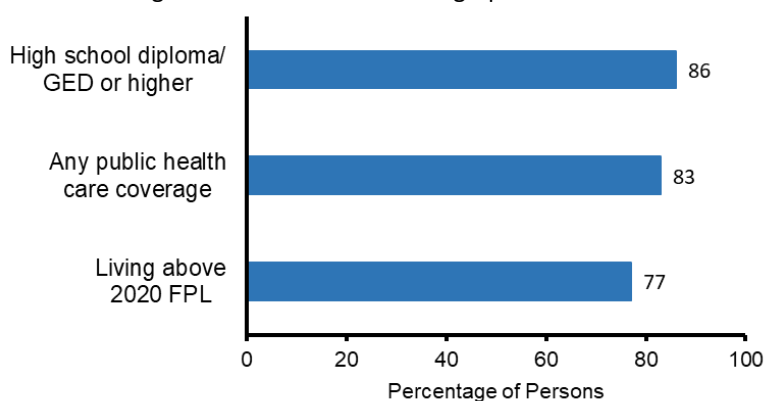


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of people with HIV in the United States. Each year, in collaboration with the Centers for Disease Control and Prevention, a randomized sample of 400 participants throughout Virginia is selected for the project. Structured interviews and medical record abstractions are conducted for each participant. MMP data are adjusted using established statistical techniques to more accurately reflect lived experiences among all adults with diagnosed HIV in Virginia.<sup>1</sup> This fact sheet presents interview and medical record data from 2020.

## DEMOGRAPHICS

An estimated 74% of persons were male and 26% were female. An estimated 57% were Black, with smaller percentages being White (23%) and of another race/multiple races (12%). Persons' ages ranged from 22 to 81, with a mean of 51 years of age. Over half of persons self-identified as heterosexual (52%) and 37% reported sexual orientation as homosexual/gay/lesbian. Persons were likely to have completed high school or beyond (86%). An estimated 83% of persons reported having public health care coverage and 77% reported an annual income that was above the 2020 federal poverty level (FPL).

Figure 1. Selected Sociodemographic Indicators



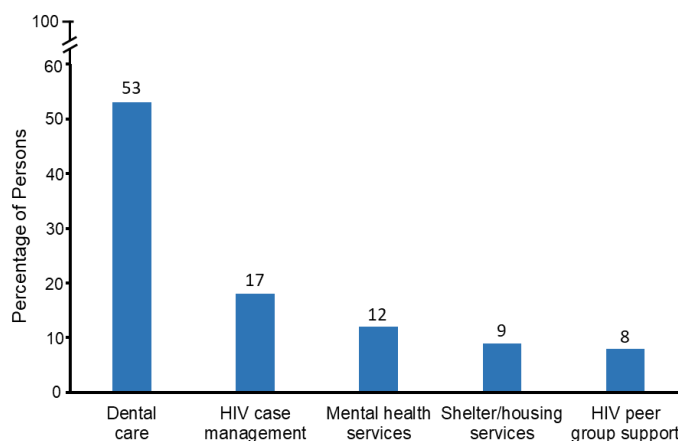
## TIME SINCE HIV DIAGNOSIS AND HIV CARE

An estimated 17% of persons reported being diagnosed HIV-positive less than five years before their MMP interview date. The majority of persons (83%) reported being diagnosed HIV-positive five or more years before their MMP interview date. An estimated 98% of persons reported receiving outpatient HIV care and 79% reported being retained in care during the previous 12 months.

## 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 the Virginia Medication Assistance Program (VA MAP, 60%), dental care (52%), HIV case management (45%), antiretroviral therapy (ART) medication adherence support services (28%), mental health services (24%), and meal or food services (19%). Dental care was the greatest unmet need reported by participants (53%). The most frequently cited barrier for dental care was service cost/lack of insurance (47%). Additional unmet needs frequently reported by participants included HIV case management (17%), mental health services (12%), shelter/housing services (9%), and HIV peer group support (8%).

Figure 2. Top Five Unmet Services Needs



**NOTE:** Due to insufficient sample size, unmet services needs are reported as unweighted estimates and reflect only participants who completed the interview.

## ANTIRETROVIRAL TREATMENT AND ADHERENCE

An estimated 95% of persons reported currently taking ART medications. An estimated 72% of persons 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 (64%). An estimated 94% of persons reported never or rarely being troubled by side effects in the past 30 days.

