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Evaluating the Impact of Housing Assistance on Antiretroviral Therapy Adherence

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San Antonio AIDS Foundation, est. 1986

San Antonio AIDS Foundation is a nonprofit based in San Antonio, Texas dedicated to providing HIV care to the local population.

- AIDS Service Organization providing:
 - Education, Testing, and Outreach
 - Clinic services including HIV & STI Treatment, PrEP and DoxyPep
 - On-site Pharmacy
 - Wrap-around support: Meals, Oral health, case management, housing, mental health, transportation



- Retrospective analysis of patient health data from our clinic's electronic medical records from 2020-2023
- Sample Participants:
 - Tenant Based Rental Assistance (TBRA) N = 120
 - Permanent Supportive Housing (PSH) N=18
 - Transitional Housing (TH) N = 38
 - Unhoused (UH) clients who receive other services at SAAF N=25
- Analyzed viral load and CD4 count data before, during, and after housing participation to assess the impact of housing on health outcomes, including time to viral suppression and duration of undetectable status.
- Surveys with current and former housing clients to capture broader insights into how our services affected their ability to manage their health





PSH
N=18



TBRA
N=120



TH
N=38



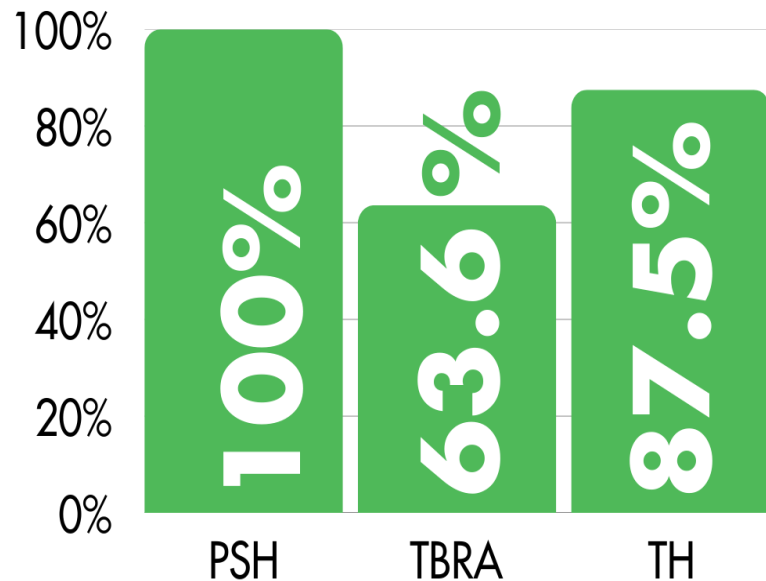
UH
N=25


- The primary endpoint of this study is achieving viral suppression while enrolled in the San Antonio AIDS Foundation's housing assistance programs, indicating successful adherence to treatment.
- The secondary endpoint is maintaining viral suppression for one year, reflecting the long-term effectiveness of our housing assistance programs in supporting ongoing treatment adherence.

STUDY ENDPOINTS: VIRAL SUPPRESSION OUTCOMES

- % of individuals achieving Viral Suppression
- % of individuals maintaining Viral Suppression for 1 year

The surveys provided SAAF with a more holistic review of our housing programs. Questions surrounded aspects of all three housing programs as well as basic demographic information.



 Participation in this program assisted with treatment maintenance

80% of respondents were aged 45+

55% of respondents participated in the in SAAF's Tenant Based Rental Assistance Program

75% of respondents belonged to an ethnic or racial group considered a minority

- Each housing program was scored against itself based on the efficiency of spending for housing and staff costs over time. They were also scored by how effectively each program was able to achieve the primary and secondary endpoints for the project.
- This scoring model concluded that the Temporary Based Rental Assistance program was the most effective in terms of spending and endpoint achievement.

Criteria	Housing Program		
	PSH	TBRA	TH
Weighted Score	68.95	79.74	43.66
Rank	2	1	3

Conclusion

- Providing housing support helps people living with HIV achieve and maintain viral suppression
- Housing alone is not sufficient
 - Mental illness, Substance Use and other factors associated with chronic homelessness must be addressed in addition to providing housing



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