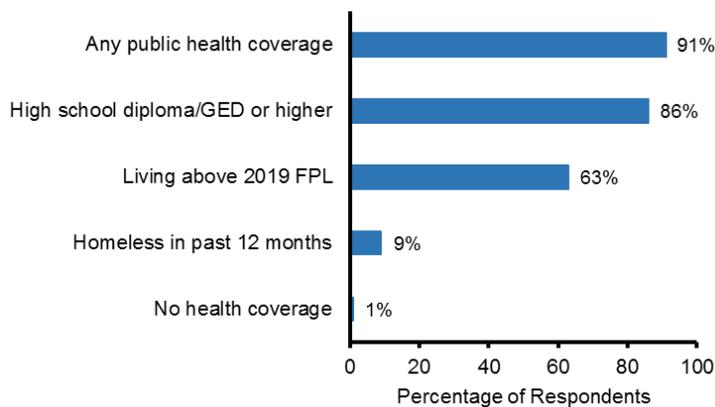


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of people with HIV in the United States. Each year, in collaboration with CDC, a randomized sample of 400 participants throughout Virginia is selected for the project. Structured interviews and medical record abstractions are conducted for each respondent. This fact sheet presents interview and medical record data from 2019.

### DEMOGRAPHICS

Data for 152 respondents were included in analyses for the 2019 data collection cycle; and of these respondents, approximately 69% were male, 27% were female, and 4% were transgender. Most respondents were Black (59%), with smaller percentages being White (24%), Hispanic (5%), and of another race/multiple races (13%). Respondents' ages ranged from 21 to 76, with a mean of 47 years of age. Nearly half of respondents self-identified as heterosexual (45%), 38% reported sexual orientation as homosexual/gay/lesbian, 12% as bisexual, and 5% as 'other'. Respondents were likely to have completed high school or beyond (86%); and approximately 63% reported an annual income that was above the 2019 federal poverty level (FPL).

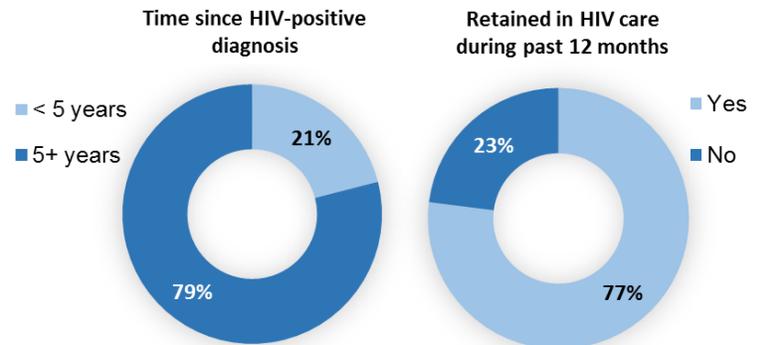
Figure 1. Selected Sociodemographic Indicators



### TIME SINCE HIV DIAGNOSIS AND HIV CARE

Twenty-one percent of respondents reported being diagnosed HIV-positive less than five years before their MMP interview date. The majority of respondents (79%) reported being diagnosed HIV-positive five or more years before their MMP interview date. Ninety-nine percent of respondents reported receiving outpatient HIV care and 77% reported being retained in care during the previous 12 months.

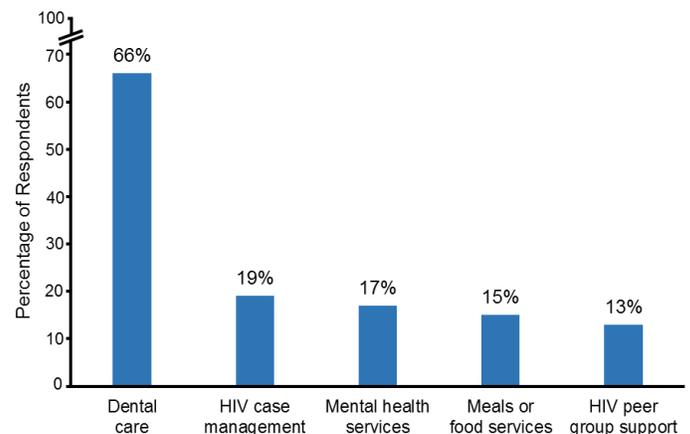
Figure 2. HIV Diagnosis and Care Retention



### 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, 66%), HIV case management (58%), dental care (57%), antiretroviral therapy (ART) medication adherence support services (42%), mental health services (38%), 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 (49%).

