



# HIV Care Continuum Outcomes in a Cohort of Transgender Women in the United States

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# Background

#CONTINUUM2024



- Transgender women are **disproportionately impacted by HIV** in the US and globally<sup>1,2</sup>
- Data on HIV care continuum (HIVCC) outcomes among transgender women living with HIV in the US are limited but **available evidence** points to **suboptimal HIVCC** outcomes
  - CNICS data from 2005-2022 found trans women had **poorer adherence and more missed visits** compared to cisgender counterparts<sup>3</sup>
  - NA-ACCORD data from 2001-2015 showed consistently **lower levels of care engagement and lower crude prevalence of viral suppression** compared to cisgender counterparts<sup>4</sup>
  - Ryan White HIV/AIDS Program data from 2016 found **disparities in retention in care and viral suppression among Black transgender women** compared to Black cisgender counterparts<sup>5</sup>



# Objective

- We sought to characterize the HIVCC among a large, multisite sample of transgender women in the US
  - Including identifying correlates of viral suppression

# Date Source: The LITE Study

LITE was an observational cohort study that enrolled transgender women in the eastern and southern US

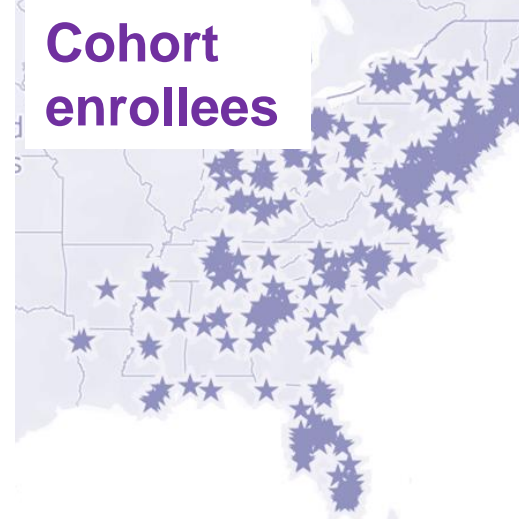
- The primary study aim was to estimate HIV incidence and correlates of HIV seroconversion
- Enrollment was from 2018-2020

Enrollment in the baseline survey was status neutral for those participating in-person in one of six cities

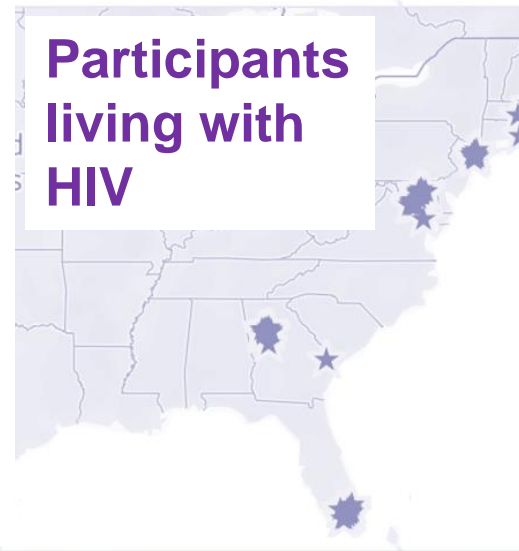
Data were collected via surveys and HIV/STI testing

- All new HIV diagnoses were confirmed to be new through medical record review and in collaboration with local health departments
- Viral suppression was based on self-report and confirmed via medical record review

**Cohort  
enrollees**



**Participants  
living with  
HIV**





# Statistical Analysis

- We used descriptive statistics to characterize the HIVCC
- We conducted Poisson regression with robust errors to estimate adjusted prevalence ratios (aPR) and 95% confidence intervals (95% CI) for correlates of viral suppression



# Results—Sample Characteristics

- From 2018-2020 we enrolled 1590 transgender women in The LITE Study, including 18% (n=280) who were living with HIV at enrollment
- Among transgender women living with HIV:
  - A majority were Black (71.8%) and/or Latina/x (26.4%)
  - Mean age was 41.4 years (Range: 19-71, SD=12.1)

