

# Behavioral and Clinical Characteristics of People Living with Diagnosed HIV in California 2019

California Department of Public Health  
Center for Infectious Diseases  
Office of AIDS  
Medical Monitoring Project



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## Table of Contents

<b>1. Background</b> .....	1
<b>2. Methods</b> .....	2
<b>3. Population Characteristics</b> .....	4
<b>4. Clinical Characteristics and Health Care Services Use</b> .....	8
<b>5. Mental Health and Substance Use</b> .....	17
<b>6. Sexual Behavior</b> .....	22
<b>7. Intimate Partner Violence and Sexual Violence</b> .....	25
<b>8. Met and Unmet Ancillary Service Needs</b> .....	26
<b>9. Prevention Services</b> .....	29
<b>10. HIV Stigma</b> .....	30
<b>References</b> .....	31

**Note:** The [appendix for this report](#) is a separate document and can be found at:  
<https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OAsre.aspx>



## List of Tables

<b>2.1. Participant Response Rates</b> .....	3
<b>3.1. Demographics</b> .....	4
<b>3.2. Characteristics, Past 12 Months</b> .....	5
<b>3.3. Health Insurance Coverage, Past 12 Months</b> .....	7
<b>4.1. HIV Disease Stage, CD4+ Lymphocyte Counts, and Viral Suppression, Past 12 Months</b> .....	8
<b>4.2. Receipt and Quality of HIV Care</b> .....	9
<b>4.3. Antiretroviral Therapy (ART) Use</b> .....	10
<b>4.4. Antiretroviral Therapy (ART) Adherence</b> .....	11
<b>4.5. Antiretroviral Therapy (ART) Prescription and Dose Adherence, and Sustained Viral Suppression, by Selected Characteristics</b> .....	14
<b>4.6. Sexually Transmitted Infections Testing</b> .....	15
<b>4.7. Emergency Department Visits and Hospital Admissions</b> .....	16
<b>4.8. Gynecological Care and Reproductive Health Among Women</b> .....	16
<b>5.1. Depression and Anxiety</b> .....	17
<b>5.2. Tobacco and Electronic Cigarette Use</b> .....	18
<b>5.3. Alcohol Use</b> .....	19
<b>5.4. Non-Injection Drug Use</b> .....	20
<b>5.5. Injection Drug Use</b> .....	21
<b>6.1. Sexual Behavior Among Cisgender Men and Women</b> .....	22
<b>6.2. Number (Average, Median, Range) of Vaginal or Anal Sex Partners Among Men Who Had Sex With Men (MSM), Men Who Had Sex Only With Women (MSW), and Women Who Had Sex With Men (WSM)</b> .....	23
<b>6.3. Sexual Behavior During the 12 Months Before the Interview Among Men Who Had Sex With Men (MSM), Men Who Had Sex Only With Women (MSW), and Women Who Had Sex With Men (WSM)</b> .....	24
<b>7.1. Intimate Partner Violence and Sexual Violence</b> .....	25
<b>8.1. Met and Unmet Need for Ancillary Services, Overall and by High HIV Stigma Score</b> .....	26
<b>9.1. Prevention Services</b> .....	29
<b>10.1. HIV Stigma by Selected Characteristics</b> .....	30

## 1. Background

The California Medical Monitoring Project (MMP) is an HIV surveillance activity that collects information about behavioral and clinical characteristics from Californians living with diagnosed HIV. The California MMP is part of a cross-sectional, nationally representative, complex sample survey that the Centers for Disease Control and Prevention (CDC) funds in multiple project areas throughout the United States and Puerto Rico [1]. Los Angeles and San Francisco Counties conduct MMP surveillance separately in their jurisdictions and the California Department of Public Health Office of AIDS (OA) conducts MMP surveillance throughout the rest of California.

In 2009, the CDC recognized that there was a lack of representative data about people living with HIV and implemented MMP. Through 2014, MMP used a probability sample of people living with HIV who were receiving HIV medical care [1]. The CDC revised the sampling method in 2015 to include all people living with diagnosed HIV, regardless of whether they were in care. Using the revised sampling method, OA behavioral and clinical surveillance staff collected the data presented in this report between June 2019 and May 2020. The OA MMP staff locate, recruit, and conduct interviews by phone or in-person with sampled participants and abstract information from their medical records from the two years prior to the interview date.

At the national level, MMP data complement National HIV Surveillance System (NHSS) data by providing detailed information about demographics, general health, HIV care, ancillary services use, sexual behaviors, mental health, substance use, discrimination, and HIV stigma

among people living with diagnosed HIV (PLWDH). The MMP estimate of percentage of PLWDH who experienced homelessness in the past year serves as a progress indicator for the National HIV/AIDS Strategy (NHAS) for the United States [2]. Experience of HIV stigma among PLWDH, which MMP measures, is under development as an NHAS progress indicator [3].

In California, OA uses MMP data to monitor progress towards goals described in “Laying a Foundation for Getting to Zero: California’s Integrated Surveillance, Prevention, and Care Plan” of 1) increasing the percentage of sexually active PLWDH in care who are tested at least once a year for syphilis, gonorrhea, and chlamydia to at least seventy-five percent and 2) reducing the percentage of Californians living with diagnosed HIV infection who are homeless to less than five percent [4]. California MMP data also help to inform planning and decision-making for HIV and AIDS prevention and care programs and will guide development of OA’s “Ending the Epidemics Strategic Plan.”

As of December 31, 2019, 137,785 PLWDH were residing in California, a prevalence of 344.8 per 100,000 population [5]. The rate of new HIV diagnoses was 11.0 per 100,000 population, reflecting a 15.4% decrease from 13.0 per 100,000 population in 2015. About 75% of PLWDH in California were receiving HIV care in 2019 and 65.3% had achieved viral suppression. California’s Integrated Plan objectives include increasing the percentage of PLWDH in care to a minimum of 90% and the rate of viral suppression to at least 80% [4].



## 2. Methods



MMP is a cross-sectional survey that, since 2015, has used stratified, 2-stage sampling to achieve a nationally representative sample of PLWDH in the United States and Puerto Rico [1]. In the first sampling stage, 23 project areas from 16 states and Puerto Rico were selected, including Los Angeles, San Francisco, and the California Project Area. The second sampling stage is carried out annually to select adults ages 18+ with diagnosed HIV infection from the NHSS. This report includes California Project Area MMP data from the 2019 annual cycle. The sample for each annual cycle is drawn on December 31 of the prior year, data collection begins on June 1, and all cycle activities are completed by May 31 of the following year. For example, the sample for the 2019 cycle was drawn on December 31, 2018, data collection began on June 1, 2019, and the cycle ended on May 31, 2020.

### Eligibility

People living in California (excluding Los Angeles and San Francisco) who, as of December 31 of the prior year, had received an HIV diagnosis and were at least 18 years old were eligible to be sampled for the California Project Area MMP.

### Recruitment and Informed Consent

Staff contacted sampled people by phone and mailed letters. At both the national and local levels, MMP operated as a surveillance activity under a non-research determination. All MMP participants provided informed consent prior to the interview and signed a release of information granting access to their medical records.

### Interviews

Trained Behavioral and Clinical Surveillance (BCS) staff conducted computer-assisted, structured interviews with participants either in-person or by phone. Interviews lasted approximately 1 hour and gathered information on participant demographics, clinical characteristics, health care and auxiliary services use, sexual behaviors,

mental health, and substance use. In-person interviews took place at participants' homes, private areas of clinics and doctor's offices, and private spaces within community-based settings such as public library conference rooms. Participants who completed interviews received tokens of appreciation in the form of \$50 chain store gift cards.

### Medical Record Abstraction

Staff obtained interview participants' medical records for the two years prior to the interview. Trained BCS staff abstracted information on participant demographics, HIV diagnosis and clinical care, AIDS-related diagnoses, antiretroviral and other medication prescriptions, co-morbidities, health care use, and HIV-related laboratory test results.

### Data Management and Analysis

BCS staff encrypted computer-assisted interview files and transferred them to CDC using a secure data portal. BCS staff entered medical record abstraction (MRA) data into a secure, encrypted online database accessible to CDC. Staff at CDC cleaned the data and developed statistical weighting variables before returning interview and MRA datasets to OA through secure file transfer.

