

An Overview of HIV in Texas

Texas Department of State Health Services HIV/STD Program

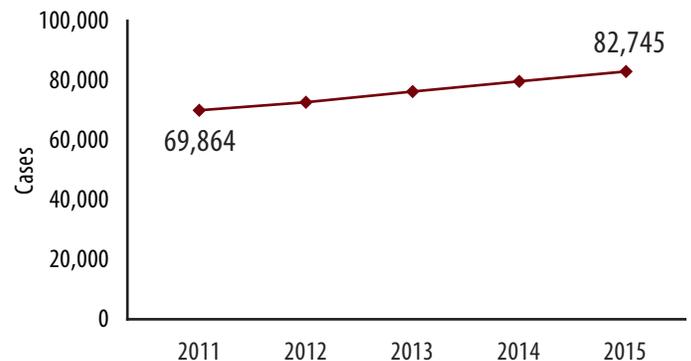
The big picture.

Over 82,000 people in Texas are known to have HIV. In addition, it is estimated that more than 13,000 people in Texas are living with HIV, but are currently unaware of their status. The number of people known to have HIV increased by nearly 18 percent from 2011 to 2015.

Advances in medical care enable people with HIV to stay healthy and survive longer. With access to effective treatment, the death rate among people with HIV infection has decreased dramatically.

HIV programs in Texas combine the best available prevention and treatment interventions. As a result, the number of new HIV diagnoses in Texas has remained relatively stable over the last decade, with about 4,400 new diagnoses and 1,500 deaths per year. About half of deaths in persons living with HIV are directly attributable to HIV/AIDS.

Texans Living with HIV/AIDS



Nearly 18% more Texans are living with HIV today than just five years ago. Longer survival means greater costs and challenges for HIV prevention and care.

HIV affects Black Texans the most.

HIV has a disproportionate impact on the Black population in Texas. Although Blacks make up only 12% of the state's population, they represented 37.5% of people with HIV in 2015, compared to Hispanics (31.3%) and Whites (26.7%). The rate of Black Texans living with HIV is nearly four times the rate of Hispanic Texans and five times the rate for White Texans.

Black Texans had the highest rate of new diagnoses in 2015. The 2015 rate of new HIV diagnoses in Black persons (51 per 100,000) was over three times the rate for Hispanics (16 per 100,000) and nearly seven times the rate for Whites (8 per 100,000).

How many Texans are living with HIV?

One in 337.

One in 109 Black Texans.

One in 423 Hispanic Texans.

One in 538 White Texans.

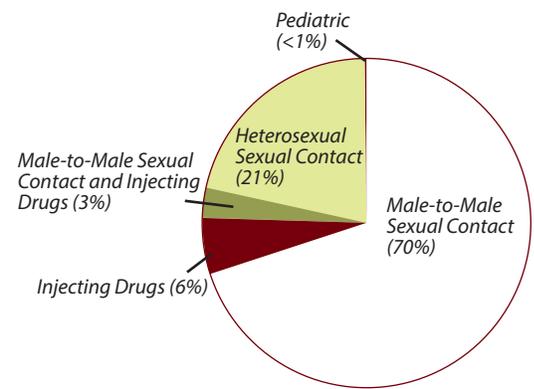
How do people get HIV in Texas?

Almost all new HIV diagnoses are due to having unprotected sex or sharing needles with a person who has HIV. Seventy percent of all new cases are diagnosed in men who have sex with men and about 22% of new cases are diagnosed in men and women who have sex with persons of the opposite sex. About 5% of new cases are diagnosed in persons who inject drugs.

Every Texan should know his or her HIV status.

Routine HIV testing can speed diagnosis and help curb the epidemic. In 2006 the Centers for Disease Control and Prevention recommended that HIV testing as a routine part of medical care be offered to all persons 13 to 64 years of age.¹ As of 2014, 42% of Americans and 41% of Texans aged 18-64 years had ever been tested for HIV.²

How do people get HIV?



Early HIV Diagnosis is Critical

When people with HIV are diagnosed early, treatment works better and there are more chances to prevent further spread of HIV.

Too many Texans with HIV are diagnosed late.

HIV is the virus that causes AIDS. HIV infection can take from 5 to 10 years to progress to AIDS unless a person receives treatment. Many HIV-infected people do not learn that they have HIV until they develop AIDS symptoms.

In Texas, one in four HIV-infected persons is diagnosed with AIDS within one year of their HIV diagnosis, meaning that their HIV infection occurred several years earlier.

Early diagnosis is critical to preventing the spread of HIV. People who know their HIV status and are on treatment are less likely to transmit the infection to others and are more likely to live a long and productive life.³ Late testing results in missed opportunities for preventing new HIV infections. Late diagnosis increases the cost of care and is associated with poor health outcomes and earlier death.⁴⁻⁶

What is the cost of HIV?

Nationally, the average annual cost of HIV treatment is more than \$20,000 per person.⁷ Since HIV is a chronic disease once a person is diagnosed, treatment is lifelong. Preventing new infections, detecting infections earlier, and getting infected people into treatment reduces the overall financial impact of the disease. Free or low-cost treatment is available for low-income, uninsured persons.

Too many Texans with HIV remain undiagnosed and untreated.

What you don't know can hurt you, your friends, your family and your community. How can you make a difference? Know your status. Get medical care if you are infected. And talk openly about HIV, without fear or shame, regardless of your status. If you are a medical provider, consider routine HIV testing in your practice.

FACTS TO CONSIDER

As of 2014, 41% of all Texans aged 18-64 had been tested for HIV at least once in their lifetime.

78% of people living with HIV in Texas are men.

Over two in three new HIV diagnoses in Texas are among men who have sex with men.

In 2015, about 1 in 3 diagnosed persons were not getting medical care for their HIV infection.

Male and Hispanic Texans are most likely to test late in their HIV infection.



Preventing new HIV infections saves money and saves lives.

Data in this fact sheet represent Texas total new HIV diagnoses and people living with HIV through December 31, 2015. For source information, please send an email to hivstd@dshs.state.tx.us.

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