Are We Ready for the Aging HIV-Positive Population?

PLWHA Fifty Years and Older in Los Angeles County

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Office of AIDS Programs and Policy
Planning and Research Division

Commission on HIV
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Los Angeles County

Square Miles: 4,086
Population\(^1\): 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\(^2\): 29%
- California AIDS Cases\(^3\): 36%
- U.S. AIDS Cases\(^3\): 5%

Living with HIV/AIDS\(^3\):
  60,000 (Estimated)

\(^1\)United Way, Los Angeles (2008)
\(^2\)U.S. Department of Commerce (2008)
\(^3\)Los Angeles County HIV Epidemiology Program (2008)
PLWA ≥ 50 in Los Angeles County 2000-2007

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

<table>
<thead>
<tr>
<th>Category</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated PLWHA</td>
<td>12,730</td>
<td>26.4%</td>
</tr>
<tr>
<td>PLWA</td>
<td>7,549</td>
<td>32.9%</td>
</tr>
<tr>
<td>New AIDS Cases 2006-2007</td>
<td>374</td>
<td>16.4%</td>
</tr>
</tbody>
</table>

Of PLWHA in LAC
Of PLWA in LAC
Of new AIDS cases 2006-2007

Data Source: LAC HIV Epidemiology Program, August 2008
Where Are We Now?

- Ryan White Clients ≥ 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 ≥ 50 years in 2012

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

Year 17 N=19,804
What We Know
What We Know

• Increased number of PLWHA ≥ 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 ≥ 50
  – Recently diagnosed
  – Long-term survivors
  – Overall older PLWHA
Ryan White Clients ≥ 50 years in LAC (2007)

Years with HIV

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

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

HIV/AIDS Status

PLWHA ≤5 Years
n=2,406

- 64.1%
- 23.2%
- 12.6%

PLWHA 6-19 Years
n=2,698

- 67.8%
- 15.9%
- 16.3%

PLWHA ≥ 20 Years
n=244

- 58.6%
- 23.0%
- 18.4%

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
## Ryan White Clients ≥ 50 years in LAC (2007)

<table>
<thead>
<tr>
<th>Age Group (years)</th>
<th>PLWHA ≤5 Years (n=2,406)</th>
<th>PLWHA 6-19 Years (n=2,698)</th>
<th>PLWHA ≥ 20 Years (n=244)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-59</td>
<td>78.3%</td>
<td>75.1%</td>
<td>80.7%</td>
</tr>
<tr>
<td>60-69</td>
<td>19.2%</td>
<td>20.8%</td>
<td>18.0%</td>
</tr>
<tr>
<td>70-79</td>
<td>2.2%</td>
<td>3.8%</td>
<td>1.2%</td>
</tr>
<tr>
<td>80+</td>
<td>0.3%</td>
<td>0.3%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Median (Range)</td>
<td>54 years (50-88)</td>
<td>55 years (50-86)</td>
<td>54 years (50-72)</td>
</tr>
</tbody>
</table>

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

**Gender**

**PLWHA ≤5 Years**
- Male: 78.9%
- Female: 19.6%
- Transgender: 1.5%
- n=2,406

**PLWHA 6-19 Years**
- Male: 86.6%
- Female: 12.5%
- Transgender: 0.9%
- n=2,698

**PLWHA ≥ 20 Years**
- Male: 93.9%
- Female: 3.7%
- Transgender: 2.5%
- n=244

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

Race/Ethnicity

PLWHA ≤5 Years
n=2,406

- Caucasian/White: 33%
- African-American/Black: 33%
- Hispanic/Latino: 3%
- Asian/Pacific Islander: 1%
- American Indian/Native American: <1%
- Mixed or Other: <1%
- Unknown/Missing: <1%

PLWHA 6-19 Years
n=2,698

- Caucasian/White: 39%
- African-American/Black: 32%
- Hispanic/Latino: 25%
- Asian/Pacific Islander: <1%
- American Indian/Native American: <1%
- Mixed or Other: <1%
- Unknown/Missing: <1%

