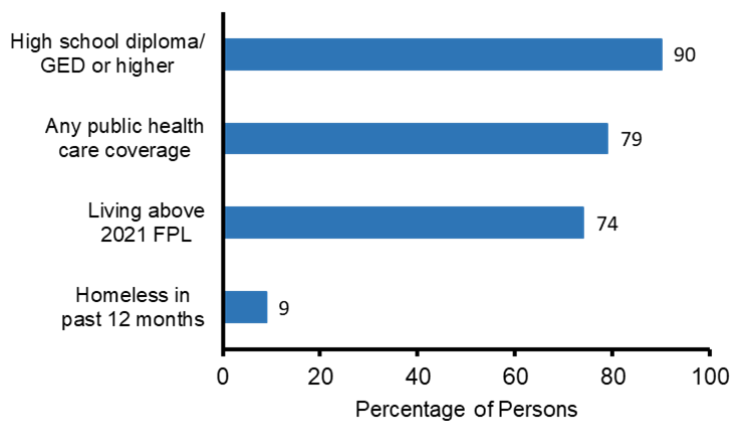


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of people with HIV in the United States. Each year, in collaboration with CDC, a randomized sample of 400 participants throughout Virginia is selected for the project. Structured interviews and medical record abstractions are conducted for each respondent. MMP data are adjusted using established statistical techniques to more accurately reflect lived experiences among all adults with diagnosed HIV in Virginia.¹ This fact sheet presents interview and medical record data from 2022.

DEMOGRAPHICS

An estimated 72% of persons interviewed were male and 25% female. An estimated 58% were Black/African American, 24% White, 11% Hispanic/Latino, and 7% identified as another race/multiple races. Persons' ages ranged from 25 to 80, with a mean of 51 years of age. Nearly half of respondents self-identified as heterosexual (44%), 42% reported sexual orientation as homosexual/gay/lesbian, and 14% as bisexual. Persons were likely to have completed high school or beyond (90%). An estimated 79% of persons reported having public health care coverage and approximately 74% reported an annual income that was above the 2021 federal poverty level (FPL). An estimated 9% of persons reported homelessness in the past 12 months.

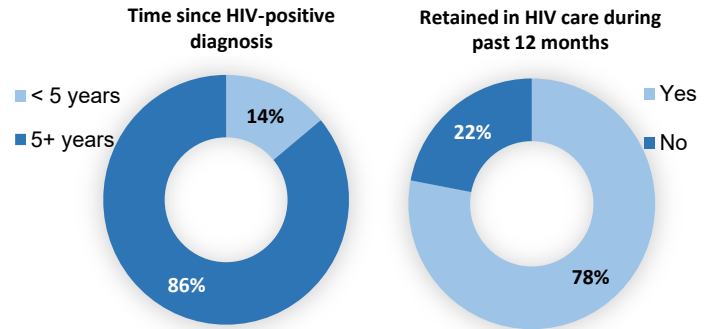
Figure 1. Selected Sociodemographic Indicators



TIME SINCE HIV DIAGNOSIS AND HIV CARE

An estimated 14% of persons reported being diagnosed HIV-positive less than five years before their MMP interview date. Most (86%) reported being diagnosed HIV-positive five or more years before their MMP interview date. An estimated 97% of persons reported receiving outpatient HIV care and 78% reported being retained in care during the previous 12 months.

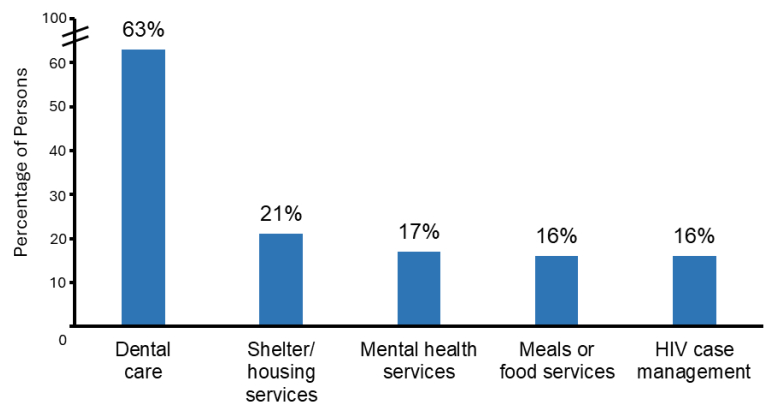
Figure 2. HIV Diagnosis and Care Retention



MET AND UNMET NEED

Persons reported receiving a range of ancillary services during the 12 months prior to the interview. Services used most frequently included HIV case management (57%), the Virginia Medication Assistance Program (VA MAP, 49%), dental care (46%), antiretroviral therapy (ART) medication adherence support services (36%), mental health services (24%), and transportation assistance (23%). Dental care was the greatest unmet need, reported by an estimated 63% of persons. Additional unmet needs frequently reported by persons included shelter/housing services (21%), mental health services (17%), meals or food services (16%), and HIV case management (16%).

