

# Are We Ready for the Aging HIV-Positive Population?

## PLWHA Fifty Years and Older in Los Angeles County

Juhua Wu, MA, HRSA Grants Manager  
Jacqueline Rurangirwa, MPH, Epidemiologist

Office of AIDS Programs and Policy  
Planning and Research Division

Commission on HIV  
February 12, 2009



# Los Angeles County

Square Miles: 4,086

Population<sup>1</sup>: 10.3 Million

Latino/a 47%

White 28.9%

Asian/PI 12.6%

African-American 9.0%

Native American 0.3%

Proportion of:

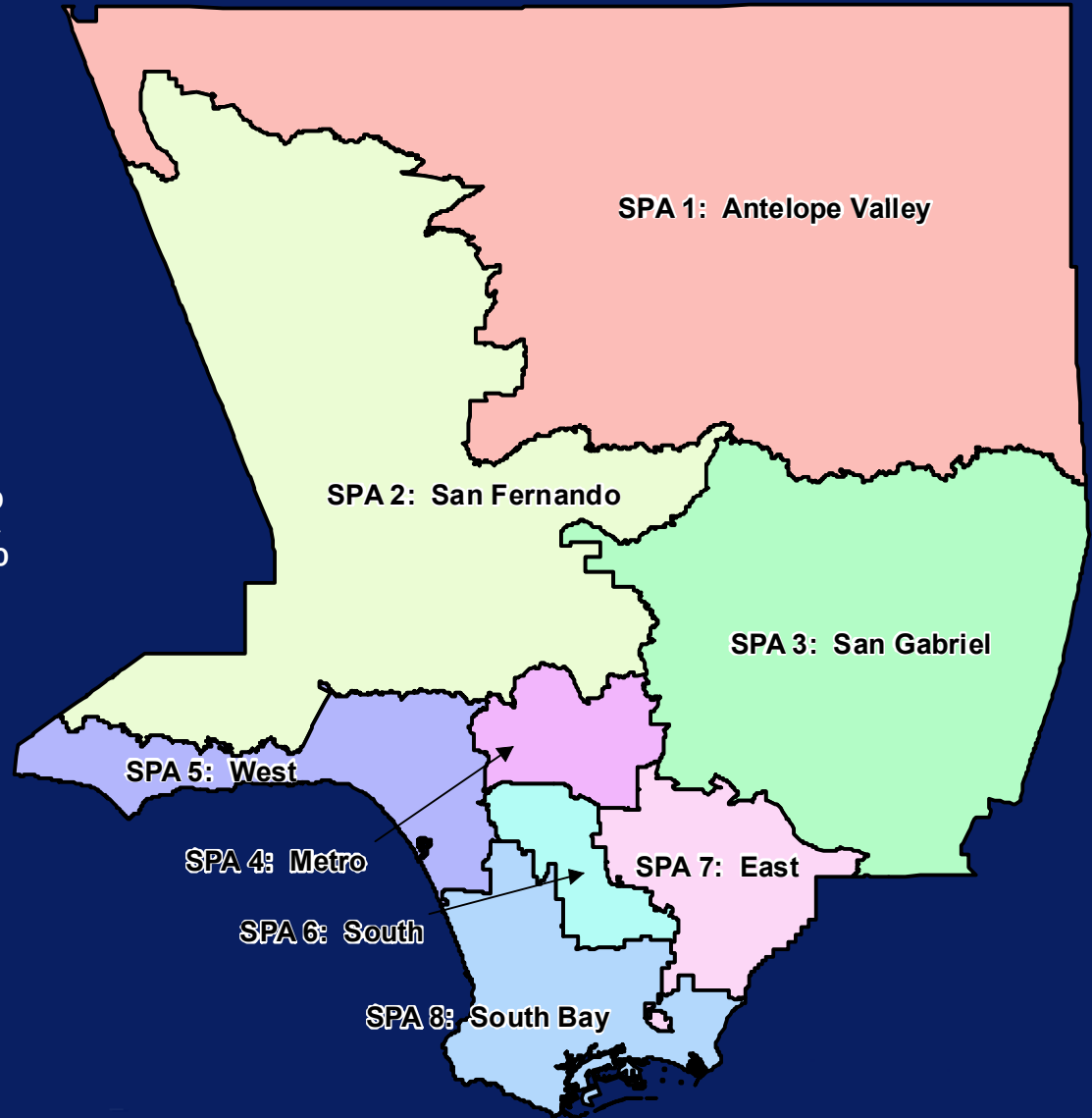
- California Population<sup>2</sup>: 29%
- California AIDS Cases<sup>3</sup>: 36%
- U.S. AIDS Cases<sup>3</sup>: 5%

Living with HIV/AIDS<sup>3</sup>:  
60,000 (Estimated)

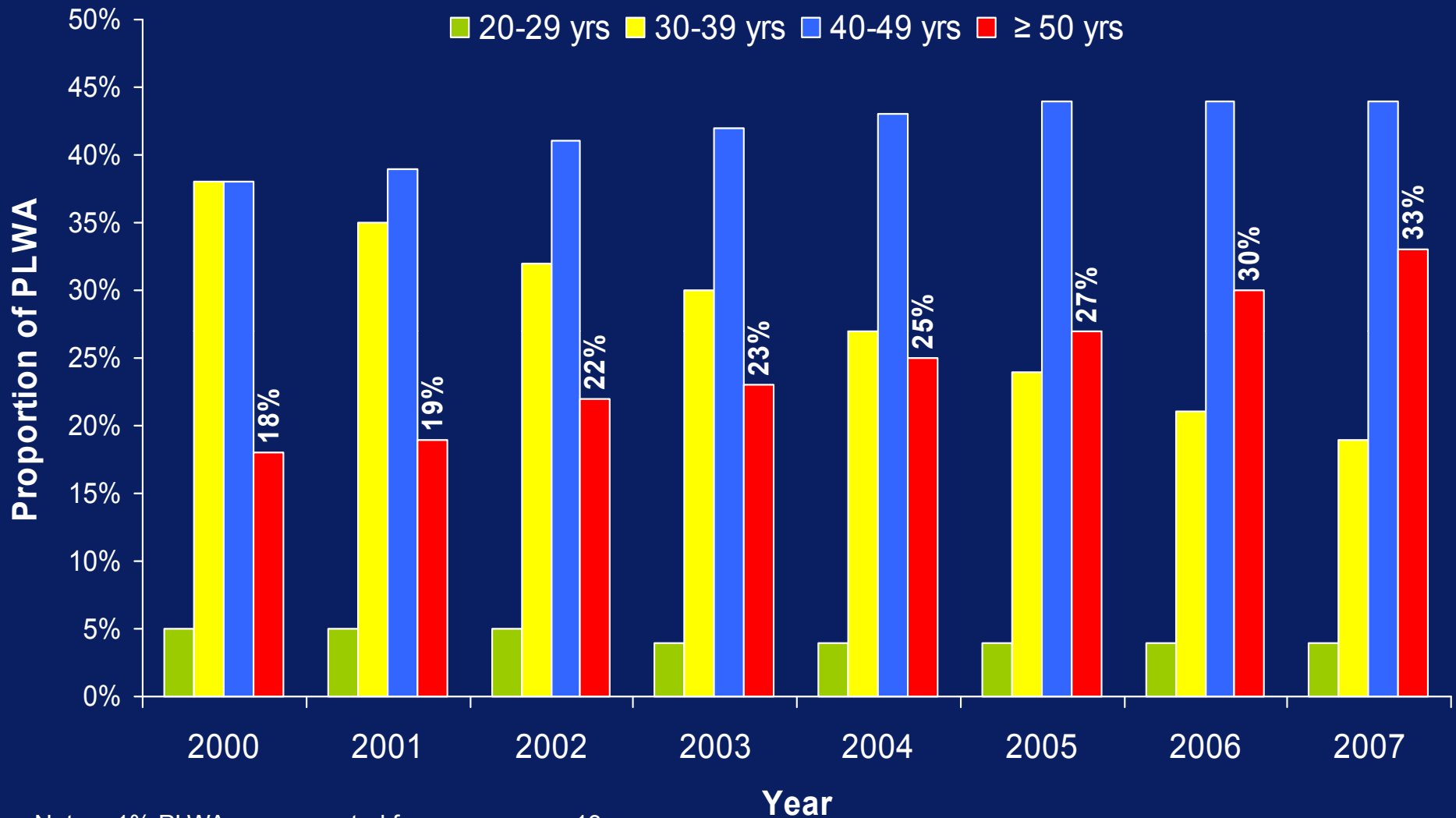
<sup>1</sup>United Way, Los Angeles (2008)

<sup>2</sup>U.S. Department of Commerce (2008)

<sup>3</sup>Los Angeles County HIV Epidemiology Program (2008)



# PLWA $\geq$ 50 in Los Angeles County 2000-2007



Note: <1% PLWA were reported for age groups <13 yrs and 13-19 yrs from 2000-2007

Data Source: LAC HIV Epidemiology Semi-Annual Surveillance Report, July 2008



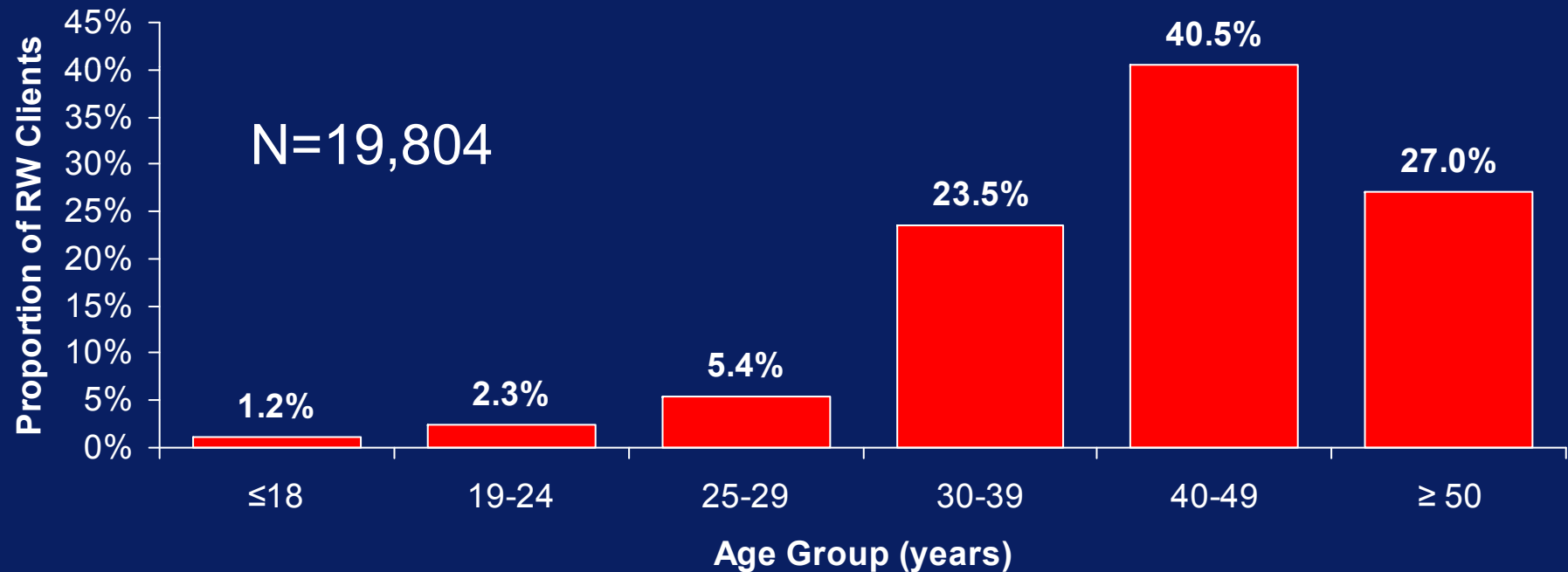
# PLWHA $\geq$ 50 in LA County as of 12/31/2007

