

The HIV Epidemic in the South

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Outline

- ▶ Define HIV
- ▶ Misconceptions about HIV
- ▶ State of the HIV Epidemic in the South
- ▶ Statistical Data of HIV in the South
- ▶ Factors Driving the HIV Epidemic in the South
- ▶ Addressing HIV In Rural and Suburban Communities
- ▶ Strategies Toward Ending HIV
- ▶ Impact of HIV
- ▶ HIV and Youth



What is HIV?

A virus that attacks the body's immune system.

If HIV is left untreated, it can progress to AIDS.

There are highly effective medicines that can keep virus levels low.



Misconceptions about HIV

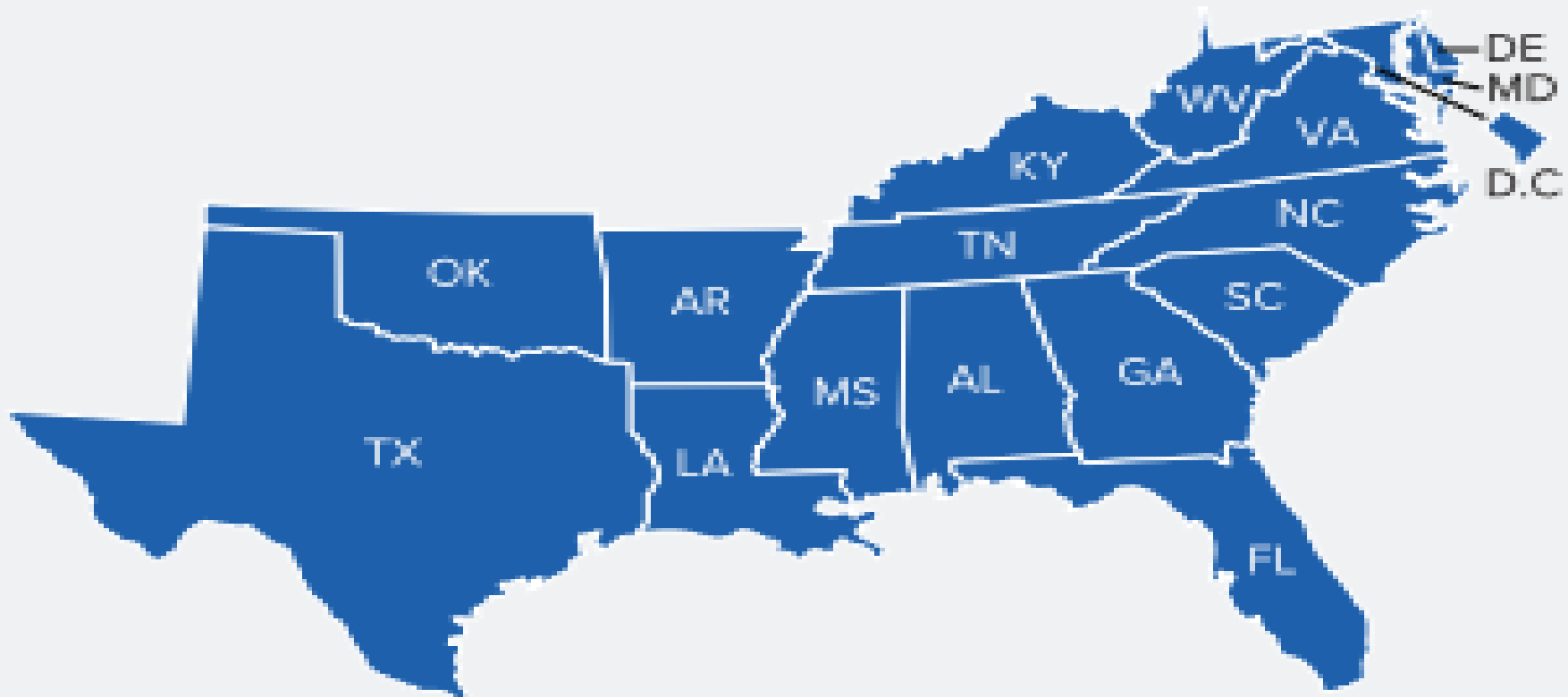
- ▶ HIV will automatically spread to an unborn baby
- ▶ You don't have to use a condom if both partners have HIV
- ▶ Unprotected sex is fine since we both tested negative for HIV
- ▶ HIV cannot be transmitted through oral sex

