

Transgender People and HIV

(updated June 2021)



Transgender People and HIV

This educational packet is a curated compilation of resources on transgender people and HIV.

The contents of this packet are listed below:

- Diagnoses of HIV Infection in the United States and Dependent Areas, 2019: Transgender Persons (CDC Special Focus Profile)
- HIV and Transgender People (CDC fact sheet)
- El VIH y las Personas Transgénero (CDC fact sheet)
- HIV and Transgender Communities (CDC issue brief)
- HIV Prevention and Care for the Transgender Population (CDC brief)

You may wish to customize this packet to meet the needs or interests of particular groups, such as event participants, providers, patients, clients, or the general public. So please feel free to distribute all or part of this document as either a printout or PDF.

Diagnoses of HIV Infection in the United States and Dependent Areas 2019

cdc.gov/hiv/library/reports/hiv-surveillance/vol-32/content/special-focus-profiles.html

Special Focus Profiles

Transgender Persons

Transgender is an umbrella term that is used to identify persons whose sex assigned at birth does not match current gender identity or expression. *Gender identity* refers to one's internal understanding of one's own gender, or the gender with which a person identifies. *Gender expression* is a term used to describe people's outward presentation of their gender. Gender identity and sexual orientation are different facets of identity. Everyone has a gender identity and a sexual orientation, but a person's gender does not determine a person's sexual orientation. Transgender persons may identify as heterosexual, homosexual, bisexual, or none of the above. Transgender persons face numerous prevention challenges, including lack of public/provider knowledge about transgender issues and social rejection and exclusion, and are understudied in HIV prevention (e.g., pre-exposure prophylaxis, [PrEP]) and treatment interventions.

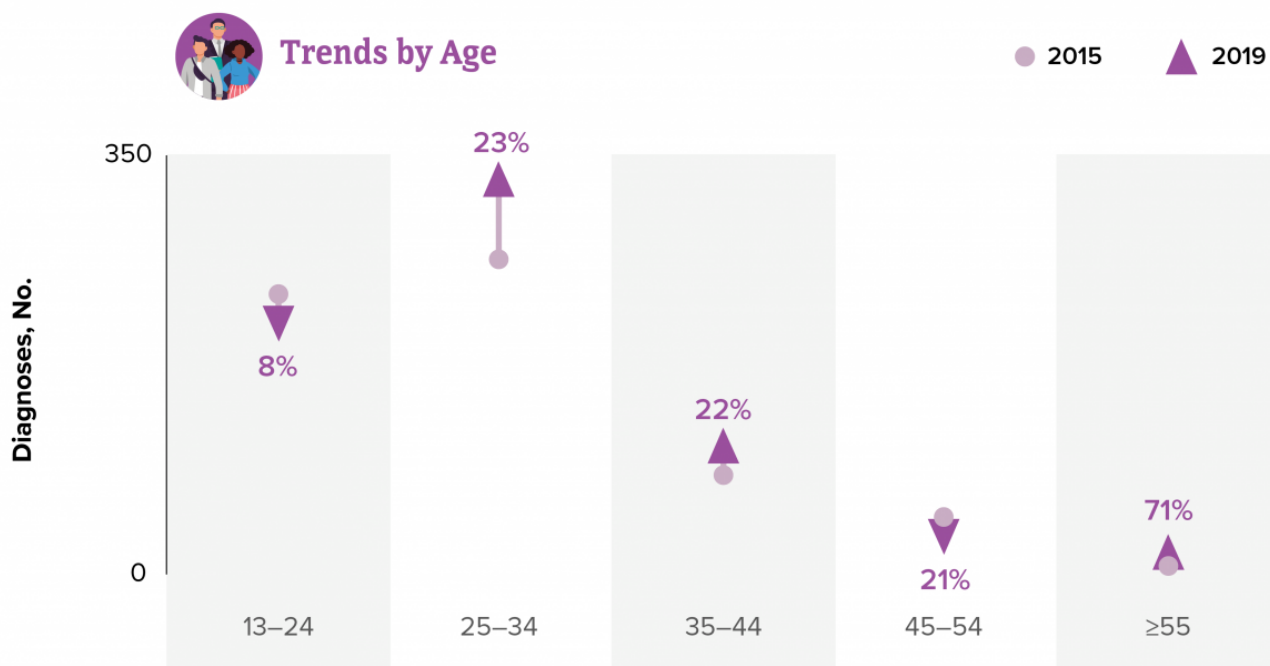
Diagnoses of HIV infection:

Gender: From 2015 through 2019 in the United States and 6 dependent areas, the number of diagnoses of HIV infection for transgender adults and adolescents increased (Table 4b). In 2019, among all adults and adolescents, diagnoses of HIV infection among transgender persons accounted for approximately 2% of diagnoses. In 2019, among transgender adults and adolescents, the largest percentage (93%) of diagnoses of HIV infections was for transgender MTF.

Age group: From 2015 through 2019 in the United States and 6 dependent areas, the number of diagnoses of HIV infection among transgender persons aged 25–34 and 35–44 years increased (Figure 17). The number for transgender persons aged 13–24 and 45–54

years decreased. In 2019, the largest percentage (24%) of diagnoses of HIV infection was among transgender MTF aged 20–24 years, followed by transgender MTF aged 25–29 years (23%), and transgender MTF aged 30–34 years (19%) (Table 4b). Please use caution when interpreting data for transgender persons 13–14, ≥55 years, and transgender FTM aged 20–24, 35–39, and 45–54 years: the numbers are small.

