# HealthHIV STATE OF Aging with HIV Third Annual National Survey

Findings and Implications

#### Background

HealthHIV's **Third Annual State of Aging with HIV™ National Survey** was developed to gather information on the current experiences of OPWH in the U.S.

- Administered online via Research Electronic Data Capture (REDCap) from October 20, 2022 to January 3, 2023.
- Consisted of 151 open- and closed-ended survey questions
- To be eligible to take the survey, respondents had to be, 1) a person with HIV age 50 or older, or
   2) a person living with HIV for 15 or more years
- No incentive was provided for participation.

There were 673 total participants

This survey was developed and funded entirely by HealthHIV, with no support from outside sources.





## Key Survey Findings





### OPWH Face Increased Multimorbidity Risks as They Age

#### Comorbid Conditions Frequently Reported

Joint or Back Pain	64.4%
Hypertension	<b>59.9</b> %
Neuropathy	<b>45.7</b> %
Hypertriglyceridemia	<b>39.5</b> %
Hepatitis B	39.2%
Periodontitis/Oral Health Issues	38.3%
Heart/Cardiovascular Issues	<b>32.3</b> %

28%
had to visit
two or more
pharmacies
to fill their
prescriptions

76.6% are taking at least one daily medication for a chronic comorbidity





#### OPWH Face Increased Frailty Risks as They Age



28% report frailty

19% are limited in their ability to perform physical activity

12.7% need assistance with ADLs

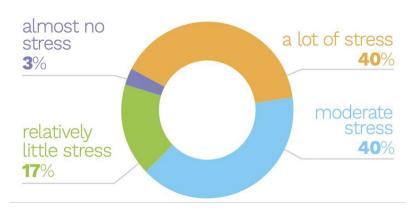
Respondents expressed concern about how they would manage comorbidities as they aged, noting it as a top priority facing their cohort.

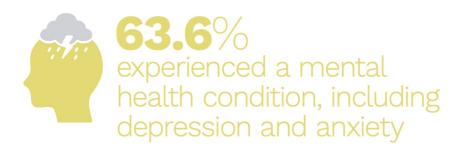




# Rising Mental Illness Rates and Stress Levels Point Towards Urgent Need for Mental Health Services

How much stress have you experienced in the last six months?









# Sustainable and affordable housing is paramount in helping OPWH take control of their health.

have concerns about their living situation ability to pay housing condition lack of permanent housing safe 30%





## In one word, how would you describe HIV and aging in 2022?







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Read the report at HealthHIV.org/StateOf/AgingWithHIV

## HIV Status Tells a Complicated Story

Viral suppression is only part of the picture. Late diagnosis threatens health

Nearly all respondents had been living with HIV for 15+ years. Of the more than half of respondents (54%) who reported over being diagnosed with AIDS, 50% of those received a late HIV diagnosis. A late diagnosis was defined as having AIDS at the time of HIV diagnosis or within 12 months of diagnosis.

89% living with HIV for more than 15 years 54% have received AIDS

#### HIV Testing Guidelines May Overlook Older Adults at Greater Risk of Late Diagnosis and Serious Health Outcomes

Current recommendations from the CDC state that individuals between the ages of 13 and 64 be tested for MIV once in their lifetime. More frequent screening is recommended for individuals with known risk factors. The CDC does not recommend routine screening for persons 65 years or

However, OPWH are more likely to be diagnosed at a later stage of HIV than younger people despite having more frequent contact with health care systems.<sup>2</sup> Late diagnosis in combination with the fact that OPWH have poorer CD4 cell recovery after initiating ART leads to increased risk

#### Antiretroviral Therapy (ART)

Viral suppression was reported at a slightly higher rate in respondents who had never had an AIDS diagnosis (94%) compared to respondents who had a history of AIDS diagnosis (92%).

A quarter of respondents reported current issues experienced medication side effects on a previous regimen. Many expressed worry that not enough is known about the effect of long term ART use on the body - an especially salient concern as the average number of years reported on ART was 23. One respondent explained, "[we need] more options for dealing with the side effects of long-term infection and long-term use of (ART) that don't include more medications with their own related side effects."

Respondents thought more research and development was needed for treatment options with fewer side effects and newer treatment options for treatment experienced people with medication class resistance. One person stated the need to ensure that "medications continue to



92% 94% are virally are virally suppressed suppressed