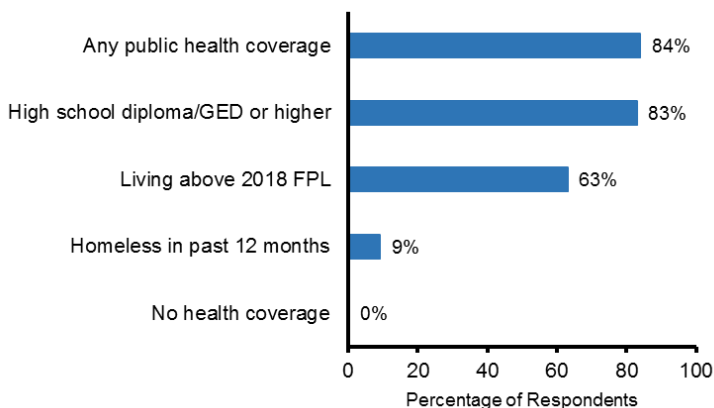


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of HIV-infected adults in the United States. Each year, in collaboration with CDC, a randomized sample of 400 participants throughout Virginia is selected for the project. Structured interviews and medical record abstractions are conducted for each respondent. This fact sheet presents interview and medical record data from 2018.

DEMOGRAPHICS

Data for one hundred sixty-eight respondents were included in analyses for the 2018 data collection cycle; and of these respondents, approximately 70% were male and 30% were female. One respondent (1%) self-identified as transgender. Most respondents were Black (55%), with smaller percentages being White (25%), Hispanic (8%), and of another race/multiple races (11%). Respondents' ages ranged from 22 to 79, with a mean of 48 years of age. More than half of respondents self-identified as heterosexual (52%), 33% reported sexual orientation as homosexual/gay/lesbian, 9% as bisexual, and 6% as 'other'. Respondents were likely to have completed high school or beyond (83%); and approximately 63% reported an annual income that was above the 2018 federal poverty level (FPL).

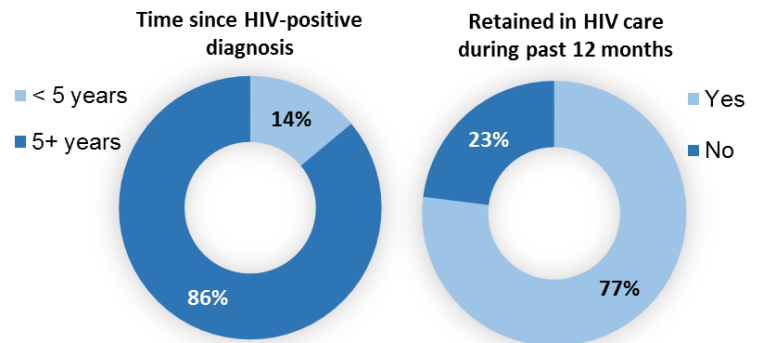
Figure 1. Selected Sociodemographic Indicators



TIME SINCE HIV DIAGNOSIS AND HIV CARE

Fourteen percent of respondents reported being diagnosed HIV-positive less than five years before their MMP interview date. The majority of respondents (86%) reported being diagnosed HIV-positive five or more years before their MMP interview date. Ninety-eight percent of respondents reported receiving outpatient HIV care and 77% reported being retained in care during the previous 12 months.

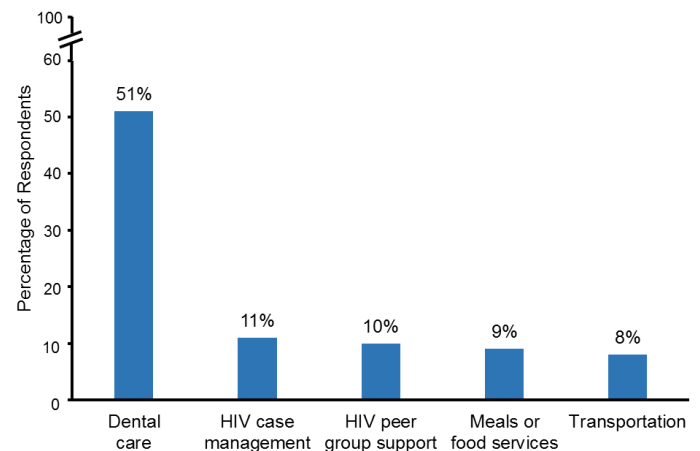
Figure 2. HIV Diagnosis and Care Retention



MET AND UNMET NEED

Respondents reported receiving a range of ancillary services during the 12 months prior to the interview. Services used most frequently included the AIDS Drug Assistance Program (ADAP, 65%), HIV case management (60%), dental care (60%), ART medication adherence support services (37%), mental health services (32%), and transportation assistance (27%). Dental care was the greatest unmet need reported by respondents. The most frequently cited barrier for dental care was service cost/lack of insurance (45%).

