

American Indians and Alaska Natives and HIV

(updated June 2021)



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This educational packet is a curated compilation of resources on American Indians & Alaska Natives and HIV.

The contents of this packet are listed below:

- HIV and American Indians and Alaska Native People (CDC fact sheet)
- HIV/AIDS and American Indians/Alaska Natives (Office of Minority Health fact sheet)
- HIV in Indian Country (Indian Health Service fact sheet)
- HIV Infographics for American Indians/Alaska Natives (AIDVu)

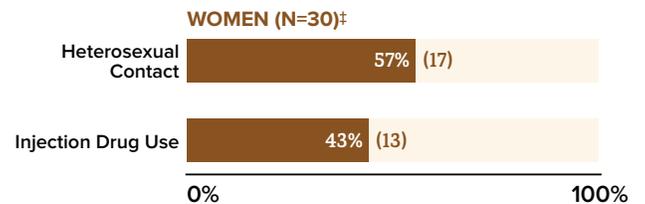
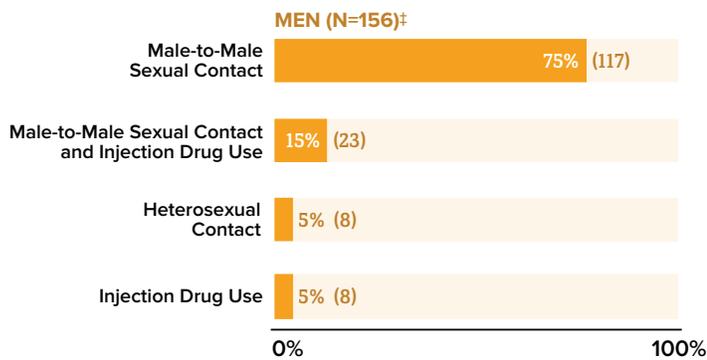
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HIV and American Indian/ Alaska Native People



Of the **37,968 NEW HIV DIAGNOSES** in the US and dependent areas* in 2018, less than 1% (186) were among American Indian/Alaska Native (AI/AN) people.

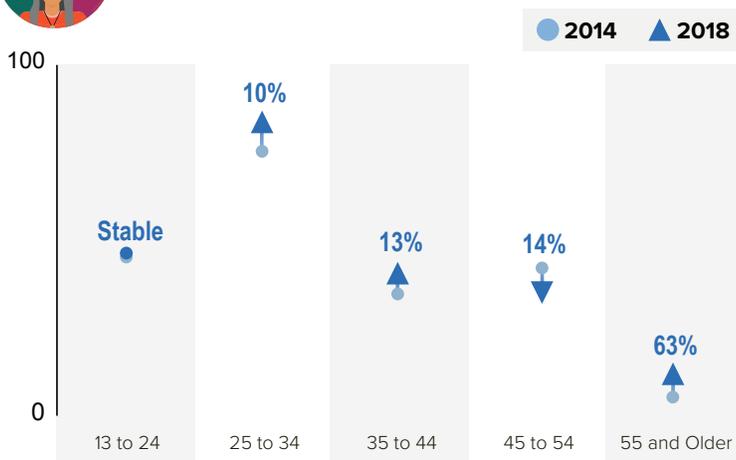
Most new HIV diagnoses were among AI/AN gay and bisexual men.†



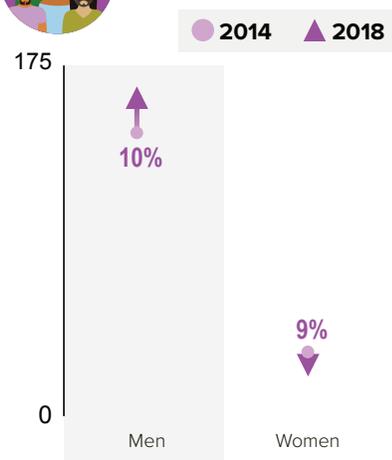
Though HIV diagnoses increased 6% (from 175 to 186) among AI/AN people overall from 2014 to 2018, trends varied by age and sex.**



Trends by Age



Trends by Sex



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

† The term *male-to-male sexual contact* is used in CDC surveillance systems. It indicates a behavior that transmits HIV infection, not how people self-identify in terms of their sexuality. This fact sheet uses the term *gay and bisexual* men to represent gay, bisexual, and other men who reported male-to-male sexual contact.

