

HIV in Gay Men and Other Men who Have Sex with Men (MSM)

Texas Department of State Health Services TB/HIV/STD Section

A Disproportionate Burden

Gay men and other men who have sex with men (MSM) have the highest burden of HIV in Texas. In 2016, more than 70 percent (3,233) of all new HIV diagnoses in Texas were in MSM. At the end of 2016, there were 52,183 MSM living with an HIV diagnosis in Texas, comprising 60 percent of all Texans living with HIV.

Three out of every five people living with HIV in Texas are MSM

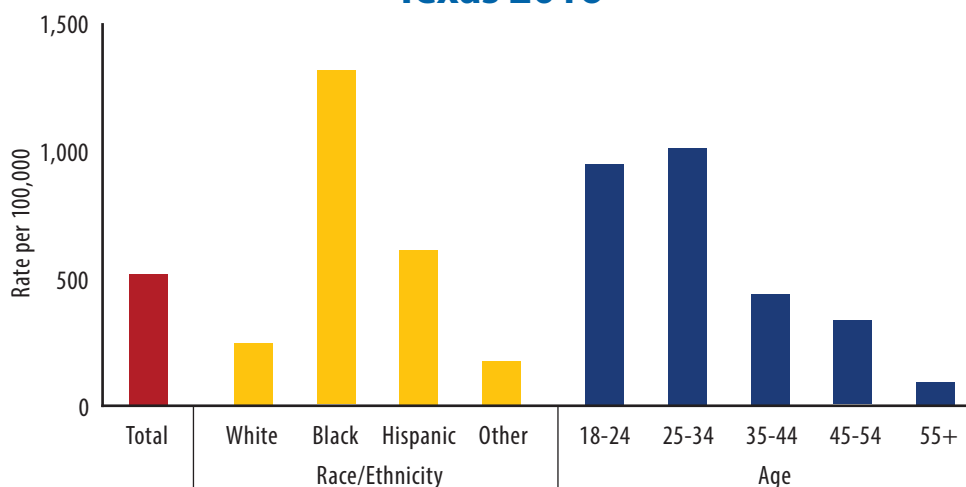
The 2016 prevalence of diagnosed HIV infections in MSM is 8,358 per 100,000. In other words, more than eight percent of MSM in Texas were already living with an HIV diagnosis by the end of the year. This is a much higher prevalence than in the general population, which is 311 per 100,000.

Disparities among MSM

MSM are unequally affected by the HIV epidemic. Black and Hispanic MSM, in particular, are more likely to be diagnosed with HIV compared to White MSM or those of other races. More than one percent of Black MSM in Texas (around 1,000) are diagnosed with HIV each year.

A greater proportion of young MSM are diagnosed with HIV compared to older MSM. The rate of new HIV diagnoses in MSM ages 25-34 has increased by 23 percent over the past five years.

Rate of New HIV Diagnoses in MSM, Texas 2016



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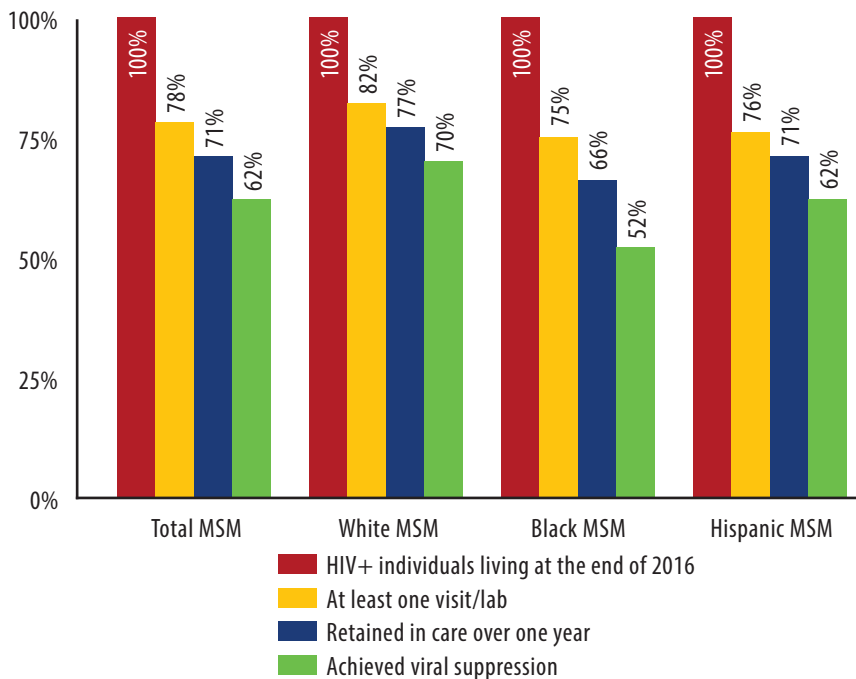
HIV Care for MSM Living with HIV

HIV care is critical to the health of people living with HIV, and proper care can help prevent new infections. The U.S. Centers for Disease Control and Prevention recommends that all people diagnosed with HIV begin anti-retroviral therapy as soon as possible after a diagnosis. Treatment is necessary for achieving viral suppression, which means that the level of HIV circulating in the body is reduced to very low levels. Virally-suppressed people are far less likely to transmit HIV to others.

The *HIV Treatment Cascade* (see below) is a visual representation of persons living with HIV who are diagnosed, receiving care and achieving viral suppression. The first bar (red) represents the number of people living with HIV; successive bars illustrate the proportion of people who have received HIV care (yellow), the proportion of people retained in care over a one-year period (blue), and the proportion of people who have achieved viral suppression (green).

Overall, 62 percent of MSM in Texas had achieved viral suppression at the end of 2016. This number is below the National HIV/AIDS Strategy goal of 80 percent. There are racial disparities in HIV treatment and care for MSM. A lower proportion of Black and Hispanic MSM are virally suppressed compared to White MSM.

HIV Treatment Cascade for MSM by Race, Texas 2016



Prevention and Care to Improve the Health of MSM

Improving the health of MSM living with HIV and reducing new infections requires focused and sustained interventions to increase testing, linkages to care, and retention in care, which all help to lead to viral suppression. Additionally, prevention among MSM who do not have HIV should be prioritized, including behavioral risk-reduction interventions and pre-exposure prophylaxis (PrEP), a medication that can prevent HIV infection when taken daily.

More About HIV in MSM in Texas

The Texas HIV Epidemiological Profile provides detailed information on new infections and diagnoses in Texas.

www.dshs.texas.gov/hivstd/epiprofile

The Texas HIV Surveillance Report provides yearly data on reported HIV infections broken down by race, age, and geographical area.

www.dshs.texas.gov/hivstd/reports/HIVSurveillanceReport.pdf

HIV testing and treatment locations can be found across the state.

www.dshs.texas.gov/hivstd/services/

DSHS TB/HIV/STD Section

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