



HIV/AIDS and Aging: Issues and Trends

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Objectives

Understand

- Examine issues and trends as they relate to those aging/maturing with HIV/AIDS

Discuss

- Discuss factors related to, health disparities, and aging among those with HIV

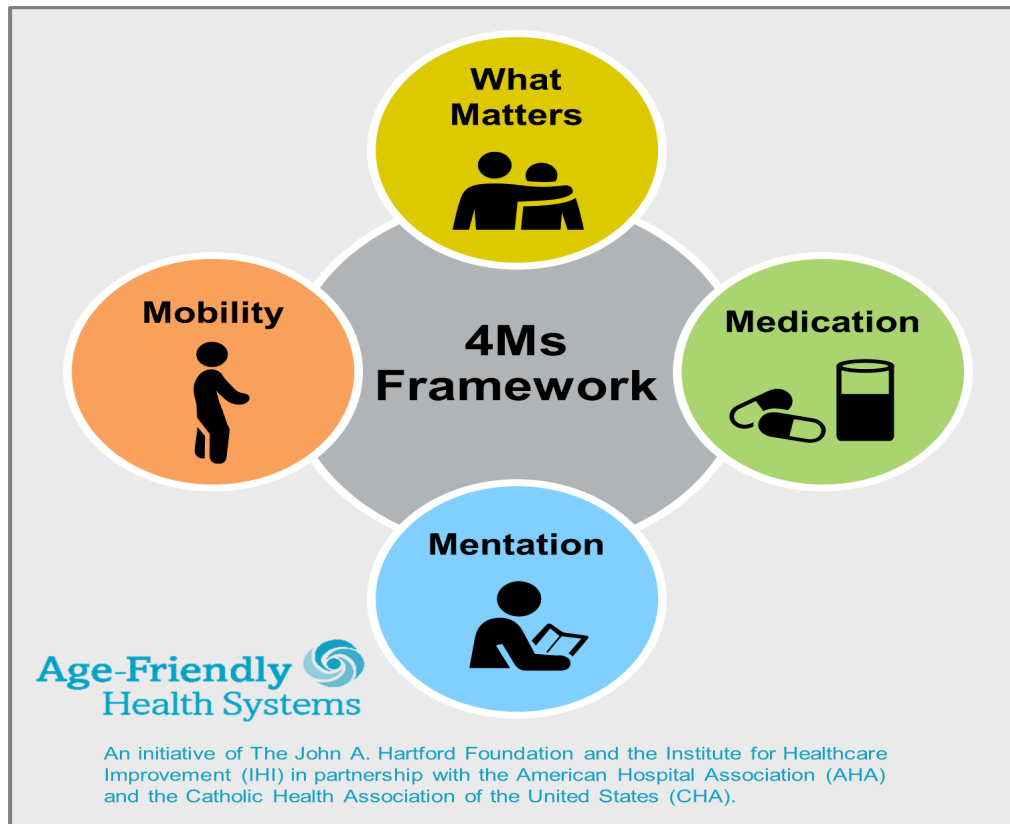
Identity

- Identify current research and evidence-based strategies related to HIV+ persons

Discuss

- The LGBTQ+ Community
- Treatment and community resources

Age-Friendly Health Systems



For related work, this graphic may be used in its entirety without requesting permission.
Graphic files and guidance at ihi.org/AgeFriendly

