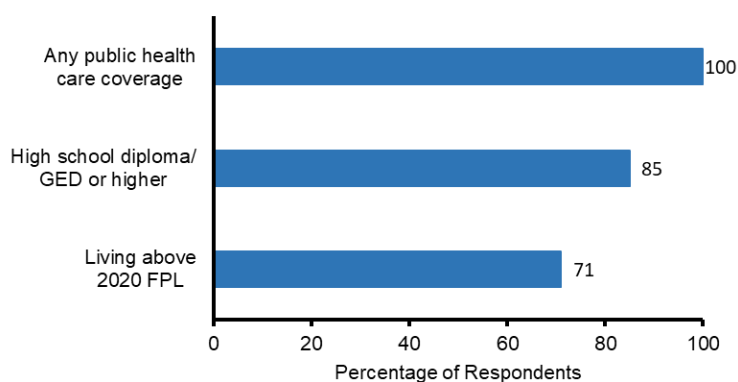


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of people with HIV in the United States. Each year, in collaboration with CDC, a randomized sample of 400 participants throughout Virginia is selected 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.<sup>1</sup> This fact sheet presents interview and medical record data from 2021.

## DEMOGRAPHICS

An estimated 72% of persons were male and 25% were female. An estimated 50% were Black, with smaller percentages being White (27%), Hispanic (10%), and of another race/multiple races (13%). Persons' ages ranged from 20 to 78, with a mean of 50 years of age. Nearly half of respondents self-identified as heterosexual (43%), 39% reported sexual orientation as homosexual/gay/lesbian, and 16% as bisexual. Persons were likely to have completed high school or beyond (85%). All persons reported having public health care coverage and approximately 71% reported an annual income that was above the 2020 federal poverty level (FPL).

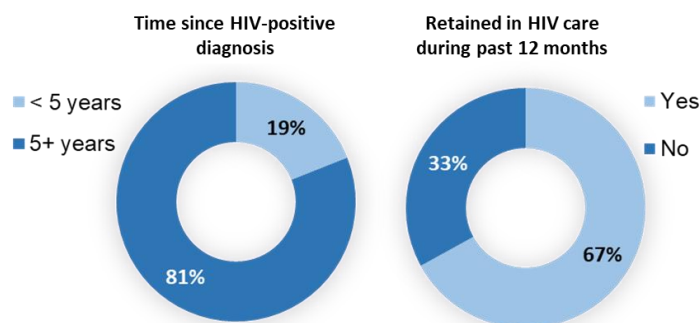
Figure 1. Selected Sociodemographic Indicators



## TIME SINCE HIV DIAGNOSIS AND HIV CARE

An estimated 19% of persons reported being diagnosed HIV-positive less than five years before their MMP interview date. The majority of persons (81%) reported being diagnosed HIV-positive five or more years before their MMP interview date. An estimated 96% of persons reported receiving outpatient HIV care and 67% reported being retained in care during the previous 12 months.

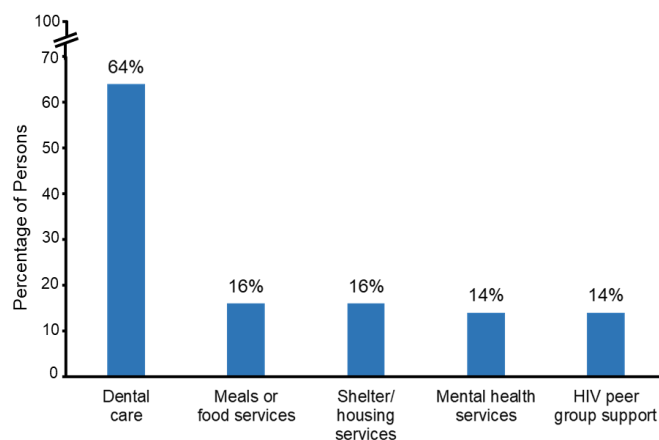
Figure 2. HIV Diagnosis and Care Retention



## 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 dental care (59%), the Virginia Medication Assistance Program (VA MAP, 53%), HIV case management (44%), antiretroviral therapy (ART) medication adherence support services (31%), mental health services (28%), and transportation assistance (23%). Dental care was the greatest unmet need, reported by an estimated 64% of persons. Additional unmet needs frequently reported by persons included meals or food services (16%), shelter/housing services (16%), mental health services (14%), and HIV peer group support (14%).

