

## **HIV Prevention**

### **Prenatal Counseling about HIV Testing and HIV Testing During Pregnancy**



#### **Background**

The CDC has identified HIV prevention as a Winnable Battle.<sup>1</sup> HIV infection can be passed on from the mother to her fetus during pregnancy or to her infant during delivery or breastfeeding. The chance of a child becoming infected by its mother can be reduced from around 25% to less than 2%<sup>2</sup> with appropriate antiretroviral medication.

Therefore, it is vital that HIV-infected mothers are identified early in pregnancy to reduce the risk of transmission to their baby. To reduce perinatal HIV transmission, the U.S. Preventive Services Task Force (USPSTF),<sup>3</sup> the American College of Obstetricians and Gynecologists (ACOG),<sup>4,5</sup> the American Academy of Pediatrics (AAP),<sup>5</sup> and the U.S. Public Health Service (USPHS)<sup>6</sup> have recommended universal HIV counseling and voluntary testing as part of routine prenatal care. In 2006, CDC issued revised recommendations for HIV testing in health care settings that replaced voluntary screening with opt-out HIV screening during prenatal care for all pregnant women.<sup>7</sup>

One *Healthy People 2020* objective related to HIV testing is to increase to 74.1% the percent of women 15 to 44 years of age who completed a pregnancy in the past 12 months to report they had an HIV test as part of prenatal care.<sup>8</sup>

#### **PRAMS Questions**

Q1: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about getting tested for HIV (the virus that causes AIDS). Response options are Yes and No.

Q2: At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)? Response options are Yes and No.

Findings from women who delivered a live-born infant in 2009 in any of the 29 PRAMS states that met the response rate threshold of 65%\* are included in this report.

#### **Findings in Brief**

In 2009, three of four (74.8%<sup>†</sup>) of women delivering a live-born infant in 29 PRAMS states reported that their health care provider talked with them about HIV testing during prenatal care. The prevalence of prenatal counseling about HIV testing was highest among women who were younger than 20 years of age (83.5%); black, non-Hispanic (87.0%), had less than a high school education (81.4%); and reported Medicaid as their source of insurance coverage during pregnancy (81.7%) (Figure 1; Table 1). The lowest

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\*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

<sup>†</sup>95% confidence intervals (CI) for all percentages are included in the figures and tables.

prevalence of prenatal counseling about HIV testing was found among women 35 years of age and above (69.7%); white, non-Hispanics (69.6%); women with more than a high school education (69.7%); and women who reported having private insurance coverage during pregnancy (69.4%) (Figure 1; Table 1).

Three in four women (74.7%) who delivered a live-born infant in 2009 also reported being tested for HIV during pregnancy or delivery. The prevalence was highest among women who were younger than 20 years of age (81.0%); black, non-Hispanic (89.0%); had less than a high school education (80.1%); and reported Medicaid as their source of insurance coverage during pregnancy (82.9%) (Figure 2; Table 2). The groups with lower prevalence were women 35 years of age and older (69.7%); white, non-Hispanics (68.6%); women with more than a high school education (70.2%); and women who reported having private insurance coverage during pregnancy (68.4%) (Figure 2; Table 2).

Of those reporting receipt of counseling about HIV testing during prenatal care, 86.9% were tested for HIV during pregnancy. Of those who did not report receiving counseling about HIV testing, only 31.5% were tested for HIV during pregnancy.

