HIV and Older Americans

OF THE 38,739 NEW HIV DIAGNOSES IN THE US AND DEPENDENT AREAS* IN 2017, 6,640 WERE AMONG PEOPLE AGED 50 AND OLDER. OF THESE:

2,731 WERE AMONG BLACKS/AFRICAN AMERICANS†
2,343 WERE AMONG WHITES
1,288 WERE AMONG HISPANICS/LATINOS‡

**From 2012 to 2016, HIV diagnoses remained stable overall among people aged 50 and older.**

But trends varied by transmission category:

**All people aged 50 and older: stable**

<table>
<thead>
<tr>
<th>Men by transmission category:</th>
<th>Women by transmission category:</th>
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<tbody>
<tr>
<td>Male-to-male sexual contact: stable</td>
<td>Heterosexual contact: down 8%</td>
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<tr>
<td>Injection drug use: down 17%</td>
<td>Injection drug use: down 18%</td>
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<tr>
<td>Male-to-male sexual contact and injection drug use: down 12%</td>
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<tr>
<td>Heterosexual contact: down 9%</td>
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*American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the Republic of Palau, and the US Virgin Islands.
†Black refers to people having origins in any of the black racial groups of Africa, including immigrants from the Caribbean, and South and Latin America. African American is a term often used for Americans of African descent with ancestry in North America.
‡Hispanics/Latinos can be of any race.
**In 50 states and the District of Columbia.

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of HIV/AIDS Prevention
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.

For every 100 people aged 55 and older with HIV in 2016:**

- 69 received some HIV care
- 56 were retained in care
- 60 were virally suppressed

AT THE END OF 2016, AN ESTIMATED 327,000 PEOPLE AGED 55 AND OLDER HAD HIV.

9 in 10 KNEW THEY HAD THE VIRUS.**

A person with HIV who takes HIV medicine as prescribed and gets and stays virally suppressed or undetectable can stay healthy and has effectively no risk of sexually transmitting HIV to HIV-negative partners.

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.

What places some older Americans at higher risk?

<table>
<thead>
<tr>
<th>Delayed Treatment</th>
<th>Knowledge of HIV Prevention</th>
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<tbody>
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<td>Older people in the US are more likely to have late-stage HIV when diagnosed, start treatment late, and suffer more immune system damage.</td>
<td>Older people may not be as knowledgeable about prevention and sexual risk including having multiple sex partners.</td>
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<th>Stigma</th>
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<td>Older people may already face isolation due to illness or loss of family and friends.</td>
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<th>Fewer Discussions with Doctors</th>
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<td>Older people may visit their doctors more often, but are less likely to discuss sexual and drug use behaviors.</td>
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</table>

How is CDC making a difference?

- 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.

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 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.

For More Information

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

All content is based on the most recent data available in September 2019.