

H H H V

ENDING *ing* **HIV** *as an epidemic*

Supporting people who are living with HIV

Preventing others from getting HIV

Achieving Together

A Community Plan to End the HIV Epidemic in Texas



Achieving Together

*A Community Plan to End
the HIV Epidemic in Texas*

by 2030...

**Combination
Prevention**

For everyone
with
increased
vulnerability

90

90% of
PLWH are
diagnosed

90

90% of people
who are
diagnosed are
on ART*

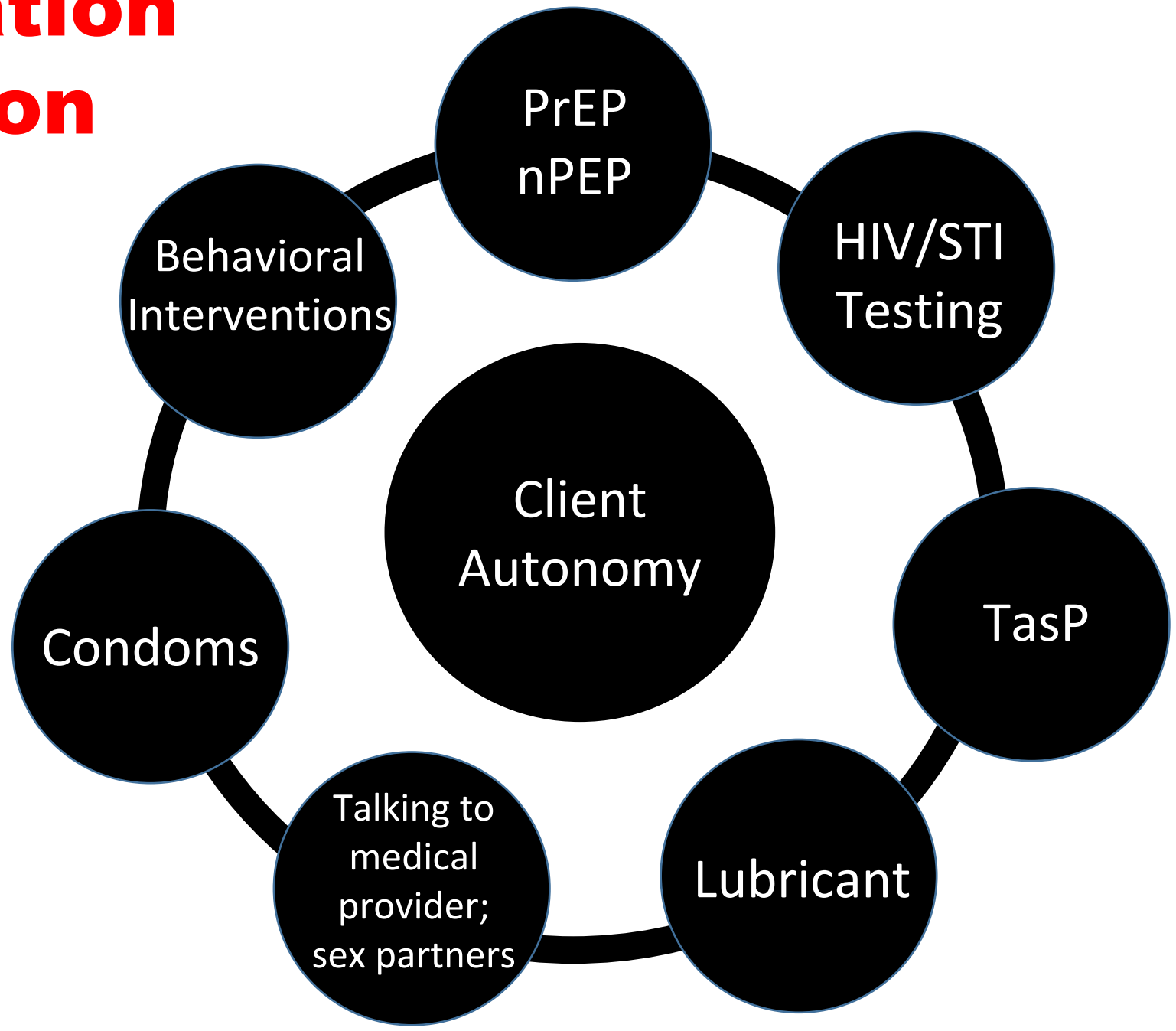
90

90% of people
on ART*
achieve viral
suppression

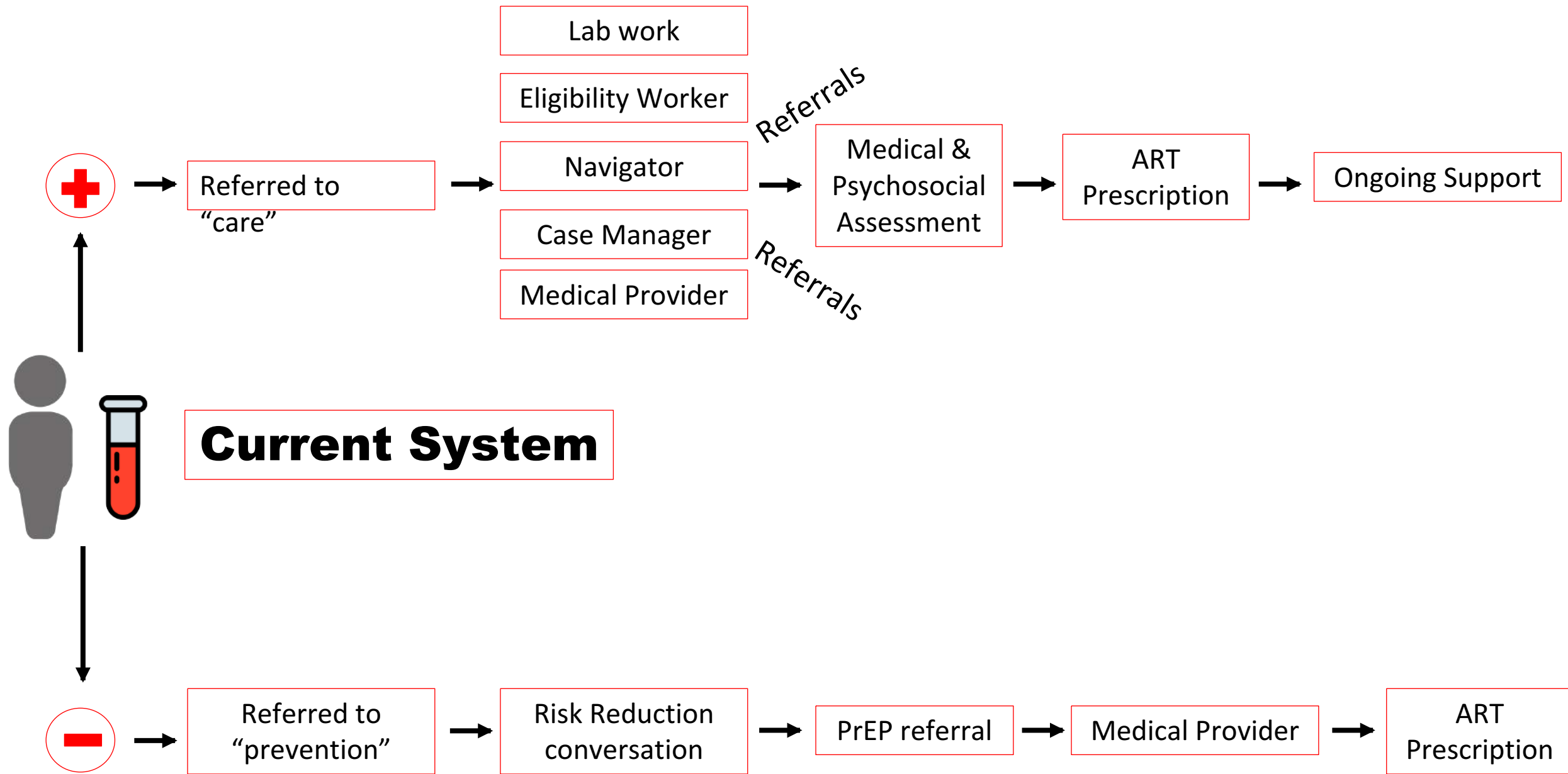
