



HIV in the Houston Area

2020 Epidemiologic Supplement for HIV Prevention and Care Services
Planning

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Produced Through a Partnership between:



**Houston Area Ryan
White Planning
Council**



**Houston Health
Department**

Disclaimer:

This document is a supplement to and should be used in conjunction with the *2019 Houston Area Integrated Epidemiologic Profile for HIV Prevention and Care Services Planning*. (December 2019). This document contains data on selected epidemiological measures of HIV disease for the jurisdictions of Houston/Harris County and the Houston Eligible Metropolitan Area (**EMA**) for the reporting period of January 1 to December 31, 2018 (unless otherwise noted). It is intended for use in HIV prevention and care services planning conducted in calendar year 2020. The separation of jurisdictions in the data presentation is intended to enhance the utility of this document as a tool for planning both HIV prevention and HIV care services. Data for the third geographic service jurisdiction in the Houston Area, the Houston Health Services Delivery Area (**HSDA**), are not presented here due to the overlap of data and data sources with the EMA, which makes the data virtually identical. The 2019 Epidemiologic Profile should be referenced for a comprehensive discussion of data pertaining to the epidemiological questions outlined in joint guidance from the Centers for Disease Control and Prevention and the Health Resources and Services Administration. More recent data may have become available since the time of publication.

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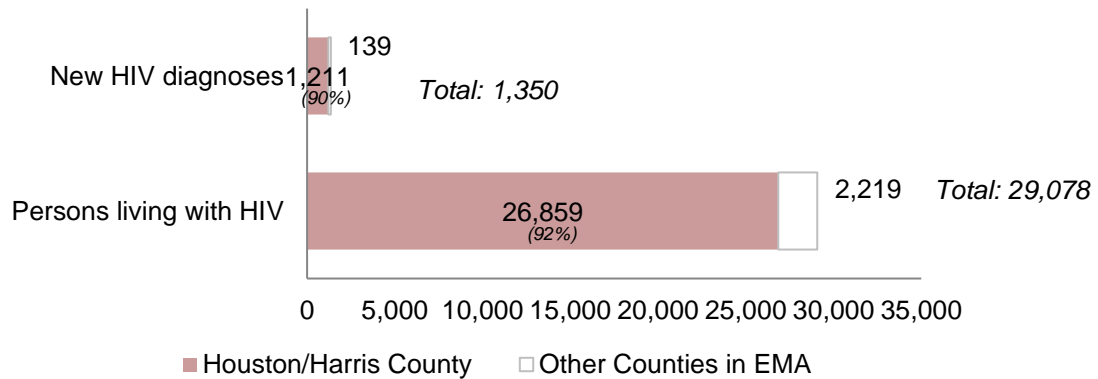
EXECUTIVE SUMMARY

Local communities use data on patterns of HIV, or HIV epidemiology, to better understand who is diagnosed and living with HIV. This helps local communities make informed decisions about HIV services, funding, and quality.

This document is a supplement to the Houston Area’s current epidemiological profile of HIV (published in December 2019) and provides updated data on core HIV indicators used in local planning, including new HIV diagnoses and cumulative persons living with HIV (HIV prevalence), for two local jurisdictions of Houston/Harris County and the Houston Eligible Metropolitan Area (EMA), a six-county area that includes Houston/Harris County.¹ A summary of key data is below:

- At the end of calendar year 2018, there were 29,078 diagnosed people living with HIV (PLWH) in the Houston EMA, a 3% increase from 2017 (28,225 PLWH). In 2018, 92% of PLWH resided in Houston/Harris County.
- Also in 2018, 1,350 new diagnoses of HIV were reported in the Houston EMA, a 9% increase from 2017 (2017 cases = 1,234). At the time of diagnosis, 90% resided in Houston/Harris County.

Number of New HIV Diagnoses and Persons Living with HIV in the Houston EMA, by County, 2018



Sources:

Texas eHARS, as of 12/31/2018

Definitions:

New HIV diagnoses=People diagnosed with HIV between 1/1/2018 and 12/31/2018, with residence at diagnosis in Houston EMA.

Persons living with HIV= People living with HIV at the end of calendar year 2018.

