



# The Continuum of HIV Care in Orange County -- 2013



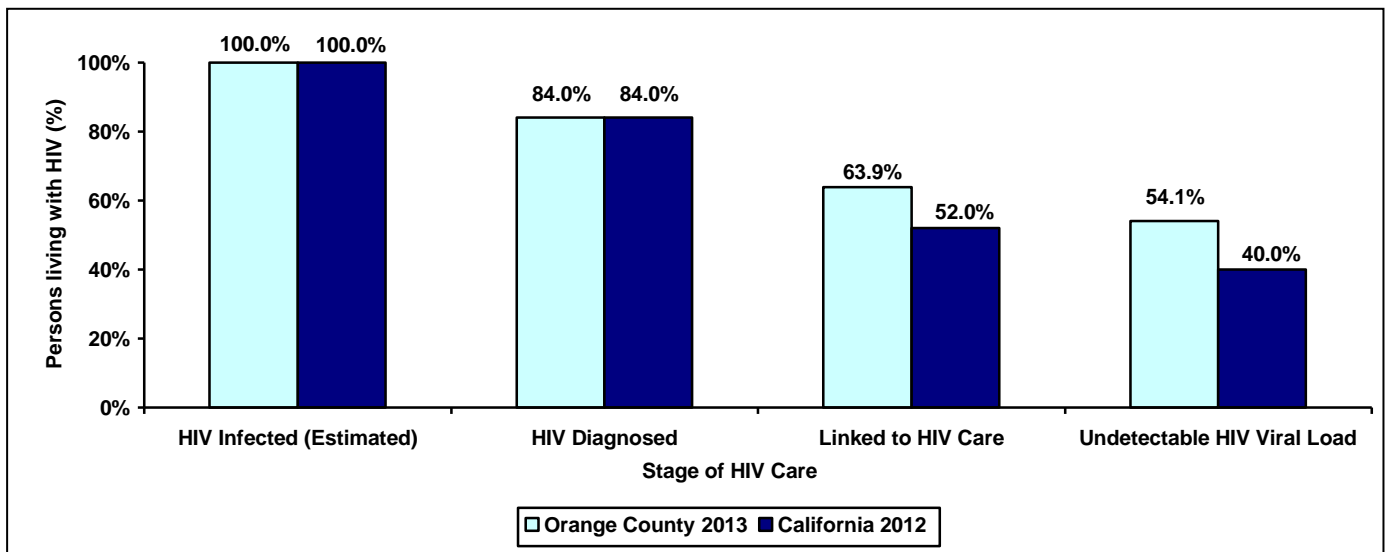
## Introduction

On December 1, 2014, the State Office of AIDS (SOA) released a Fact Sheet on California's Continuum of HIV Care based on 2012 data (available at: <http://cdph.ca.gov/programs/aids/Documents/HIVCareContinuum-2012.pdf>). This Fact Sheet provides a report specific to Orange County, using the SOA template for 2013 data.

The Centers for Disease Control and Prevention (CDC) released an analysis<sup>1</sup> showing that only one in every four of the 1.1 million Americans living with HIV have their infection under control. The Continuum of Care provides a visual "cascade" of individuals living with HIV disease. The CDC stages of the continuum include:

1. **Infected with HIV:** This is the CDC estimate that includes those who know their HIV status and those who are HIV-positive but unaware of their HIV status;
2. **Diagnosed with HIV:** This is the percent of individuals who are HIV-positive and aware of their status compared to the estimate of all individuals living with HIV in Orange County;
3. **Linked to HIV care:** This is the percent of HIV-positive individuals who have been linked to HIV medical care;
4. **Retained in HIV care:** This is the percent of HIV-positive individuals who are currently in HIV care with at least two visits during the year. This measure will not be shown since the number of care visits a doctor requires varies from provider to provider, with many only seeing their patients once a year;
5. **Receiving Antiretroviral Therapy:** This is the percent of HIV-positive individuals who are taking antiretroviral medications. This data is not available for Orange County;
6. **Undetectable HIV Viral Load<sup>2</sup>:** This is the percent of individuals with a HIV Viral Load of less than 200 copies/mL.

