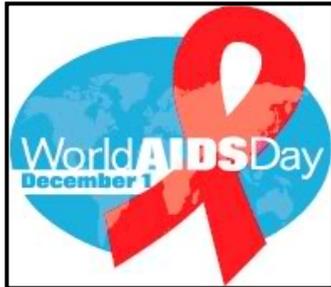


WORLD AIDS DAY – DECEMBER 1ST Getting to Zero New HIV Infections

Over the past thirty years the HIV epidemic has provided many challenges and opportunity to stem



a disease that has severely impacted our nation and our global community.

Approximately 34 million people are infected with HIV annually, with 1.8 million dying last year

alone in the world (www.unaids.org).

Morbidity in the Nation and Washoe County

CDC estimates 1.2 million people in the United States (US) are living with HIV infection. One in five (20%) of those people are unaware of their infection. Despite increases in the total number of people in the US living with HIV infection in recent years, the annual number of new HIV infections has remained relatively stable. However, new infections continue at far too high of a level, with approximately 50,000 Americans becoming infected with HIV each year.

Gay, Bisexual, and Other Men Who Have Sex with Men (MSM) of all races and ethnicities remain the population most severely affected by HIV.

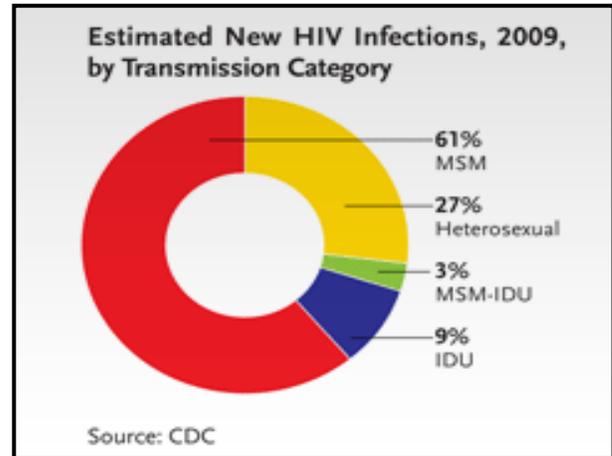
- ◆ CDC estimates that MSM account for just 2% of the US population, but accounted for 61% of all new HIV infections in 2009. MSM accounted for 49% of people living with HIV infection in 2008 (the most recent year for which prevalence data are available) (Figure 1).

- ◆ In 2009, white MSM accounted for the largest number of new HIV infections of any group in the US, followed closely by black MSM.

- ◆ Young, black MSM were the only risk group in the US to experience statistically significant

increases in new HIV infections from 2006–2009.

Figure 1



Nevada's data mirror the national trends (Table 1). Seventy percent (70%) of new HIV infections in 2010 were among MSM. Communities of color are also disproportionately impacted by HIV infection in Nevada. Blacks comprise 7% of the state's population, yet represent 24% of HIV/AIDS cases in the state. Hispanics comprise approximately 23% of the state's population and account for 20% of HIV/AIDS cases in Nevada.

Table 1. Distribution of Risk Factors in Newly Reported HIV Infections in Nevada and Washoe County, 2010

Risk Factor	Nevada	Washoe County
Men Who Have Sex With Men (MSM)	70%	55%
Heterosexual Contact	15%	10%
No Identified Risk (NIR)*	5%	15%
Injection Drug Use (IDU)	5%	10%
MSM+IDU	4%	10%
Perinatal	0%	0%

*NIR cases are continuously assessed for the risk factor related to HIV infection.

Source: http://health.nv.gov/HIV_AIDS_SurveillancePgm.htm

Washoe County continues to follow the same trends. Blacks comprise 2% of Washoe County's population, while accounting for 13% of HIV/AIDS cases. Hispanics, approximately 20% of Washoe County's population, represent 15% of the cumulative HIV/AIDS cases in the county as of 2010. MSM is still the predominant risk factor reported among newly diagnosed cases of HIV or AIDS. Since 1983, a total of 1,342 cases of HIV infection had been reported in Washoe County as of 2010. This number represents an unduplicated count of all persons who have been reported as either: 1) a case of HIV infection without AIDS, or 2) a case of HIV infection with AIDS – depending on their health status at the time the HIV infection was first reported.

National HIV/AIDS Strategy

In 2010, the National HIV/AIDS Strategy (NHAS) was unveiled as an ambitious plan to reduce HIV infections 25% by the year 2015 through a coordinated approach involving all levels of government and communities. This landmark document guides HIV prevention and care issues for the United States.

Vision for the National HIV/AIDS Strategy

The United States will become a place where new HIV infections are rare and when they do occur, every person, regardless of age, gender, race/ethnicity, sexual orientation, gender identify or socio-economic circumstance, will have unfettered access to high quality, life-extending care, free from stigma and discrimination.

Goals of the National HIV/AIDS Strategy

- ◆ Reducing new HIV infections;
- ◆ Increasing access to care and improving health outcomes for people living with HIV
- ◆ Reducing HIV-related health disparities

Please refer to the website

<http://www.cdc.gov/hiv/strategy/> for strategies and goals in details.

The Healthcare Provider Role

To quell the HIV epidemic globally, nationally and locally, the role of the healthcare provider is crucial. A major focus of CDC prevention efforts and the NHAS is to increase HIV testing. Targeted testing

of individuals engaging in high-risk behaviors and routine screening through private providers allows more people to know their HIV status. Those that test negative can develop risk reduction plans to stay negative. People who test positive can then be referred into an HIV care and treatment regimen including education on ways to avoid further transmission.

Providers are encouraged to implement routine HIV testing into their practice, as well as, assess patient risk factors through screening on an ongoing basis. Screening and treatment of other sexually transmitted diseases (STDs) is also an integral part of ensuring the sexual health of clients. Many STDs increase an individual's risk of acquiring and transmitting HIV, and STD treatment may reduce HIV viral load. Therefore, STD screening and treatment may reduce risk for HIV transmission.

Information and training on implementing patient risk screening, routine testing, and pertinent HIV treatment issues are available through the Washoe County Health District's Sexual Health Program and the University of Nevada's School of Medicine's AIDS Education and Training Center.

Treatment as Prevention

Treating people living with HIV early in their infection dramatically reduces the risk of transmitting the virus to others, underscoring the importance of HIV testing and access to medical care and treatment. A recent clinical trial showed that treating people living with HIV early on reduces the risk of transmitting the virus to others by 96 percent. Treatment is also essential for reducing the risk of transmission from HIV-infected pregnant women to their infants.

http://www.cdc.gov/hiv/strategy/dhap/pdf/nhas_booklet.pdf

To achieve the goal of zero new HIV infections or even decreasing the number of new HIV infections by 25% will require a coordinated approach involving not just government and non-profit entities, but also impacted communities and health care providers utilizing evidence-based prevention and care.

For more information on HIV prevention, testing, and training and resources in our community, please contact the Sexual Health Program at WCHD through email at sexualhealth@washoecounty.us or by calling (775) 328-3647.

Please share this document with all physicians & staff in your facility/office.