

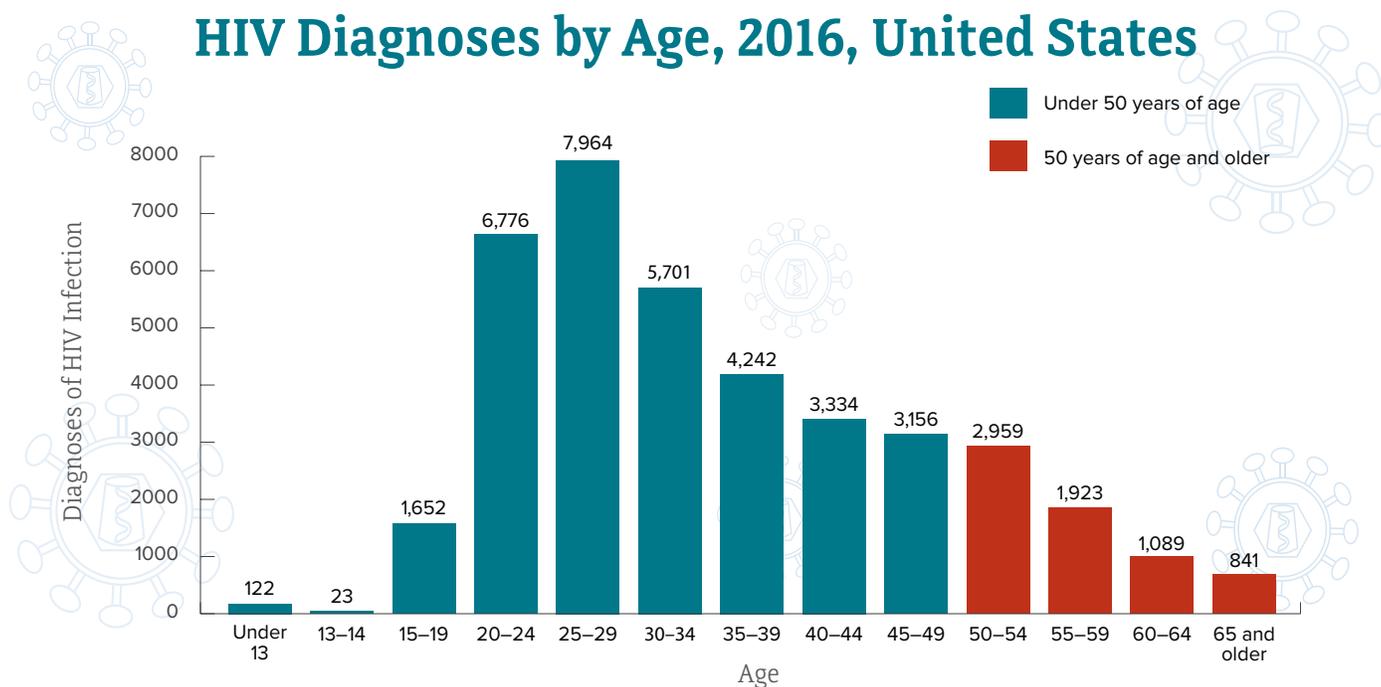
# HIV and Older Americans

**OF THE 39,782 HIV DIAGNOSES IN THE US IN 2016:  
6,812 (17%) WERE AGED 50 AND OLDER.**

**Among people aged 50 and older who received an HIV diagnosis:**

-  **49%** were gay and bisexual men
-  **15%** were heterosexual men
-  **24%** were heterosexual women
-  **12%** were people who inject drugs\*

## HIV Diagnoses by Age, 2016, United States



**From 2011 to 2015 HIV diagnoses among all people aged 50 and older decreased by 7%.**

\* People who inject drugs includes infections attributed to injection drug use and other sexual risk factors.

Around 1.1 million people are living with HIV in the US. People with HIV need to know their HIV status so they can take medicine to treat HIV. Taking HIV medicine as prescribed can make the level of virus in their body very low (called viral suppression) or even undetectable.



A person living with HIV who gets and stays virally suppressed or undetectable can stay healthy and has effectively no risk of sexually transmitting HIV to a negative partner.

Aging with HIV infection presents special challenges for preventing other diseases because both age and HIV increase risk for heart disease, bone loss, and certain cancers.



Unfortunately, thousands of Americans still die each year from HIV. In 2015, 2,749 people aged 55 and older died from HIV disease.

### Why are older Americans at risk?

- Older people in the United States are more likely than younger people to have AIDS at the time of diagnosis, which means they start treatment late and may suffer more immune-system damage.
- Older people have the same HIV risk factors as younger people, but may not be as knowledgeable about prevention.
- Although they visit their doctors more often, older people are less likely than younger people to talk about their sexual or drug use behaviors with their doctors.

### How is CDC making a difference?

- Collecting and analyzing data and monitoring HIV trends among older Americans.
- Conducting prevention research and providing guidance to those working in HIV prevention.
- Supporting health departments, education agencies, and community organizations by funding HIV prevention work for older Americans and providing technical assistance.
- Promoting testing, prevention and treatment through campaigns like *Act Against AIDS*.

### Reduce Your Risk



Not having sex



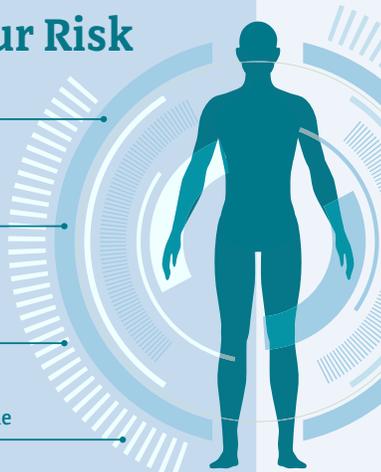
Using condoms



Not sharing syringes



Taking medicine to prevent or treat HIV



### HIV IS A VIRUS THAT ATTACKS THE BODY'S IMMUNE SYSTEM.

It is usually spread by anal or vaginal sex or sharing syringes with a person who has HIV. The only way to know you have HIV is to be tested. Everyone aged 13-64 should be tested at least once, and people at high risk should be tested at least once a year. Ask your doctor, or visit [gettested.cdc.gov](http://gettested.cdc.gov) to find a testing site. Without treatment, HIV can make a person very sick or may even cause death. If you have HIV, start treatment as soon as possible to stay healthy and help protect your partners.

AT THE END OF 2015,  
AN ESTIMATED

**298,200**

PEOPLE OVER 55  
HAD HIV.

**95%**

KNEW THEY HAD HIV

FOR EVERY 100 PEOPLE  
AGED 55 AND OLDER  
LIVING WITH HIV  
IN THE US IN 2015:



received  
some  
HIV care



were  
retained  
in care



were virally  
suppressed

For More Information

Call 1-800-CDC-INFO (232-4636)  
Visit [www.cdc.gov/hiv](http://www.cdc.gov/hiv)