‡ Based on sex assigned at birth and includes transgender people.

** Changes in populations with fewer HIV diagnoses can lead to a large percentage increase or decrease.



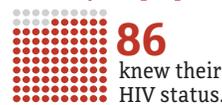
Centers for Disease Control and Prevention
National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention

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

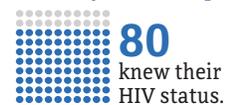


At the end of 2018, an estimated **1,173,900 PEOPLE** had HIV. Of those, **3,900 were AI/AN people.** ^{††}

For every 100 people with HIV

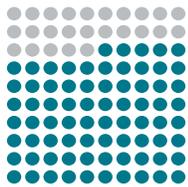


For every 100 AI/AN people with HIV

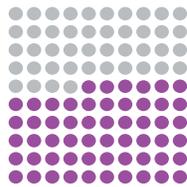


It is important for AI/AN people with HIV to know their status so they can take medicine to treat HIV. Taking HIV medicine every day can make the viral load undetectable. People who get and keep an undetectable viral load (or remain virally suppressed) can stay healthy for many years and have effectively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

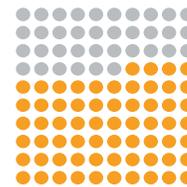
Compared to all people with diagnosed HIV, AI/AN people have about the same viral suppression rates. More work is needed to increase these rates. **For every 100 AI/AN people with diagnosed HIV in 2018:** ^{‡‡}



75 received some HIV care



56 were retained in care



64 were virally suppressed

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 AI/AN people at higher risk for HIV.

Unaware of HIV Status



Some AI/AN people are unaware of their HIV status. People who do not know they have HIV cannot get the treatment they need and may pass the infection to others without knowing it.

Difficult to Create Prevention Programs



With hundreds of federally recognized tribes and many different languages, creating culturally appropriate prevention programs for each group can be challenging.

Stigma



AI/AN gay and bisexual men may face culturally based stigma and confidentiality concerns that could limit opportunities for education and HIV testing, especially among those who live in rural communities or on reservations.

Alcohol and Substance Misuse



Many AI/AN communities have high rates of alcohol and other substance misuse. Alcohol and substance misuse can impair judgment and lead to behaviors that increase the risk of HIV.

How is CDC making a difference for AI/AN 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.

^{††} In 50 states and the District of Columbia.

^{‡‡} In 41 states and the District of Columbia.

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

HIV/AIDS and American Indians/Alaska Natives

minorityhealth.hhs.gov/omh/browse.aspx

- American Indians/Alaska Natives (AI/NA) have twice the rate of HIV infection as compared to the white population.
- American Indian/Alaska Natives have twice the AIDS rate as compared to the white population.
- In 2016, American Indian/Alaska Native women were three times more likely to be diagnosed with AIDS infection, as compared to the white female population.

HIV Infection Cases and Rates (Adults)

	# Cases	Rate	AI/NA / White Ratio
American Indian/Alaska Native males	198	20.9	2.0
White males	8,879	10.6	
American Indian/Alaska Native females	45	4.5	2.6
White females	1,450	1.7	
American Indian/Alaska Native (total, all ages)	243	10.2	2.0
White (total, all ages)	10,345	5.2	

Estimated number of diagnosed cases and rates (per 100,000) of HIV infection, 2016

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 3a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016->

HIV Infection Cases and Rates (Children <13 years)

	# Cases	Rate
American Indians/Alaska Natives	0	0.0
White	16	0.1
Total Population	122	0.2

Estimated number of diagnosed cases and rates (per 100,000) of HIV infection, 2016

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 3a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

HIV Cases (Adults and Children)

	# Cases	% of total cases
American Indians/Alaska Natives	243	0.6%
White	10,345	26.0%
Total Population	39,782	

Estimated number of cases of HIV infection by year of diagnosis, 2016

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 3a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

	# Cases	% of total cases
American Indians/Alaska Natives	2,904	0.3%
White	298,670	30.7%
Total Population	973,846	

Estimated number of persons living with HIV infection by year, 2015

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 20a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

AIDS Cases and Rates (Adults)

	# Cases	Rate (per 100,000)	American Indians/Alaska Natives / White Ratio
American Indians/Alaska Natives males	77	8.1	1.8
White males	3,713	4.4	

American Indians/Alaska Natives females	24	2.4	3.0
White females	724	0.8	
American Indians/Alaska Natives (both sexes)	102	4.3	2.0
White (both sexes)	4,442	2.2	