- Rates of new HIV diagnoses and prevalence in both Houston/Harris County and the Houston EMA continue to exceed rates both for Texas and the U.S.
- Compared to the general population in the Houston EMA, people living with HIV are disproportionately male, Black/African American, and ages 45 to 54. There is a larger proportion of people ages 25 to 34 among *new* HIV diagnoses.

¹Pages marked “EMA” in the top left corner use 2018 Harris County/Houston EMA HIV prevalence data, and pages marked “H/HC” in the top left corner use 2018 Houston/Harris County HIV prevalence data, unless otherwise noted.

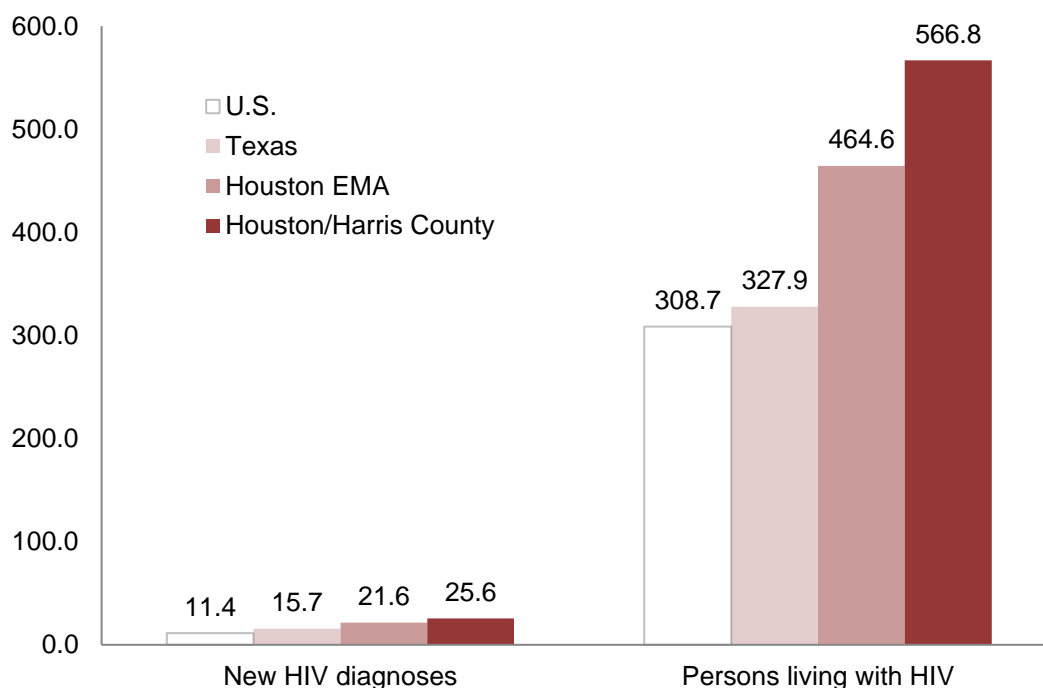
- It is estimated that 6,825 of people living with HIV in the Houston EMA have not be diagnosed. Of those diagnosed, 75% had at least one HIV medical visit/lab or prescription for treatment in 2018, 60% were retained in care over the course of the year, and 59% had a suppressed viral load.

COMPARISON OF HIV RATES IN HOUSTON, TEXAS, AND THE U.S.

A comparison of core HIV epidemiological indicators between the two Houston Area jurisdictions (Houston/Harris County and the Houston EMA), the State of Texas, and the U.S. provides context for the local HIV burden data described in this document.

Overall, both Houston/Harris County and the Houston EMA have higher rates of new HIV diagnoses and HIV prevalence (or people living with HIV per 100,000 population) than both Texas and the U.S. This indicates that the HIV burden in the Houston Area is greater than for the state and the nation, even when adjusted for population size. In 2018, the Houston EMA had the highest HIV diagnosis rate of any EMA/Transitional Grant Areas (TGA) in Texas, and the Houston Metropolitan Statistical Area (MSA) had the tenth-highest rate of new HIV diagnoses of all metropolitan areas in the nation.²

Rate of New HIV Diagnoses and of Persons Living with HIV for the U.S., Texas, and Houston Area Jurisdictions



*Rate is per 100,000 population in the respective jurisdiction.

