

# BEHAVIORAL AND CLINICAL CHARACTERISTICS OF PERSONS LIVING WITH DIAGNOSED HIV SAN FRANCISCO 2021-2022



MEDICAL  
MONITORING  
PROJECT



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Applied Research, Community Health Epidemiology  
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# 1 BACKGROUND

In 2005, in response to an Institute of Medicine report outlining the need for representative data on persons living with HIV, the Centers for Disease Control and Prevention (CDC) implemented the Medical Monitoring Project (MMP), which from 2009 to 2014 collected data from a 3-stage probability sample of persons receiving HIV medical care [1,2]. In 2015, MMP sampling and weighting methods were revised to include all persons with diagnosed HIV regardless of HIV care status and a 2-stage sampling approach was implemented [3]. This is the fourth San Francisco report using data collected from these revised methods.

The National HIV/AIDS Strategy was released in 2010 to monitor progress towards achieving three primary goals in HIV treatment and prevention [4]. The updated HIV National Strategic Plan 2022-2025 (The HIV Plan) includes four main objectives: (1) prevent HIV incidence, (2) improve HIV related health outcomes of people with HIV, (3) reduce HIV related health disparities and health inequities, and (4) achieve integrated, coordinated efforts that address the HIV epidemic among all partners and stakeholders [5]. MMP data is used to measure two of the eight core indicators: decrease stigma and reduce homelessness among people with diagnosed HIV [5].

According to the 2023 HIV Epidemiology Annual Report published by the San Francisco Department of Public Health HIV Epidemiology Section, there were 167 persons newly diagnosed with HIV in the city in 2022, a slight decrease from 170 persons diagnosed in 2021 [6]. This small reduction is likely still influenced by COVID-19 related changes in testing behaviors. As of December 31, 2022, there were 15,602 San Francisco residents diagnosed and living with HIV [6]. PLWH in San Francisco have continued to age due to effective HIV treatment and care. Seventy-three percent of the population were over 50 years of age and none were younger than 18 years at year-end of 2022. As a result, San Francisco has seen an increasing trend in annual deaths, mostly due to age-related causes, such as heart disease (39%) or non-HIV related cancers (20%) from 2019 to 2022 [6].

## 2 METHODS

MMP is a cross-sectional, nationally representative, complex sample survey that assesses the clinical and behavioral characteristics of adults living with diagnosed HIV in the United States. Since 2015, the Medical Monitoring Project has used a stratified 2-stage sampling design. For the first stage, probability proportion to size sampling based on HIV stage 3 (AIDS) prevalence was used to sample from all 50 United States and dependent areas, resulting in a sample of 16 states and Puerto Rico [7]. At the second stage, living adults with a reported HIV diagnosis in the National HIV Surveillance System (NHSS) were sampled [3]. The sampling date was December 31, 2020 for the 2021 MMP cycle and December 31, 2021 for the 2022 MMP cycle.

San Francisco is one of 23 project areas participating in MMP. To have a sufficiently large sample for data analysis, this report summarizes findings from two cycles of MMP (2021 and 2022). The 2021 MMP cycle data was collected from June 2021 to May 2022, and the 2022 MMP cycle data was collected from June 2022 to May 2023.

### ELIGIBILITY

Persons were eligible for participation if they had received a diagnosis of HIV, were age  $\geq 18$  years, alive, and were a resident of San Francisco on the sampling date.

### RECRUITMENT AND CONSENT

MMP staff contacted sampled persons by telephone or letter. MMP was conducted as a supplemental HIV surveillance activity with a non-research determination during the 2021 and 2022 data collection cycles nationally and in San Francisco [8]. All survey participants gave informed consent [9] prior to the interview and, if needed, signed a release of information (ROI) for a medical record abstraction.



## **INTERVIEW**

Trained interviewers conducted an approximately one-hour face-to-face or telephone standardized computer-assisted structured interview in either English or Spanish with sampled persons. Face-to-face interviews were conducted in a private location (such as at the San Francisco Department of Public Health). Telephone interviews were conducted at the San Francisco Department of Public Health. The standard interview collected information on participant demographic and clinical characteristics, use of health care services and medications, substance use, sexual behavior, depression, gynecologic and reproductive history (for people assigned female at birth), met and unmet needs for ancillary services, use of HIV prevention services, and stigma. Participants were given a token of appreciation of \$50.

## **MEDICAL RECORD ABSTRACTION**

Trained MMP staff reviewed and abstracted medical records of participants after the interview was conducted. Information collected during the medical record abstraction included demographics, HIV diagnosis, history of opportunistic infections, comorbidities, prescription of antiretroviral therapy and other medications, HIV laboratory test results, and health care visits in the 24 months before the interview.

## **DATA WEIGHTING, MANAGEMENT, AND STATISTICAL ANALYSES**

Data were weighted and adjustments were made for unequal probability of selection, multiplicity, and nonresponse [3]. Prevalence estimates (weighted percentages) and associated 95% confidence intervals (CI) were calculated using information from persons who completed the standard questionnaire or had their medical record abstracted. Confidence intervals are not reported for variables with a coefficient of variation >30% due to unstable estimates. The numbers in the tables represent unweighted frequencies and might not add up to the total N because of missing data. Percentages are weighted percentages and might not sum to 100 because of rounding. Additional information on MMP is available at <https://www.cdc.gov/hiv/statistics/systems/mmp/>.

After collection, data were encrypted and transmitted to CDC through a secure data portal. Statistical weighting and cleaning procedures were conducted at CDC before data were returned to the San Francisco Department of Public Health via a secure data portal for data analysis. SAS v9.4 statistical software was used for analysis of weighted data.

The estimates describe the characteristics of adults with diagnosed HIV who were living in San Francisco on the sampling date. The period referenced is the 12 months before interview and medical record abstraction unless otherwise noted.

## PARTICIPANT RESPONSE RATES

In 2021, there were 389 eligible persons in the MMP sample, of which 157 (40%) participated (Table 2.1). In 2022, there were 393 eligible persons in the MMP sample, of which 156 (40%) participated. For the 2021 and 2022 combined MMP data presented in this report, there were 313 participants out of 782 eligible, resulting in a combined response rate of 40%.

TABLE 2.1 SAMPLE SIZE AND RESPONSE RATE

	Total Sample Size (N)	Ineligible Persons (N)	Total Final Eligible Sample (N)	Participants (N)	Response Rate (%)
<b>Cycle Year</b>					
2021	400	12	388	162	41.8
2022	400	7	393	156	39.7
2021 & 2022	800	19	781	318	40.7



## 3 DEMOGRAPHIC CHARACTERISTICS

The majority of participants identified as cis-men (92%), six percent identified as cis-women, and less than two percent identified as trans-women (Table 3.1). Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender. Seventy-eight percent of participants identified as homosexual, gay, or lesbian, ten percent as straight or heterosexual, and three percent as bisexual (Table 3.1).

About half of participants were White (50%), twenty-seven percent were Hispanic or Latinx, twelve percent were Black/African American, and six percent were Asian or Pacific Islander. Twenty-four percent were 50-59 years old and twenty-seven percent were 65 year or older. The majority of participants had some college or greater education (85%) and/or had been born in the United States (74%). Most had been diagnosed with HIV for 10 or more years (81%) (Table 3.1).

TABLE 3.1 DEMOGRAPHIC CHARACTERISTICS

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Gender<sup>d</sup></b>			
Cis-men	293	91.7	88.0–95.3
Cis-women	14	6.4	3.0–9.8
Trans-women	5	1.6	-
<b>Sexual Orientation</b>			
Homosexual, gay, or lesbian	247	77.6	72.2–83.1
Heterosexual or straight	36	14.2	9.3–19.1
Bisexual	16	4.8	2.5–7.2
Other	10	3.3	-
<b>Race/Ethnicity</b>			
White	172	49.9	43.5–56.2
Hispanic/Latinx	72	27.3	21.1–33.6
Black/African American	33	11.7	7.3–16.2
Asian or Pacific Islander	18	5.6	3.0–8.1
Multiracial or Other	18	5.6	3.0–8.2

TABLE 3.1 DEMOGRAPHIC CHARACTERISTICS CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Age at Time of Interview (years)</b>			
18-39	40	15.3	10.2-20.4
40-49	46	18.8	12.6-24.9
50-59	81	23.9	19.0-28.9
60-64	51	15.3	11.2-19.4
≥65	95	26.7	21.7-31.7
<b>Educational Attainment</b>			
Less than high school	22	8.4	4.4-12.4
High school diploma or GED	21	6.8	3.9-9.7
More than high school	270	84.8	80.1-89.6
<b>Country or Territory of Birth</b>			
US state or territory	240	74.4	68.6-80.3
Outside the US and its territories	73	25.6	19.7-31.4
<b>Time Since HIV Diagnosis</b>			
<5 years	14	7.1	-
5-9 years	31	12.1	7.5-16.6
≥10 years	268	80.8	74.8-86.9
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval; GED, general educational development

**Note:** Numbers might not sum to total because of "don't know" and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

<sup>e</sup> Hispanics or Latinos can be of any race. Persons are classified in only 1 race/ethnicity category.