Estimates presented in this report are weighted to account for probability of selection, non-response, and multiplicity (rare instances in which a sampled participant has one or more duplicate NHSS records) [1]. Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. Percentages may not sum to 100 and frequency numbers may not sum to the total N due to rounding and missing data in some categories.



## Participant Response Rates

For each annual cycle, the California Project Area receives a sample of 500 PLWDH. In 2019, 218 (43.6%) sampled persons completed interviews.

Tables and text in this report refer to combined 2019 MMP data unless otherwise noted. Appendix tables contain estimates for 2015, 2016, 2017, 2018, and 2019 data individually.

### 2.1. Participant Response Rates - Medical Monitoring Project, CA, 2019

Year	# Sampled	# Participating	% Participating
2019	500	218	43.6%

### 3. Population Characteristics

Most California Project Area PLWHD were men (85%), 13% were women, and less than 2% were transgender (Table 3.1). More than half reported being lesbian or gay (60%), 27% heterosexual or straight, and 7% bisexual, and 5% a sexual orientation other than lesbian, gay, heterosexual, straight, or bisexual.

About 43% were of non-Latinx white race/ethnicity, 40% were Latinx, 10% were black/African-American and 3% reported multiple racial identities. About 4% were Asian, American Indian/Alaska Native or Native Hawaiian/other Pacific Islander.

#### 3.1. Demographics - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Gender</b>			
Male	186	85.1%	79.6–90.6
Female	27	13.2%*	7.8–18.5
Transgender <sup>d</sup>	5	1.7%*	0.2–3.2
<b>Sexual Orientation</b>			
Lesbian or gay	134	60.0%	52.0–68.0
Heterosexual or straight	54	27.4%	20.0–34.7
Bisexual	18	7.2%*	3.9–10.5
Other	8	5.4%*	0.8–10.0
<b>Race/Ethnicity</b>			
American Indian/Alaska Native	<5 obs.	2.4%*	0.0–5.7
Asian	<5 obs.	1.2%*	0.0–2.5
Black/African American	22	10.3%*	5.6–15.0
Latinx <sup>e</sup>	94	39.9%	32.2–47.5
Native Hawaiian/Other Pacific Islander	<5 obs.	0.8%*	0.0–1.9
White	87	42.6%	34.5–50.7
Multiple races	7	2.8%*	0.7–4.9
<b>Age at Time of Interview (yr)</b>			
18–24	10	4.6%*	1.2–8.0
25–34	32	10.5%	6.8–14.3
35–44	28	12.9%*	7.5–18.3
45–54	53	22.9%	16.6–29.1
≥55	95	49.1%	41.0–57.1
<b>Education</b>			
Less than high school	28	13.0%*	7.8–18.2
High school diploma or GED	47	19.3%	13.4–25.2
More than high school	140	67.7%	60.4–74.9





### 3.1. Demographics - Medical Monitoring Project, CA, 2019(cont.)

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Country or Territory of Birth</b>			
United States or U.S. territory	156	74.2%	67.5–81.0
Foreign born	59	25.8%	19.0–32.5
<b>Time Since HIV Diagnosis (yr)</b>			
<5	29	12.7%*	7.5–17.9
5–9	48	20.6%	14.3–26.8
≥10	141	66.8%	59.3–74.1
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; GED, general educational development. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> People were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose “transgender” in response to the question about self-identified gender. <sup>e</sup> Latinx people might be of any race. Persons are classified in only one race/ethnicity category.

The majority (72%) were ages 45 and older and about 15% were under the age of 35. About one quarter (26%) reported having been born in a country other than the United States. The majority (67%) had been living with diagnosed HIV for 10 or more years at the time of the interview, 21% for five to nine years, and 13% for fewer than five years.

In the 12 months prior to the interview, 7% of PLWDH had experienced homelessness, 18% had gone without food due to lack of money, and 26% were living at or below the federal poverty threshold (Table 3.2). Thirty-nine percent reported any disability and about 18% received social security disability insurance (SSDI).

More than half (65%) were employed or retired and 34% were unemployed. Roughly half (52%) reported a combined yearly household income below \$40,000.

All PLWDH reported having health insurance or coverage for medications in the 12 months prior to the interview (Table 3.3). Almost half (46%) received medication coverage through the Ryan White or AIDS Drug Assistance Programs, 46% through Medicaid, 40% through private health insurance, 27% through Medicare, 10% through Tricare/CHAMPUS or the Veterans Administration, and 5% through other public insurance.

### 3.2. Characteristics, Past 12 Months - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Homeless at Any Time, Past 12 Months<sup>d</sup></b>			
Yes	17	6.7%*	3.5–9.9
No	198	93.3%	90.1–96.5

**3.2. Characteristics, Past 12 Months - Medical Monitoring Project, CA, 2019 (cont.)**

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b><i>Incarcerated &gt; 24 Hours, Past 12 Months</i></b>			
Yes	5	2.0%*	0.2–3.7
No	210	98.0%	96.3–99.8
<b><i>Any Disability<sup>e</sup></i></b>			
Yes	82	39.1%	31.3–46.9
No	132	60.9%	53.1–68.7
<b><i>Received Supplemental Security Income (SSI)</i></b>			
Yes	30	15.6%	9.4–21.7
No	182	84.4%	78.3–90.6
<b><i>Received Social Security Disability Insurance (SSDI)</i></b>			
Yes	36	17.6%	11.2–23.9
No	176	82.4%	76.1–88.8
<b><i>Went Without Food Due to Lack of Money</i></b>			
Yes	36	17.5%	11.1–23.9
No	177	82.5%	76.1–88.9
<b><i>Employment Status<sup>f</sup></i></b>			
Employed	118	51.6%	43.5–59.7
Unemployed	68	34.0%	26.1–41.9
Student	<5 obs.	1.4%*	0.0–2.9
Retired	24	13.0%	7.1–18.9
<b><i>Combined Yearly Household Income (U.S.\$)<sup>g</sup></i></b>			
0–19,999	69	32.7%	25.0–40.4
20,000–39,999	43	18.8%	12.8–24.7
40,000–74,999	45	24.4%	16.8–32.1
≥75,000	47	24.1%	16.7–31.4
<b><i>Poverty Guidelines<sup>h</sup></i></b>			
Above poverty threshold	152	74.3%	67.0–81.6
At or below poverty threshold	52	25.7%	18.4–33.0
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; U.S.\$, U.S. dollar. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Living on the street, in a shelter, in a single-room–occupancy hotel, or in a car. <sup>e</sup> Includes physical, mental, and emotional disabilities. <sup>f</sup> Employed includes employed for wages, self-employed, or homemaker. <sup>g</sup> Income from all sources, before taxes, in the last calendar year. <sup>h</sup> Poverty guidelines as defined by Federal Health and Human Services.



### 3.3. Health Insurance Coverage, Past 12 Months - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Health Insurance or Coverage for Medications<sup>d</sup></b>			
Yes	213	100.0%	100.0-100.0
No	--	--	--
<b>Type of Health Insurance or Coverage for Medications:</b>			
<b>Ryan White or ADAP</b>			
Yes	96	45.7%	37.5-53.8
No	109	54.3%	46.2-62.5
<b>Medicaid</b>			
Yes	98	45.9%	37.8-54.1
No	112	54.1%	45.9-62.2
<b>Private Health Insurance</b>			
Yes	85	39.5%	31.6-47.4
No	122	60.5%	52.6-68.4
<b>Medicare</b>			
Yes	54	27.0%	19.5-34.5
No	152	73.0%	65.5-80.5
<b>Other Public Insurance</b>			
Yes	13	5.2%*	2.4-8.0
No	194	94.8%	92.0-97.6
<b>Tricare/CHAMPUS or Veterans Administration</b>			
Yes	13	9.5%*	3.3-15.6
No	192	90.5%	84.4-96.7
<b>Insurance Type Unknown<sup>e</sup></b>			
Yes	<5 obs.	0.5%*	0.0-1.4
No	204	99.5%	98.6-100.0
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; CHAMPUS, Civilian Health and Medical Program of the Uniformed Services; ADAP, AIDS Drug Assistance Program. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Persons could select more than 1 response for health insurance or coverage for medications (including antiretroviral medications). <sup>e</sup> Unknown insurance type means that the person had insurance or coverage for medications (including antiretroviral medications), but the type of insurance or coverage could not be determined.