Figure 3. Top Five Unmet Services Needs



## ANTIRETROVIRAL TREATMENT AND ADHERENCE

An estimated 95% of persons reported currently taking ART medications. An estimated 69% 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 82% of persons reported never or rarely being troubled by side effects in the past 30 days.

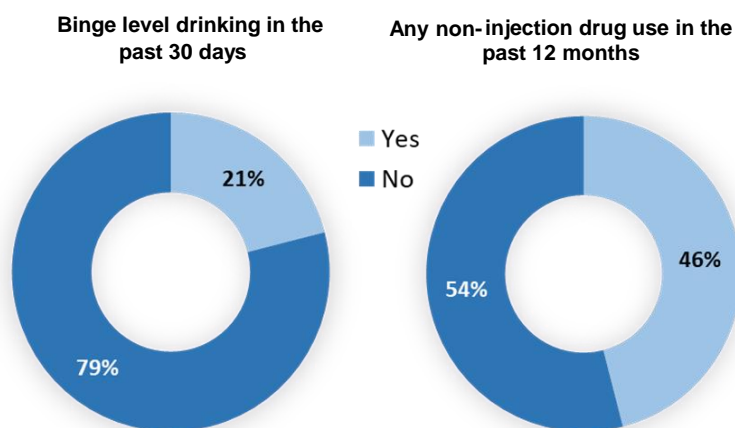
## SEXUAL BEHAVIORS

An estimated 61% of persons reported having sex in the last 12 months (66% of males and 48% of females). Among the sexually active persons, an estimated 46% of persons identified as men who have sex with other men only (MSM), an estimated 24% of persons were men who have sex with women only (MSW), and an estimated 19% of persons were women who have 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 = 1.3, range = 1-20; MSW: median = 1, range = 1-15; WSM: median = 1, range = 1-3). An estimated 53% 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 (31% vs. 14%)<sup>2</sup>. Sixty-one percent of persons reported alcohol use in the past 30 days. In addition, 21% of persons reported binge level drinking in the past 30 days as compared to 17% of all adult Virginians<sup>2</sup>. An estimated 46% 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 (52%).

Figure 4. Substance Use



## PREVENTION ACTIVITIES

An estimated 23% of persons reported receiving free condoms in the past 12 months. An estimated 31% 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 (98%) or with a counselor (42%).

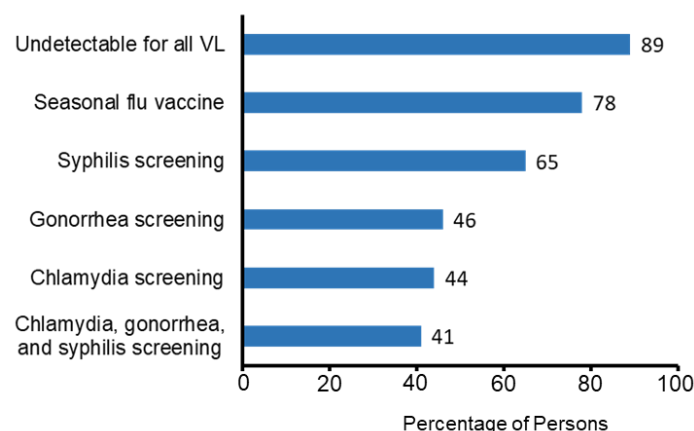
## DEPRESSION AND ANXIETY SYMPTOMS

An estimated 92% of persons scored below 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 16% 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 89% of persons had an undetectable viral load (VL) for all viral load tests in their medical record for the past 12 months. Seventy-eight percent received the seasonal flu vaccine. Among sexually active persons, 65% received syphilis screening, 46% received gonorrhea screening, 44% received chlamydia screening, and 41% 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 April 16, 2025.