



Power in Partnership: Centering Communities to Drive U=U

Monday, June 22, 2026 • 4:30–5:30 PM AST

Moderator: Monique Carry (Prevention Access Campaign, New York, NY, USA)

Presenters: Nathaniel Holley (FreeLux Project, Dallas, TX, USA); Deondre Moore (IAPAC, Dallas, TX, USA)

Continuum 2026 • June 22-24, 2026 • Puerto Rico



Session Roadmap

- 1 Why U=U Matters Now** | Science, stigma reduction, and public health importance
- 2 Provider-Patient Education Gaps** | National insights from the IAPAC article
- 3 Dallas Community Response** | Local survey findings and community-led action
- 4 U=U University & Training of Trainers** | A scalable model for trusted messengers
- 5 Audience Action Planning** | One Gap, One Partner, One Action



Why U=U Matters Now

1



Settled science: People living with HIV on treatment who maintain an undetectable viral load cannot sexually transmit HIV.

2



Reduces stigma: U=U replaces fear and misinformation with truth, dignity, and hope.

3



Supports treatment engagement: U=U can strengthen motivation, adherence, and retention in care.

4



Improves communication: Clear U=U education helps people living with HIV talk with providers and partners more confidently.

5



Advances public health: U=U is a powerful strategy for HIV prevention, quality of life, and ending the epidemic.

U=U is more than a message — it is a tool for health, dignity, and equity.



The Implementation Challenge



Awareness ≠ understanding

Many people living with HIV may have heard U=U, but do not fully understand what undetectable means or what U=U makes possible.



Provider communication is uneven

U=U is not always explained clearly or consistently in clinical settings, leaving major gaps in patient education.



Trusted reinforcement is missing

People need to hear U=U more than once — and from providers, peers, and community messengers they trust.



Implementation is the real work

The challenge is no longer proving the science. The challenge is embedding U=U into care, education, and community practice.

The issue is not whether U=U is true — it is whether people hear it clearly, consistently, and from trusted messengers.



National Data: IAPAC Findings

Cross-sectional survey of people living with HIV in the United States



781

PLHIV surveyed

Participants were adults on ART
in the U.S.



54.5%

**lacked understanding
of U=U**



45.5%

**understood the
meaning of U=U**



12.3%

**were unaware of their
viral load status**

***National data shows that U=U understanding
remains incomplete — even among people in HIV care.***



Provider-Patient Communication Gaps

What the IAPAC article shows about missed opportunities in U=U communication



34.8%

had not heard about
“undetectable” from a doctor,
clinician, or HCP



26.5%

said their HCP never
discussed what
“undetectable” means



27.9%

said their HCP never
told them they were
undetectable



Key takeaway

Clinical conversations
remain a major missed
opportunity for U=U education.

*Provider communication is one of the most important –
and underused — pathways for U=U education.*



Dallas County Survey Findings

Community-led data from the FreeLux Project



700

participants surveyed

Consumer treatment survey
in Dallas County



38.71%

were unaware of U=U

A significant local
awareness gap remains



52.44%

**were not comfortable
discussing HIV status
with providers**

Patient-provider communication
remains a challenge



Key takeaway

Local data highlights
persistent gaps in U=U
awareness, comfort, and
communication.

Local data helps communities identify gaps, advocate for change, and tailor U=U education.



Comparing National and Local Gaps

IAPAC national data and Dallas County findings point to the same implementation challenge

National (IAPAC)



54.5%

lacked understanding of U=U



34.8%

had not heard about 'undetectable' from an HCP



26.5%

said their HCP never explained what 'undetectable' means

Dallas County



38.71%

were unaware of U=U



52.44%

were not comfortable discussing HIV status with providers



700

participants surveyed

What both data sets show



Awareness does not always mean understanding



Provider communication remains inconsistent



Community-led and clinical education must work together

National and local data tell the same story: U=U messaging must be clearer, more consistent, and reinforced by trusted messengers.



