HIV-Positive Adults in Oregon

2015—2016

- 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 contributes to Oregon’s effort to 1) evaluate the impact of comprehensive efforts to eliminate new infections and 2) optimize care for people living with HIV by identifying gaps in the health care and services they receive.

MMP Data

- MMP gathers data from face-to-face interviews and medical records.
- 389 people living with HIV in Oregon participated in MMP in 2015 and 2016.

Characteristics

<table>
<thead>
<tr>
<th>Race/Ethnicity by Age</th>
<th>18-34</th>
<th>35-50</th>
<th>over 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, non-Hispanic</td>
<td>62%</td>
<td>66%</td>
<td>77%</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>6%</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>27%</td>
<td>23%</td>
<td>9%</td>
</tr>
<tr>
<td>Other</td>
<td>5%</td>
<td>7%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Note: Other category includes Asian, Pacific Islander, American Indian/Alaskan Native, and respondents reporting more than one group.

HIV History

- 68% diagnosed since 1996 (advent of Highly Active Antiretroviral Therapy or ART)
- 13% tested positive in last 5 years, of these:
  - 94% received HIV medical care within 3 months of testing
  - 41% first tested HIV-positive at their doctor’s office, 12% at an HIV testing site, and 19% at an STD clinic

Lowest ever CD4 Count (cells/mm^3) by Diagnosis Period

- 52% diagnosed before 1996
- 39% diagnosed 1996 & later

- 23% diagnosed 0-199
- 24% diagnosed 200-349
- 12% diagnosed 350-499
- 16% diagnosed 500+
HIV Care and Treatment

**HIV care in the past year**
- 39% received care in ER or urgent care
- Average of five face-to-face HIV visits
- Average of two lab visits for CD4 and/or viral load testing
- 83% had all suppressed (<200 copies/ml) viral loads
- 53% had all CD4 counts ≥500

**STI testing**
- 69% were tested for syphilis
- 32% were tested for gonorrhea
- 32% were tested for chlamydia

**Antiretroviral therapy (ART)**
- 96% currently on ART; 2% never on ARTs
- 41% missed a dose of ARTs in last 30 days

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**STI screening by sexual activity risk**

<table>
<thead>
<tr>
<th></th>
<th>Engaged in higher risk sex</th>
<th>No higher risk sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syphilis</td>
<td>71%</td>
<td>68%</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>50%</td>
<td>24%</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>50%</td>
<td>27%</td>
</tr>
</tbody>
</table>

Note: higher risk sex=condomless anal or vaginal sex with an HIV-negative or unknown status partner in the past year.

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**Other Health Conditions**

**Mental health in the last year**
- 32% diagnosed or treated for depression
- 29% diagnosed or treated for anxiety
- 11% report needing mental health services but not receiving them

**Co-morbidities**
- 54% report currently experiencing chronic pain
- 17% report ever having Hepatitis B
- 15% report ever having Hepatitis C

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**Health Behaviors**

**Sexual health in the past 12 months**
- 42% report no sex partners
- 60% are sexually active, of these:
  - 53% used condoms and/or had a sero-concordant partner
  - 30% had condomless anal sex with an HIV-negative or unknown status partner not on PrEP or not known if on PrEP
  - 15% report 10 or more sex partners

**Alcohol and tobacco use**
- 58% used alcohol in past 30 days
- 14% report binge drinking past 30 days
- 34% current smokers
- 80% of smokers were offered help to quit smoking at last healthcare visit

**Substance use in the past 12 months**
- 33% report recreational marijuana use
- 23% report non-injection drug use (excluding marijuana), of these:
  - 53% used methamphetamines
- 5% report injection drug use