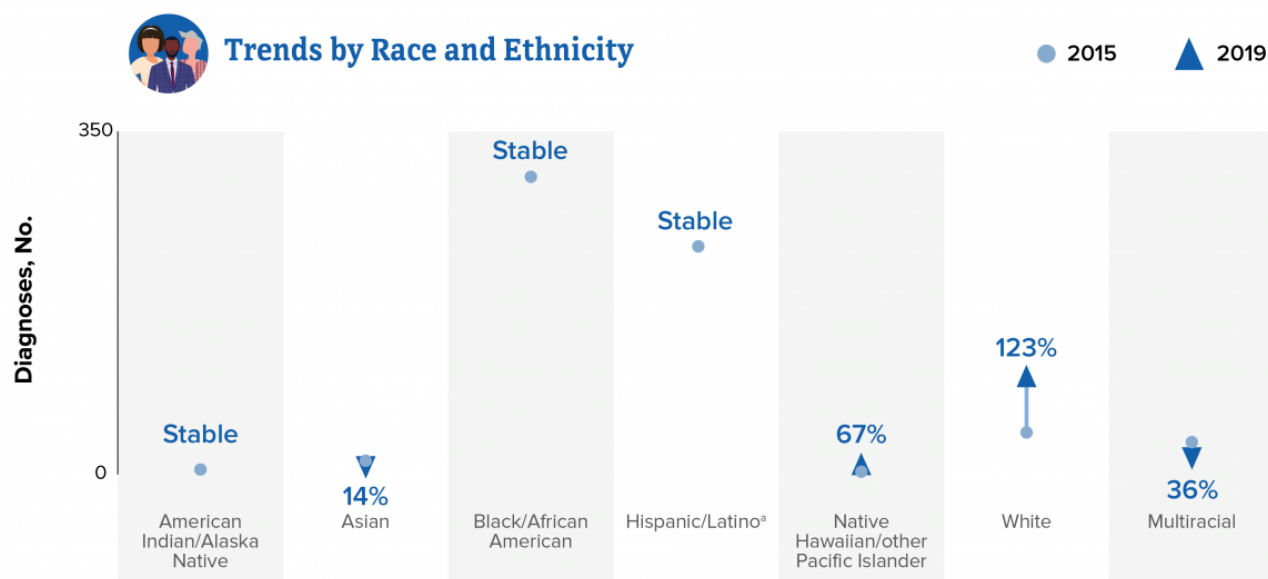
Figure 17. Diagnoses of HIV Infection among Transgender Adults and Adolescents, by Age at Diagnosis, 2015–2019—United States and 6 Dependent Areas



Note: See section D2.2 in the Technical Notes for more information on gender.

Race/ethnicity: From 2015 through 2019 in the United States and 6 dependent areas, the number of diagnoses of HIV infection among White transgender adults and adolescents increased (Figure 18). The number of diagnoses of HIV infection for Asian and multiracial transgender adults and adolescents decreased. The number of diagnoses of HIV infection for Black/African American and Hispanic/Latino transgender adults and adolescents remained stable. Please use caution when interpreting data for American Indian/Alaska Native and Native Hawaiian/other Pacific Islander transgender adults and adolescents: the numbers are small.

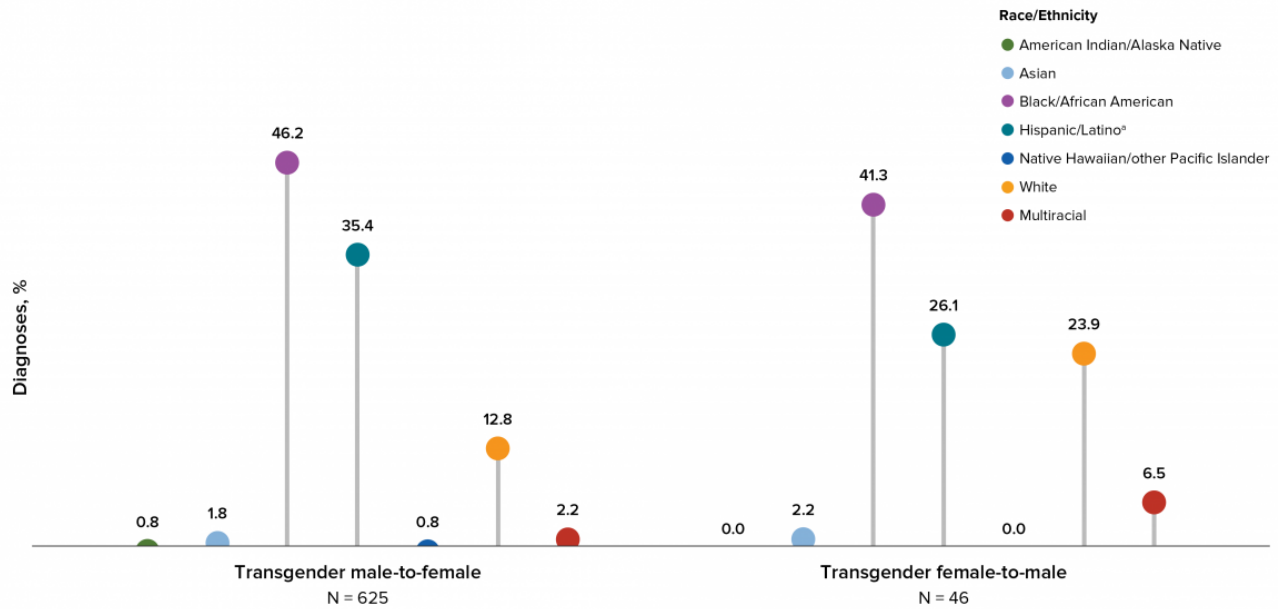
Figure 18. Diagnoses of HIV Infection among Transgender Adults and Adolescents, by Race/Ethnicity, 2015–2019—United States and 6 Dependent Areas