	N	%
Estimated PLWHA	12,730	26.4% Of PLWHA in LAC
PLWA	7,549	32.9% Of PLWA in LAC
New AIDS Cases 2006-2007	374	16.4% Of new AIDS cases 2006-2007



# Where Are We Now?

- Ryan White Clients  $\geq 50$  years in LA County, 2007
  - 5,348 (27%) of total clients



Data Source: Casewatch Year 17 (March 2007 – Feb 2008)



# Where Will We Be in Five Years?

- Projected LAC Ryan White Clients  $\geq 50$  years in 2012



Year 17 N=19,804

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)



# What We Know



# What We Know

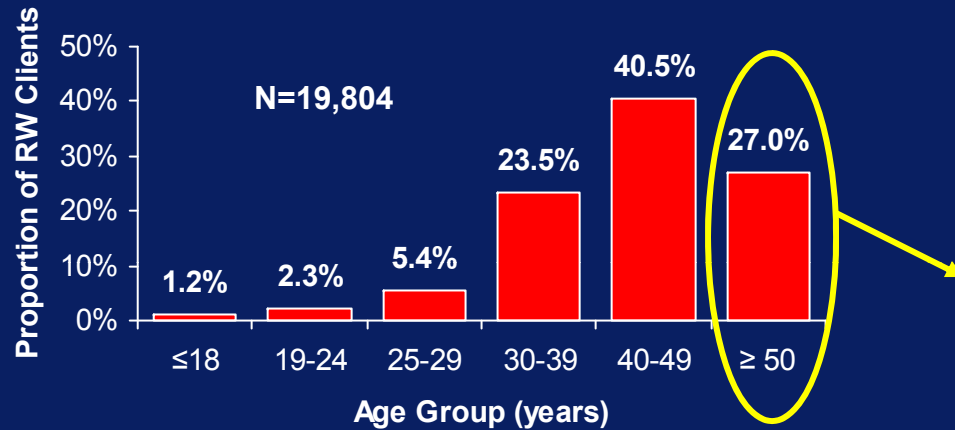
- Increased number of PLWHA  $\geq 50$ 
  - Mass number will confront aging issues in the next decade
- Existing knowledge on older PLWHA is scarce
- Current studies do not provide conclusive evidence on treatment needs
- Need to look at 3 groups of PLWHA  $\geq 50$ 
  - Recently diagnosed
  - Long-term survivors
  - Overall older PLWHA



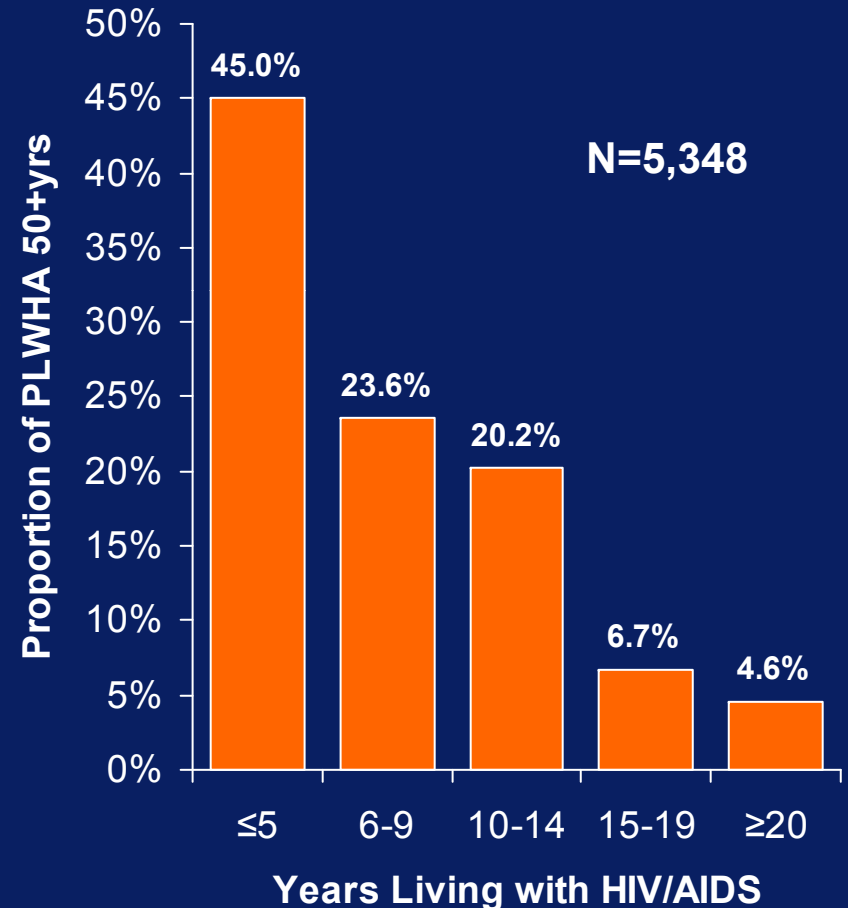


# Ryan White Clients $\geq 50$ years in LAC (2007)

## Years with HIV



- Comparison of 3 subgroups of PLWHA 50+ years:
  - Had HIV  $\leq 5$  years (n = 2,406)
  - Had HIV 6-19 years (n = 2,698)
  - Had HIV  $\geq 20$  years (n = 244)



Data Source: Casewatch Year 17 (March 2007 – Feb 2008)

