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HIV Prevention & Awareness



Contributing Doctor

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- In 2019 African-Americans made up 13% of the US population but accounted for 43% of new human immunodeficiency virus (HIV) diagnoses. The primary modes of HIV transmission in the African-American community are unprotected sexual contact and injection drug use. Transmission is the spread of disease.
- Age differences exist in African Americans across age groups, but young people are most at risk. In 2018 African-American youth aged 13 to 24 made up approximately 50% of new HIV diagnoses among youth in the US.
- The Center for Disease Control (CDC) and the US government created a strategy to end the HIV epidemic. The plan, "Ending The HIV Epidemic: A Plan for America" (EHE) launched in 2019 and aimed at significantly reducing new HIV infections in the US by 2030.

The key components of Ending The HIV Epidemic (EHE) are :

1. Increasing efforts to diagnose HIV through treatment and increased testing, by creating new testing technologies and strategies, like self-testing and rapid point-of-care testing.
2. Ensuring that people living with HIV have access to therapy to suppress the virus and improve health.
3. Current CDC guidelines recommend all sexually active persons discuss pre-exposure prophylaxis (PrEP) with their primary medical provider. This is a prevention strategy where people at high risk of HIV infection take antiretroviral medications (ART) regularly to reduce their chances of getting the virus. The concept of treatment as prevention involves using antiretroviral therapy (medication to treat HIV) to suppress the virus to undetectable levels in an HIV-positive person, reducing the risk of transmission to their sexual partners, essentially making them unable to spread the disease.

While no cure for HIV exists yet, research continues to explore new strategies for achieving a functional cure. Several promising approaches are being investigated such as gene editing, latency, reversing, agents, and immune-based therapies.

The ABCs of HIV Prevention

A -All sexually active persons (age 13 to 64)should be tested at least once for HIV, and more often depending on their risks

B -Be PrEPared and proactive; talk to your healthcare provider about risk for HIV exposure and use PrEP if indicated

C -Condom use is an important strategy for the prevention of HIV and sexually transmitted infections



For more information, please visit

www.cdc.gov/hiv

www.UNAIDS.org

[www.kff.org/eb55388/-Black Americans and HIV/AIDS: The Basics](http://www.kff.org/eb55388/-Black_Americans_and_HIV/AIDS:_The_Basics)

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