Note: See sections D2.2 and D3 in the Technical Notes for more information on gender and race/ethnicity.

In 2019 in the United States and 6 dependent areas, among transgender MTF adults and adolescents, the largest percentage of diagnoses of HIV infection was for Black/African American persons (46%), followed by Hispanic/Latino (35%), and White (13%) persons (Figure 19 and Table 4b). The largest percentage of diagnoses of HIV infection among transgender FTM was for Black/African American persons (41%), followed by Hispanic/Latino (26%), and White (24%) persons. Please use caution when interpreting data for American Indian/Alaska Native, Asian, Native Hawaiian/other Pacific Islander, and multiracial transgender persons: the numbers are small.

Figure 19. Percentages of Diagnoses of HIV Infection among Transgender Adults and Adolescents, by Race/Ethnicity, 2019—United States and 6 Dependent Areas









Note: See sections D2.2 and D3 in the Technical Notes for more information on gender and race/ethnicity.

^aHispanic/Latino persons can be of any race.

Region: From 2015 through 2019 in the United States and 6 dependent areas, the number of diagnoses of HIV infection among transgender adults and adolescents increased in the South and West; and decreased in the Northeast and Midwest (Table 4b). In 2019, the largest percentage (43%) of diagnoses of HIV infection was for transgender adults and adolescents in the South, followed by 28% in the West, 16% in the Northeast, and 13% in the Midwest. Overall, the larger percentage of diagnoses of HIV infection in each of the 4 regions was for transgender MTF adults and adolescents.

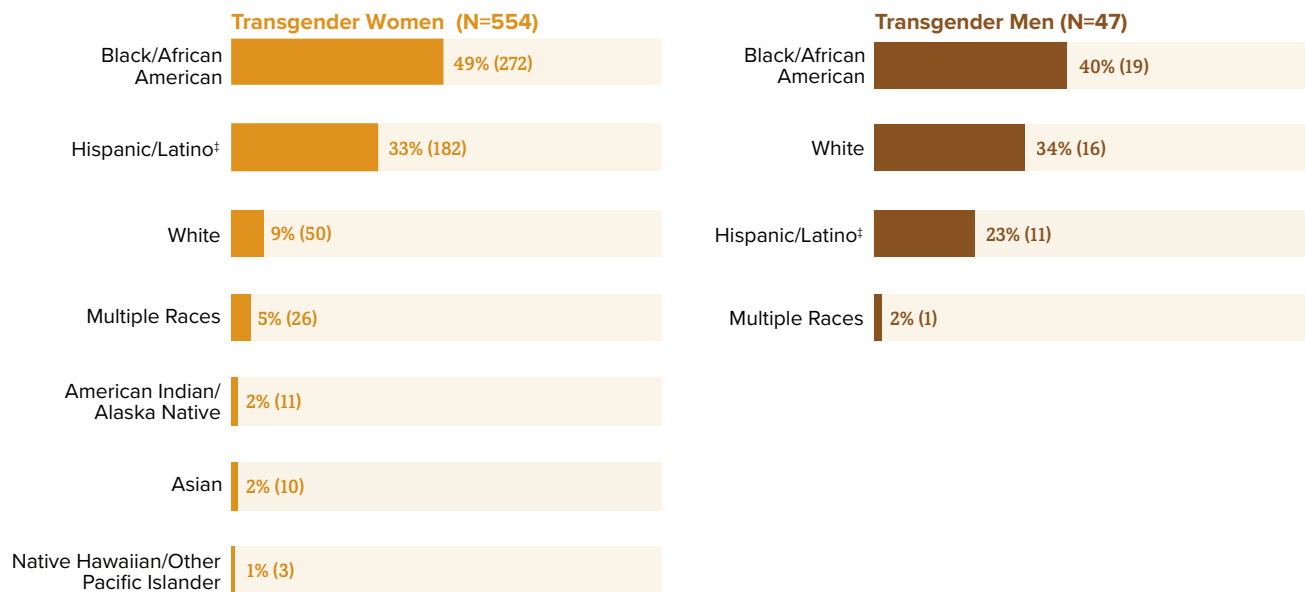
HIV and Transgender People

-  **Transgender:** A person whose gender identity or expression is different from their sex assigned at birth.
-  **Transgender man:** A person assigned female at birth and identifies as a male.
-  **Transgender woman:** A person assigned male at birth and identifies as a female.
-  **Cisgender:** A person whose sex assigned at birth is the same as their gender identity or expression.
-  **Gender expression:** A person's outward presentation of their gender (for example, how they act or dress).
-  **Gender identity:** A person's internal understanding of their own gender.

