Surviving Another Pandemic
HIV and the Aging Adult Population

It's All About the Numbers: How Grey is the HIV Epidemic?

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Director National Resource Center for HIV
Today older adults dominate the HIV Epidemic in the USA

Nearly 60% of people living with HIV are age 50 and older

Half of these older adults are Long Term Survivors
USA: People AGE 50+ with HIV/AIDS, 2000-2020

Data derived from CDC USA HIV Surveillance Reports

National HIV and Aging Resource Center at GMHC
PERCENTAGE OF PEOPLE LIVING WITH HIV/AIDS AGED 50 AND OLDER IN THE U.S., 2001-2020

YEAR

PERCENT OF PEOPLE LIVING WITH HIV

2001 17%
2005 24%
2010 36%
2015 47%
2020 58%*

Data derived from DC USA HIV Surveillance Reports

National HIV and Aging Resource Center at GMHC
USA DEATHS AGE 50+ with HIV/AIDS, 2000-2020

Data derived from DC USA HIV Surveillance Reports
PERCENTAGE OF DEATHS AMONG PEOPLE LIVING WITH HIV/AIDS AGED 50 AND OLDER IN THE U.S., 2000-2020

<table>
<thead>
<tr>
<th>YEAR</th>
<th>PERCENT OF DEATHS</th>
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<tbody>
<tr>
<td>2000</td>
<td>25%</td>
</tr>
<tr>
<td>2005</td>
<td>34%</td>
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<tr>
<td>2010</td>
<td>53%</td>
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<tr>
<td>2015</td>
<td>67%</td>
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<td>2020</td>
<td>81%*</td>
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</table>

Data derived from DC USA HIV Surveillance Reports
California has the highest number of people living with HIV.

Of those living with HIV in California, the largest group is White with 48,155 people and the second-largest is Latino with 48,029.
AGE is not a CONDOM Campaigns
New HIV Diagnoses in People Age 50+ USA

14.8%
All HIV Diagnoses

30.2%
ALL AIDS Diagnoses

Data derived from CDC USA HIV Surveillance Reports
Where are We Clinically?
HIV and Non-HIV Related Deaths by Percent in NYC 2002-2016

Data from NYC HIV Surveillance Reports
### Trends in Deaths and Causes NYC 2003-2017

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<tbody>
<tr>
<td>HIV-RELATED (%)</td>
<td>63</td>
<td>60</td>
<td>59</td>
<td>56</td>
<td>54</td>
<td>53</td>
<td>48</td>
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<td>36</td>
<td>34</td>
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<td>31</td>
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<td>NON-HIV-RELATED (%)</td>
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<td>EXTERNAL CAUSES</td>
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<td>14</td>
<td>15</td>
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</table>

Data from NYC HIV Surveillance Reports
### Trends in Deaths and Causes NYC 2003-2017

#### TABLE 18.1: Trends in proportions of major causes of death among people with HIV, NYC 2003-2017

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Deaths (N)</th>
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<tbody>
<tr>
<td>2003</td>
<td>(2,902)</td>
</tr>
<tr>
<td>2004</td>
<td>(2,717)</td>
</tr>
<tr>
<td>2005</td>
<td>(2,692)</td>
</tr>
<tr>
<td>2006</td>
<td>(2,467)</td>
</tr>
<tr>
<td>2007</td>
<td>(2,337)</td>
</tr>
<tr>
<td>2008</td>
<td>(2,357)</td>
</tr>
<tr>
<td>2009</td>
<td>(2,245)</td>
</tr>
<tr>
<td>2010</td>
<td>(2,079)</td>
</tr>
<tr>
<td>2011</td>
<td>(2,061)</td>
</tr>
<tr>
<td>2012</td>
<td>(1,906)</td>
</tr>
<tr>
<td>2013</td>
<td>(1,863)</td>
</tr>
<tr>
<td>2014</td>
<td>(1,803)</td>
</tr>
<tr>
<td>2015</td>
<td>(1,768)</td>
</tr>
<tr>
<td>2016</td>
<td>(1,801)</td>
</tr>
<tr>
<td>2017</td>
<td>(1,759)</td>
</tr>
</tbody>
</table>

2002 ——— 2018
THE COMPLICATION OF SUCCESS
Many Age-Associated Diseases are More Common in Treated HIV Patients than in Age-Matched Uninfected Persons

- Cancer (non-AIDS)
- Cardiovascular disease
- Osteoporosis
- Liver disease
- Renal disease
- Neurocognitive disorders
- Metabolic: diabetes, dyslipidemia
- Frailty
- Macular Degeneration
- Hearing Loss (high & low freq)
WHY?