50

50%
decrease in
incidence

Combination Prevention



STATUS ± NEUTRAL



HIV Prevention Continuum

Screening for Prevention Services



HIV Prevention Services

ART Prescription (PrEP or PEP)

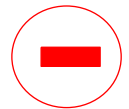
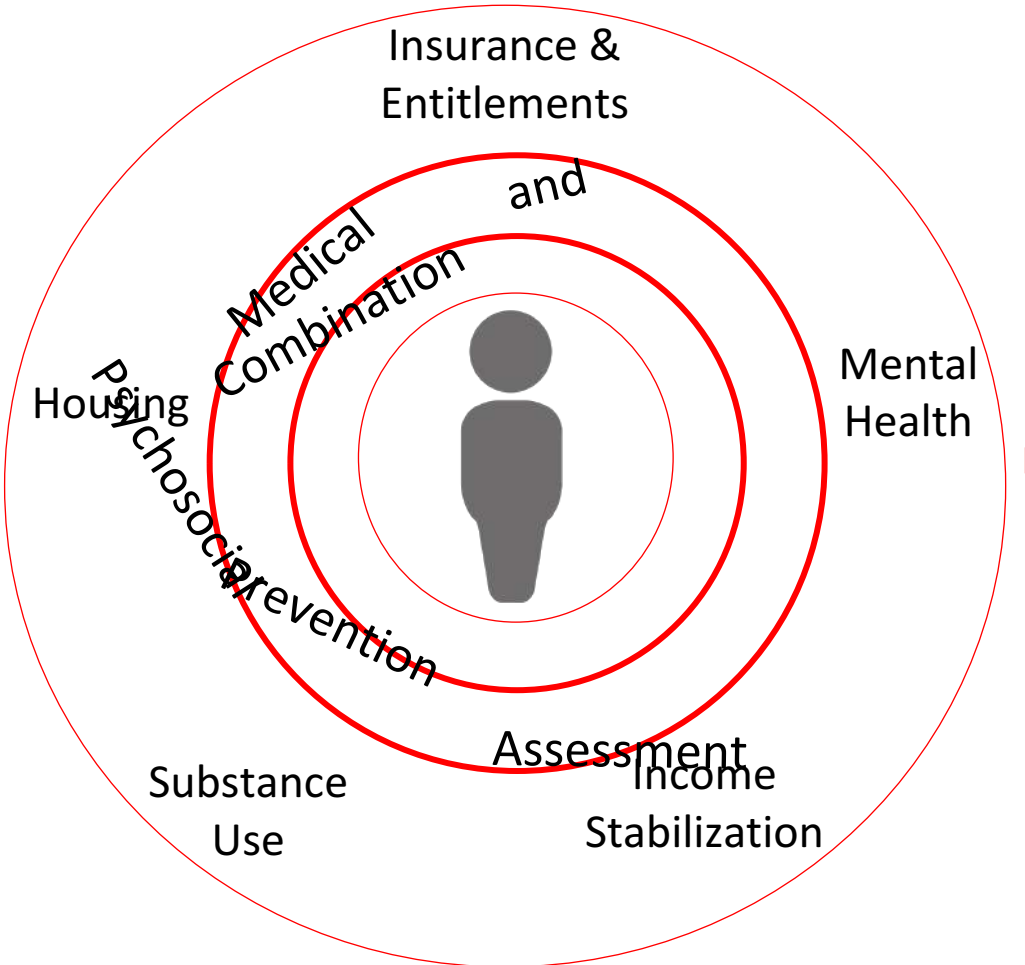