Misconceptions about HIV

- ▶ HIV can spread through saliva, sweat, tears, and toilets
- ▶ You can get HIV from mosquitoes or other insects
- ▶ You can't spread the virus if you're taking antiretroviral treatment
- ▶ HIV/AIDS is a death sentence

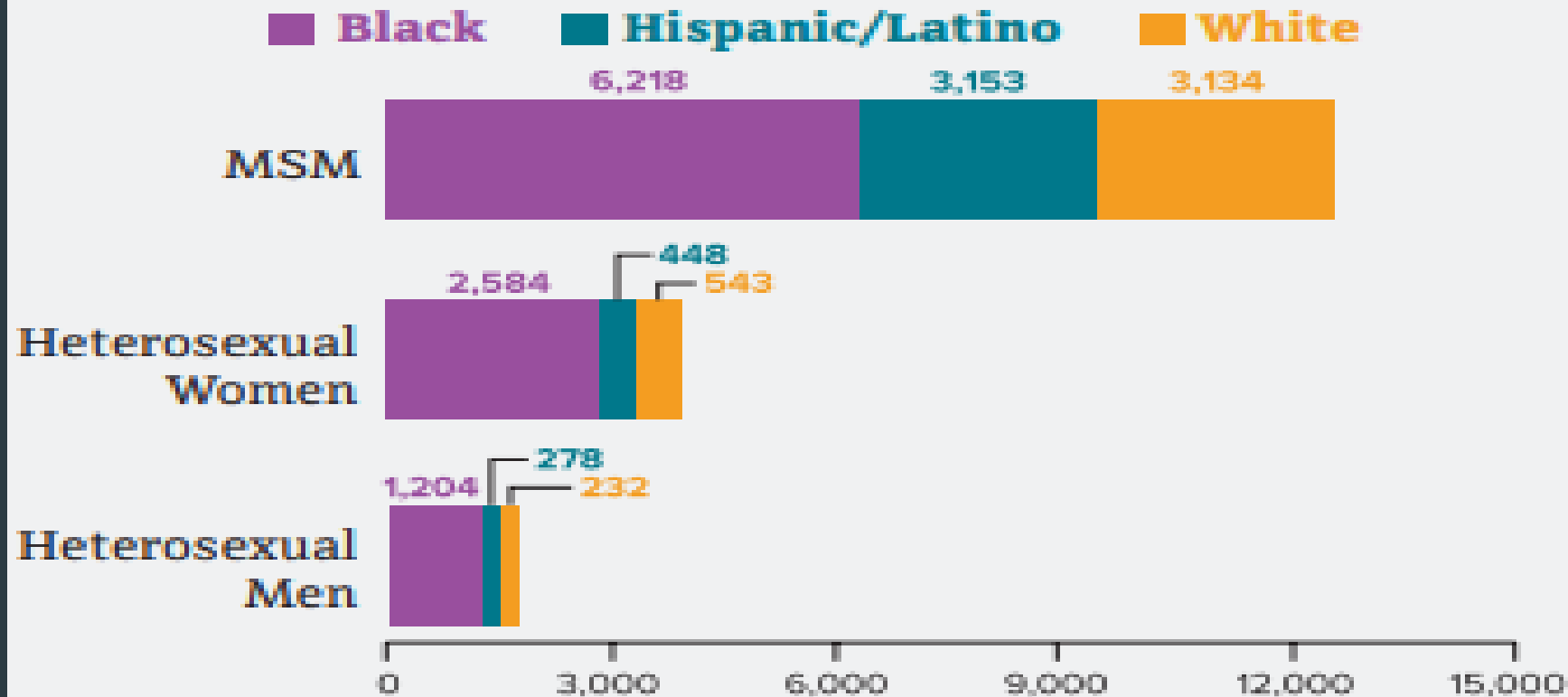
HIV in the Southern United States

Southern states bear the highest burden of HIV, accounting for 52% of new HIV diagnoses.



