

HIV and Transgender People

HIV Diagnoses in the US, 2009-2014

2,351 TRANSGENDER PEOPLE RECEIVED AN HIV DIAGNOSIS. OF THESE:

84% WERE TRANSGENDER WOMEN

15% WERE TRANSGENDER MEN*

ABOUT HALF LIVED IN THE SOUTH



Transgender: people whose gender identity or expression is different from their sex assigned at birth.



Gender identity: person's internal understanding of their own gender.



Gender expression: person's outward presentation of their gender (example, how they dress).

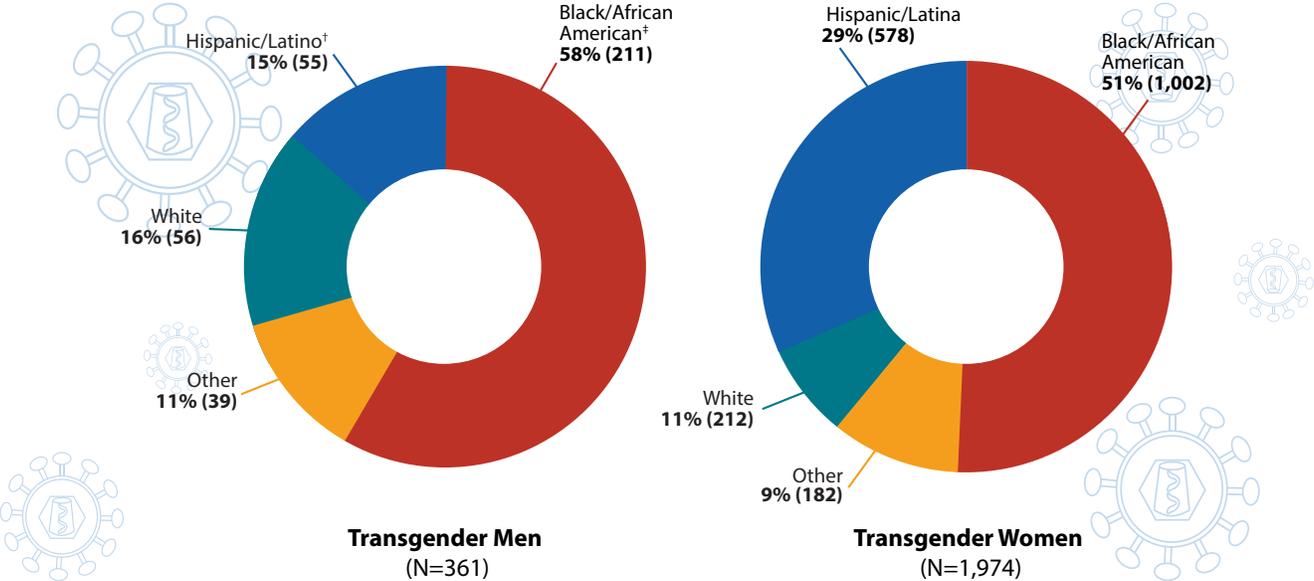


Transgender women: people who were assigned the male sex at birth but identify as women.



Transgender men: people who were assigned the female sex at birth but identify as men.

HIV Diagnoses Among Transgender People in the United States by Race/Ethnicity, 2009-2014



* Less than 1% had another gender identity.
 † Hispanics/Latinos can be of any race.
 ‡ 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. Individuals may self-identify as either, both, or choose another identity altogether.



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 with HIV who gets and stays virally suppressed or undetectable can stay healthy and has effectively no risk of transmitting HIV to HIV-negative partners through sex.

Why are transgender people at higher risk?

- Some things that may put transgender people at higher risk for getting or transmitting HIV include multiple sexual partners, having anal or vaginal sex without protection** (like a condom or medicine to prevent or treat HIV), and sharing needles, syringes, or other equipment to inject hormones or drugs. Other factors may include commercial sex work, mental health issues, high levels of substance misuse, homelessness, and unemployment.
- Many transgender people face stigma, discrimination, social rejection, and exclusion. These factors may affect their well-being and put them at increased risk for HIV.
- HIV prevention programs designed for other at-risk groups may not address all the needs of transgender people.
- When health care providers are not knowledgeable about transgender issues, this can be a barrier for transgender people with HIV who are looking for treatment and care.
- Due to certain barriers transgender men and women face, current testing programs may not reach enough people in this population.
- The sexual health of transgender men and transgender and gender minority youth has not been well studied. More research is needed to understand their HIV risk behaviors.
- Transgender women and men might not fully engage in medical care.

How is CDC making a difference?

- Conducting prevention research and providing guidance to those working in HIV prevention.
- Supporting health departments and community organizations by funding HIV prevention work for transgender people and providing technical assistance.
- Helping health care providers improve care for transgender people with HIV.
- Promoting testing, prevention, and treatment through campaigns like *Act Against AIDS*.

Visit www.cdc.gov/hiv for more information about CDC's HIV prevention activities among transgender people.

** It is important to avoid assumptions regarding the types of sexual activity that transgender people engage in or how they may refer to their body parts.
†† Estimate for transgender women overall includes laboratory-confirmed infections only. Estimates by race/ethnicity include laboratory-confirmed and self-reported infections.

According to current estimates, about **14% of transgender women in the US** have HIV.

An estimated **44% of black/African American transgender women** have HIV—the highest percentage among all transgender women.^{††}

Reduce Your Risk



Not having sex



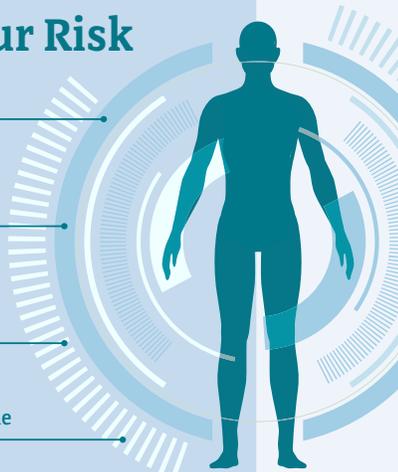
Using condoms



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