Figure 3. Top Five Unmet Services Needs



ANTIRETROVIRAL TREATMENT AND ADHERENCE

An estimated 99% of persons reported currently taking ART medications. An estimated 69% of persons on ART said 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 (55%). An estimated 96% of persons reported never or rarely being troubled by side effects in the past 30 days.

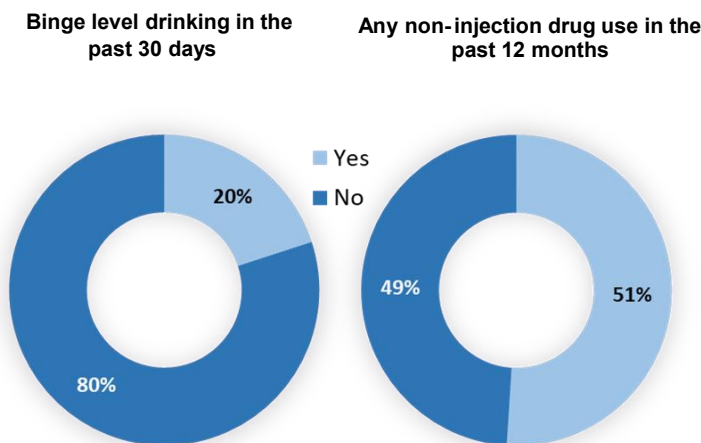
SEXUAL BEHAVIORS

An estimated 61% of persons interviewed reported having sex in the last 12 months (64% of males and 48% of females). Median and range of number of partners reported by MSM were greater than MSW and WSM (MSM: median = 1.6, range = 1-50; MSW: median = 1, range = 1-3; WSM: median = 1, range = 1-3). An estimated 54% of sexually active persons reported engaging in unprotected sex in the past 12 months.

SUBSTANCE USE

The estimated percentage of current smokers for persons living with HIV was above the state average for all current smokers in Virginia (25% vs. 12%)². Fifty-seven percent of persons reported alcohol use in the past 30 days. In addition, 20% of persons reported binge level drinking in the past 30 days. An estimated 51% of persons 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 (60%).

Figure 4. Substance Use



PREVENTION ACTIVITIES

An estimated 27% of persons reported receiving free condoms in the past 12 months. An estimated 35% of persons reported having an HIV or STD prevention conversation in the past 12 months; these conversations occurred with a doctor, nurse, other health care provider (94%), or a counselor (36%).

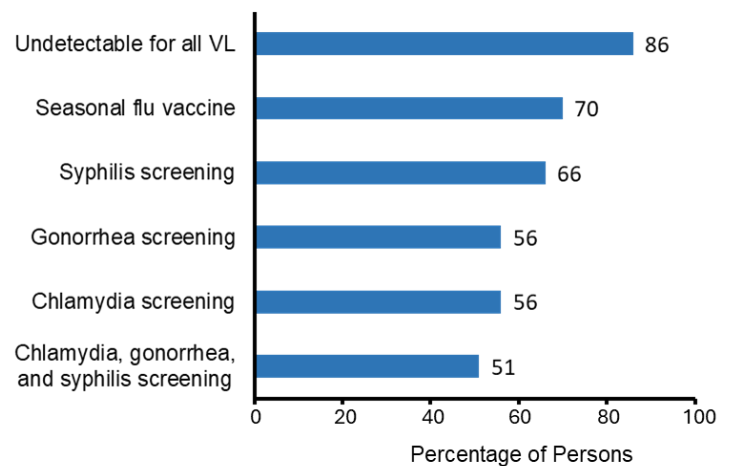
DEPRESSION AND ANXIETY SYMPTOMS

An estimated 13% of persons scored above 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). An estimated 25% of persons 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

An estimated 86% of persons had an undetectable viral load (VL) for all viral load tests in their medical record over the past 12 months. Seventy percent received the seasonal flu vaccine. Among sexually active persons, 66% received syphilis screening, 56% received gonorrhea screening, 56% received chlamydia screening, and 51% received screening for all three infections in the past 12 months.

Figure 5. Reported Laboratory Results and Preventive Therapy



REFERENCES

1 Beer L, Johnson CH, Fagan JL, et al. A National Behavioral and Clinical Surveillance System of Adults with Diagnosed HIV (The Medical Monitoring Project): Protocol for an Annual Cross Sectional Interview and Medical Record Abstraction Survey. JMIR Res Protoc. 2019; 8 (11): e15453.

2 United Health Foundation. America's Health Rankings: Annual Report 2022. <https://www.americashealthrankings.org/learn/reports/2022-annual-report>. Published December 2022. Accessed April 23, 2026.