Seventeen percent of participants were homeless at any point in the year before the interview. Nearly all participants had some type of health insurance and/or coverage, and about half were insured under Medicaid (50%) (Table 3.2). One or more insurance or coverage type could be selected, and persons were considered uninsured if they reported having health costs paid only by Ryan White HIV/AIDS Program (RWHAP)-funded programs.

Forty-one percent of participants were employed at the time of the interview. Twenty-nine percent had a combined household income of \$75,000 or greater in the previous year, while twenty-seven percent had incomes at or below the federal poverty level (Table 3.2). The federal poverty level was defined using the Department of Health and Human Services (HHS) poverty guidelines; the 2020 guidelines were used for persons interviewed in 2021 and the 2021 guidelines were used for persons interviewed in 2022. More information regarding the HHS poverty guidelines can be found at <http://aspe.hhs.gov/poverty/faq.cfm>.

**TABLE 3.2 ADDITIONAL DEMOGRAPHIC CHARACTERISTICS**

	<b>No.<sup>a</sup></b>	<b>%<sup>b</sup></b>	<b>95% CI<sup>c</sup></b>
<b>Homeless at any time, past 12 months<sup>d</sup></b>	43	16.6	11.3–21.9
<b>Incarcerated &gt;24 hours, past 12 months</b>	<5	0.3	-
<b>Had health insurance coverage</b>	310	100*	
<b>Type of health insurance<sup>e</sup></b>			
Medicaid	150	49.9	43.5–56.2
Private health insurance	148	47.9	41.3–54.4
RWHAP assistance	124	43.1	36.5–49.6
Medicare	137	41.1	35.0–47.3
Other public insurance <sup>f</sup>	31	11.1	6.9–15.3
Tricare/CHAMPUS or Veterans Administration	13	5.6	-
<b>Employment Status<sup>g</sup></b>			
Employed	124	41.0	34.7–47.4
Unemployed or unable to work	114	37.6	31.4–43.7
Student	6	2.0	-
Retired	68	19.4	14.9–23.8
<b>Any disability<sup>h</sup></b>	130	42.0	35.8–48.2

TABLE 3.2 ADDITIONAL DEMOGRAPHIC CHARACTERISTICS CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Combined yearly household income (US\$)<sup>i</sup></b>			
0-19,999	118	40.6	34.4-46.8
20,000-39,999	58	19.5	14.3-24.6
40,000-74,999	36	11.2	7.6-14.7
≥75,000	93	28.8	23.2-34.4
<b>Household income with respect to poverty guidelines<sup>j</sup></b>			
Above poverty threshold	227	72.7	67.2-78.3
At or below poverty threshold	78	27.3	21.7-32.8
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval; CHAMPUS, Civilian Health and Medical Program of the Uniformed Services; US\$, US dollar.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Defined as living on the street, in a shelter, in a single-room- occupancy hotel, or in a car at any time during the past 12 months.

<sup>e</sup> Persons could select more than one response for health insurance.

<sup>f</sup> Included city, county, state, or other publicly funded insurance, not including Medicaid.

<sup>g</sup> Employed included employed for wages, self-employed, or homemaker.

<sup>h</sup> Includes physical, mental, and emotional disabilities.

<sup>i</sup> Income from all sources, before taxes, in the last calendar year.

<sup>j</sup> The federal poverty level was defined using the Department of Health and Human Services (HHS) poverty guidelines. More information regarding the HHS poverty guidelines can be found at <http://aspe.hhs.gov/poverty/faq.cfm>.

## 4 CLINICAL CHARACTERISTICS

Fifty-six percent of participants met the CDC clinical criteria for HIV Stage 3 (AIDS) [10], although only four percent had a geometric mean CD4 count less than 200 cells/ $\mu$ L in the prior 12 months (Table 4.1). Note that CD4 counts are from medical record abstraction. The majority of participants (82%) were virally suppressed on their most recent test and seventy-eight percent were virally suppressed throughout the entire previous 12 months (Table 4.1).

TABLE 4.1 HIV INFECTION METRICS

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>HIV infection stage 3 (AIDS)<sup>d</sup></b>	177	55.9	49.6-62.2
<b>Geometric mean CD4 count (cells/<math>\mu</math>L)</b>			
0-199	8	3.6	-
200-349	25	10.8	6.7-14.9
350-499	40	17.7	12.5-22.8
$\geq$ 500	153	67.9	61.6-74.3
<b>Lowest CD4 lymphocyte count (cells/<math>\mu</math>L), past 12 months</b>			
0-49	<5	0.9	-
50-199	8	3.4	-
200-349	32	13.9	9.3-18.5
350-499	42	18.5	13.3-23.8
$\geq$ 500	142	63.3	56.7-69.9

TABLE 4.1 HIV INFECTION METRICS CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Viral suppression</b>			
Most recent viral load documented undetectable or <200 copies/mL	266	82.0	76.1–87.8
Most recent viral load documented detectable, ≥200 copies/mL, or missing/unknown	47	18.0	12.2–23.9
<b>Sustained viral suppression</b>			
All viral load measurements documented undetectable or <200 copies/mL	252	77.6	71.6–83.7
Any viral load ≥200 copies/mL or missing/unknown	61	22.4	16.3–28.4
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviations:** CD4, CD4 T-lymphocyte count (cells/μL); CI, confidence interval; CDC, Centers for Disease Control and Prevention [footnotes only].

Source of disease stage information: CDC. Revised surveillance case definition for HIV infection—United States, 2014. *MMWR* 2014;63(RR-03):1–10. [https://www.cdc.gov/mmwr/indrr\\_2014.html](https://www.cdc.gov/mmwr/indrr_2014.html). Accessed October 17, 2024.

**Note:** CD4 counts and viral load measurements are from medical record abstraction. Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation ≥0.30 and those based on a denominator sample size <30 or a numerator size <5. Estimates with an absolute CI width ≥30, estimates with an absolute CI width between 5 and 30 and a relative CI width >130%, and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

<sup>d</sup>HIV infection, stage 3 (AIDS): documentation of an AIDS-defining condition or either a CD4 count of <200 cells/μL or a CD4 percentage of total lymphocytes of <14. Documentation of an AIDS-defining condition supersedes a CD4 count or percentage that would not, by itself, be the basis for a stage 3 (AIDS) classification.

## 5 USE OF HEALTH CARE SERVICES

Almost all participants had received outpatient HIV care in the last 12 months (100%) and in the last 24 months (100%) (Table 5.1). Outpatient HIV care was defined as any documentation of the following: encounter with an HIV care provider, viral load test result, CD4 test result, HIV resistance test or tropism assay, ART prescription, PCP prophylaxis, or MAC prophylaxis. Retention in care was lower during the same lookback period: seventy-nine percent of participants were retained in care in the last 12 months, and sixty percent were retained in care in the last 24 months. Nearly one fifth (19%) of participants had missed at least one HIV care visit in the last 12 months (Table 5.1).

ART is recommended for all persons living with HIV regardless of clinical stage or immunostatus. Prophylaxis against *Pneumocystis jiroveci pneumonia* (PCP) and *Mycobacterium avium complex* (MAC) is recommended for persons with CD4+ lymphocyte cell counts below 200 cells/ $\mu$ L and below 50 cells/ $\mu$ L, respectively [11, 12]. Ninety-two percent of participants had been prescribed ART (Table 5.1). Fifty-four percent of clinically eligible participants were prescribed PCP prophylaxis. Eighty-two percent of participants had been vaccinated against influenza in the past year (Table 5.1).



TABLE 5.1 ACCESS TO HIV CARE

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Ever received outpatient HIV care <sup>d</sup></b>	313	100*	
Received outpatient HIV care, past 12 months	312	99.8	99.3–100.0
Received outpatient HIV care, past 24 months	312	99.8	99.3–100.0
<b>Retained in care <sup>e</sup>, past 12 months</b>	253	79.1	73.0–85.1
<b>Retained in care <sup>e</sup>, past 24 months</b>	190	59.9	53.5–66.3
<b>Missed ≥1 HIV care visits, past 12 months</b>	53	18.8	13.7–23.9
<b>Prescribed ART, past 12 months <sup>f</sup></b>	296	92.3	87.8–96.8
<b>Prescribed PCP prophylaxis <sup>g</sup>, past 12 months</b>	5	53.9	-
<b>Received influenza vaccination, past 12 months</b>	256	81.6	76.7–86.5
<b>Total</b>	<b>313</b>	<b>100</b>	

**Abbreviations:** ART, antiretroviral therapy; PCP, Pneumocystis pneumonia; CI, confidence interval; CD4, CD4 T-lymphocyte count (cells/ $\mu$ L) [footnotes only]; MAC, Mycobacterium avium complex [footnotes only].

**Note:** CD4 counts, viral load measurements, and prophylaxes are from medical record abstraction. Influenza vaccination was obtained through interview. Measurement period is the 12 months before interview unless otherwise noted.

Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

<sup>d</sup>Outpatient HIV care was defined as any documentation of the following: encounter with an HIV care provider, viral load test result, CD4 test result, HIV resistance test or tropism assay, ART prescription, PCP prophylaxis, or MAC prophylaxis.

<sup>e</sup>Two elements of outpatient HIV care at least 90 days apart in each 12-month period.

<sup>f</sup>ART prescription documented in medical record; persons with no medical record abstraction were considered to have no documentation of ART prescription.