Estimated number of cases and rates (per 100,000) of AIDS, 2016

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 4a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

AIDS Cases and Rates (Children, <13 years)

	Cumulative # Cases	# Cases	Rate (per 100,000 population)
American Indian/Alaska Native	28	1	0.2
White	1,536	5	0.0
Total Population	9,573	38	0.1

Estimated number of cases and rates (per 100,000) of AIDS, 2016

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 6a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

AIDS Cases (Adults and Children)

	Cummulative # Cases	# Cases	% of total cases
American Indian/Alaska Native	3,580	102	0.6%
White	439,998	4,442	24.5%
Total Population		18,160	

Estimated number of cases of AIDS by year of diagnosis, 2016

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2015, v.28. Table 2a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

Death Rate

	American Indian/Alaska Native	Non-Hispanic White	American Indian/Alaska Native /Non- Hispanic White Ratio
All ages, Men	3.5	4.0	0.9

All ages, Women	1.6	0.6	2.7
Total Population	2.1	2.0	1.1

HIV Death Rates per 100,000 population (2015)

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 19a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

AIDS Deaths

	Rate	Cummulative # Deaths	# Deaths	% of total cases
American Indian/Alaska Native	2.1	1,988	49	0.4%
White	2.0	279,807	3,897	31.0%
Total Population	3.9	692,789	12,497	

Estimated number of deaths, and death rates, of persons with AIDS by year of death, 2015

Source: CDC 2017. HIV Surveillance Report: Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, v.28. Table 17a.

<http://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2016-vol-28.pdf> [PDF | 5.77MB]

HIV Testing

	American Indian/Alaska Native	Non-Hispanic White	American Indian/Alaska Native /Non-Hispanic White Ratio
Ever tested	42.3	35.5	1.2
Never tested	57.7	64.5	0.9

Age-adjusted percent of HIV testing status among persons 18 years of age and over, 2015

Source: CDC 2017. Summary Health Statistics for U.S. Adults: 2015. Table A-20a.
<http://www.cdc.gov/nchs/nhis/SHS/tables.htm>

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HIV in Indian Country



The mission of the Indian Health Service is to raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level. The **IHS National HIV/AIDS Program** coordinates and promotes HIV/AIDS prevention and treatment activities specific to Indians as part of a comprehensive public health approach. The goals of the HIV/AIDS Program are to prevent further spread of HIV and improve health outcomes for those already living with HIV and AIDS.

From 2012-2016
HIV screening
increased by
63%
for AI/AN
ages 13-64

Ending the HIV Epidemic: A Plan for America focuses on three major areas of action, one being increasing investments in geographic hotspots. Many of the counties and states identified in the plan are in

locations with federal, tribal and urban health sites. American Indians and Alaska Natives are ranked fourth in the nation for the estimated rate of new HIV diagnoses when compared with all other races and ethnicities.

The president's **fiscal year 2020 budget proposal** includes **\$25 million** in new investments to establish the Eliminating Hepatitis C and HIV/AIDS in Indian Country Initiative. This will expand partnerships between IHS and Native communities to end the HIV epidemic in Indian Country.

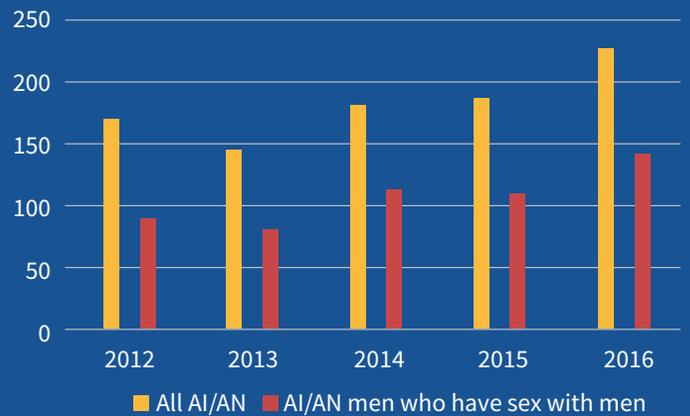
Pre-Exposure Prophylaxis, also known as PrEP, is a once-per-day pill that has been shown to reduce the risk of HIV infection through sex by as much as 97%.

Since August 2018, PrEP has been available in the same manner as all other medications accessible at IHS.