Figure 3. Top Five Unmet Services Needs



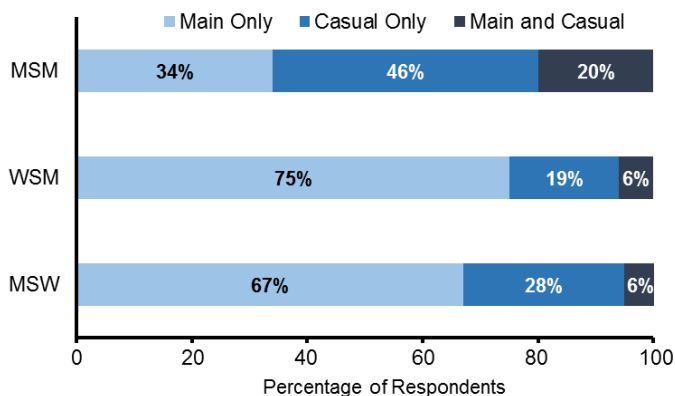
ANTIRETROVIRAL TREATMENT AND ADHERENCE

Most respondents (96%) reported currently taking antiretroviral therapy (ART) medications. Sixty-two percent of those on ART said that they never skipped a dose in the past 30 days. The most commonly-cited reason for the last missed dose was forgetting to take medication (59%). The majority of respondents (91%) reported never or rarely being troubled by side effects in the past 30 days.

SEXUAL BEHAVIORS

Sixty percent of all respondents reported having sex in the last 12 months (67% of males and 42% of females participants). Among the sexually active male respondents, 64% reported having sex with other men only (MSM), and 24% reported having sex with women only (MSW). Among the sexually active female respondents, 84% reported having sex with men only (WSM). Median and range of number of partners reported by MSM were greater than what were found with MSW and WSM (MSM: median = 2, range = 1-50; MSW: median = 1, range = 1-10; WSM: median = 1, range = 1-6). Sixty-one percent of MSM reported engaging in unprotected sex in the past 12 months, compared to 50% of MSW and 60% of WSM.

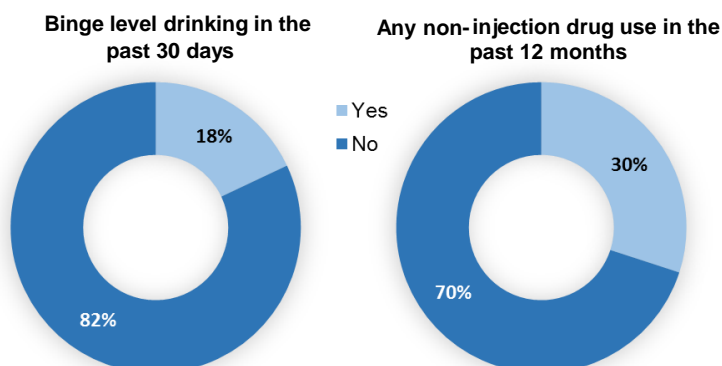
Figure 4. Sex Partner Type among Sexually Active



SUBSTANCE USE

The percentage of current daily smokers for MMP respondents was above the state average for all daily smokers in Virginia (21% vs. 17%)[§]. Fifty-two percent of MMP respondents reported alcohol use in the past 30 days. In addition, 18% of MMP respondents reported binge level drinking in the past 30 days (18% of males and 17% of females), as compared to 16% of all adult Virginians[§]. Thirty percent of MMP respondents reported using non-injection drugs during the past 12 months. For those reporting non-injection drug use, marijuana was the most frequently reported drug used (88%). Four percent of respondents reported injection drug use (IDU) in the past 12 months.

Figure 5. Substance use among MMP participants



PREVENTION ACTIVITIES

Forty-eight percent of respondents reported receiving free condoms in the past 12 months. Fifty-eight percent of respondents reported having an HIV or STD prevention conversation in the past 12 months; these conversations occurred with a doctor, nurse, or other health care provider (88%), a counselor (48%), or in an organized session or small group (28%).

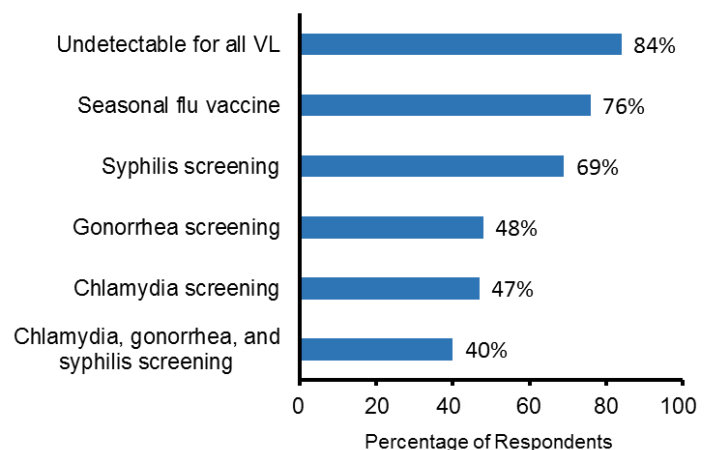
DEPRESSION AND ANXIETY SYMPTOMS

Sixteen percent of MMP respondents met the criteria threshold for moderate to severe depression symptoms at the time of the interview, according to their responses to the Patient Health Questionnaire 8 (PHQ-8). Twenty-seven percent of respondents met the criteria threshold for presence of anxiety symptoms, according to their responses to the Generalized Anxiety Disorder Scale (GAD-2).

LABORATORY RESULTS AND PREVENTIVE THERAPY

Eighty-four percent of respondents had an undetectable viral load (VL) for all viral load tests in their medical record for the past 12 months. Seventy-six percent received the seasonal flu vaccine. Among sexually active respondents, 69% received syphilis screening, 48% received gonorrhea screening, 47% received chlamydia screening, and 40% received screening for all three infections in the past 12 months.

Figure 6. Reported laboratory results and preventive therapy



REFERENCES

§ United Health Foundation. America's Health Rankings: Annual Report 2018. https://assets.americashealthrankings.org/app/uploads/2018ahrannual_020419.pdf. Published December 2018. Accessed May 10, 2021.