Sources:

U.S.: Centers for Disease Control and Prevention. *Diagnoses of HIV Infection in the United States and Dependent Areas, 2018*. HIV Surveillance Report, 2018 (Preliminary); vol. 30. Published November 2019.

Texas: Texas Department of State Health Services (TDSHS), Texas eHARS, 2018.

Houston EMA: Texas eHARS. All data, 2018.

Houston/Harris County: Houston/Harris County eHARS. Diagnoses, 2018; Prevalence, 2018.

² Centers for Disease Control and Prevention. HIV Surveillance Report, 2018 (Preliminary); vol. 30. <http://www.cdc.gov/hiv/library/reports/hiv-surveillance.html>. Published November 2019. Accessed February 7, 2020

NEW HIV DIAGNOSES IN HOUSTON/HARRIS COUNTY (H/HC)

In 2018, 1,211 new diagnoses of HIV disease (including stage 3 HIV) were reported in Houston/Harris County, an 8.1% increase from 2017 (2017 cases =1,120). The rate of new HIV and stage 3 HIV diagnoses in Houston/Harris County increased from 23.9 to 25.6, while the rate of stage 3 HIV remained approximately 11 new diagnoses for every 100,000 residents. When compared to 2017, small increases in new HIV rates occurred among males, females, and Hispanic/Latinos. The rate in Other/Multiple Races more than doubled.

Proportionally, Black/African Americans made up the majority of new HIV diagnoses in 2018 at 45%, followed by Hispanic/Latinos at 38%. Male-to-male sexual contact or MSM accounted for the most transmission risk at 68%, followed by sex with male/sex with female at 25%.

New Diagnoses of HIV and Stage 3 HIV in Houston/Harris County by Sex assigned at birth, Race/Ethnicity, Age, and Risk Category, 2018^a

	New HIV ^b			New stage 3 HIV		
	Cases	%	Rate ^c	Cases	%	Rate ^c
Total	1,211	100.0%	25.6	520	100.0%	11.0
Sex assigned at birth						
Male	954	78.8%	40.5	378	72.7%	16.1
Female	257	21.2%	10.8	142	27.3%	6.0
Race/Ethnicity						
White	138	11.4%	10.1	55	10.6%	4.0
Black/African American	542	44.8%	60.0	253	48.7%	28.0
Hispanic/Latino	465	38.4%	22.7	193	37.1%	9.4
Other/Multiple Races	66	5.4%	15.8	19	3.6%	4.6
Age at Diagnosis						
0 – 24 ^d	273	22.5%	16.0	125	24.0%	7.3
25 - 34	451	37.2%	59.2	194	37.3%	25.4
35 - 44	224	18.5%	33.1	81	15.6%	12.0
45 - 54	165	13.6%	28.0	80	15.4%	13.6
55 - 64	85	7.0%	16.7	34	6.5%	6.7
65+	13	1.1%	2.6	6	1.2%	1.2
Transmission Risk^e						
Male-to-male sexual contact (MSM)	819	67.6%	*	305	58.7%	*
Person who injects drugs (PWID)	59	4.9%	*	33	6.4%	*
MSM/PWID	26	2.1%	*	15	2.8%	*
Sex with male/Sex with female	306	25.3%	*	163	31.4%	*
Other/Unknown	1	0.1%	*	4	0.7%	*

^aSource: Texas eHARS, analyzed by the Houston Health Department

^bHIV = People diagnosed with HIV, regardless of stage 3 HIV status, with residence at diagnosis in Houston/Harris County

^cRate per 100,000 population. Source: U.S. Census Bureau, 2018 American Community Survey 1-Year Estimates

^dAge group 0-12 years was combined with 13-24 years because 0-12 years category had less than 5 cases and could not be reported

^ePersons with no risk reported were recategorized into standard categories using the multiple imputation program of the Centers for Disease Control and Prevention (CDC)

*Population data are not available for risk groups; therefore, it is not possible to calculate rate by risk.