PrEP is a prevention method in which **people who do not have HIV** infection take a pill daily to reduce their risk of being infected.

American Indian and Alaska Native Diagnoses of HIV infection



- From 2012-2016 there has been a 34% increase in HIV diagnoses among American Indian and Alaska Native.
- From 2012-2016 there has been a 58% increase in HIV diagnoses among American Indian and Alaska Native gay and bisexual men.

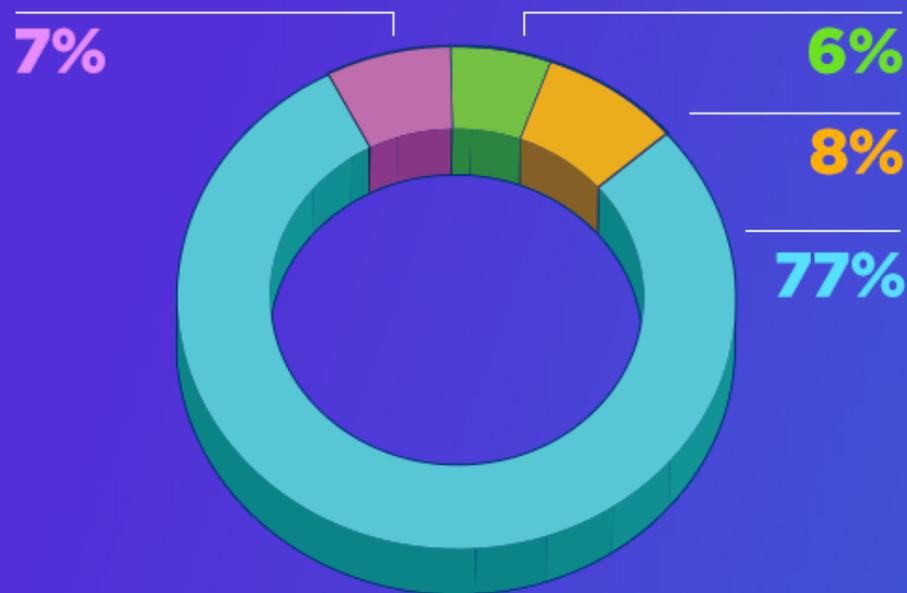
The **HIV clinic at Phoenix Indian Medical Center** is the largest in all of IHS, with over 300 patients. American Indian and Alaska Native people who are living with HIV in Arizona have the highest viral suppression rates of all racial groups in the state

Despite **decreasing** from **2016 to 2018**, new HIV diagnoses among **American Indians/Alaska Natives increased by 11%** from **2018 to 2019**.



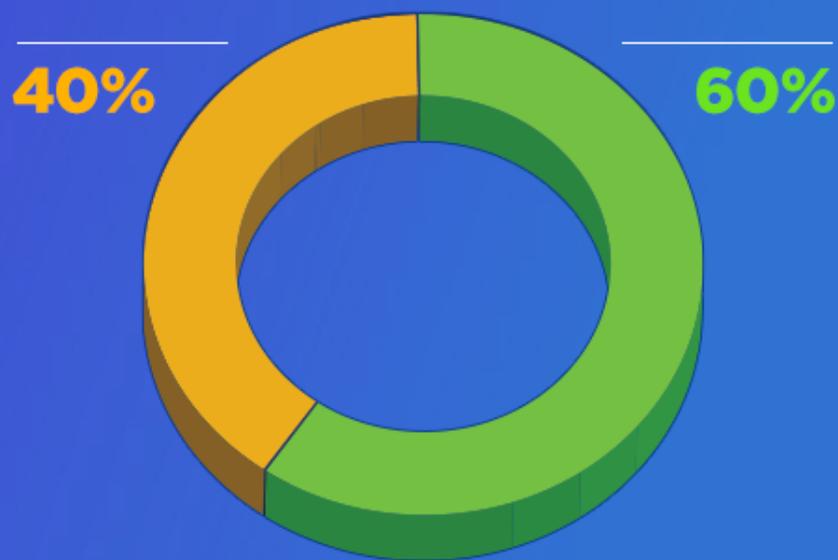
NEW HIV DIAGNOSES AMONG AMERICAN INDIAN/ALASKA NATIVES, 2008-2019

In 2019, **Gay and Bisexual Men** accounted for **77%** of new HIV diagnoses among **American Indian/Alaskan Native men**.