## 4. Clinical Characteristics and Health Care Services Use

More than half (58%) had clinical characteristics consistent with HIV infection, stage 3 (AIDS) in the 12 months prior to the interview, defined as documentation of an AIDS-defining condition

or either a CD4 count of <200 cells/ $\mu$ L or a CD4 percentage of total lymphocytes of <14 (Table 4.1). Almost two-thirds (63%) had achieved sustained viral suppression (all past

### 4.1. HIV Disease Stage, CD4+ Lymphocyte Counts, and Viral Suppression, Past 12 Months - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>HIV Infection Stage 3 (AIDS)<sup>d</sup></b>			
Yes	129	58.1%	50.1–66.1
No	89	41.9%	33.9–49.9
<b>Geometric Mean CD4 Count (cells/<math>\mu</math>L)</b>			
0–199	9	4.7%*	1.5–7.8
200–349	19	10.9%*	6.1–15.6
350–499	31	21.4%	13.3–29.5
$\geq$ 500	104	63.1%	54.5–71.6
<b>Lowest CD4 Count (cells/<math>\mu</math>L), Past 12 Months</b>			
0–49	<5 obs.	1.1%*	0.0–2.7
50–199	12	6.2%*	2.6–9.7
200–349	27	17.4%*	10.6–24.3
350–499	33	23.1%	14.9–31.4
$\geq$ 500	89	52.1%	43.4–60.9
<b>Viral Suppression</b>			
Most recent viral load documented	154	66.9%	59.0–74.8
Most recent viral load documented detectable, $\geq$ 200 copies/mL, or missing/unknown	64	33.1%	25.2–41.0
<b>Sustained Viral Suppression</b>			
All viral load measurements documented	143	62.6%	54.7–70.6
Any viral load $\geq$ 200 copies/mL or missing unknown	75	37.4%	29.4–45.3
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CD4, CD4 T-lymphocyte count (cells/ $\mu$ L); CI, confidence interval. Source of disease stage information: CDC. [Revised surveillance case definition for HIV infection—United States, 2014](https://stacks.cdc.gov/view/cdc/25361). (https://stacks.cdc.gov/view/cdc/25361). Accessed February 9, 2022. Note: CD4 counts and viral load measurements are from medical record abstraction. <sup>a</sup>Numbers are unweighted. <sup>b</sup>Percentages are weighted percentages. <sup>c</sup>CI's incorporate weighted percentages. <sup>d</sup>HIV infection, stage 3 (AIDS): documentation of an AIDS-defining condition or either a CD4 count of <200 cells/ $\mu$ L or a CD4 percentage of total lymphocytes of <14. Documentation of an AIDS-defining condition supersedes a CD4 count or percentage that would not, by itself, be the basis for a stage 3 (AIDS) classification.

12-month viral load measurements documented undetectable or <200 copies/mL). Past 12-month HIV care retention was seen in 75% of PLWDH and

53% had been retained in HIV care for 24 months prior to the interview (Table 4.2).

#### 4.2. Receipt and Quality of HIV Care, Past 12 Months - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Ever Received Outpatient HIV Care<sup>d</sup></b>			
Yes	218	100.0%	100.0-100.0
<b>Received Outpatient HIV Care, Past 12 Months<sup>d</sup></b>			
Yes	216	97.7%	93.9-100.0
No	<5 obs.	2.3%*	0.0-6.1
<b>Received Outpatient HIV Care, Past 24 Months<sup>d</sup></b>			
Yes	218	100.0%	100.0-100.0
No	--	--	--
<b>Retained in Care, Past 12 Months<sup>e</sup></b>			
Yes	164	74.9%	66.7-83.2
No	41	25.1%	16.8-33.3
<b>Retained in Care, Past 24 Months<sup>e</sup></b>			
Yes	117	52.8%	44.4-61.1
No	88	47.2%	38.9-55.6
<b>Prescribed ART, Past 12 Months<sup>f</sup></b>			
Yes	185	81.2%	74.0-88.4
No	33	18.8%	11.6-26.0
<b>Prescribed PCP Prophylaxis, Past 12 Months<sup>g</sup></b>			
Yes	6	41.0%*	14.4-67.5
No	8	59.0%*	32.5-85.6
<b>Prescribed MAC Prophylaxis, Past 12 Months<sup>h</sup></b>			
Yes	--	--	--
No	--	--	--
<b>Received Influenza Vaccination, Past 12 Months</b>			
Yes	167	80.9%	75.2-86.6
No	46	19.1%	13.4-24.8
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; ART, antiretroviral therapy; PCP, Pneumocystis pneumonia; MAC, Mycobacterium avium complex; CD4, CD4 T-lymphocyte count (cells/ $\mu$ L). Note: CD4 counts, viral load measurements, prophylaxes, and vaccinations are from medical record abstraction. Measurement period is the 12 months before the interview unless otherwise noted. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size <30, an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width >130% are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Outpatient HIV care was defined as any documentation of the following: encounter with an HIV care provider, viral load test result, CD4 test result, HIV resistance test or tropism assay, ART prescription, PCP prophylaxis, or MAC prophylaxis. <sup>e</sup> Two elements of outpatient HIV care at least 90 days apart in each 12-month period. <sup>f</sup> ART prescription documented in medical record; persons with no medical record abstraction were considered to have no documentation of ART prescription. <sup>g</sup> Among persons with CD4 cell count <200 cells/ $\mu$ L. <sup>h</sup> Among persons with CD4 cell count <50 cells/ $\mu$ L.

Nearly all (99.7%) had ever taken antiretroviral medications (ART) and 99.7% were currently on ART (Table 4.3).

<b>4.3. Antiretroviral Therapy (ART) Use - Medical Monitoring Project, CA, 2019</b>			
	<b>Number<sup>a</sup></b>	<b>Percentage<sup>b</sup></b>	<b>95% CI<sup>c</sup></b>
<b><i>Ever Taken ART</i></b>			
Yes	211	99.7%	99.1–100.0
No	<5 obs.	0.3%*	0.0–0.9
<b><i>Currently Taking ART</i></b>			
Yes	211	99.7%	99.1–100.0
No	<5 obs.	0.3%*	0.0–0.9
<b><i>Reasons for Never Taking ART<sup>d</sup>:</i></b>			
<b><i>Health care provider never discussed taking ART with person</i></b>			
Yes	--	--	--
No	<5 obs.	100.0%*	100.0-100.0
<b><i>Health care provider said person should not start taking ART</i></b>			
Yes	--	--	--
No	<5 obs.	100.0%*	100.0-100.0
<b><i>Money or insurance problems</i></b>			
Yes	--	--	--
No	<5 obs.	100.0%*	100.0-100.0
<b><i>Person doesn't believe he/she needs ART</i></b>			
Yes	<5 obs.	100.0%*	100.0-100.0
No	--	--	--
<b><i>Person thinks ART would make him/her feel sick or harm him/her</i></b>			
Yes	<5 obs.	100.0%*	100.0-100.0
No	--	--	--
<b><i>Person decided not to take ART for some other reason</i></b>			
Yes	<5 obs.	100.0%*	100.0-100.0
No	--	--	--
<b><i>Reasons for Not Currently Taking ART, Among Those with a History of ART Use<sup>d</sup>:</i></b>			
<b><i>Health care provider never discussed restarting ART with person</i></b>			
Yes	--	--	--
No	--	--	--
<b><i>Health care provider said person should not take ART</i></b>			
Yes	--	--	--
No	--	--	--



### 4.3. Antiretroviral Therapy (ART) Use - Medical Monitoring Project, CA, 2019 (cont.)

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Money or insurance problems</b>			
Yes	--	--	--
No			
<b>Person doesn't believe he/she needs ART</b>			
Yes	--	--	--
No			
<b>Person thinks ART would make him/her feel sick or harm him/ her</b>			
Yes	--	--	--
No			
<b>Person decided not to take ART for some other reason</b>			
Yes	--	--	--
No			
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Persons could select more than one response for reasons not taking ART.

Self-reported number of missed ART doses in the past 30 days ranged from 0 to eleven or more, with most (88%) reporting 0, 1, or 2 missed doses (Table 4.4). The most commonly cited reasons for the most recent missed ART dose were forgetting

to take HIV medicine (69%); change in daily routine or being out of town (40%); falling asleep early or oversleeping (36%); and having trouble getting a prescription, a refill, insurance coverage, or paying for HIV medicines (18%).