## Public Health Implications

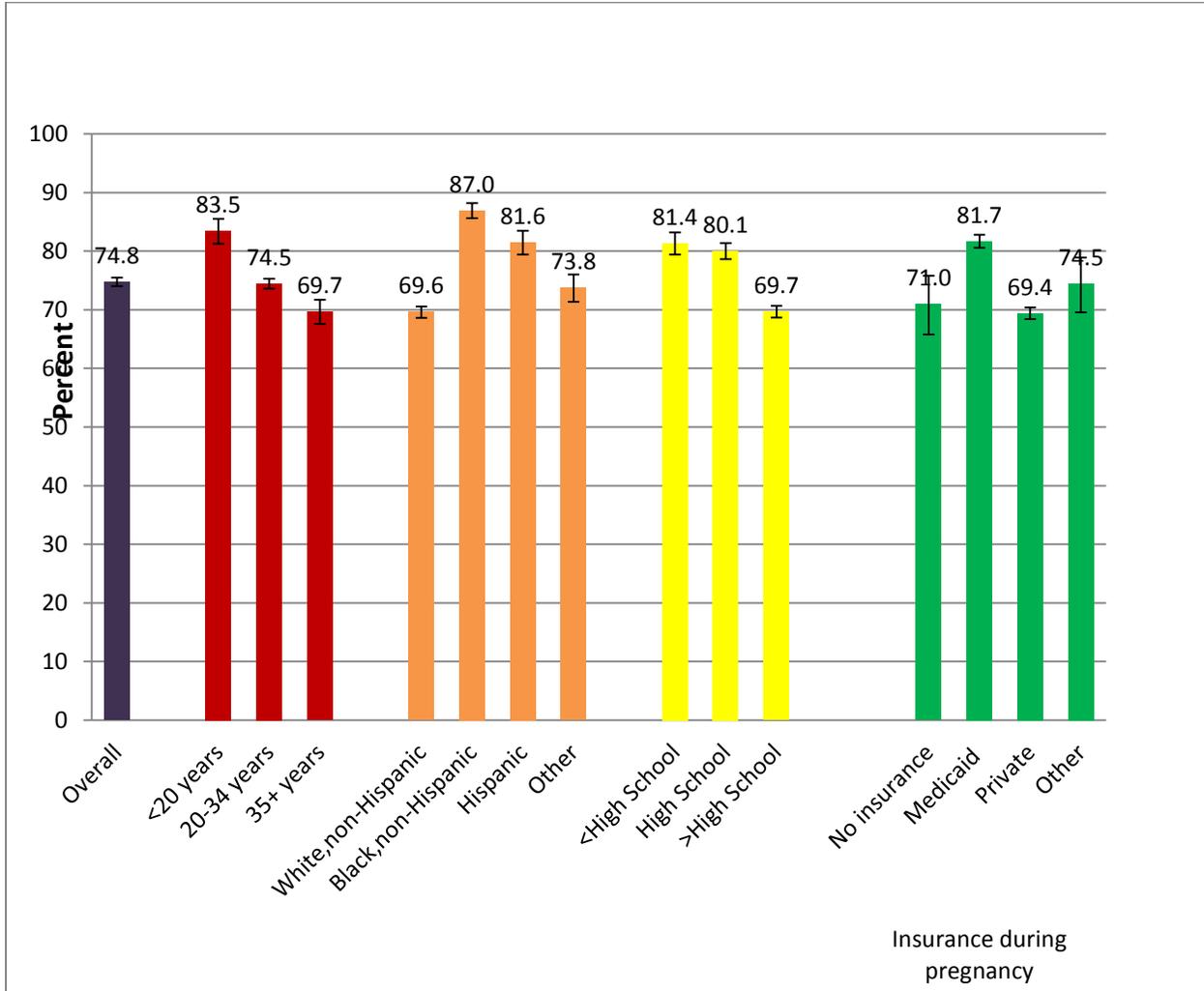
PRAMS data show that about 75% of women are being counseled and 75% of women are being tested for HIV; these data show that progress is being made toward the *Healthy People 2020* objective for HIV testing; however there is still much room for improvement. PRAMS is a good source of data to assess counseling and HIV testing during pregnancy and delivery as part of the overall recommendations for universal testing. The findings can be used to inform providers about the need to ensure that pregnant women are counseled and tested for HIV, thereby reducing the risk of transmission to their babies.

