



HIV/AIDS

Disease Information Packets – Slide Set
Public Health Services, Community Health Statistics
08/2022



What is HIV/AIDS?



- Human immunodeficiency virus (HIV)
 - Attacks the body's immune system by destroying white blood (CD4) cells.
 - Prevents the body from fighting off infections and diseases.
- Acquired immune deficiency syndrome (AIDS)
 - Caused by HIV if left untreated, usually diagnosed if a person has:
 - A CD4 cell count below the standard lab measurement (200 cells per cubic millimeter of blood).
 - Developed an opportunistic infections regardless of CD4 cell count.

Types of HIV/AIDS



Stage 1 Acute HIV Infection

- Highly contagious stage of HIV infection due to large amounts of the virus in a person's blood.
- People typically experience flu-like symptoms at this stage.

Stage 2 Chronic HIV Infection

- Known as asymptomatic (no symptoms) HIV infection.
 - A person can still infect others with HIV despite being asymptomatic.
- HIV is still actively reproducing in the body.
- Stage 2 may last a decade or longer but will eventually progress into AIDS without HIV treatment.

Stage 3 AIDS

- An AIDS diagnosis is determined:
 - When white blood cell count falls below a certain threshold, OR
 - When they develop any opportunistic infections.
- Typical survival for people with AIDS is about three years without HIV treatment.

Demographic Risk Factors



■ Age

- In 2019, the highest number of new HIV diagnoses were among people 25-34 years old, followed by people 13-24 years old.

■ Gender

- Gay and bisexual men were the most affected population by HIV infection and accounted for 69% of all new HIV diagnoses in 2019.

■ Race/Ethnicity

- Black/African American people accounted for 42% of new HIV diagnoses.
- Hispanic/Latino people accounted for 29% of new HIV diagnoses.



Social and Behavioral Risk Factors



- **Having a Sexually Transmitted Disease (STD)**

- People who have an STD such as syphilis, gonorrhea, and herpes are more likely to have HIV in the future.

- **Injection Drug Use/Needle Sharing**

- People who inject drugs (PWID) account for nearly 1 in 10 HIV diagnoses in the United States.
- In 2019, PWID accounted for 7% of all new HIV diagnoses in the United States.

- **Risky Sexual Behavior**

- Having anal, vaginal, or oral sex without a barrier device, such as a condom, increases the risk of HIV and other STDs.
- Having multiple and/or anonymous sex partners increases the risk of HIV and other STDs.
- Consuming drugs or alcohol can lower inhibitions and increase sexual risk-taking.

Intermediate Outcomes



LIVE WELL
SAN DIEGO

■ Opportunistic Infections

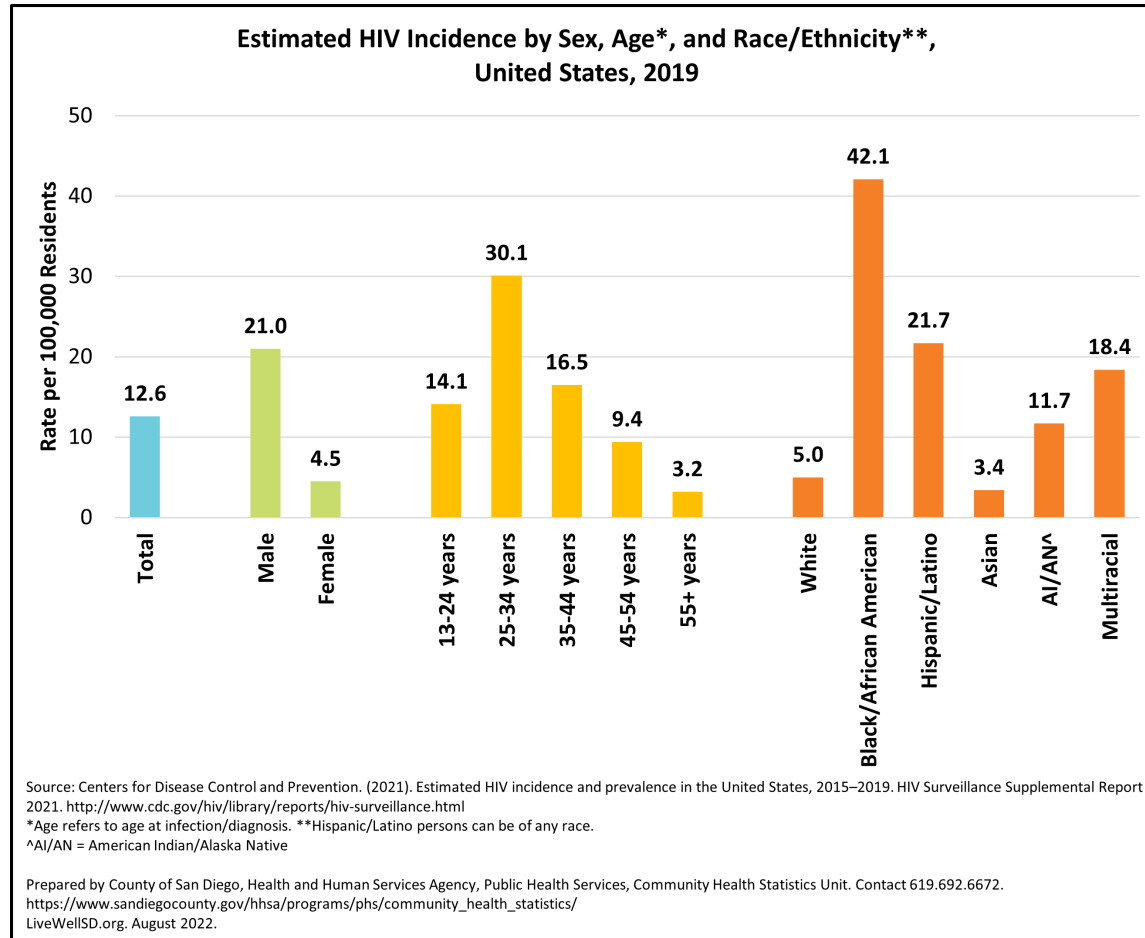
- Candidiasis (Thrush)
- Invasive Cervical Cancer
- Herpes Simplex Virus (HSV)
- Kaposi's sarcoma (KS)
- Lymphoma
- Pneumonia
- Tuberculosis (TB)
- Wasting Syndrome

■ Coinfections and Conditions

- Body Fat Changes—Lipodystrophy
- Cardiovascular Disease
- Diabetes
- Dementia
- Hepatitis B
- Hepatitis C
- Kidney Disease
- Oral Health