What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

<https://journals.sagepub.com/doi/full/10.1177/1054773820906667>

<https://www.ihi.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx>

CORNERSTONES OF SUCCESSFUL AGING



ECONOMIC SECURITY



SOCIAL CONNECTIONS



HEALTH AND WELL-BEING

KEY CHALLENGES FOR LGBT OLDER ADULTS



A LIFETIME OF DISCRIMINATION AND LACK OF LEGAL AND SOCIAL RECOGNITION



A RELIANCE ON CHOSEN FAMILY



A LACK OF COMPETENT INCLUSIVE HEALTHCARE



HIV/ AIDS Among the Aging Community

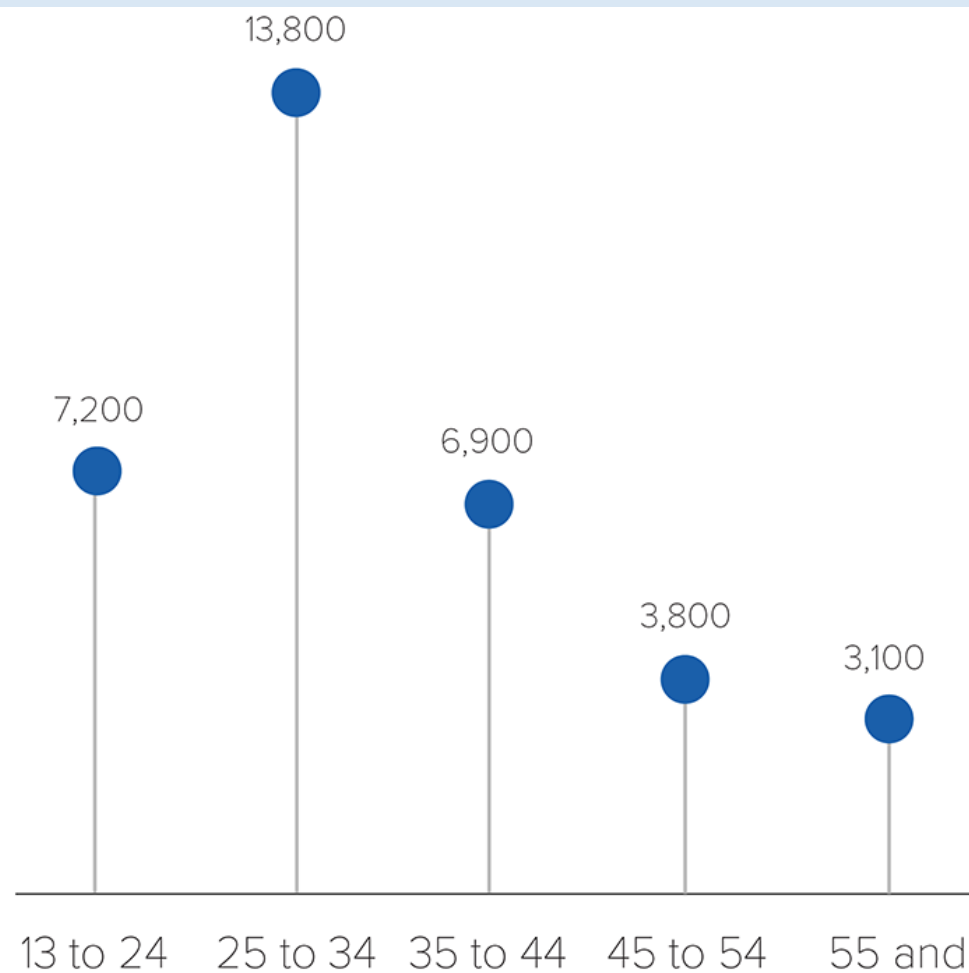
TRENDS IN HIV AND AGING POPULATIONS



**The number of
older people
with HIV is increasing.**



There were **32,100** estimated new HIV infections in the US in 2021.