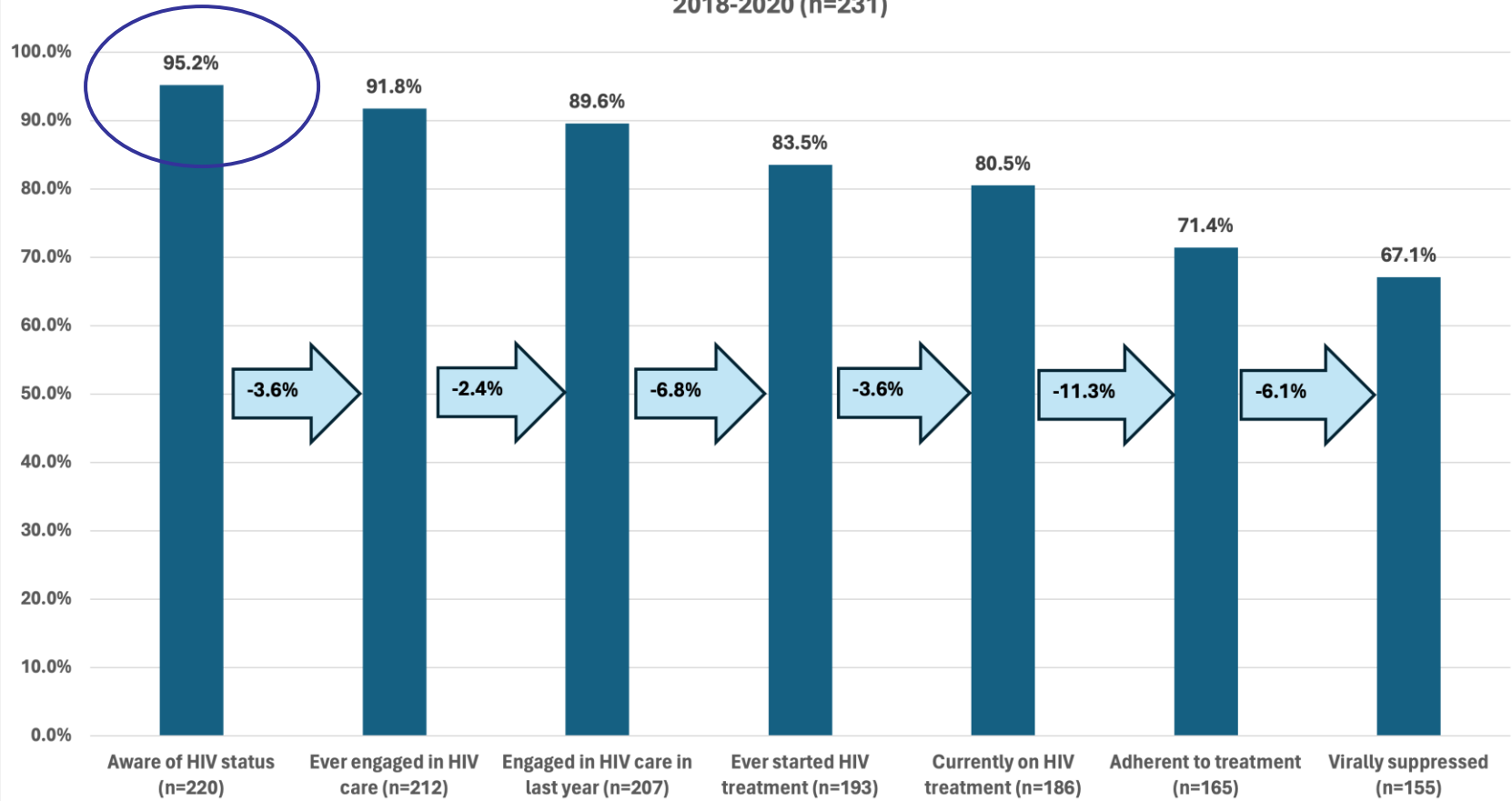


# Results—New diagnoses

- 50% of transgender women in our sample were diagnosed with HIV within the prior 5 years, including 4% (n=11) newly diagnosed at study enrollment
- Of those newly diagnosed, 45.5% (5/11) had never tested for HIV
- Among 115 diagnosed after FDA approval of PrEP in 2012, 87.8% (n=101) had never used PrEP