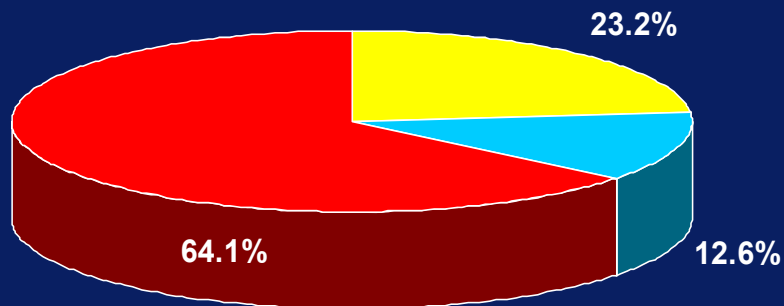


# Ryan White Clients $\geq 50$ years in LAC (2007)

## HIV/AIDS Status

### PLWHA $\leq 5$ Years

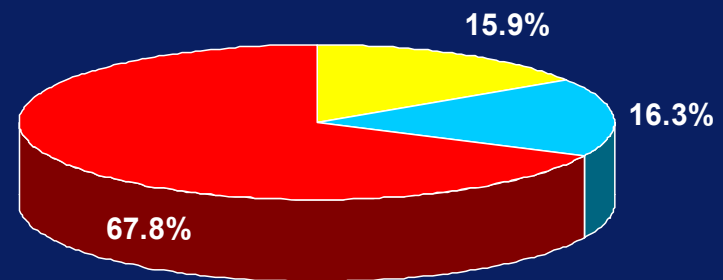
n=2,406



- HIV+, Not AIDS
- HIV+, AIDS Status Unknown
- CDC Defined AIDS

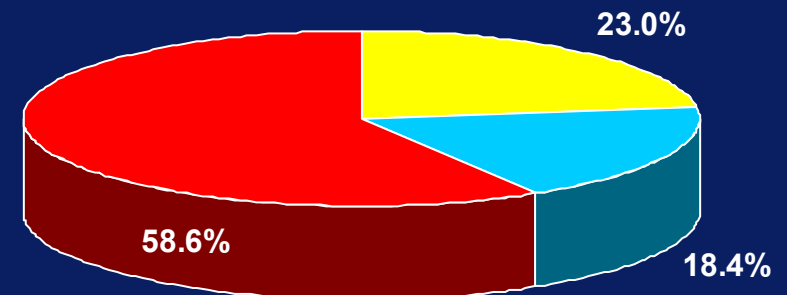
### PLWHA 6-19 Years

n=2,698



### PLWHA $\geq 20$ Years

n=244



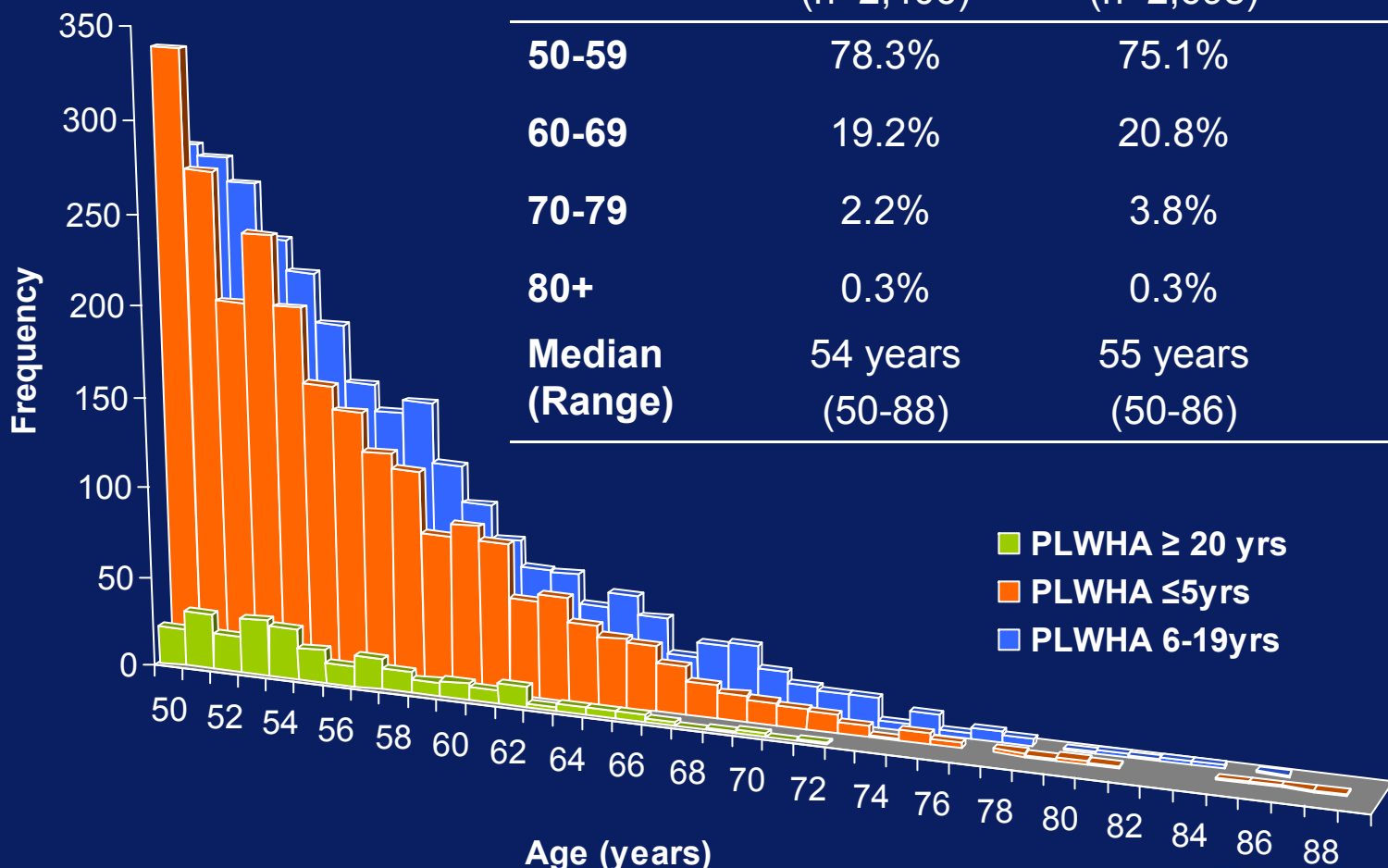
Data Source: Casewatch Year 17 (March 2007 – Feb 2008)



# Ryan White Clients $\geq$ 50 years in LAC (2007)

**Age**

Age Group (years)	PLWHA $\leq$ 5 Years (n=2,406)	PLWHA 6-19 Years (n=2,698)	PLWHA $\geq$ 20 Years (n=244)
<b>50-59</b>	78.3%	75.1%	80.7%
<b>60-69</b>	19.2%	20.8%	18.0%
<b>70-79</b>	2.2%	3.8%	1.2%
<b>80+</b>	0.3%	0.3%	0.0%
<b>Median (Range)</b>	54 years (50-88)	55 years (50-86)	54 years (50-72)



Data Source: Casewatch Year 17 (March 2007 – Feb 2008)

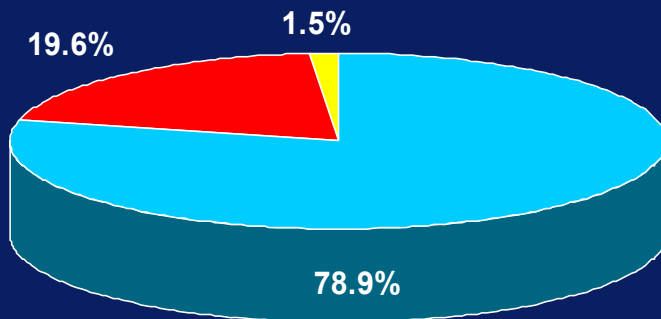


# Ryan White Clients $\geq 50$ years in LAC (2007)

## Gender

### PLWHA $\leq 5$ Years

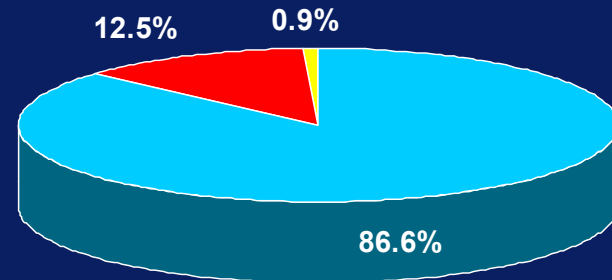
n=2,406



■ Male ■ Female ■ Transgender

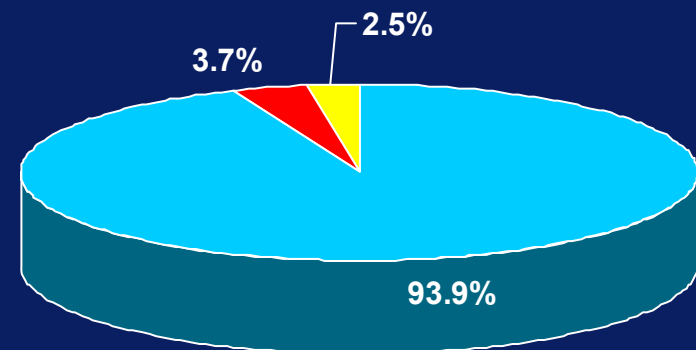
### PLWHA 6-19 Years

n=2,698



### PLWHA $\geq 20$ Years

n=244



Data Source: Casewatch Year 17 (March 2007 – Feb 2008)

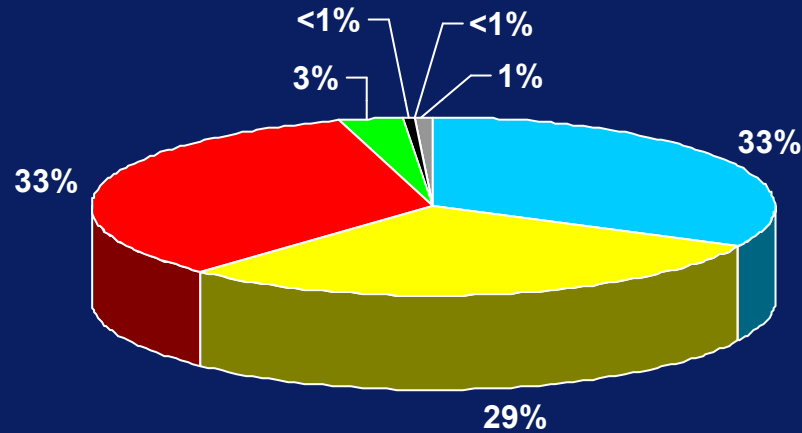


# Ryan White Clients $\geq 50$ years in LAC (2007)

## Race/Ethnicity

**PLWHA  $\leq 5$  Years**

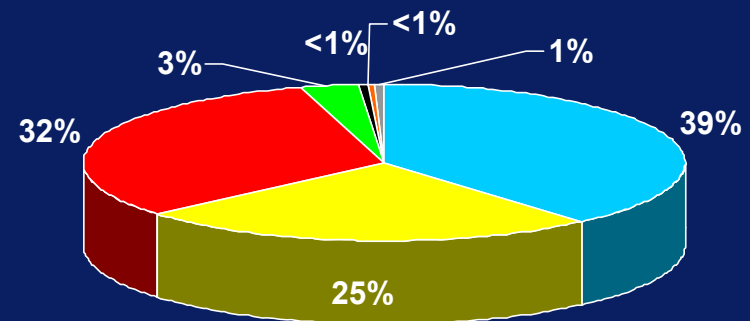
n=2,406



- Caucasian/White
- African-American/Black
- Hispanic/Latino
- Asian/Pacific Islander
- American Indian/Native American
- Mixed or Other
- Unknown/Missing

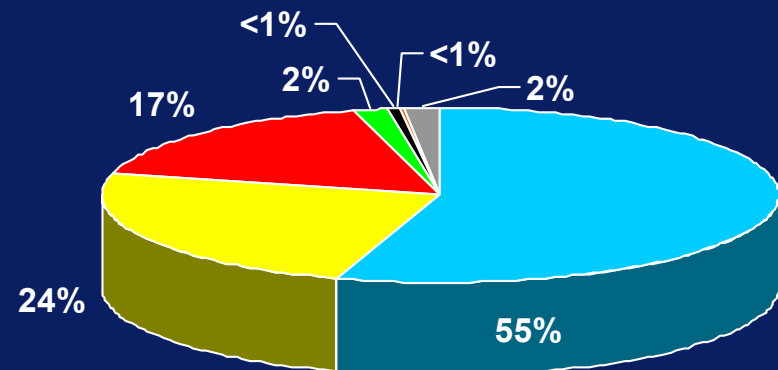
**PLWHA 6-19 Years**

n=2,698



**PLWHA  $\geq 20$  Years**

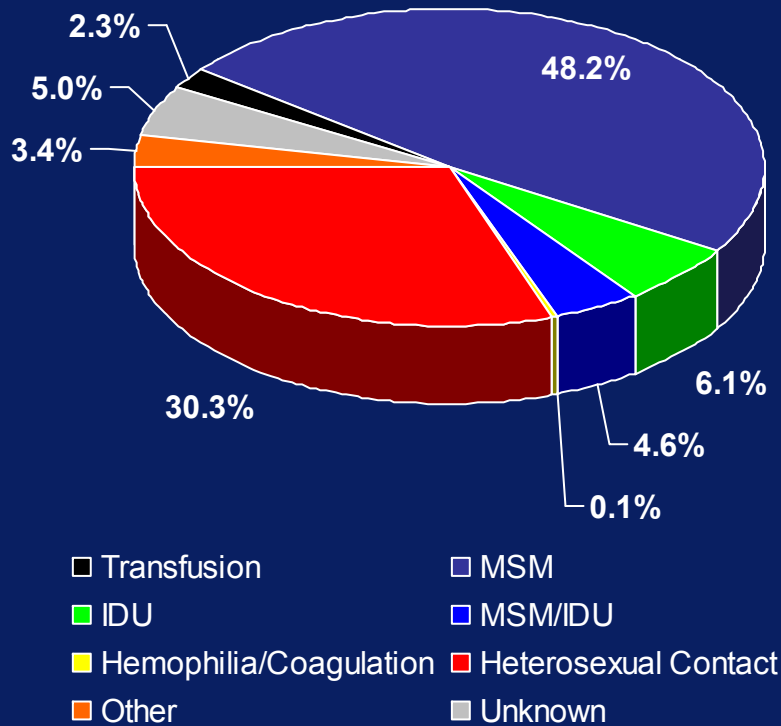
n=244



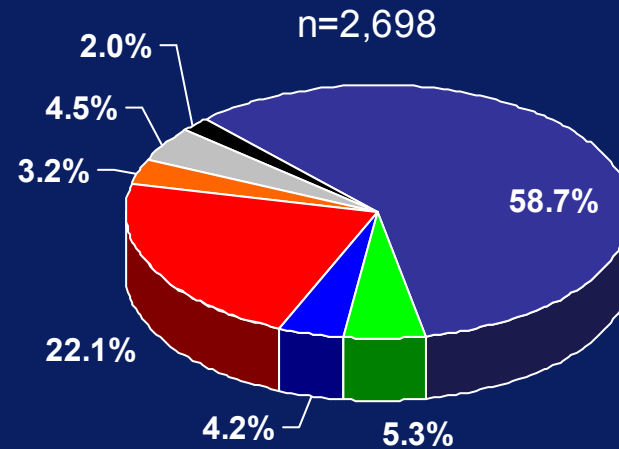
# Ryan White Clients $\geq 50$ years in LAC (2007)

