



Is the United States on track to meet National HIV/AIDS Strategy quality of life goals among Black, Hispanic/Latino, and White men who have sex with men?

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Disclaimer

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Quality of Life

- **Multidimensional**

- Physical/health-related
- Mental/emotional
- Social
- Structural/subsistence

- **Intertwined with social determinants of health**

- **Importance of improving quality of life for people with HIV (PWH) woven throughout NHAS**



for the **United States**
2022–2025



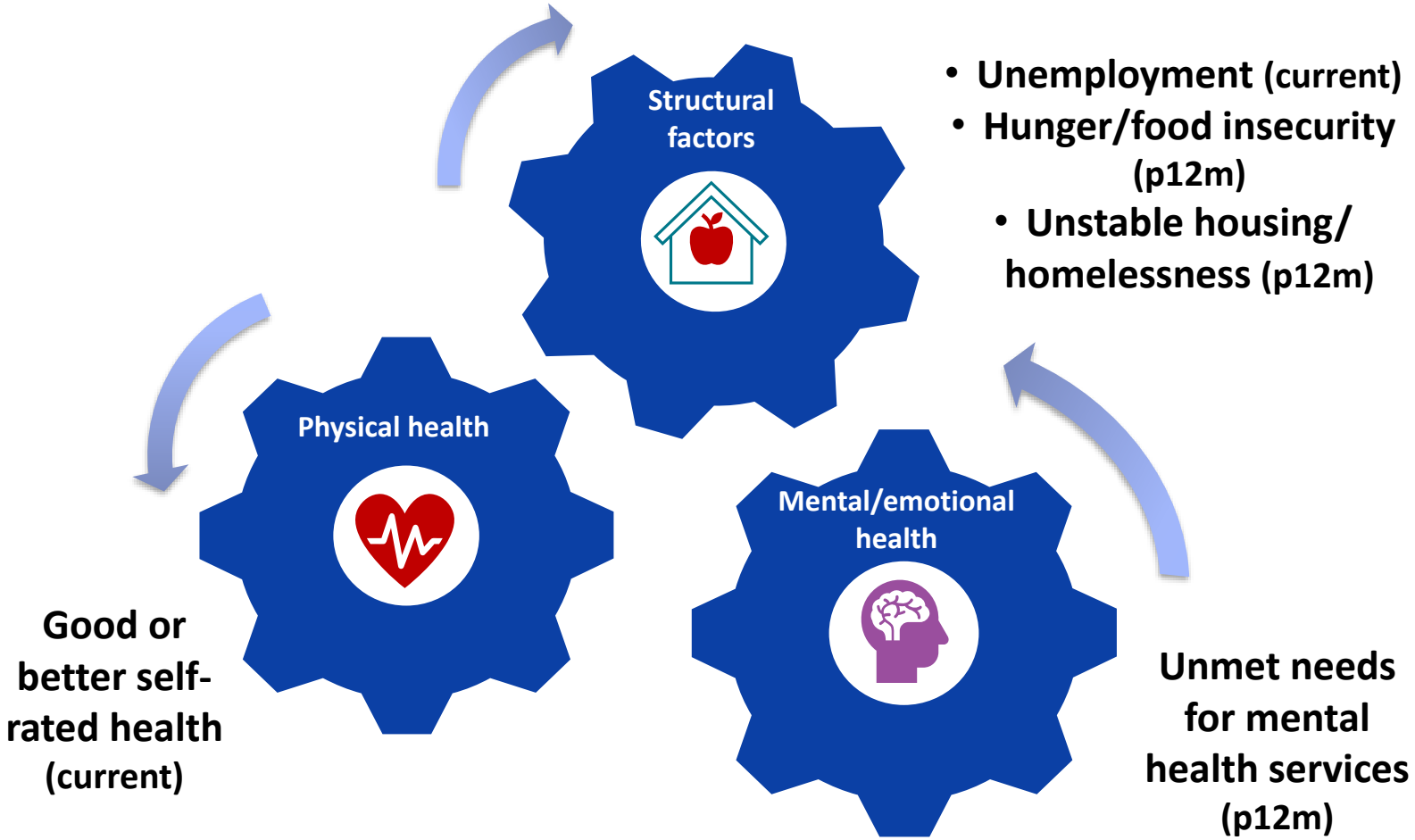


**Established new
indicators for improving
quality of life among
people with HIV in the
United States**

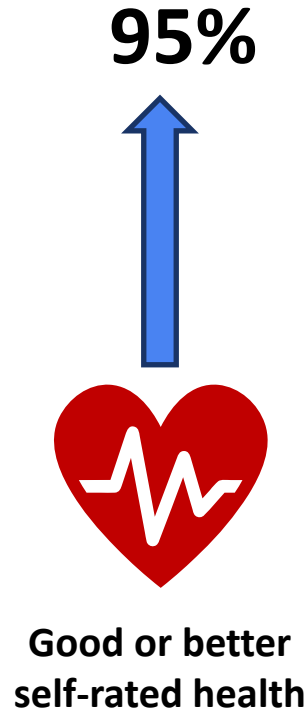
*“This is a tremendous step forward. In previous iterations of the National HIV/AIDS Strategy, progress for those of us living with HIV has been measured solely by our viral loads, medical visits, and CD4 counts. But we know that you can be virally suppressed and still isolated, depressed, hungry, unhoused, and unable to afford basic survival needs. Biomedical markers don’t show how we are actually doing. This new quality of life indicator, on the other hand, gets us much closer.” ~Ronald Johnson, Chair of the HIV Caucus**

“Everything in our life is about two numbers—our viral load and our CD4 counts—most don’t see us as a whole person. For the federal government through our advocacy to finally acknowledge quality of life, it humanizes us.” ~Venita Ray, co-executive director, Positive Women’s Network^

Quality of life monitored using MMP data



NHAS 2025 quality of life goals

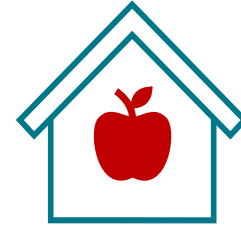


**Unmet needs for
mental health
services**



50%
From
2018
baseline*

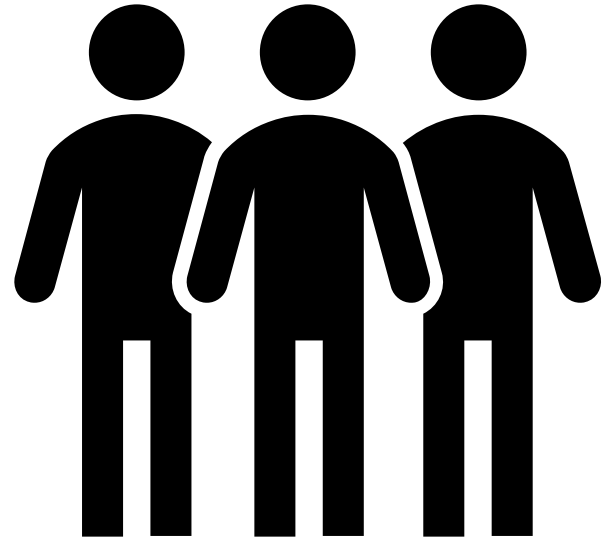
- **Hunger/food insecurity**
- **Unstable housing/homelessness**
 - **Unemployment**