<sup>g</sup>Among persons with CD4 cell count  $< 200$  cells/ $\mu$ L.

Among participants who were sexually active in the previous 12 months, about half (49%) had all three tests for gonorrhea, chlamydia, and syphilis, with syphilis testing having been conducted most frequently (64%) (Table 5.2).

**TABLE 5.2 SEXUALLY TRANSMITTED INFECTION (STI) TESTING**

	Total population			Sexually active <sup>a</sup> persons only		
	No. <sup>b</sup>	Col % <sup>c</sup>	95% CI <sup>d</sup>	No. <sup>b</sup>	Col % <sup>c</sup>	95% CI <sup>d</sup>
<b>Syphilis<sup>e</sup></b>						
Yes, received testing	174	55.8	49.4–62.3	113	64.4	55.0–73.7
No testing documented	131	44.2	37.7–50.6	54	35.6	26.3–45.0
<b>Gonorrhea<sup>f</sup></b>						
Yes, received testing	126	41.4	35.2–47.6	95	54.7	45.6–63.8
No testing documented	179	58.6	52.4–64.8	72	45.3	36.2–54.4
<b>Chlamydia<sup>g</sup></b>						
Yes, received testing	126	41.4	35.2–47.6	94	54.3	45.2–63.4
No testing documented	179	58.6	52.4–64.8	73	45.7	36.6–54.8
<b>Syphilis, gonorrhea, and chlamydia</b>						
Yes, received all 3 tests	111	36.8	30.7–42.9	84	49.3	40.2–58.3
Fewer than 3 tests documented	194	63.2	57.1–69.3	83	50.7	41.7–59.8
<b>Total</b>	<b>313</b>	<b>100</b>		<b>172</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval.

**Note:** Information on laboratory testing for sexually transmitted infections was based on medical record abstraction.

Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Sexual activity was reported in the interview component of the Medical Monitoring Project and was defined as anal or vaginal intercourse during the 12 months prior to interview.

<sup>b</sup>Numbers are unweighted.

<sup>c</sup>Percentages are weighted percentages.

<sup>d</sup>CIs incorporate weighted percentages.

<sup>e</sup>Testing for *Neisseria gonorrhoeae* was defined as documentation of a result from culture, DFA, gram stain, EIA or ELISA, NAAT, or nucleic acid probe performed on a specimen from any anatomical site for screening or diagnostic purposes.

<sup>f</sup>*Chlamydia trachomatis* testing was defined as a result from DFA, EIA or ELISA, NAAT, or nucleic acid probe performed on a specimen from any anatomical site for screening or diagnostic purposes.

<sup>g</sup>Syphilis testing was defined as a result from nontreponemal syphilis tests (RPR or VDRL), treponemal syphilis tests (TPHA, TP-PA, MHA-TP, or FTA-ABS tests), or dark-field microscopy performed for screening or diagnostic purposes.

Use of the emergency department (ED) was frequent; eighteen percent of participants were seen in the ED two or more times in the prior 12 months (Table 5.3). Sixty-seven percent did not have any illnesses or injuries requiring care in the ED and twelve percent were hospitalized at least once (Table 5.3).

**TABLE 5.3 EMERGENCY DEPARTMENT OR URGENT CARE USE**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Number of Visits to Emergency Department</b>			
0	206	67.2	61.6–72.8
1	47	14.6	10.5–18.7
2–4	51	15.6	11.5–19.8
≥5	8	2.6	-
<b>Number of Hospital Admissions</b>			
0	273	88.1	84.3–91.9
1	21	6.9	3.9–9.9
2–4	13	3.8	1.7–5.9
≥5	<5	1.2	-
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CIs incorporate weighted percentages.

# 6 ANTIRETROVIRAL MEDICATION USE AND ADHERENCE

Almost all participants self-reported current ART use and/or ever taking ART (Table 6.1). About half of participants (46%) reported missing at least one ART dose in the last 30 days; the largest share of whom reported missing 1-2 doses (29%). The most common reasons reported for last missed ART doses were forgetting (77%), falling asleep early or oversleeping (43%), and a change in one's daily routine or travel (40%) (Table 6.1).

TABLE 6.1 ANTIRETROVIRAL THERAPY (ART) USE

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Ever Taken ART</b>	311	100*	
<b>Currently Taking ART</b>	311	100*	
<b>How many days did you miss at least 1 dose of any of your HIV medicines?</b>			
0	174	54.5	48.1–60.9
1–2	86	29.0	23.0–35.1
3–5	24	8.8	4.9–12.6
6–10	18	5.6	3.0–8.2
≥11	7	2.1	-
<b>Main reasons for last missed ART dose<sup>d</sup></b>			
Forgot to take HIV medicines	101	77.4	70.1–84.7
Fell asleep early or overslept	56	43.3	33.5–53.2
Change in daily routine/traveling	57	40.3	30.9–49.7
Felt depressed or overwhelmed	38	29.7	20.6–38.8
Was drinking or using drugs	22	17.5	9.8–25.2
Did not feel like taking HIV medicines	22	17.1	8.9–25.2
Had problems with prescription/refills	15	10.2	5.1–15.3
In the hospital or too sick to take HIV medicines	7	5.0	-
Experienced side effects	5	3.7	-
Had problems with payment	2	1.5	-
<b>Total</b>	<b>313</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Persons could select more than one response for reasons for last missed ART dose. Numerators  $< 5$  were not suppressed for this reason.

A majority of participants reported that they never (80%) or rarely (12%) were troubled by ART side effects during the past 30 days. Seventy-nine percent reported they were either very good or excellent at taking their HIV medicines in the way they were supposed to (Table 6.2).

**TABLE 6.2 ANTIRETROVIRAL THERAPY (ART) ADHERENCE**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>How well did you do at taking your HIV medicines in the way you were supposed to?</b>			
Excellent	162	50.3	43.9–56.6
Very good	88	29.0	23.2–34.8
Good	34	11.7	7.3–16.1
Fair	18	6.2	3.3–9.1
Poor	5	1.6	-
Very poor	<5	1.2	-
<b>How often did you take your HIV medicines in the way you were supposed to?</b>			
Always	188	59.6	53.4–65.8
Almost always	90	29.1	23.4–34.7
Usually	23	8.0	4.1–11.8
Sometimes	5	1.6	-
Rarely	<5	1.0	-
Never	<5	0.8	-
<b>How often were you troubled by ART side effects?</b>			
Always	10	2.9	-
Most of the time	5	1.8	-
About half of the time	11	3.4	-
Rarely	36	11.7	7.6–15.8
Never	242	80.2	75.3–85.1
<b>Total</b>	<b>311</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

While ninety-three percent of participants who identified as cis-men had a prescription of ART, only fifty-four percent were ART adherent, and seventy-seven percent had sustained viral suppression. Eighty-two percent of participants who identified as cis-women had been prescribed ART, sixty-one percent were ART adherent, and eighty-three percent had sustained viral suppression. Among transgender participants, all had a prescription of ART, fifty-two percent were ART adherent, and eighty-two percent had sustained viral suppression (Table 6.3).

Eighty-nine percent of Hispanic or Latinx, ninety-five percent of Black/African American, and ninety-four percent of White participants were prescribed ART (Table 6.3).

The prevalence of ART prescription was ninety-four percent among participants aged 18 to 39 years and ninety-five percent among those aged 65 years or older. The prevalence of sustained viral suppression was sixty-five percent among participants aged 18 to 39 years and eighty-four percent among those aged 65 and older (Table 6.3).



TABLE 6.3 ANTIRETROVIRAL THERAPY (ART) METRICS BY SUBGROUPS

	Prescription of ART <sup>a</sup>			ART dose adherence <sup>b</sup>		
	No. <sup>c</sup>	Row % <sup>d</sup>	95% CI <sup>e</sup>	No. <sup>c</sup>	Row % <sup>d</sup>	95% CI <sup>e</sup>
<b>Gender<sup>f</sup></b>						
Cis-men	278	92.9	88.2-97.5	164	54.2	47.5-60.8
Cis-women	12	82.2*	60.1-100.0	7	60.8*	32.2-89.5
Trans-women	5	100*		<5	42.6	-
<b>Sexual Orientation</b>						
Homosexual, gay, or lesbian	235	92.5	87.1-98.0	141	54.4	47.1-61.6
Heterosexual or straight	32	88.1	76.2-99.9	18	55.9*	36.9-74.8
Bisexual	16	100*		9	57.7*	33.2-82.1
Other	10	100*		<5	46.1	-
<b>Race/Ethnicity</b>						
White	165	94.3	88.9-99.7	105	59.6	51.6-67.6
Hispanic/Latinx <sup>g</sup>	67	89.0	77.4-100.0	29	40.0	26.2-53.9
Black/African American	31	94.6	87.1-100.0	20	64.7*	46.7-82.6
Asian	16	89.0	74.4-100.0	8	42.0*	19.1-64.9
Multiple races	17	89.7	71.0-100.0	12	71.5*	49.8-93.1
<b>Age at Time of Interview (years)</b>						
18-39	38	94.3	86.2-100.0	15	35.8*	19.3-52.3
40-49	41	79.9*	61.1-98.7	19	45.3*	25.6-65.1
50-59	77	94.1	88.2-100.0	40	50.6	39.4-61.8
60-64	50	98.3	94.9-100.0	32	60.8	46.6-75.0
≥65	90	95.0	90.7-99.3	68	71.1	61.8-80.4
<b>Total</b>	<b>296</b>	<b>92.3</b>	<b>87.8-96.8</b>	<b>174</b>	<b>54.5</b>	<b>48.1-60.9</b>

Abbreviations: CD4, CD4 T-lymphocyte count (cells/ $\mu$ L); CI, confidence interval.