## Mode of Transmission

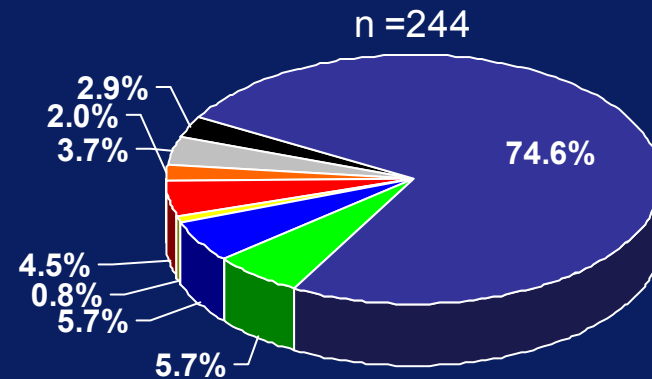
**PLWHA  $\leq 5$  Years**  
n=2,406



**PLWHA 6-19 Years**



**PLWHA  $\geq 20$  Years**

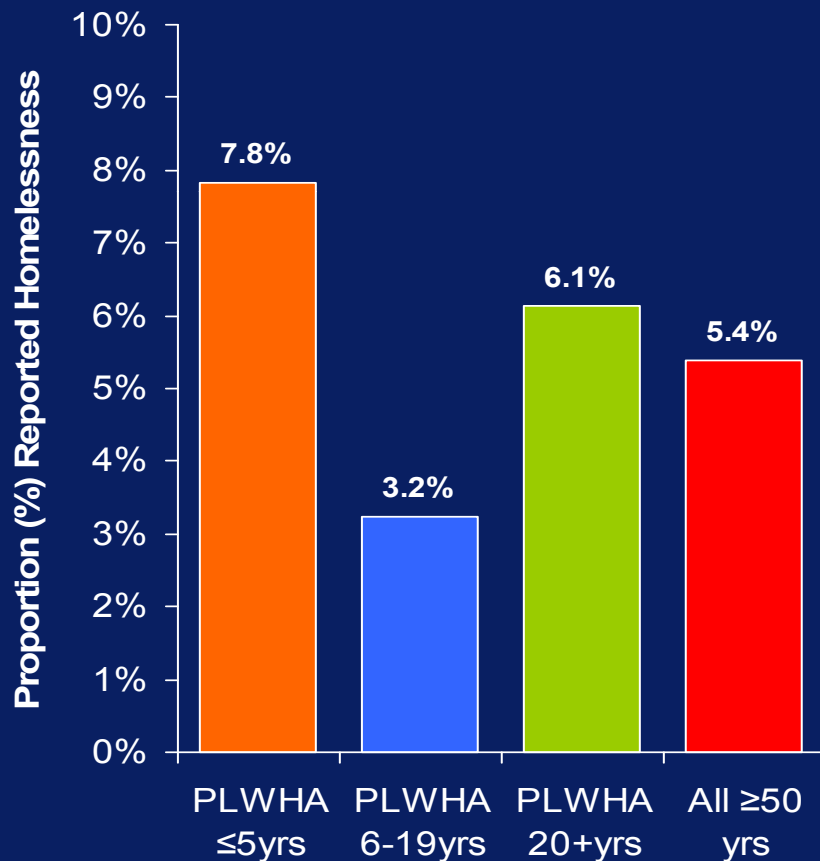


Data Source: Casewatch Year 17 (March 2007 – Feb 2008)

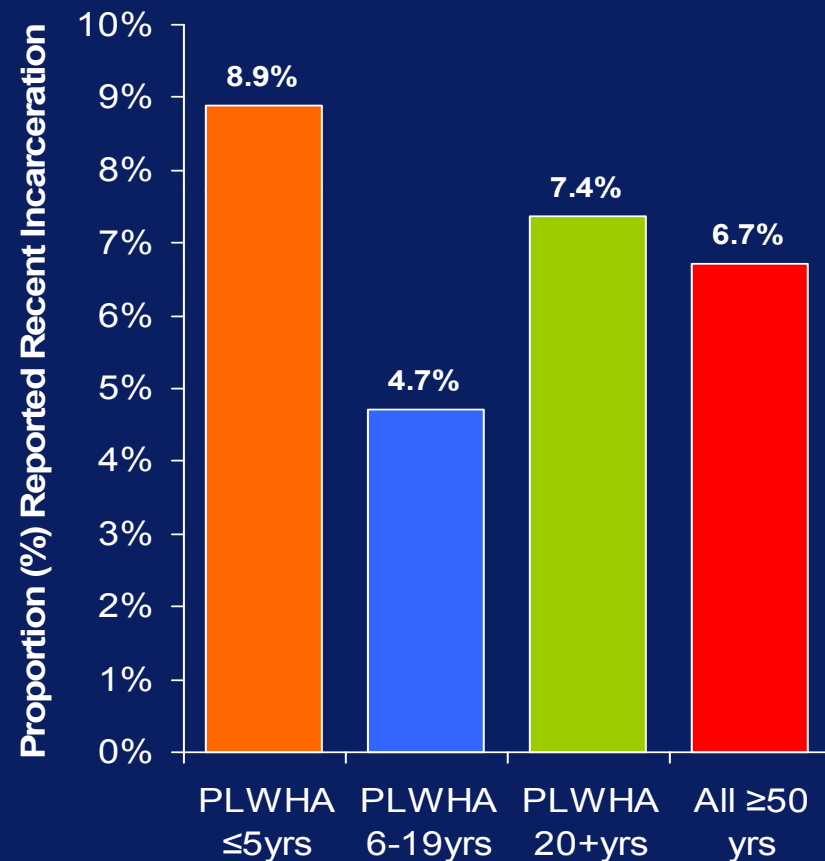


# Ryan White Clients $\geq 50$ years in LAC (2007)

## Homelessness



## Incarceration history in the past 24 months



Data Source: Casewatch Year 17 (March 2007 – Feb 2008)

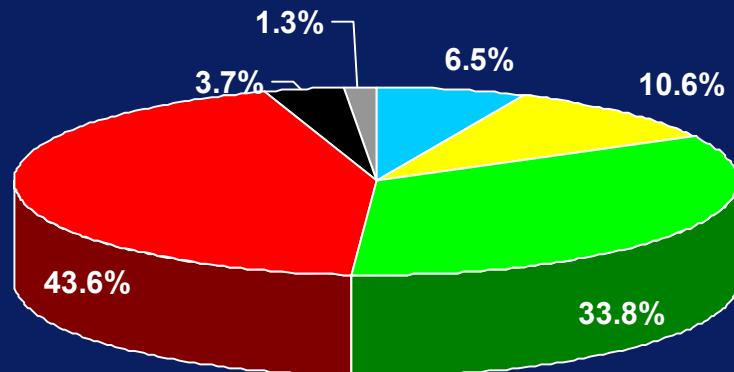


# Ryan White Clients $\geq 50$ years in LAC (2007)

## Type of Insurance

PLWHA  $\leq 5$  Years

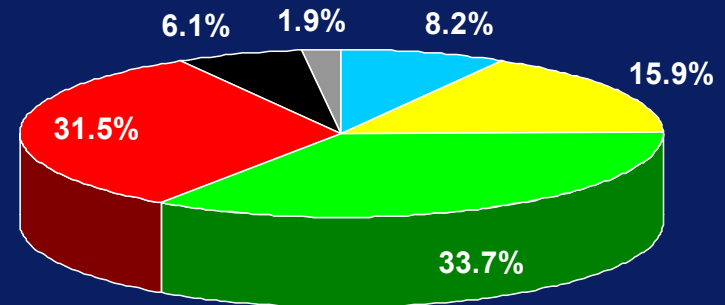
n=2,406



- Private
- Medicare
- Medicaid/ Medi-Cal
- No Insurance
- Other
- Unknown/ Missing

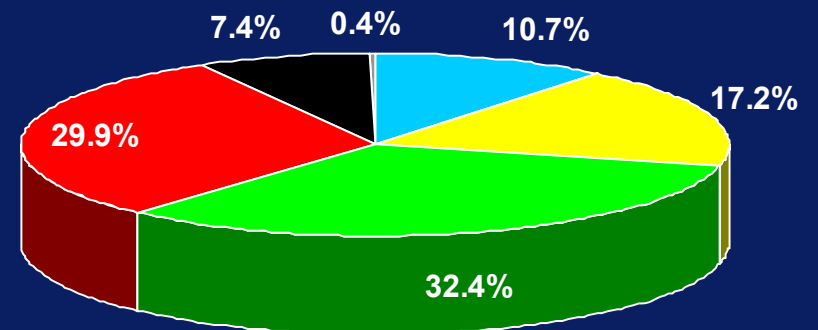
PLWHA 6-19 Years

n=2,698



PLWHA  $\geq 20$  Years

n=244



Data Source: Casewatch Year 17 (March 2007 – Feb 2008)