### 4.4. Antiretroviral Therapy (ART) Adherence - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>ART Adherence in the Past 30 Days:</b>			
<b>How many days did you miss at least 1 dose of any of your HIV medicines?</b>			
0	117	59.2%	51.5–67.0
1–2	67	28.4%	21.7–35.2
3–5	16	8.4%*	3.5–13.3
6–10	6	2.3%*	0.4–4.2
11+	4	1.6%*	0.0–3.2



#### 4.4. Antiretroviral Therapy (ART) Adherence - Medical Monitoring Project, CA, 2019 (cont.)

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>How well did you do at taking your HIV medicines in the way you were supposed to?</b>			
Very poor	--	--	--
Poor	<5 obs.	1.5%*	0.0–3.1
Fair	8	3.1%*	0.9–5.4
Good	17	9.8%*	4.0–15.7
Very good	71	32.1%	24.7–39.4
Excellent	111	53.4%	45.3–61.5
<b>How often did you take your HIV medicines in the way you were supposed to?</b>			
Never	--	--	--
Rarely	<5 obs.	0.7%*	0.0–1.7
Sometimes	5	2.1%*	0.3–3.9
Usually	<5 obs.	1.3%*	0.0–2.6
Almost always	61	30.1%	22.5–37.7
Always	138	65.8%	58.1–73.6
<b>How often were you troubled by ART side effects?</b>			
Never	150	75.7%	69.4–82.0
Rarely	34	13.7%	9.1–18.3
About half the time	7	3.7%*	0.4–7.1
Most of the time	12	4.9%*	2.1–7.7
Always	5	2.0%*	0.2–3.8
<b>Reasons for Last Missed ART Dose<sup>d</sup>:</b>			
<b>Had a problem getting a prescription, a refill, insurance coverage, or paying for HIV medicines</b>			
Yes	26	17.8%*	10.0–25.6
No	144	82.2%	74.4–90.0
<b>In the hospital or too sick to take HIV medicines</b>			
Yes	12	8.0%*	2.7–13.2
No	158	92.0%	86.8–97.3
<b>Fell asleep early or overslept</b>			
Yes	64	35.7%	27.3–44.2
No	106	64.3%	55.8–72.7
<b>Change in your daily routine or were out of town</b>			
Yes	76	40.2%	31.6–48.8
No	94	59.8%	51.2–68.4





#### 4.4. Antiretroviral Therapy (ART) Adherence - Medical Monitoring Project, CA, 2019 (cont.)

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b><i>Had side effects from your HIV medicines</i></b>			
Yes	18	9.0%*	4.8–13.1
No	151	91.0%	86.9–95.2
<b><i>Felt depressed or overwhelmed</i></b>			
Yes	32	17.5%	11.0–24.0
No	138	82.5%	76.0–89.0
<b><i>Was drinking or using drugs</i></b>			
Yes	24	11.3%*	6.7–15.9
No	146	88.7%	84.1–93.3
<b><i>Forgot to take HIV medicines</i></b>			
Yes	118	69.3%	60.8–77.8
No	52	30.7%	22.2–39.2
<b><i>Did not feel like taking HIV medicines</i></b>			
Yes	21	11.3%*	5.6–17.0
No	149	88.7%	83.0–94.4
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> People could report more than one reason for last missed ART dose.

**4.5. Antiretroviral Therapy (ART) Prescription and Dose Adherence, and Sustained Viral Suppression, by Selected Characteristics - Medical Monitoring Project, CA, 2019**

	Prescription of ART			ART Dose Adherence <sup>a</sup>			Sustained Viral Suppression <sup>b</sup>		
	# <sup>c</sup>	% <sup>d</sup>	95% CI <sup>e</sup>	# <sup>c</sup>	% <sup>d</sup>	95% CI <sup>e</sup>	# <sup>c</sup>	% <sup>d</sup>	95% CI <sup>e</sup>
<b>Gender</b>									
Male	157	79.8%	71.6–88.0	102	59.9%	51.4–68.4	121	30.5%	30.5–48.1
Female	24	90.7%*	80.3–100.0	14	60.4%*	39.6–81.3	21	19.0%*	4.4–33.5
Transgender <sup>f</sup>	<5 obs.	79.2%*	43.1–100.0	<5 obs.	16.9%*	0.0–51.7	<5 obs.	81.5%*	48.3–100.0
<b>Sexual Orientation</b>									
Lesbian or gay	115	79.8%	69.7–90.0	71	56.4%	46.4–66.5	95	34.8%	24.4–45.3
Heterosexual or straight	45	85.8%	76.4–95.1	34	71.1%	58.1–84.0	32	38.9%	23.5–54.2
Bisexual	14	78.7%*	60.0–97.5	8	47.7%*	23.8–71.7	9	47.6%*	24.5–70.8
Other	7	70.8%	25.7–100.0	<5 obs.	43.4%*	0.0–87.5	<5 obs.	56.6%*	12.5–100.0
<b>Race/Ethnicity</b>									
American Indian/Alaska Native	<5 obs.	100.0%*	--	<5 obs.	18.3%	0.0–56.2	<5 obs.	17.6%*	0.0–54.2
Asian	<5 obs.	65.5%*	11.0–100.0	<5 obs.	65.5%*	11.0–100.0	<5 obs.	34.5%*	0.0–89.0
Black/African American	17	66.0%*	40.3–91.7	10	55.8%*	32.5–79.1	10	60.4%*	38.5–82.3
Latinx <sup>g</sup>	79	82.9%	73.2–92.6	44	51.7%	39.8–63.7	56	42.9%	31.1–54.7
Native Hawaiian/Other Pacific Islander	<5 obs.	50.0%*	0.0–100.0	<5 obs.	50.0%*	0.0–100.0	<5 obs.	50.0%*	0.0–100.0
White	77	83.1%	71.1–95.1	56	70.3%	59.2–81.5	66	29.1%	16.3–41.9
Multiple Races	6	84.2%*	56.0–100.0	<5 obs.	45.7%*	8.3–83.2	6	15.8%*	0.0–44.0
<b>Age at Time of Interview (yr)</b>									
18–29	20	79.5%*	64.0–95.0	9	30.1%*	12.1–48.2	15	52.1%*	30.2–74.0
30–39	27	79.3%*	57.2–100.0	10	35.7%*	12.4–58.9	20	61.0%*	38.7–83.4
40–49	33	88.2%	78.1–98.2	20	58.5%*	41.2–75.9	21	58.8%*	41.8–75.8
≥50	105	79.9%	69.7–90.1	78	69.3%	59.9–78.8	87	65.8%	55.0–76.6
<b>TOTAL</b>	<b>185</b>	<b>81.2%</b>	<b>74.0–88.4</b>	<b>117</b>	<b>59.2%</b>	<b>51.5–67.0</b>	<b>143</b>	<b>62.6%</b>	<b>54.7–70.6</b>

Abbreviations: CI, confidence interval. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> In past 30 days, 100% adherence to ART doses. <sup>b</sup> All viral load measurements in the 12 months before the interview documented undetectable or  $< 200$  copies/mL. <sup>c</sup> Numbers are unweighted. <sup>d</sup> Percentages are weighted percentages. <sup>e</sup> CIs incorporate weighted percentages. <sup>f</sup> People were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose “transgender” in response to the question about self-identified gender. <sup>g</sup> Latinx people might be of any race. Persons are classified in only one race/ethnicity category.

About half received a syphilis test in 12 months prior to the interview, 41% received a test for

chlamydia, 41% received a test for gonorrhea, and 37% received all three tests (Table 4.6).