Adherence to Prevention Services



Maintenance & Ongoing Support

STATUS NEUTRAL



HIV Care Continuum

Diagnosed



ART Prescription



Viral Suppression



Maintenance & Ongoing Support

Repeat Testing



U = U

Science > Stigma

Science > Stigma

U=U Timeline



SF Cohort:
ART during pregnancy to reduce vertical transmission.

Transmission was reduced to approaching zero.

DHHS guidelines:
Theoretical plausibility of reducing transmission risk used to promote early ART

Ugandan Cohort:
400 mixed-status couples.

Zero transmissions when VL was less than 1500 copies/ml

~90% reduction in HIV risk for heterosexual couples using condoms.
40% reduction in HIV risk for heterosexual couples using condoms and ART.

Spanish Cohort:
393 mixed-status couples observed from 1991-2003 where the negative partner acquired HIV.

Zero transmissions in couples where the PLWH had achieved an undetectable VL

Zero transmissions after VL was less than 1500 copies/ml

Swiss statement:
Expert opinion/evidence review of >25 small studies looking at impact of ART on HIV transmission.

Transmission would not occur with an undetectable viral load.

Spanish Cohort:
393 mixed-status couples observed from 1991-2003 where the negative partner acquired HIV.

HPTN 052:
1,763 mixed-status heterosexual couples, randomized to immediate or deferred ART.

All transmissions occurred only when people had a detectable VL.

~90% reduction in HIV risk for heterosexual couples using condoms.
40% reduction in HIV risk for heterosexual couples using condoms and ART.

PARTNER:
~900 mixed-status couples who were NOT using condoms.

Zero transmissions after more than 58,000 condomless sex acts, when the PLWH had an undetectable viral load (<200 copies/ml)

Zero transmissions after more than 58,000 condomless sex acts, when PLWH had an undetectable viral load (<200 copies/ml)

Opposites Attract:
358 mixed-status gay male couples.

Zero transmissions when VL was undetectable (<200 copies/ml)

Zero transmissions when VL was undetectable (<200 copies/ml)

Facts > Fear

1-6 months

+

6 months

=

**EFFECTIVELY
NO RISK**

to **ACHIEVE**
undetectable
viral load

to **MAINTAIN**
undetectable viral load
after first undetectable
test result

of transmitting HIV
*as long as you continue
treatment and maintain an
undetectable viral load*

UNDETECTABLE

Take ART as prescribed

Additional Support for U+U



- Antiretroviral therapy (ART) is recommended for all individuals with HIV, regardless of CD4 lymphocyte count, to reduce the morbidity and mortality associated with HIV. *Across three different studies, including thousands of couples and many thousand acts of sex without a condom or pre-exposure prophylaxis (PrEP), no HIV transmissions to an HIV-negative partner were observed when the sex HIV-positive partner was virally suppressed. This means that people who take ART daily as prescribed and achieve and maintain an undetectable viral load do not have an effective risk of sexually transmitting the virus to an HIV-negative partner.*
- CDC, Treatment as Prevention, 10/17/17
- NIH, Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents Living with HIV, 10/14/17

7-21 days*



Every 3 months



>90% effective

EFFECTIVE
DRUG LEVELS

to reach
appropriate levels
of PrEP

*7 days for receptive anal
sex; 21 days for vaginal sex,
injection drug use

to **confirm** HIV- status,
screen for STIs, and
monitor renal function,
adherence, and side
effects.

in preventing HIV
acquisition from sexual
partners*

*When adherent to treatment; other
prevention methods only add to PrEP's
effectiveness*

**among PWID, PrEP reduces the risk of
acquisition by more than 70% when
used consistently*

Take ART as prescribed