50%
From
2017 or 2018
baseline*

Objective

- Assess progress toward meeting NHAS quality of life goals among MSM with HIV in the US
 - Overall
 - Among Black, Hispanic/Latino, and White MSM

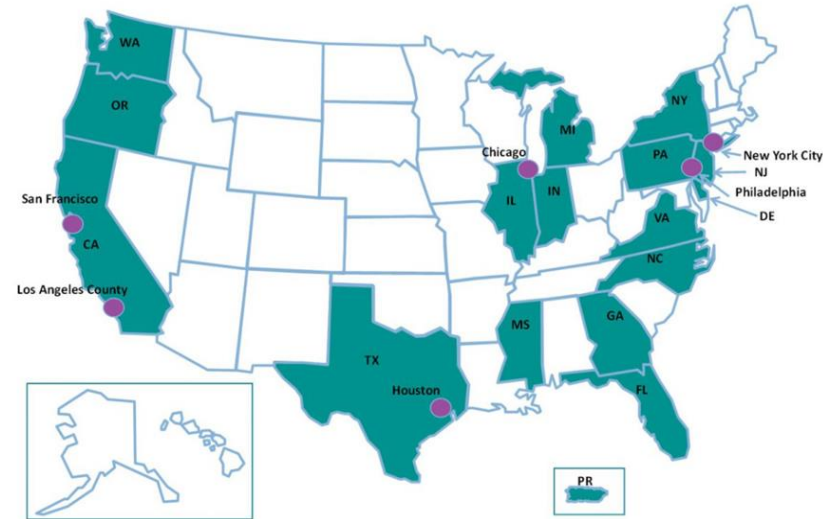




Methods

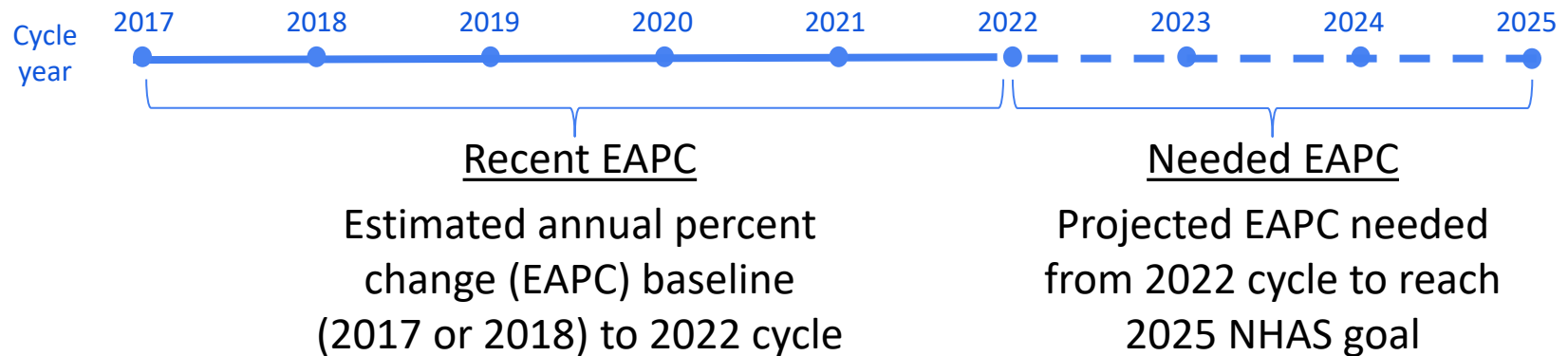
Medical Monitoring Project (MMP)

- National HIV surveillance system
- Annual, cross-sectional interview and medical record data
- Nationally representative estimates among adults with diagnosed HIV
- 2-stage complex sample survey methodology
 - 16 U.S. states + Puerto Rico
 - Response rate: 100%
 - Adults with diagnosed HIV within jurisdictions
 - Response rate: 40-46%
- Weighted, adjusted for nonresponse, and post-stratified



How did we assess whether MSM are making progress towards meeting goals?

- Adult gay, bisexual, and other cisgender men who have sex with cisgender men (MSM, N=12,020)
 - Black, Hispanic/Latino, and White MSM