## References

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7. Centers for Disease Control and Prevention. Revised recommendations for HIV testing of adults, adolescents, and pregnant women in health-care settings. *MMWR Recommendations and Reports* 2006;55(RR-14):1-17.

8. U.S. Department of Health and Human Services. Healthy People 2020 Objectives: Available at [www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf](http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf). Accessed July 13, 2012.

**Figure 1.** Prevalence of prenatal counseling about HIV testing during pregnancy by selected maternal demographics, 29 States\*, PRAMS 2009



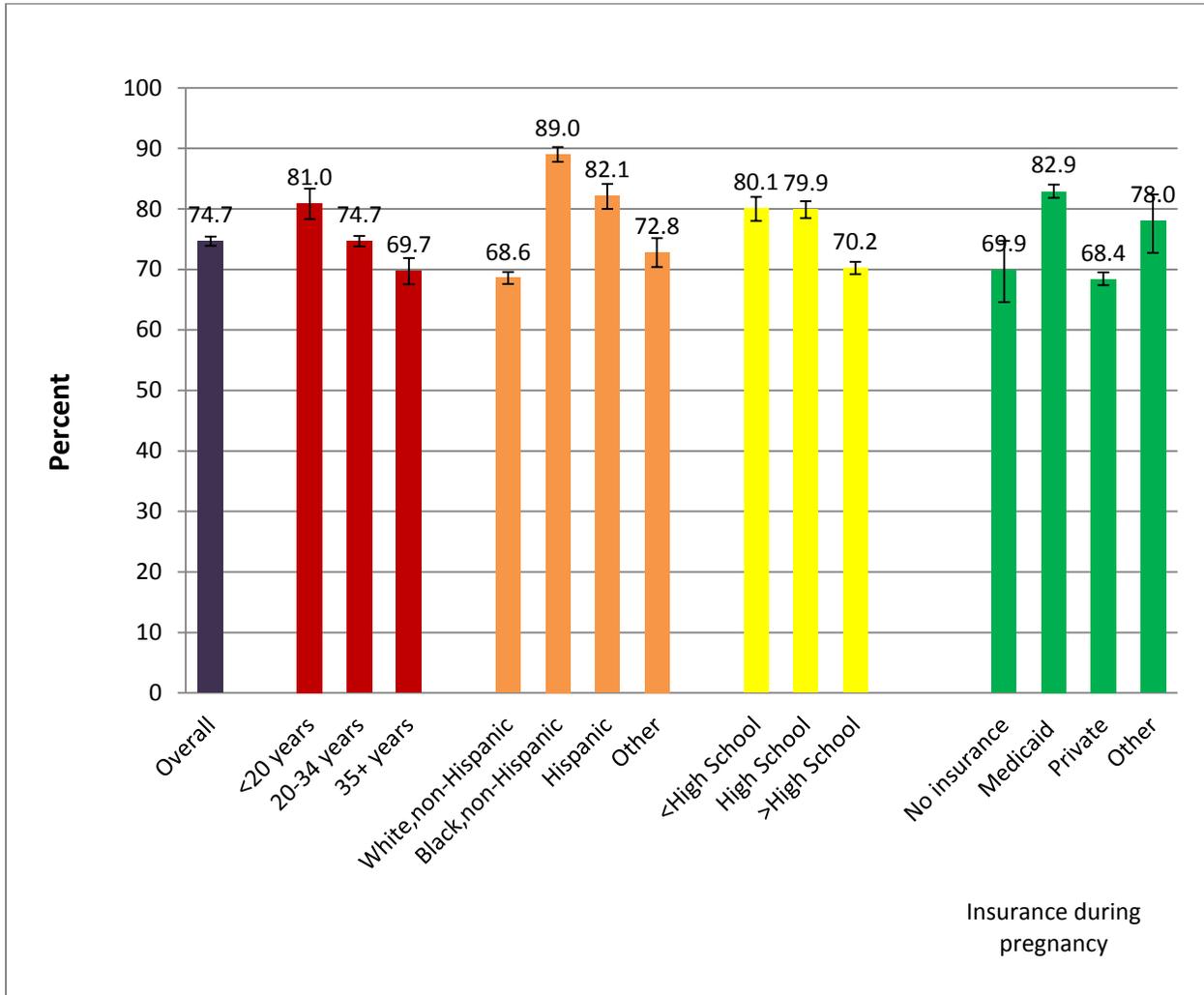
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**Table 1. Prevalence of prenatal counseling about HIV testing during pregnancy by selected maternal demographics, 29 States\*, PRAMS 2009**