2%

Of the **37,968 NEW HIV DIAGNOSES** in the US and dependent areas* in 2018, 2% (601) were among transgender people.

Most new HIV diagnoses among transgender people were among Black/African American people.[†]



Total may not equal 100% due to rounding.

* American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the Republic of Palau, and the US Virgin Islands.

[†] *Black* refers to people having origins in any of the Black racial groups of Africa. *African American* is a term often used for people of African descent with ancestry in North America.

[‡] Hispanic/Latino people can be of any race.

** In 41 states and the District of Columbia.



Centers for Disease Control and Prevention
National Center for HIV/AIDS,
Viral Hepatitis, STD, and
TB Prevention

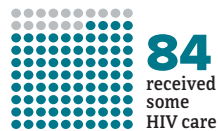
Transgender people who don't know they have HIV cannot get the care and treatment they need to stay healthy.



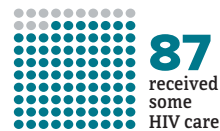
It is important for transgender people to know their HIV status so they can take medicine to treat HIV if they have the virus. Taking HIV medicine every day can make the viral load undetectable. People who get and keep an undetectable viral load (or remain virally suppressed) can stay healthy for many years and have effectively no risk of transmitting HIV to their sex partners.

Compared to all people with *diagnosed* HIV in 2018, transgender women have about the same viral suppression rates, and transgender men have higher viral suppression rates. More work is needed to increase these rates.

For every 100 transgender women with diagnosed HIV in 2018: **



For every 100 transgender men with diagnosed HIV in 2018: **



For comparison, for every **100 people overall** with diagnosed HIV, **76 received some care**, **58 were retained in care**, and **65 were virally suppressed**.

There are several challenges that place transgender people at higher risk for HIV.

Racism, HIV Stigma, and Transphobia



Racism, HIV stigma, and transphobia can negatively impact risk-taking behaviors, knowledge of HIV status, HIV care, and other needed services for many transgender people.

Few Multilevel Interventions



Interventions that address the structural, biomedical, and behavioral risks for HIV among transgender women and men are needed to address HIV disparities.

Lack of Knowledge



When health care providers are not knowledgeable about transgender issues, this can be a barrier for transgender people with HIV who are looking for treatment and care.

Unmet Need for Gender Affirmation



When transgender people do not feel supported through medical gender affirmation, they are less likely to engage in HIV prevention and care services.

How is CDC making a difference for transgender people?



Collecting and analyzing data and monitoring HIV trends.



Supporting community organizations that increase access to HIV testing and care.



Conducting prevention research and providing guidance to those working in HIV prevention.



Promoting testing, prevention, and treatment through the *Let's Stop HIV Together* campaign.



Supporting health departments and community-based organizations by funding HIV prevention work and providing technical assistance.



Strengthening successful HIV prevention programs and supporting new efforts funded through the *Ending the HIV Epidemic* initiative.

For more information about HIV surveillance data and how it is used, read the "Technical Notes" in the HIV surveillance reports at www.cdc.gov/hiv/library/reports/hiv-surveillance.html.

For more information visit www.cdc.gov/hiv

El VIH y las personas transgénero

DIAGNÓSTICOS DE INFECCIÓN POR EL VIH EN LOS EE. UU., 2009-2014

2351 PERSONAS TRANSGÉNERO RECIBIERON UN DIAGNÓSTICO DE INFECCIÓN POR EL VIH. DE ELLAS:

84 % ERAN MUJERES TRANSGÉNERO

15 % ERAN HOMBRES TRANSGÉNERO*

ALREDEDOR DE LA MITAD VIVIAN EN EL SUR



Transgénero: persona cuya identidad o expresión de género es diferente a la del sexo asignado al nacer.



Identidad de género: comprensión interna que las personas tienen de su propio género.



Expresión de género: forma en que las personas presentan externamente su género (por ejemplo, su forma de vestir).