PERCENTAGE OF AMERICAN INDIAN/ALASKAN NATIVE MALES NEWLY DIAGNOSED WITH HIV BY TRANSMISSION CATEGORY, 2019

In 2019, **60%** of new HIV diagnoses among **American Indian/Alaskan Native women** were attributed to **heterosexual contact**.



PERCENTAGE OF AMERICAN INDIAN/ALASKAN NATIVE FEMALES NEWLY DIAGNOSED WITH HIV BY TRANSMISSION CATEGORY, 2019

HETEROSEXUAL CONTACT **INJECTION DRUG USE (IDU)** **MEN WHO HAVE SEX WITH MEN (MSM)** **MSM & IDU**

6%

Aged 55+: 12 cases

13%

Aged 45-54:
27 cases

28%

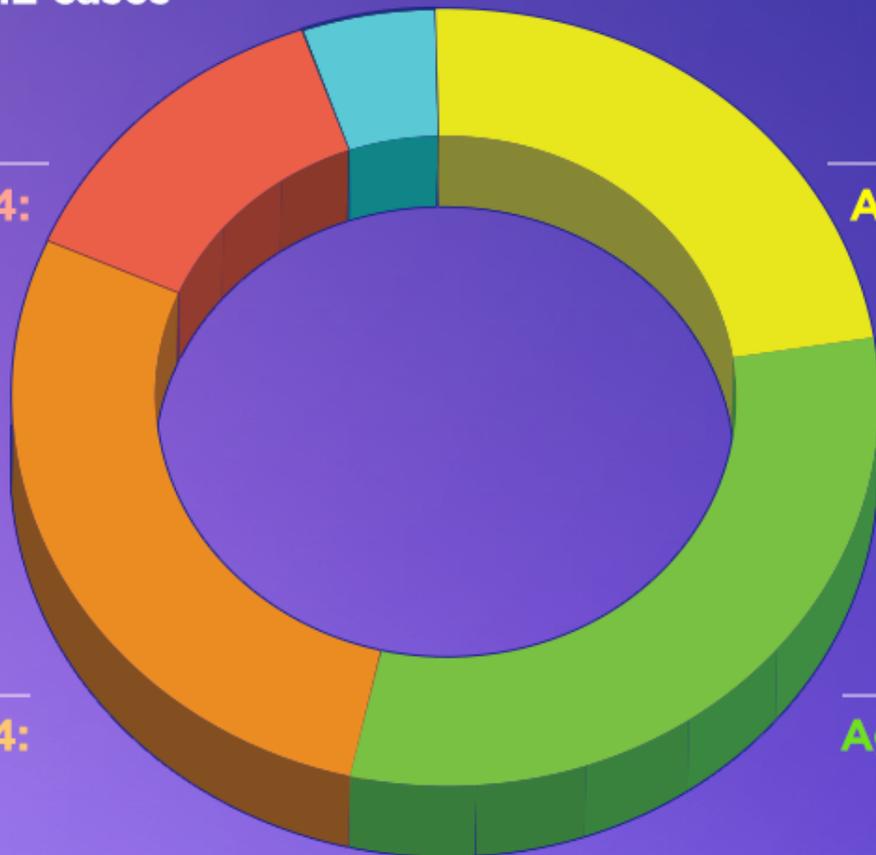
Aged 35-44:
57 cases

23%

Aged 13-24:
47 cases

31%

Aged 25-34:
63 cases



*The total percentage may not equal 100 due to rounding.