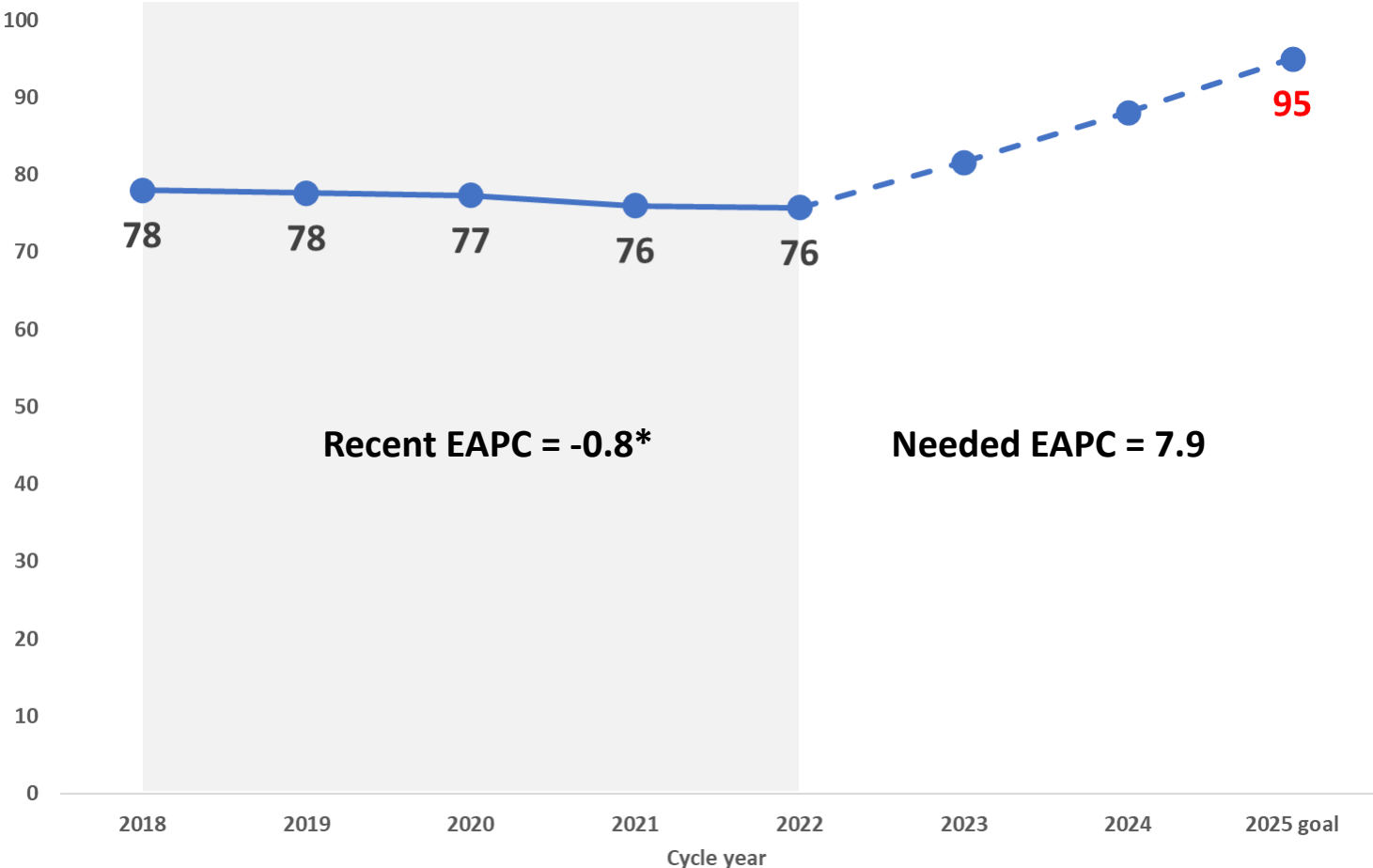


- Qualitative comparison of recent and needed EAPCs to assess whether on track to meet NHAS goals