HIV Epidemic in the South

New HIV Diagnoses, Southern United States, 2017^{7,*}



* Includes the three most affected racial/ethnic groups in each category

Newly Diagnosed Cases in the South

New HIV Diagnoses

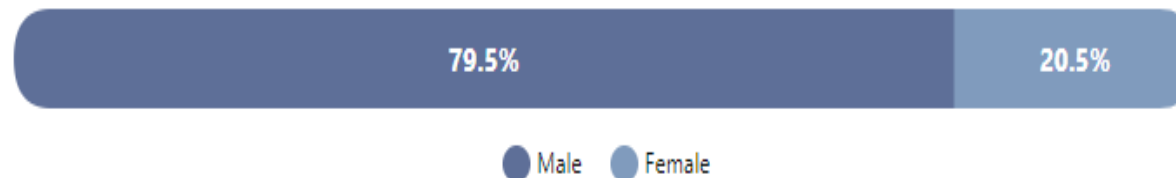
Number of new HIV diagnoses, 2018

19,422

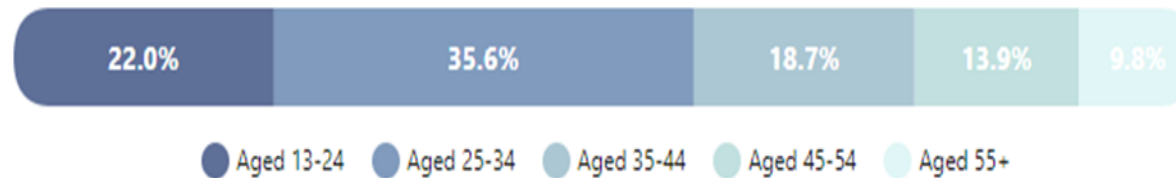
Rate of new HIV diagnoses per 100,000 population, 2018

19

Percent of people newly diagnosed with HIV, by Sex, 2018



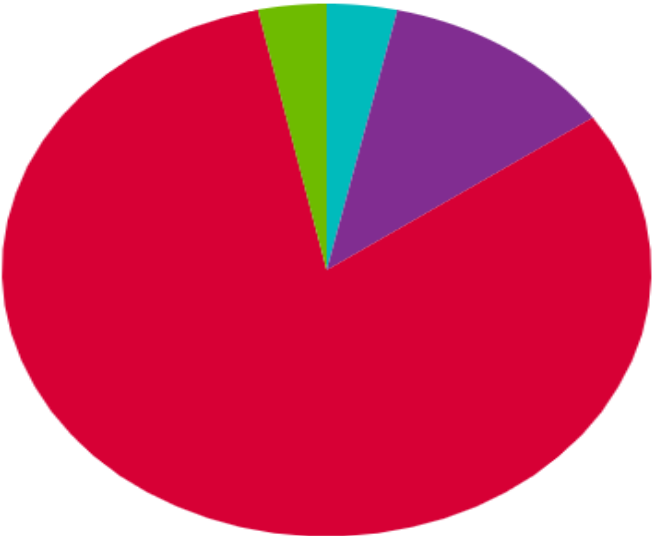
Percent of people newly diagnosed with HIV, by Age, 2018



Newly Diagnosed with HIV by Transmission

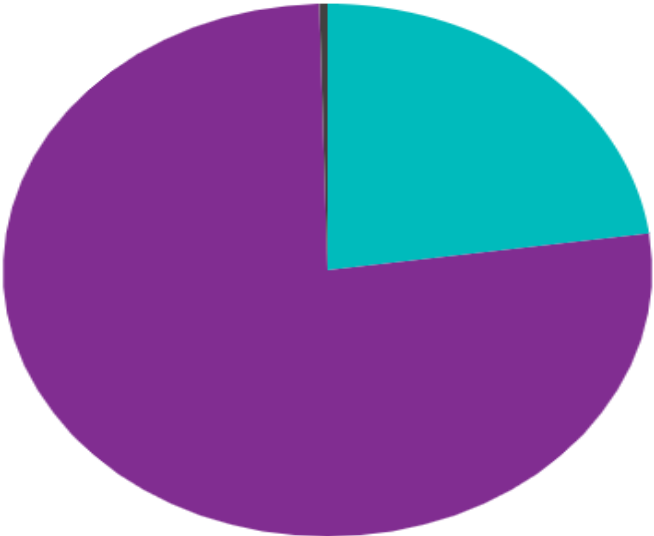
Percent of People Newly Diagnosed with HIV, by Transmission Category, 2018

