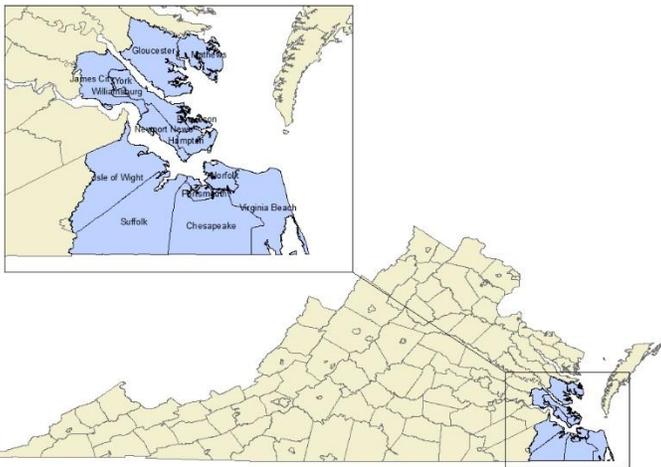


National HIV Behavioral Surveillance (NHBS) is the Centers for Disease Control and Prevention’s (CDC) surveillance project that collects behavioral data and conducts anonymous HIV testing among persons at increased risk for acquiring HIV¹. NHBS collects data in 19 urban areas with high prevalence of HIV, each of which rotate data collection between three key populations: men who have sex with men (MSM), people who inject drugs (PWID), and heterosexual persons at increased risk of HIV infection (HET). Virginia conducts NHBS activities in the Hampton Roads Metropolitan Statistical Area (Hampton Roads MSA)— Figure 1. NHBS participants answer sociodemographic, behavioral, and health-related questions during a videoconference interview and, for those who agree to HIV testing, receive an HIV test. This fact sheet presents data for MSM in Virginia who completed the 2023 NHBS interview.

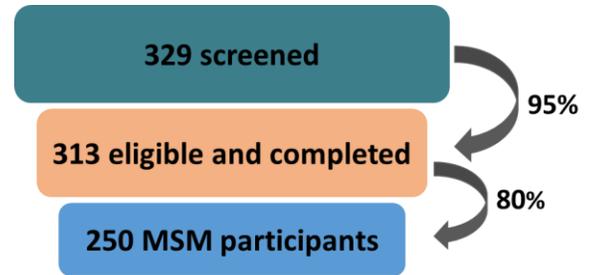
Figure 1. Hampton Roads Metropolitan Statistical Area (Hampton Roads MSA)



SAMPLE RECRUITMENT AND ELIGIBILITY

In 2023, NHBS participants were recruited through a process called venue-based sampling, in which participants are recruited during sampling events at venues identified to be frequented by MSM. All interviews were conducted in a private area in the identified venues from July–December 2023. Individuals were eligible to complete the NHBS survey and receive HIV testing if they lived in the Hampton Roads MSA, were aged 18 years or older, had not previously participated in NHBS during the current survey cycle, were born and identify as male, had oral or anal sex with another man in the past 12 months, and could provide informed consent and complete the survey². Virginia NHBS screened 329 persons for participation, of which 313 were eligible and completed the survey (95%)— Figure 2. Among those who completed the survey, 250 (80%) were considered MSM. The remainder of this fact sheet will focus on the 250 eligible MSM participants who completed the survey.

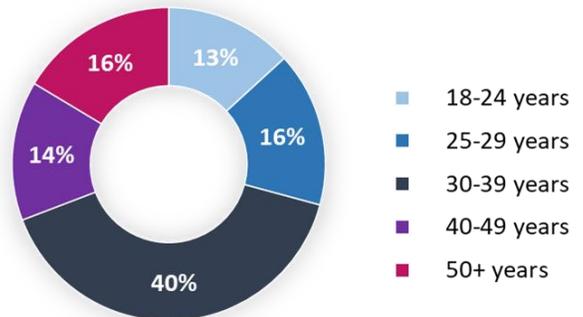
Figure 2. NHBS Eligibility and MSM, Hampton Roads MSA, 2023



SOCIODEMOGRAPHIC CHARACTERISTICS

Among the 250 MSM participants, the majority lived in Norfolk (48%) or Virginia Beach (20%). Half of participants were Black or African American (50%); 34% were White, 9% were Hispanic, and 7% reported some other race. The participants ranged in age from 18 to 77 years, and the median age was 34 years old. Persons aged 30 to 39 years represented 40% of the sample — Figure 3. Thirty-nine percent of the sample had completed some college or technical degree and an additional 28% had obtained a college degree or more. At the time of the NHBS survey, 75% of participants reported being employed (69% full time, 6% part time), 10% reported being unemployed, and 3% reported being unable to work for health reasons. Five percent of participants reported homelessness in the past 12 months and 19% of participants who have ever been incarcerated reported incarceration at some point in the past 12 months.

Figure 3. Age of MSM Sample, Hampton Roads MSA, 2023



Note: Values in figure may not equal 100% due to rounding

HEALTH INSURANCE COVERAGE AND HEALTH CARE UTILIZATION

There were 25 participants (10%) who reported they did not have health insurance at the time of the survey. Among the 224 participants (90%) who reported having insurance, 48% had private insurance, 28% had Medicaid, 14% had TRICARE/CHAMPUS, 9% had Medicare, 5% had Veterans Administration insurance, 3% had some other government plan, and 1% reported other insurance. Most participants (95%) reported having a usual place where they go when sick or in need of health-related advice: a doctor’s office or HMO (54%), clinic or health center (30%), hospital emergency room (15%), or other location (1%). Most participants (90%) reported visiting a health care provider in the 12 months before the NHBS interview.