	Prevalence of Prenatal Counseling about HIV Testing		Prevalence of No Prenatal Counseling about HIV Testing	
	Percent (%)	95% CI	Percent (%)	95% CI
<b>Overall</b>	74.8	74.0-75.5	25.2	24.5-26.0
<b>Maternal age</b>				
<20 years	83.5	81.3-85.5	16.5	14.5-18.7
20-34 years	74.5	73.6-75.3	25.5	24.7-26.4
35+ years	69.7	67.6-71.7	30.3	28.3-32.4
<b>Maternal race/ethnicity</b>				
White, non-Hispanic	69.6	68.7-70.6	30.4	29.5-31.4
Black, non-Hispanic	87.0	85.6-88.2	13.0	11.8-14.4
Hispanic	81.6	79.4-83.5	18.5	16.5-20.6
Other	73.8	71.4-76.0	26.2	24.0-28.6
<b>Maternal education</b>				
<High School	81.4	79.4-83.2	18.6	16.8, 20.6
High School	80.1	78.6-81.4	20.0	18.6, 21.4
>High School	69.7	68.7-70.7	30.3	29.3, 31.3
<b>Insurance during pregnancy</b>				
No insurance	71.0	65.8-75.8	29.0	24.3-34.2
Medicaid	81.7	80.6-82.8	18.3	17.2-19.4
Private	69.4	68.4-70.4	30.6	29.6-31.6
Other	74.5	69.6-78.9	25.5	21.2-30.4

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**Figure 2.** Prevalence of HIV testing during pregnancy by selected maternal demographics, 29 States\*, PRAMS 2009



\*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

**Table 2. Prevalence of HIV testing during pregnancy by selected maternal demographics, 29 States\*, PRAMS 2009**

	Prevalence of Prenatal HIV Testing		Prevalence of Not Receiving Prenatal HIV Testing	
	Percent (%)	95% Confidence Interval	Percent (%)	95% Confidence Interval
<b>Overall</b>	74.7	73.9-75.4	25.3	24.6-26.1
<b>Maternal age</b>				
<20 years	81.0	78.3-83.4	19.0	16.6-21.7
20-34 years	74.7	73.8-75.5	25.3	24.5-26.2
35+ years	69.7	67.5-71.9	30.3	28.1-32.5
<b>Maternal race/ethnicity</b>				
White, non-Hispanic	68.6	67.6-69.6	31.4	30.4-32.4
Black, non-Hispanic	89.0	87.8-90.2	11.0	9.8-12.3
Hispanic	82.1	80.0-84.1	17.9	15.9-20.0
Other	72.8	70.4-75.2	27.2	24.8-29.6
<b>Maternal education</b>				
<High School	80.1	78.0-82.0	19.9	18.0-22.0
High School	79.9	78.5-81.3	20.1	18.7-21.6
>High School	70.2	69.2-71.2	29.8	28.8-30.8
<b>Insurance during</b>				

<b>pregnancy</b>				
No insurance	69.9	64.6-74.7	30.1	25.3-35.4
Medicaid	82.9	81.8-84.0	17.1	16.0-18.2
Private	68.4	67.4-69.5	31.6	30.5-32.7
Other	78.0	72.7-82.4	22.0	18.6-27.3

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