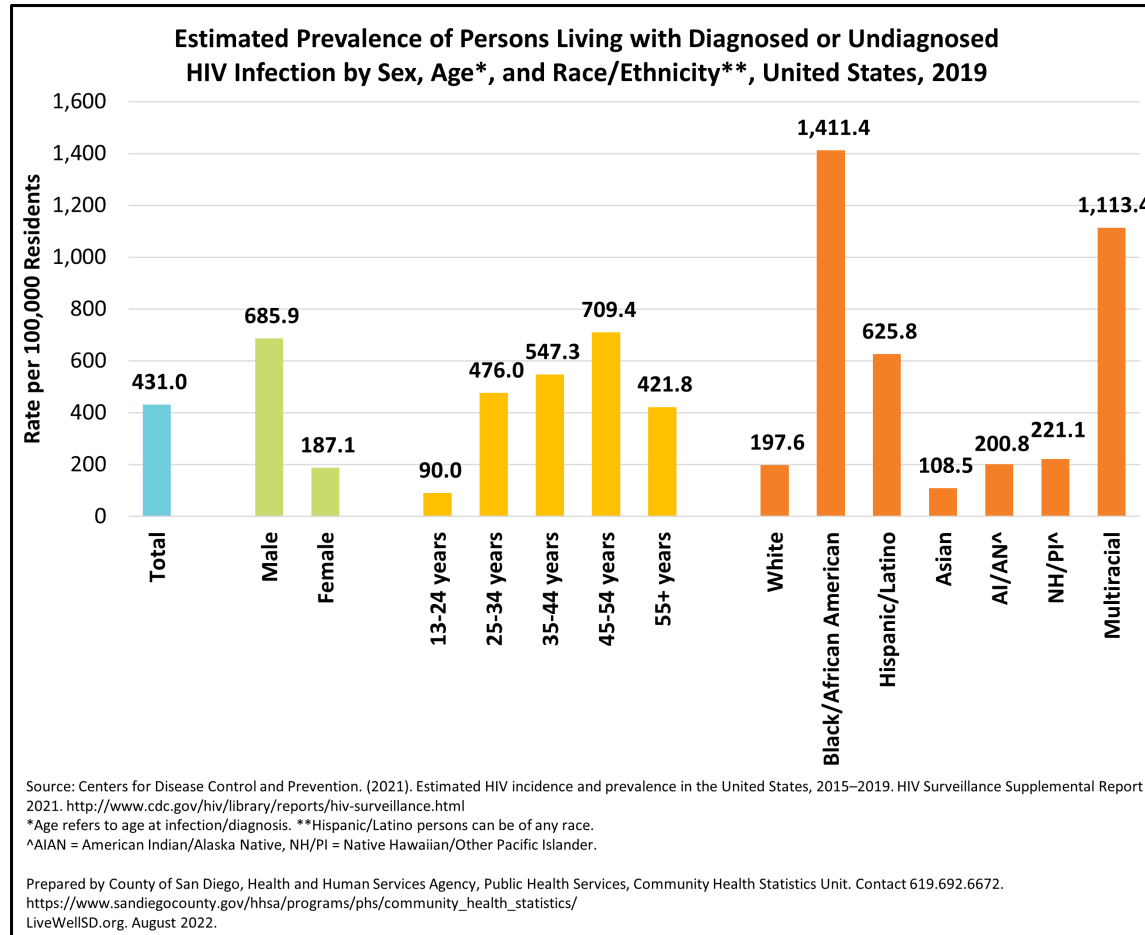
Sources: HIVinfo.NIH.gov. (2021). HIV and Lipodystrophy. <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-lipodystrophy>
Centers for Disease Control and Prevention. (2021). AIDS and opportunistic infections. <https://www.cdc.gov/hiv/basics/livingwithhiv/opportunisticinfections.html>
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HIVinfo.NIH.gov. (2021). HIV and Diabetes. <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-diabetes>
Johns Hopkins Medicine. (n.d.). HIV and dementia. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/hiv-and-aids/hiv-and-dementia>
National Institute of Dental and Craniofacial Research. (2108). HIV/AIDS and oral health. <https://www.nidcr.nih.gov/health-info/hiv-aids>

National Statistics and Disparities



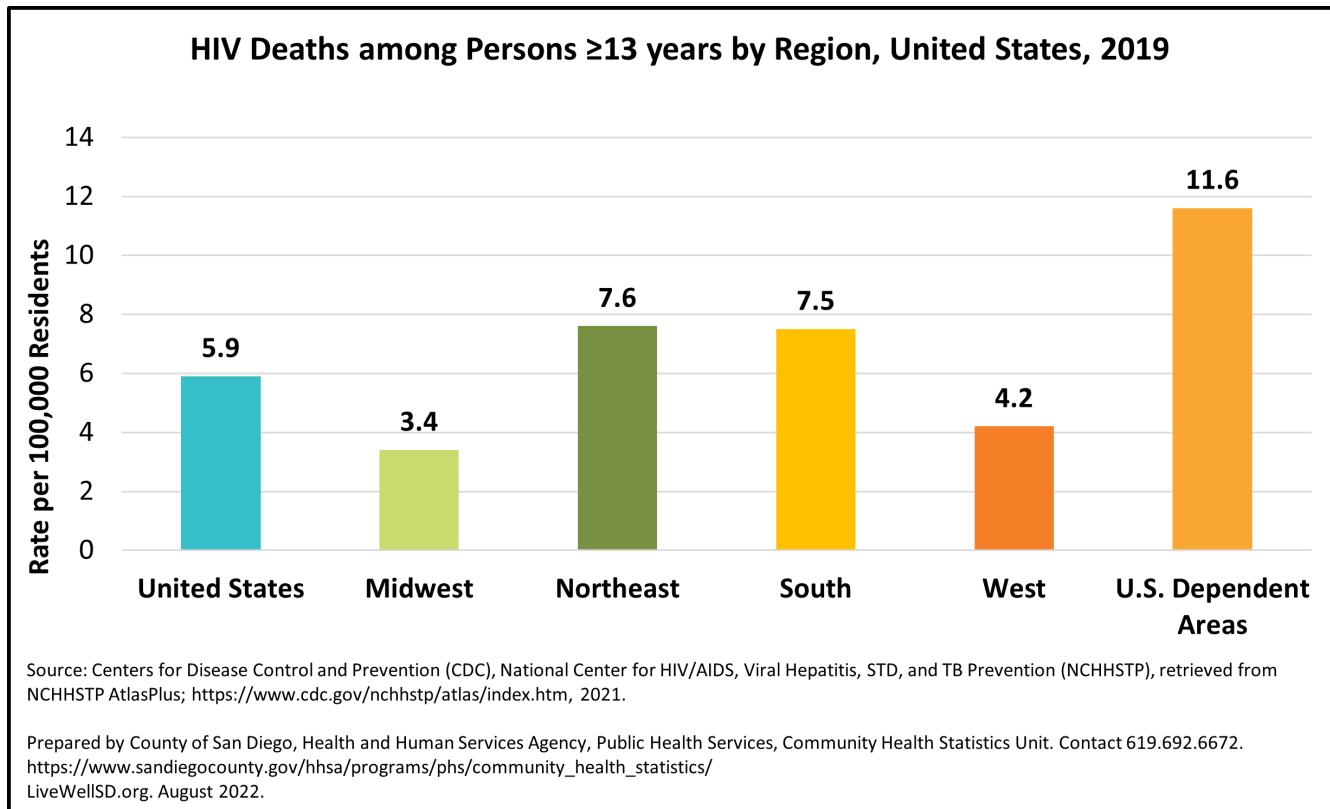
- In 2019, individuals 25-34 years of age had the highest incidence rate of HIV infection (30.1 per 100,000 residents) compared to all other age groups.
- In 2019, Black/African Americans had the highest incidence rate of HIV infection (42.1 per 100,000 residents) compared to all other races/ethnicities.

National Statistics and Disparities



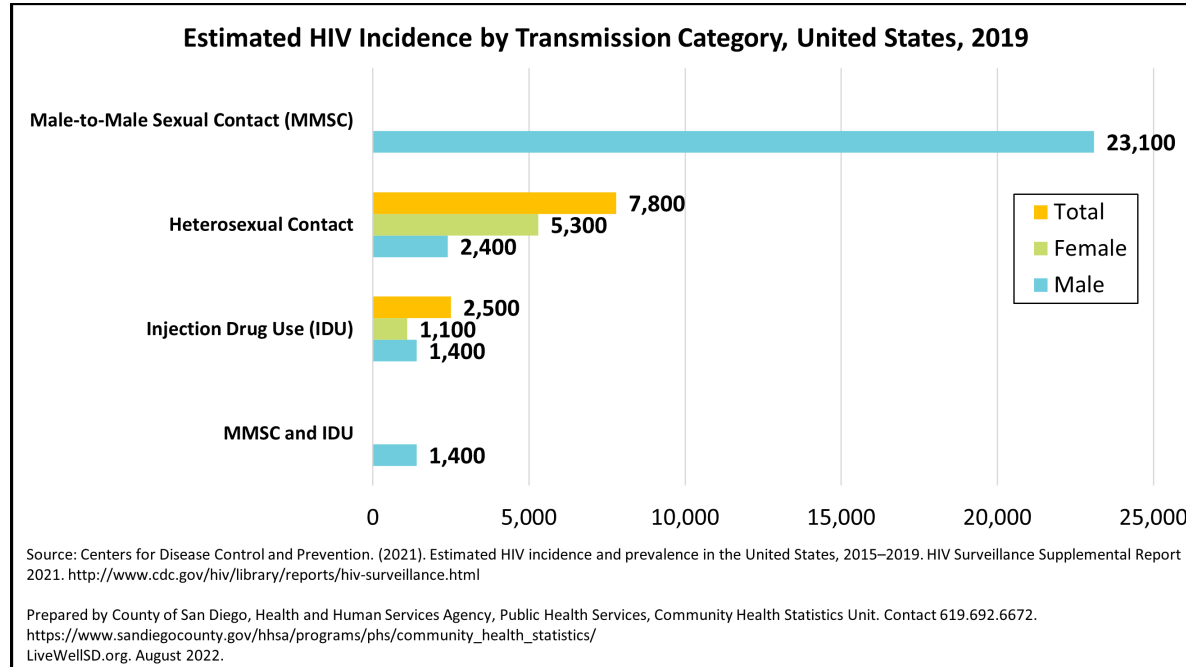
- In 2019, individuals 45-54 years of age had the highest prevalence rate of HIV infection (709.4 per 100,000 residents) compared to all other age groups.¹⁴
- In 2019, Black/African Americans had the highest prevalence rate of HIV infection (1,411.4 per 100,000 residents) compared to all other races/ethnicities.

