMENTS

• Dr. Jonathan Mermin, Director, National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention (NCHHSTP)

• Dr. Eugene McCray, Director, Division of HIV/AIDS Prevention (DHAP)

• Dr. John Brooks, Senior Medical Advisor, Office of the Director, DHAP
Thank You To The Links, Incorporated For the Opportunity to Present

- Mrs. Anne Turner Herriott, Southern Area Director
“The challenge is to become part of the struggle, to make a positive difference.”

Dr. David Satcher