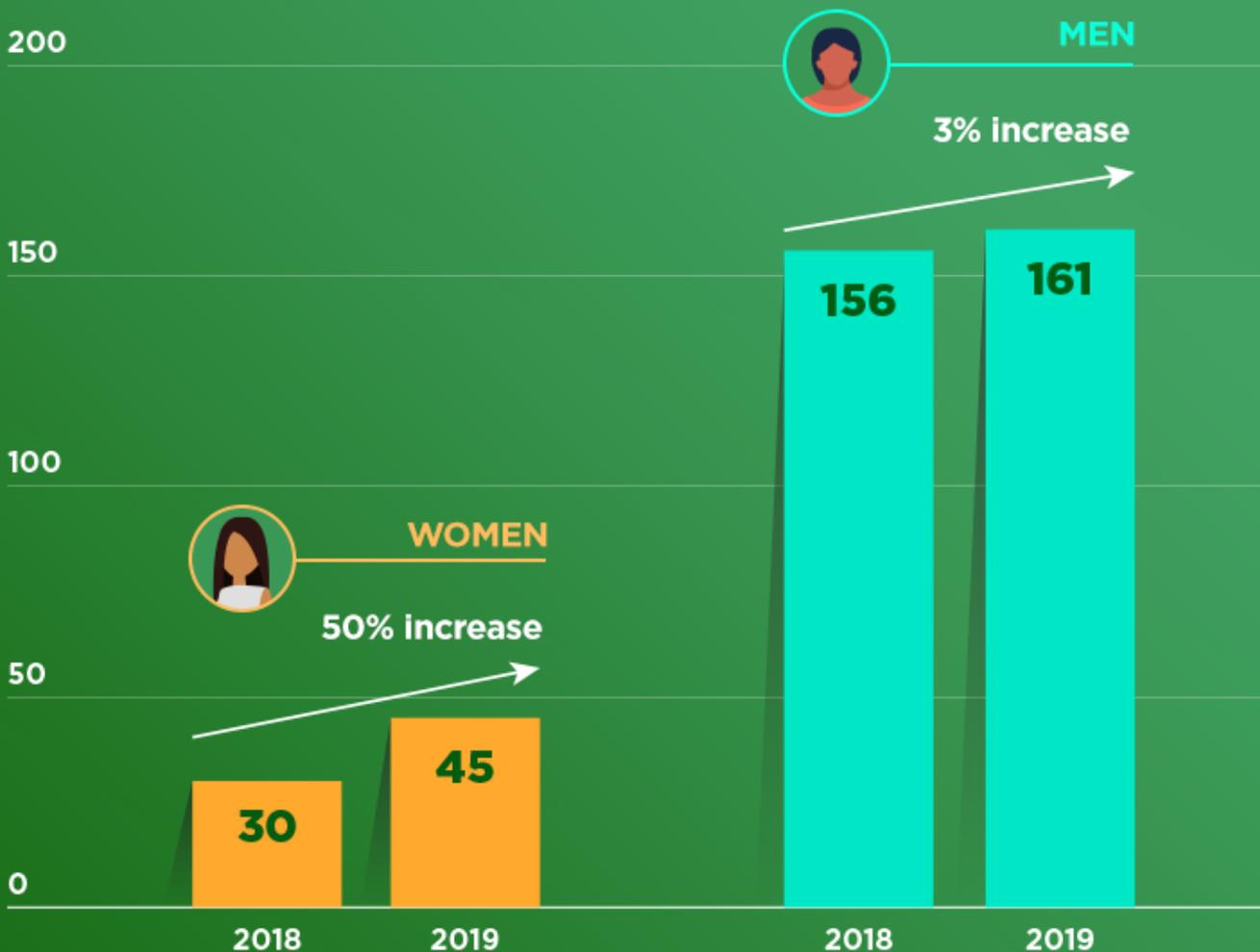
In 2019,
**American Indians/
Alaska Native people**

aged 25 to 34

had the **highest
percentage of new
HIV diagnoses (31%)**
of any age group.

NEW HIV DIAGNOSES AMONG AMERICAN INDIANS/ALASKAN NATIVES BY AGE, 2019

From **2018 to 2019**,
**American Indian/
Alaskan women**
experienced a
50% increase in
new HIV diagnoses,
and **American
Indian/Alaskan Native
men** experienced a
3% increase.



NEW HIV DIAGNOSES AMONG AMERICAN INDIAN/ALASKA NATIVES BY SEX, 2018-2019

The **HIV care continuum** is a public health model that **outlines the stages of care** that people living with HIV go through from diagnosis to achieving and maintaining viral suppression.

HIV CARE CONTINUUM

— AMONG AMERICAN INDIANS/ALASKA NATIVES —

New HIV Diagnoses

Individuals who received a new HIV diagnosis in 2018

Linkage to HIV Care

Individuals who visited an HIV health care provider within 1 month of being diagnosed with HIV in 2018

Receipt of HIV Care

Individuals living with HIV who received medical care for HIV in 2018

Viral Suppression

Individuals living with HIV who had a low or undetectable viral load in 2018



American Indians/
Alaska Natives

186

78%

75%

64%

In 2019, these **five states** had the **highest number of new HIV diagnoses** among **American Indians/Alaska Natives**.



These five states made up **56% of all new HIV diagnoses** among American Indians/Alaska Natives.