**Figure 1: The Continuum of HIV Care: Orange County, 2013 Compared to California, 2012**



- Of the 6,549<sup>2</sup> estimated persons living with HIV in Orange County in 2013:
  - 4,184 (63.9%) were linked to HIV care compared to California's 2012 percentage of 52.0%.
  - 3,540 (54.1%) achieved viral suppression compared to California's 2012 percentage of 40.0%.

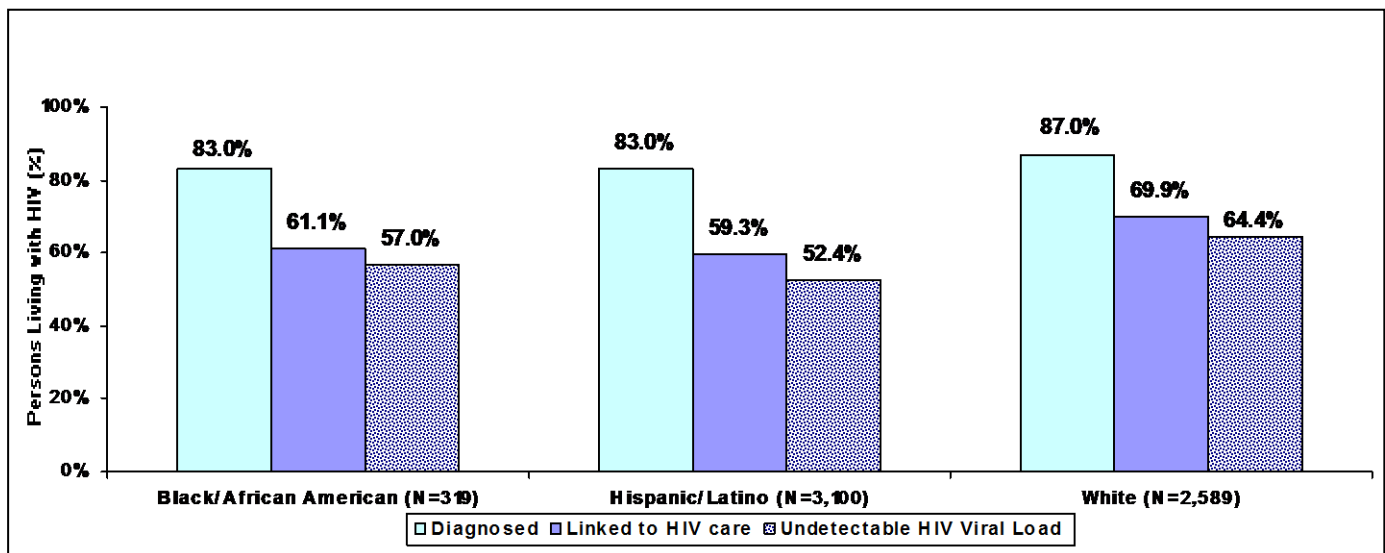
<sup>1</sup> CDC. HIV in the United States: Stages of Care. <http://www.cdc.gov/nchhstp/newsroom/docs/2012/Stages-of-CareFactSheet-508.pdf> Released July 2012. Accessed November 6, 2013.

<sup>2</sup> The number of persons living with HIV in Orange County changes as individuals move in and out of the County. The 5,501 represents those who were living in Orange County in 2013 from data extracted as of January 2015 and does not match previously reported numbers for 2013.

## 2013 Highlights

- Orange County has higher linkage to care and viral suppression percentages than California and national figures; in California, 52 percent of people living with HIV are linked to HIV care and 40 percent are virally suppressed; nationally, 37 percent of people living with HIV are linked to HIV care and 25 percent have achieved viral load suppression.
- Of the 6,549 Orange County residents age 13 and older estimated to be living with HIV, 54.1 percent had achieved viral suppression (Figure 1).
- Hispanics estimated to be living with HIV in Orange County are less likely to be linked to HIV care (59.3%) or virally suppressed (69.9%) than other race/ethnicity groups. (Figure 2).
- Younger persons (13-24 years) estimated to be living with HIV are least likely to be linked to care (32.4%) and are also least likely to be virally suppressed (29.8%).
- Men and women estimated to be living with HIV in Orange County are equally likely to be linked to care (70.3%), but women are more likely to be retained in care (59.7%), while men are more likely to be virally suppressed (60.7%).
- Women estimated to be living in Orange County are equally likely to be linked to HIV care (66.9%) and to be virally suppressed (59.8%) than males.
- Orange County's 2013 Continuum shows improvements compared to 2010. This is due to lower estimates of people who are unaware of being infected with HIV as well as better information regarding persons currently living in Orange County.