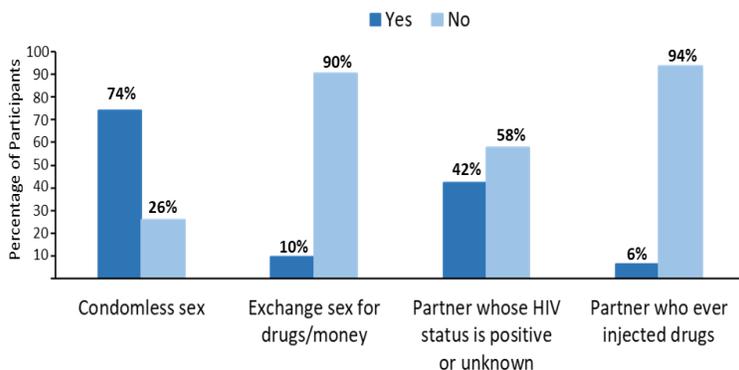
SUBSTANCE USE

Among the 250 MSM participants, 211 (84%) reported having had at least one alcoholic drink in the past 30 days. Of those with recent alcohol use, 22% of participants reported binge drinking (≥ 5 drinks in about 2 hours). Fourteen percent of participants reported non-injection drug use other than marijuana in the 12 months before their interview, with poppers (amyl nitrite) being reported most frequently. Four percent of participants reported ever injecting drugs in their life, with methamphetamine being reportedly most frequently.

SEXUAL BEHAVIORS

All participants reported sex with another male in the 12 months before the NHBS interview. The median number of sexual partners reported by participants was three partners in the past 12 months. The majority of participants reported only casual anal sex partnerships (56%), 38% reported only main partnerships, and 7% reported both main and casual partnerships. Seventy-four percent of participants reported having condomless sex and 10% reported exchanging sex for drugs or money in the past 12 months – Figure 4. When asked about their last sexual encounter, 42% of participants reported a partner whose HIV status is positive or unknown, while 6% of participants reported a partner who has ever injected drugs.

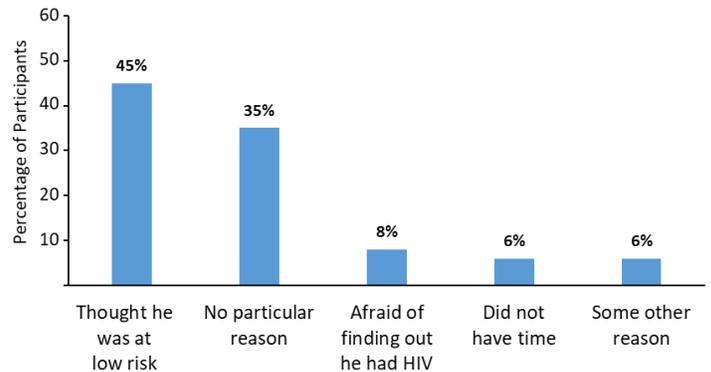
Figure 4. Sex Behaviors During the Past 12 Months, Hampton Roads MSA, 2023



HIV/STD TESTING

Ninety-six percent of participants reported having ever had an HIV test in their lifetime. Among participants ever tested, 56% reported recent HIV testing (in the past 12 months). Fifty-eight percent of participants reported gonorrhea, chlamydia, and/or syphilis testing in the past 12 months. For participants with recent HIV testing (n=134), the most frequently reported location for testing was a private doctor’s office (37%); 26% reported testing at a public health clinic or community health center and 11% reported testing at a HIV counseling and testing site. For participants who have never tested positive for HIV and did not report recent HIV testing (n=49), the two most common reasons for not testing were “thought he was at low risk for HIV infection” (45%) and “no particular reason” (35%) – Figure 5.

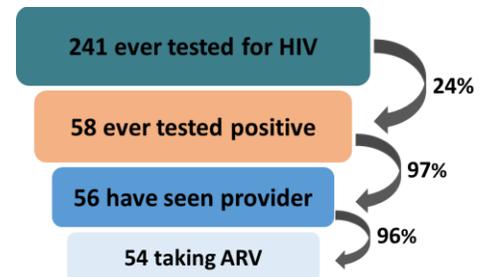
Figure 5. Reason for Not Receiving HIV Test During the Past 12 Months, Hampton Roads MSA, 2023



HIV PREVALENCE

Among the 241 MSM participants who reported being tested for HIV, 58 participants (24%) tested positive for HIV. Eighty-five percent of these participants were told where to get HIV care within 30 days of their first positive HIV test and 97% have seen a health care provider for their HIV infection – Figure 6. Among participants who have seen a provider, 96% reported currently taking antiretroviral (ARV) medication at the time of the interview and 91% reported that their most recent viral load test was undetectable.

Figure 6. HIV Prevalence and Treatment, Hampton Roads MSA, 2023



HIV PREVENTION

Fifty-two percent of participants reported receiving free condoms in the past 12 months; locations included a “bar, club, bookstore, or other business” (39%) where they picked up condoms. Twenty-six percent of participants had a one-on-one conversation or group session with an outreach worker about HIV prevention. Among participants who have never tested positive for HIV, 96% had heard of pre-exposure prophylaxis (PrEP) before the interview; 52% of these participants reported discussing taking PrEP with a health care provider and 33% reported taking PrEP in the past 12 months.

REFERENCES

- Centers for Disease Control and Prevention (CDC). *National HIV Behavioral Surveillance (NHBS)*. <https://www.cdc.gov/hiv/statistics/systems/nhbs/index.html>
- Centers for Disease Control and Prevention. *National HIV Behavioral Surveillance: Men Who Have Sex with Men – 2023: Operations Manual*. Updated April 21, 2023. Accessed August 27, 2025. https://www.cdc.gov/hiv-data/media/pdfs/nhbs/NHBS_Operations_Manual_MSM2023.pdf.