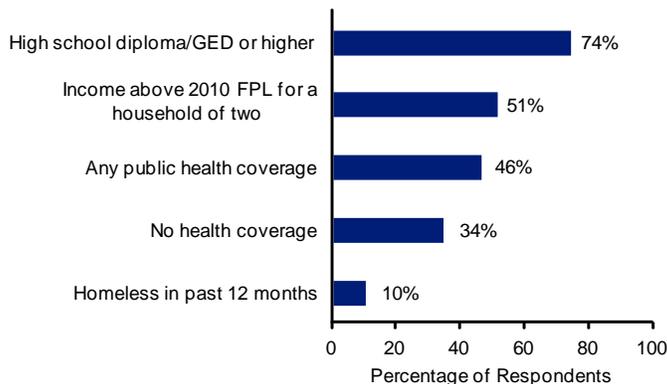


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of HIV-infected adults receiving care in the United States. Each year, in collaboration with CDC, a randomized sample of 400 patients are selected from HIV care providers throughout Virginia to participate in the project. Structured interviews and medical record abstractions are conducted for each respondent. This fact sheet presents combined interview data from 2009 and 2010.

### DEMOGRAPHICS

Data for three hundred twenty-five respondents were included in analyses for the combined 2009/2010 cycles; and of these respondents, approximately 62% were male and 37% female. Five (1.5%) respondents self-identified as transgender. Most respondents were Black (65%), with smaller percentages for Whites (20%), Hispanics (10%) and respondents of another race/multi-racial (5%). Respondents' ages ranged from 19 to 78 years by 2010, with a mean of 46 years of age. Most respondents self-identified as heterosexual (58%), with 31% reporting sexual orientation as homosexual/gay/lesbian, and 9% bisexual. Respondents were likely to have completed high school or beyond (74%); and approximately 51% reported annual income that was above the 2010 federal poverty level (FPL).

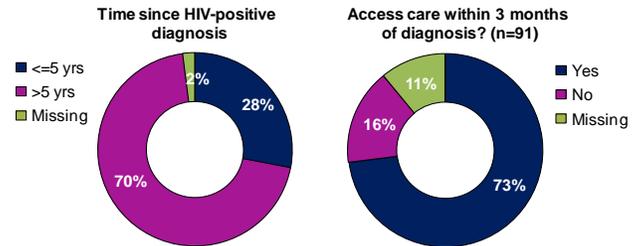
Figure 1. Selected Sociodemographic Indicators



### TIME SINCE HIV DIAGNOSIS AND LINKAGE TO CARE

Of the 325 respondents, 91 (28%) reported being diagnosed HIV-positive within 5 years of their MMP interview date. The majority, 228 respondents (70%) reported being diagnosed HIV-positive more than five years before the MMP interview date. Of the 91 respondents diagnosed in the past five years, 73% reported accessing HIV medical care within 3 months of diagnosis.

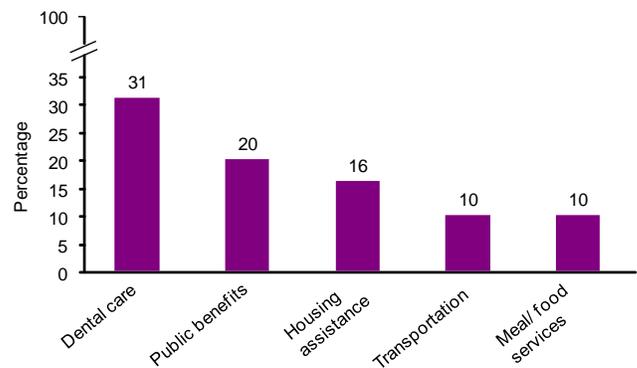
Figure 2. Linkage to Care



### 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 HIV case management (69%), dental care (52%), the AIDS Drug Assistance Program (ADAP, 50%), HIV/STD prevention counseling (46%), and public benefits (42%; e.g., Supplemental Security Income, Social Security Disability Insurance). Dental care services were the greatest unmet need reported by respondents. The most frequently cited barrier for dental care was service cost/lack of insurance (25%).

Figure 3. Top Five Unmet Services Needs



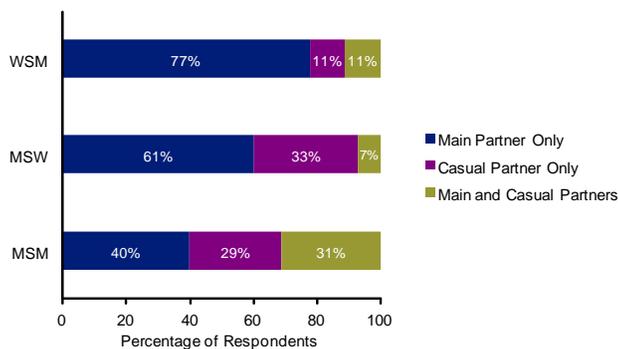
### ANTIRETROVIRAL TREATMENT AND ADHERENCE

Most respondents (90%) reported currently taking antiretroviral therapy (ART) medications. There were differences in ART use by age, with 32% of those between 18 to 29 not taking ART at the time of interview, compared to 7% of those 30 years of age or older. Black and Hispanic respondents were the most likely to report currently being on ART (90%); all other races were also high in use percentages (88% each for White and Other). Ninety-three percent of those on ART said that they adhered to their dosing schedule most or all of the time in the past three days. However, only 26% said they never skipped taking their medications, and 11% said they missed taking their medications within the past four weeks. The most commonly-cited reason for the last missed dose was forgetting to take medication (36%), followed by having a problem with filling a prescription (24%). Of those who had taken ART in the past 12 months, 42% said ADAP had paid for those medications. Medicaid was the second most common payment source (24%).

