

An Overview of HIV in Texas

Texas Department of State Health Services HIV/STD Program

The Big Picture

Over the past ten years, the number of Texans living with diagnosed HIV infections has increased by 4% annually; by the end of 2016 there were more than 86,000 Texans living with HIV. In contrast, the annual number of new HIV diagnoses has been flat. The number of persons living with HIV (PLWH) in Texas has increased because highly effective treatment has improved their health and prevented HIV-related deaths. As fewer PLWH die and a consistent number of new diagnoses are made annually, the total number of PLWH increases each year.

Effective HIV treatment for PLWH is also an effective strategy for reducing new HIV infections. This is because treatment lowers the level of HIV circulating in the body, also known as viral load. Multiple research studies have shown that PLWH who have a consistently suppressed (very low) viral load are much less likely to transmit HIV compared to PLWH with high viral loads.

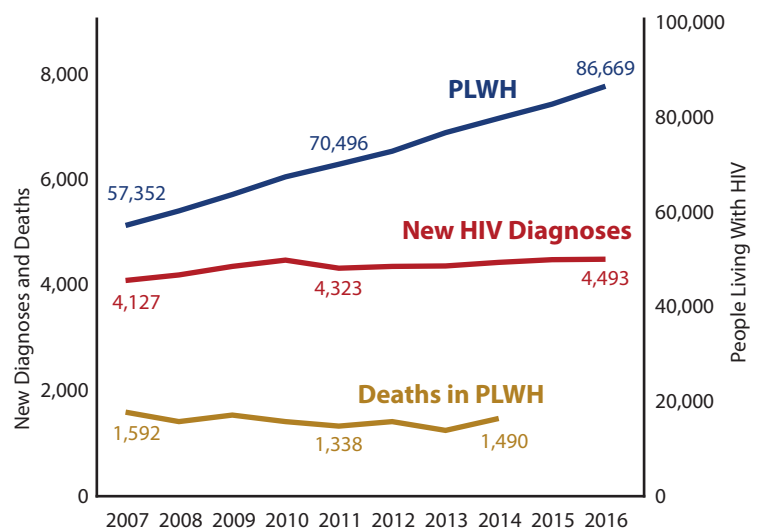
Improvement in HIV Treatment in Texas

Between 2012 and 2016, the number of Texas PLWH who were engaged in HIV treatment and had suppressed viral load increased more than the overall number of PLWH. The proportion of Texas PLWH in HIV treatment increased 8%, and the proportion who had suppressed viral load increased by 24%.

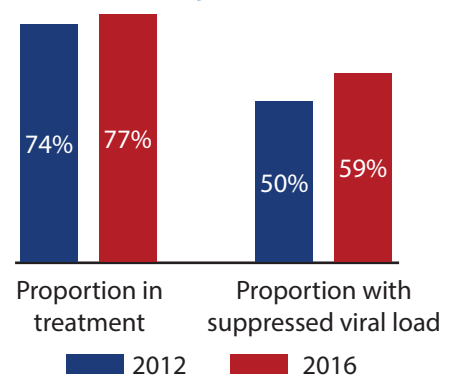
Who is Most Affected by HIV in Texas?

Gay and bisexual men and other men who have sex with men (MSM) are disproportionately affected by HIV. DSHS estimates that about 1 in 12 Texas MSM are living with a diagnosed HIV infection – a proportion 26 times higher than for Texas overall. About three out of four Texans newly diagnosed with HIV each year are MSM.

Texans Living with Diagnosed HIV Infections (PLWH), New Diagnoses, and Deaths



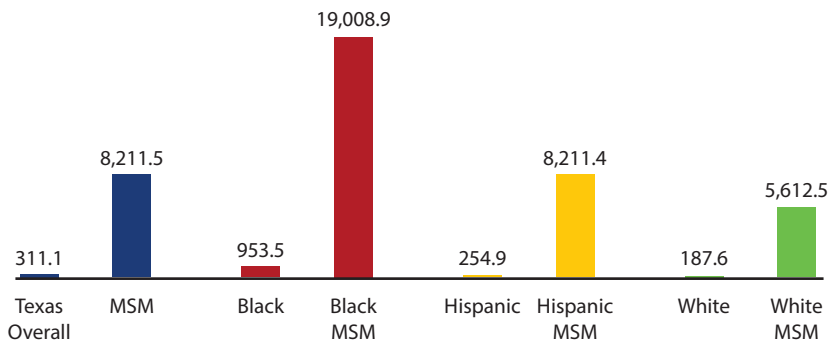
Proportions of Texans in Treatment and With Suppressed Viral Load, 2012, 2016



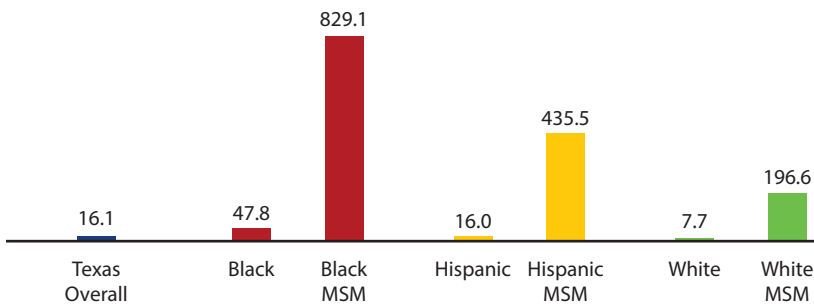
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PLWH Rate per 100,000, 2016



Rate of New Diagnoses per 100,000, 2016



Black Texans are also disproportionately affected by HIV. Almost 1% of all Black Texans have been diagnosed with HIV. Black Texans also higher rates of new diagnoses compared to Texans of other races.

Black MSM bear the highest burden of HIV in Texas. DSHS estimates that 19% of all Black MSM in Texas have been diagnosed with HIV.

Too Many Texans with HIV Remain Undiagnosed and Untreated

Reducing the number of Texans who have undiagnosed HIV infections is critical to preventing new HIV infections, because those unaware of their infection are more likely to pass HIV to others. Persons who are not aware of their infections may not be aware of the need to practice risk reduction behaviors, and undiagnosed persons cannot access HIV treatment to suppress their viral load. The US Centers for Disease Control and Prevention (CDC) estimates there were 14,800-22,000 Texans living with undiagnosed HIV infections in 2014.

In order to reduce this number, the CDC recommends all adults ages 13-64 be tested for HIV at least once in their lifetimes. Persons at higher risk, including MSM, should be tested more frequently. Persons newly diagnosed with HIV should be linked to HIV care immediately and be offered effective HIV treatment. Ensuring persons with HIV infection can access care and treatment will greatly reduce the potential for HIV transmission, and slow the epidemic.

FACTS TO CONSIDER

As of 2016, 39.5% of all Texans aged 18-64 had been tested for HIV at least once in their lifetime.

79% of people living with HIV in Texas are men.

Almost three in four new HIV diagnoses in Texas are among men who have sex with men.

In 2016, about 1 in 4 diagnosed persons were not getting medical care for their HIV infection.

Male and Hispanic Texans are most likely to test late in their HIV infection.

DSHS HIV/STD Program

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www.dshs.texas.gov/hivstd

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Data in this fact sheet represent Texas total new HIV diagnoses and people living with HIV through December 31, 2016. For source information and custom data queries, please send an email to hivstd@dshs.texas.gov.



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