#### 4.6. Sexually Transmitted Infections Testing - Medical Monitoring Project, CA, 2019

	Total Population			Sexually Active <sup>a</sup> People Only		
	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>
<b>Gonorrhea<sup>e</sup></b>						
Yes, received test	96	41.3%	33.5–49.2	64	45.2%	34.3–56.0
No test documented	104	58.7%	50.8–66.5	54	54.8%	44.0–65.7
<b>Chlamydia<sup>f</sup></b>						
Yes, received test	95	40.8%	33.0–48.6	64	45.2%	34.3–56.0
No test documented	105	59.2%	51.4–67.0	54	54.8%	44.0–65.7
<b>Syphilis<sup>g</sup></b>						
Yes, received test	76	54.6%	46.0–63.1	76	56.0%	44.4–67.7
No test documented	124	45.4%	36.9–54.0	42	44.0%	32.3–55.6
<b>Gonorrhea, Chlamydia, and Syphilis</b>						
Yes, received all 3 tests	86	36.7%	29.2–44.2	60	42.3%	31.7–52.9
Fewer than 3 tests documented	114	63.3%	55.8–70.8	58	57.7%	47.1–68.3
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>	<b>118</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; DFA, direct fluorescent antibody; EIA, enzyme immunoassay; ELISA, enzyme-linked immunoassay; FTA-ABS, fluorescent treponemal antibody absorbed; MHA-TP, microhemagglutination assay for antibody to *Treponema pallidum*; NAAT, nucleic acid amplification test; RPR, rapid plasma reagin; TP-PA, T. pallidum particle agglutination; TPHA, T. pallidum hemagglutination assay; VDRL, Venereal Disease Research Laboratory. Note: Information on laboratory testing for sexually transmitted diseases was based on medical record abstraction. <sup>a</sup> Sexual activity was reported in the interview component of the Medical Monitoring Project and was defined as anal or vaginal intercourse. <sup>b</sup> Numbers are unweighted. <sup>c</sup> Percentages are weighted percentages. <sup>d</sup> CIs incorporate weighted percentages. <sup>e</sup> Testing for *Neisseria gonorrhoeae* was defined as documentation of a result from culture, gram stain, EIA, NAAT, or nucleic acid probe. <sup>f</sup> Chlamydia trachomatis testing was defined as a result from culture, DFA, EIA or ELISA, NAAT, or nucleic acid probe. <sup>g</sup> Syphilis testing was defined as a result from nontreponemal syphilis tests (RPR or VDRL), treponemal syphilis tests (TPHA, TP-PA, MHA-TP, or FTA-ABS tests), or dark-field microscopy.



One or more past-year emergency department visits were reported by 35% of PLWDH (Table 4.7). Eighteen percent of PLWDH reported being admitted to the hospital at least once.

Eighteen percent of women had been pregnant since being diagnosed with HIV and 86% received a pap test in the past year (Table 4.8).

#### 4.7. Emergency Department Visits and Hospital Admissions - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Number of Visits to Emergency Department</b>			
0	138	64.8%	57.1–72.4
1	34	18.5%	11.7–25.2
2–4	36	14.6%	9.9–19.3
≥5	5	2.2%*	0.2–4.3
<b>Number of Hospital Admissions</b>			
0	176	82.4%	76.3–88.5
1	26	12.9%	7.2–18.5
2–4	10	4.3%*	1.7–7.0
≥5	<5 obs.	0.4%*	0.0–1.2
<b>TOTAL</b>	<b>626</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note: Estimates with a coefficient of variation ≥0.30, a denominator sample size <30, an absolute CI width ≥0.30, or an absolute CI width between 0.05 and 0.30 and a relative CI width >130% are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages.

#### 4.8. Gynecological Care and Reproductive Health Among Women - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Papanicolaou (Pap) Test, Past 12 Months</b>			
Yes	21	85.8%*	72.4–99.3
No	<5 obs.	14.2%*	0.7–27.6
<b>Pregnant Since HIV Diagnosis</b>			
Yes	5	18.3%*	3.0–33.6
No	20	81.7%*	66.4–97.0
<b>TOTAL</b>	<b>27</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note. Measures are self-reported. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages.

## 5. Mental Health and Substance Use

Seventeen percent of PLWDH had Patient Health Questionnaire 8-item scale (PHQ-8) scores (range 0-24) consistent with moderate or severe depression (score  $\geq 10$ ) and 16% had Generalized

Anxiety Disorder 7-item scale (GAD-7) scores (range 0-21) consistent with moderate or severe anxiety (Table 5.1).

### 5.1. Depression and Anxiety - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b><i>Moderate or Severe Depression (PHQ-8 score <math>\geq 10</math>)</i></b>			
Yes	30	16.8%	10.1–23.5
No	180	83.2%	76.5–89.9
<b><i>Anxiety<sup>d</sup></i></b>			
Severe anxiety	14	6.0%*	2.9–9.1
Moderate anxiety	23	10.1%*	5.2–15.0
Mild anxiety	8	5.9%*	1.0–10.8
No anxiety	166	78.1%	71.1–85.0
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; DSM-IV, Diagnostic and Statistical Manual of Mental Disorders, 4th edition; GAD-7, Generalized Anxiety Disorder 7-item Scale; PHQ-8, Patient Health Questionnaire. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Responses to the GAD-7 were used to define “mild anxiety,” “moderate anxiety” and “severe anxiety,” according to criteria from the DSM-IV. “Severe anxiety” was defined as having a score of  $\geq 15$ ; “moderate anxiety” was defined as having a score of 10–14; and “mild anxiety” was defined as having a score of 5–9.

About one quarter (28%) of PLWDH were current cigarette smokers, with 18% reporting daily

cigarette smoking (Table 5.2). While 34% had ever used electronic cigarettes, just 11% of PLWDH

### 5.2. Tobacco and Electronic Cigarette Use - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Smoked ≥100 Cigarettes (lifetime)</b>			
Yes	108	52.2%	44.1–60.4
No	103	47.8%	39.6–55.9
<b>Cigarette Smoking Status</b>			
Current smoker	56	28.0%	20.4–35.6
Former smoker	52	24.2%	17.4–31.0
Never smoked	103	47.8%	39.6–55.9
<b>Frequency of Current Cigarette Smoking</b>			
Less than monthly	6	2.3%*	0.4–4.1
Monthly	5	4.7%*	0.0–9.5
Weekly	7	2.8%*	0.7–4.9
Daily	38	18.3%	11.8–24.7
Never	155	72.0%	64.4–79.6
<b>Smoked ≥50 Cigars, Cigarillos, or Little Filtered Cigars (lifetime)</b>			
Yes	27	13.4%*	7.6–19.3
No	184	86.6%	80.7–92.4
<b>Cigars, Cigarillos, or Little Filtered Cigars Smoking Status</b>			
Current smoker	14	6.9%*	2.6–11.3
Former smoker	13	6.5%*	2.2–10.8
Never smoked	184	86.6%	80.7–92.4
<b>Frequency of Current Cigars, Cigarillos, or Little Filtered Cigars Smoking</b>			
Rarely	6	3.8%*	0.0–7.6
Some days	5	2.0%*	0.2–3.7
Daily	<5 obs.	1.2%*	0.0–2.5
Never	197	93.1%	88.7–97.4
<b>Electronic Cigarette Smoking Status</b>			
Used electronic cigarettes in the past 30 days	17	10.8%*	4.7–16.9
Used electronic cigarettes, but not in the past 30 days	49	22.9%	16.0–29.8
Never used electronic cigarettes	145	66.2%	58.2–74.3
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note: Estimates with a coefficient of variation ≥0.30, a denominator sample size <30, an absolute CI width ≥0.30, or an absolute CI width between 0.05 and 0.30 and a relative CI width >130% are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages.

reported electronic cigarette use in the past 30 days. Five percent of PLWDH reported daily

alcohol use and 17% reported binge drinking in the past 30 days (Table 5.3).

### 5.3. Alcohol Use - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b><i>Any Alcohol Use<sup>d</sup></i></b>			
Yes	134	60.9%	52.8–69.1
No	78	39.1%	30.9–47.2
<b><i>Frequency of Alcohol Use</i></b>			
Daily	12	4.8%*	2.0–7.6
Weekly	46	19.4%	13.4–25.4
Monthly	34	15.2%	9.8–20.6
Less than monthly	42	21.5%	14.5–28.5
Never	78	39.1%	30.9–47.2
<b><i>Binge Drinking, Past 30 Days<sup>e</sup></i></b>			
Yes	40	16.9%	11.3–22.5
No	172	83.1%	77.5–88.7
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Persons who drank at least 1 alcoholic beverage during the 12 months before the interview. Alcoholic beverage was defined as a 12-ounce beer, 5-ounce glass of wine, or 1.5-ounce shot of liquor. <sup>e</sup> Persons who drank  $\geq 5$  alcoholic beverages in a single sitting ( $\geq 4$  for women) during the 30 days before the interview.