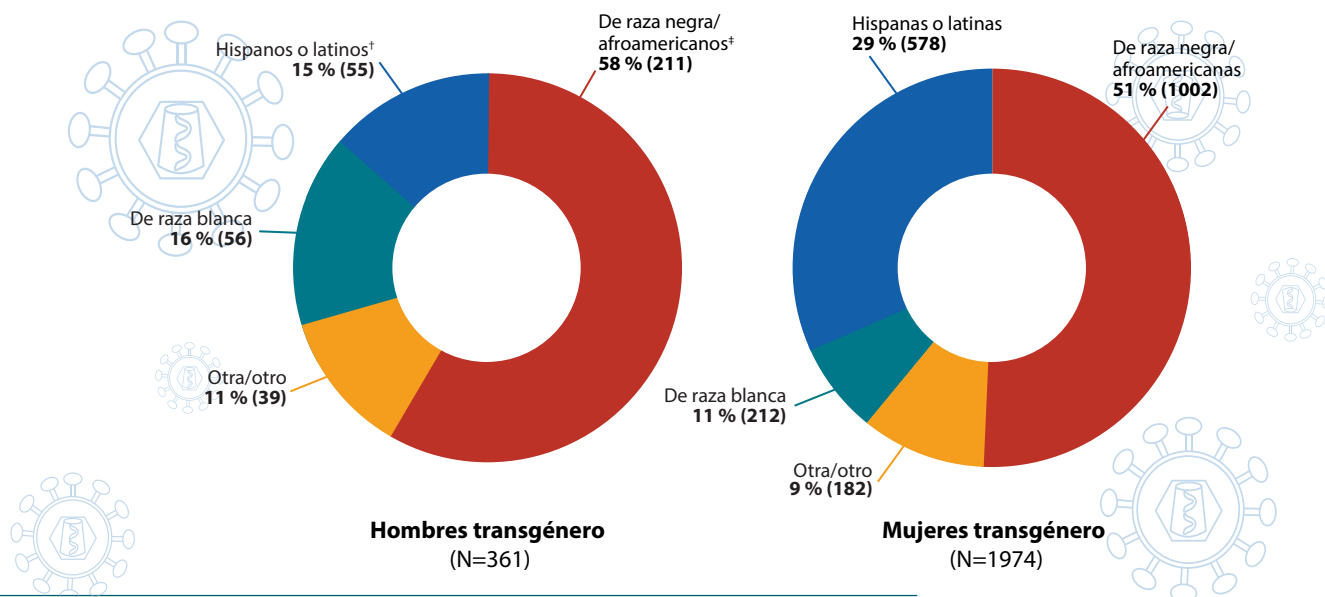


Mujeres transgénero: son personas que recibieron la asignación de sexo masculino al nacer pero que se identifican como mujeres.



Hombres transgénero: personas que recibieron la asignación de sexo femenino al nacer pero que se identifican como hombres.

Diagnósticos de infección por el VIH entre personas transgénero en los Estados Unidos, por raza o etnia, 2009-2014



* Menos del 1 % tenía otra identidad de género.

† Los hispanos o latinos pueden ser de cualquier raza.

‡ De raza negra se refiere a las personas que tienen sus orígenes en alguno de los grupos raciales negros de África, incluidos los inmigrantes del Caribe, Sudamérica y América Latina. Afroamericano es un término que a menudo se usa para referirse a los estadounidenses de ascendencia africana que tienen ancestros en América del Norte. Las personas podrían identificarse con uno de los términos, con ambos o elegir una identidad totalmente diferente.

Aproximadamente 1.1 millones de personas en los EE. UU. tienen el VIH. Las personas con infección por el VIH necesitan saber si tienen el virus o no para que puedan tomar medicamentos para tratarlo. Tomar los medicamentos para el VIH según lo indicado puede reducir a niveles muy bajos el virus en el cuerpo (lo que se llama supresión viral) o incluso a niveles indetectables.



Una persona con la infección por el VIH que logra y mantiene la supresión viral o alcanza niveles de carga viral indetectables puede mantenerse sana, y no tiene efectivamente ningún riesgo de transmitir el virus a sus parejas VIH negativas a través de las relaciones sexuales.

¿Por qué están las personas transgénero en mayor riesgo?

- Algunas de las cosas que pueden poner a las personas transgénero en mayor riesgo de contraer o transmitir el VIH incluyen tener múltiples parejas sexuales, tener relaciones sexuales anales o vaginales sin protección** (como un condón o un medicamento para prevenir o tratar la infección por el VIH), y compartir agujas, jeringas u otros implementos para inyectarse hormonas o drogas. Otros factores pueden incluir el trabajo sexual, los problemas de salud mental, los niveles altos de abuso de sustancias, la falta de vivienda y el desempleo.
- Muchas personas transgénero afrontan estigma, discriminación, rechazo social y exclusión. Estos factores pueden afectar su bienestar y ponerlas en mayor riesgo de infección por el VIH.
- Los programas de prevención del VIH diseñados para otros grupos en riesgo podrían no abordar todas las necesidades de las personas transgénero.
- Si los proveedores de atención médica no conocen a fondo los temas que afectan a la comunidad transgénero, esto puede actuar como una barrera para las personas transgénero con el VIH que estén buscando tratamiento y atención médica.
- Debido a ciertas barreras que afrontan los hombres y las mujeres transgénero, los programas actuales de pruebas de detección podrían no llegar a suficientes personas en esta población.
- La salud sexual de los hombres y las mujeres transgénero y de los jóvenes de géneros minoritarios no se ha estudiado lo suficiente. Se necesita hacer más investigación para entender sus comportamientos de riesgo con relación al VIH.
- Las mujeres y los hombres transgénero podrían no participar plenamente en la atención médica.

¿De qué manera están los CDC cambiando las cosas?

- Al realizar investigaciones sobre la prevención y proveer pautas para aquellos que trabajen en la prevención del VIH.
- Al apoyar a los departamentos de salud y las organizaciones comunitarias con fondos para el trabajo de prevención del VIH en las personas transgénero y proporcionarles asistencia técnica.
- Al ayudar a los proveedores de atención médica a mejorar la atención de las personas transgénero que tengan el VIH.
- Al fomentar las pruebas de detección, la prevención y el tratamiento del VIH mediante campañas como *Actúa contra el SIDA*.

Consulte www.cdc.gov/hiv/spanish para obtener más información sobre las actividades de los CDC para la prevención del VIH entre las personas transgénero.