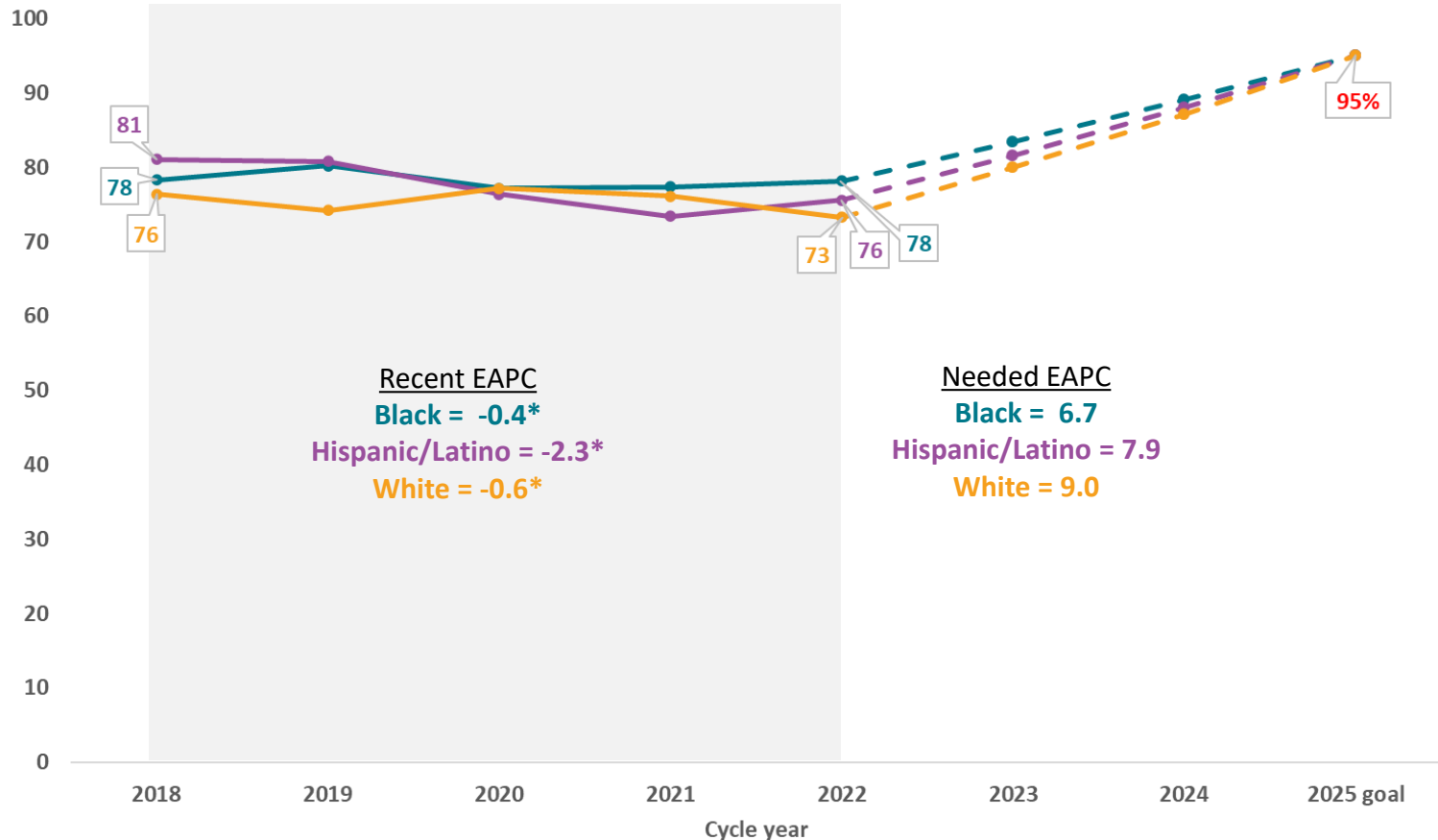
Results

Good or better self-rated health, all MSM



* P-value < 0.001

Good or better self-rated health, by race/ethnicity



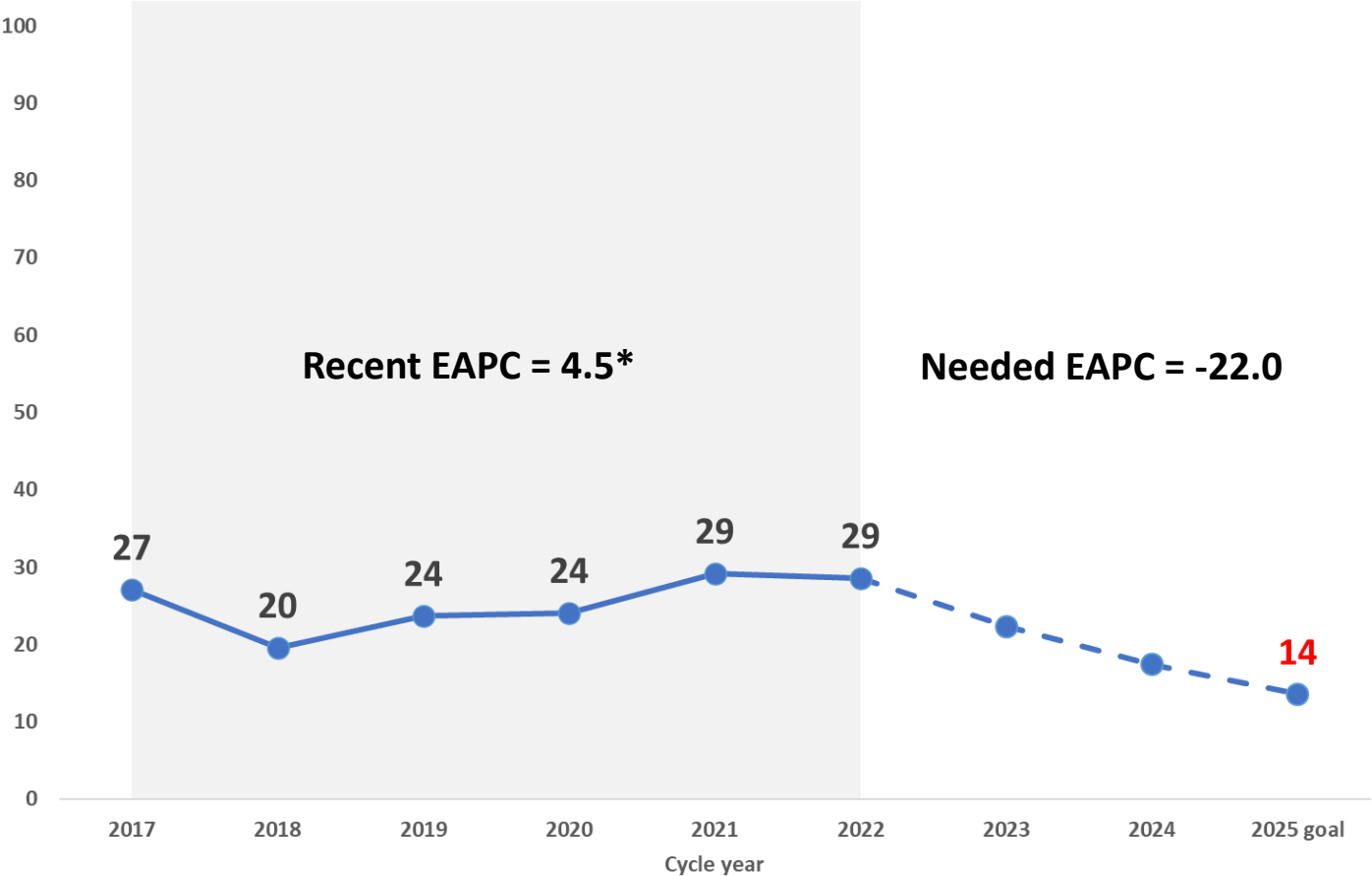
Recent EAPC