In regards to non-injected substance use in the 12 months prior to the interview, 13% amyl nitrite or poppers, 9% reported using methamphetamine,

7% cocaine, 7% club drugs such as ecstasy, 6% prescription opioids without a prescription, and 5% amphetamines (Table 5.4).

<b>5.4. Non-Injection Drug Use - Medical Monitoring Project, CA, 2019</b>			
	<b>Number<sup>a</sup></b>	<b>Percentage<sup>b</sup></b>	<b>95% CI<sup>c</sup></b>
<b>Use of Any Non-Injection Drugs<sup>d</sup></b>			
Yes	84	40.2%	32.2–48.3
No	128	59.8%	51.7–67.8
<b>Non-Injection Drugs Used<sup>d</sup>:</b>			
<b>Marijuana</b>			
Yes	74	36.4%	28.4–44.4
No	138	63.6%	55.6–71.6
<b>Crack</b>			
Yes	<5 obs.	1.7%*	0.0–3.3
No	208	98.3%	96.7–100.0
<b>Cocaine that is smoked or snorted</b>			
Yes	18	7.0%*	3.8–10.3
No	194	93.0%	89.7–96.2
<b>Methamphetamine (e.g., crystal meth, tina, crank, ice)</b>			
Yes	23	9.3%*	5.5–13.0
No	189	90.7%	87.0–94.5
<b>Amphetamine (e.g., speed, bennies, uppers)</b>			
Yes	13	5.2%*	2.3–8.0
No	199	94.8%	92.0–97.7
<b>Club drugs (e.g., Ecstasy or X, ketamine or Special K, GHB or Liquid Ecstasy)</b>			
Yes	19	7.3%*	4.0–10.6
No	193	94.1%	89.8–98.3
<b>Amyl nitrite (poppers)</b>			
Yes	30	13.0%	7.8–18.1
No	182	87.0%	81.9–92.2
<b>Prescription opioids (e.g., oxycodone, hydrocodone, Vicodin, Percocet)<sup>e</sup></b>			
Yes	11	5.9%*	1.7–10.2
No	201	94.1%	95.4–98.3
<b>Prescription tranquilizers (e.g., Valium, Ativan, Xanax, downers, nerve pills)<sup>e</sup></b>			
Yes	11	5.9%*	1.7–10.1
No	201	94.1%	89.9–98.3
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>





Abbreviations: CI, confidence interval; GHB, gamma hydroxybutyrate. Note: Persons could report taking more than 1 noninjection drug. Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Includes all drugs that were not injected (i.e., administered by any route other than injection), including legal drugs that were not used for medical purposes. <sup>e</sup> Not prescribed, or prescribed but taken more than directed.

Four percent of PLWDH reported injecting drugs without a prescription in the past year, most commonly methamphetamine (4%) (Table 5.5).

### 5.5. Injection Drug Use - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b>Use of Any Injection Drugs</b>			
Yes	9	3.7%*	1.3–6.2
No	203	96.3%	93.8–98.7
<b>Injection Drugs Used:</b>			
<b>Cocaine</b>			
Yes	--	--	--
No	212	100.0%	100.0–100.0
<b>Heroin</b>			
Yes	--	--	--
No	212	100.0%	100.0–100.0
<b>Heroin and cocaine (speedball)</b>			
Yes	--	--	--
No	212	100.0%	100.0–100.0
<b>Methamphetamine (e.g., crystal meth, tina, crank, ice)</b>			
Yes	9	3.7%*	1.3–6.2
No	203	96.3%	93.8–98.7
<b>Amphetamine (e.g., speed, bennies, uppers)</b>			
Yes	<5 obs.	0.7%*	0.0–1.6
No	210	99.3%	98.4–100.0
<b>Prescription opioids (e.g., OxyContin, oxycodone, hydrocodone)</b>			
Yes	--	--	--
No	212	100.0%	100.0–100.0
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note: Persons could report taking more than 1 injection drug. Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages.

## 6. Sexual Behavior

About 62% of men and 62% of women living with diagnosed HIV had engaged in vaginal or anal

sex in the 12 months prior to the interview (Table 6.1). Sexually active men who had sex with men

### 6.1. Sexual Behavior Among Cisgender Men and Women - Medical Monitoring Project, CA, 2019

	# <sup>a</sup>	Men % <sup>b</sup>	95% CI <sup>c</sup>	# <sup>a</sup>	Women % <sup>b</sup>	95% CI <sup>c</sup>
<b>Engaged in Anal Sex with Men:</b>						
<b>Receptive</b>						
Yes	70	38.4%	29.7–47.1	<5 obs.	3.7%*	0.0–10.9
No	109	61.6%	52.9–70.3	24	96.3%*	89.1–100.0
<b>Insertive</b>						
Yes	72	41.8%	32.9–50.7	---	---	---
No	107	58.2%	49.3–67.1	---	---	---
<b>Engaged in Anal Sex with Women</b>						
Yes	<5 obs.	2.3%*	0.3–4.4	---	---	---
No	149	97.7%	95.6–99.7	---	---	---
<b>Engaged in Vaginal Sex</b>						
Yes	20	11.3%*	5.5–17.0	14	61.9%*	41.4–82.3
No	160	88.7%	83.0–94.5	11	38.1%*	17.7–58.6
<b>Engaged in Vaginal or Anal Sex</b>						
Yes	110	61.8%	53.3–70.4	14	61.9%*	41.4–82.3
No	70	38.2%	29.6–46.7	11	38.1%*	17.7–58.6
<b>TOTAL</b>	<b>186</b>	<b>100.0%</b>	<b>---</b>	<b>27</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages.



(MSM) had a median of 3 past-year sex partners (range 1-160) (Table 6.2) and 13% engaged in any high-risk sex. Among MSM, 61% reported having sex while sustainably virally suppressed and 24% reported having condomless sex with at least one HIV-negative partner who was on pre-exposure prophylaxis (PrEP) (Table 6.3). Men who had sex

only with women (MSW) and women who had sex with men (WSM) had a median of 1 past-year sex partner (range 1-5 among MSW, 1-10 among WSM) (Table 6.2). Ninety-four percent of WSM reported past-year sex while sustainably virally suppressed (Table 6.3).

## 6.2. Number (Average, Median, Range) of Vaginal or Anal Sex Partners Among Men Who Had Sex with Men (MSM), Men Who Had Sex Only with Women (MSW), and Women Who Had Sex with Men (WSM) - Medical Monitoring Project, CA, 2019

	Men		Women
	MSM <sup>a</sup>	MSW <sup>b</sup>	WSM <sup>c</sup>
Mean	13	1	2
Median	3	1	1
Range	1-160	1-5	1-10

Abbreviations: MSM, men who had sex with men; MSW, men who had sex only with women; WSM, women who had sex with men. <sup>a</sup> Among men who had anal sex with men in the 12 months before the interview. <sup>b</sup> Among men who had vaginal or anal sex only with women in the 12 months before the interview. <sup>c</sup> Among women who had vaginal or anal sex with men in the 12 months before the interview.



