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#SayZero and U=U: Innovative Win-Win Strategies to Accelerate Global HIV Targets
27 September 2023
WHO Policy Brief on
The role of HIV viral suppression in improving individual health and reducing transmission, July 2023

1. Undetectable (not detected*): no measurable virus. Zero risk of transmission to sexual partner(s); minimal risk of mother to child transmission.

2. Suppressed (detected but ≤1000 copies/mL): some virus replicating and present; could be due to missing doses, recent treatment initiation or drug resistance. Almost zero or negligible risk of transmission to sexual partner(s).

3. Unsuppressed (>1000 copies/mL): significant virus replicating and present; could be due to missing doses, recent treatment initiation or drug resistance. Increased risk of falling ill and/or passing virus on to sexual partner(s) or children.
#SayZero

- What keeps us from saying zero?
- Why are we happy with undetectable VL and just clinical outcome?
- Isn’t our goal to see a person living and loving fully with HIV?
- Do we need to humanize and de-medicalize U=U?
The “4 drivers”

CREATE AWARENESS

BREAK THE FEAR

UNFAVORABLE ENVIRONMENT

ENABLE ENVIRONMENT

RID OF BLAME & SHAME

NEGATIVE ATTITUDE (BLAME & SHAME)

FEAR

NO AWARENESS

Workplace

Household setting

Financial setting

Educational setting

Justice system
“Living and loving with HIV – the medical ethics”

Condom → Responsibility
Respect an informed decision to choose prevention tool-of-choice [AUTOMONY]

Saying negligable risk
#SayZero to enhance physical, mental & sexual health [BENEFICENCE]

Selective communication
Discuss U=U with all PLHIV [JUSTICE]
U=U – it is not just to take your pill

Early testing and immediate treatment
- Point-of-care HIV testing
- Lay provider testing
- HIV self-testing
- Same-hour HIV test result
- Same-day ART initiation

The goal of living a full life
- Quality of all life aspects
- Best sexual health with sexual pleasure, physically and emotionally

Suppressed VL
- Undetectable VL
- Happy with the regimen
- Enjoy being in care
- Adequate and sustainable ARV supply

Sinful / immoral
Infectious
Worthless
U=U: We can live together