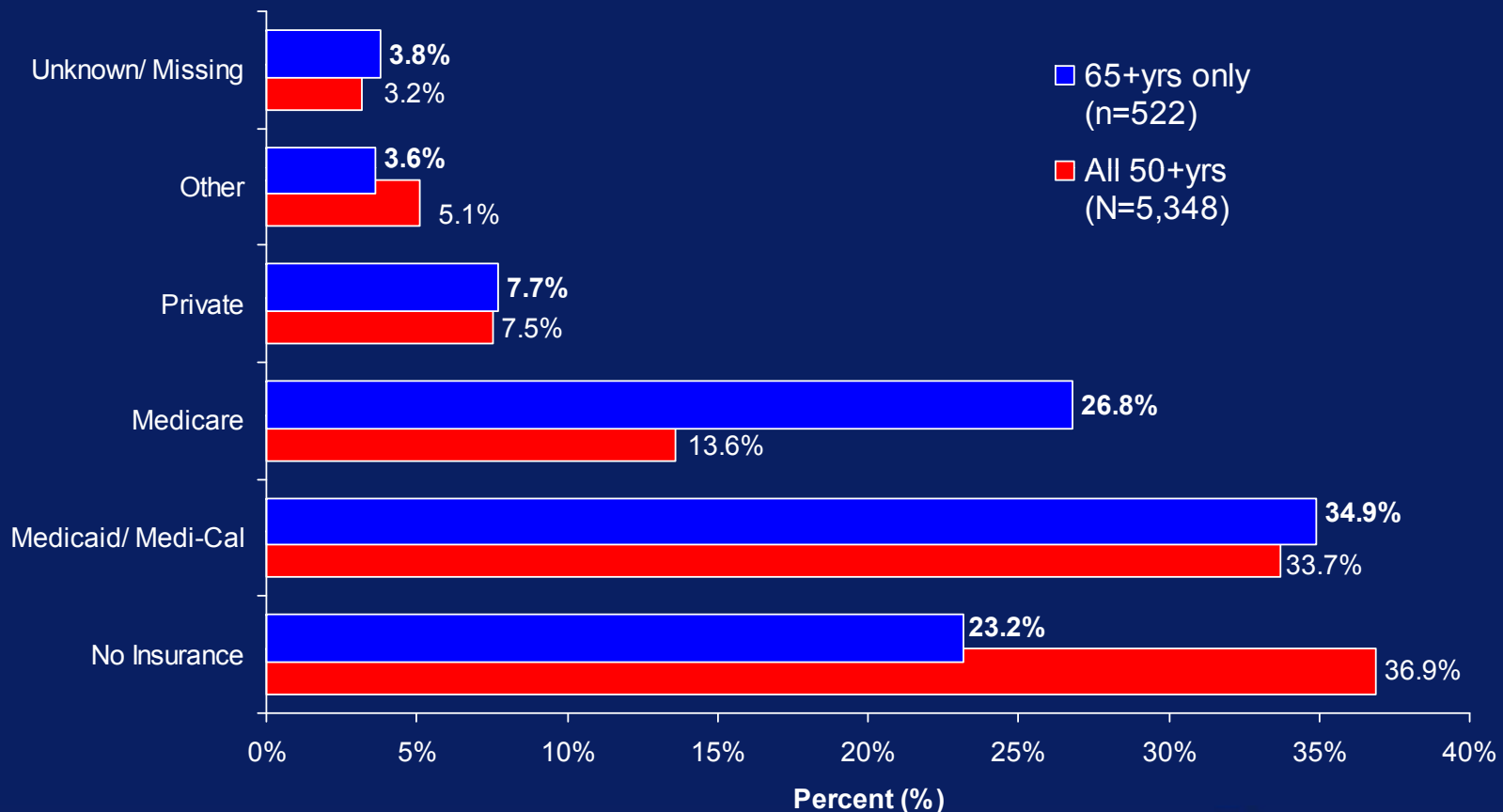




# Ryan White Clients $\geq 50$ years in LAC (2007)

## Type of Insurance

All clients  $\geq 50$  years vs. clients  $\geq 65$  years

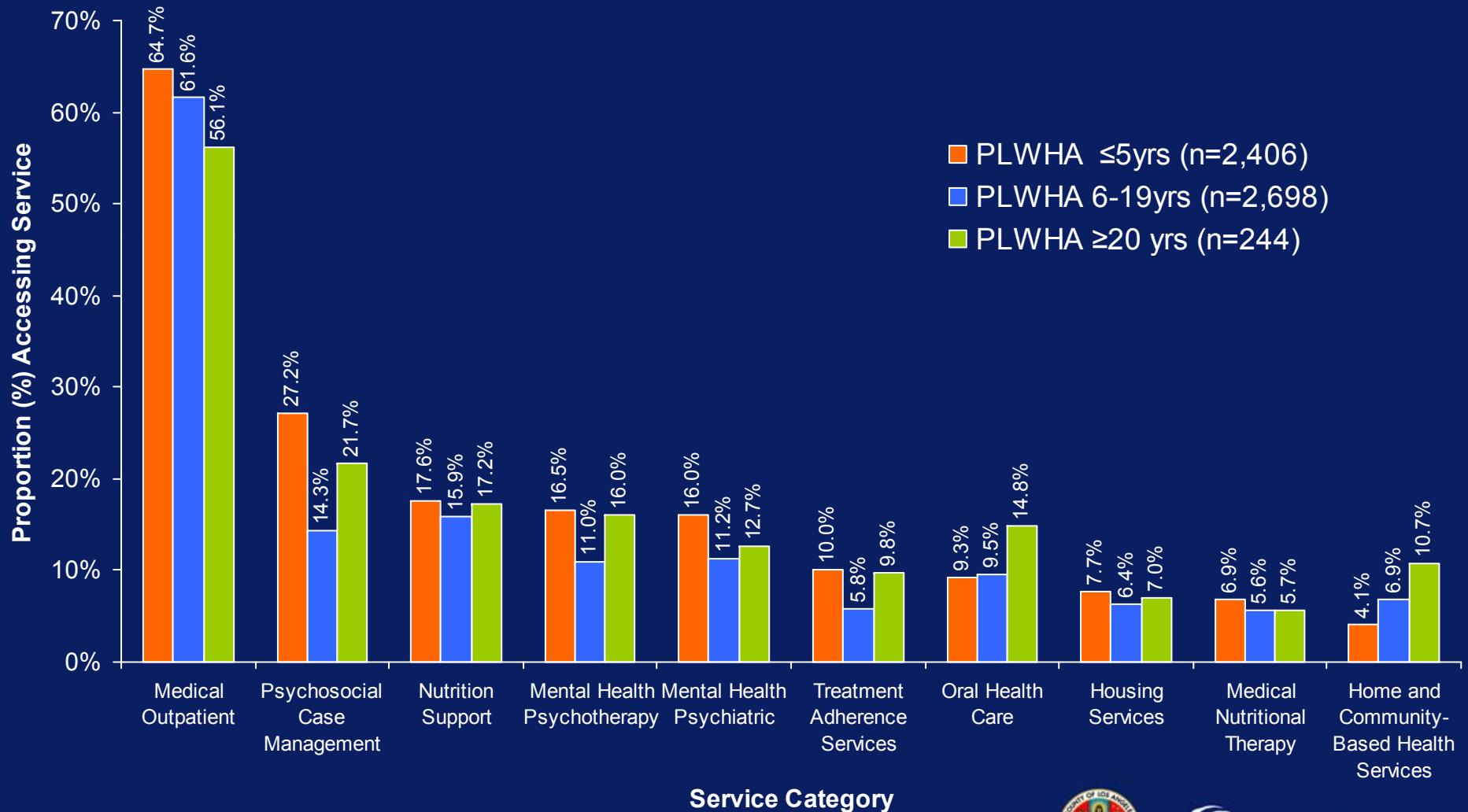


Data Source: Casewatch Year 17 (March 2007 – Feb 2008)



# Ryan White Clients $\geq 50$ years in LAC (2007)

## Services Most Utilized by Clients $\geq 50$ years



Data Source: Casewatch Year 17 (March 2007 – Feb 2008)



# Ryan White Clients $\geq$ 50 years in LAC (2007)

## Summary

- Over 77% of PLWHA fall in the 50-59 year age group
- 45% diagnosed with HIV within 5 years
- Approximately two-thirds have CDC-defined AIDS
- PLWHA 20+ years comprised mostly of Whites and males, whereas newly diagnosed (PLWHA  $\leq$  5 years) have an increase in females, Latino(a)s, and African Americans



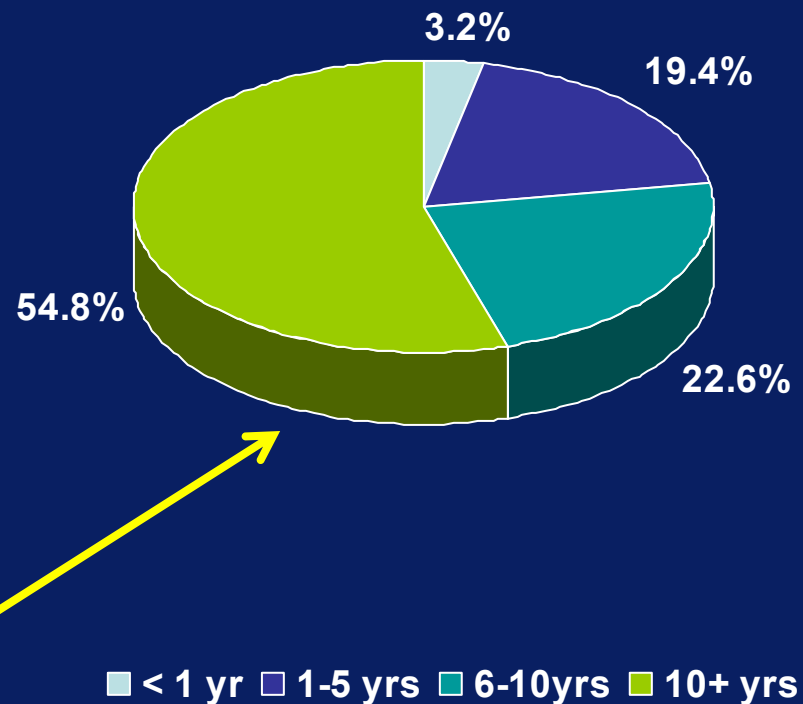
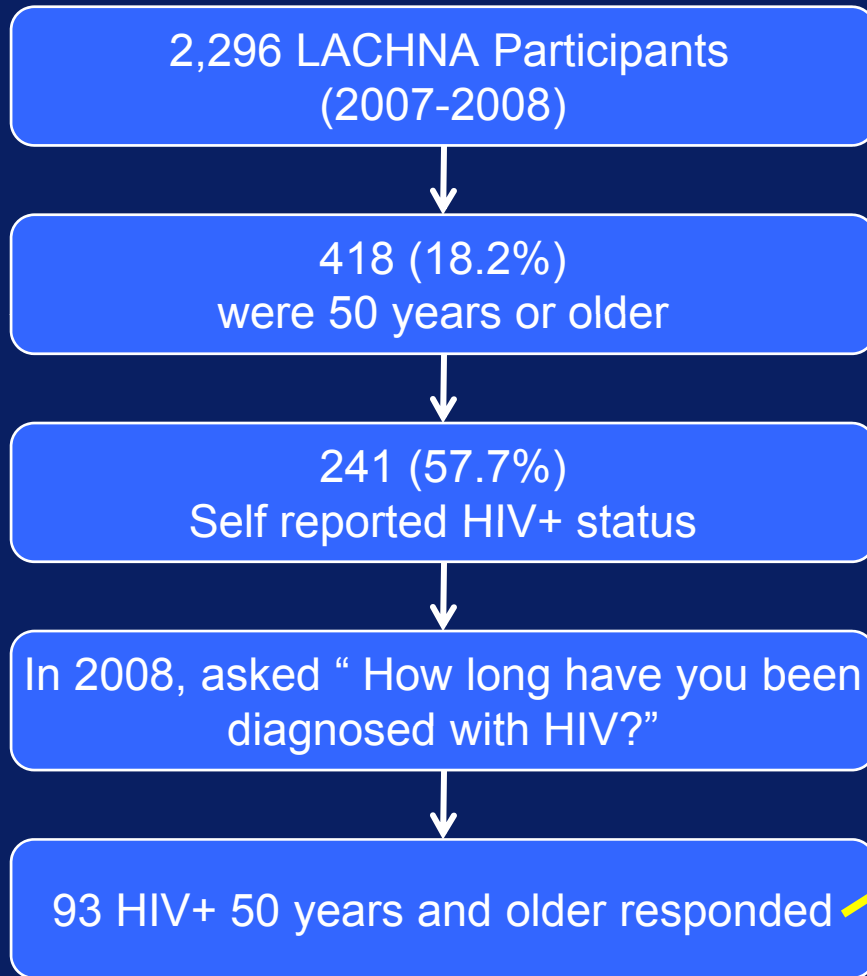
# Ryan White Clients $\geq 50$ years in LAC (2007)