### 6.3. Sexual Behavior During the 12 Months Before the Interview Among Men Who Had Sex with Men (MSM), Men Who Had Sex Only with Women (MSW), and Women Who Had Sex with Men (WSM) - Medical Monitoring Project, CA, 2019

	MSM			MSW			WSM		
	# <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>	# <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>	# <sup>a</sup>	% <sup>b</sup>	95% CI <sup>c</sup>
<b>Engaged in Any High-Risk Sex<sup>d</sup></b>									
Yes	16	13.2%*	5.4–21.0	<5 obs.	6.6%*	0.0–15.6	--	--	--
No	134	86.8%	79.0–94.6	26	93.4%*	84.4–100.0	24	100.0%*	100.0–100.0
<b>Engaged in Any High-Risk Sex (Among Sexually Active Persons)<sup>d</sup></b>									
Yes	16	20.9%*	9.3–32.5	<5 obs.	10.4%*	0.0–24.6	--	--	--
No	77	79.1%	67.5–90.7	15	89.6%*	75.4–100.0	14	100.0%*	100.0–100.0
<b>PERCENTAGES OF SEXUALLY ACTIVE PERSONS WHO USED A PREVENTION STRATEGY WITH AT LEAST 1 PARTNER:</b>									
<b>Sex While Sustainably Virally Suppressed<sup>e</sup></b>									
Yes	63	61.2%	48.1–74.2	9	61.0%*	34.4–87.6	13	94.4%*	83.4–100.0
No	30	38.8%	25.8–51.9	8	39.0%*	12.4–65.6	<5 obs.	5.6%*	0.0–16.6
<b>Condom-Protected Sex<sup>f</sup></b>									
Yes	51	54.1%	41.3–66.9	11	51.4%*	21.0–81.7	5	47.6%*	15.4–79.9
No	40	45.9%	33.1–58.7	6	48.6%*	18.3–79.0	9	52.4%*	20.1–84.6
<b>Condomless Sex With a Partner on PrEP<sup>g</sup></b>									
Yes	25	23.7%*	14.0–33.5	--	--	--	<5 obs.	5.6%*	0.0–16.6
No	67	76.3%	66.5–86.0	17	100.0%*	100.0–100.0	13	94.4%*	83.4–100.0
<b>Sex With an HIV Positive Partner<sup>h</sup></b>									
Yes	45	52.5%	40.0–65.0	<5 obs.	38.8%*	5.7–71.8	<5 obs.	17.7%*	0.0–37.4
No	48	47.5%	35.0–60.0	13	61.2%*	28.2–94.3	11	82.3%*	62.6–100.0
<b>TOTAL</b>	<b>151</b>	<b>100.0%</b>	<b>---</b>	<b>28</b>	<b>100.0%</b>	<b>---</b>	<b>25</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; PrEP, pre-exposure prophylaxis. Note: Persons who reported no anal, vaginal or oral sex in the 12 months before the interview were categorized according to self-reported sexual orientation. This table does not include information on women who had sex with women only, women who had sex with transgender people only, or men who had sex with transgender people only. Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages. <sup>d</sup> Vaginal or anal sex with at least 1 HIV-negative or unknown status partner while not sustainably virally suppressed, a condom was not used, and the partner was not on PrEP. PrEP use was only measured among the five most recent partners. <sup>e</sup> HIV viral load  $< 200$  copies/mL documented in the medical record at every measure in the past 12 months before the interview. <sup>f</sup> Condoms were consistently used with at least 1 vaginal or anal sex partner. <sup>g</sup> At least 1 HIV-negative condomless-sex partner was on PrEP. PrEP use was only measured among the five most recent partners and was reported by the HIV-positive partner. <sup>h</sup> Sex with at least 1 HIV-positive partner.

## 7. Intimate Partner Violence and Sexual Violence

Thirty-three percent of PLWDH reported having ever experienced intimate partner violence and 5% experienced it in the past 12

months. About one quarter reported having ever experienced sexual violence and 2% experienced it in the past 12 months.

### 7.1. Intimate Partner Violence and Sexual Violence - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b><i>Was ever slapped, punched, shoved, kicked, choked or otherwise physically hurt by a romantic or sexual partner</i></b>			
Yes	62	32.5%	24.5–40.6
No	146	67.5%	59.4–75.5
<b><i>Was slapped, punched, shoved, kicked, choked or otherwise physically hurt by a romantic or sexual partner, past 12 months</i></b>			
Yes	6	5.0%*	0.1–9.9
No	202	95.0%	90.1–99.9
<b><i>Was ever threatened with harm or physically forced to have unwanted vaginal, anal, or oral sex</i></b>			
Yes	49	23.7%	17.0–30.4
No	159	76.3%	69.6–83.0
<b><i>Was threatened with harm or physically forced to have unwanted vaginal, anal, or oral sex, past 12 months</i></b>			
Yes	<5 obs.	1.9%*	0.0–4.8
No	208	98.1%	95.2–100.0
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note: Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages.

## 8. Met and Unmet Ancillary Service Needs

The highest rate of unmet need for ancillary services among PLWDH was seen in dental care, with 19% reporting needing but not getting this service in the 12 months prior to the interview. Thirteen percent needed but did not receive HIV peer group support, 11% needed but did not receive mental health services, and 9% percent needed but did not receive food assistance (Supplemental Nutrition Assistance Program or the Special Supplemental Nutrition Program for Women, Infants, and Children). Eight percent needed but did not receive transportation assistance and 8% needed but did not receive HIV case management services.

Six percent needed but did not receive meal or food services and 5% unmet need rates were seen for shelter or housing services.

Rates of unmet need were generally higher among PLWDH whose scores on the HIV stigma scale were in the top 25% (score  $\geq 57.1$ , range 0-100), indicating high levels of HIV stigma experience. Among PLWDH with high HIV stigma scores, the rate of unmet need was 23% for dental care, 18% for HIV peer group support, and 16% for mental health services, and 12% for transportation services.

### 8.1. Met and Unmet Need for Ancillary Services, Overall and by High HIV Stigma Score - Medical Monitoring Project, CA, 2019

Service:	Overall			High HIV Stigma <sup>a</sup>		
	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>
<b>Dental Care</b>						
Needed, but did not receive service	41	18.9%	12.7–25.1	15	22.9%*	11.4–34.5
Received service	148	70.6%	63.3–77.9	32	67.5%	53.9–81.0
Did not need, did not receive service	22	10.5%*	5.6–15.4	6	9.6%*	2.0–17.2
<b>SNAP or WIC</b>						
Needed, but did not receive service	15	8.8%*	3.6–14.1	5	8.1%*	1.0–15.2
Received service	57	27.1%	19.7–34.5	24	50.3%*	33.9–66.6
Did not need, did not receive service	139	64.0%	56.0–72.1	24	41.6%*	26.0–57.2
<b>Transportation Assistance</b>						
Needed, but did not receive service	20	8.0%*	4.5–11.6	8	12.4%*	3.9–21.0
Received service	47	21.0%	14.9–27.1	13	22.7%*	10.8–34.7
Did not need, did not receive service	144	71.0%	64.2–77.8	32	64.8%	50.6–79.1
<b>Mental Health Services</b>						
Needed, but did not receive service	23	10.9%*	6.0–15.9	10	16.2%*	6.3–26.1
Received service	80	39.5%	31.4–47.6	25	47.1%*	30.8–63.5
Did not need, did not receive service	108	49.6%	41.4–57.7	18	36.7%*	20.0–53.3



## 8.1. Met and Unmet Need for Ancillary Services, Overall and by High HIV Stigma Score - Medical Monitoring Project, CA, 2019 (cont.)

Service:	Overall			High HIV Stigma <sup>a</sup>		
	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>
<b>Shelter or Housing Services</b>						
Needed, but did not receive service	11	4.5%*	1.8–7.1	<5 obs.	6.3%*	0.1–12.4
Received service	40	17.9%	12.2–23.5	8	14.6%*	4.6–24.6
Did not need, did not receive service	160	77.7%	71.6–83.8	41	79.1%	67.6–90.7
<b>HIV Peer Group Support</b>						
Needed, but did not receive service	22	12.5%*	6.8–18.3	9	18.2%*	3.7–32.7
Received service	25	12.3%*	6.3–18.3	<5 obs.	6.2%*	0.0–13.3
Did not need, did not receive service	164	75.2%	67.6–82.7	41	75.6%	60.4–90.8
<b>Meal or Food Services<sup>e</sup></b>						
Needed, but did not receive service	13	6.3%*	2.3–10.3	<5 obs.	4.4%*	0.0–9.5
Received service	50	24.0%	17.2–30.9	14	30.3%*	14.4–46.1
Did not need, did not receive service	148	69.7%	62.2–77.1	36	65.3%	49.3–81.3
<b>HIV Case Management Services</b>						
Needed, but did not receive service	6	7.7%*	0.0–7.6	<5 obs.	4.4%*	0.0–9.5
Received service	117	57.7%	49.8–65.7	26	53.2%*	36.9–69.5
Did not need, did not receive service	89	38.5%	30.7–46.2	24	42.4%*	26.3–58.5
<b>Patient Navigation Services</b>						
Needed, but did not receive service	9	5.2%*	1.3–6.1	<5 obs.	4.3%*	0.0–9.2
Received service	48	22.8%	16.1–29.6	8	20.0%*	4.7–35.4
Did not need, did not receive service	154	73.5%	66.5–80.5	42	75.7%	60.1–91.2
<b>Medicine Through ADAP</b>						
Needed, but did not receive service	<5 obs.	1.6%*	0.0–3.2	<5 obs.	1.4%*	0.0–4.2
Received service	96	46.2%	38.0–54.4	19	37.3%*	21.3–53.4
Did not need, did not receive service	102	52.2%	44.0–60.5	32	61.3%	45.2–77.4
<b>Drug or Alcohol Counseling or Treatment</b>						
Needed, but did not receive service	<5 obs.	1.6%*	0.0–3.2	<5 obs.	4.8%*	0.0–10.2
Received service	9	3.6%*	1.2–6.0	<5 obs.	4.5%*	0.0–9.6
Did not need, did not receive service	198	94.7%	91.9–97.6	47	90.8%	83.4–98.2



## 8.1. Met and Unmet Need for Ancillary Services, Overall and by High HIV Stigma Score - Medical Monitoring Project, CA, 2019 (cont.)