PERSONS LIVING WITH HIV IN HOUSTON/HARRIS COUNTY (H/HC)

Data on the total number of people living with HIV (PLWH) in Houston/Harris County are available as of the end of calendar year 2018. At that time, there were 26,859 people living with HIV (regardless of progression) in Houston/Harris County. This is a prevalence rate of 567 people living with HIV for every 100,000 people in the jurisdiction.

Of those living with HIV in Houston/Harris County, 76% are male, 49% are African American, 75% are age 35 and older, and 58% report male-to-male sexual contact or MSM as their primary transmission risk.

People Living with HIV in Houston/Harris County by Sex, Race/Ethnicity, Age, and Risk, 2018^a			
	Cases ^b	%	Rate ^c
Total	26,859	100.0%	566.8
Sex Assigned at Birth			
Male	20,321	75.7%	863.7
Female	6,538	24.3%	274.0
Race/Ethnicity			
White	4,431	16.5%	323.3
Black/African American	13,031	48.5%	1441.7
Hispanic/Latino	8,052	30.0%	393.3
Other/Multiple Races	1,345	5.0%	322.7
Current Age (as of 12/31/2018)			
0 – 24 ^d	1,118	4.2%	63.0
25 - 34	5,620	20.9%	737.1
35 - 44	6,293	23.4%	930.4
45 - 54	6,929	25.8%	1174.3
55 - 64	5,128	19.1%	1006.9
65+	1,771	6.6%	356.2
Transmission Risk^e			
MSM	15,589	58.1%	*
PWID	2,170	8.1%	*
MSM/PWID	1,132	4.2%	*
Sex with male/Sex with female	7,589	28.3%	*
Perinatal transmission	263	1.0%	*
Other adult risk	116	0.4%	*

^aSource: Texas eHARS, analyzed by the Houston Health Department.

^bPLWH at end of 2018 = People living with HIV, regardless of stage 3 HIV status.

^cRate per 100,000 population. Source: U.S. Census Bureau, 2018 American Community Survey 1-Year Estimates

^dAge group 0-12 years was combined with 13-24 years because of unavailability of population data for these age groups

^ePatients with no risk reported were recategorized into standard categories using the multiple imputation or risk program of the Centers for Disease Control and Prevention (CDC).

*Population data are not available for risk groups; therefore, it is not possible to calculate rate by risk.

NEW HIV DIAGNOSES IN THE HOUSTON EMA

In 2018, 1,350 new HIV diagnoses were reported in the Houston EMA, 9% increase from 2017. The rate of new HIV diagnoses for every 100,000 people in the Houston EMA increased by 10% from 20 in 2017 to 22 in 2018.

Noticeable increases in rates compared to 2017 occurred among Hispanic/Latino individuals and persons aged 13 to 24, 35 to 44, and 55 to 64.

Black/African American individuals comprised the highest proportion of new HIV diagnoses in 2018 at 44%, followed by Hispanic/Latino individuals at 37%. Male-to-male sexual contact (MSM) accounted for the majority of transmission risk at 68%, followed by Sex with Male/Sex with Female at 25%.

New Diagnoses of HIV in the Houston EMA by Sex at Birth, Race/Ethnicity, Age, and Transmission Risk, 2018a			
	Cases	%	Rate^c
Total	1,350	100.0%	21.6
Sex at birth			
Male	1,059	78.4%	34.1
Female	291	21.6%	9.2
Race/Ethnicity			
White	175	13.0%	8.1
Black/African American	599	44.4%	53.7
Hispanic/Latino	502	37.2%	20.7
Other/Multiracial	74	5.5%	13.3
Age			
0 - 12	N	N	N
13 - 24	308	22.8%	29.8
25 - 34	488	36.2%	51.3
35 - 44	249	18.5%	27.8
45 - 54	191	14.2%	23.9
55 - 64	98	7.3%	14.2
65+	14	1.0%	2.1
Transmission Risk^b			
Male-male sexual contact (MSM)	919	68.1%	n/a
Person who injects drugs (PWID)	60	4.4%	n/a
MSM/PWID	31	2.3%	n/a
Sex with Male/Sex with Female	338	25.0%	n/a
Perinatal transmission	N	N	n/a
Adult other	N	N	n/a

^a Source: Texas eHARS, New HIV diagnoses in the Houston EMA between 1/1/2018 and 12/31/2018.