National Statistics and Disparities



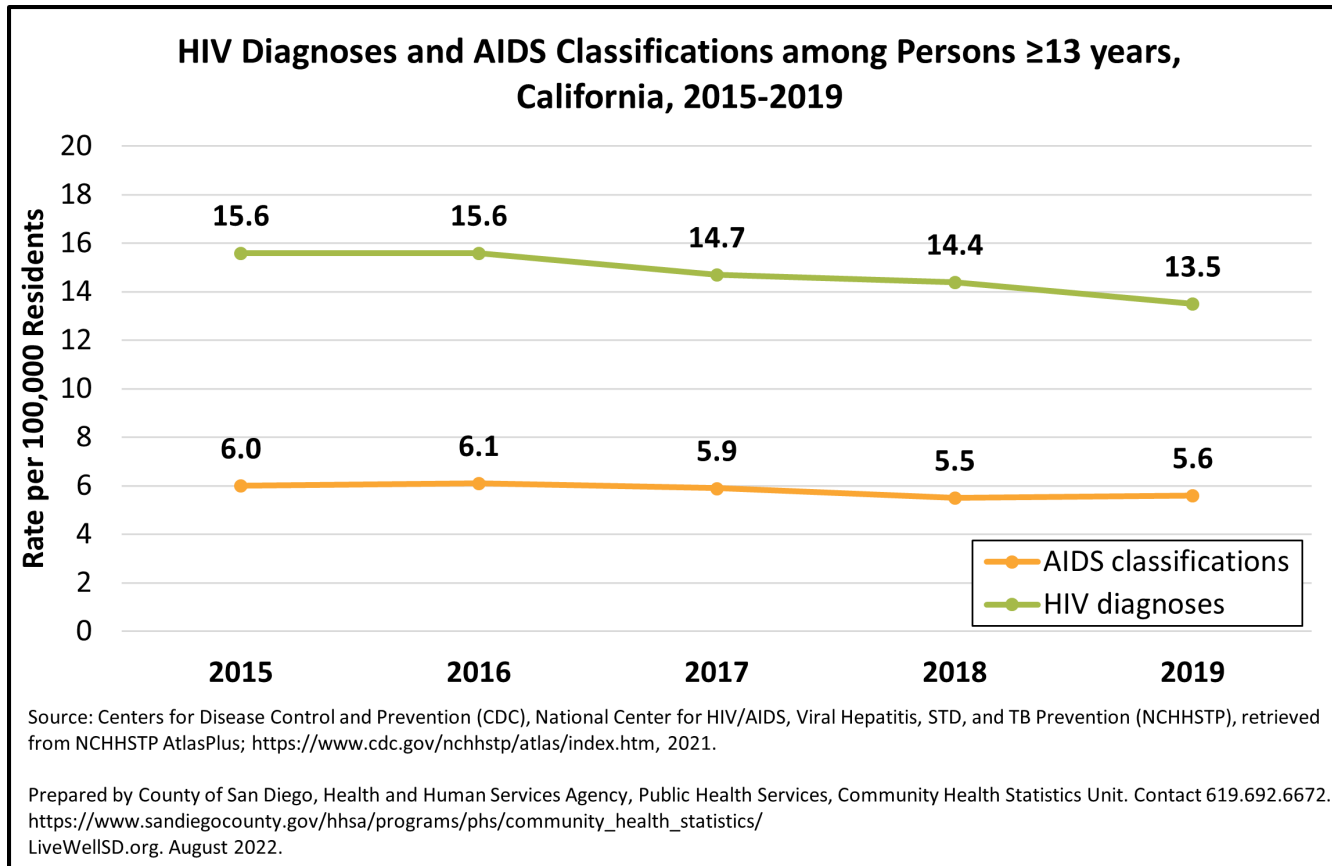
- US dependent areas (11.6 per 100,000 residents), Northeast (7.6 per 100,000 residents), South (7.5 per 100,000 residents) Regions had higher rates of death due to HIV than the United States (5.9 per 100,000 residents) overall.

National Statistics and Disparities



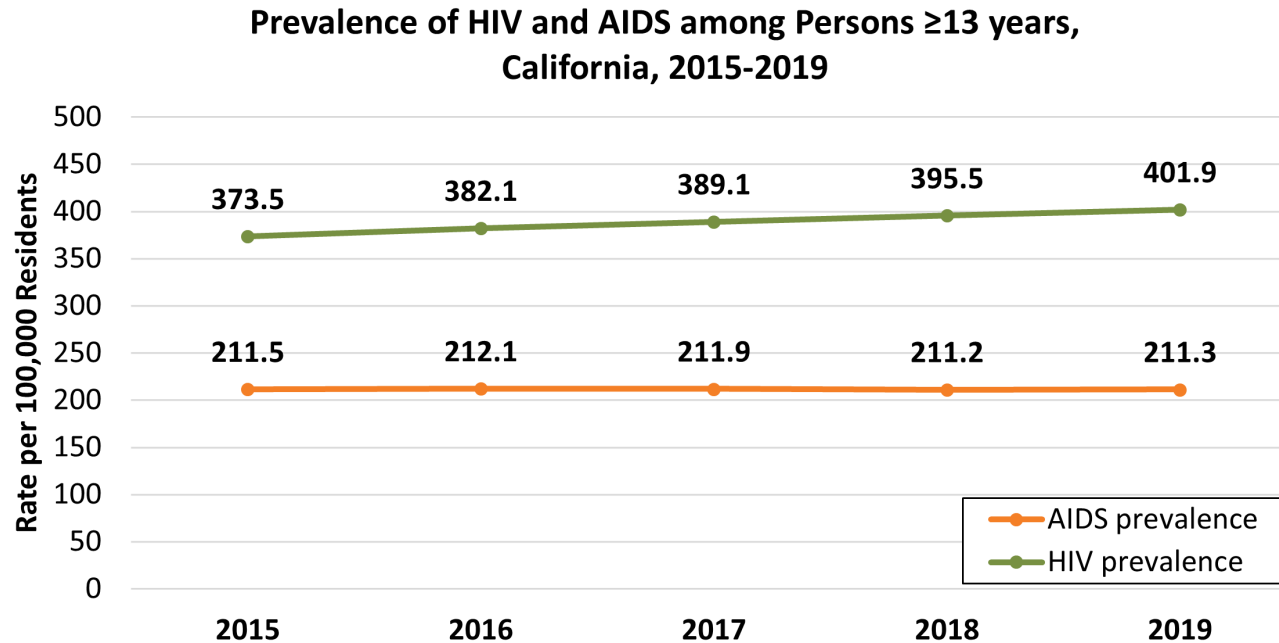
- In 2019, the transmission category with the highest estimated number of HIV infections was due to male-to-male sexual contact (MMSC).
- Among injection drug use, males had a higher estimated number of HIV infection compared to females who also engaged in injection drug use.

State Statistics and Disparities



- In 2019, the rate of HIV diagnoses among persons aged 13 years and older (13.5 per 100,000 residents) was higher than the rate of AIDS classifications among persons aged 13 years and older (5.6 per 100,000 residents) in California.

State Statistics and Disparities



Source: Centers for Disease Control and Prevention (CDC), National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention (NCHHSTP), retrieved from NCHHSTP AtlasPlus; <https://www.cdc.gov/nchhstp/atlas/index.htm>, 2021.

