

# HIV and Youth

## OF THE 39,782 HIV DIAGNOSES IN 2016:

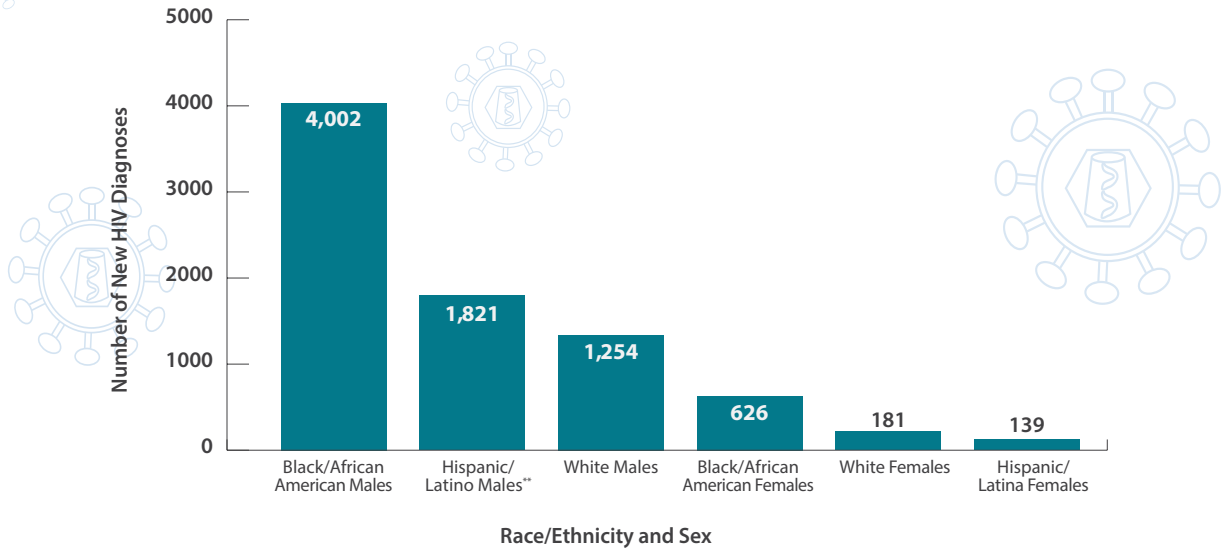
8,451 WERE AMONG YOUTH\* AGED 13 - 24

6,848 WERE AMONG YOUNG GAY AND BISEXUAL MEN

4 OUT OF 5 YOUTH DIAGNOSED WITH HIV WERE AGED 20 - 24

21% OF ALL NEW HIV DIAGNOSES IN THE US WERE AMONG YOUTH

### HIV Diagnoses Among Youth in the United States, by Race/Ethnicity and Sex, 2016



Subpopulations representing 2% or less of all people who received an HIV diagnosis in 2016 are not represented in this chart.

### From 2011 to 2015, HIV diagnoses among youth remained stable overall.\*\*\*

remained stable among young African American and white gay and bisexual men

increased 19% among young Hispanic/Latino gay and bisexual men

fell 25% among young women

remained stable among young people who inject drugs

\* Unless otherwise noted, people aged 13 to 24 are referred to as youth or young in this fact sheet.

\*\* Hispanics/Latinos can be of any race.

\*\*\* From 2010 to 2015, new HIV infections (incidence) fell 24% among youth. Incidence data includes the number of people who get HIV (both diagnosed and undiagnosed) each year. Diagnosis data includes the number of people receiving an HIV diagnosis each year (regardless of the year they were infected). In general, any difference between an incidence trend and a diagnosis trend can be attributed to HIV testing and diagnosis.

Around 1.1 million people are living with HIV in the US. People living 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 HIV-negative partners.



Unfortunately, thousands of Americans still die each year from HIV. In 2015, 100 youth aged 15 to 24 died from HIV disease.

### What places some young people at higher risk?





- Many students are not getting the sexual health education they need, and sex education is not starting early enough.
- Certain risk behaviors put youth at higher risk for HIV, including low HIV testing rates, substance use, low rates of condom use, and multiple sex partners. Research has also shown that young gay and bisexual men who have sex with older partners are at a greater risk for HIV infection.
- Youth aged 20 to 24, especially youth of color, have some of the highest STD rates. Having another STD can significantly increase a person's chance of getting or transmitting HIV.
- Many young people avoid talking about HIV with their sex partners.
- Stigma, fear, homophobia, isolation, and lack of support may also place many youth at higher risk for HIV.

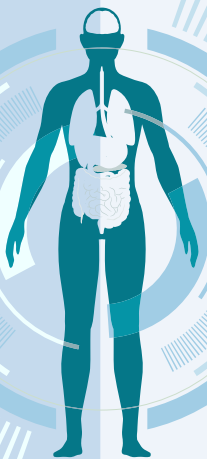
### How is CDC making a difference?

- Collecting and analyzing data and monitoring HIV trends among youth.
- 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 youth and providing technical assistance.
- Promoting testing, prevention, and treatment through campaigns like *Act Against AIDS*.

Visit [www.cdc.gov/hiv](http://www.cdc.gov/hiv) and [www.cdc.gov/healthyouth](http://www.cdc.gov/healthyouth) for more information about CDC's HIV prevention activities among youth.

### Reduce Your Risk

-  Not having sex
-  Using condoms
-  Not sharing needles
-  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 needles with a person who is living with 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 are living with HIV, start treatment as soon as possible to stay healthy and help protect your partners.

AT THE END OF 2015,  
AN ESTIMATED  
**60,300**  
YOUTH WERE  
LIVING WITH HIV.

**1 in 2**  
DIDN'T KNOW THEY WERE  
LIVING WITH THE VIRUS

**FOR EVERY 100  
YOUNG PEOPLE  
LIVING WITH HIV IN 2014:**



**For More Information**

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