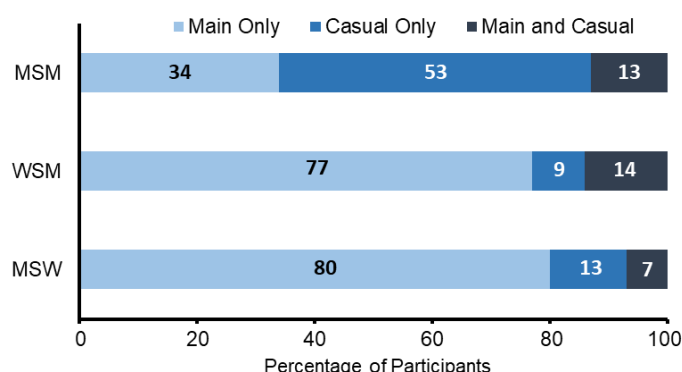
## SEXUAL BEHAVIORS

An estimated 56% of persons reported having sex in the last 12 months (54% of males and 61% of females). Among the sexually active male persons, 63% reported having sex with other men only (MSM) and 32% reported having sex with women only (MSW). All sexually active female persons 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 = 1.0, range = 1-6; WSM: median = 1.0, range = 1-3).

## SEXUAL BEHAVIORS (CONTINUED)

An estimated 72% of MSM reported engaging in unprotected sex in the past 12 months, compared to 53% of MSW and 52% of WSM. Among sexually active participants, MSM participants reported more casual sex partners compared to WSM and MSW participants (MSM: main only = 34%, casual only = 53%, main and casual = 13%; WSM: main only = 77%, casual only = 9%, main and casual = 14%; MSW: main only = 80%, casual only = 13%, main and casual = 7%).

Figure 3. Sex Partner Type among Sexually Active

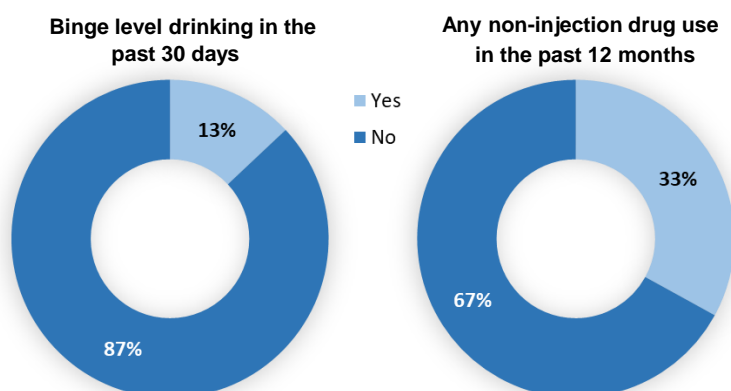


**NOTE:** Due to insufficient sample size, sex partner type among sexually active is reported as unweighted estimates and reflect only participants who completed the interview.

## SUBSTANCE USE

The estimated percentage of current smokers for persons was above the state average for all current smokers in Virginia (22% vs. 14%)<sup>2</sup>. Fifty-two percent of persons reported alcohol use in the past 30 days. In addition, 13% of persons reported binge level drinking in the past 30 days, as compared to 17% of all adult Virginians<sup>2</sup>. An estimated 33% 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 (94%). An estimated 14% of persons reported injection drug use in their lifetime.

Figure 4. Substance Use



## PREVENTION ACTIVITIES

An estimated 39% of persons reported receiving free condoms in the past 12 months. An estimated 50% of persons 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 (91%), a counselor (44%), or in an organized session or small group (18%).

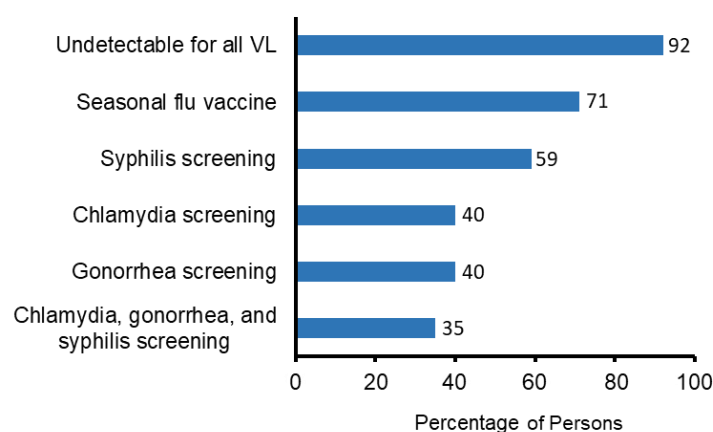
## DEPRESSION AND ANXIETY SYMPTOMS

An estimated 8% of persons 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). An estimated 15% 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 92% of persons had an undetectable viral load (VL) for all viral load tests in their medical record for the past 12 months. Seventy-one percent received the seasonal flu vaccine. Among sexually active persons, 59% received syphilis screening, 40% received chlamydia screening, 40% received gonorrhea screening, and 35% 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 2020. <https://www.americashealthrankings.org/learn/reports/2020-annual-report>. Published December 2020. Accessed August 24, 2023.