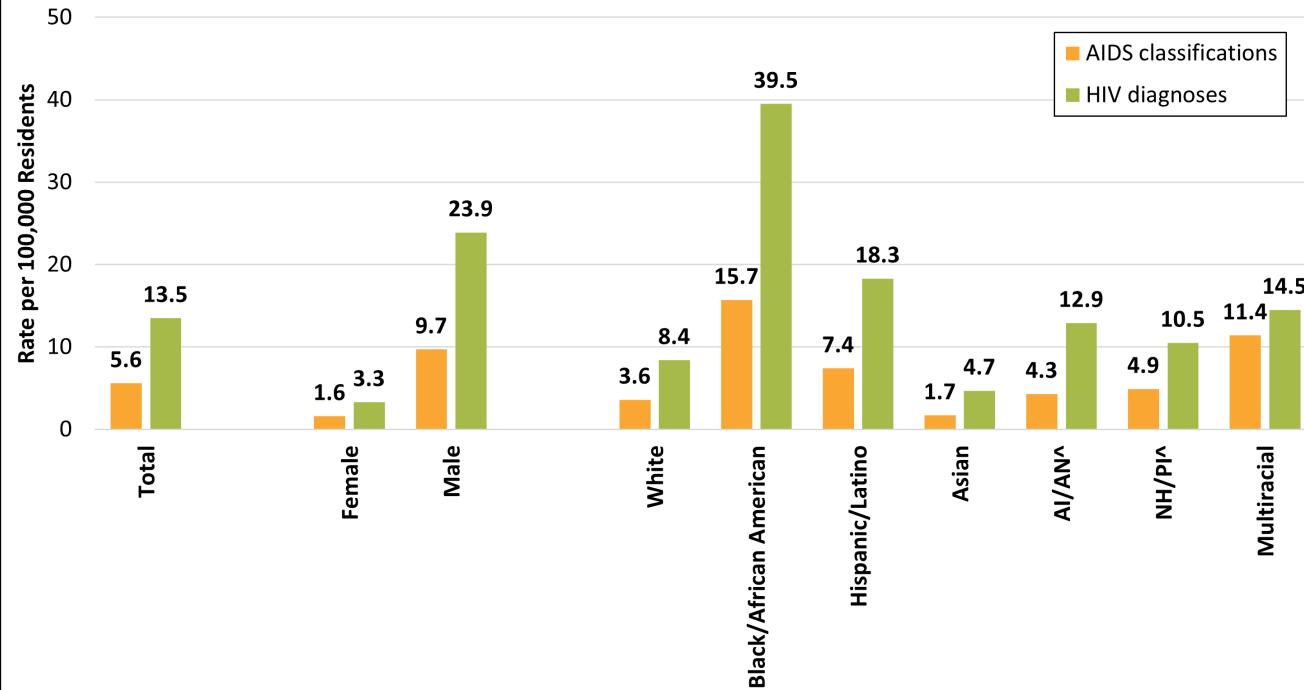
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6672. https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/ LiveWellSD.org. August 2022.

- In California, the rate of persons aged 13 years and older living with HIV has increased from 2015 (373.5 per 100,000 residents) to 2019 (401.9 per 100,000 residents).
- In California, the rate of persons aged 13 years and older living with AIDS has decreased from 2015 (211.5 per 100,000 residents) to 2019 (211.3 per 100,000 residents).

State Statistics and Disparities



HIV Diagnoses and AIDS Classifications by Sex* and Race/Ethnicity,
Persons ≥13 years, California, 2019



Source: Centers for Disease Control and Prevention (CDC), National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention (NCHHSTP), retrieved from NCHHSTP AtlasPlus; <https://www.cdc.gov/nchhstp/atlas/index.htm>, 2021.

*Sex refers to either sex at birth or gender identity.

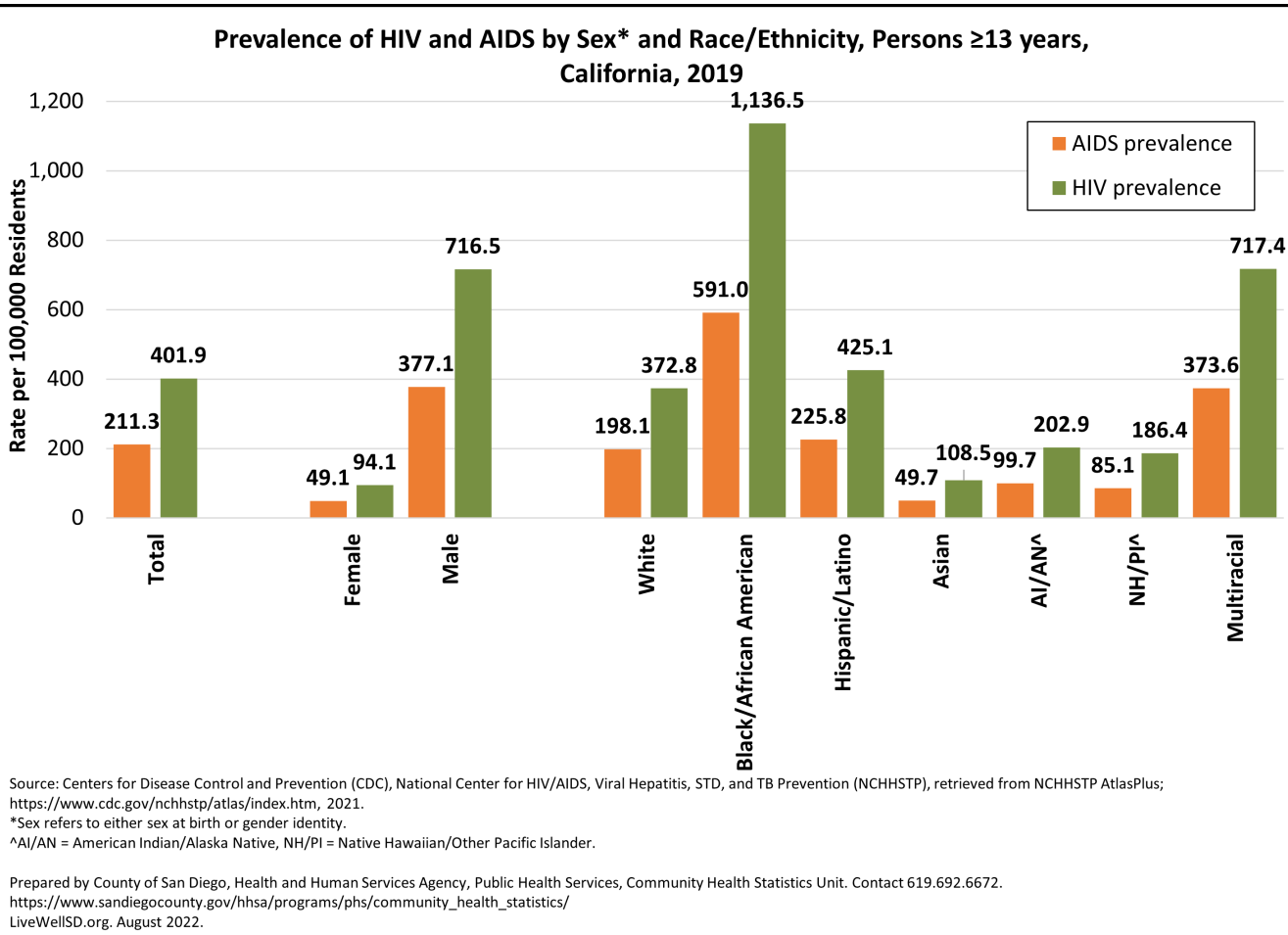
[^]AI/AN = American Indian/Alaska Native, NH/PI = Native Hawaiian/Other Pacific Islander.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6672.