^b Cases with unknown transmission risk have been redistributed based on historical patterns of risk ascertainment and reclassification

^c Rate per 100,000 population. Source: Texas Department of State Health Services, 2018 Houston EMA Population Denominators.

^N Data has been suppressed to meet cell size limit of 5

PEOPLE LIVING WITH HIV IN THE HOUSTON EMA

At the end of calendar year 2018, there were 29,078 people living with HIV in the Houston EMA, a 3% increase from 2017 (28,225 PLWH). The rate of HIV prevalence also increased in 2018 to 465 people living with HIV for every 100,000 people in the Houston EMA, up from 458 in 2017.

Noticeable increases in prevalence rates in 2018 compared to 2017 occurred among males, Hispanic/Latino individuals, and individuals ages 25 to 34 and 55 to 64.

Black/African American individuals comprised the highest proportion of people living with HIV in 2018 at 48%, followed by Hispanic/Latino individuals at 29%. Male-to-male sexual contact (MSM) accounted for the majority of transmission risk at 58%, followed by Sex with Male/Sex with Female at 29%.

People Living with HIV in the Houston EMA by Sex at Birth, Race/Ethnicity, Age, and Transmission Risk, 2018a				
		Diagnosed PLWH		
		Cases	%	Rate ^c
Total		29,078	100.0%	464.6
Sex at Birth				
	Male	21,829	75.1%	703.3
	Female	7,249	24.9%	229.7
Race/Ethnicity				
	White	5,109	17.6%	236.3
	Black/African American	14,044	48.3%	1259.3
	Hispanic/Latino	8,493	29.2%	350.2
	Other/Multiracial	1,432	4.9%	257.1
Age				
	0 - 12	54	0.2%	4.5
	13 - 24	1,170	4.0%	113.3
	25 - 34	5,986	20.6%	629.8
	35 - 44	6,752	23.2%	754.4
	45 - 54	7,594	26.1%	952.2
	55 - 64	5,580	19.2%	806.6
	65+	1,942	6.7%	285.2
Transmission Risk				
	Male-male sexual contact (MSM)	16,818	57.8%	n/a
	Person who injects drugs (PWID)	2,256	7.8%	n/a
	MSM/PWID	1,192	4.1%	n/a
	Sex with Male/Sex with Female	8,455	29.1%	n/a
	Perinatal transmission	340	1.2%	n/a
	Adult other	17	0.1%	n/a

^a Source: Texas eHARS, Diagnosed PLWH in the Houston EMA between 1/1/2018 and 12/31/2018.

^b Cases with unknown transmission risk have been redistributed based on historical patterns of risk ascertainment and reclassification

^c Rate per 100,000 population. Source: Texas Department of State Health Services, 2018 Houston EMA Population Denominators.