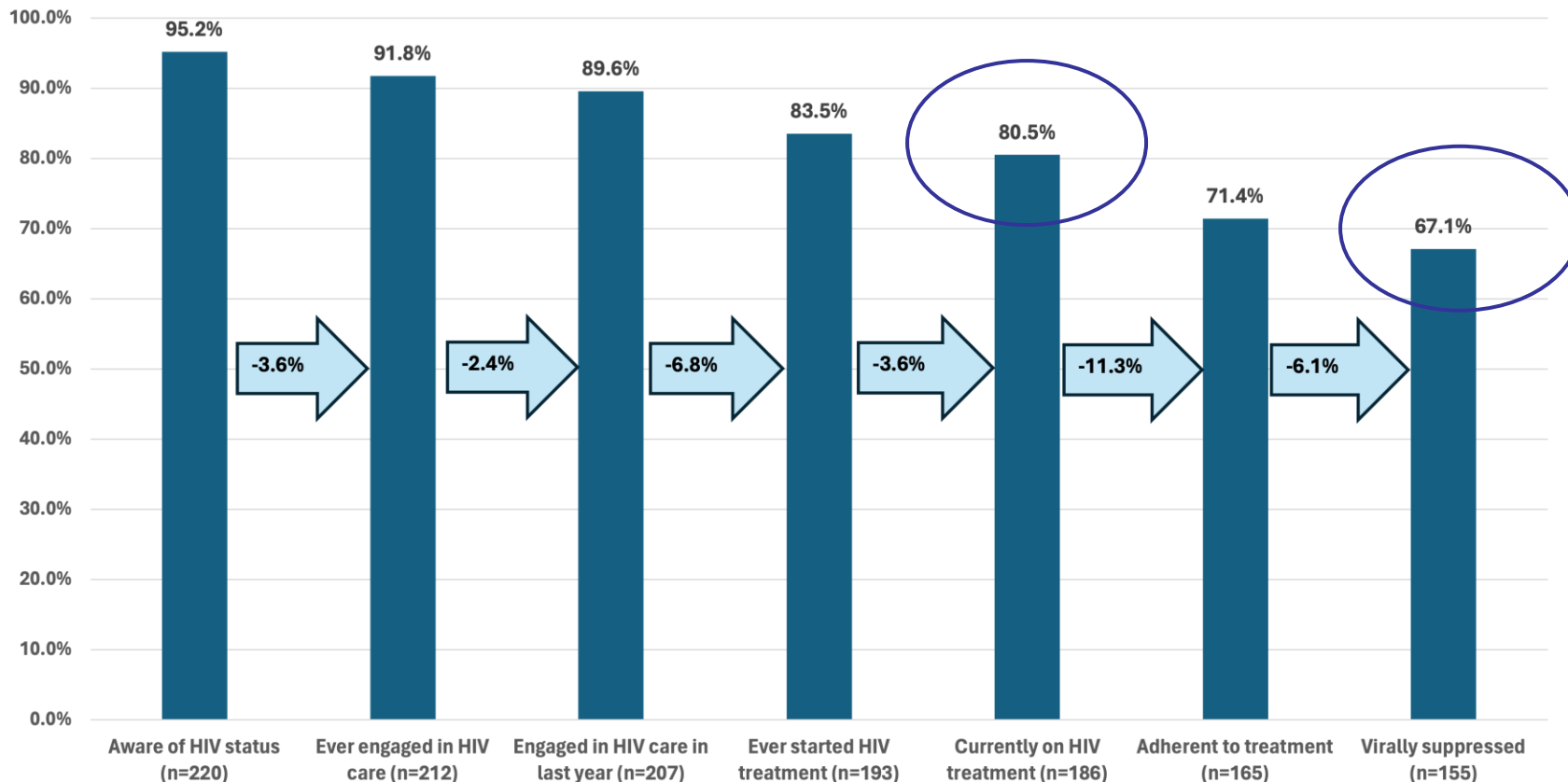
## HIV Care Continuum among Transgender Women Living with HIV in the eastern and southern United States in 2018-2020 (n=231)



Note: Each arrow contains the percent change (relative difference) from one step in the continuum to the next. The denominator for each bar in the chart is n=231. This represents the total number of transgender women living with HIV who completed survey items on HIV care continuum engagement (n=220) plus those newly diagnosed at study enrollment (n=11). N=280 trans women in our study were confirmed to be living with HIV via laboratory testing and/or medical record review. N=49 either did not disclose that they were living with HIV when completing the survey or answered "prefer not to answer" to items related to the HIV care continuum and are therefore not included in the denominator for this analysis.