 Black = -0.4*
 Hispanic/Latino = -2.3*
 White = -0.6*

Needed EAPC
 Black = 6.7
 Hispanic/Latino = 7.9
 White = 9.0

* P-value < 0.001

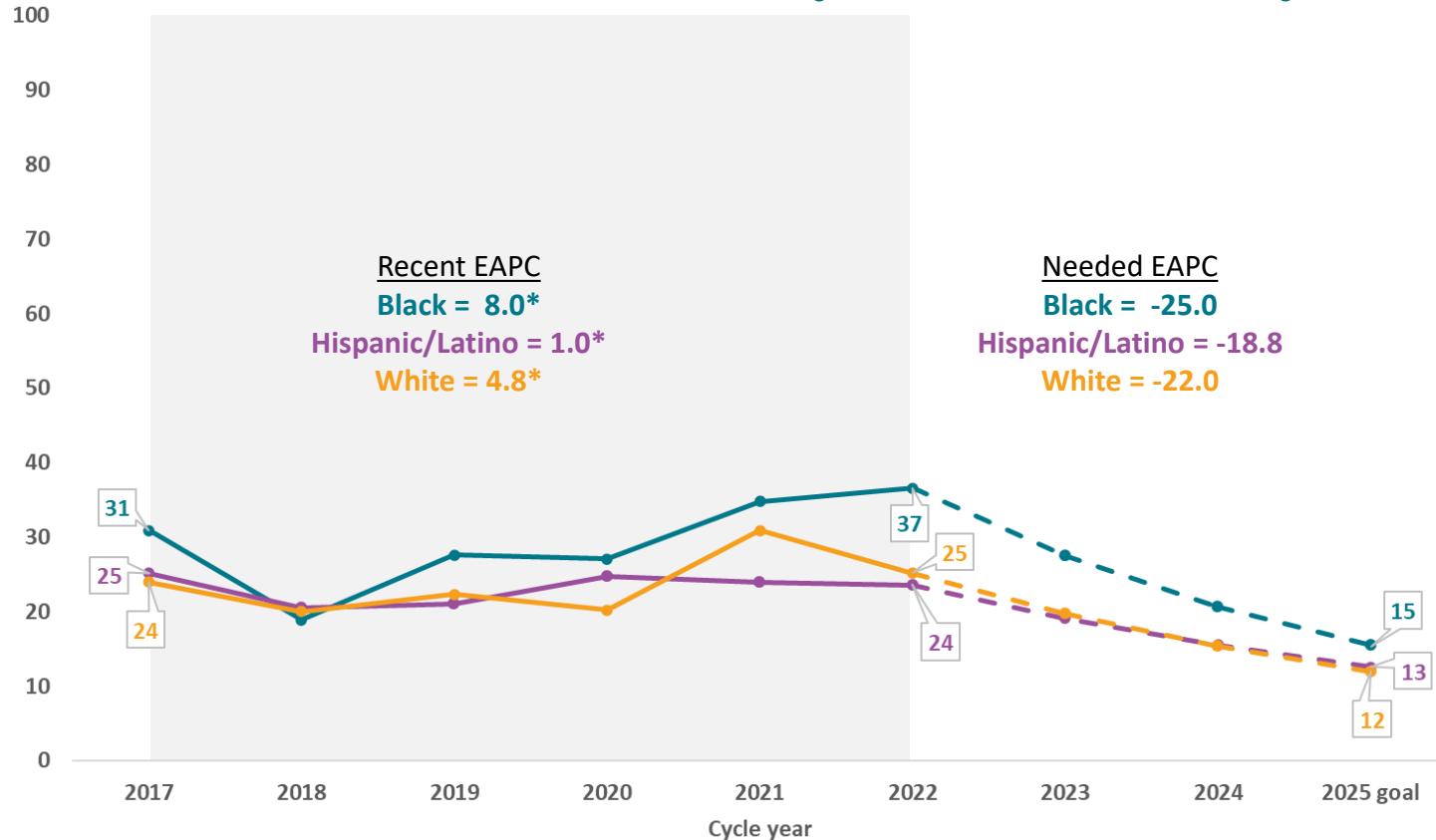
● Black MSM ● Hispanic/Latino MSM ● White MSM