<https://www.cdc.gov/hiv/group/age/incidence.html>

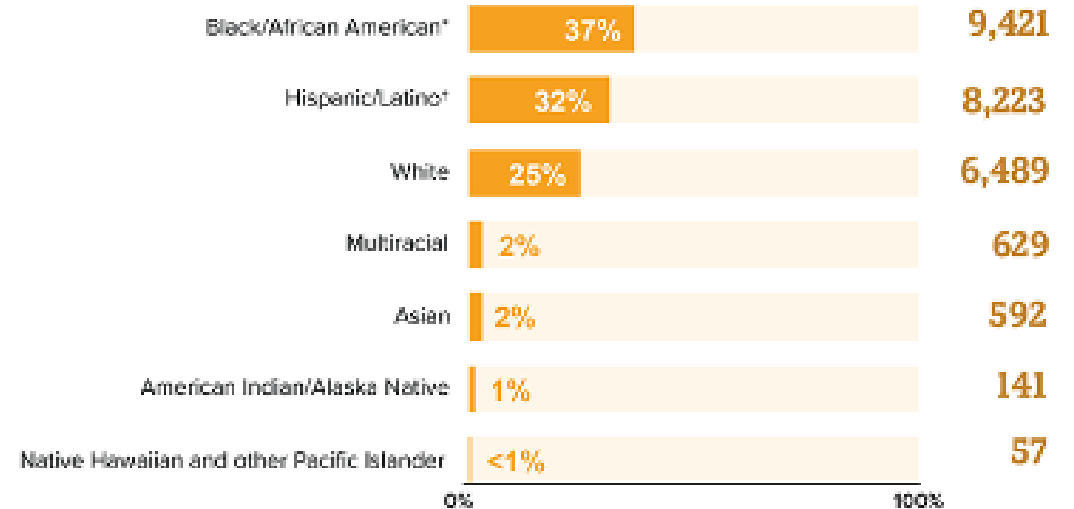
Proportion of People with HIV by Race/Ethnicity Compared to Proportion of U.S. Population, 2019

Race/Ethnicity	% of People with HIV, 2019 ¹¹	% of U.S. Population, 2019 ¹⁴
<u>Black/African American</u>	<u>40.3%</u>	<u>13.4%</u>
White	28.5%	60.1%
<u>Hispanic/Latino</u>	<u>24.7%</u>	<u>18.5%</u>
Asian	1.5%	5.9%
American Indian/Alaska Native	0.3%	1.3%
Native Hawaiian and Other Pacific Islander	0.09%	0.2%

Source: CDC, *Estimated HIV incidence and prevalence in the United States, 2015–2019, HIV Surveillance Supplemental Report 2021;26(1)* and US Census Bureau, *Quick Facts—United States*.

New HIV Diagnoses Among Gay and Bisexual Men in the US and Dependent Areas by Race/Ethnicity, 2019

Among gay and bisexual men who received an HIV diagnosis in 2019, racial and ethnic disparities continue to exist.



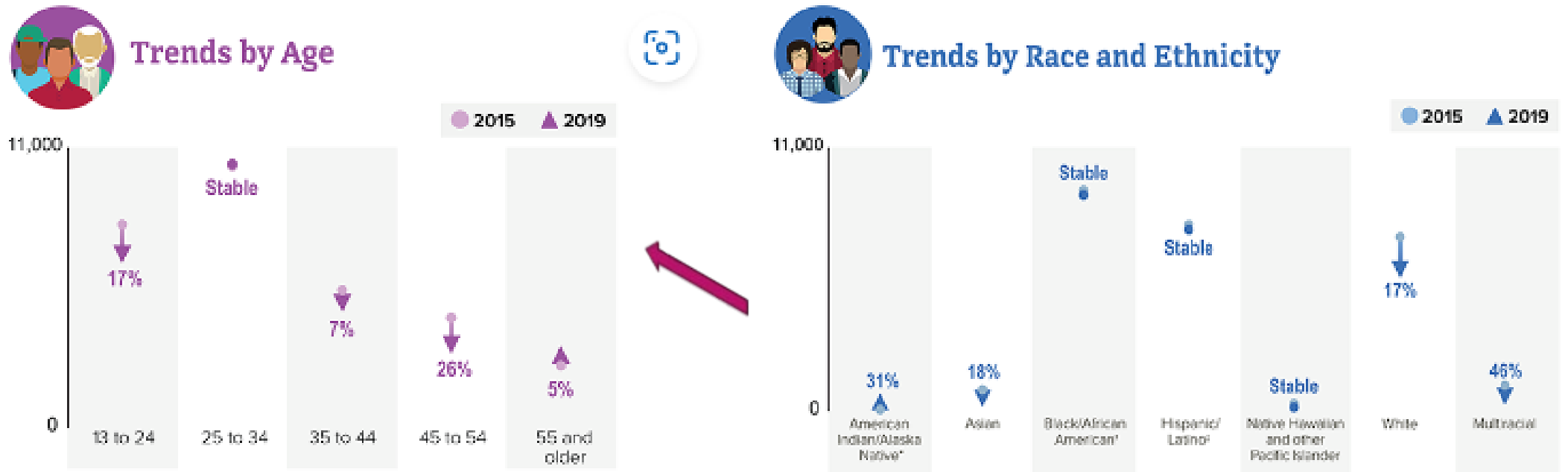
* *Black* refers to people having origins in any of the Black racial groups of Africa. *African American* is a term often used for people of African descent with ancestry in North America.