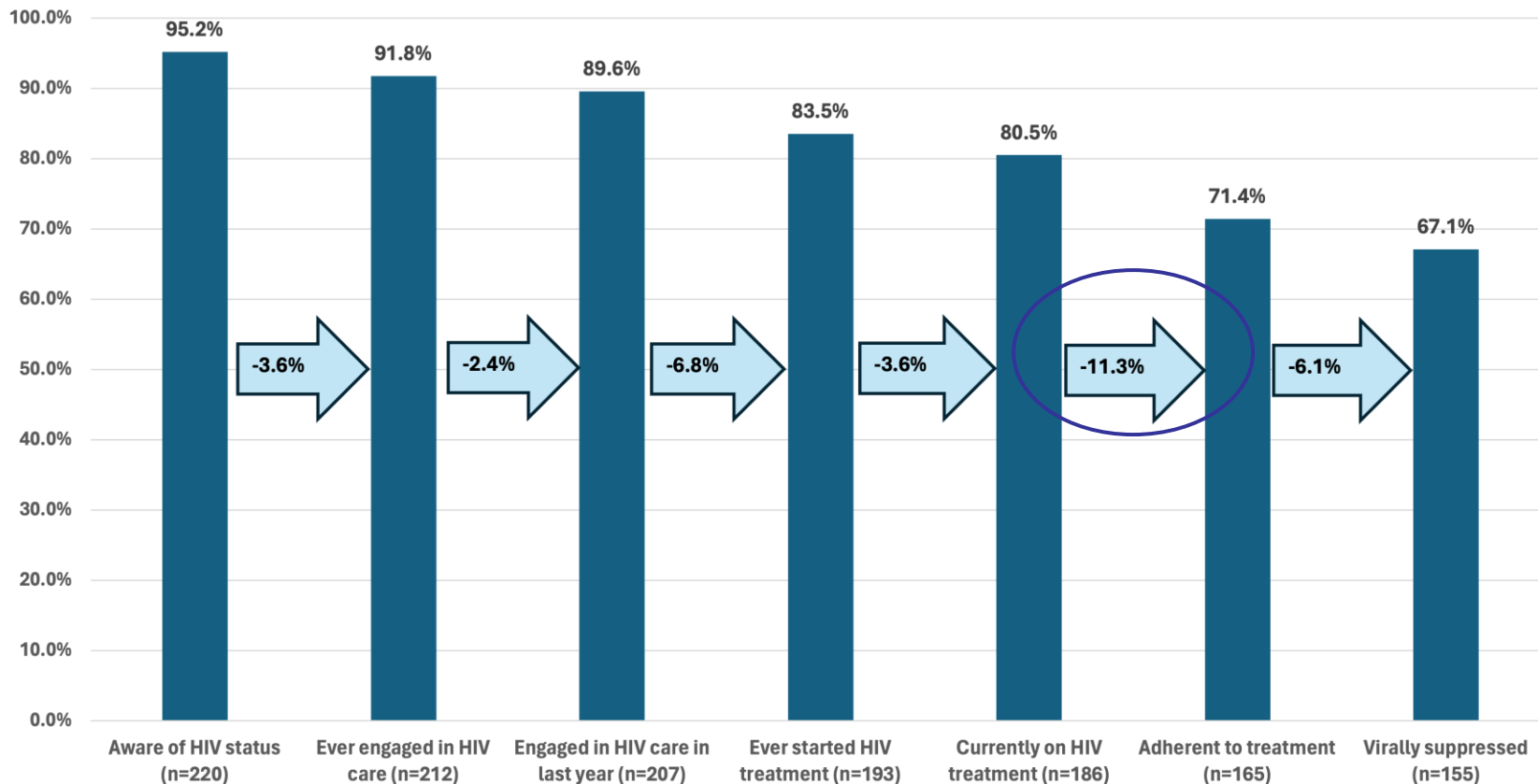


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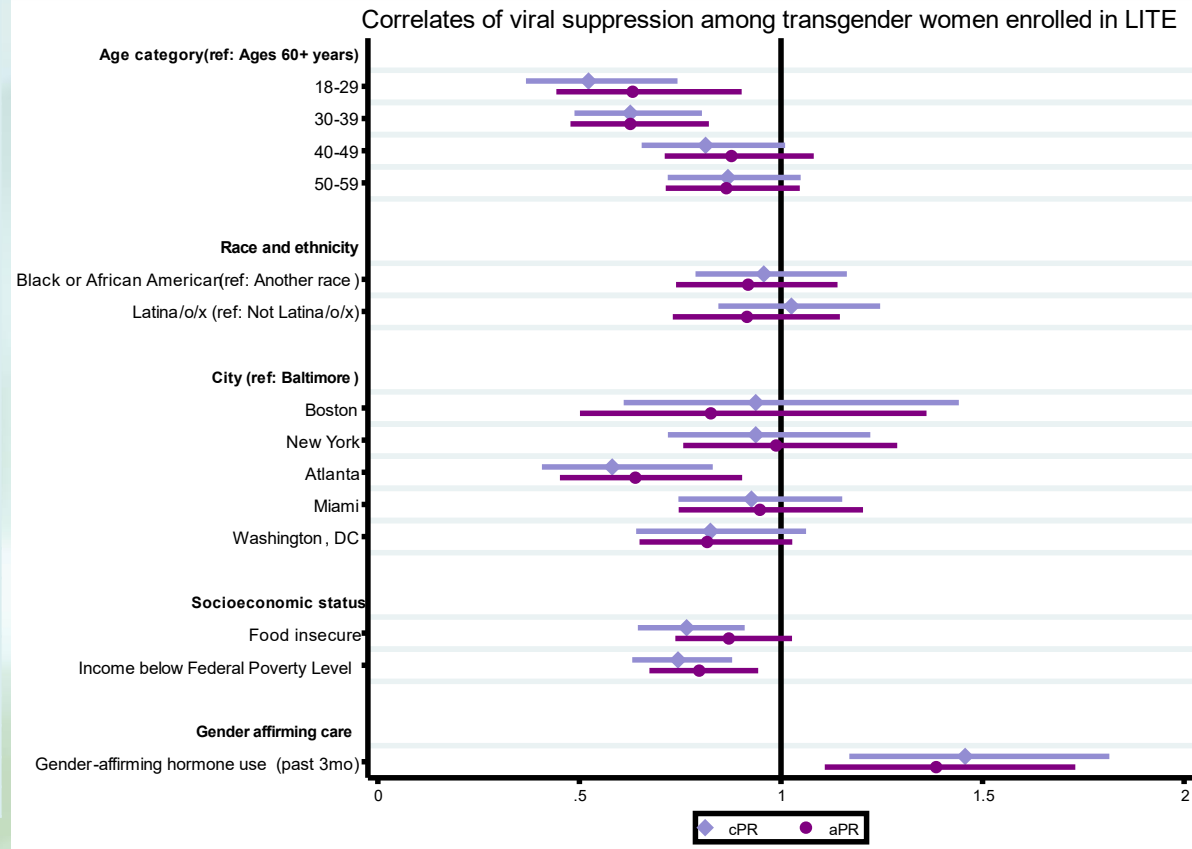
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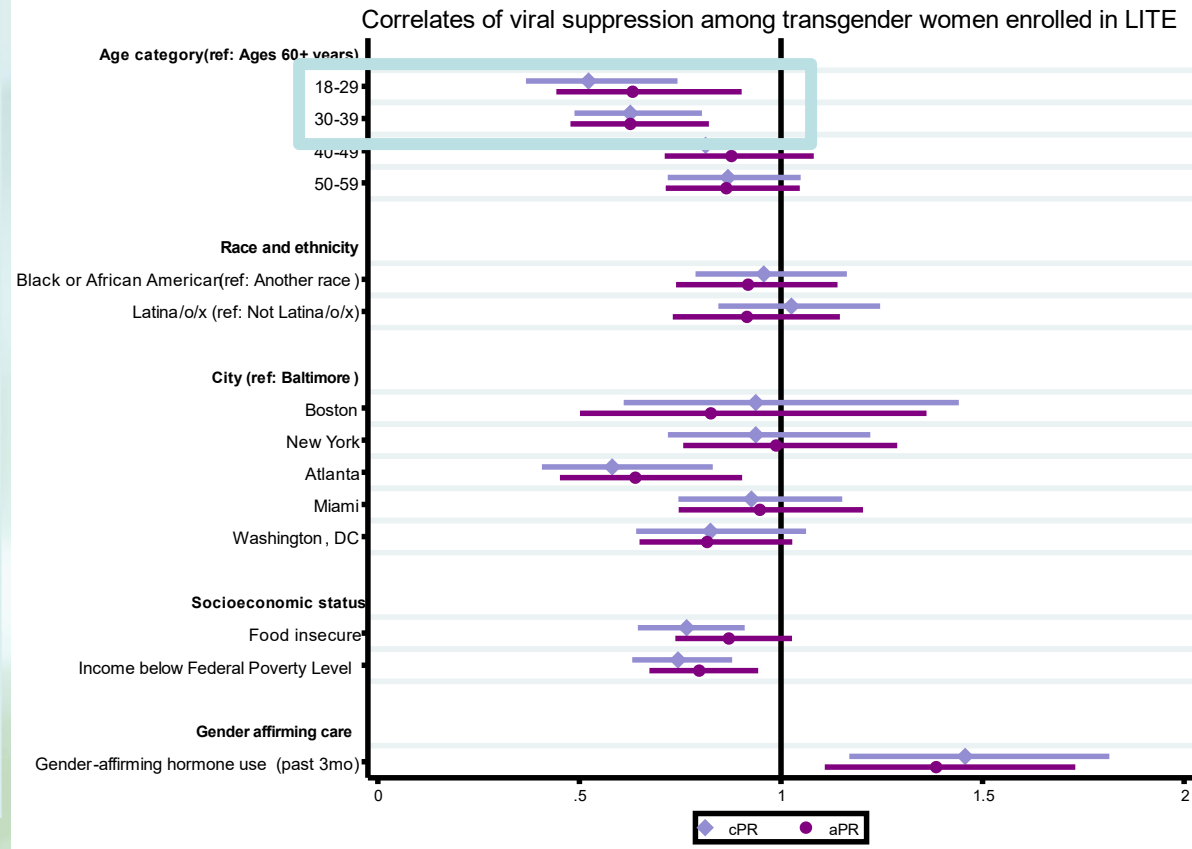


Sample Characteristics				
	Total (N=230)	Unsuppressed (n=75)	Suppressed (n=155)	p-value
<b>Age group</b>				<b>&lt;0.001</b>
18-29	17.4%	28.0%	12.3%	
30-39	28.3%	37.3%	23.9%	
40-49	20.0%	16.0%	21.9%	
50-59	24.8%	16.0%	29.0%	
60-69	9.6%	2.7%	12.9%	
<b>Black or African American</b>				<b>0.67</b>
Yes	72.5%	74.3%	71.6%	
<b>Latina/Hispanic</b>				<b>0.8</b>
Yes	28.5%	27.4%	29.0%	
<b>City</b>				<b>0.017</b>
Baltimore	17.6%	11.1%	20.6%	
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Washington, DC	22.0%	23.6%	21.3%	
<b>Food insecure</b>				<b>0.004</b>
Yes	60.7%	74.3%	54.2%	
<b>Income below Federal Poverty Level</b>				<b>0.003</b>
Yes	74.5%	87.7%	68.5%	
<b>Gender-affirming hormones (past 3mo)</b>				<b>&lt;0.001</b>
Yes	63.4%	44.9%	71.6%	



