Is the United States on track to meet National HIV/AIDS Strategy quality of life goals among Black, Hispanic/Latino, and White men who have sex with men?

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Disclaimer

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Quality of Life

- **Multidimensional**
  - Physical/health-related
  - Mental/emotional
  - Social
  - Structural/subsistence

- **Intertwined with social determinants of health**

- **Importance of improving quality of life for people with HIV (PWH) woven throughout NHAS**
Established new indicators for improving quality of life among people with HIV in the United States

“This is a tremendous step forward. In previous iterations of the National HIV/AIDS Strategy, progress for those of us living with HIV has been measured solely by our viral loads, medical visits, and CD4 counts. But we know that you can be virally suppressed and still isolated, depressed, hungry, unhoused, and unable to afford basic survival needs. Biomedical markers don’t show how we are actually doing. This new quality of life indicator, on the other hand, gets us much closer.” ~Ronald Johnson, Chair of the HIV Caucus*

“Everything in our life is about two numbers—our viral load and our CD4 counts—most don’t see us as a whole person. For the federal government through our advocacy to finally acknowledge quality of life, it humanizes us.” ~Venita Ray, co-executive director, Positive Women’s Network^
Quality of life monitored using MMP data

Structural factors
- Unemployment (current)
- Hunger/food insecurity (p12m)
- Unstable housing/homelessness (p12m)

Physical health
- Good or better self-rated health (current)

Mental/emotional health
- Unmet needs for mental health services (p12m)
NHAS 2025 quality of life goals

95%

Good or better self-rated health

Unmet needs for mental health services

50%
From 2018 baseline*

• Hunger/food insecurity
• Unstable housing/homelessness
  • Unemployment

50%
From 2017 or 2018 baseline*

*2017 or 2018, depending on indicator.
Objective

▪ Assess progress toward meeting NHAS quality of life goals among MSM with HIV in the US
  ▪ Overall
  ▪ Among Black, Hispanic/Latino, and White MSM
Methods
Medical Monitoring Project (MMP)

- National HIV surveillance system
- Annual, cross-sectional interview and medical record data
- Nationally representative estimates among adults with diagnosed HIV
- 2-stage complex sample survey methodology
  - 16 U.S. states + Puerto Rico
    - Response rate: 100%
  - Adults with diagnosed HIV within jurisdictions
    - Response rate: 40-46%
- Weighted, adjusted for nonresponse, and post-stratified
How did we assess whether MSM are making progress towards meeting goals?

- Adult gay, bisexual, and other cisgender men who have sex with cisgender men (MSM, N=12,020)
  - Black, Hispanic/Latino, and White MSM

- Qualitative comparison of recent and needed EAPCs to assess whether on track to meet NHAS goals
Good or better self-rated health, all MSM

Recent EAPC = -0.8*

Needed EAPC = 7.9

* P-value < 0.001
Good or better self-rated health, by race/ethnicity

Recent EAPC
- Black = -0.4*
- Hispanic/Latino = -2.3*
- White = -0.6*

Needed EAPC
- Black = 6.7
- Hispanic/Latino = 7.9
- White = 9.0

* P-value < 0.001
Unmet need for mental health services among MSM with a need for mental health services

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Recent EAPC = 4.5*

Needed EAPC = -22.0

* P-value < 0.001
Unmet need for mental health services among MSM with a need for mental health service, by race/ethnicity

Recent EAPC
- Black = 8.0*
- Hispanic/Latino = 1.0*
- White = 4.8*

Needed EAPC
- Black = -25.0
- Hispanic/Latino = -18.8
- White = -22.0

* P-value < 0.001
Unemployment, all MSM

Recent EAPC = 0.4*

Needed EAPC = -15.4

* P-value < 0.001
Unemployment, by race/ethnicity

Recent EAPC
- Black = -2.6*
- Hispanic/Latino = 0.0
- White = 1.4*

Needed EAPC
- Black = -10.8
- Hispanic/Latino = -15.9
- White = -15.5

* P-value < 0.001
Hunger/food insecurity, all MSM

Recent EAPC = -2.2*

Needed EAPC = -20.0

* P-value < 0.001
Hunger/food insecurity, by race/ethnicity

Recent EAPC
Black = -2.3*
Hispanic/Latino = 0.6*
White = -4.1*

Needed EAPC
Black = -21.9
Hispanic/Latino = -22.3
White = -16.7

* P-value < 0.001
Unstable housing/homelessness, all MSM

Recent EAPC = -3.8*

Needed EAPC = -17.9

* P-value < 0.001
Unstable housing/homelessness, by race/ethnicity

Recent EAPC
- Black = -6.5*
- Hispanic/Latino = -1.6*
- White = -3.7*

Needed EAPC
- Black = -16.4
- Hispanic/Latino = -18.5
- White = -18.7

* P-value < 0.001
Discussion and conclusions
NHAS 2025 quality of life goals—how are we doing?

- Good or better self-rated health
- Unmet needs for mental health services
- Unemployment
- Hunger/food insecurity
- Unstable housing/homelessness

- Stagnant
- Slight decrease for Hispanic/Latino MSM
- Moving in the wrong direction
- Largest increase among Black MSM
- Stagnant or only small decreases
- Racial and ethnic differences in point estimates
NHAS 2025 quality of life goals—what can we do?

- Good or better self-rated health
- Unmet needs for mental health services
- Unemployment
  - Hunger/food insecurity
  - Unstable housing/homelessness
- Adherence support
- Long-acting antiretroviral therapies
- Chronic disease and aging management
- Mental health screening
- Integration of HIV and mental health care
- Address “whole person” needs
  - Skills-building and career development programs
  - COVID-related needs and supports
Caveats/limitations

- Not a formal assessment of progress, i.e., likelihood or grading of progress towards meeting goals

- Indicators established in mid-2022 with intentionally aspirational goals—no time to implement new programs/efforts

- Most goals do not address disparities

- Geographic variability

- Response rates
If recent trends continue, accelerated efforts will be needed to meet quality of life goals among MSM.
“Measuring quality of life is not the same thing as improving quality of life.”
Thank you!

Questions or comments?
Extra slides for Q&A
## MMP NHAS QoL indicator definitions

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<tr>
<th>Domain</th>
<th>Indicator</th>
<th>Definition and measurement</th>
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| Physical                    | Good or better self-rated health              | • Rating one’s health as good, very good, or excellent (as opposed to poor or fair) at the time of interview  
• Denominator: U.S. adults with diagnosed HIV                                                                                                                   |
| Mental/Emotional            | Unmet need for services from a mental health professional | • Needing, but not receiving, services from a mental health professional during the past 12 months  
• Denominator: U.S. adults with diagnosed HIV who indicated needing mental health services (i.e., receiving or needing but not receiving)                 |
| Structural/Subsistence      | Hunger/food insecurity                         | • Being hungry and not eating because there wasn’t enough money for food during the past 12 months  
• Denominator: U.S. adults with diagnosed HIV                                                                                                               |
| Structural/Subsistence      | Unemployment                                  | • Being out of work at the time of interview  
• Denominator: U.S. adults with diagnosed HIV                                                                                                                  |
| Structural/Subsistence      | Unstable housing or homelessness*             | • Being unstably housed (defined as being evicted, moving 2 or more times, moving in with others because of financial problems) or homeless (defined as living on the street, in a shelter, a single room occupancy hotel, or a car) during the past 12 months  
• Denominator: U.S. adults with diagnosed HIV                                                                                                                  |