From initial HIV infection there is a cascade of inflammation that occurs. It is not stopped but only blunted by HIV treatment.
Multimorbidity is 2 or more chronic illnesses.

**RISKS**
- Smoking
- Substance Use History/Present
- Alcohol – even moderate use
- Poor Nutrition
- Little or No Exercise
- Co-infections - HCV
- Cumulative Stress of Depression

**HIV +**

**RISKS** (continued)
- Social Isolation
- Not working
- Obesity
- Stigma
- Loneliness
- Sexual Minority
- Food Scarcity
Risks for Multimorbidity

**Substance Use**
- Tobacco
- Substance Use History/Present
- Alcohol – even moderate use

**General Health**
- Uns suppressed Viral Load
- Little or No Exercise
- Co-infections – HCV
- Poor Nutrition
- Food Scarcity
- Obesity

**Mental Health**
- Cumulative Stress of Depression
- Social Isolation
- Loneliness
- Not Working
- Stigma
- Sexual Minority
ROAH

Research on Older Adults with HIV 2.0

Can be found at www.AGINGHIV.org
Sexual Abuse

Participants Reporting Childhood Sexual Abuse, Percent

- Fondling/forced touching:
  - Many times: 16%
  - A few times: 18%
  - Once: 9%
  - Never: 57%

- Rape/attempted rape:
  - Many times: 13%
  - A few times: 16%
  - Once: 13%
  - Never: 58%
Substance Use

Counts of ROAH 2.0 SF Participants Reporting Substance Use, Lifetime and Past 3 months

- Marijuana: 152
- Cocaine: 123
- Poppers: 115
- Methamphetamine: 106
- Opioids: 76
- Crack: 74
- Heroin: 37
- Methadone: 18

0 20 40 60 80 100 120 140 160
ROAH 2.0 Self Report Mental Disorders

Percentage of ROAH 2.0 SF Participants Reporting Mental Disorders, Past Year

- Anxiety: 65%
- Depression: 62%
- Bipolar disorder: 12%
RISK FACTORS ROAH 2.0

- 44% Currently Drink
- 28% Smoke
- 35% PTSD
- 50% Have Depression
- 85% Poor Diet
- 80% Do Not Exercise
Like All Older Adults with HIV
Long Term Survivors exhibit 3-5 higher rates of depression and are largely socially disconnected

“There are things that are \textit{worse} than AIDS, like loneliness.”
The average age of respondents was 64.2 years.
The vast majority (97.9%) reported wearing face coverings.
84.0% reporting that COVID brought up similar feelings of the early years of the AIDS epidemic
Changes in sleep patterns (54.3%)
Increases of 23.5% in alcohol use
Not getting enough exercise (67.0%)
The majority (93.5%) reported feeling more socially isolated
41% stated that the quality of their relationships with friends had gotten worse
32% & 49% said relationships with family and significant others, respectively, have gotten better.
Keeping in touch by phone (90.4%), videoconference (56.4%), or face-to-face (39.4%).
People (47.9%) missed a healthcare appointment during COVID
71.2% experienced interruptions in their mental health care
Half (52.7%) had a current 3-month supply of HIV medications.
Many (59.1%) stated that advance care planning is more important now

Summary Observations: COVID Impacts Older Adults with HIV

Data from NIH supported study by PI Annie Nguy PhD et al at USC.
Accepted for presentation at USPHS Conference 2020
On May 27 2020
Long Term Survivor
Larry Kramer
died at age 84

He founded what would become the largest and oldest AIDS Service Organization

The Gay Men’s Health Crisis
He Founded the Revolutionary and he taught us these truths.
The Quilt

One wonders how many might have been with us as an older adult living with HIV today.
Last displayed in its entirety in 1996.
Each panel is 3 feet by 6 feet approximately the size of the average grave
People who died of AIDS-related causes did not receive funerals, due the social stigma of AIDS
Lacking a memorial service or grave site, The Quilt was often the only opportunity survivors had to remember and celebrate their loved ones' lives.
Examples of Publications for Downloading from the www.AGingHIV.org site
THE Most Comprehensive Information Source for Older Adults with HIV
Thank you.....