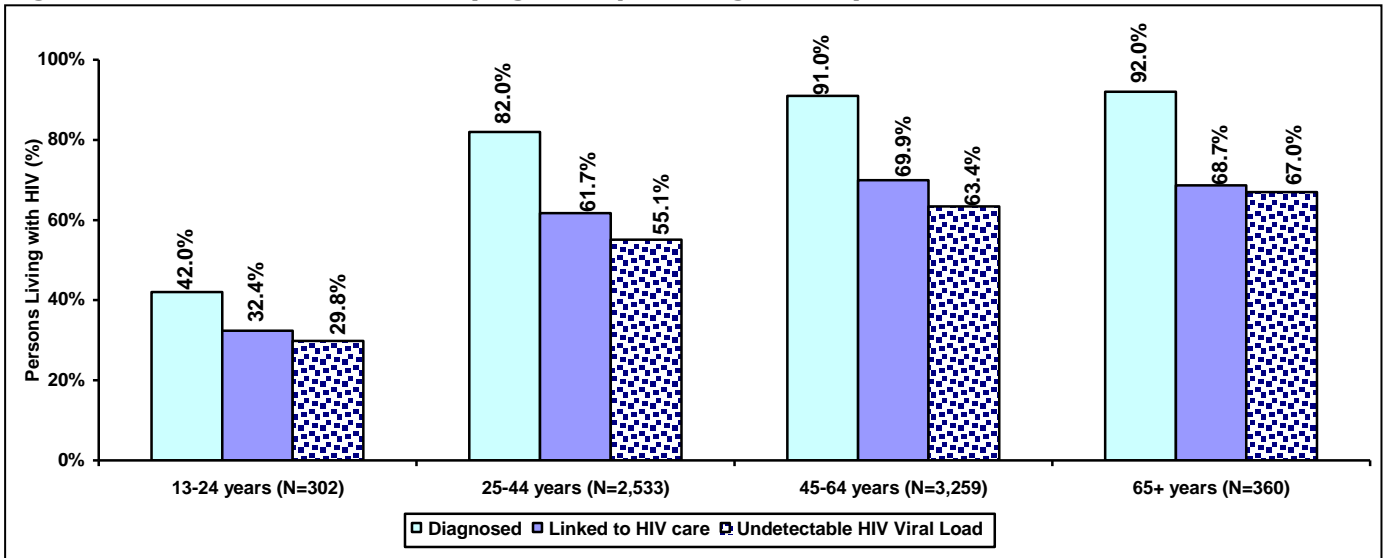
**Figure 2: Continuum of HIV Care by Race/Ethnicity: Orange County, 2013**



### Race/Ethnicity

- Hispanics estimated to be living with HIV in Orange County are less likely to be linked to care (59.3%) or virally suppressed (52.4%) than other racial/ethnic groups.
- In California overall in 2012, 50.0% of African Americans were linked to care and 34.0% achieved viral suppression.