† Hispanic/Latino people can be of any race.

Source: CDC. [Diagnoses of HIV infection in the United States and dependent areas, 2019](#). *HIV Surveillance Report* 2021;32.

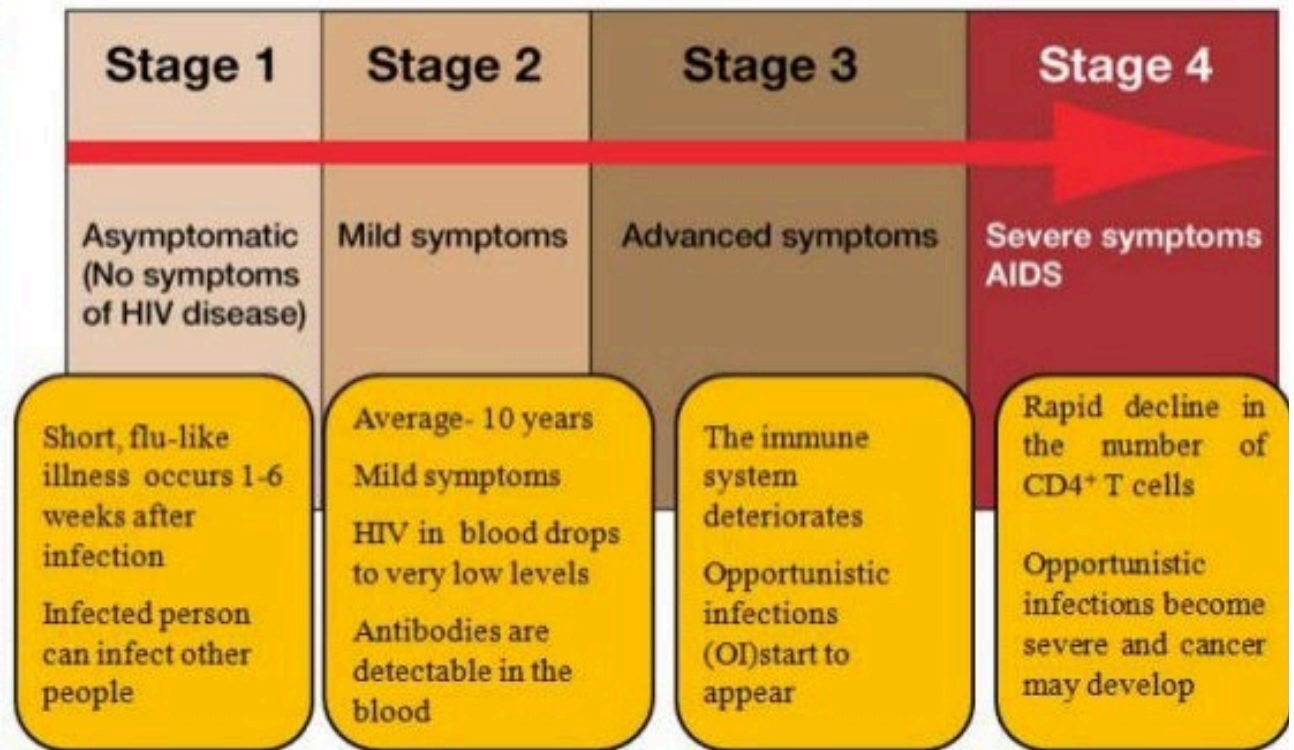
HIV Diagnoses Among Gay and Bisexual Men in the US and Dependent Areas, 2019