https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/

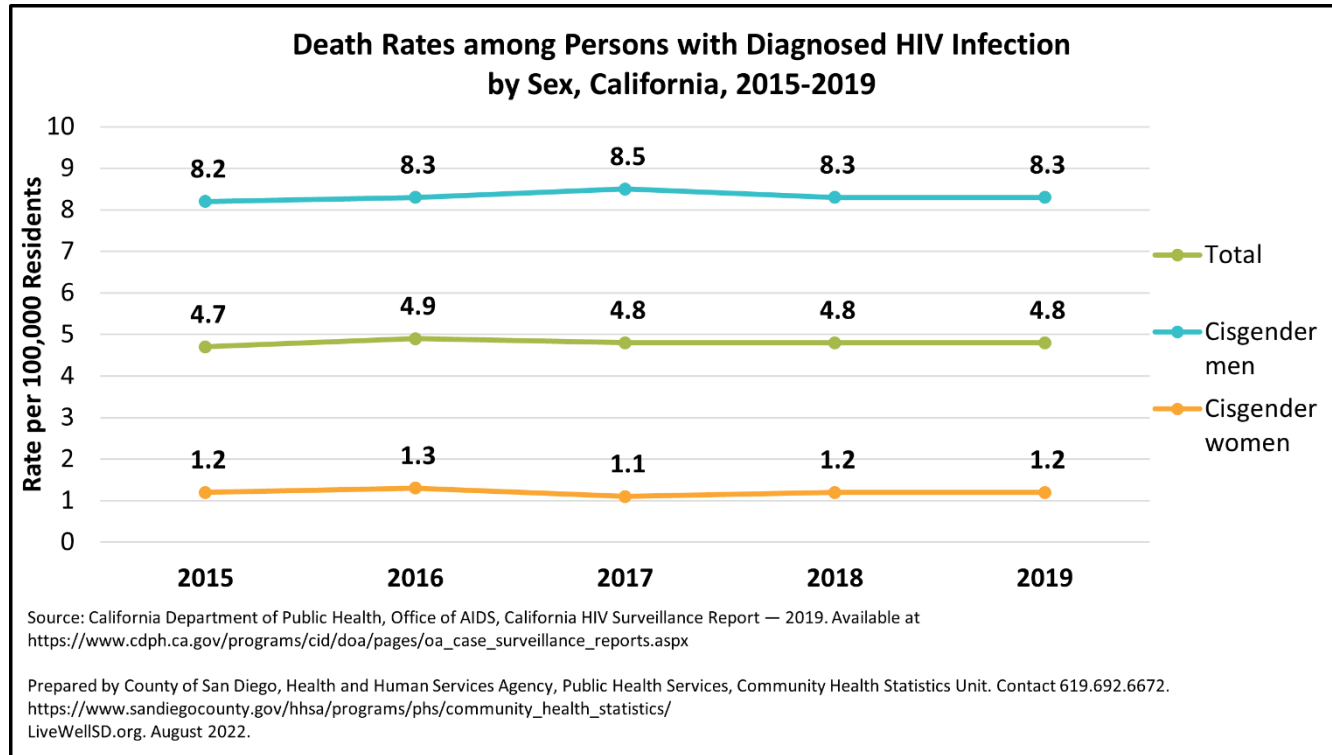
- Black/African American (15.7 per 100,000 residents), Multiracial (11.4 per 100,000 residents), and Hispanic/Latino (7.4 per 100,000 residents) persons aged 13 years and older had higher AIDS classifications than California (5.6 per 100,000 residents) overall.¹⁵
- Black/African American (39.5 per 100,000 residents), Hispanic/Latino (18.3 per 100,000 residents), and Multiracial (14.5 per 100,000 residents) persons aged 13 years and older had higher HIV diagnoses than the California (13.5 per 100,000 residents) overall.¹⁵

State Statistics and Disparities



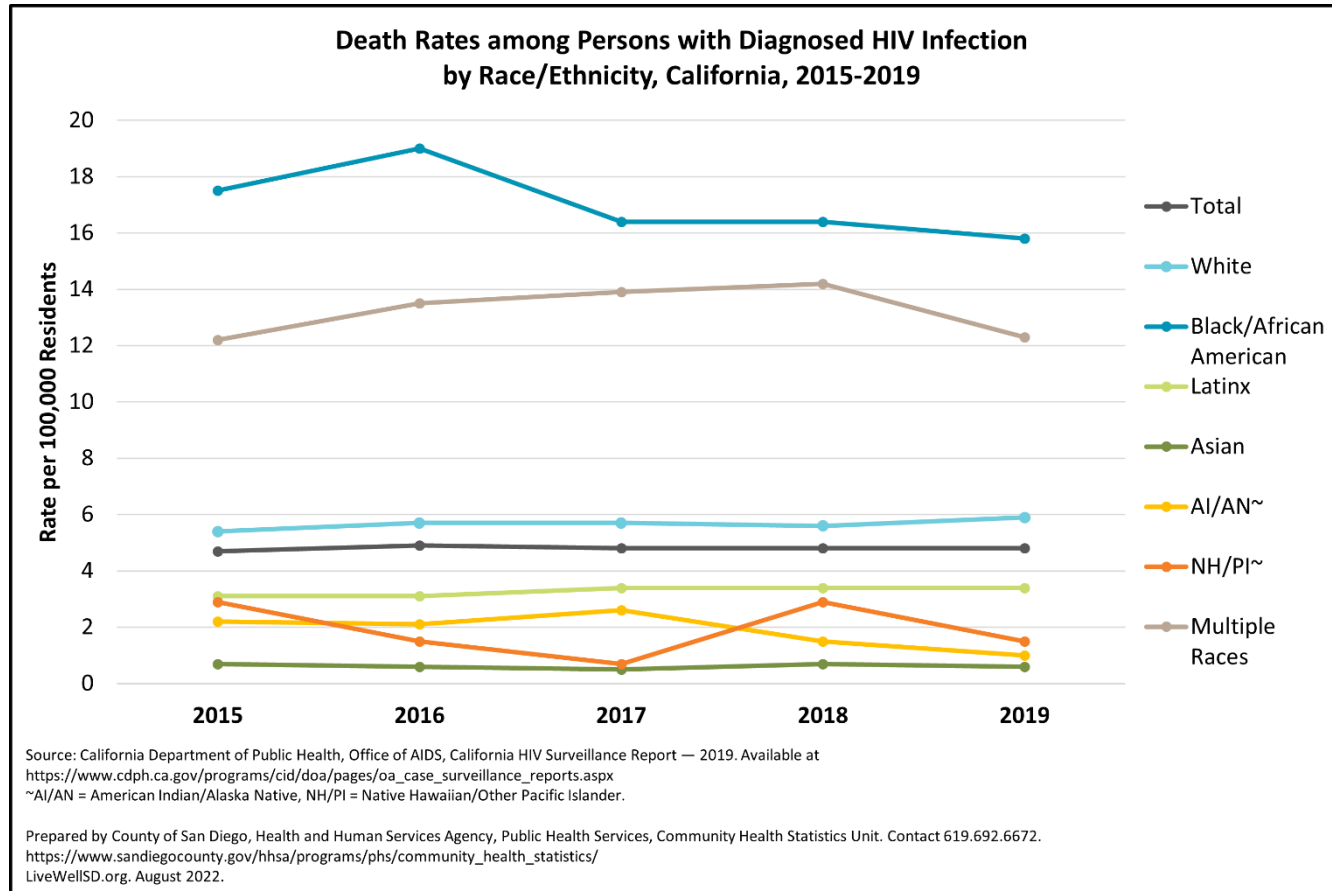
- Black/African American (591.0 per 100,000 residents), Multiracial (373.6 per 100,000 residents), and Hispanic/Latino (225.8 per 100,000 residents) persons aged 13 years and older had higher rates of persons living with HIV than California (211.3 per 100,000 residents) overall.
- Black/African American (1,136.5 per 100,000 residents), Multiracial (717.4 per 100,000 residents), and Hispanic/Latino (425.1 per 100,000 residents) persons aged 13 years and older had higher rate of persons living with AIDS than the California (401.9 per 100,000 residents) overall.

State Statistics and Disparities



- Between 2015-2019, cisgender men had a higher rate of death among persons with diagnosed HIV infection compared to cisgender women and California overall.

State Statistics and Disparities

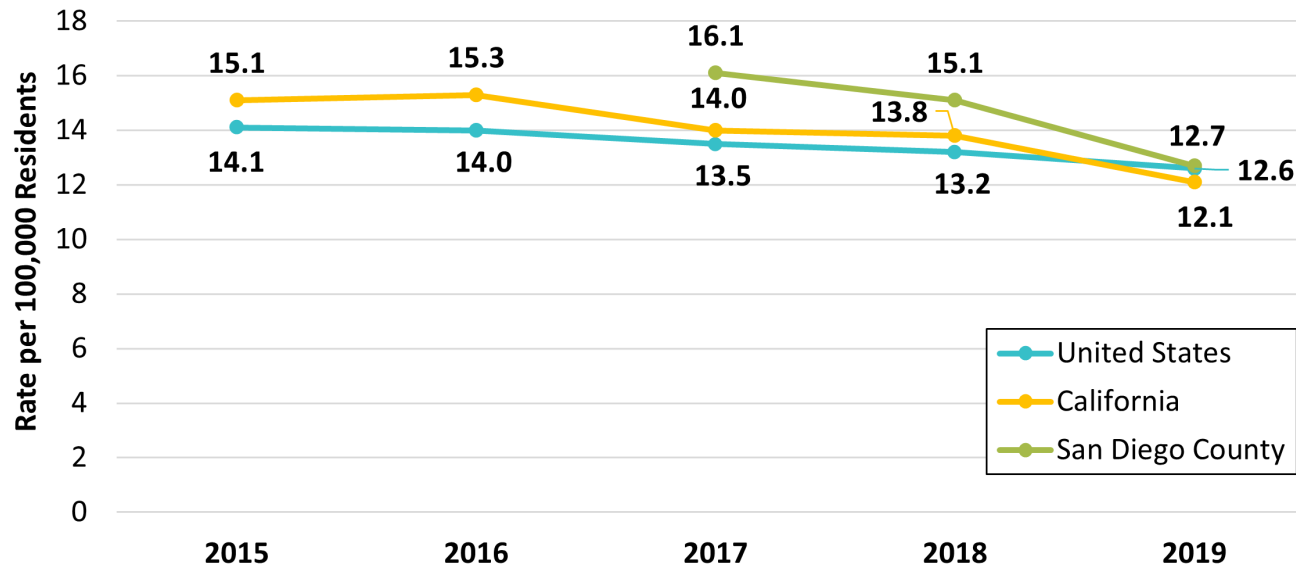


- Between 2015-2019, Black/African Americans have had higher rates of death due to HIV infection compared to all other races/ethnicities and the State of California overall.

