

An Overview of HIV in Texas

Texas Department of State Health Services HIV/STD Program

The Big Picture

Advances in medical care have enabled people living with HIV (PLWH) to live healthier and longer lives. The percent of deaths per year caused by HIV/AIDS among PLWH has decreased by 19 percent over the last eight years from 61 percent to 42 percent. During the same period, the rate of new HIV diagnoses has remained relatively stable at about 4,400. As a result, the number of PLWH in Texas has steadily increased from about 68,000 in 2010 to over 94,000 in 2018.

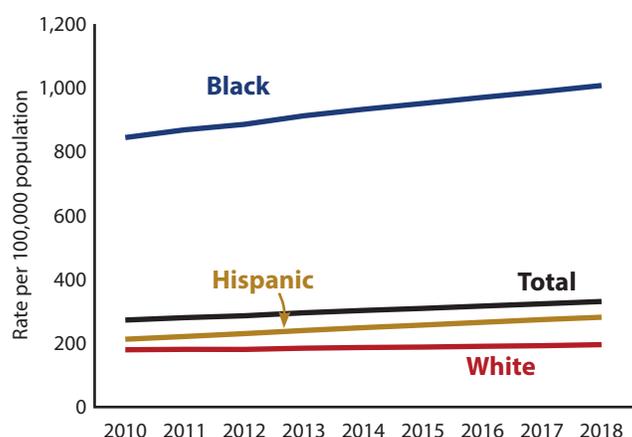
Despite the advancements that have already been made, there are always improvements that can be made to reduce new HIV transmissions and improve the lives of PLWH by increasing testing, linkage to and retention in HIV care, and viral suppression. An estimated 16 percent of Texans are living with HIV but have not yet been diagnosed.

How Do People Get HIV in Texas?

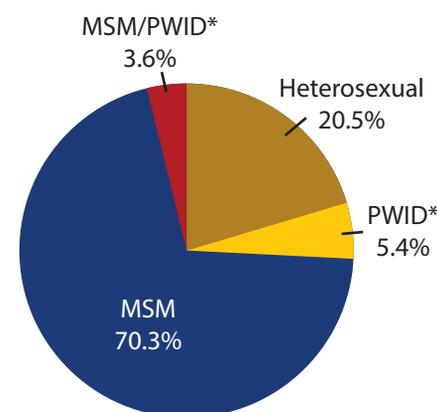
Most of the new HIV diagnoses in Texas were among men who have sex with men (MSM). The percent of newly diagnosed individuals in Texas among MSM has increased from 62 percent in 2010 to 70 percent in 2018.

Not all Texans have benefitted equally from the improvements to HIV medical care and prevention. Texas populations that are disproportionately impacted by HIV are diverse.

People Living with HIV in Texas



New HIV Diagnoses by Transmission Category in Texas, 2018



*PWID - people who inject drugs



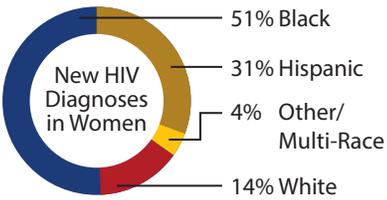
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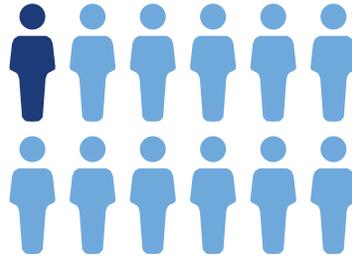
FACTS TO CONSIDER

How many Texans are living with HIV?

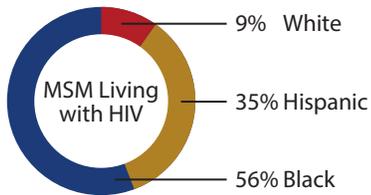
1 in every 312
 Black Texans: 1 in 100
 Hispanic Texans: 1 in 360
 White Texans: 1 in 520



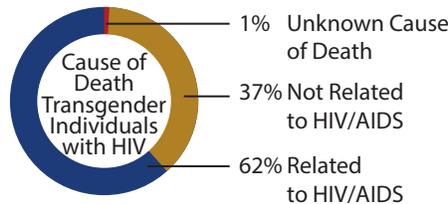
As of 2018, Black women comprised 51 percent of new HIV diagnoses in Texas, but only 12 percent of the female population in Texas.



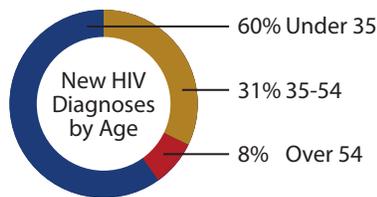
Almost 1 in 12 MSM in Texas were living with HIV in 2018.



Black and Hispanic MSM account for the majority of new HIV diagnoses and PLWH among MSM. In 2018, 1 in 7 Black MSM and almost 1 in 11 Hispanic MSM in Texas were living with HIV.



Over the last decade, 62 percent of deaths among transgender individuals living with HIV were due to HIV/AIDS.



In 2018, 60% of new HIV diagnoses were among those <35 years of age.

Almost three in four new HIV diagnoses in Texas are among men who have sex with men.

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

In 2017, about 1 in 4 diagnosed persons were not getting medical care for their HIV infection.

DSHS HIV/STD Program

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Publication No. 13-12986
 (Rev. 10/2019)

Treating HIV and Preventing Transmission

Early diagnosis and effective treatment of HIV are important to reducing new HIV transmission. Routine HIV screening for all persons seeking health care helps identify PLWH earlier by removing barriers to testing. Pre-exposure prophylaxis (PrEP) and non-occupational post-exposure prophylaxis (nPEP) are effective at preventing transmission of HIV for people at increased risk.

PLWH are less likely to transmit HIV when effective treatment lowers the amount of virus in their bodies. Removing barriers to testing and care improves health outcomes for PLWH, saves money, and further reduces the risk of HIV transmission.

Free and low cost testing and medical care for HIV is available across Texas. The Texas HIV Medication Program and the Ryan White Program connect PLWH with medical care and treatment. Many agencies provide services in both English and Spanish.



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