## Summary (cont.)

- PLWHA  $\leq 5$  years and PLWHA  $\geq 20$  years differ in demographics but have other similar characteristics
  - Homelessness
  - Incarceration history within the past 24 months
  - Service utilization
    - Mental health services
    - Psychosocial case management
    - Nutrition support
    - Treatment adherence



# Los Angeles Coordinated HIV Needs Assessment (LACHNA)



Data Source: LACHNA 2007-2008 Data



# Top Services Needed and Received by LACHNA Participants $\geq 50$ years

Need	Received
Medical care for HIV/AIDS	Medical care for HIV/AIDS
Dental care	Nutrition Therapy*
Bus Passes	Case Management (psychosocial)
Nutrition Therapy*	Paying for HIV/AIDS Medications
Paying for HIV/AIDS Medications	Treatment Adherence
Medical Specialty	Food Pantry/Food Bank
Food Pantry/Food Bank	Translation/Interpretation
Case Management (psychosocial)	Bus Passes
Housing (HOPWA, Sec. 8)	Mental Health, Psychiatry
Peer Support	HIV LA directory
HIV LA directory	Mental Health, Psychotherapy

\*Include nutritional supplements.

Data Source: LACHNA 2007-2008 Data

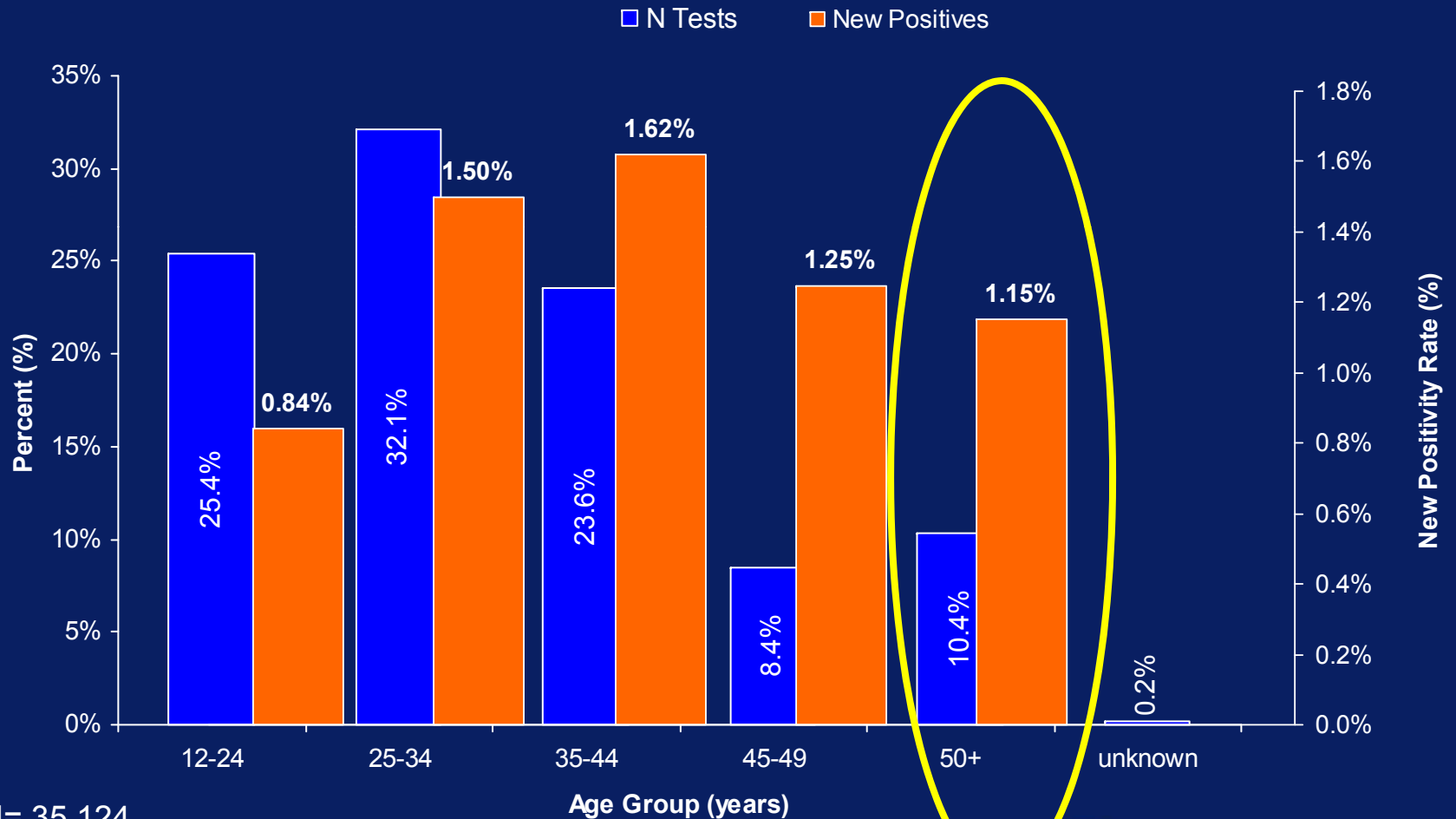


# What About Prevention?



# OAPP HCT Data, 2007

## Number of HIV Tests and New Positivity Rates by Age Group



Tests N= 35,124  
New positives N = 457

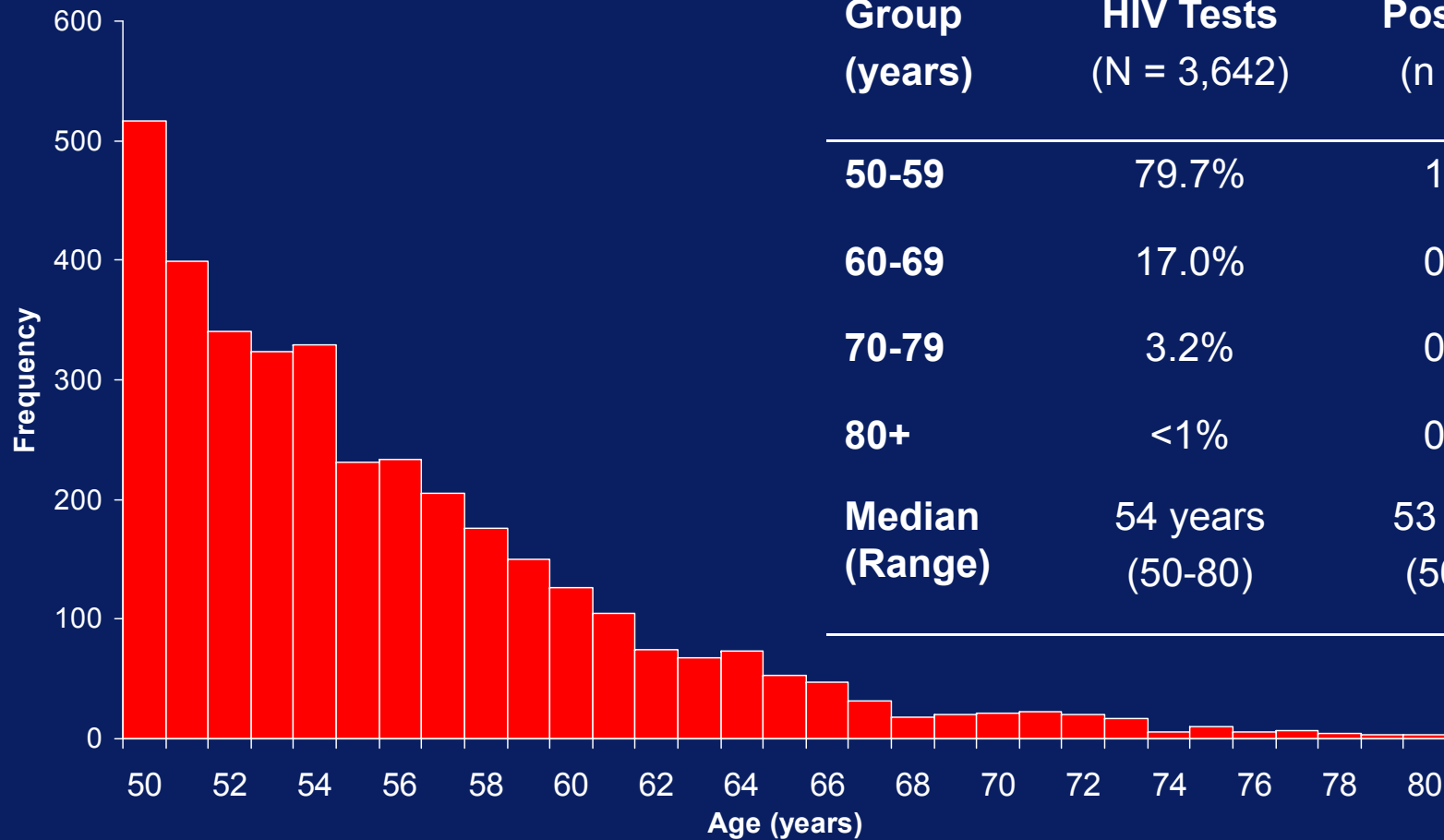
Data Source: OAPP HIV Counseling and Testing Data, January – December, 2007