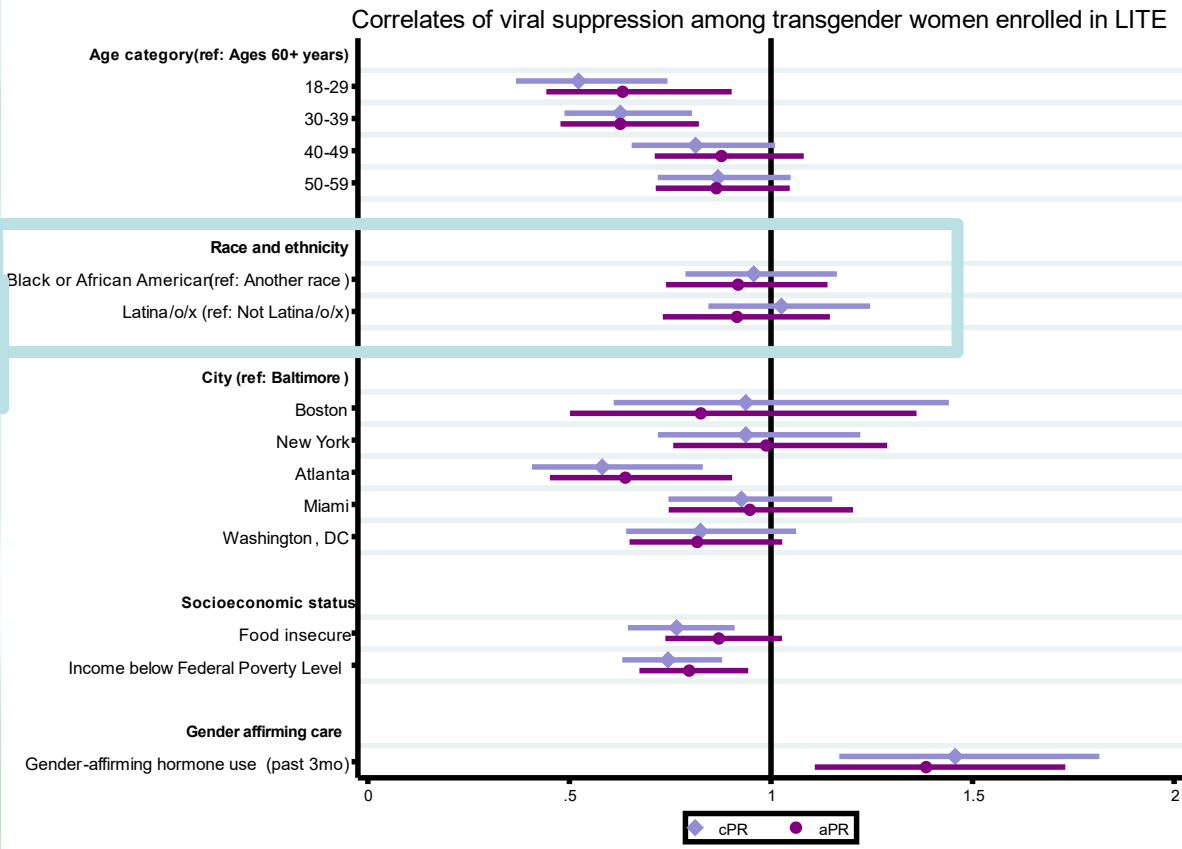


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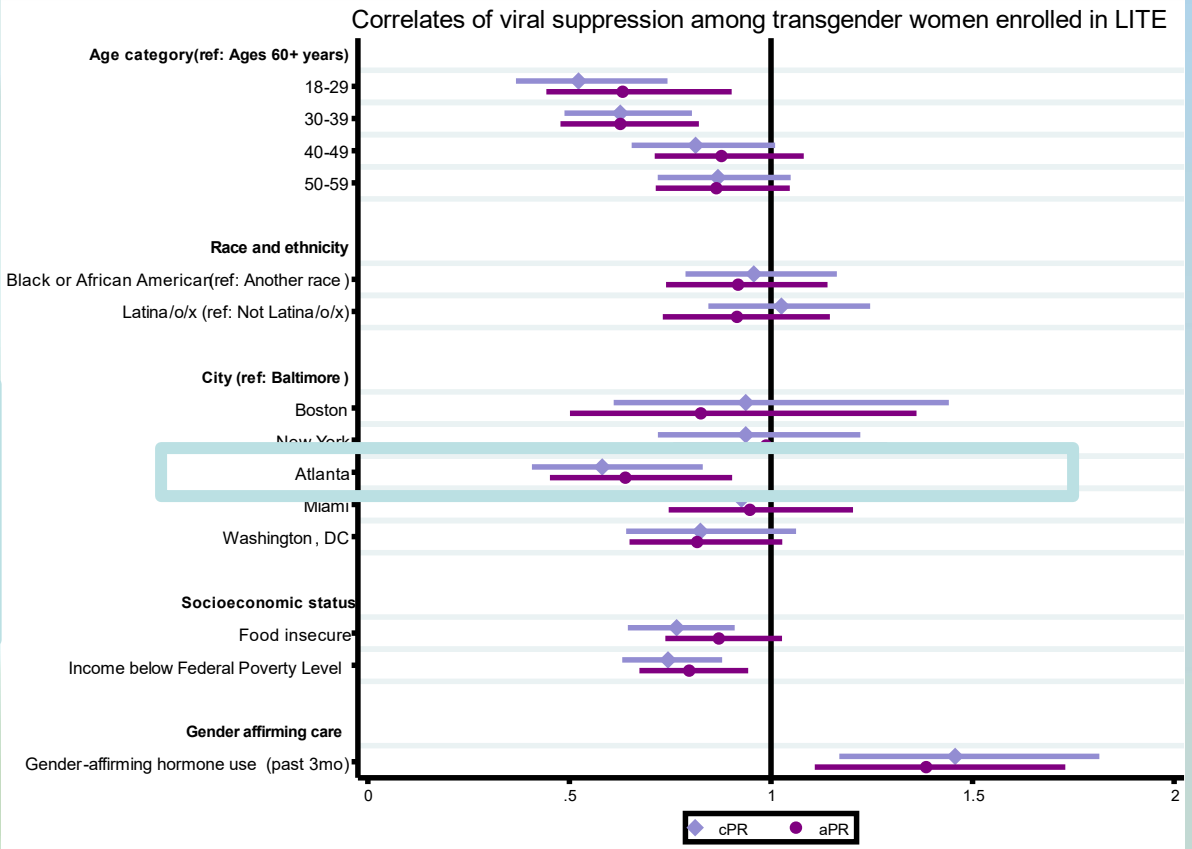


