North Carolina

Behavioral and Clinical Characteristics of People with Diagnosed HIV Infection

Data collected from June 2015 – May 2020

Retention in medical care and antiretroviral therapy (ART) are critical for sustained viral suppression.

- **88%** were prescribed ART
- **76%** were retained in HIV care
- **61%** took all of their ART doses in the past 30 days
- **69%** had sustained viral suppression

Sustained viral suppression leads to better health outcomes and lower HIV transmission risk.

Many people with HIV faced challenges maintaining viral suppression.

- **42%** lived in households at or below the poverty threshold
- **9%** experienced homelessness
- **29%** reported symptoms of depression or anxiety
- **23%** reported using drugs for non-medical purposes

The Medical Monitoring Project (MMP) is a cross-sectional, locally and nationally representative sample survey that assesses the behavioral and clinical characteristics of adults with diagnosed HIV in the United States and Puerto Rico.

To learn more about the project, visit www.cdc.gov/hiv/statistics/systems/mmp.

**Questions? Contact us:**
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†Median score calculated from a 10-item scale ranging from 0 (no stigma) to 100 (high stigma) that measures four dimensions of HIV stigma: personalized stigma, disclosure concerns, negative self-image, and perceived public attitudes about people living with HIV.

* High-risk sex is defined as not having sustained viral suppression and having condomless sex with an HIV-negative or unknown status partner who was not taking PrEP.

- **4%** engaged in high-risk sex*
- **Risk of HIV transmission can be lowered through use of multiple HIV prevention strategies.**
- For more information on how to protect others, go to www.cdc.gov/hiv/basics/livingwithhiv/protecting-others.html.