

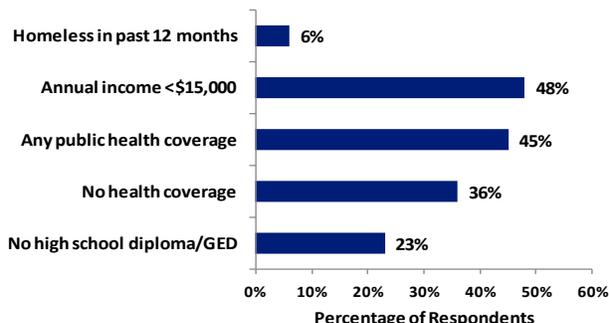
Virginia Medical Monitoring Project: 2013 Fact Sheet

The Virginia Medical Monitoring Project (MMP) is a CDC-sponsored HIV surveillance initiative that collects information about HIV-related health behaviors, medical care and services from people living with HIV (PLWH) in Virginia. Each year, a random sample of 400 PLWH are selected from HIV care providers throughout Virginia to participate. Extensive patient interviews and medical record abstractions are conducted for each respondent. This fact sheet presents interview data from the 2011 data collection cycle.

DEMOGRAPHICS

Two hundred and nineteen patients completed interviews during the 2011 cycle, and of these patients, 67% were male and 33% female. One respondent self-identified as transgender. Most respondents were black (63%), with smaller percentages of whites (20%), Hispanics (11%) and respondents of another race/multi-racial (6%). Respondents' ages ranged from 18 to 69 years, with a median of 46. Most respondents self-identified as heterosexual (57%), with 29% homosexual/gay/lesbian, and 13% bisexual. Respondents were more likely to have not completed high school (23% vs. 14%) and be living on less than \$15,000 a year (48% vs. 9%) than all adult Virginians in 2011⁶. Additionally, they were also more likely to lack health coverage (36% vs. 15%)⁶.

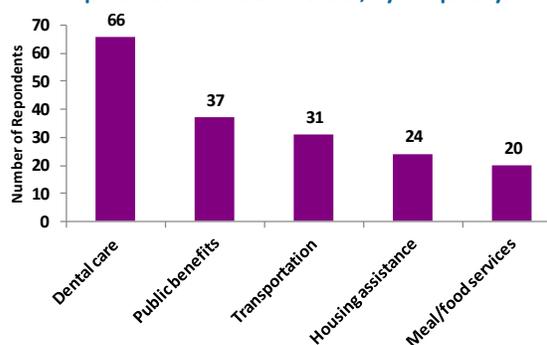
Selected Sociodemographic Indicators



MET AND UNMET NEED

Respondents reported receiving a number of ancillary services during the 12 months before the interview. Services used most frequently by MMP respondents included HIV case management (67%), dental care (48%), the AIDS Drug Assistance Program (ADAP, 47%), HIV/STD prevention counseling (46%), and public benefits (44%). Respondents reported the greatest unmet need for dental care. The most frequently cited barrier for dental care was service cost/lack of insurance; 36% of those with an unmet need cited this barrier as a reason.

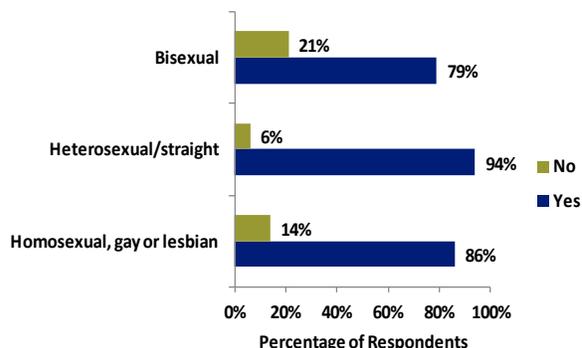
Top Five Unmet Service Needs, by Frequency



ANTIRETROVIRAL TREATMENT AND ADHERENCE

Most respondents (90%) reported currently taking antiretrovirals (ART). There were differences in ART use by age, with 33% of those between 18 to 29 not taking ART at the time of interview, compared to only 6% of those 40 to 49 and 7% of those 50 or older. Black respondents were the most likely to currently be on ART (92%), followed by whites (89%), those of some other race/multiracial (86%), and Hispanics (78%). Of note, there were differences in current ART usage by self-identified sexual orientation.