Note: Numbers might not add to total because of "don't know" and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Prescription of ART was based on documentation in the medical record in the 12 months before interview.

<sup>b</sup> During the 30 days before interview, 100% adherence to ART doses.

<sup>c</sup> Numbers are unweighted.

<sup>d</sup> Percentages are weighted percentages.

<sup>e</sup> CIs incorporate weighted percentages.

<sup>f</sup> Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

<sup>g</sup> Hispanics or Latinos can be of any race. Persons are classified in only 1 race/ethnicity category.

TABLE 6.3 ANTIRETROVIRAL THERAPY (ART) METRICS BY SUBGROUPS CONT.

	Sustained viral suppression <sup>a</sup>			Geometric mean CD4 count $\geq 200$ <sup>b</sup>		
	No. <sup>c</sup>	Row % <sup>d</sup>	95% CI <sup>e</sup>	No. <sup>c</sup>	Row % <sup>d</sup>	95% CI <sup>e</sup>
<b>Gender<sup>f</sup></b>						
Cis-men	228	75.0	68.6–81.4	199	96.8	94.4–99.2
Cis-women	11	73.7*	48.6–98.9	9	87.8*	65.4–100.0
Trans-women	<5	81.3*	48.0–100.0	<5	100*	
<b>Sexual Orientation</b>						
Homosexual, gay, or lesbian	193	74.5	67.3–81.7	166	96.5	93.8–99.3
Heterosexual or straight	28	78.0	63.2–92.7	24	92.5	81.6–100.0
Bisexual	12	71.3*	48.0–94.6	12	100*	
Other	8	81.9*	58.7–100.0	8	100*	
<b>Race/Ethnicity</b>						
White	139	78.2	70.9–85.5	125	97.0	93.5–100.0
Hispanic/Latinx <sup>g</sup>	53	68.2*	53.2–83.3	45	98.5	95.6–100.0
Black/African American	26	82.1	69.2–95.1	20	95.3	86.3–100.0
Asian	13	69.0*	52.4–93.6	11	90.2	72.0–100.0
Multiple races	13	73.0*	45.8–92.3	12	88.2	72.5–100.0
<b>Age at Time of Interview (years)</b>						
18-39	27	61.0*	41.4–80.6	26	97.4	92.3–100.0
40-49	32	65.6*	46.8–84.5	28	100*	
50-59	62	75.0	65.0–85.1	54	90.3	81.8–98.8
60-64	45	89.5	81.5–97.6	36	95.3	88.7–100.0
$\geq 65$	78	81.7	73.8–89.7	69	100*	
<b>Total</b>	<b>244</b>	<b>75.1</b>	<b>69.0–81.2</b>	<b>213</b>	<b>96.3</b>	<b>93.7–99.0</b>

Abbreviations: CD4, CD4 T-lymphocyte count (cells/ $\mu$ L); CI, confidence interval.

Note: Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Defined as having all HIV viral loads being undetectable or  $< 200$  copies/mL, as documented in the medical record in the past 12 months before interview, among those with ART prescription documented.

<sup>b</sup> Geometric mean CD4 count was abstracted from medical records and based on the 12 months before interview, among those with ART prescription documented.

<sup>c</sup> Numbers are unweighted.

<sup>d</sup> Percentages are weighted percentages.

<sup>e</sup> CIs incorporate weighted percentages.

<sup>f</sup> Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose “transgender” in response to the question about self-identified gender.

<sup>g</sup> Hispanics or Latinos can be of any race. Persons are classified in only 1 race/ethnicity category.

## 7 DEPRESSION AND ANXIETY

Depression was measured by asking participants to complete the eight-item Patient Health Questionnaire (PHQ-8). The interpretation of results is based on the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria [13]. Fourteen percent of participants met the criteria for major depression and eight percent met the criteria for other, less severe depression (Table 7.1).

Responses to the seven-item Generalized Anxiety Disorder Scale (GAD-7) were used to define mild anxiety, moderate anxiety, and severe anxiety, according to criteria from the DSM-IV [14]. About three quarters (73%) of participants reported no anxiety, and few reported severe (10%) or moderate (8%) anxiety (Table 7.1).

TABLE 7.1 DEPRESSION AND ANXIETY

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Symptoms of Depression, Based on DSM-IV Criteria<sup>d</sup></b>			
No depression	246	78.6	73.4–83.9
Major depression	38	13.7	9.0–18.4
Other depression	26	7.7	4.7–10.6
<b>Symptoms of Moderate or Severe Depression (PHQ-8 Score ≥10)</b>			
No	256	81.4	76.4–86.5
Yes	54	18.6	13.5–23.6
<b>Symptoms of Generalized Anxiety Disorder<sup>e</sup></b>			
No anxiety	235	73.0	66.8–79.1
Mild anxiety	22	9.1	4.4–13.7
Moderate anxiety	24	7.9	4.8–11.1
Severe anxiety	28	10.0	5.8–14.3
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval; DSM-IV, Diagnostic and Statistical Manual of Mental Disorders, 4th edition; PHQ-8, Patient Health Questionnaire.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

<sup>d</sup>Responses to the items on the PHQ-8 were used to define “major depression” and “other depression” according to criteria from the DSM-IV. To meet the criteria for major depression, a respondent must have experienced 5 or more symptoms of depression at least “more than half the days,” and one of the symptoms must be anhedonia or feelings of hopelessness. For “other depression,” a respondent must have experienced 2 to 4 symptoms of depression at least “more than half the days,” and one of the symptoms must be anhedonia or feelings of hopelessness.

<sup>e</sup>Responses to the GAD-7 were used to define “mild anxiety,” “moderate anxiety,” and “severe anxiety” according to criteria from the DSM-IV. “Severe anxiety” was defined as having a score of  $\geq 15$ ; “moderate anxiety” was defined as having a score of 10–14; and “mild anxiety” was defined as having a score of 5–9.

## 8 SUBSTANCE USE

The proportion of participants reporting lifetime cigarette smoking was high (55%). Twenty-three percent of participants reported current use, most of whom (19%) reported smoking daily. Forty-eight percent of participants reported having used an electronic cigarette, half of whom (25%) had done so in the last 30 days (Table 8.1).

TABLE 8.1 CIGARETTE SMOKING

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Smoked ≥100 Cigarettes (lifetime)</b>			
Yes	171	55.0	48.6–61.5
No	138	45.0	38.5–51.4
<b>Cigarette Smoking Status</b>			
Never smoked	138	45.0	38.5–51.4
Former smoker	110	32.5	27.0–38.1
Current smoker	61	22.5	16.8–28.2
<b>Frequency of Current Cigarette Smoking (during past 12 months)</b>			
Daily	49	18.9	13.4–24.4
Weekly	<5	1.2	-
Monthly	<5	0.6	-
Less than monthly	6	1.8	-
Never	248	77.5	71.8–83.2
<b>Smoked ≥50 Cigars, Cigarillos, or Little Filtered Cigars (lifetime)</b>			
Yes	44	16.3	11.1–21.5
No	265	83.7	78.5–88.9
<b>Cigars, Cigarillos, or Little Filtered Cigars Smoking Status (during past 12 months)</b>			
Current smoker	11	3.7	-
Former smoker	33	12.6	7.6–17.5
Never smoked	265	83.7	78.5–88.9

TABLE 8.1 CIGARETTE SMOKING CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Frequency of Current Cigars, Cigarillos, or Little Filtered Cigars Smoking (during past 12 months)</b>			
Daily	<5	1.5	-
Some days	<5	0.6	-
Rarely	5	1.6	-
Never	298	96.3	94.1–98.5
<b>Electronic Cigarette or Other Vaping Device Smoking Status<sup>d</sup></b>			
Used in the past 30 days	75	24.6	19.3–29.9
Used, but not in the past 30 days	74	23.3	18.0–28.5
Never used	161	52.1	45.8–58.5
<b>Total</b>	<b>313</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Includes nicotine, tobacco, marijuana, flavoring, or any other substances.

Alcohol use was reported by two thirds (66%) of participants, and thirty-six percent reported daily or weekly drinking. Nineteen percent of participants reported binge drinking in the last 30 days (Table 8.2).

TABLE 8.2 ALCOHOL USE

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Any Alcohol Use<sup>d</sup></b>			
Yes	206	66.1	60.0–72.2
No	104	33.9	27.8–40.0
<b>Frequency of Alcohol Use</b>			
Daily	49	14.5	10.5–18.4
Weekly	72	21.6	16.8–26.3
Monthly	24	7.3	4.4–10.2
Less than monthly	61	22.7	16.7–28.8
Never	104	33.9	27.8–40.0
<b>Binge Drinking (during past 30 days)<sup>e</sup></b>			
Yes	58	19.2	14.2–24.2
No	252	80.8	75.8–85.8
<b>Total</b>			
	<b>313</b>	<b>100</b>	

Abbreviation: CI, confidence interval.