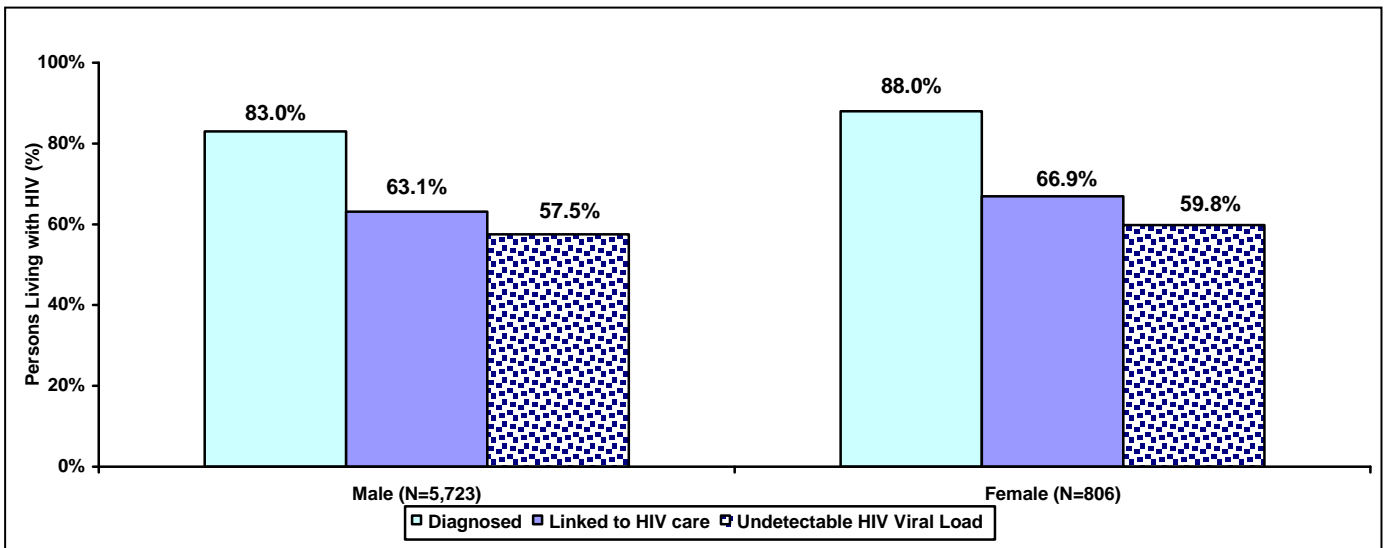
**Figure 3: Continuum of HIV Care by Age Group – Orange County, 2013**



**Age Group**

- Persons age 13-24 years estimated to be living with HIV in Orange County are least likely to be linked to care (32.4%). Viral load suppression increases with age, with persons age 65 years and over having the highest rate of viral load suppression (67.0%).
- In California in 2012, persons age 13-24 years were least likely to be linked to care (26.0%). Viral load suppression increases with age, with persons age 65 years and over having the highest percentage at 48.0%.

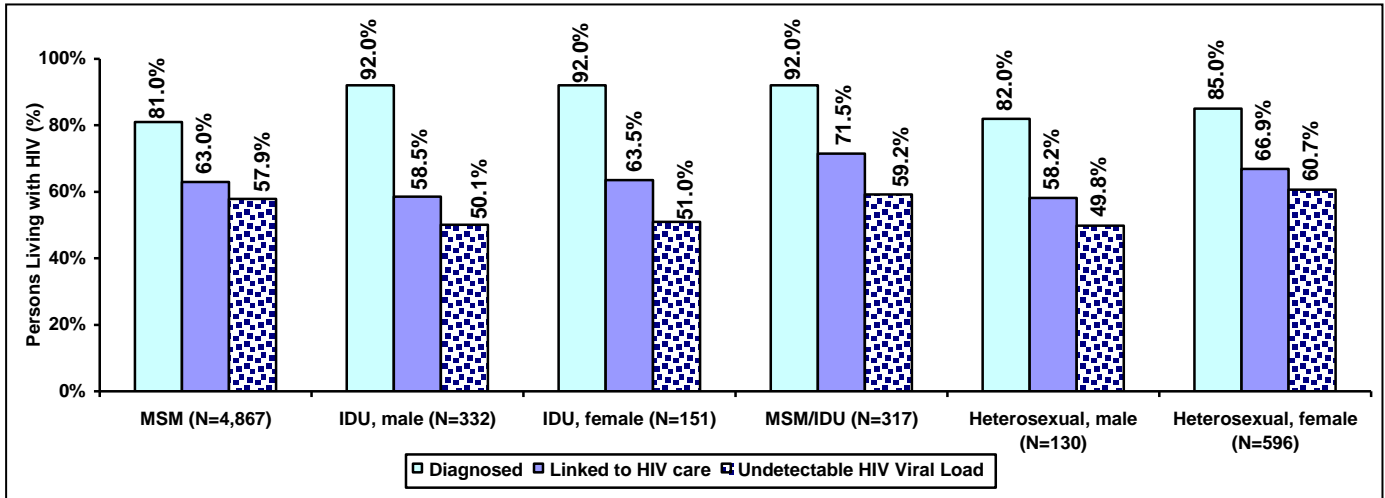
**Figure 4: Continuum of HIV Care by Gender – Orange County, 2013**