** Es importante evitar las suposiciones con respecto al tipo de actividad sexual que tienen las personas transgénero o a cómo se pueden referir a las partes de su cuerpo.

** La estimación para las mujeres transgénero a nivel general incluye las infecciones confirmadas en laboratorio solamente. Las estimaciones por raza o etnia incluyen las infecciones confirmadas en laboratorio y las infecciones autonotificadas.

Según las estimaciones actuales, alrededor del **14 % de las mujeres transgénero en los EE.UU. tienen el VIH.**

Se estima que el **44 % de las mujeres transgénero de raza negra o afroamericanas tienen el VIH, el porcentaje más alto entre todas las mujeres transgénero.**^{††}

Reduzca su riesgo al



No tener relaciones sexuales



Usar condones



No compartir agujas



Tomar medicamentos para prevenir o tratar el VIH

EL VIH ES UN VIRUS QUE ATACA AL SISTEMA INMUNITARIO DEL CUERPO.

Generalmente se transmite mediante las relaciones sexuales anales o vaginales, o al compartir jeringas con una persona que tiene el VIH. La única manera de saber que tiene el VIH es haciéndose la prueba. Todas las personas de 13 a 64 años deberían hacerse la prueba al menos una vez, y aquellas en alto riesgo deberían hacérsela al menos una vez al año. Pregúntele a su médico o visite gettested.cdc.gov/es para encontrar un lugar donde hagan las pruebas. Sin tratamiento, el VIH puede hacer que una persona esté muy enferma o puede incluso causarle la muerte. Si usted tiene el VIH, comience el tratamiento lo antes posible para mantenerse sano y ayudar a proteger a sus parejas.

Para obtener más información

Llame al 1-800-CDC-INFO (232-4636)
Visite www.cdc.gov/hiv/spanish

HIV and Transgender Communities

Strengthening Prevention and Care

Nearly 1 million people in the United States identify as transgender.¹ Transgender people, particularly transgender women, are at high risk for HIV infection. In fact, evidence suggests that in relation to their population size, transgender women are among the groups most affected by HIV in the U.S.

HIV prevention for transgender people is a core priority of the National HIV/AIDS Strategy. As part of its High-Impact Prevention approach, CDC is working with public health partners, other federal agencies, and community leaders to address key gaps in HIV prevention and care for transgender people nationwide.

What the Available Data Tell Us

HIV Prevalence

To estimate the percentage of transgender people living with HIV in the U.S., or HIV prevalence, CDC scientists recently conducted a meta-analysis of 88 studies published from 2006-2017. This analysis is important because there are limited HIV surveillance data for transgender populations (see *sidebar*).

The analysis confirmed that transgender women and men are disproportionately affected by HIV. Laboratory-confirmed HIV prevalence was 14.1% for transgender women, 3.2% for transgender men, and 9.2% for transgender people overall.² By comparison, estimated HIV prevalence for U.S. adults overall is less than 0.5%.^{3,4}

The analysis also showed that transgender women of color are at particularly high risk. Mean HIV prevalence was 44.2% among African American transgender women and 25.8% among Hispanic/Latina transgender women, compared to 6.7% among white transgender women. Not enough data were available to examine HIV prevalence by race/ethnicity for transgender men.⁵

While the results of this analysis are useful, they should be interpreted with caution, in part because transgender people at high risk of HIV may have been overrepresented in the studies that comprised the review.

Improving Data on HIV Among Transgender Populations

In recent years, CDC has taken steps to improve the quantity and quality of data on HIV among transgender populations.

Accurate, timely data are critical for designing, targeting, and evaluating HIV prevention programs. But since the beginning of the epidemic, there has been limited national information on the impact of the HIV infection among transgender populations. In large part, this is because there has been no reliable system for collecting and sharing both sex and gender identity information in health records.

To help address these gaps, CDC has:

- Revised the data fields used in CDC's National HIV Surveillance System (NHSS) to better account for sex and gender identity
- Issued recommendations and statistical tools for health departments to collect information on current gender identity and report these data to the NHSS
- Informed healthcare providers about the importance of collecting complete data on sex and gender identity
- Analyzed data on HIV testing among transgender people through CDC's Behavioral Risk Factor Surveillance System
- Funded health departments to study behavioral risk factors for HIV, testing behaviors, and the use of prevention services among transgender women through CDC's National HIV Behavioral Surveillance system

¹ Meerwijk EL, Sevelius JM. Transgender population size in the United States: a meta-regression of population-based probability samples. *Am J Public Health* 2017 Feb; 107(2):e1-e8

² Becasen JS, Denard CL, Mullins MM, et al. Estimating the Prevalence of HIV and Sexual Behaviors Among the US Transgender Population: A Systematic Review and Meta-Analysis, 2006-2017. *Am J Public Health* 2018 Nov 29:e1-e8.

³ Centers for Disease Control and Prevention. Estimated HIV incidence and prevalence in the United States, 2010–2016. *HIV Surveillance Supplemental Report* 2019; 24(No. 1). Available at: <http://www.cdc.gov/hiv/library/reports/hiv-surveillance.html>. Published February 2019. Accessed February 2019.

⁴ U.S. Census Bureau, Population Division. Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2018. December 2018. Available at <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk#>. Accessed March 2019.