# OAPP HCT Data, HIV Testers $\geq$ 50 years, 2007

## Age



Age Group (years)	Number HIV Tests (N = 3,642)	% New Positives (n = 42)
50-59	79.7%	1.2%
60-69	17.0%	0.8%
70-79	3.2%	0.9%
80+	<1%	0.0%
<b>Median (Range)</b>	<b>54 years (50-80)</b>	<b>53 years (50-70)</b>

Data Source: OAPP HIV Counseling and Testing Data, January – December, 2007

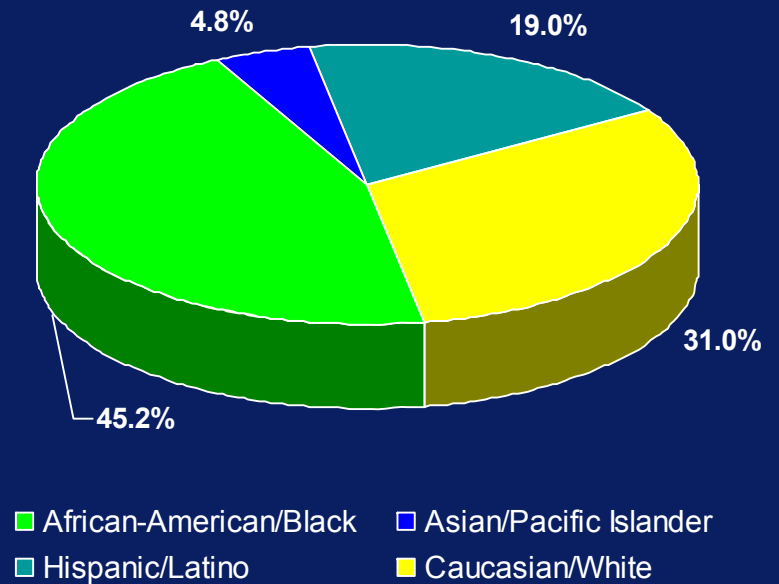
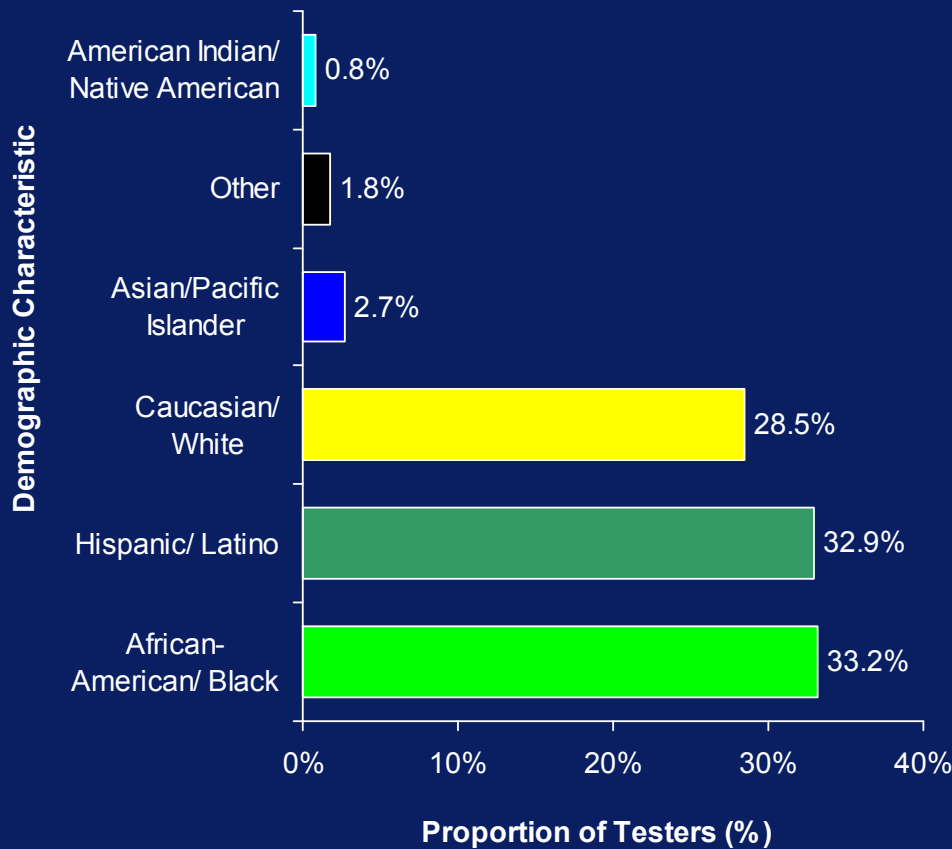


# OAPP HCT Data, Testers $\geq$ 50 years, 2007

## Race/Ethnicity

**All Testers  $\geq$  50 years**  
(n=3,642)

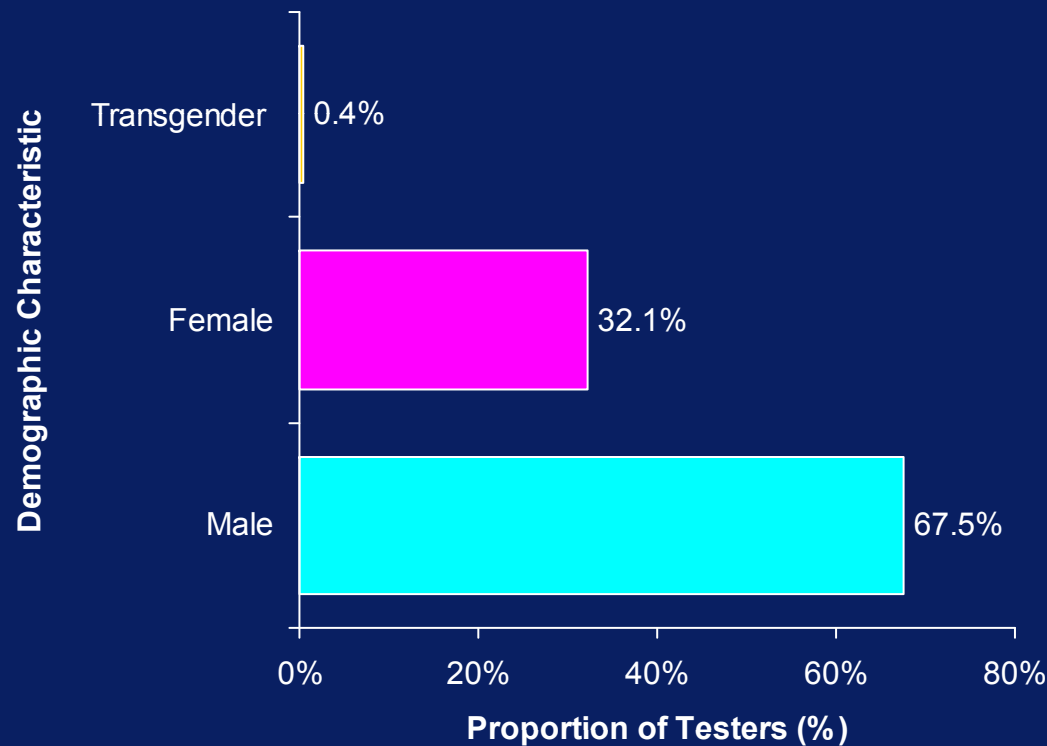
**New Positives**  
(n=42)



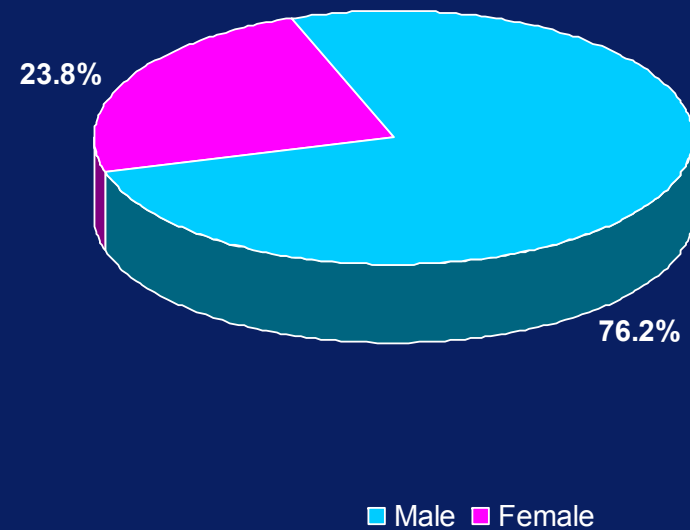
# OAPP HCT Data, Testers $\geq 50$ years, 2007

## Gender

All Testers  $\geq 50$  years  
(N=3,642)