From 2015 to 2019, HIV diagnoses decreased 9% among gay and bisexual men overall. But trends varied for different groups of gay and bisexual men.



Source: CDC. [Diagnoses of HIV infection in the United States and dependent areas, 2019](#). HIV Surveillance Report 2021;32.

Clinical stages of HIV-AIDS



5/20/2016

13

Other CONCERNS REGARDING HIV AND AGING

High rates of comorbidities:

- ▶ Cancers
- ▶ Cardiovascular Dz (CAD)
- ▶ Diabetes
- ▶ **Substance Use Disorders (SUD)**
- ▶ Renal Dz
- ▶ Hepatitis

Protective Factors



1. Low-risk sexual activities
2. Condoms used correctly
3. Uptake of PrEP (HIV Prevention)
4. Abstaining from sex
5. Undetectable

► ***"If the partner with HIV takes HIV medicine (called antiretroviral therapy or ART) as prescribed and keeps an undetectable viral load, they will not transmit HIV through sex."*** (CDC, 2020)

Fact Check (CDC, 2022)

- ▶ Gay, bisexual, and other men who reported male-to-male sexual contact are disproportionately affected by HIV.
- ▶ Social and structural issues—such as HIV stigma, homophobia, discrimination, poverty, and limited access to high-quality health care—influence health outcomes and continue to drive inequities

▶ **Let's Chat – Your thoughts!**

HIV PREVENTION

Regular HIV testing

Partner(s) Testing

Safer sexual practices

Access to healthcare and support services

Education

Needle exchange/clean needles

Treatment as Prevention

TREATMENT/CARE

Antiretroviral therapy (ART) for maintaining health

Begin HIV treatment as soon as diagnosed with HIV

Importance of early diagnosis and treatment

Goal is to reach undetectable levels

Medication adherence

Undetectable = Untransmittable

Effective HIV treatments allow people to live longer, healthier lives; by sheer numbers



COMMUNITY SUPPORT AND RESOURCES



Silver Lining Project

Let Us Lend a Helping Hand

Through over 50 campaigns, including "Silver Skills" training cohorts, "Oba's Roundtable" discussion groups, gatherings, educational forums and HIV acceptance campaigns, we have engaged over 100 members of the Silver Lining Project.

Community Resources (THRIVE SS)

Poling Question
Are there barriers to HIV and Aging Care in your organization?

- ▶ There are no barriers to HIV care in my organization
- ▶ There are many barriers to HIV care that need to be addressed
- ▶ There are a few barriers but overall we do a great job!
- ▶ Great question., I'm putting my comments in the chat





Current Research:
HIV/AIDS Long-Term
Survival Strategies:
Lessons Learned

Abernathy, Bryant (2021) Dissertation.