Unmet need for mental health services among MSM with a need for mental health services



* P-value < 0.001

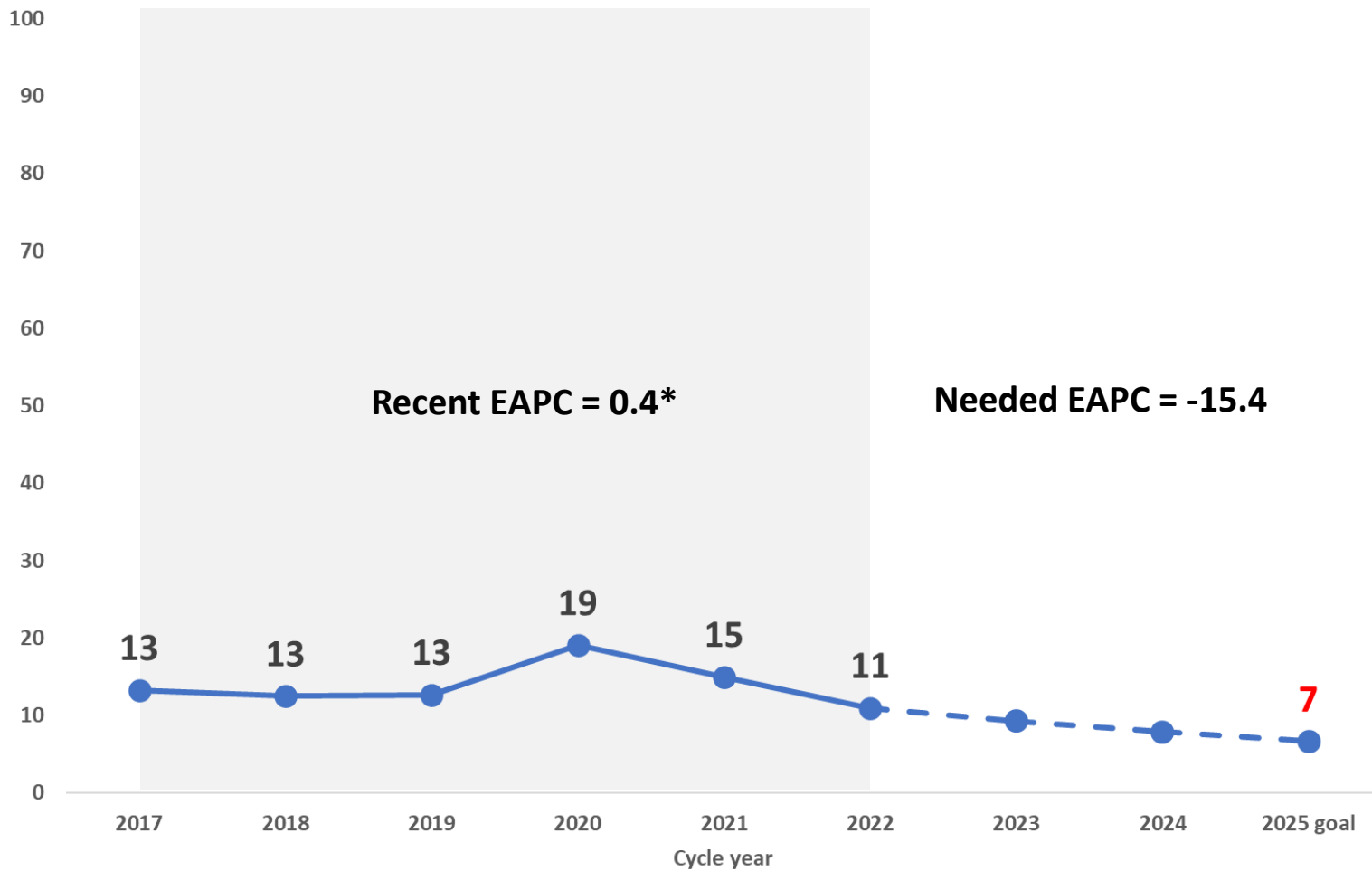
Unmet need for mental health services among MSM with a need for mental health service, by race/ethnicity



* P-value < 0.001

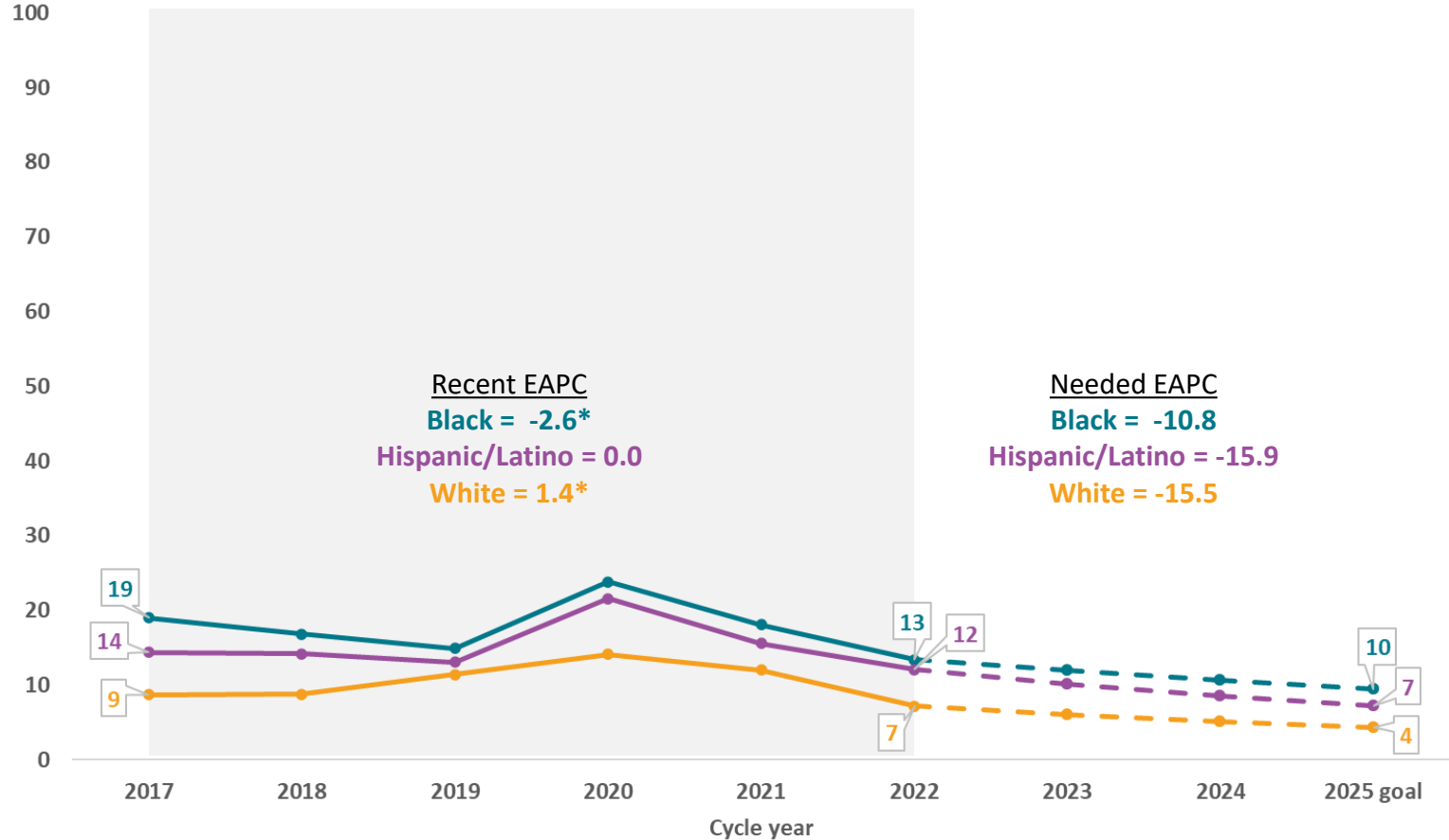
—●— Black MSM —●— Hispanic/Latino MSM —●— White MSM