Service:	Overall			High HIV Stigma <sup>a</sup>		
	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>	# <sup>b</sup>	% <sup>c</sup>	95% CI <sup>d</sup>
<b>Professional HIV Medication Adherence Support Services</b>						
Needed, but did not receive service	<5 obs.	1.2%*	0.0–2.5	<5 obs.	1.3%*	0.0–3.8
Received service	77	35.2%	27.6–42.7	16	30.0%*	15.5–44.4
Did not need, did not receive service	132	63.7%	56.1–71.3	36	68.8%	54.2–83.3
<b>Domestic Violence Services</b>						
Needed, but did not receive service	<5 obs.	0.9%*	0.0–2.1	--	--	--
Received service	<5 obs.	1.3%*	0.0–2.8	<5 obs.	3.6%*	0.0–8.5
Did not need, did not receive service	206	97.8%	95.9–99.7	51	96.4%	91.5–100.0
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>	<b>53</b>	<b>100.0%</b>	<b>---</b>

Abbreviations: CI, confidence interval; ADAP, AIDS Drug Assistance Program; SNAP, Supplemental Nutrition Assistance Program; WIC, Special Supplemental Nutrition Program for Women, Infants, and Children. Note: Persons could report receiving or needing more than one service. Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>a</sup> Stigma scores were measured with a ten-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. People were classified as having experienced high levels of HIV stigma if their score on the HIV stigma scale was in the top quartile for the 2015-2017 combined sample (score of  $\geq 57.5$ ). <sup>b</sup> Numbers are unweighted. <sup>c</sup> Percentages are weighted percentages. <sup>d</sup> CIs incorporate weighted percentages. <sup>e</sup> Includes services such as soup kitchens, food pantries, food banks, church dinners, or food delivery services.



## 9. Prevention Services

Over half (58%) of PLWDH reported attending a one-on-one HIV/STD risk-reduction conversation with a physician, nurse, or other health care worker. Forty-four percent reported receiving free condoms in the 12 months prior to the interview.

About one quarter (27%) attended a one-on-one HIV/STD risk-reduction conversation with an outreach worker, counselor, or prevention program worker and 12% attended an organized HIV/STD risk-reduction session involving a small group of people.

### 9.1. Prevention Services - Medical Monitoring Project, CA, 2019

	Number <sup>a</sup>	Percentage <sup>b</sup>	95% CI <sup>c</sup>
<b><i>One-on-One HIV/STD Risk-Reduction Conversation With Physician, Nurse, or Other Health Care Worker</i></b>			
Yes	122	57.8%	49.8–65.8
No	90	42.2%	34.2–50.2
<b><i>One-on-One HIV/STD Risk-Reduction Conversation With Outreach Worker, Counselor, or Prevention Program Worker</i></b>			
Yes	57	26.8%	19.8–33.8
No	155	73.2%	66.2–80.2
<b><i>Attended an Organized HIV/STD Risk-Reduction Session Involving a Small Group of People</i></b>			
Yes	25	12.4%*	6.8–17.9
No	187	87.6%	82.1–93.2
<b><i>Received Free Condoms</i></b>			
Yes	96	44.2%	36.2–52.3
No	116	55.8%	47.7–63.8
<b>TOTAL</b>	<b>218</b>	<b>100.0%</b>	<b>---</b>

Abbreviation: CI, confidence interval. Note. Persons could report receiving more than one prevention service. <sup>a</sup> Numbers are unweighted. <sup>b</sup> Percentages are weighted percentages. <sup>c</sup> CIs incorporate weighted percentages.

## 10. HIV Stigma

Scores on the HIV stigma scale ranged from the minimum of zero to the maximum of one hundred (Table 10.1). Women had slightly higher median HIV stigma scores compared to men and a larger percentage had scores in the top quartile (score  $\geq 57.1$ ). Percentage with scores in the top quartile were higher among lesbian or gay PLWDH compared to bisexual and heterosexual or

straight PLWDH. About 34% of white PLWDH, 24% of Latinx PLWDH, 22% of American Indian/Alaska Native, and 19% of black/African-American PLWDH had stigma scores in the top quartile compared to 21% of white PLWDH. A higher percentage of those ages 18-29 had HIV stigma scores in the top quartile (35%) compared to those ages 50 and older (24%).

### 10.1. HIV Stigma by Selected Characteristics - Medical Monitoring Project, CA, 2019

	Median HIV Stigma <sup>a</sup> Score		High HIV Stigma <sup>b</sup>		
	Median Score	Interquartile Range	# <sup>c</sup>	% <sup>d</sup>	95% CI <sup>e</sup>
<b>Gender</b>					
Male	37.1	23.1-56.3	46	25.8%	18.1–33.5
Female	47.1	32.3-65.5	7	36.6%*	12.4–60.9
Transgender	20.4*	10.7-32.8	--	--	--
<b>Sexual Orientation</b>					
Lesbian or gay	41.0	21.9-58.5	38	31.5%	21.6–41.4
Heterosexual or straight	40.6	27.2-59.5	12	26.3%*	11.1–41.5
Bisexual	35.0*	21.5-49.1	<5 obs.	17.7%*	0.0–36.2
Other	33.7*	30.0-36.2	--	--	--
<b>Race/Ethnicity</b>					
American Indian/Alaska Native	35.0*	35.0-45.4	<5 obs.	21.5%*	0.0–68.5
Asian	24.6*	15.0-38.7	--	--	--
Black/African American	34.4*	24.9-47.2	<5 obs.	18.8%*	1.2–36.4
Latinx	41.6	27.6-55.0	23	24.1%	14.9–33.4
Native Hawaiian/Other Pacific Islander	22.5*	22.5-26.3	--	--	--
White	36.6	22.8-62.9	25	34.1%*	20.7–47.4
Multiple races	26.3*	18.0-40.9	--	--	--



## 10.1. HIV Stigma by Selected Characteristics - Medical Monitoring Project, CA, 2019 (cont.)

	Median HIV Stigma <sup>a</sup> Score		High HIV Stigma <sup>b</sup>		
	Median Score	Interquartile Range	# <sup>c</sup>	% <sup>d</sup>	95% CI <sup>e</sup>
<b>Age at Time of Interview (yr)</b>					
18–29	44.2*	29.1–63.5	7	35.4%*	11.8–58.9
30–39	36.2*	31.3–52.1	7	20.1%*	4.9–35.4
40–49	45.9	20.9–63.0	10	34.5%*	14.2–54.8
≥50	36.7	24.1–55.5	29	24.4%*	15.2–33.6
<b>OVERALL</b>	<b>39.0</b>	<b>24.0–57.1</b>	<b>53</b>	<b>---</b>	<b>---</b>

Abbreviations: CI, confidence interval. <sup>a</sup> Stigma scores were measured with a ten-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. Estimates with a coefficient of variation  $\geq 0.30$ , a denominator sample size  $< 30$ , an absolute CI width  $\geq 0.30$ , or an absolute CI width between 0.05 and 0.30 and a relative CI width  $> 130\%$  are marked with an asterisk and should be interpreted with caution. <sup>b</sup> People were classified as having experienced high levels of HIV stigma if their score on the HIV stigma scale was in the top quartile for the 2015–2017 combined sample (score of  $\geq 57.5$ ). <sup>c</sup> Numbers are unweighted. <sup>d</sup> Percentages are weighted percentages. <sup>e</sup> CIs incorporate weighted percentages.

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