Male Transmission Categories



- Injection Drug Use (3.5%)
- Heterosexual Contact (11.8%)
- Male-to-Male Sexual Contact (81.3%)
- Male-to-Male Sexual Contact & Injection Drug Use (3.4%)

Female Transmission Categories



- Injection Drug Use (22.8%)
- Heterosexual Contact (76.8%)
- Other* (0.4%)

HIV Prevalence in the South

HIV Prevalence

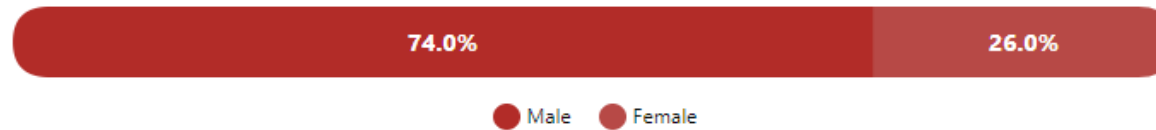
Number of people living with HIV, 2018

462,785

Rate of people living with HIV per 100,000 population, 2018

444

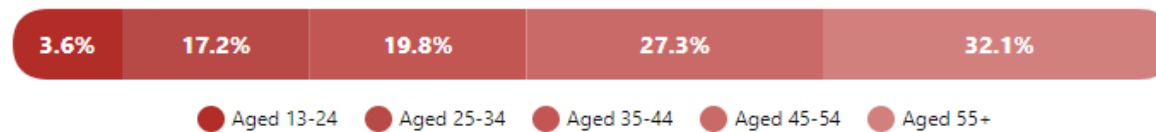
Percent of people living with HIV, by Sex, 2018



Percent of people living with HIV, by Race/Ethnicity, 2018



Percent of people living with HIV, by Age, 2018



Late HIV Diagnosis

A late HIV diagnosis is defined as having an AIDS diagnosis with three months of initial HIV diagnosis.

- ▶ ~4,000 cases were diagnosed late in 2018



HIV Mortality

HIV Mortality

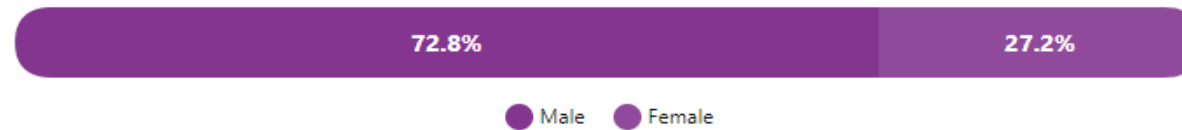
Number of deaths of people with HIV, 2018

7,383

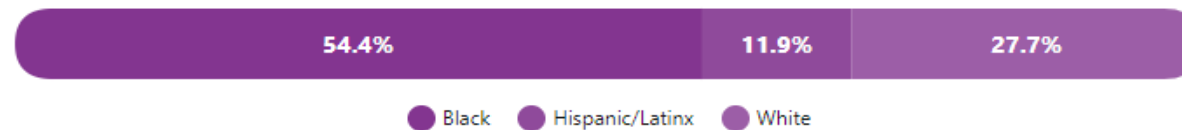
Rate of deaths of people with HIV per 100,000 population, 2018

7

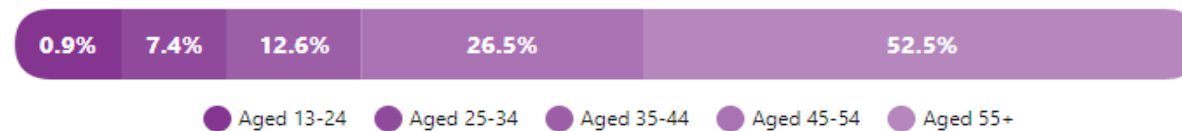
Percent of deaths of people with HIV, by Sex, 2018