ⁿ Data has been suppressed to meet cell size limit of 5

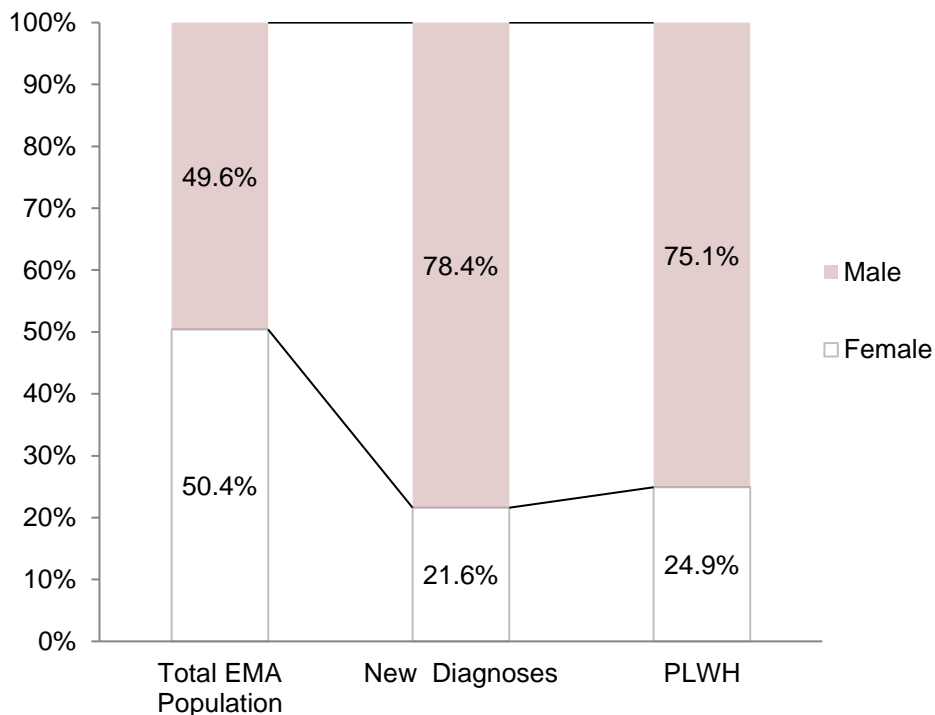
COMPARISON OF THE HOUSTON EMA POPULATION TO THE POPULATION LIVING WITH HIV

By Sex assigned at Birth: In 2018, the Houston EMA population was divided almost equally between males and females. However, more males than females were both newly diagnosed with HIV (78% vs. 22%) and living with HIV (75% vs. 25%) at the end of 2018. This difference decreased slightly when compared to 2017 data.

By Race/Ethnicity: The newly diagnosed population and those living with HIV in the Houston EMA are more racially diverse than the general EMA population. While Black/African Americans, Hispanic/Latinos, and persons of other or multiple races account for 65% of the total Houston EMA population, these groups comprised 87% of all new HIV diagnoses in 2018 and 82% of all people living with HIV at the end of 2018. Black/African Americans account for 18% of the total Houston EMA population, but comprised 44% of new HIV diagnoses in 2018 and close to half of all people living with HIV (48%) in the region at the end of 2018. This disparity in new diagnoses lessened slightly compared to 2017.

By Age: People aged 25 to 34 accounted for a much larger proportion of new HIV diagnoses (36%) than their share of the Houston EMA population (15%) in 2018. Similarly, people aged 45 to 54 accounted for a much larger proportion of those living with HIV (26%) at the end of 2018 than their share of the population (13%). This trend was observed in 2017 as well.

Comparison of Total Population^a in the Houston EMA to People Living with HIV^b by Sex assigned at Birth,^c 2018