Note: Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

<sup>d</sup>Persons who drank  $\geq 1$  alcoholic beverage during the 12 months before interview. Alcoholic beverage was defined as a 12-ounce beer, 5-ounce glass of wine, or 1.5-ounce shot of liquor.

<sup>e</sup>Persons who drank  $\geq 5$  alcoholic beverages in a single sitting ( $\geq 4$  for women) during the 30 days before interview.



Non-injection drug use in the last 12 months was reported by over two thirds (69%) of participants. More than half (60%) of participants reported using marijuana, about a third (30%) reported using poppers, and about a quarter (26%) reported using methamphetamine. Eighteen percent of participants reported use of club drugs like Ecstasy, GHB or ketamine (Table 8.3).

**TABLE 8.3 NON-INJECTION DRUG USE**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Use of Any Non-injection Drugs <sup>d</sup></b>			
Yes	215	69.2	63.3–75.2
No	95	30.8	24.8–36.7
<b>Non-injection Drugs Used <sup>e</sup></b>			
Marijuana	181	59.2	53.0–65.4
Amyl nitrite (poppers)	91	29.8	23.9–35.6
Methamphetamine (e.g., crystal meth, tina, crank, ice)	72	25.6	19.8–31.3
Club drugs (e.g., Ecstasy or X, ketamine or Special K, GHB or Liquid Ecstasy)	50	17.5	12.2–22.7
Cocaine that is smoked or snorted	42	14.4	9.7–19.1
Prescription tranquilizers (e.g., Valium, Ativan, Xanax, downers, nerve pills)	21	8.1	4.2–11.9
Prescription opioids (e.g., oxycodone, hydrocodone, Vicodin, Percocet) <sup>f</sup>	16	5.1	2.6–7.6
Heroin or opium that is smoked or snorted	12	4.7	2.0–7.4
Crack	13	4.5	2.0–7.1
<b>Total</b>	<b>313</b>	<b>100</b>	

**Disclaimer:** The use of trade names is for identification only and does not imply endorsement by the Department of Health and Human Services or the Centers for Disease Control and Prevention.

**Abbreviations:** CI, confidence interval; GHB, gamma hydroxybutyrate.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Includes all drugs that were not injected (i.e., administered by any route other than injection), including legal drugs that were not used for medical purposes and vaping marijuana.

<sup>e</sup> Participants could report using multiple non-injection drugs.

<sup>f</sup> Not prescribed, or prescribed but taken more than directed.

Injection drug use in the 12 months before the interview was reported by fourteen percent of participants. The most reported injection drug used was methamphetamine (13%), and use of other injection drugs was infrequently reported (Table 8.4).

**TABLE 8.4 INJECTION DRUG USE**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Use of Any Injection Drugs</b>			
Yes	36	13.8	8.8-18.9
No	274	86.2	81.1-91.2
<b>Injection Drugs Used<sup>d</sup></b>			
Methamphetamine (e.g., crystal meth, tina, crank, ice)	33	12.9	8.0-17.9
Heroin	8	3.3	-
Cocaine	6	2.1	-
Prescription opioids (e.g., OxyContin, oxycodone, hydrocodone)	<5	1.5	-
Heroin and cocaine (speedball)	<5	0.3	-
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Disclaimer:** The use of trade names is for identification only and does not imply endorsement by the Department of Health and Human Services or the Centers for Disease Control and Prevention.

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CIs incorporate weighted percentages.

<sup>d</sup>Participants could report using multiple injection drugs.

# 9 GYNECOLOGIC AND REPRODUCTIVE HEALTH

Fourteen women were interviewed during the 2021 and 2022 MMP cycles. Most (74%) reported a Papanicolaou smear in the past 12 months. Few (14%) had ever been pregnant since time of HIV diagnosis.

TABLE 9.1 PAPANICOLAOU TESTING AND PREGNANCY

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Papanicolaou (Pap) Smear</b>			
Yes	10	74.2*	49.2-99.3
No	<5	25.8	-
<b>Pregnant Since HIV Diagnosis</b>			
Yes	<5	13.8	-
No	11	86.2*	67.1-100.0
<b>Total</b>			
	<b>14</b>	<b>100</b>	

Abbreviation: CI, confidence interval.

Note: Measures are self-reported. Numbers might not add to total because of “don’t know” and skipped (missing) responses.

Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ .

Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

# 10 SEXUAL BEHAVIOR

Forty-one percent of male participants reported no sexual activity in the last 12 months. Of those who were sexually active, few (7%) reported having vaginal sex, and about half reported having anal sex with men (49%) (Table 10.1). Among women, thirty-seven percent reported no sexual activity in the last 12 months. Of those who were sexually active, most reported having vaginal sex (63%) (Table 10.1).

TABLE 10.1 SEXUAL BEHAVIOR

	Cisgender Men			Cisgender Women		
	No. <sup>a</sup>	col % <sup>b</sup>	95% CI <sup>c</sup>	No. <sup>a</sup>	col % <sup>b</sup>	95% CI <sup>c</sup>
<b>Engaged in Vaginal or Anal Sex</b>						
Yes	160	58.7	52.5–65.0	8	62.7*	35.2–90.1
No	132	41.3	35.0–47.5	5	37.3	-
<b>Engaged in Vaginal Sex</b>						
Yes	16	6.5	-	8	62.7*	35.2–90.1
No	276	93.5	89.6–97.4	5	37.3	-
<b>Engaged in Anal Sex with Men</b>						
Yes	139	49.0	42.4–55.6	<5	12.6	-
No	154	51.0	44.4–57.6	12	87.4*	69.9–100.0
<b>Engaged in Anal Sex with Women</b>						
Yes	7	2.4	-	0	0*	-
No	286	97.6	95.9–99.4	14	100*	-
<b>Total</b>	<b>293</b>	<b>100</b>		<b>14</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval; N/A, not applicable.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$ .

Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

Fifteen percent of sexually active men who have sex with men (MSM) participants engaged in sex without an HIV prevention strategy, compared to no women who have sex with men (WSM) participants (Table 10.2). Sex without an HIV prevention strategy was defined as vaginal or anal sex with at least one HIV-negative or unknown status partner while not sustainably virally suppressed, a condom was not used, and the partner was not on pre-exposure prophylaxis (PrEP). PrEP use was only measured among the five most recent partners.

In terms of prevention strategies utilized by those who were sexually active in the last 12 months, a third (32%) of MSM participants had condom-protected sex, nearly three quarters (72%) engaged in sex while sustainably virally suppressed, and almost two thirds (62%) had sex with an HIV-positive partner (Table 10.2). Among sexually active MSW participants, eighty-two percent had condom-protected sex, ninety-four percent engaged in sex while sustainably virally suppressed, and twenty percent had sex with an HIV-positive partner. Among sexually active WSM participants, all engaged in sex while sustainably virally suppressed, thirteen percent had condom-protected sex and forty-nine percent had sex with an HIV-positive partner (Table 10.2).

TABLE 10.2 SEXUAL BEHAVIOR BY SUBGROUPS

	MSM			MSW			WSM		
	No. <sup>a</sup>	Col % <sup>b</sup>	95% CI <sup>c</sup>	No. <sup>a</sup>	Col % <sup>b</sup>	95% CI <sup>c</sup>	No. <sup>a</sup>	Col % <sup>b</sup>	95% CI <sup>c</sup>
<b>Engaged in Any Sex Without Using an HIV Prevention Strategy, Among All Persons<sup>d</sup></b>									
Yes	16	8.9	-	<5	3.6	-	0	0*	
No	247	91.1	85.5-96.7	<25	96.4	89.3-100.0	10	100*	
<b>Engaged in Any Sex Without Using An HIV Prevention Strategy, Among Sexually Active Persons<sup>e</sup></b>									
Yes	16	15.0	-	<5	6.5	-	0	0*	
No	131	85.0	76.0-94.0	11	93.5	80.7-100.0	8	100*	
<b>Sexually Active Persons Who Used an HIV Prevention Strategy with At Least 1 Partner</b>									
Sex while having sustained viral suppression <sup>f</sup>	115	72.4	62.2-82.6	11	93.5	80.7-100.0	8	100*	
Condom-protected sex <sup>g</sup>	46	31.7	22.8-40.7	9	81.7*	60.2-100.0	1	13.2	-
Sex with a partner with HIV <sup>h</sup>	89	61.3	52.0-70.6	<5	19.6	-	4	49.2	-
Condomless sex with a partner on PrEP <sup>i</sup>	43	31.1	21.7-40.6	<5	12.9	-	1	15.6	-
<b>Total</b>	<b>263</b>	<b>100</b>		<b>25</b>	<b>100</b>		<b>11</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval; PrEP, pre-exposure prophylaxis.

**Note:** Numbers might not add to total because of "don't know" and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Persons who reported no anal, vaginal, or oral sex in the 12 months before interview were categorized according to self-reported sexual orientation. This table does not include information on cisgender women who had sex with cisgender women only, cisgender women who had sex with transgender persons only, or cisgender men who had sex with transgender persons only.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CIs incorporate weighted percentages.