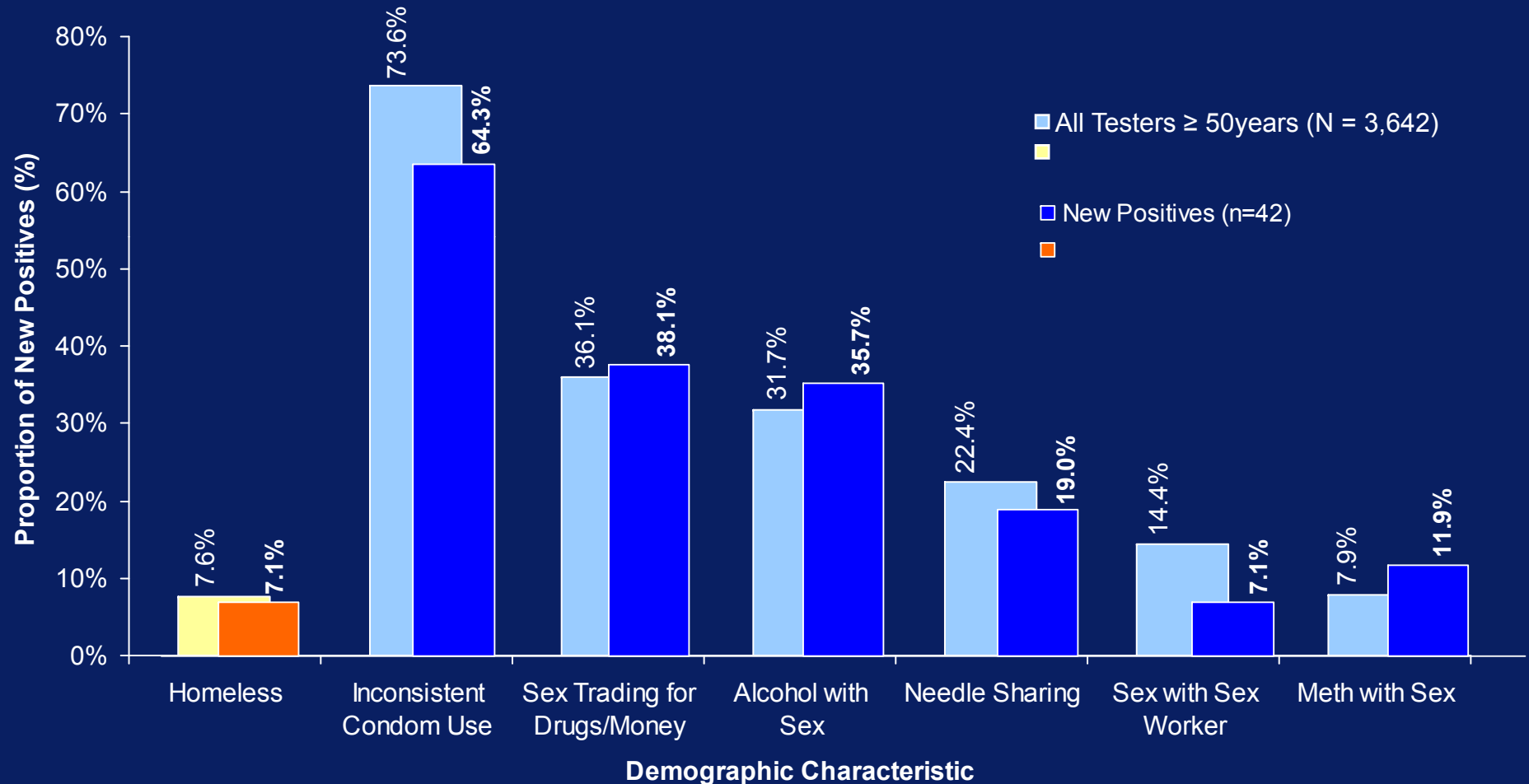


New Positives  
(n=42)



# OAPP HCT Data, Testers $\geq$ 50 years, 2007

## Homelessness and High Risk Behavior\*



\*High risk behaviors are not mutually exclusive. Individuals may have engaged in more than one high risk behavior.

Data Source: OAPP HIV Counseling and Testing Data, January – December, 2007



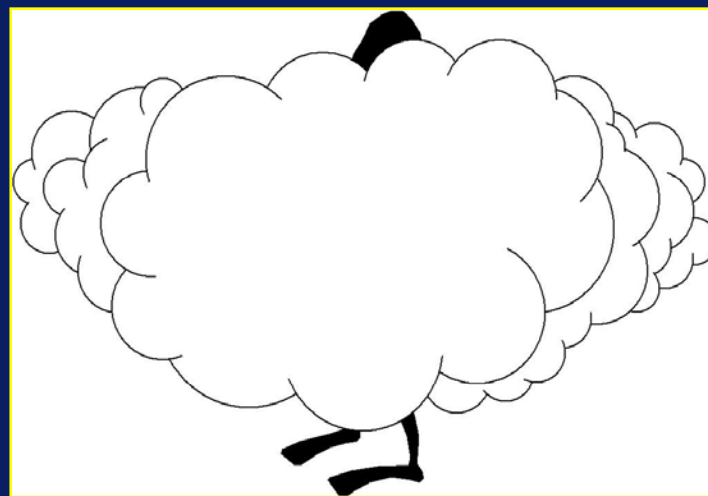
# OAPP HCT Data, Testers $\geq$ 50 years, 2007

## Summary

- 10% of all HIV tests in 2007 were among testers  $\geq$  50 years
  - New positivity rate of 1.15%
- High proportion of new positives identified were African-American, male, between 50 – 59 years
- Top 3 high risk behaviors identified by new positives included inconsistent condom use, sex trading for money/drugs, and sex with alcohol



# What We Speculate



# Literature Review on PLWHA $\geq 50$

- Increased mortality
  - Slower response to HAART
- Faster progression to AIDS
  - Slower CD4 cell reconstitution
- Diagnosed at later disease stage
  - Compromised immune system
- Worse treatment side effects
  - Worse toxicities with HAART
  - More drug interactions



# Literature Review on PLWHA $\geq 50$

- Increased risk for and early onset of aging conditions
  - Opportunistic infections
  - Bone density loss
  - Cardiovascular diseases
  - Diabetes
  - Kidney diseases
  - Liver diseases
- More co-morbidities
  - Conditions associated with aging
  - May contribute to delayed HIV diagnosis





# Literature Review on PLWHA $\geq 50$

- Higher rate of HIV-related dementia
- Higher rate of depression
- Limited financial, economic, and emotional support
- Fragile social support
- Not perceived as at-risk for HIV infection
  - No pregnancy worries
  - Low knowledge about HIV
  - Care providers perceive as not at risk



# Local Information on Aging PLWHA

- Demand for medical specialty
- Need hospice and skilled-nursing services
- Need for home-based care
- Increased need for home-delivered meals
- Need for oral health services



# What We Don't Know



# What We Don't Know

- Is it HIV, HAART, or age that cause increased risks, morbidities, and early onset of conditions?
- How do older PLWHA compare with other older adults without HIV?
- How do recently-diagnosed older PLWHA compare with younger long-term survivors of HIV?
- Issues involving women (e.g., menopause)



# What We Don't Know

- Effects of complicated drug interactions
- The extent of efficacy and toxicity of HIV medications on older PLWHA
- Long-term effect of HIV
- Long-term effect of HIV medications
- How older PLWHA cope with living with HIV



# What We Need to Know

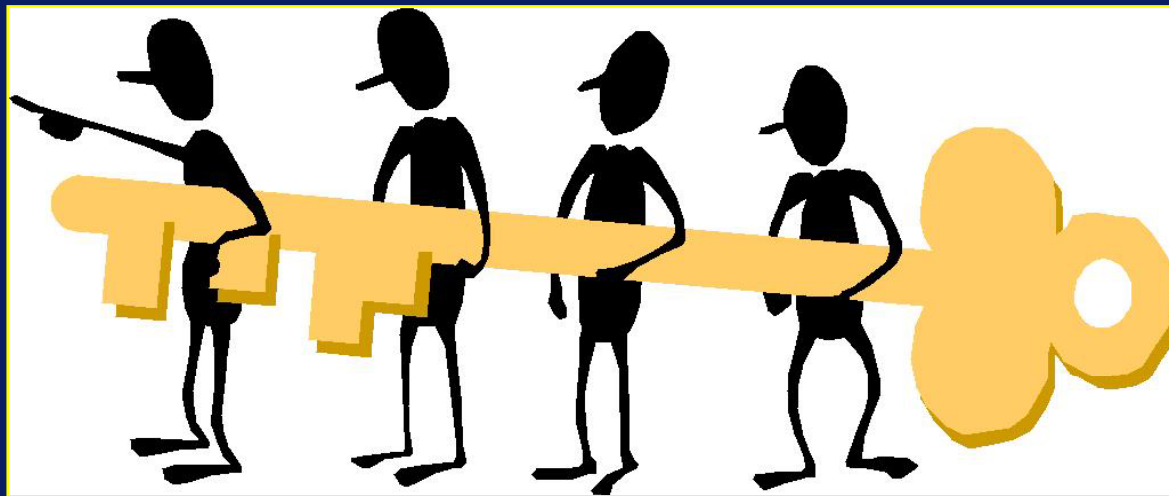


# What We Need to Know

- Treatment guidelines for older PLWHA
  - More effective treatment
  - Dealing with pre-existing conditions common with age
  - Treatment-experienced patients
- Needs as a whole-person
- Effective prevention efforts for older individuals
- Effective approaches for early intervention and retention



# What We Need to Do





# Planning Considerations & Directions

- Continued study on HIV aging population
  - Needs assessment, gaps analysis, provider capacity assessment, client outcomes studies
- Integrate HIV prevention and care
  - Reduce new infection
  - Curtail delayed diagnosis and entry to care
- Encourage routine HIV testing in primary care settings

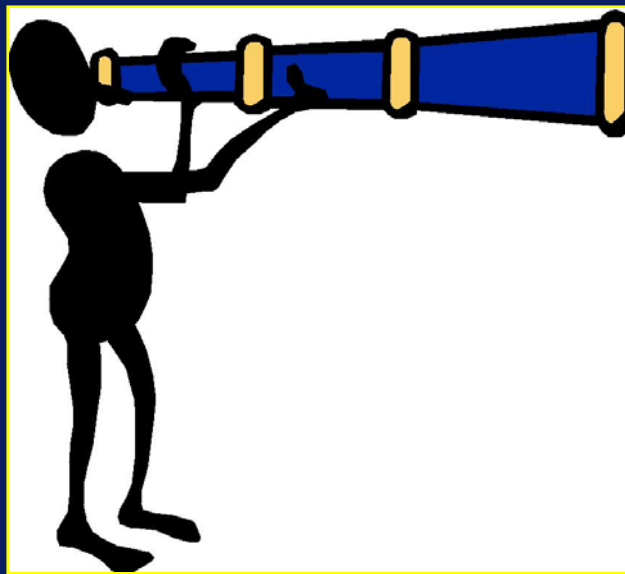


# Planning Considerations & Directions

- Transform care system to achieve chronic disease management and patient self-sufficiency
- Evaluation of medical specialty referrals
- Cross train clinicians for HIV and geriatrics



This is just the beginning...



# Acknowledgements

Michael Green, PhD, MHSA  
Chief, Planning and Research Division  
Office of AIDS Programs and Policy



# For More Information

Juhua Wu

Care Planning Manager/HRSA Grants Manager

Office of AIDS Programs and Policy

600 South Commonwealth Ave., 10<sup>th</sup> Floor

Los Angeles, California 90005-4001

Phone: 213-351-8138

Fax: 213-381-8023

E-mail: [juwu@ph.lacounty.gov](mailto:juwu@ph.lacounty.gov)

This presentation is available at

[www.publichealth.lacounty.gov/aids](http://www.publichealth.lacounty.gov/aids)