Dallas Survey-to-Action Model

How local consumer feedback can drive U=U education, advocacy, and care improvement



What this model makes possible



Targeted U=U education



Stronger provider-community collaboration



Actionable local advocacy

Local data becomes powerful when communities use it to move from insight to action.

Launch and Scale Up

Sep - Nov 2025

From pilot to global reach—building a community, training champions, and expanding access to U=U University.

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Pilot Success

Jun – Aug 2025

23 participants engaged;
strong gains in knowledge
and confidence.



Launch

Sep 2025

U=U University courses
(Live Facilitated &
Self-Guided) go live.



Training of Trainers

Sep 2–4, 2025

14 Associate Trainers
certified to deliver
U=U University.



Scale Up

Oct – Nov 2025

102 total enrollments
across Course 1, Course 2,
and Community of Practice.



Global Reach

Ongoing

Expanding access, building
champions, and advancing
U=U worldwide.

Training of Trainers (ToT) Development

High-Level Development Workshop
(Atlanta, GA | July 15–18, 2025)



Major outputs:

- Comprehensive ToT Curriculum and Facilitator Guide
- Participant recruitment strategy and welcome materials
- Standardized slide decks, session guides, activities, and handouts
- Certification criteria and evaluation tools (Knowledge, Self-Efficacy, and Attitudes assessment)
- Training and mentorship cascade plan to support long-term capacity building

Training of Trainers (Sept 2–4, 2025 | DC)



- ✓ 14 (13 Associate Trainers; 1 Certified Trainer)
- ✓ 86% PLHIV, 100% passed evaluations
- ✓ 86% can explain U=U accurately
- ✓ 93% confident with 4Cs messaging
- ✓ 100% improved confidence

Audience Action Planning

One Gap, One Partner, One Action

Help participants identify one practical next step to scale U=U in their region.

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1



One Gap

What is one U=U education or communication gap in your community, clinic, organization, or region?

2



One Partner

Who is one partner you need to engage to help address it?

3



One 30-Day Action

What is one concrete action you can take in the next 30 days?



Optional Share-Out

Invite 2–3 participants to share their gap, partner, and action.

Small steps can spark big change when communities act with purpose and partnership.

Closing Call to Action

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Make U=U standard, local, trusted, and impossible for people living with HIV to miss.



Standard

Integrate U=U into routine provider communication, training, and systems of care.



Local

Use community data and local partnerships to tailor U=U education to real needs.



Trusted

Equip providers, peers, and community leaders to deliver clear, confident, consistent messaging.



Impossible to Miss

Reinforce U=U across clinics, programs, advocacy, and public messaging so every person living with HIV hears it clearly.



What to do next

- Identify one gap
- Engage one partner
- Take one action in the next 30 days

U=U changes lives when communities and systems work together to make the message clear, local, and trusted.

U=U University

*Comprehensive, flexible, and scalable learning
to advance U=U knowledge and action worldwide.*

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Two Core Courses



Course 1 Understanding and Communicating U=U

Learn the science of U=U and build skills to communicate with clarity, confidence, and impact.



Course 2 Implementing and Evaluating U=U

Develop strategies to implement U=U programs, select the right channels, and evaluate impact.

Two Learning Formats



Live Facilitated

Interactive, cohort-based learning with expert facilitators and peer engagement.



Self-Guided

Flexible, on-demand learning designed for self-paced completion anytime, anywhere.

Community of Practice (COP)



A global network for ongoing peer learning, resource sharing, and collaboration to advance U=U implementation, advocacy, and policy.

Who It's For



Healthcare
Workers



Public Health
Officials



Advocates



People Living
with HIV



Clinicians &
Researchers



Building Capacity. Expanding Impact.

U=U University empowers a diverse, global audience with the knowledge, tools, and community to accelerate U=U adoption and improve health outcomes for all.



Courses

2



Learning Formats

2