<sup>d</sup>Vaginal or anal sex with at least 1 partner with an HIV-negative or unknown status while not having sustained viral suppression (defined as having all HIV viral loads being undetectable or  $< 200$  copies/mL, as documented in the medical record in the past 12 months before interview), a condom was not used, and the partner was not on PrEP. PrEP use was only measured among the 5 most recent sex partners.

<sup>e</sup>"Sexually active" is defined as having vaginal or anal intercourse, excluding oral sex, in the past 12 months.

<sup>f</sup>Defined as having all HIV viral loads being undetectable or  $< 200$  copies/mL, as documented in the medical record in the past 12 months before interview.

<sup>g</sup>Condoms were consistently used with at least 1 vaginal or anal sex partner.

<sup>h</sup>Sex with at least 1 partner with HIV.

<sup>i</sup>At least 1 condomless-sex partner without HIV was on PrEP. PrEP use was only measured among the 5 most recent partners and was reported by the partner with HIV.

# 11 INTIMATE PARTNER AND SEXUAL VIOLENCE

About a third (36%) of participants had ever been physically hurt by a romantic or sexual partner, including five percent who experienced this in the past 12 months (Table 11.1). About a quarter (23%) had ever been threatened with harm or physically forced to have unwanted sex, including one percent who experienced this in the past 12 months.

TABLE 11.1 INTIMATE PARTNER AND SEXUAL VIOLENCE

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Was Ever Physically Hurt By a Romantic or Sexual Partner</b>			
Yes	101	36.2	29.8–42.6
No	206	63.8	57.4–70.2
<b>Was Physically Hurt By a Romantic or Sexual Partner, past 12 months</b>			
Yes	12	5.0	-
No	295	95.0	91.3–98.7
<b>Was Ever Threatened or Forced to Have Unwanted Oral Sex</b>			
Yes	64	22.8	17.3–28.2
No	237	77.2	71.8–82.7
<b>Was Threatened or Forced to Have Unwanted Sex, past 12 months</b>			
Yes	<5	1.4	-
No	297	98.6	97.3–100.0
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.



# 12 MET AND UNMET NEEDS FOR ANCILLARY SERVICES

Ancillary service receipt was high. Almost two-thirds of participants (62%) received dental care and nearly half (44%) received AIDS Drug Assistance Program (ADAP) services. Mental health services (39%) and HIV case management (36%) were also commonly received (Table 12.1). Unmet needs were generally low, though nearly a quarter (24%) of participants reported needing but not receiving dental care and eleven percent reported the same for mental health care. Unmet needs for other services were reported by fewer than ten percent of participants. Fifteen percent of participants reported needing eye/vision services (Table 12.2).

TABLE 12.1 MET AND UNMET NEEDS

	Received services			Needed but did not receive services		
	No. <sup>a</sup>	CoI % <sup>b</sup>	95% CI <sup>c</sup>	No. <sup>a</sup>	CoI % <sup>b</sup>	95% CI <sup>c</sup>
<b>Service</b>						
Dental care	198	62.1	55.8–68.3	66	23.8	17.9–29.8
Medicine through ADAP <sup>d</sup>	124	43.6	37.1–50.2	6	2.0	-
Mental health services	116	38.9	32.6–45.2	33	10.5	7.0–14.0
HIV case management services	103	35.6	29.3–41.8	25	9.1	5.0–13.2
SNAP or WIC	102	36.6	30.1–43.0	19	6.0	3.3–8.7
Meal or food services <sup>e</sup>	82	29.8	23.6–36.0	17	5.9	3.1–8.7
HIV medication adherence support services	67	25.7	19.5–31.9	7	2.3	-
Transportation assistance	66	23.5	17.6–29.3	24	8.7	4.6–12.8
Shelter or housing services	61	19.1	14.5–23.7	18	6.4	3.4–9.3
HIV peer group support	53	19.5	13.7–25.2	18	6.0	3.2–8.8
Patient navigation services	47	17.8	12.3–23.4	16	5.2	2.6–7.8
Drug or alcohol counseling	35	12.9	8.2–17.6	12	3.8	1.6–6.0
Domestic violence services	<5	1.2	-	7	2.4	-
<b>Total</b>	<b>313</b>	<b>100</b>		<b>313</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval; ADAP, AIDS Drug Assistance Program; SNAP, Supplemental Nutrition Assistance Program; WIC, Special Supplemental Nutrition Program for Women, Infants, and Children.

**Note:** Persons could report receiving or needing more than 1 service. Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

<sup>d</sup>Medicine through the AIDS Drug Assistance Program.

<sup>e</sup>Includes services such as soup kitchens, food pantries, food banks, church dinners, or food delivery services.

TABLE 12.2 EYE/VISION SERVICES

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Needed Eye/Vision Services?</b>			
Yes	41	14.7	10.4-19.0
No	262	85.3	81.0-89.6
<b>Total</b>			
	<b>313</b>	<b>100</b>	

Abbreviation: CI, confidence interval.

Note: Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

Top health concerns reported by participants included HIV (13%), mental health (8%), and aging (7%). However, a significant proportion of participants cited several other health concerns that were not encompassed within the survey responses, which ranged from medicine availability to chronic pain or overall health management (Table 12.3).

**TABLE 12.3 SELF-REPORTED HEALTH CONCERNS**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Main Health Concern</b>			
HIV	39	13.0	9.1-17.0
Mental Health	23	7.6	4.5-10.7
Aging	21	6.7	3.9-9.6
Musculoskeletal (e.g., osteoporosis, knee problems, spine injuries, arthritis)	20	6.0	3.4-8.6
Cardiovascular/Heart illnesses (including high blood pressure)	18	6.1	3.3-8.9
COVID-19	17	5.5	2.9-8.1
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Only the responses reported by >5% of participants are listed.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size <30 or a numerator size <5. Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width >130%, and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

# 13 PREVENTION ACTIVITIES

Less than half of participants indicated they received prevention services in the previous twelve months (Table 13.1). The most common prevention activities received were a one-on-one HIV/STD risk reduction conversation with a health care provider (29%) and free condoms (23%).

TABLE 13.1 PREVENTION SERVICES RECEIVED

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Talked to a Physician, Nurse, or Other Health Care Worker</b>			
Yes	76	29.1	22.6–35.6
No	234	70.9	64.4–77.4
<b>Talked to an Outreach Worker, Counselor, or Prevention Program Worker</b>			
Yes	43	17.6	11.7–23.5
No	267	82.4	76.5–88.3
<b>Received Free Condom</b>			
Yes	57	23.1	16.7–29.6
No	253	76.9	70.4–83.3
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Persons could report receiving more than 1 prevention service. Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

# 14 INTERNALIZED STIGMA AND DISCRIMINATION

The MMP survey includes a scale that measures five dimensions of HIV stigma and discrimination: personalized stigma, disclosure concerns, negative self-image, perceived public attitudes about people with HIV, and discrimination experienced in the health care setting. The HIV stigma scale used for this indicator is available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2001277/table/T1/?report=objectonly>.

HIV stigma was measured by the median score on a 10-item scale ranging from 0 (no stigma) to 100 (high stigma) [3]. The median HIV stigma score among all participants was 24 and was higher for women (44) and trans-women (65), heterosexual or straight persons (46), and Hispanic or Latinx (40) and Asian or Pacific Islander participants (34) (Table 14.1).

TABLE 14.1 HIV STIGMA BY SUBGROUPS

	No. <sup>a</sup>	Median <sup>b</sup>	95% CI <sup>c</sup>
<b>Gender<sup>d</sup></b>			
Cis-Men	277	23.0	19.1-26.8
Cis-Women	10	43.5	30.4-56.6
Trans-women	<5	21.8	-
<b>Sexual Orientation</b>			
Homosexual, gay, or lesbian	235	21.2	17.2-25.2
Heterosexual or straight	32	45.6	33.2-58.1
Bisexual	14	15.8	0.7-30.8
Other	8	31.7	13.0-50.4
<b>Race/Ethnicity</b>			
Asian or Pacific Islander	17	34.3	23.6-45.1
Black/African American	31	25.8	18.0-33.6
Hispanic/Latinx <sup>e</sup>	65	40.2	29.3-51.0
White	162	18.3	15.4-21.2
Multiracial or Other	17	14.6	2.7-26.6
<b>Age at Time of Interview (years)</b>			
18-39	37	35.9	26.2-45.6
40-49	43	31.0	18.6-43.5
50-59	75	21.9	14.6-29.2
60-64	47	23.6	16.5-30.7
≥65	90	13.9	11.0-16.9
<b>Total</b>	<b>292</b>	<b>24.4</b>	<b>20.6-28.2</b>

Abbreviations: CI, confidence interval.

Note: "Median HIV stigma score" is defined as the weighted median score on a 10-item scale ranging from 0 (no stigma) to 100 (high stigma) that measures HIV stigma among persons aged ≥18 years with diagnosed HIV infection living in the United States and Puerto Rico. The scale is available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2001277/table/T1/?report=objectonly>.

Numbers might not add to total because of "don't know" and skipped (missing) responses.

<sup>a</sup> Excluded are estimates with a denominator sample size <30 or a numerator size <5.

<sup>b</sup> Numbers are unweighted.

<sup>c</sup> Percentages are weighted percentages.

<sup>d</sup> CIs incorporate weighted percentages.

<sup>e</sup> Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

<sup>f</sup> Hispanics or Latinos can be of any race. Persons are classified in only 1 race/ethnicity category.