Local Statistics and Disparities



**National, State, and Local Rates of Persons Aged ≥13 years
Newly Diagnosed with HIV, 2015-2019**

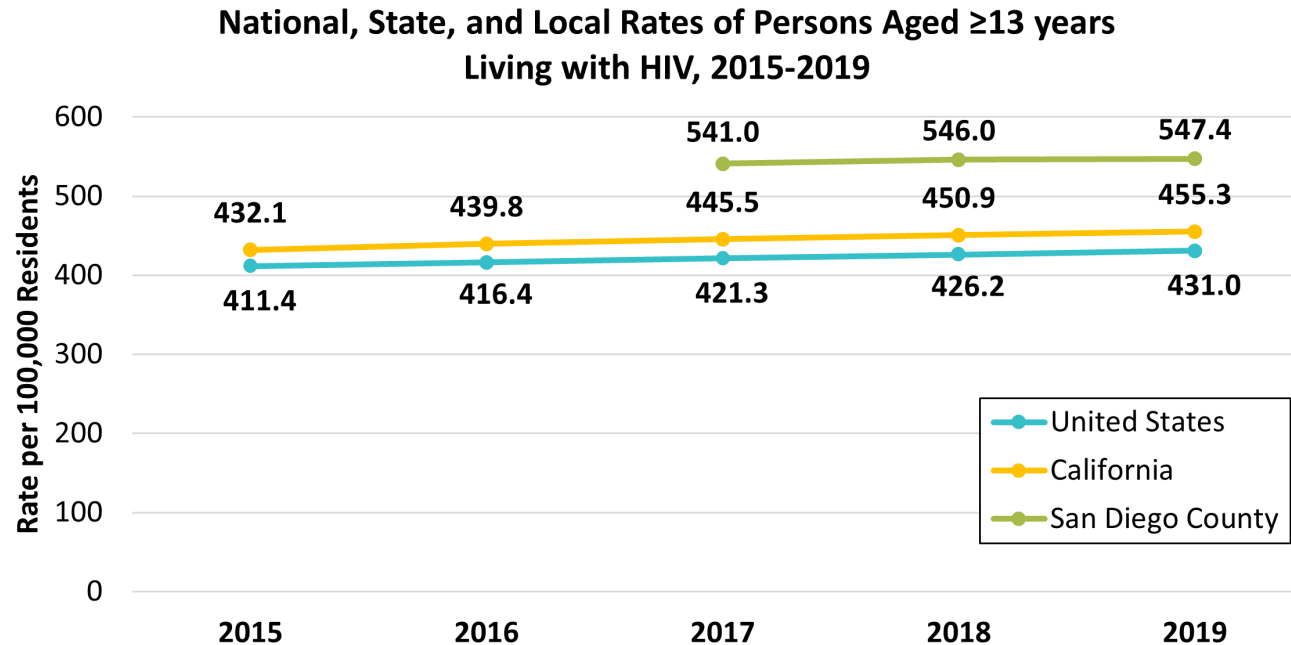


Source: Centers for Disease Control and Prevention. (2021). Estimated HIV incidence and prevalence in the United States, 2015–2019. HIV Surveillance Supplemental Report 2021. <http://www.cdc.gov/hiv/library/reports/hiv-surveillance.html>

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6672. https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/ LiveWellSD.org. August 2022.

- In 2019, San Diego County had a higher rate of newly HIV diagnosed persons aged 13 years and older (12.7 per 100,000 residents) than California (12.1 per 100,000 residents) and the United States (12.6 per 100,000 residents) overall.

Local Statistics and Disparities

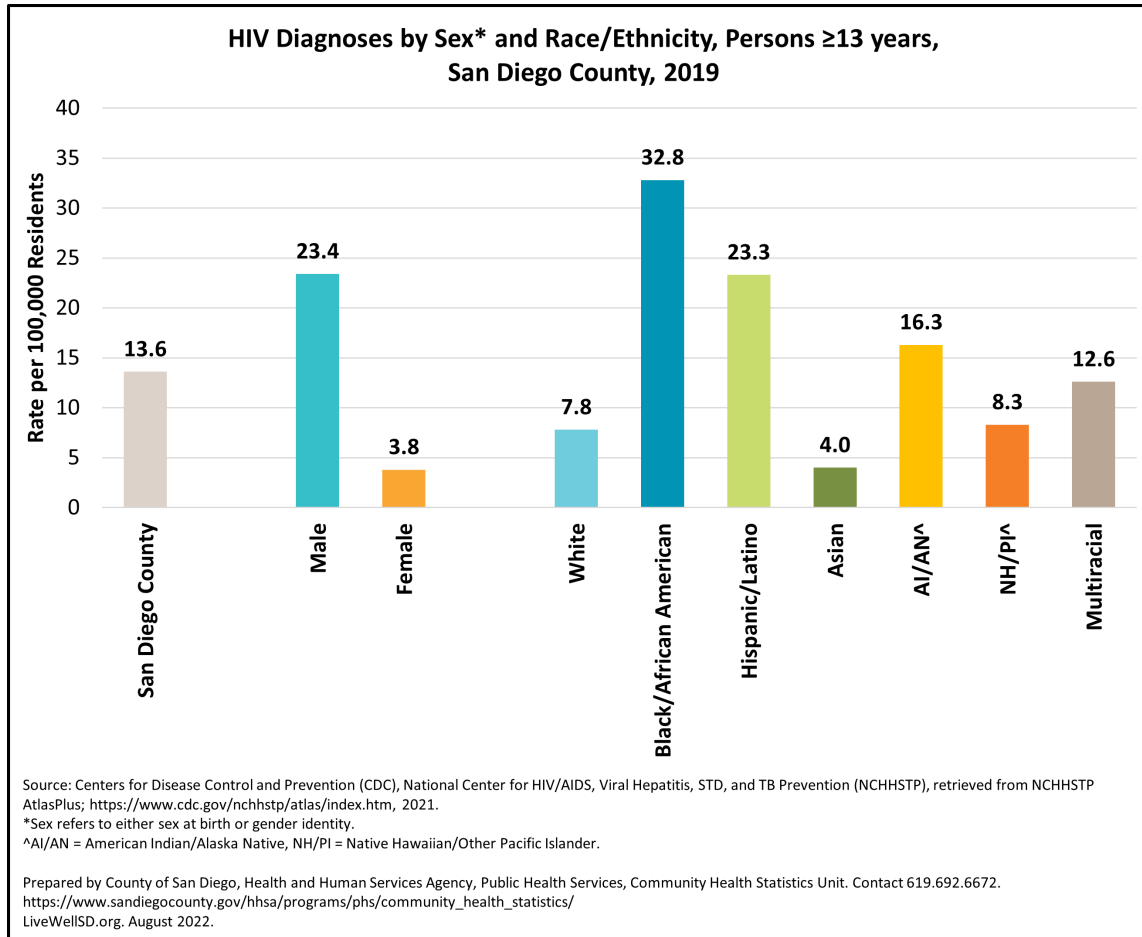


Source: Centers for Disease Control and Prevention. (2021). Estimated HIV incidence and prevalence in the United States, 2015–2019. HIV Surveillance Supplemental Report 2021. <http://www.cdc.gov/hiv/library/reports/hiv-surveillance.html>

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6672. https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/ LiveWellSD.org. August 2022.