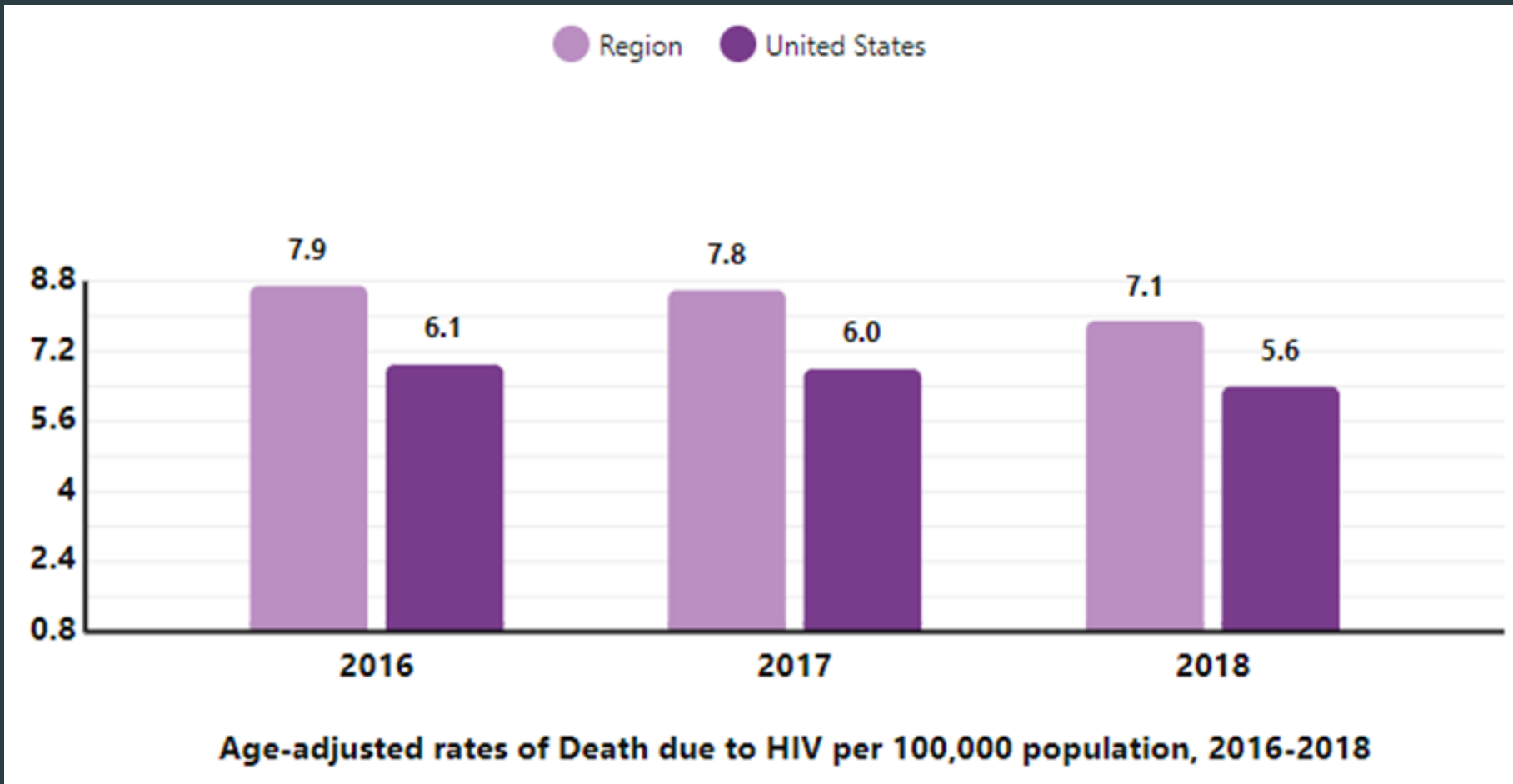
Percent of deaths of people with HIV, by Race/Ethnicity, 2018