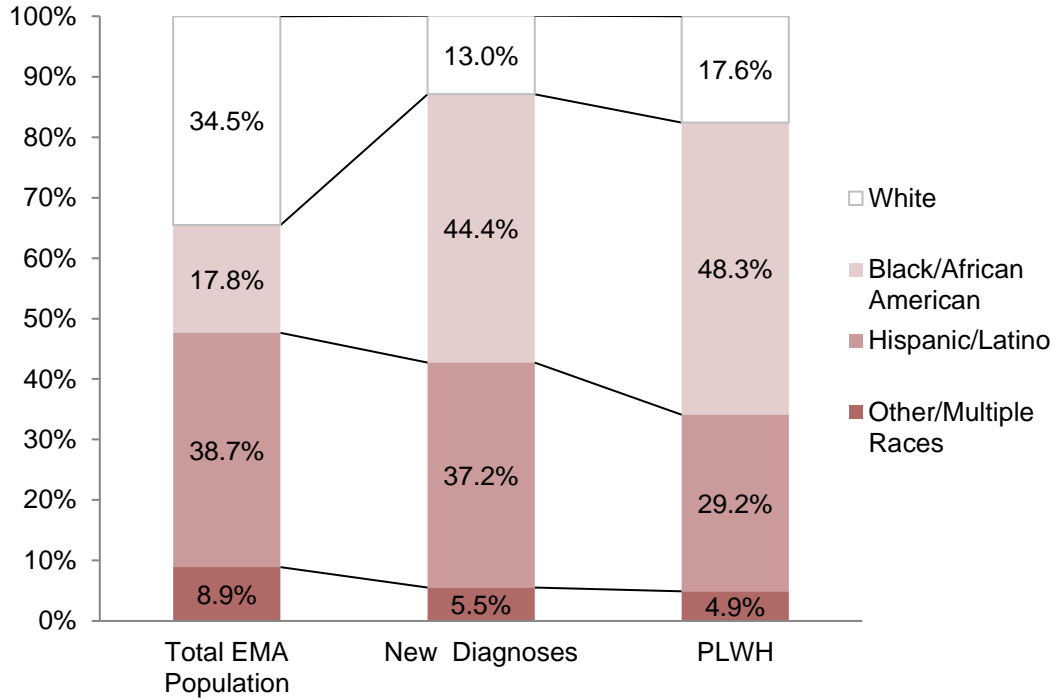


^aSource: TDSHS EMA/HSDA Population Denominators, 2018

^bTexas eHARS, Diagnosed PLWH in the Houston EMA as of 12/31/2018; new HIV diagnoses in the Houston EMA between 1/1/2018 and 12/31/2018.

^cTransgender persons are reflected in data by sex assigned at birth due to underreporting.

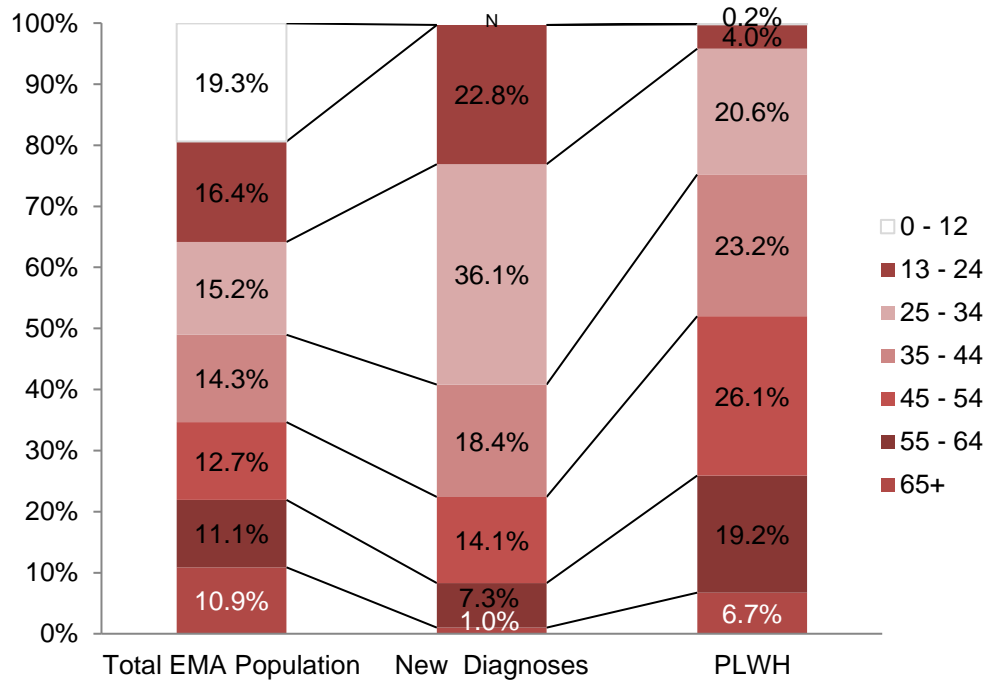
Comparison of Total Population^a in the Houston EMA to People Living with HIV^b by Race/Ethnicity, 2018



^aSource: TDSHS EMA/HSDA Population Denominators, 2018

^bTexas eHARS, Diagnosed PLWH in the Houston EMA as of 12/31/2018; new HIV diagnoses in the Houston EMA between 1/1/2018 and 12/31/2018.

Comparison of Total Population^a in the Houston EMA to People Living with HIV^b by Age, 2018



^aSource: TDSHS EMA/HSDA Population Denominators, 2018

^bTexas eHARS, Diagnosed PLWH in the Houston EMA as of 12/31/2018; new HIV diagnoses in the Houston EMA between 1/1/2018 and 12/31/2018.