### SEXUAL BEHAVIORS

Fifty-four percent of all respondents reported having sex in the last 12 months (58% of males and 46% of females). Among male respondents, 36% reported having sex with other men (MSM), and 23% reported having sex with women (MSW). Among female respondents, 45% reported having sex with men (WSM) and three respondents reported having sex with women (WSW). Median number of partners reported by MSM was greater than found with MSW and WSM; and the range in the number of partners was different for each group (MSM = 1-30, median = 2; MSW = 1-6, median = 1; WSM = 1-4, median = 1). Forty-one percent of MSM reported engaging in unprotected sex in the past 12 months, compared to 35% of WSM and 11% of MSW.

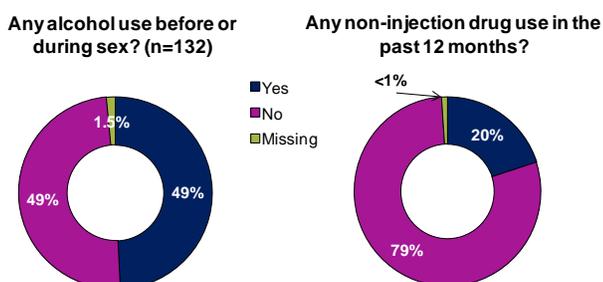
Figure 4. Sex Partner Type among Sexually Active



### SUBSTANCE USE

The percentage of current daily smokers for MMP participants was above the state average for all smokers in Virginia (64% vs. 19%)<sup>§</sup>. Forty-seven percent of MMP respondents reported alcohol use in the past 30 days. In addition, 15% of MMP respondents reported binge level drinking on days that they drink (18% of males and 11% of females), as compared to 17% of all adult Virginians<sup>§</sup>. Interestingly, of the 132 respondents who reported drinking alcohol in the past 12 months, almost half reported drinking alcohol before or during sex. Twenty percent of MMP respondents reported using non-injection drugs during the past year. For those reporting non-injection drug use, marijuana was the most frequently reported drug used (95%).

Figure 5. Substance use among MMP participants



### PREVENTION ACTIVITIES IN PAST 12 MONTHS

Fifty-three percent of respondents reported receiving free condoms from someone other than a partner, friend or family member in the past 12 months. Most (75%) received these free condoms from a doctor's office or other health clinic, while another 16% reported receiving free condoms from an HIV/AIDS focused community-based organization (CBO). In addition, 60% percent of respondents reported having an HIV or STD prevention conversation with a doctor, nurse, outreach worker, prevention program worker, or within a structured group setting.

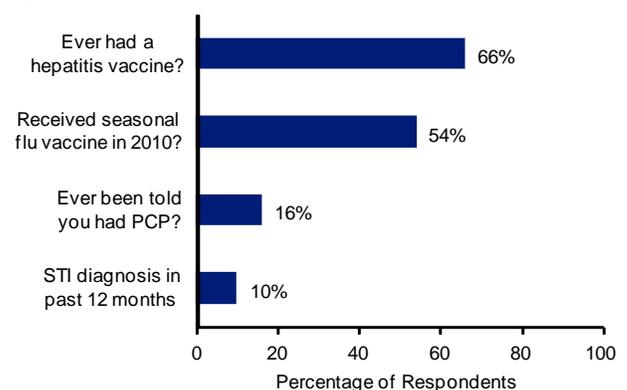
### DEPRESSION SYMPTOM SEVERITY

Twenty-five percent (n=80) of MMP respondents met the criteria threshold for depression symptoms at the time of the interview, according to their responses to the Patient Health Questionnaire 8 (PHQ-8). By gender, 19% of males and 34% of females met the criteria for depression symptoms. Rates of depression symptoms were highest for Blacks (17%), with Whites (3%), Hispanics (2%), and those in the Other/Multiracial group (2%) reporting lower levels.

### HEALTH CONDITIONS AND PREVENTIVE THERAPY

While 19% of respondents reported that their first CD4 count had been  $\geq 500$  cells/mm<sup>3</sup>, an additional 35% did not know their first CD4 result. Thirteen percent of respondents reported that their first viral load measurement was undetectable. Respondents reported between 0 and 15 CD4 and viral load tests in the past 12 months, with a median of four for both tests. Sixty-six percent reported ever receiving a hepatitis vaccine, and 6% said they had received the human papillomavirus vaccine. Sixteen percent reported with a *Pneumocystis pneumonia* (PCP) diagnosis, and 10% said they had been diagnosed with a sexually transmitted infection in the past 12 months. Thirty-five percent and 54% received a seasonal flu vaccine in 2009 and 2010, respectively.

Figure 6. Reported Health conditions and received vaccines



### REFERENCES

§ Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. MMWR 2013, 62 (1).