⁵ Becasen JS, et al, e1-e8.

HIV Diagnoses

Although data on HIV diagnoses – the number of people who received an HIV diagnosis in a given time period – are incomplete for transgender people (see sidebar on page 1), CDC recently published an analysis of available data for 2009-2014.⁶ The analysis shows that of the 2,351 transgender people with a reported HIV diagnosis during that timeframe:

- 84% were transgender women, 15.4% were transgender men, and 0.7% had another gender identity
- More than half of transgender women (50.8%) and men (58.4%) were African American
- 72.6% of transgender women and 53.5% of transgender men had their infection diagnosed between the ages of 13 and 34
- 43% of transgender women and 54% of transgender men lived in the southern U.S.

Why Transgender People Are at Increased Risk

- **Many transgender people face stigma, discrimination, social rejection, and exclusion** that can prevent them from accessing health care, education, employment, and housing. They also experience high rates of incarceration, mental health issues and violence. A recent CDC study found that of the nearly 2% of high school students who identify as transgender, 35% have been bullied at school, and 35% have attempted suicide. These factors affect the health and well-being of transgender people, placing them at increased risk for HIV.^{7,8,9,10}
- **Several behavioral factors, which often serve as a way for transgender people to cope with stigma and discrimination, put them at risk for HIV.** These include elevated rates of injecting hormones or drugs, anal sex without condoms or medicines to prevent HIV, and commercial sex work.^{11,12}
- **Insensitivity to transgender issues** by health care providers can be a barrier for transgender people with HIV who are seeking quality treatment and care services. Few health care providers receive proper training or are knowledgeable about transgender health issues and their unique needs. This can lead to limited health care access and negative health care encounters.¹³
- **The effectiveness of HIV behavioral interventions, developed for other at-risk groups and adapted for use with transgender people, is understudied.** According to a 2017 study, most existing interventions target behavior change among transgender women, with only one HIV prevention program evaluated for transgender men. Evidence-based multilevel interventions that address the structural, biomedical, and behavioral risks for HIV among transgender populations, including transgender men, are needed to address disparities in HIV prevalence.¹⁴

Key Term	Definition
Gender Expression	The way a person acts, dresses, speaks, and behaves (i.e., feminine, masculine, androgynous). Gender expression does not necessarily correspond to listed sex at birth or gender identity.
Gender Identity	A person's internal sense of being a man/male, woman/female, both, neither, or another gender.
Transgender	Describes a person whose gender identity and assigned sex at birth do not correspond. Transgender is also used as an umbrella term to include gender identities outside of male and female.
Cisgender	Describes a person whose gender identity and assigned sex at birth correspond (i.e., a person who is not transgender).

⁶ Clark H, Babu AS, Wiewel EW, et al. Diagnosed HIV Infection in Transgender Adults and Adolescents: Results from the National HIV Surveillance System, 2009-2014. *AIDS Behav* 2017 Sep;21(9):2774-2783.

⁷ Johns MM, Lowry R, Andrzejewski J, et al. Transgender Identity and Experiences of Violence Victimization, Substance Use, Suicide Risk, and Sexual Risk Behaviors Among High School Students — 19 States and Large Urban School Districts, 2017. *MMWR Morb Mortal Wkly Rep* 2019;68:67-71.

⁸ De Santis JP. HIV infection risk factors among male-to-female transgender persons: a review of the literature. *J Assoc Nurses AIDS Care* 2009;20(5):362-372.

⁹ Reisner SL, Bailey Z, Sevelius J. Racial/ethnic disparities in history of incarceration, experiences of victimization, and associated health indicators among transgender women in the U.S. *Women Health*. 2014;54(8):750-767.

¹⁰ Clark H, et al. 2774-2783.

¹¹ Reback CJ, Fletcher JB. HIV prevalence, substance use, and sexual risk behaviors among transgender women recruited through outreach. *AIDS Behav*. 2014 Jul;18(7):1359-67.

¹² Herbst JH, Jacobs ED, Finlayson TJ, et al. Estimating HIV prevalence and risk behaviors of transgender persons in the United States: a systematic review. *AIDS Behav*. 2008 Jan;12(1):1-17.

¹³ De Santis, JP. 362-372.

¹⁴ Poteat T, Malik M, Scheim A, et al. HIV Prevention Among Transgender Populations: Knowledge Gaps and Evidence for Action. *Curr HIV/AIDS Rep*. 2017;14(4):141-152.

- **Transgender women and men might not be sufficiently reached by current HIV testing measures.** Tailoring HIV testing activities to overcome the unique barriers faced by transgender women and men might increase rates of testing among these populations.¹⁵

CDC's Support for Transgender-Specific HIV Prevention

CDC is collaborating with many partners to intensify HIV prevention efforts for transgender people and build the base of evidence needed to improve programs and track progress.

Delivering High-Impact Prevention

Transgender people are a priority for CDC's major HIV prevention funding programs, including funding to state and local health departments and community-based organizations (CBOs). CDC is providing 30 CBOs with targeted funding of nearly \$11 million per year over five years to support HIV testing, linkage to care and prevention services for transgender youth of color and young gay and bisexual men of color.