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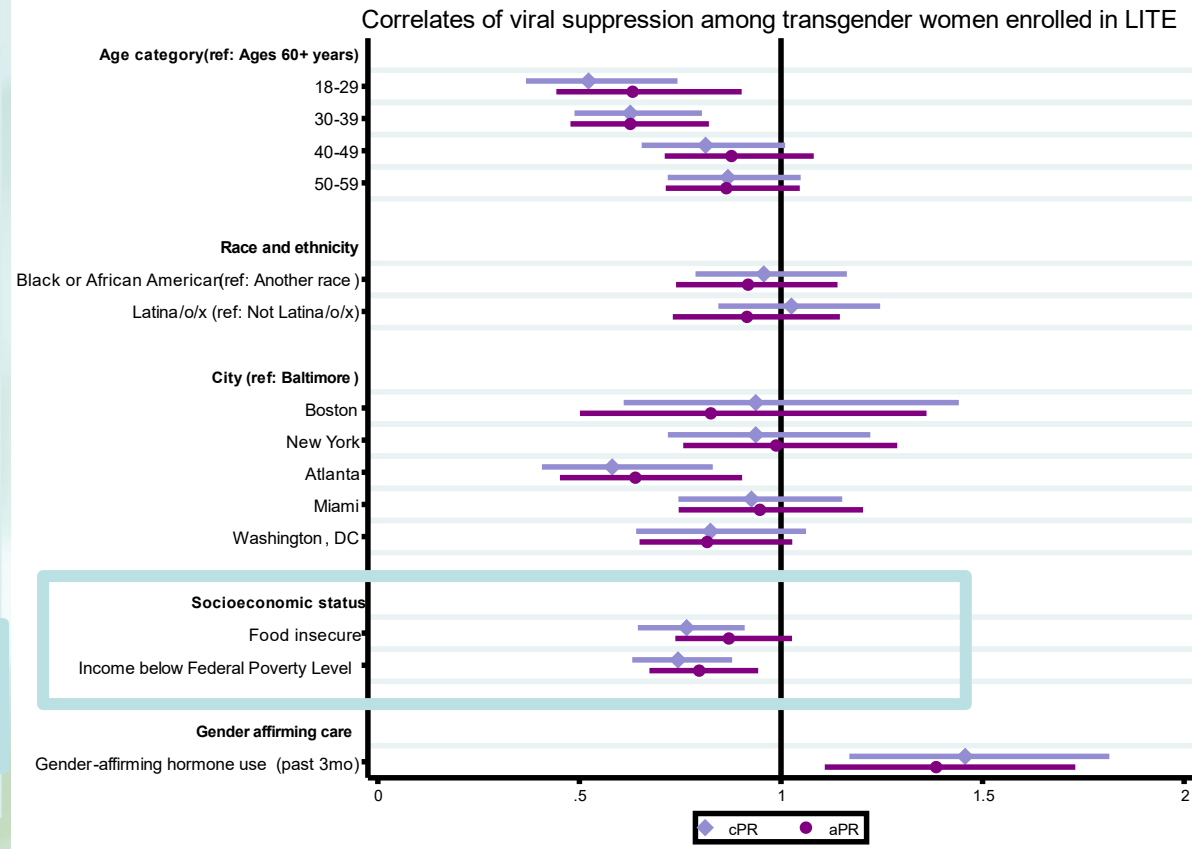