Current ART Use by Self-Reported Sexual Orientation



Ninety percent of those on ART said that they adhered to their dosing schedule most or all of the time in the past three days. However, only 39% said they never skipped taking their medications, and 24% said they missed taking their medications in the last month. The most commonly-cited reason for the last missed dose was a change in a daily routine (31%), followed by forgetting (18%). Of those who had taken ART in the past 12 months, 39% said ADAP had paid for those medications. Medicaid was the other most common payment source (25%).

SEXUAL BEHAVIORS

Fifty-three percent of all respondents reported having sex in the last 12 months, including 57% of males and 47% of females. Among male respondents, 38% re

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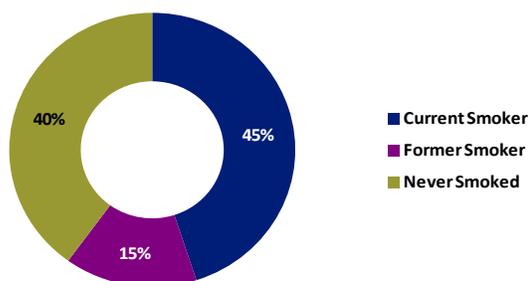
ported having sex with other men (MSM), and 21% reported having sex with women (MSW). Two men reported having sex with both men and women. Among female respondents, 46% reported having sex with men (WSM) and one respondent reported having sex with women (WSW). None of the female respondents reported having sex with both men and women. Although the median number of partners reported by MSM, MSW and WSM was the same (1), the range in the number of partners was different for each group (MSM = 1-12; MSW = 1-20; WSM = 1-4). Thirty-eight percent of MSM reported engaging in unprotected sex in the 12 months prior to the interview, compared to 27% of WSM and 17% of MSW. The figure below gives a breakdown of the types of partners for each group.

Self-Reported Partner Type among the Sexually-Active



DRUG AND ALCOHOL USE

Current smoking rates were much higher for MMP respondents than for adult Virginians (45% vs. 21%), and while 40% of MMP respondents had never smoked, 56% of all adult Virginians had never smoked in 2011⁵.



MMP respondents reported alcohol use in the past 30 days (57%) about as often as all adult Virginians (56%)⁵. Furthermore, 21% of MMP respondents reported binge drinking in that period, compared to 18% of all adult Virginians⁵. Twenty-five percent of MMP respondents reported using non-injection drugs during the past year, most of whom reported using only one drug (38/55) and all of whom reported using marijuana in that period.

PREVENTION ACTIVITIES

Fifty-two percent of respondents reported receiving free condoms from someone other than a partner, friend or family member in the past 12 months. Most of them (83%) received these free condoms from a doctor's office or other health clinic. Additionally, 57% percent of respondents reported having an HIV or STD prevention conversation with a doctor, nurse, outreach worker, prevention program worker, or within a structured group setting in the year before the interview.

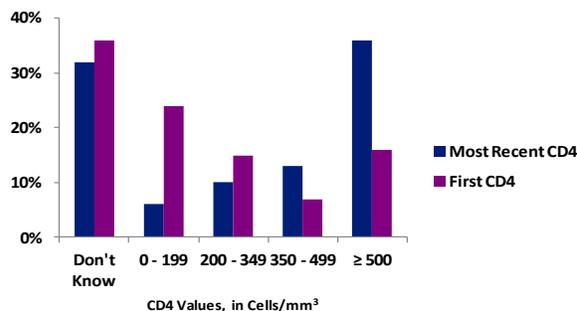
ANXIETY AND DEPRESSION

Twenty-six percent of MMP respondents met the criteria for depression at the time of the interview, according to their responses to the Patient Health Questionnaire 8 (PHQ-8) that was administered. By gender, 21% of males and 38% of females met the criteria for depression. Rates of depression were highest for whites (36%), with blacks (25%), Hispanics (22%) and those in the other/multiracial group (21%) reporting lower levels.

HEALTH CONDITIONS AND PREVENTIVE THERAPY

While 36% of respondents reported that their most recent CD4 count had been ≥ 500 cells/mm³, an additional 32% did not know their most recent CD4 result.

Reported Most Recent and Lowest CD4 Values



Fifty-seven percent reported that their most recent viral load was undetectable. Patients reported between 0 and 12 CD4 and viral load tests in the past 12 months, with a median of four for both tests. Sixty-two percent reported ever receiving a hepatitis vaccine, and 9% said they had received the human papillomavirus vaccine. Only 13% said they had ever been diagnosed with *Pneumocystis pneumonia* (PCP), and 7% said they had been diagnosed with a sexually transmitted infection in the past 12 months. Eighty-six percent had received a seasonal flu vaccine in that period.

REFERENCES

⁵ Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2011].