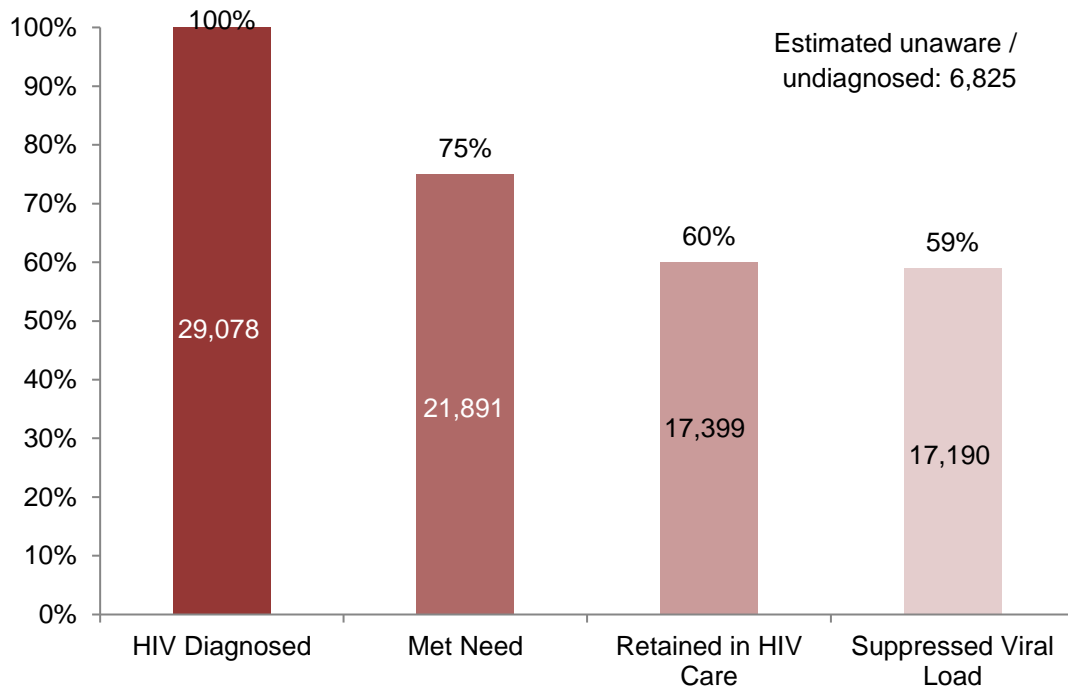
^NData suppressed as case number was fewer than 5.

THE HOUSTON EMA HIV CARE CONTINUUM

The Houston EMA HIV Care Continuum (HCC) depicts the number and percentage of people living with HIV in Harris, Fort Bend, Waller, Montgomery, Liberty and Chambers counties at each stage of HIV care, from being diagnosed with HIV to viral suppression. Stakeholders use this analysis to measure the extent to which people living with HIV have community-wide access to care, and identify potential service gaps.

An estimated 6,825 individuals in the Houston EMA were living with HIV in 2018, but were not diagnosed. Of the 29,078 HIV diagnosed individuals in the Houston EMA in 2018, 75% had met need (at least one: medical visit, ART prescription, or CD4/VL test) in year); 60% were retained in HIV care (at least 2 medical visits, ART prescriptions, or CD4/VL tests in year, at least 3 months apart); and 59% maintained or reached viral load suppression (≤ 200 copies/mL).

The Houston EMA HIV Care Continuum, 2018



Data represented for PLWH in the Houston EMA between 1/1/2018 and 12/31/2018.

Methodology:

HIV Diagnosed: No. of HIV-diagnosed people, and residing in the Houston EMA, 2018. Source: Texas eHARS

Met Need: No. (%) of PLWH in Houston EMA with met need (at least one: medical visit, ART prescription, or CD4/VL test) in year.

Source: Texas DSHS HIV Unmet Need Project (incl. eHARS, ELR, ARIES, ADAP, Medicaid, private payer data)

Retained in HIV Care: No. (%) of PLWH in Houston EMA with at least 2 medical visits, ART prescriptions, or CD4/VL tests in year, at least 3 months apart

Suppressed Viral Load: No. (%) of PLWH in Houston EMA whose last viral load test of the year was ≤ 200 copies/mL. Source: Texas ELRs, ARIES labs, ADAP labs