Purpose: to evaluate the positive attributes of (SGL) African American men living and surviving long-term with HIV

Method: Qualitative one-on-one face-to-face interviews of SGL men 45-70 y/o

RQ: What strategies were used in adopting a healthy lifestyle



Themes: Family Support

- ▶ #1 *“My sister was my anchor she would tell me you can outlive me with HIV if you just put your mind to it and believe it. I am the third child and my mother and sister were always there for me,.....”*



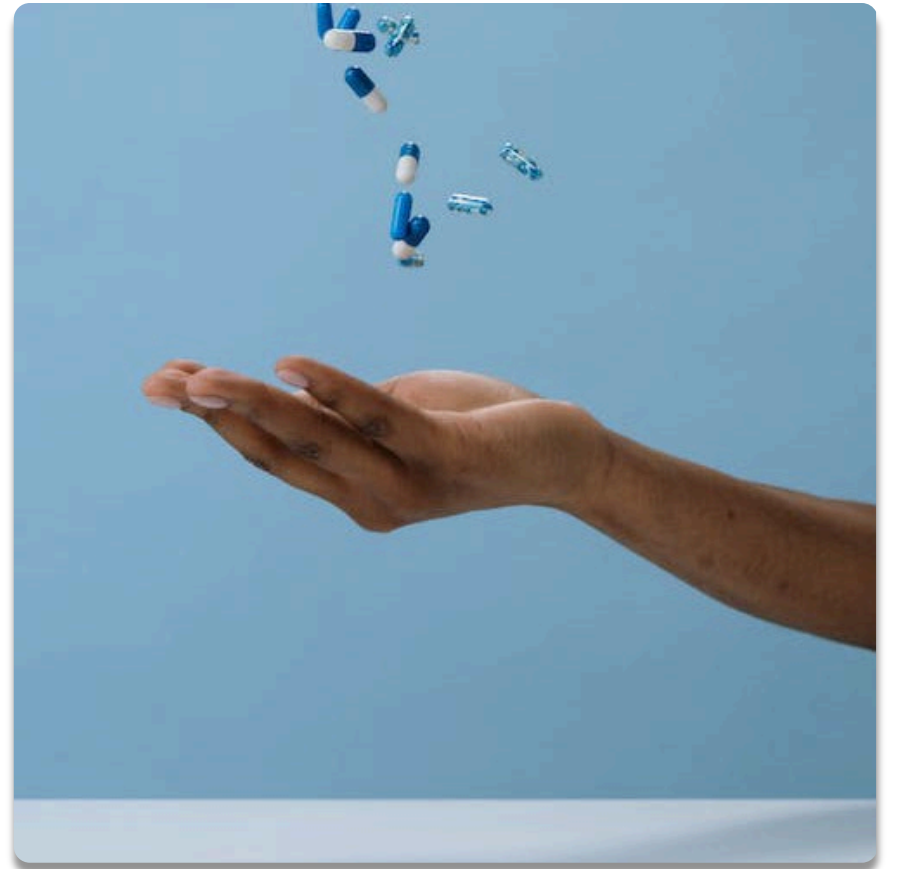


Theme - Education

#3 *“Learn to love yourself; learn to respect your doctor and ask questions; learn to take your medication at the right time; learn to eat a healthy diet and a good balance diet be creative with your life... set goals annually, travel; and, **be happy... be happy... be happy**”*

Theme - medication adherence

#3 "Prior to taking my health seriously, I went through bouts of not taking my meds and then taking my meds experiencing depression and things like that ... so this is what helped me to start to take my health seriously"



What Healthcare Providers Should Know

Sexual health is
a human right

Sexuality occurs
throughout the
lifespan

Intersectionality

Language
Matters

Sex occurs even
in cognitive
decline

Cultural Humility

Engaging Faith
Leaders

Engaging Faith Leaders

Faith leaders are major influencers in the Black aging community



They have been engaged in decades of helping Black communities deal with diseases such as diabetes, hypertension, HIV, mental health, and substance use



Faith leaders are positioned to promote awareness and education about various health issues



Ask for permission



Confidentiality



Annual Inter-faith Institute On Recovery (AIIR)



- ▶ **Gain knowledge about co-occurring disorders and spirituality in collaboration with secular healthcare professionals and interfaith community leaders**
- ▶ **Provide linkages to needed services and resources to the faith-based community**
- ▶ <https://www.aiirconference.com/>





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QUESTIONS