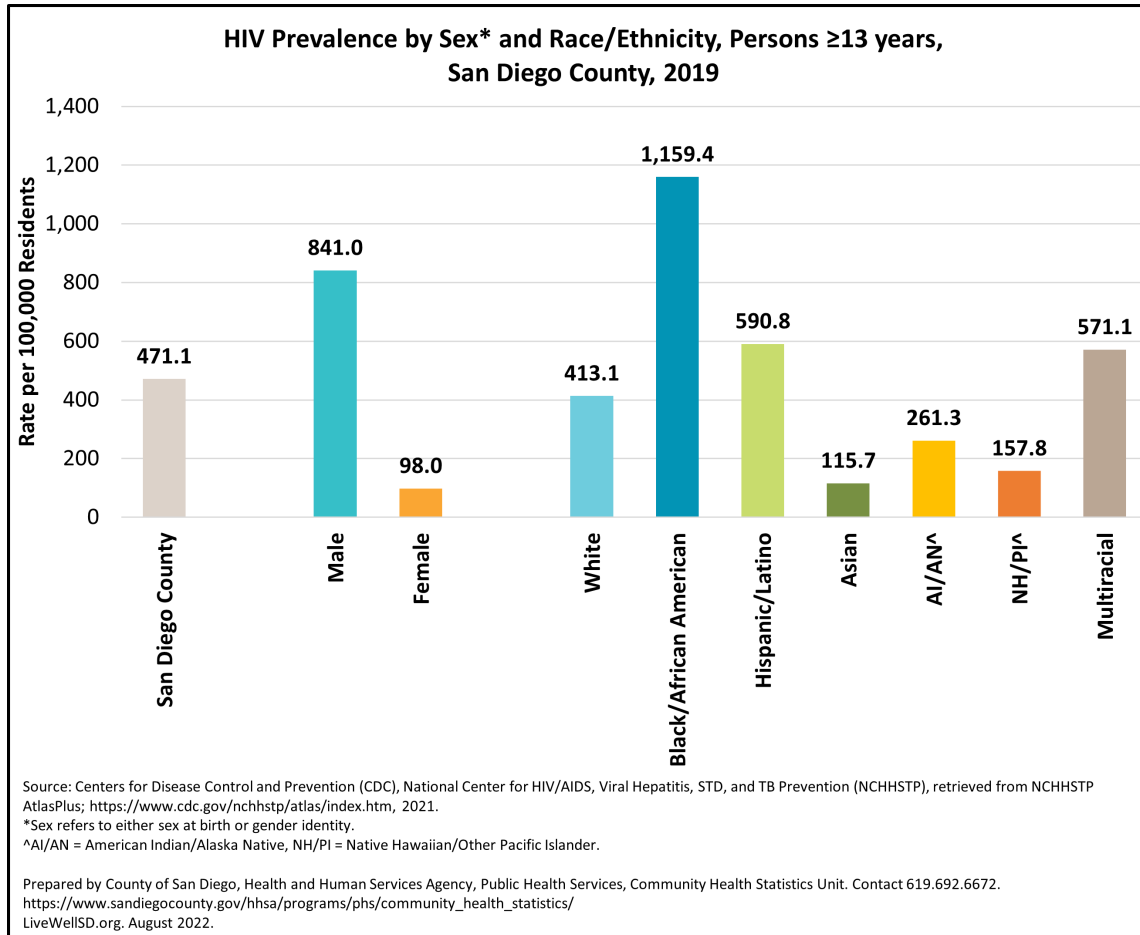
- In 2019, San Diego County had a higher rate of persons aged 13 years and older living with HIV (547.4 per 100,000 residents) than California (455.3 per 100,000 residents) and the United States (431.0 per 100,000 residents) overall.

Local Statistics and Disparities



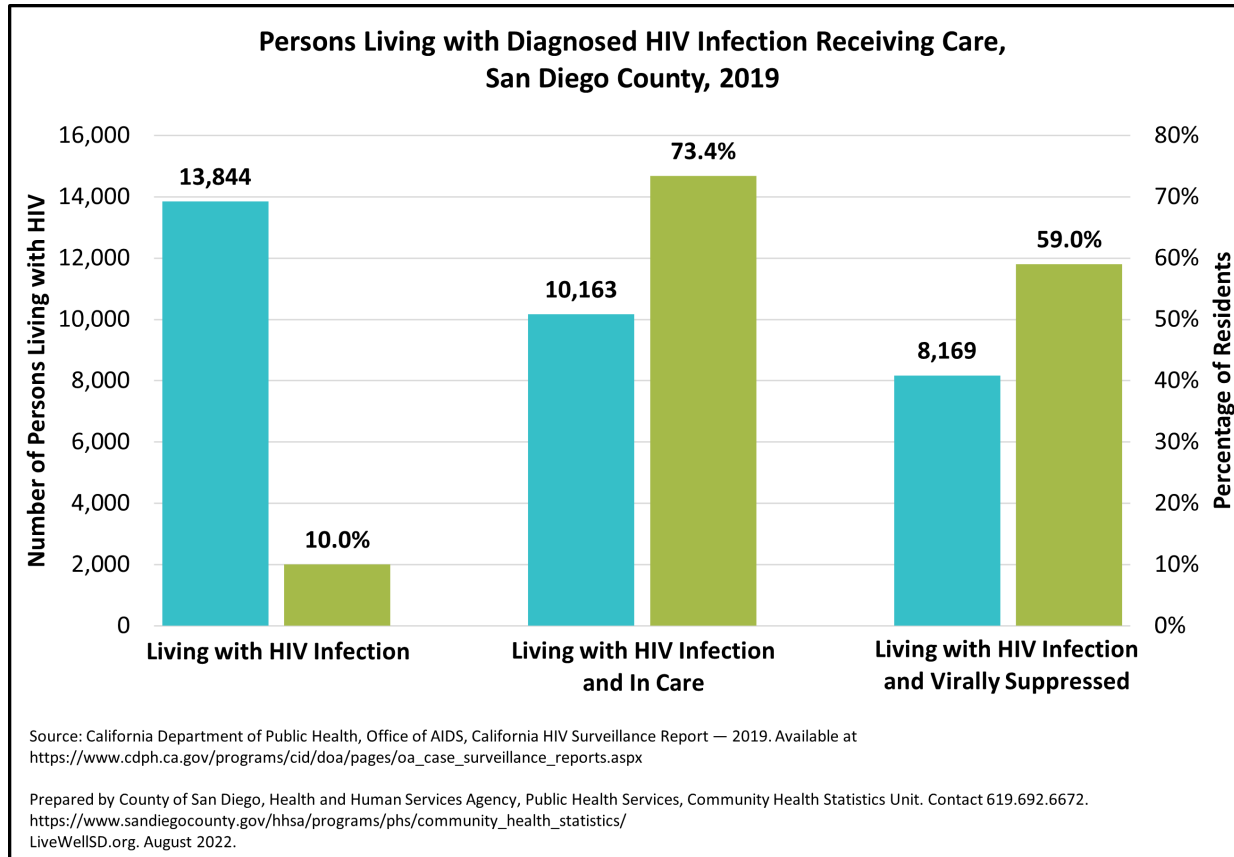
- In 2019, the rate of HIV diagnoses was higher among males (23.4 per 100,000 residents) compared to females (3.8 per 100,000 residents) and San Diego County (13.6 per 100,000 residents) overall.
- Black/African American (32.8 per 100,000 residents), Hispanic/Latino (23.3 per 100,000 residents), and American Indian/Alaska Native (16.3 per 100,000) persons aged 13 years and older had higher rates of HIV diagnoses than San Diego County (13.6 per 100,000 residents) overall.