Nineteen percent of participants reported that they had been hurt by how people reacted to their HIV status, thirteen percent reported they had stopped socializing because of people's reaction to their HIV status, and thirty-four percent worried that people who knew their HIV status would tell others (Table 14.2). Sixty-six percent indicated that they were very careful about who they disclose their HIV status to (Table 14.2). The statements "I feel unclean" and "I feel like a bad person" because of HIV were agreed with by seventeen and six percent of participants, respectively, and disagreed with by seventy-six and ninety-one percent of participants, respectively (Table 14.2). Thirty-five percent of participants agreed or strongly agreed with the statement "Most people with HIV are rejected when others find out" (Table 14.2).

**TABLE 14.2 INTERNALIZED HIV STIGMA**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>I Have Been Hurt by How People Reacted to Learning I Have HIV</b>			
Strongly disagree	197	60.4	53.9–66.9
Somewhat disagree	14	5.4	-
Neutral	49	14.9	10.9–19.0
Somewhat agree	29	13.0	7.4–18.6
Strongly agree	19	6.3	3.4–9.1
<b>I Have Stopped Socializing with Some People Because of Their Reaction to My HIV Status</b>			
Strongly disagree	231	71.8	65.7–78.0
Somewhat disagree	13	3.9	1.7–6.1
Neutral	30	11.8	7.0–16.7
Somewhat agree	14	4.5	2.1–6.8
Strongly agree	20	7.9	3.9–12.0
<b>I Have Lost Friends By Telling Them I Have HIV</b>			
Strongly disagree	261	81.1	75.3–86.9
Somewhat disagree	9	5.1	-
Neutral	21	6.2	3.6–8.8
Somewhat agree	7	2.3	-
Strongly agree	11	5.3	-



TABLE 14.2 INTERNALIZED HIV STIGMA CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>I am Very Careful Who I Tell that I Have HIV</b>			
Strongly disagree	56	16.5	12.3–20.7
Somewhat disagree	22	7.6	4.0–11.2
Neutral	31	9.5	6.2–12.8
Somewhat agree	69	23.1	17.5–28.8
Strongly agree	131	43.3	36.9–49.6
<b>I Worry that People Who Know I Have HIV Will Tell Others</b>			
Strongly disagree	135	42.6	36.3–48.9
Somewhat disagree	39	12.8	8.4–17.2
Neutral	35	10.7	7.2–14.1
Somewhat agree	52	16.2	11.9–20.5
Strongly agree	47	17.8	12.2–23.3
<b>I Feel that I am Not as Good a Person as Others Because I Have HIV</b>			
Strongly disagree	209	66.5	60.4–72.6
Somewhat disagree	33	9.8	6.5–13.1
Neutral	26	9.6	5.3–13.8
Somewhat agree	26	8.1	5.0–11.2
Strongly agree	15	6.0	-
<b>Having HIV Makes Me Feel Unclean</b>			
Strongly disagree	211	65.4	59.0–71.8
Somewhat disagree	27	10.9	5.9–15.9
Neutral	18	6.6	2.7–10.4
Somewhat agree	39	12.5	8.6–16.3
Strongly agree	13	4.6	2.1–7.2
<b>Having HIV Makes Me Feel that I am a Bad Person</b>			
Strongly disagree	252	80.6	75.5–85.7
Somewhat disagree	26	9.4	5.2–13.5
Neutral	13	3.9	1.7–6.2
Somewhat agree	13	4.2	1.9–6.6
Strongly agree	5	1.9	-

TABLE 14.2 INTERNALIZED HIV STIGMA CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Most People Think that a Person with HIV is Disgusting</b>			
Strongly disagree	115	39.0	32.6–45.5
Somewhat disagree	55	17.7	13.2–22.1
Neutral	57	17.9	13.4–22.3
Somewhat agree	55	18.8	13.7–24.0
Strongly agree	14	6.6	-
<b>Most People with HIV Are Rejected When Other Find Out</b>			
Strongly disagree	68	21.1	16.1–26.1
Somewhat disagree	80	25.4	19.9–30.9
Neutral	59	18.4	13.9–22.8
Somewhat agree	73	26.5	20.5–32.6
Strongly agree	22	8.6	4.5–12.7
<b>Total</b>	<b>313</b>	<b>100</b>	

Abbreviation: CI, confidence interval.

Note: Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

Among participants who experienced any discrimination in the health care setting, twenty-six percent reported that the discrimination occurred because of their HIV status (Table 14.3).

**TABLE 14.3 DISCRIMINATION IN THE HEALTH CARE SETTING**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Has Anyone in the Health Care System Done Any of the Following to You Since Testing Positive for HIV?<sup>d</sup></b>			
Treated you with less courtesy	10	4.1	-
Treated you with less respect	11	4.5	-
Provided you with poorer service	8	3.5	-
Seemed to think they were smarter than you	7	2.9	-
Seemed afraid of you	5	2.2	-
Seemed to think they were better than you	11	4.0	-
Seemed to not listen to you	17	6.3	3.2-9.3
<b>Total</b>	<b>291</b>	<b>100</b>	
<b>Did the discrimination occur because of...<sup>e</sup></b>			
Your HIV status	18	26.3	13.7-38.8
Your gender	5	7.4	-
Your sexual orientation or practices	19	20.6	11.8-29.3
Your race or ethnicity	19	22.1	12.8-31.4
Your income or social class	15	18.8	9.8-27.7
Your drug injecting habit	14	42.9*	25.4-60.3
<b>Total</b>	<b>93</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of "don't know" and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Among those that had reported experiencing these more than "half the time", "most of the time", and "always".

<sup>e</sup> Among those that had experience any discrimination since testing positive for HIV.

# 15 HOUSING

Stable housing is associated with better health outcomes for persons living with HIV. MMP defines homelessness as living in a single-room-occupancy hotel (SRO), on the street, in a shelter, or in a car at any point during the prior 12 months. Types of housing are not mutually exclusive, and participants could select more than one type.

Five percent of participants were classified as being homeless in the last 12 months (Table 15.1). Four percent lived in an SRO at any point in the last 12 months, and one percent lived on the street (Table 15.1).

TABLE 15.1 HOUSING TYPE

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Housed</b>			
Rent a place	233	76.4	71.6–81.2
Own a place	36	11.0	7.8–14.3
Staying with others, not paying rent	<5	0.7	-
<b>Unstably Housed<sup>d</sup></b>			
Temporary or transitional housing	12	4.8	2.1–7.6
Drug treatment/detox unit/sober living	<5	0.2	-
<b>Homeless<sup>e</sup></b>			
Single room occupancy facility	9	3.5	-
On the street	<5	1.3	-
<b>Total</b>			
	<b>303</b>	<b>100</b>	

Abbreviations: CI, confidence interval; SRO, single-room-occupancy hotel [footnotes only].

Note: Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup>Numbers are unweighted.

<sup>b</sup>Percentages are weighted percentages.

<sup>c</sup>CI's incorporate weighted percentages.

<sup>d</sup>“Unstably Housed” included moving 2 or more times, being evicted, or moving in with others due to financial problems at any point in the last 12 months.

<sup>e</sup>“Homeless” included living in an SRO, on the street, in a car, or in a shelter at any point in the last 12 months.

Among participants who experienced unstable housing or homelessness, a majority identified as cis-men (81%) and/or as homosexual, gay, or lesbian (60%) (Table 15.2).

**TABLE 15.2 UNSTABLE HOUSING OR HOMELESSNESS BY SUBGROUPS**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Gender<sup>d</sup></b>			
Cis-Men	34	81.4	68.6–94.2
Cis-Women	6	15.3	-
Trans-women	<5	1.8	-
<b>Sexual Orientation</b>			
Homosexual, gay, or lesbian	23	59.7*	41.1–78.4
Heterosexual or straight	14	32.7*	15.0–50.5
Bisexual	<5	3.3	-
Other	<5	2.7	-
<b>Race/Ethnicity</b>			
Asian	<5	2.8	-
Black/African American	6	15.5	-
Hispanic/Latinx <sup>e</sup>	16	48.6*	28.6–68.6
White	14	26.1	-
Multiple races	<5	7.0	-

**TABLE 15.2 UNSTABLE HOUSING OR HOMELESSNESS BY SUBGROUPS CONT.**

	<b>No.<sup>a</sup></b>	<b>%<sup>b</sup></b>	<b>95% CI<sup>c</sup></b>
<b>Age at Time of Interview (years)</b>			
18-39	11	28.4	-
40-49	7	34.7	-
50-59	12	19.2	-
60-64	7	10.5	-
≥65	5	7.1	-
<b>Total</b>			
	<b>42</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

"Unstable housing or homelessness" defined as experiencing unstable housing (i.e., moving 2 or more times, being evicted, or moving in with others due to financial problems) homelessness (i.e., living on the street, in a shelter, in a single-room-occupancy hotel, or in a car) during the past 12 months.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

<sup>e</sup> Hispanics or Latinos can be of any race. Persons are classified in only 1 race/ethnicity category.

