



# People living with HIV in North Carolina Medical Monitoring Project , 2015-2018



## What is the Medical Monitoring Project?

The Medical Monitoring Project (MMP) is designed to learn more about the experiences and needs of people with HIV. It is conducted by state and local health departments along with the Centers for Disease Control and Prevention (CDC). Findings are representative of people living with HIV in North Carolina .

## North Carolina MMP participants represented NC HIV-infected populations

North Carolina MMP Participants were:

- 70% men, 28% women, and 2% transgender
- 45% self-identified as gay or bisexual
- 63% Black/African American, 7% Hispanic/Latino, 24% White/Caucasian, and 6% other race/ethnicities
- 9% homeless\*
- 43% at or below the poverty level\*
- 11% experienced major depression (in past two weeks)\*\*
- 15% reported binge drinking (in past 30 days)
- 42% currently smoke cigarettes
- 24% reported injection or non-injection drug use\*

Our Participants Paid Using\*:

- Public insurance only\*\*\* (44%), Private insurance (36%), Ryan White/ADAP only (18%), No insurance (2%)

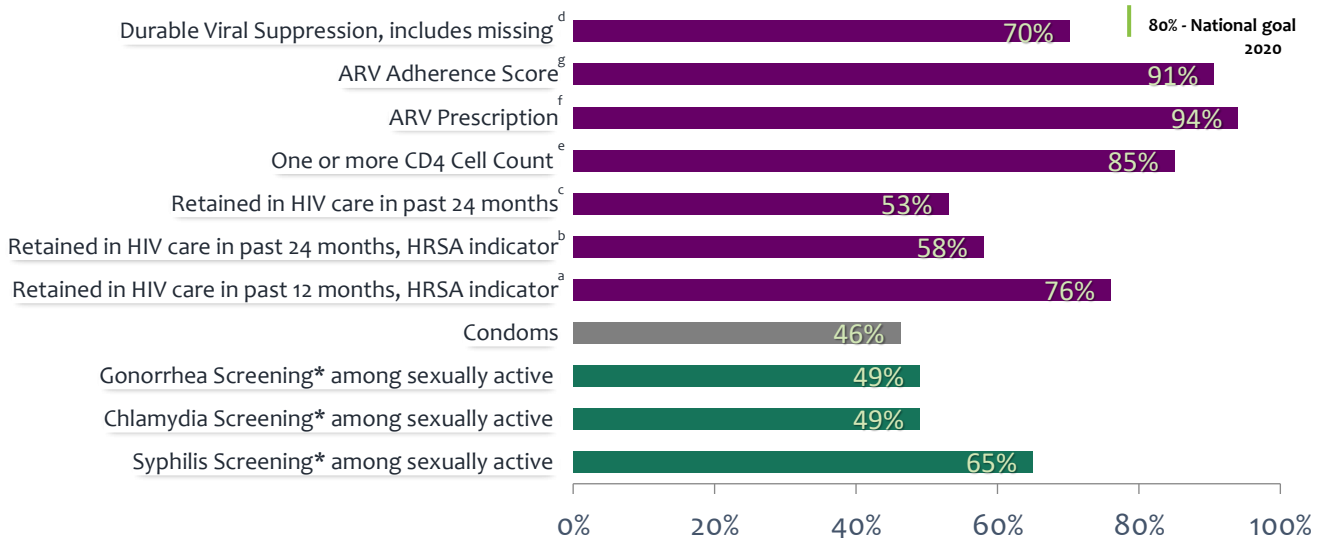
\*In the past 12 months

\*\*Based on Patient Health Questionnaire (PHQ-8)

\*\*\*Excluding Ryan White/ADAP only

## Clinical outcomes are good for HIV-infected people in care

### Clinical and Prevention Outcomes of Medical Monitoring Project Participants in North Carolina, 2015-2018



<sup>a</sup> Retention in care = ANY two of the following in the past 12 months (p12m), at least 90 days apart: An outpatient HIV medical care visit (medical record or self-reported); CD4 or Viral Load test; Resistance test or tropism assay. <sup>b</sup> Retained in HIV care in EACH of the 12 month period during the past 24 months according to HRSA definition (see above). <sup>c</sup> At least 1 outpatient HIV medical care visit in each 6-month period of the 24-month period, a minimum of 60 days between first visit in prior 6-month period and last medical visit in subsequent 6-month period, according to HRSA definition (see above). <sup>d</sup> All viral loads in p12m undetectable or <=200 copies/mL. <sup>e</sup> Recommendations (National and Multiagency HIV Care Quality Measures) – [aidsinfo.nih.gov/contentfiles/lvguidelines/adultandadolescentgl.pdf](https://aidsinfo.nih.gov/contentfiles/lvguidelines/adultandadolescentgl.pdf) <sup>f</sup> Prescription of antiretrovirals (ARVs) documented in medical records. <sup>g</sup> Single adherence score, average of three self-reported adherence variables (range 0 – 100); based of Ira Wilson's cognitive and field testing paper on adherence scores (DOI 10.1007/s10461-013-0610-1). <sup>\*</sup> Screening among self-reported sexually active in past 12 months.

