

Adults Living with HIV in Oregon

2015—2021

- Funded by the Centers for Disease Control and Prevention, the Medical Monitoring Project (MMP) is conducted in 17 states and 6 cities to gather representative data on people living with HIV.
- MMP helps Oregon:
 - 1) Evaluate how efforts to eliminate new infections are working and,
 - 2) Make care better for people living with HIV by identifying needs and gaps in health care and support services.



How MMP Collects Data

- MMP gathers data from interviews and medical records.

Who Participated in MMP?

87% identify as male
59% identify as gay, 11% bisexual, 27% heterosexual
56% over age 50
33% non-Hispanic, non-white
16% born outside of the US

68% some college education or higher
45% employed or self-employed
34% live in poverty

9% moved 2 or more times in last year (2018-2021)
8% homeless in last year

Race/Ethnicity by Age

	18-34	35-50	over 50
White, non-Hispanic	57%	61%	73%
Black, non-Hispanic	9%	6%	7%
Hispanic	27%	22%	12%
Other	7%	10%	8%

Note: Other category includes Asian, Pacific Islander, American Indian/Alaskan Native, and respondents reporting more than one category. These categories are grouped because of small numbers in each.

How Long Have Participants Been Living with HIV?

- 28% were diagnosed BEFORE 1996 (before Antiretroviral Therapy or ART). These people are considered long-term survivors
- 72% diagnosed between the years 1996–2021
- 1.4% are newly diagnosed (tested positive in last 3 years)

Of the Recent Diagnoses (2019-2021):

- 100% received HIV medical care within 30 days of testing positive
- 95% did not miss any HIV appointments with a health care provider in the last 12 months
- 62% were virally suppressed

Experiences with Health Care

Past-year HIV care

- 78% had all suppressed (≤ 200 copies/ml) viral loads
- 61% had all CD4 counts ≥ 500
- 96% were very or somewhat satisfied with the HIV care they received in the past 12 months

Past-year preventive health care

- 66% tested for syphilis
- 28% tested for gonorrhea and chlamydia
- 75% of current smokers (30% of participants, n= 404) offered help to quit smoking at last healthcare visit

Antiretroviral therapy (ART)

- 97% currently on ART
- Only 1% never on ART
- 41% missed a dose of ARTs in last 30 days

Gaps in services

- 6% reported gap in health insurance coverage in the past 12 months
- 39% reported one or more unmet needs for services in the past 12 months
- 41% received care in ER or urgent care (an indicator of possible gaps in care)

Behavioral Health Conditions

Mental health conditions (past year)

- 21% experienced some depression
- 25% experienced some anxiety
- 10% reported needing mental health services but not receiving them

Substance use (past year)

- 39% used marijuana
- 24% used other non-injection drugs; among these
 - ◆ 46% used methamphetamine
- 6% used injection drugs
- 15% report binge drinking in the past 30 days

Sex, HIV Prevention, and Attitudes

Past-year sexual activity

- 43% reported no sex partners
- Among the 57% of sexually active participants:
 - ◆ 56% engaged in unprotected sex with a negative or unknown status partner
 - ◆ 15% reported 10 or more sex partners

Attitudes

- 35% somewhat or strongly agreed that if they have an undetectable HIV viral load, they are more likely to have unprotected sex (2015-2020)
- 30% somewhat or strongly agreed that if they have an undetectable HIV viral load, it means they can worry less about having to use condoms (2015-2020)
- 81% heard that if you have an undetectable viral load, you will not pass on HIV to sexual partners (2018-2021)