Percent of deaths of people with HIV, by Age, 2018



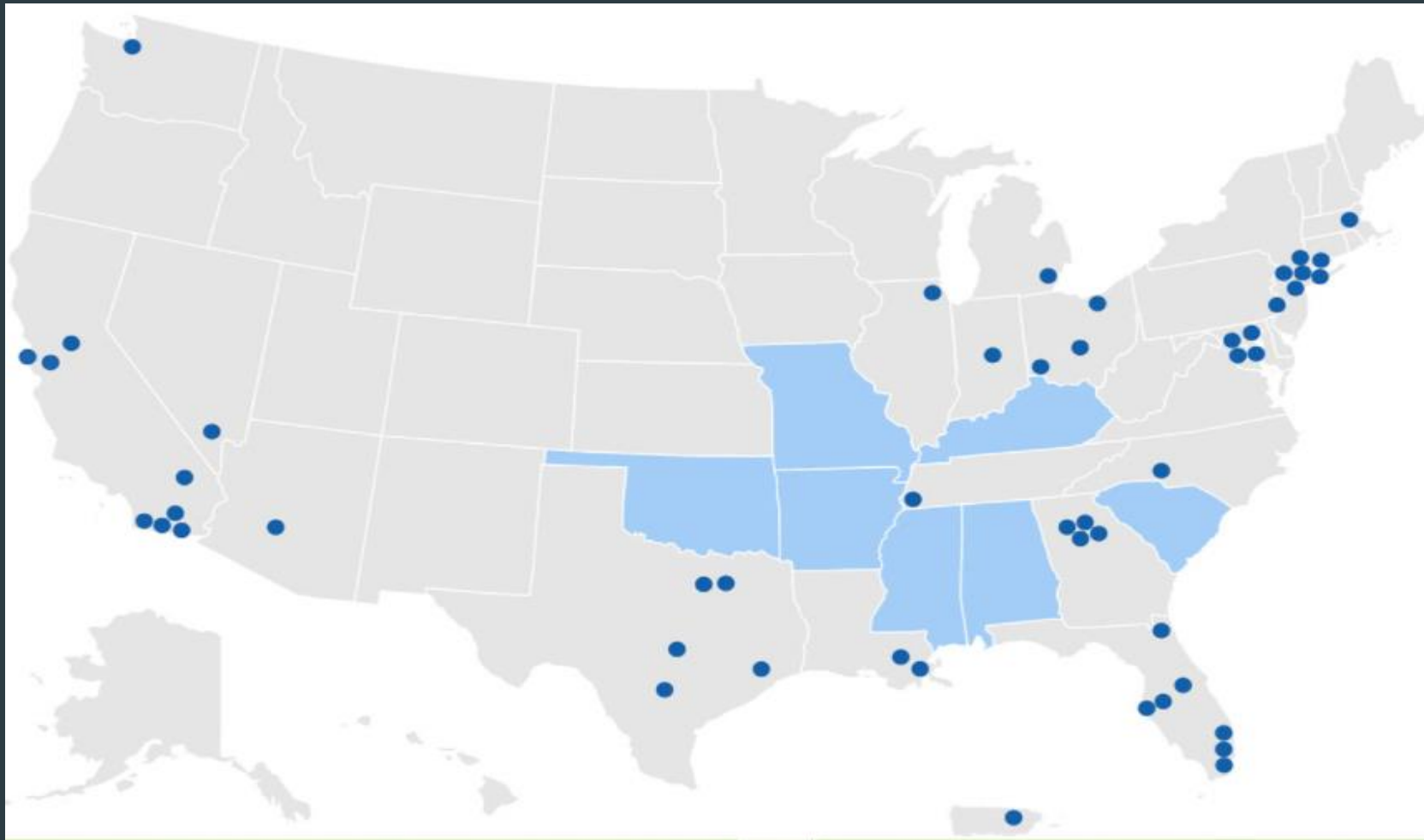
HIV Mortality



Factors Driving the HIV Epidemic in the South

- ▶ High poverty rate and low median household income
- ▶ ~50% of all Americans who do not have health insurance live in the South
- ▶ The largest source of coverage for people with HIV in the U.S. is Medicaid but 9 out of 16 states in the South have not expanded Medicaid
- ▶ Access to consistent HIV prevention and treatment services
- ▶ HIV Stigma