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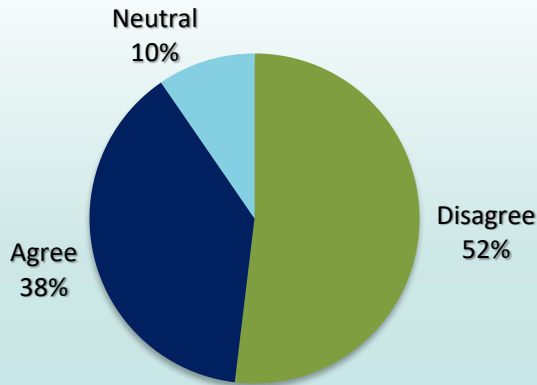


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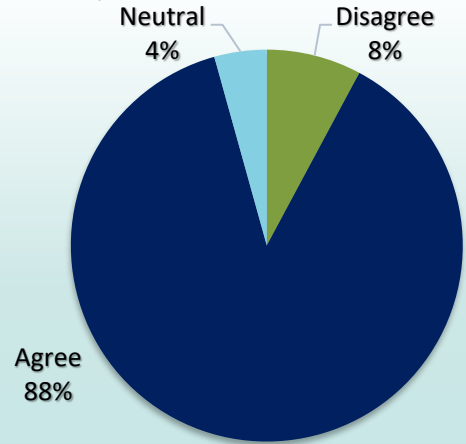


## Effects of stigma among MMP participants

I have been hurt by how people reacted to learning I have HIV



I am very careful who I tell I have HIV

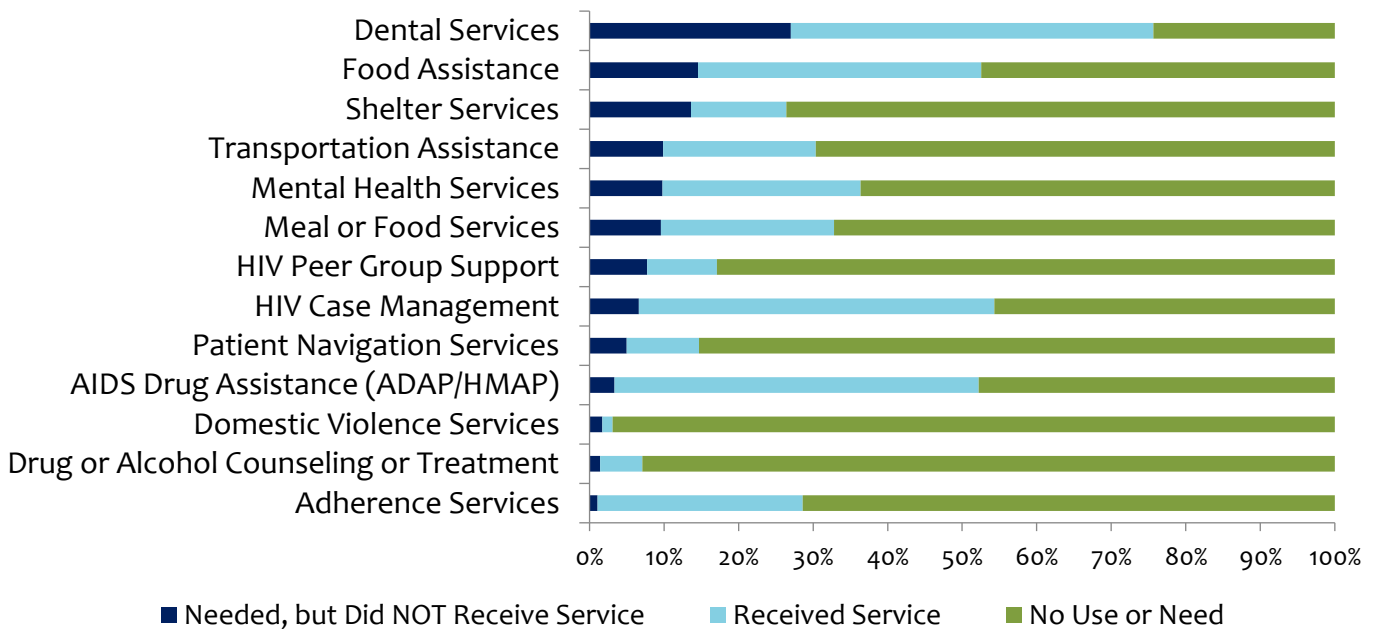


### What CLINICIANS can do

Every clinician and clinic should practice cultural humility and work to include diverse voices in planning and leadership. To read more, <https://www.rwjf.org/en/blog/2018/06/practicing-cultural-humility-to-transform-healthcare.html>.

## Dental Services is the largest unmet need for MMP participants

Met and Unmet Needs for Services for Medical Monitoring Project Participants in North Carolina, 2015-2018



Data Source: 2015-18 North Carolina MMP Weighted Data (data as of April 20, 2020).