Local Statistics and Disparities



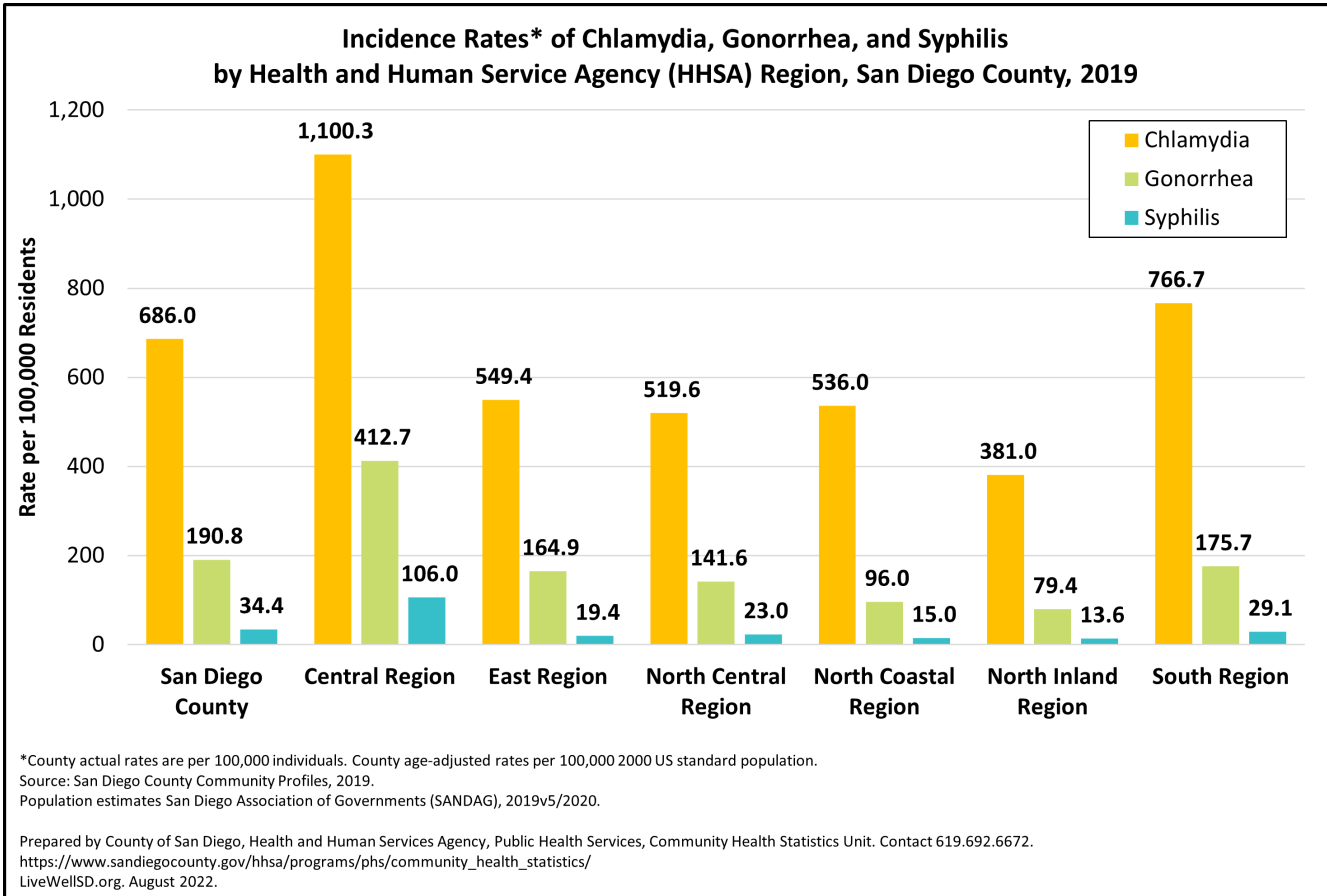
- In 2019, the rate of persons living with HIV was higher among males (841.0 per 100,000 residents) compared to females (98.0 per 100,000 residents) and San Diego County (471.1 per 100,000 residents) overall.
- Black/African American (1,159.4 per 100,000 residents), Hispanic/Latino (590.8 per 100,000 residents), and Multiracial (571.1 per 100,000 residents) persons aged 13 years and older had higher rates of HIV diagnoses than San Diego County (471.1 per 100,000 residents) overall.

Local Statistics and Disparities



- In 2019, nearly 13,900 people were living with HIV, of whom 73.4% were in care and 59.0% were virally suppressed.

Local Statistics and Disparities



- In 2019, the incidence rate of communicable diseases (chlamydia, gonorrhea, and syphilis) in Central Region were higher compared to all other Health and Human Services Agency (HHSA) regions and San Diego County overall.

Disease Prevention



LIVE WELL
SAN DIEGO

- **Practice Safe Sex**

- Use a new condom for every sexual act and sexual partner.

- **Do Not Share IDU Equipment**

- Used IDU equipment can be exchanged for sterile equipment at Syringe Exchange Programs.

- **Get Tested for HIV**

- **Get Tested and Treated for STDs**

- **PrEP (pre-exposure prophylaxis) & PEP (post-exposure prophylaxis)**

- Accessing PrEP or PEP can help prevent HIV infection.

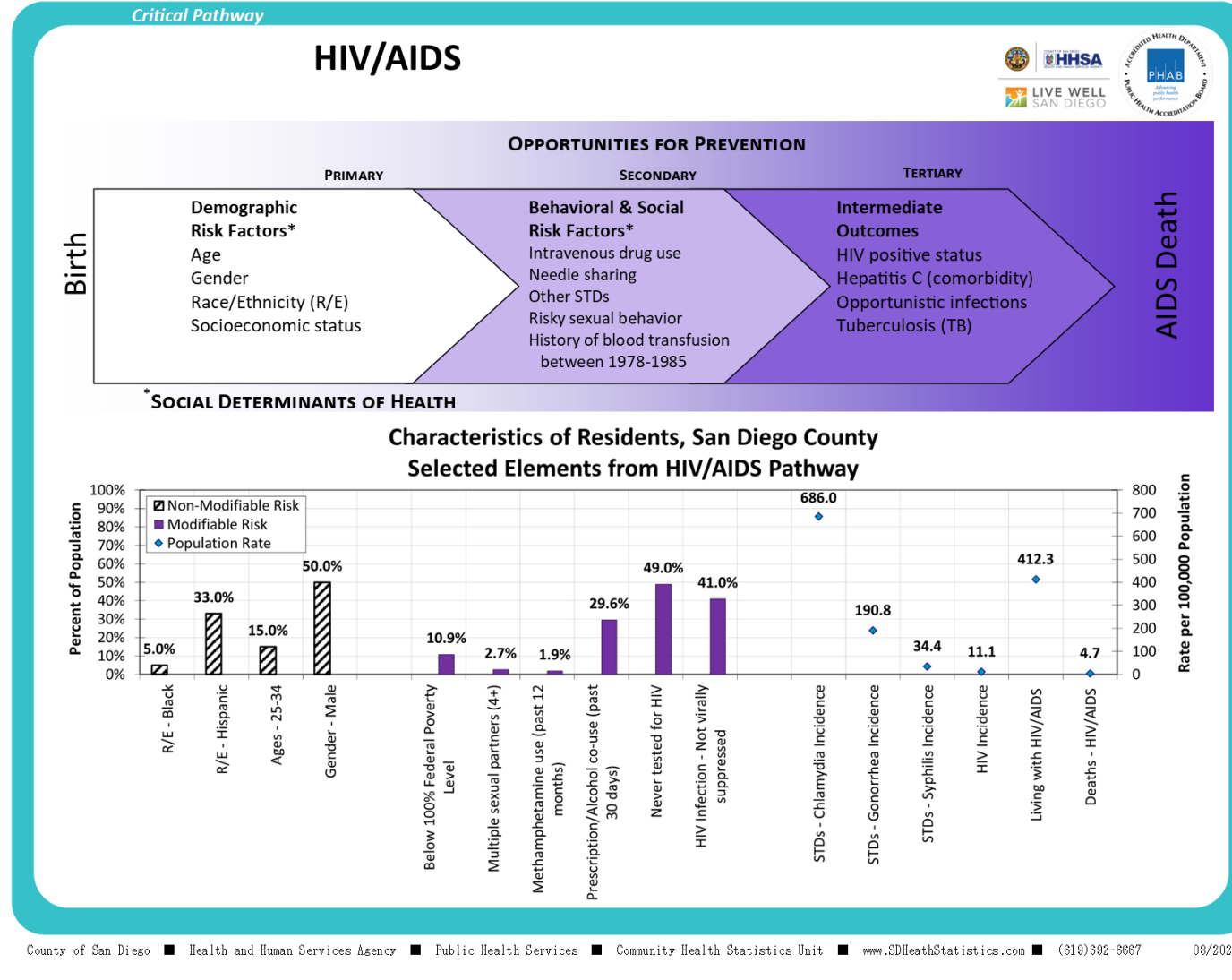
Prevent Complications



- **Regularly consult your doctor**
- **Take HIV medications as prescribed**
 - Reduces viral load and prevents progression of AIDS.
 - An undetectable viral load helps prevent sexual or perinatal transmission of HIV.
- **Seek prenatal care if pregnant**



Critical Pathway for HIV/AIDS





**County of San Diego:
HIV, STD and Hepatitis Branch**

www.sandiegocounty.gov

CDC HIV Service Locators

www.cdc.gov/hiv

Syringe Exchange Programs

<https://www.cdph.ca.gov>

Contact Us



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For more information, including data, resources and reports from
the County of San Diego's Community Health Statistics Unit:

www.SDHealthStatistics.com

(619)692-6667