Transgender people are also a priority population for CDC's health department demonstration projects designed to expand two HIV prevention strategies: pre-exposure prophylaxis (PrEP), a daily medicine that can significantly reduce the risk of HIV infection, and [Data to Care](#), an approach that uses routinely collected HIV surveillance data to identify people with diagnosed HIV who are not receiving care and link them to it.

In addition, CDC funds a national network of capacity-building providers that help health departments and CBOs provide culturally relevant programs, services and interventions for transgender people.



As part of its [Transforming Health](#) resource, CDC addresses ways healthcare providers can help high-risk transgender people prevent HIV, improve care for transgender people with HIV, and make clinical environments more welcoming to transgender patients.

Advancing HIV Prevention Research

While a number of prevention programs have been adapted for use with transgender populations, to date, few have been tested and proven effective. To address this gap, CDC is working with partners to develop new prevention programs, adapt existing ones, and rigorously assess their impact on HIV risk behaviors and transmission. For example:

- As part of its *Compendium of Evidence-Based Interventions and Best Practices for HIV Prevention*, CDC recently included the Couples HIV Intervention Program – which focuses on reducing HIV risk behaviors among transgender women and their primary cisgender male partners.
- CDC is supporting CBOs in Atlanta and Chicago to pilot Transgender Women Involved in Strategies for Transformation (TWIST), a peer-led educational intervention that seeks to reduce HIV transmission risk behaviors and sexually transmitted diseases among transgender women with HIV. TWIST was developed in collaboration with transgender women and was adapted from an existing HIV intervention focused on cisgender women.
- CDC is studying two locally-developed or adapted interventions that are designed to deliver a combination of HIV prevention and other support services to transgender people who have sex with men and who are at high risk of HIV infection. These interventions are a combination of mutually reinforcing biomedical, behavioral, and social/structural intervention components that together, have the potential to reduce participants' risks for acquiring HIV.

¹⁵ Pitasi MA, Oraka E, Clark H, et al. HIV Testing Among Transgender Women and Men — 27 States and Guam, 2014–2015. *MMWR Morb Mortal Wkly Rep* 2017;66:883–887.

Raising Awareness, Engaging Communities

Well-designed awareness campaigns can help people better understand their level of risk for HIV and encourage them to take steps to protect themselves, get tested, and seek out care and treatment. Several of CDC's social marketing campaigns include materials and activities that are specifically tailored to transgender communities:

- *Doing It*, which encourages all adults to get tested for HIV and know their status, and includes images and testimonial videos featuring transgender leaders
- *HIV Treatment Works*, which encourages people with HIV to stay in care and features stories of transgender women
- *Let's Stop HIV Together*, which raises awareness about HIV and fights stigma, and includes stories of transgender women
- *Start Talking. Stop HIV.*, which helps gay and bisexual, cisgender and transgender men communicate about safer sex, testing, and other prevention issues

CDC is also working with the Center of Excellence for Transgender Health to support National Transgender HIV Testing Day, which promotes HIV testing, prevention, and treatment efforts among transgender people.



Need for Collective Action

Despite significant challenges, there is much that can be done today to address key gaps in HIV prevention and care for transgender people. CDC plays a critical role, and action is also needed from many other partners, including other federal agencies, state and local governments, CBOs, community leaders, and healthcare providers.

Closing today's data gaps will require diligence by healthcare providers and health departments in collecting, compiling, and reporting data on sex and gender identity. Researchers and their institutions should conduct additional research to expand the body of evidence on effective strategies to reduce HIV infections and improve health outcomes for transgender individuals with HIV.

Today, there is great potential to address the HIV prevention and healthcare needs of transgender people. CDC will continue working with partners to ensure that transgender people can access the HIV prevention and care they need to remain healthy.

For More Information:

Call 1-800-CDC-INFO (232-4636)

Visit www.cdc.gov/hiv

HIV Prevention and Care for the Transgender Population

 cdc.gov/hiv/clinicians/transforming-health/index.html



Transgender people face multiple obstacles that may affect their ability to stay healthy and put them at risk for getting or transmitting HIV. The ***Transforming Health: Patient-Centered HIV Prevention and Care*** website contains information and materials for health care providers, whole-care teams, social service providers, and transgender people, with the goal of reducing new HIV infections and improving the health of transgender people.

Expanding culturally appropriate, focused HIV testing efforts is one key step to eliminating these disparities and reducing HIV's impact on transgender communities. Everyone with HIV benefits from getting a diagnosis as early as possible and starting treatment right away. People with HIV who take antiretroviral therapy as prescribed and stay virally suppressed can live long, healthy lives and have effectively no risk of sexually transmitting HIV to partners. For people at risk of getting HIV but who do not have the virus, testing can be the door to effective prevention options like pre-exposure prophylaxis (PrEP).

Many transgender people face obstacles that make it harder to access HIV services—such as stigma and discrimination, inadequate employment or housing, and limited access to welcoming, supportive health care. Addressing these barriers is essential to the health and well-being of transgender people.

The Centers for Disease Control and Prevention (CDC) is committed to working with health care providers to make sure all transgender people can get the tools they need to prevent HIV and stay healthy if they have HIV. *Transforming Health* gives providers tools for delivering patient-centered HIV care for all transgender patients.

*Estimates for transgender women overall and transgender men include laboratory-confirmed infections only. Estimates by race/ethnicity include laboratory-confirmed and self-reported infections.