Figure 3. Top Five Unmet Services Needs



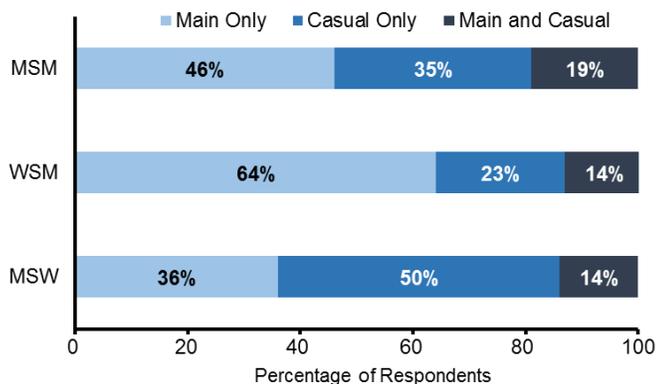
### ANTIRETROVIRAL TREATMENT AND ADHERENCE

Most respondents (98%) reported currently taking 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 (54%). The majority of respondents (88%) reported never or rarely being troubled by side effects in the past 30 days.

### SEXUAL BEHAVIORS

Sixty-four percent of all respondents reported having sex in the last 12 months (66% of males and 56% of females participants). Among the sexually active male respondents, 75% reported having sex with other men only (MSM) and 20% reported having sex with women only (MSW). Among the sexually active female respondents, 96% 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 = 1.5, range = 1-25; MSW: median = 1, range = 1-10; WSM: median = 1, range = 1-3). Sixty-seven percent of MSM reported engaging in unprotected sex in the past 12 months, compared to 36% of MSW and 62% of WSM.

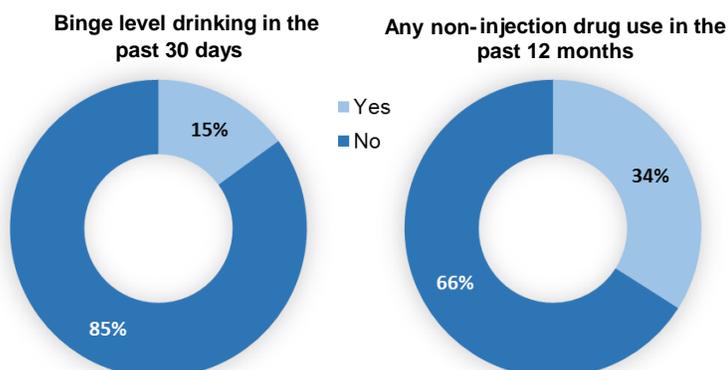
Figure 4. Sex Partner Type among Sexually Active



### SUBSTANCE USE

The percentage of current daily smokers for MMP respondents was above the state average for all daily smokers in Virginia (33% vs. 15%)<sup>§</sup>. Fifty-seven percent of MMP respondents reported alcohol use in the past 30 days. In addition, 15% of MMP respondents reported binge level drinking in the past 30 days (16% of males and 15% of females), as compared to 17% of all adult Virginians<sup>§</sup>. Thirty-four 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 (92%). Five percent of respondents reported injection drug use (IDU) in the past 12 months.

Figure 5. Substance use among MMP participants



### PREVENTION ACTIVITIES

Fifty-five percent of respondents reported receiving free condoms in the past 12 months. Sixty-one 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 (95%), a counselor (56%), or in an organized session or small group (23%).

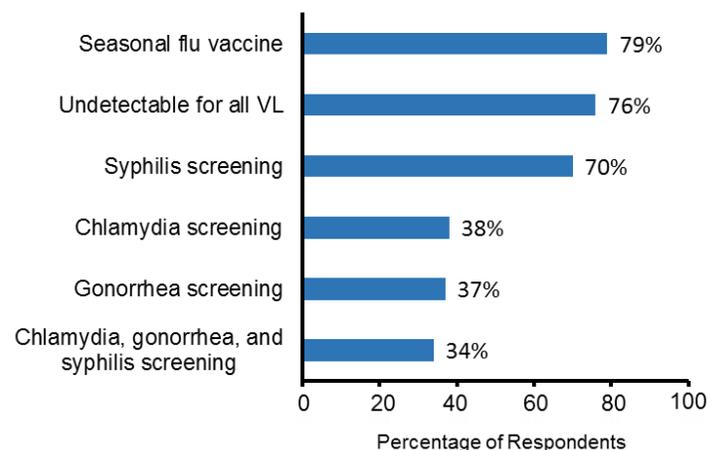
### DEPRESSION AND ANXIETY SYMPTOMS

Nineteen 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-nine 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

Seventy-six percent of respondents had an undetectable viral load (VL) for all viral load tests in their medical record for the past 12 months. Seventy-nine percent received the seasonal flu vaccine. Among sexually active respondents, 70% received syphilis screening, 38% received chlamydia screening, 37% received gonorrhea screening, and 34% received screening for all three infections in the past 12 months.

Figure 6. Reported laboratory results and preventive therapy



### REFERENCES

<sup>§</sup> United Health Foundation. America's Health Rankings: Annual Report 2019. <https://www.americashealthrankings.org/learn/reports/2019-annual-report>. Published December 2019. Accessed April 6, 2022.