**Gender**

- Women estimated to be living in Orange County are equally likely to be linked to HIV care (66.9%) and to be virally suppressed (59.8%) than males. Transgender rates are not shown due to the lack of an estimate regarding how many are diagnosed.
- In California in 2012, females were most likely to be linked to care (53.0%), followed closely by males (52.0%). Males are more likely to be virally suppressed (39.0% for males versus 37.0% for females).

**Figure 4: Continuum of HIV Care by Risk Group – Orange County, 2013**



Note: MSM=men who have sex with men. IDU= injection drug users.

### Risk Group

- Male injection drug users and heterosexual males estimated to be living with HIV in Orange County are less likely to be linked to care or virally suppressed than all other risk groups.
- In California in 2012, the percentage of male IDUs linked to care was 47.0% and the percentage virally suppressed was 33.0%.
- Female IDUs in California had 53.0% linked to care and 35.0% were virally suppressed.

### Closing the Gaps

HIV testing is a first critical step in HIV prevention and is the only way to identify Orange County residents with HIV who do not know they are infected (16 percent of the number of persons living with HIV who know they are infected).

In addition, ensuring that people have access to care, stay in care, and remain on antiretroviral treatment will increase the percentage of HIV-infected individuals who achieve and maintain viral suppression, which is important for improving their health and for preventing HIV transmission.

To reduce the impact of HIV in Orange County, improvements are needed at each stage of the Continuum of HIV Care, with particular efforts aimed to reduce disparities by race, age, and risk group.

## Data Sources, Methods, and Additional Resources

### Data Sources

- The data were extracted from the Orange County HIV Case Registry, as reported January 2015.
- Cases were restricted to persons aged 13 years and older that were diagnosed with HIV by December 31, 2013; analyses of accessing HIV care access and viral suppression were based on laboratory reports collected during January 1, 2013-December 31, 2013.
- The estimated percentages of persons living with undiagnosed HIV are based on national figures obtained from the CDC.<sup>3</sup>

### Definitions

- Persons living and diagnosed with HIV were defined as current Orange County residents diagnosed with HIV by December 31, 2013 who had their case reported to the Orange County HIV/AIDS Surveillance and Monitoring Program by January 31, 2013.
- Persons in HIV care were defined as current Orange County residents diagnosed with HIV who were alive on December 31, 2013 and who had an HIV care visit between January 1, 2013 and December 31, 2013.
- Laboratory data were used as a proxy for care visits; a care visit was defined as having at least one CD4 and/or viral load laboratory result reported to the Orange County HIV/AIDS Surveillance and Monitoring Program.
- Persons retained in care over time were defined as those HIV patients in HIV care who had at least two care visits, using CD4 and/or viral load laboratory result as proxies, between January 1, 2013 and December 31, 2013, and for whom the visits were at least three months apart.
- Persons who achieved viral suppression were defined as those having a most recent viral load test result indicating less than 200 copies/ml between January 1, 2013 and December 31, 2013.

### Additional Resources

- National HIV/AIDS Strategy: <http://aids.gov/federal-resources/national-hiv-aids-strategy/nhas.pdf>.
- California's Office of AIDS Integrated HIV Surveillance, Prevention, and Care Plan: <http://www.cdph.ca.gov/programs/aids/Documents/IntegratedPlan.pdf>.

## Acknowledgements

Orange County Health Care Agency would like to thank all Orange County providers and laboratories whose work made this report possible.

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<sup>3</sup> Monitoring selected national HIV prevention and care objectives by using HIV surveillance data—United States and six U.S. dependent areas—2011. *HIV Surveillance Supplemental Report* 2013;18 (No 5). Accessed September 16, 2014. [http://www.cdc.gov/hiv/pdf2011/Monitoring\\_HIV\\_Indicators\\_HSSR\\_FINAL.pdf](http://www.cdc.gov/hiv/pdf2011/Monitoring_HIV_Indicators_HSSR_FINAL.pdf).