Unemployment, all MSM



* P-value < 0.001

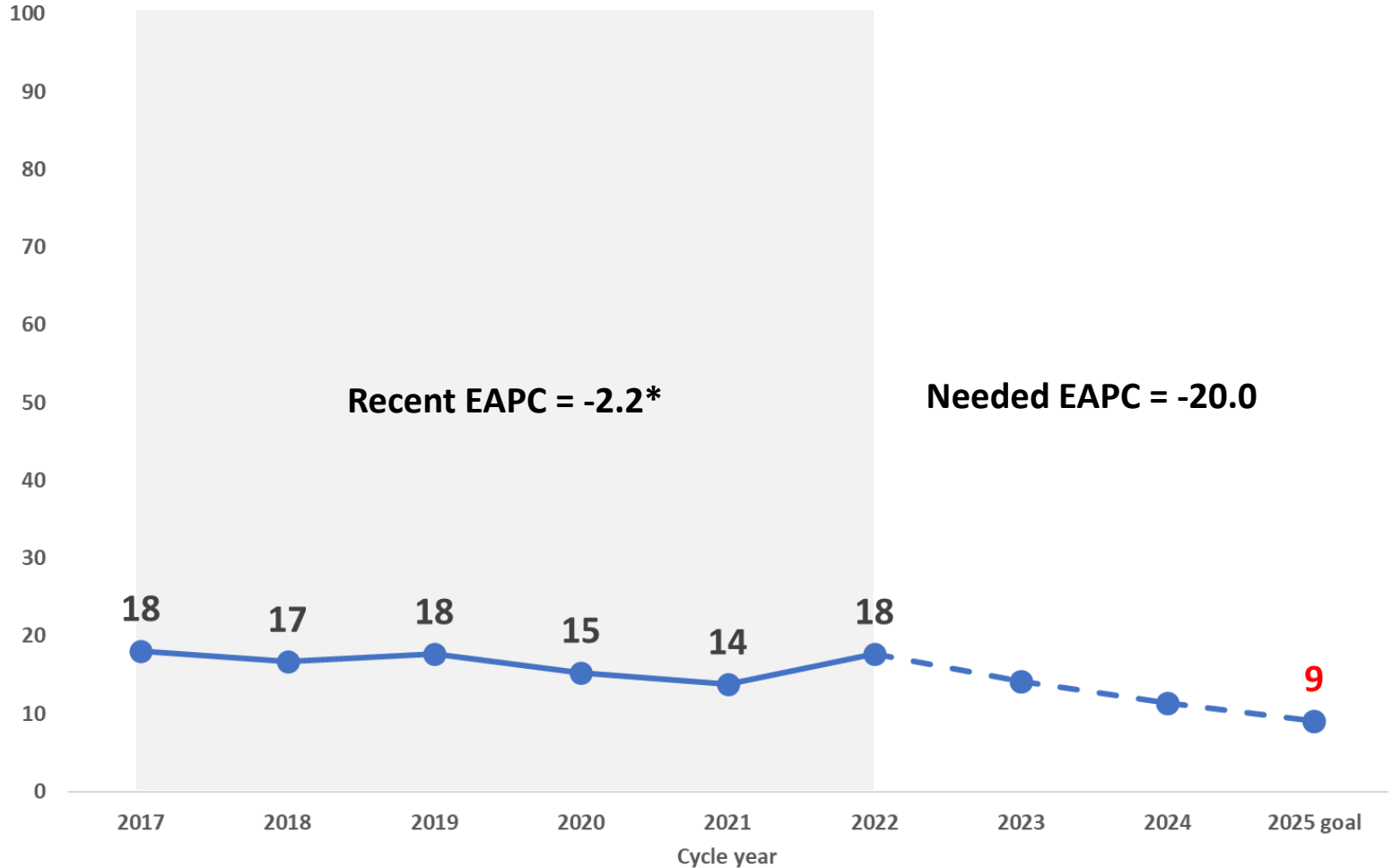
Unemployment, by race/ethnicity



* P-value < 0.001

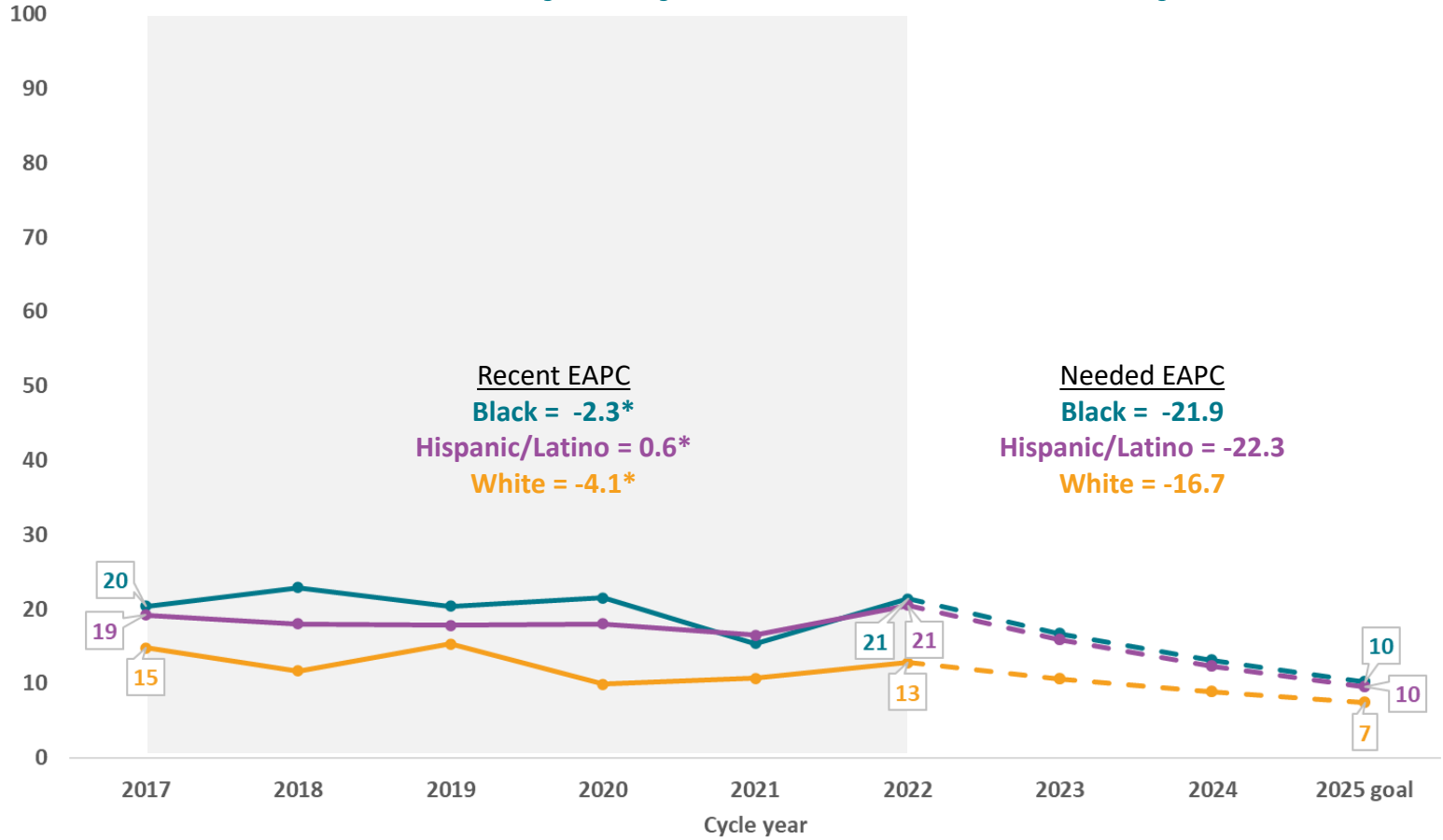
—●— Black MSM —●— Hispanic/Latino MSM —●— White MSM

Hunger/food insecurity, all MSM



* P-value < 0.001

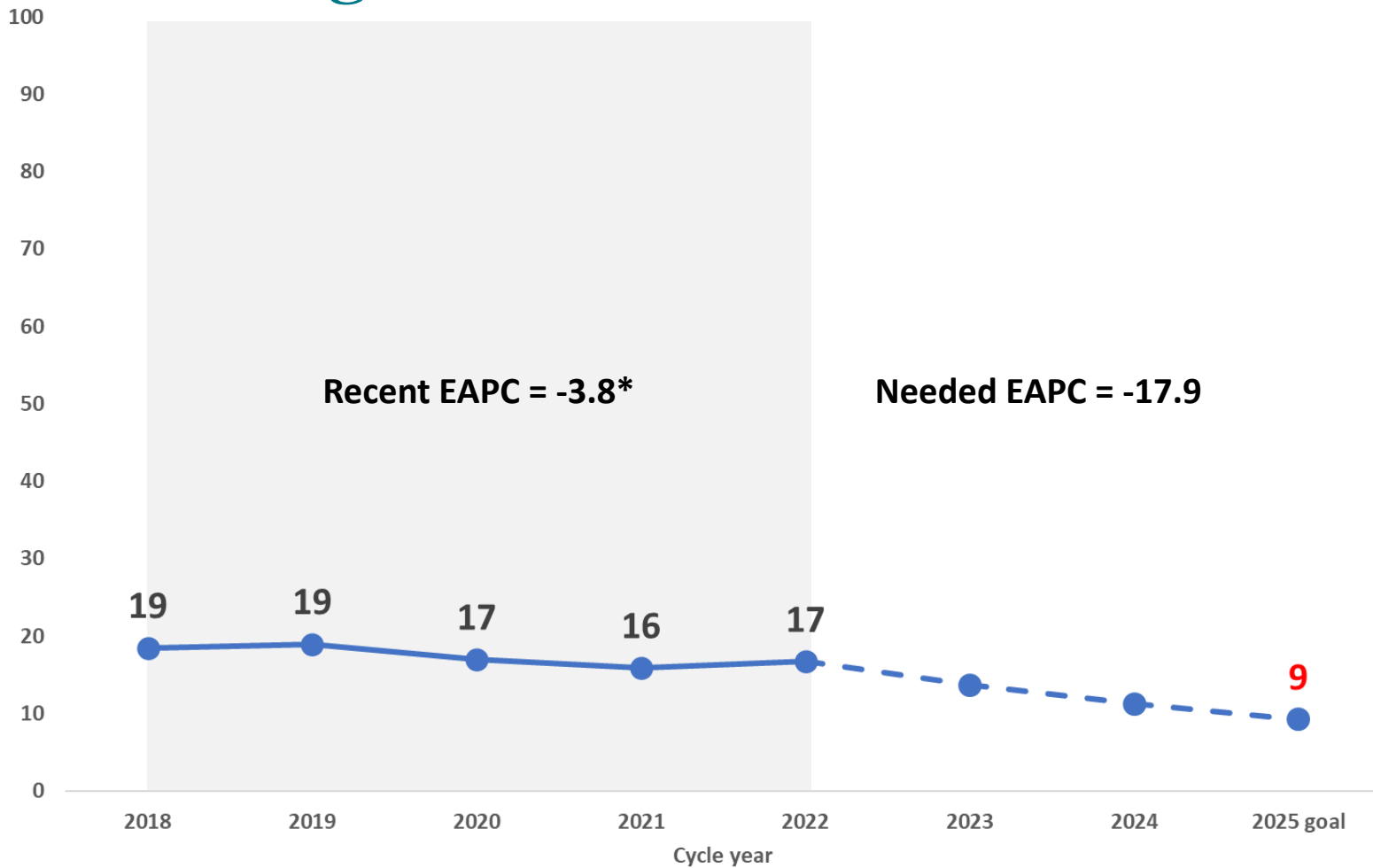
Hunger/food insecurity, by race/ethnicity