Addressing HIV in Rural and Suburban Communities



Strategies to End the HIV Epidemic

- ▶ 4 strategies:

- ▶ Diagnose
- ▶ Treat
- ▶ Prevent
- ▶ Respond



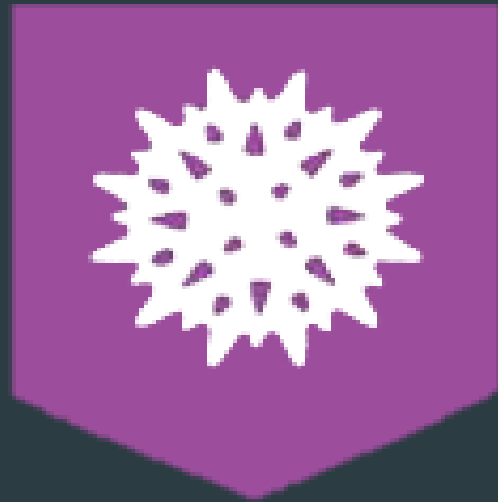
Diagnose

Diagnose all individuals with HIV as early as possible



Treat

Treat people with HIV rapidly and effectively to reach sustained viral suppression



Prevent

Prevent new HIV transmissions by using proven interventions, including pre-exposure prophylaxis (PrEP) and syringe services programs



Respond

Respond quickly to potential HIV outbreaks to get needed prevention and treatment services to people who need them



