

Texas HIV Prevention Works

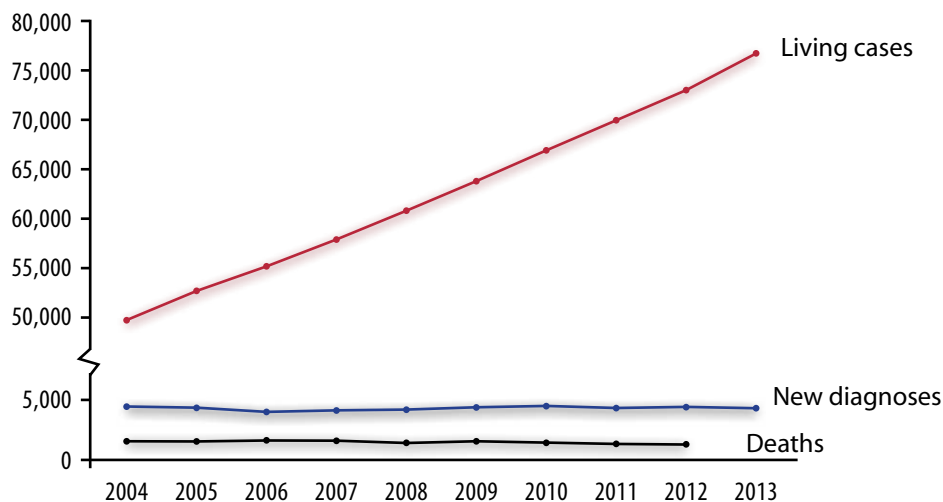


The Big Picture

At the end of 2013, there were more than 76,600 persons known to be living with HIV in Texas. DSHS estimates that there are at least 14,000 more people who have HIV but do not know it. Over the past five years, the number of people living with HIV in Texas has increased by about 4.2% each year (Figure 1).

A first look at these numbers might give the impression that we are not winning the fight against HIV. However, a closer look reveals a different story. Figure 1 shows that the number of new diagnoses of HIV has been stable over the past ten years. Texas has not had increases in new diagnoses. *The increase in the number of people living with HIV is due to effective treatments that are helping Texans live longer, healthier lives.* Compared to the past, most people with HIV are staying healthier longer, avoiding disability and hospitalization, and remaining productive. The increase in living cases represents a significant medical triumph. Access to medical care, particularly HIV medications is key to living longer.

Figure 1: Living Cases with HIV, New Diagnoses, and Deaths, 2004-2013



Each year in Texas, more people are living with HIV since there are more new HIV diagnoses than deaths among those with HIV disease.

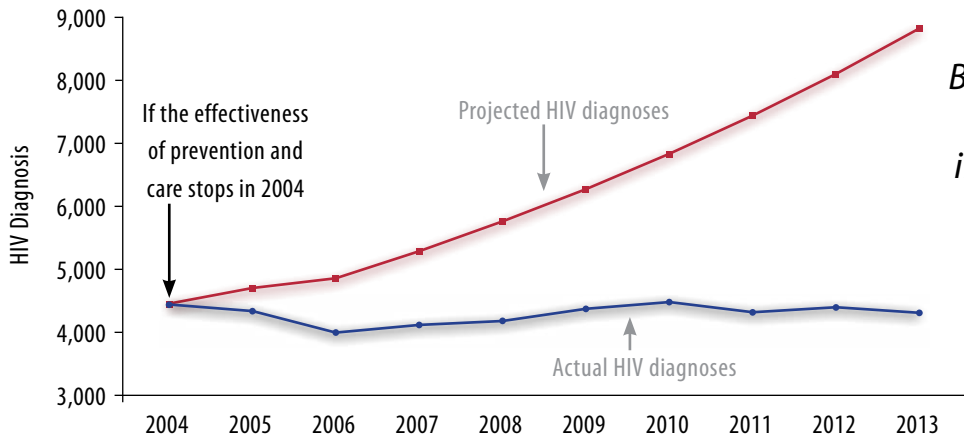
Treatment is Prevention

In addition to helping people with HIV live longer, effective treatment also prevents new cases of HIV. People receiving treatment have less HIV in their systems and may reduce their risk of transmitting the infection to others by as much as 96%.¹ Treatment helps keep the number of new infections from increasing. Pregnant women with HIV who receive appropriate medical treatment reduce the risk of transmitting HIV to their babies from 25% to less than 2%.² In short, treating people with HIV is also preventing the spread of HIV in Texas.

Texas is successfully preventing new cases. This can be seen by tracking the number of new diagnoses per 100 people living with HIV, also known as the transmission rate. The transmission rate in Texas is decreasing. In 2004, the transmission rate was 8.9% (8.9 new diagnoses for every 100 living cases). However, in 2013 the transmission rate was 5.6% (5.6 new diagnoses for every 100 living cases). This decrease in the transmission rate means that from 2004 to 2013, 19,560 new HIV cases were avoided (Figure 2). Since the estimated annual treatment cost for each case is \$23,000, this decreased transmission resulted in avoidance of \$1.6 billion in treatment costs for these years alone. HIV prevention efforts are preventing new infections and reducing costs across the healthcare system and in state programs like the Texas AIDS Drug Assistance Program.



Figure 2: Impact of Improvement in Prevention and Treatment on New HIV Cases in Texas



By 2013, there would be 19,560 more infections and \$1.6B more expended to treat these cases

How we are stopping the spread of HIV in Texas

Science indicates that the best way to stop the spread of HIV is to attack it from multiple approaches. DSHS has programming and partnerships to carry out each of these strategies:

- Building an awareness of HIV in high-risk communities by partnering with stakeholders and using public information campaigns.
- Delivering proven programs to people at greatest risk of getting or spreading HIV to others. In FY 2013, about 5,500 persons participated in these interventions.
- Supporting local health departments and community organizations to provide HIV testing to high risk individuals and supporting programs that are integrating HIV testing into routine medical encounters. In 2013, personnel at health departments interviewed and assisted 3,242 HIV-positive individuals, resulting in the locating, counseling and testing of 4,963 partners. Among those tested, 268 new HIV infected persons were identified.
- Increasing access to care and treatment by providing support to local health departments, hospital districts, and community organizations that deliver outpatient medical care, case management, and support services to people with HIV. In 2013, about 34,000 persons with HIV received care and treatment through these programs, and about 17,000 persons received life extending medications through the Texas HIV Medication Program.

Partnering with communities, funding prevention activities and increasing access to care are all tools in the fight against HIV.

The Bottom Line

Texas is preventing an increase in new HIV infections through prevention efforts and treatment. Treatment not only saves lives, it prevents new infections. Treatment includes access to health care providers and HIV medications.

1. Cohen MS, Chen YQ, McCauley M, et al. Prevention of HIV-1 infection with early antiretroviral therapy. *NEJM*. 2011, 365: 493-505.
 2. Cooper ER, Charurat M, Mofenson LM, et al. Combination antiretroviral strategies for the treatment of pregnant HIV-1-infected women and prevention of perinatal HIV-1 transmission. *Journal of Acquired Immune Deficiency Syndromes* 2002;29(5):484-494.