# 16 FOOD INSECURITY

The Household Food Insecurity Access Scale (HFIAS) has been adapted from the United States Agency for International Development (USAID) Food and Nutrition Technical Assistance (FANTA) project to estimate the prevalence of food insecurity [15]. Of all participants, thirteen percent reported any food insecurities in the four weeks before the interview; of those affected by food insecurity, most were persons who identify as cis-men (74%), homosexual, gay, or lesbian (55%), and/or Hispanic or Latinx (45%) (Table 16.1).

TABLE 16.1 FOOD INSECURITY

	Food Secure			Any Food Insecurity		
	No. <sup>a</sup>	Col % <sup>b</sup>	95% CI <sup>c</sup>	No. <sup>a</sup>	Col % <sup>b</sup>	95% CI <sup>c</sup>
<b>Gender<sup>d</sup></b>						
Cis-men	259	94.7	91.5-97.8	34	73.8*	58.4-89.1
Cis-women	9	4.3	-	5	19.2	-
Trans-women	<5	0.7	-	<5	7.0	-
<b>Sexual Orientation</b>						
Homosexual, gay, or lesbian	223	81.2	75.7-86.8	24	54.6*	38.0-71.1
Heterosexual or straight	28	11.9	7.0-16.8	8	28.9*	12.6-45.3
Bisexual	14	4.8	2.3-7.3	<5	5.2	-
Other	5	2.1	-	5	11.3	-
<b>Race/Ethnicity</b>						
Asian or Pacific Islander	14	5.1	2.4-7.7	<5	8.4	-
Black/African American	30	12.5	7.5-17.5	<5	7.0	-
Hispanic/Latinx <sup>e</sup>	54	24.4	17.6-31.3	18	44.7*	29.1-60.4
White	161	53.8	46.8-60.9	11	25.8	12.2-39.4
Multiracial or Other	12	4.1	1.8-6.5	6	14.0	-
<b>Age at Time of Interview (years)</b>						
18-39	28	12.7	7.3-18.0	12	31.1	16.2-46.0
40-49	34	17.3	10.5-24.2	12	27.4	13.5-41.3
50-59	73	24.6	19.3-30.0	8	19.8	-
60-64	47	16.4	11.8-21.0	<5	8.8	-
≥65	89	29.0	23.3-34.6	6	12.8	-
<b>Total</b>	<b>271</b>	<b>86.6</b>		<b>42</b>	<b>13.4</b>	

Abbreviation: CI, confidence interval.

Note: Numbers might not add to total because of "don't know" and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ .

Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

<sup>e</sup> Hispanics or Latinos can be of any race. Persons are classified in only 1 race/ethnicity category.



# 17 SOCIAL SUPPORT

Participants were asked about individuals who provide social support and what kind of support was given to them. Most (88%) had disclosed their HIV status to their primary support person (Table 17.1). Thirty-seven and twenty-six percent of participants reported partners and friends as their main sources of support, respectively (Table 17.1).

TABLE 17.1 HIV DISCLOSURE TO PRIMARY SUPPORT PERSON

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Social Support Relationship</b>			
Partner/Spouse	115	37.4	31.9–43.0
Friend	82	26.3	21.3–31.3
Parent	29	10.3	6.7–14.0
Sibling	24	7.5	4.6–10.4
N/A; Doesn't have support person	15	5.1	2.5–7.7
Other	10	3.2	-
Other family member	8	2.8	-
Child	5	2.3	-
Case manager/Social worker	5	1.9	-
Counselor/Therapist	<5	1.4	-
Healthcare provider	<5	1.0	-
Congregation member	<5	0.2	-
<b>Have You Disclosed Your HIV Status to this Person?</b>			
Yes	262	87.5	83.5–91.4
No	24	8.6	5.3–12.0
<b>Total</b>			
	<b>313</b>	<b>100</b>	

**Abbreviations:** CI, confidence interval; N/A, not applicable.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

Most participants reported that their primary support person usually or always gave information or advice (73%), listened (86%), and showed they cared (90%). Eighty-nine percent of participants were usually or always satisfied with the support provided by this person (Table 17.2).

**TABLE 17.2 SATISFACTION WITH SUPPORT**

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>How Often Has Your Support Person...<sup>d</sup></b>			
<b>Given Information or Advice</b>			
Never	9	3.4	-
Rarely	10	3.7	-
Sometimes	47	19.1	14.0-24.1
Usually	95	34.9	29.0-40.7
Always	99	38.3	32.2-44.3
<b>Listened When You Talk</b>			
Never	<5	0.7	-
Rarely	5	2.1	-
Sometimes	30	11.8	7.7-15.8
Usually	68	25.2	19.9-30.5
Always	157	60.3	54.2-66.3
<b>Showed They Care</b>			
Never	<5	0.4	-
Rarely	<10	1.9	-
Sometimes	20	7.9	4.5-11.2
Usually	52	19.6	14.8-24.5
Always	184	70.3	64.6-75.9

TABLE 17.2 SATISFACTION WITH SUPPORT CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Were you satisfied with their support?</b>			
Never	<5	0.4	-
Rarely	7	2.5	-
Sometimes	18	7.0	3.8-10.2
Usually	86	32.4	26.6-38.2
Always	149	57.0	50.9-63.2
<b>Total</b>	<b>262</b>	<b>100</b>	

**Abbreviation:** CI, confidence interval.

**Note:** Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ .

Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

<sup>d</sup> Among those who have disclosed their HIV status to their support person.

# 18 RESILIENCY

Resiliency among PLWH was also demonstrated. About half of participants agreed they were nearly always able to adapt to change (49%) or were nearly always able to bounce back after illness or hardship (46%). Fewer reported nearly always being able to focus and think clearly under pressure (26%) or nearly always feeling that coping with stress strengthens (26%) (Table 18.1).

TABLE 18.1 RESILIENCY

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>I am Able to Adapt When Changes Occur</b>			
Never true	5	1.8	-
Rarely true	8	2.5	-
Sometimes true	39	12.9	9.0-16.8
Often true	101	34.0	28.5-39.4
True nearly all the time	150	48.9	43.1-54.6
<b>I Can Deal with Whatever Comes</b>			
Never true	<5	0.7	-
Rarely true	8	2.6	-
Sometimes true	49	16.2	11.9-20.5
Often true	119	39.4	33.8-45.1
True nearly all the time	124	40.7	35.0-46.3
<b>I See the Humorous Side of Things</b>			
Never true	5	1.7	-
Rarely true	19	5.9	3.3-8.5
Sometimes true	45	14.6	10.6-18.6
Often true	104	34.7	29.2-40.3
True nearly all the time	130	43.1	37.3-48.8

TABLE 18.1 RESILIENCY CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Coping with Stress Strengthens</b>			
Never true	14	4.5	2.2-6.8
Rarely true	28	9.3	6.0-12.7
Sometimes true	99	31.8	26.5-37.1
Often true	83	28.3	23.0-33.5
True nearly all the time	78	25.8	20.7-30.8
<b>I Tend to Bounce Back After Illness or Hardship</b>			
Never true	<5	1.0	-
Rarely true	6	2.0	-
Sometimes true	40	13.2	9.4-17.1
Often true	112	37.5	31.8-43.1
True nearly all the time	142	46.3	40.6-52.1
<b>I Can Achieve Goals</b>			
Never true	<5	0.2	-
Rarely true	15	5.0	2.5-7.6
Sometimes true	53	16.8	12.6-21.0
Often true	129	43.2	37.5-48.9
True nearly all the time	105	34.8	29.3-40.3
<b>Under pressure, can focus and think clearly</b>			
Never true	9	3.0	-
Rarely true	24	8.3	5.0-11.5
Sometimes true	75	24.4	19.5-29.3
Often true	118	38.6	33.0-44.3
True nearly all the time	77	25.7	20.7-30.7
<b>Not easily discouraged by failure</b>			
Never true	13	4.5	2.1-7.0
Rarely true	28	9.7	6.2-13.2
Sometimes true	83	27.0	21.9-32.0
Often true	98	32.1	26.8-37.5
True nearly all the time	81	26.7	21.6-31.8

TABLE 18.1 RESILIENCY CONT.

	No. <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>I Think of Myself as a Strong Person</b>			
Never true	<5	0.9	-
Rarely true	8	2.6	-
Sometimes true	54	17.8	13.4-22.2
Often true	115	38.1	32.5-43.7
True nearly all the time	122	40.3	34.7-45.9
<b>I Can Handle Unpleasant Feelings</b>			
Never true	<5	0.3	-
Rarely true	16	5.2	2.7-7.7
Sometimes true	74	24.1	19.2-29.0
Often true	116	39.1	33.5-44.8
True nearly all the time	95	30.9	25.6-36.2
<b>Total</b>	<b>313</b>	<b>100</b>	

Abbreviation: CI, confidence interval.

Note: Numbers might not add to total because of “don’t know” and skipped (missing) responses. Percentages might not sum to 100 because of rounding.

Excluded are estimates with a coefficient of variation  $\geq 0.30$  and those based on a denominator sample size  $< 30$  or a numerator size  $< 5$ . Estimates with an absolute CI width  $\geq 30$ , estimates with an absolute CI width between 5 and 30 and a relative CI width  $> 130\%$ , and estimates of 0% or 100% are marked with an asterisk (\*) and should be interpreted with caution.

<sup>a</sup> Numbers are unweighted.

<sup>b</sup> Percentages are weighted percentages.

<sup>c</sup> CIs incorporate weighted percentages.

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