HIV Prevention Toolkit



Impact of HIV

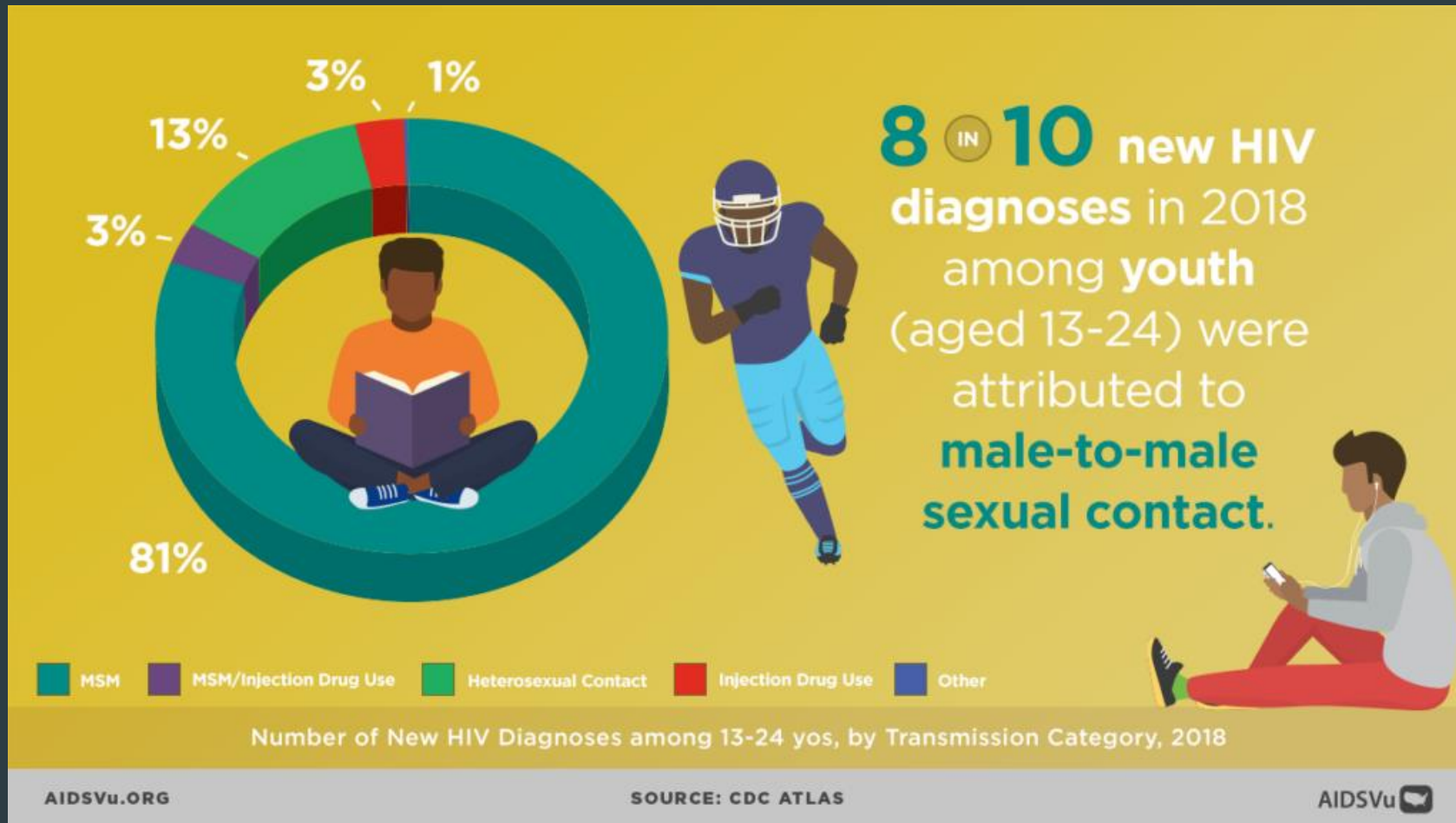
▶ Negative Impacts

- ▶ Social isolation
- ▶ Stigma
- ▶ Increased mental health substance use for those without support
- ▶ Housing and job risks because of stigma

▶ Positive impacts

- ▶ Resilient people thrive
- ▶ Become empowered/activist
- ▶ Help reduce stigma

HIV and Youth



HIV Risk Behaviors Among Youth

- ▶ HIV Risk Behaviors
 - ▶ Substance Use
 - ▶ Condom Usage
 - ▶ Multiple Sex Partners
 - ▶ Sexual Behavior
 - ▶ Injection Behaviors

Challenges Encountered by Youth

► Challenges

- Low Rates of HIV Testing
- Social and Economic Challenges
- Low Rates of PrEP Knowledge and Use
- High Rates of Other STDs
- Inadequate sex education

16 Sexual Health Topics

- Benefits of being sexually abstinent.
- How to access valid and reliable health information, products and services related to HIV, other sexually transmitted diseases, and pregnancy.
- Influences of family, peers, media, technology and other factors on sexual risk behavior.
- Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy.
- Goal-setting and decision-making skills related to eliminating or reducing risks.
- Influencing and supporting others to avoid or reduce sexual risk behaviors.
- Importance of using condoms consistently and correctly.
- Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy.
- How to create and sustain healthy and respectful relationships.
- Importance of limiting the number of sexual partners.
- Preventive care that is necessary to maintain reproductive and sexual health.
- How HIV and other STDs are transmitted.
- Health consequences of HIV, other STDs, and pregnancy.
- Effectiveness of condoms.
- How to obtain condoms.
- How to correctly use a condom.

Impact of HIV on Youth

- ▶ **Mental Health**
 - ▶ Loss of support system
 - ▶ Struggles with dating Not knowing their diagnosis
 - ▶ Having to tell others about an HIV diagnoses
 - ▶ Stigma
- ▶ **Physical Health**
 - ▶ Not knowing diagnosis

Schools Can Help Prevent HIV

- ▶ Schools play a critical role
 - ▶ Teach students about HIV and other sexually transmitted infections
 - ▶ Promote communication between youth and their parents about HIV
 - ▶ Support students access to confidential HIV counseling and testing services



What Can You Do?

- ▶ Get Educated
- ▶ Get Talking
- ▶ Get Tested for HIV
- ▶ Get Medicine

What can YOU Do?



**ALABAMA
CAMPAIGN**

FOR ADOLESCENT SEXUAL HEALTH

ANY?
QUESTIONS



References

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- ▶ Published: Jun 07, 2021. (2021, June 7). *The HIV/AIDS epidemic in the United States: The basics*. KFF. Retrieved December 3, 2021, from <https://www.kff.org/hivaids/fact-sheet/the-hivaids-epidemic-in-the-united-states-the-basics/>.
- ▶ *South*. AIDSvu. (2020, September 1). Retrieved December 3, 2021, from <https://aidsvu.org/local-data/united-states/south/>.