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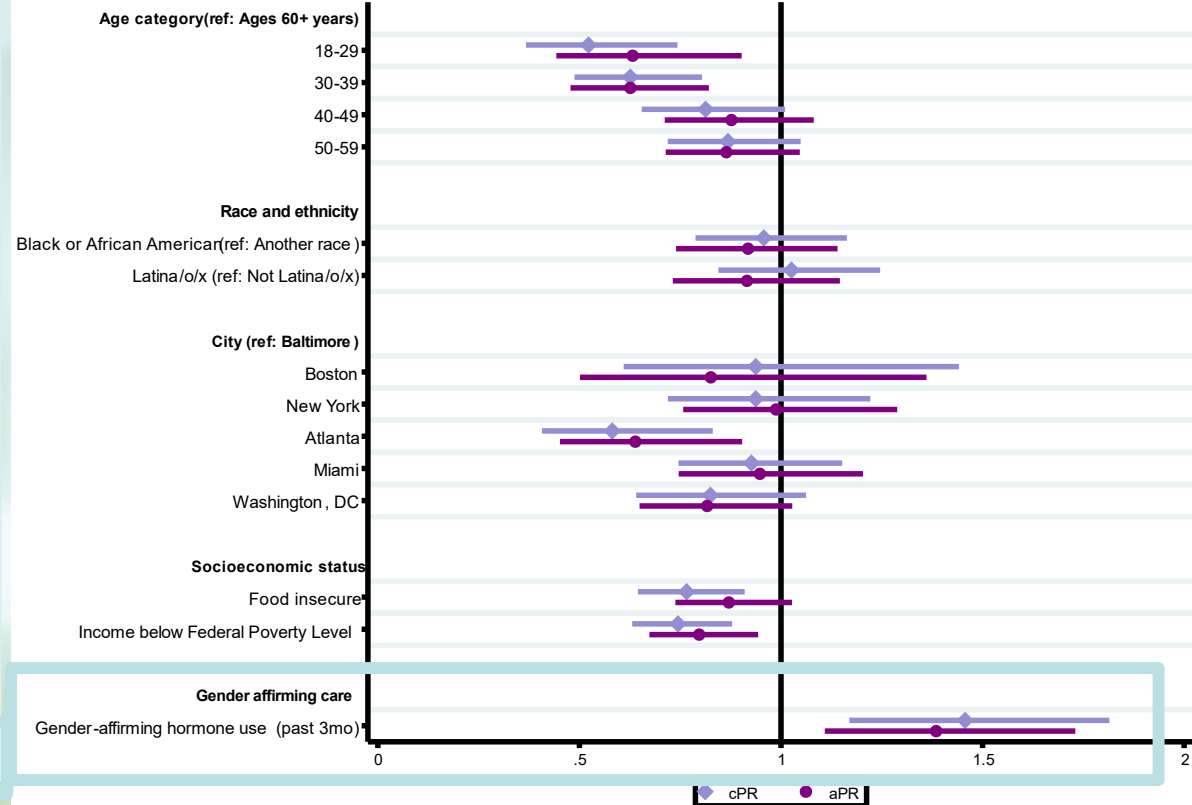




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Correlates of viral suppression among transgender women enrolled in LITE





# Conclusions

- **Suboptimal HIVCC outcomes** among transgender women in the eastern and southern US, **particularly those ages 18-29 years are notable**
- A large proportion of diagnoses occurred post-FDA approval of PrEP among individuals who had never used it, and half of those newly diagnosed had never been tested, highlighting **missed opportunities for HIV testing and prevention**
- Interventions that provide **gender-affirming care** and address **socioeconomic determinants** may improve viral suppression and health outcomes among transgender women living with HIV

# Acknowledgements:

Photo Credit: LITE Atlanta Community Photo Shoot

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## **LITE Community Advisory Board Brigham and Women's Hospital**

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## **Johns Hopkins University:**

Andrea Wirtz (joint PI)

Dee Adams

Keri Althoff

Chris Beyrer

James Case

Erin Cooney

Charlotte Gaydos

Oliver Laeyendecker

Meg Stevenson

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Asa Radix

## **Fenway Health**

Ken Mayer

## **Emory Univ. /Grady Hospital**

Jason Schneider

Sonya Haw

## **University of North Carolina**

Tonia Poteat

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## **University of Miami**

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