* P-value < 0.001

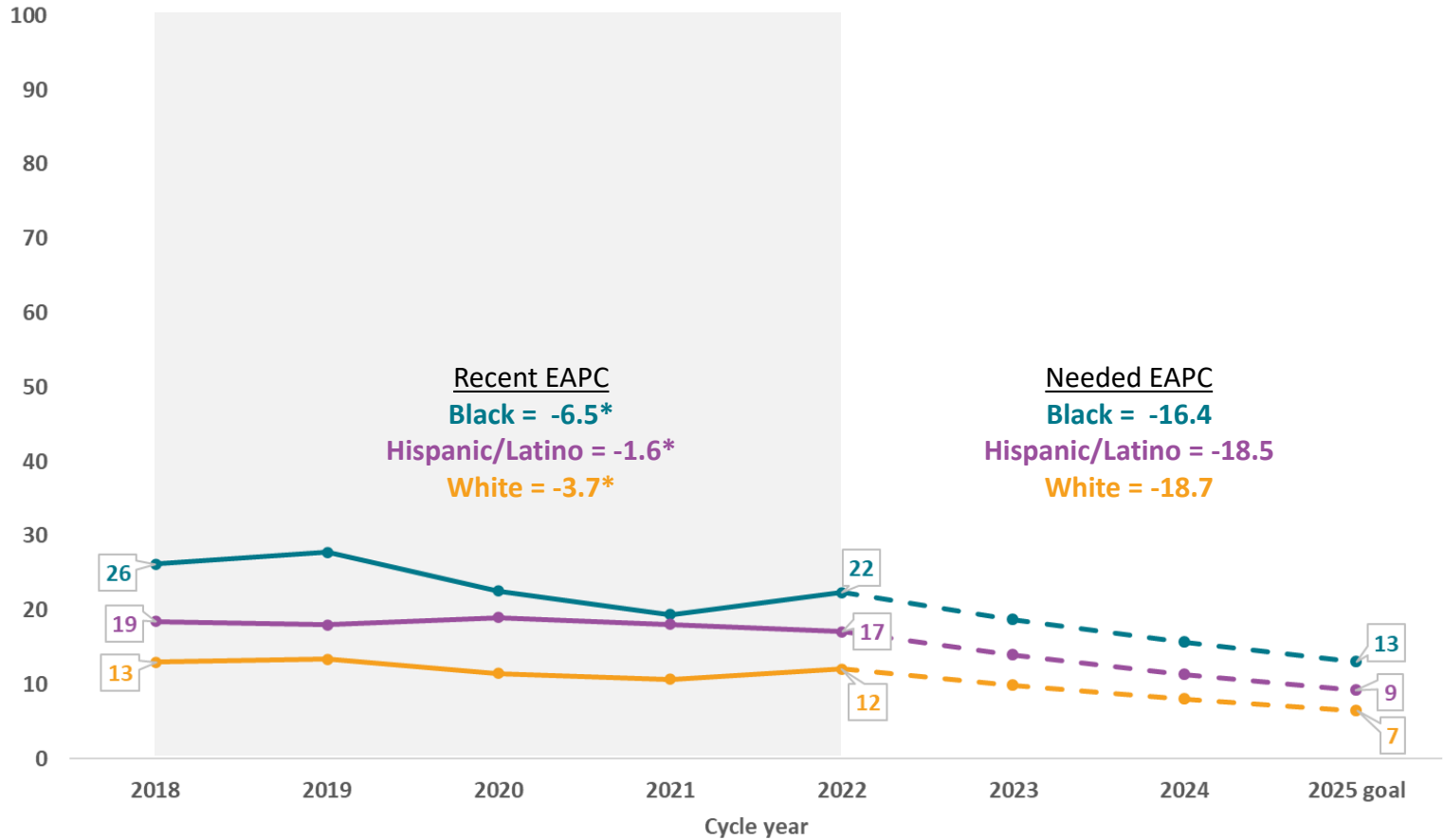
—●— Black MSM —●— Hispanic/Latino MSM —●— White MSM

Unstable housing/homelessness, all MSM



* P-value < 0.001

Unstable housing/homelessness, by race/ethnicity



* P-value < 0.001

—●— Black MSM —●— Hispanic/Latino MSM —●— White MSM



Discussion and conclusions

NHAS 2025 quality of life goals—how are we doing?



**Good or better
self-rated health**

- Stagnant
- Slight decrease for Hispanic/Latino MSM



**Unmet needs for
mental health
services**

- Moving in the wrong direction
- Largest increase among Black MSM



- Unemployment
- Hunger/food insecurity
- Unstable housing/homelessness

- Stagnant or only small decreases
- Racial and ethnic differences in point estimates

NHAS 2025 quality of life goals—what can we do?



Good or better
self-rated health

- Adherence support
- Long-acting antiretroviral therapies
- Chronic disease and aging management



Unmet needs for
mental health
services

- Mental health screening
- Integration of HIV and mental health care



- Unemployment
- Hunger/food insecurity
- Unstable housing/homelessness

- Address “whole person” needs
- Skills-building and career development programs
- COVID-related needs and supports

Caveats/limitations

- Not a formal assessment of progress, i.e., likelihood or grading of progress towards meeting goals
- Indicators established in mid-2022 with intentionally aspirational goals—no time to implement new programs/efforts
- Most goals do not address disparities
- Geographic variability
- Response rates

If recent trends continue, accelerated efforts will be needed to meet quality of life goals among MSM.





U.S. PLHIV CAUCUS

“Measuring quality of life
is not the same thing as
improving quality of life.”

Thank you!
Questions or comments?



**Centers for Disease
Control and Prevention**
National Center for HIV,
Viral Hepatitis, STD, and
TB Prevention

Extra slides for Q&A



**Centers for Disease
Control and Prevention**
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Viral Hepatitis, STD, and
TB Prevention

MMP NHAS QoL indicator definitions

Domain	Indicator	Definition and measurement
Physical	Good or better self-rated health	<ul style="list-style-type: none"> Rating one's health as good, very good, or excellent (as opposed to poor or fair) at the time of interview Denominator: U.S. adults with diagnosed HIV
Mental/Emotional	Unmet need for services from a mental health professional	<ul style="list-style-type: none"> Needing, but not receiving, services from a mental health professional during the past 12 months Denominator: U.S. adults with diagnosed HIV who indicated needing mental health services (i.e., receiving or needing but not receiving)
Structural/ Subsistence	Hunger/food insecurity	<ul style="list-style-type: none"> Being hungry and not eating because there wasn't enough money for food during the past 12 months Denominator: U.S. adults with diagnosed HIV
Structural/ Subsistence	Unemployment	<ul style="list-style-type: none"> Being out of work at the time of interview Denominator: U.S. adults with diagnosed HIV
Structural/ Subsistence	Unstable housing or homelessness*	<ul style="list-style-type: none"> Being unstably housed (defined as being evicted, moving 2 or more times, moving in with others because of financial problems) or homeless (defined as living on the street, in a shelter, a single room occupancy hotel, or a car) during the past 12 months Denominator: U.S. adults with diagnosed HIV

* Replaces previous NHAS indicator that only captured homelessness