PLWHA ≥20 Years
n=244

- Caucasian/White: 55%
- African-American/Black: 17%
- Hispanic/Latino: 2%
- Asian/Pacific Islander: <1%
- American Indian/Native American: 2%
- Mixed or Other: <1%
- Unknown/Missing: 2%

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

Mode of Transmission

PLWHA ≤ 5 Years
n=2,406

- Transfusion: 2.3%
- MSM: 6.1%
- IDU: 0.1%
- Other: 5.0%
- Hemophilia/Coagulation: 0.1%
- Heterosexual Contact: 2.0%
- MSM/IDU: 3.4%
- Unknown: 48.2%

PLWHA 6-19 Years
n=2,698

- Transfusion: 2.0%
- MSM: 2.0%
- IDU: 4.5%
- Other: 4.2%
- Hemophilia/Coagulation: 5.3%
- Heterosexual Contact: 58.7%
- MSM/IDU: 4.6%

PLWHA ≥20 Years
n =244

- Transfusion: 2.0%
- MSM: 3.7%
- IDU: 0.8%
- Other: 5.7%
- Hemophilia/Coagulation: 4.5%
- Heterosexual Contact: 74.6%
- MSM/IDU: 4.6%

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

Homelessness

- PLWHA ≤5yrs: 7.8%
- PLWHA 6-19yrs: 3.2%
- PLWHA 20+yrs: 6.1%
- All ≥50 yrs: 5.4%

Incarceration history in the past 24 months

- PLWHA ≤5yrs: 8.9%
- PLWHA 6-19yrs: 4.7%
- PLWHA 20+yrs: 7.4%
- All ≥50 yrs: 6.7%

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

Type of Insurance

PLWHA ≤ 5 Years
n=2,406

- Private: 43.6%
- Medicare: 33.8%
- Medicaid/Medi-Cal: 10.6%
- No Insurance: 6.5%
- Other: 3.7%
- Unknown/Missing: 1.3%

PLWHA 6-19 Years
n=2,698

- Private: 31.5%
- Medicare: 33.7%
- Medicaid/Medi-Cal: 15.9%
- No Insurance: 6.1%
- Other: 10.6%
- Unknown/Missing: 8.2%

PLWHA ≥20 Years
n=244

- Private: 29.9%
- Medicare: 32.4%
- Medicaid/Medi-Cal: 17.2%
- No Insurance: 10.7%
- Other: 7.4%
- Unknown/Missing: 0.4%

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

Type of Insurance

All clients ≥50 years vs. clients ≥65 years

<table>
<thead>
<tr>
<th>Type of Insurance</th>
<th>≥50 years (n=522)</th>
<th>≥65 years (N=5,348)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unknown/ Missing</td>
<td>3.8% 3.2%</td>
<td>7.7% 7.5%</td>
</tr>
<tr>
<td>Other</td>
<td>3.6% 5.1%</td>
<td></td>
</tr>
<tr>
<td>Private</td>
<td>7.7% 7.5%</td>
<td></td>
</tr>
<tr>
<td>Medicare</td>
<td>26.8%</td>
<td>36.9%</td>
</tr>
<tr>
<td>Medicaid/Medi-Cal</td>
<td>34.9%</td>
<td></td>
</tr>
<tr>
<td>No Insurance</td>
<td>36.9%</td>
<td></td>
</tr>
</tbody>
</table>

Data Source: Casewatch Year 17 (March 2007 – Feb 2008)
Ryan White Clients ≥ 50 years in LAC (2007)

Services Most Utilized by Clients ≥ 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 ≥ 50 years in LAC (2007)

Summary (cont.)

• PLWHA ≤ 5 years and PLWHA ≥ 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)

- 2,296 LACHNA Participants (2007-2008)
- 418 (18.2%) were 50 years or older
- 241 (57.7%) Self reported HIV+ status
- In 2008, asked “How long have you been diagnosed with HIV?”
  - 93 HIV+ 50 years and older responded

Data Source: LACHNA 2007-2008 Data
### Top Services Needed and Received by LACHNA Participants ≥ 50 years

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

*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 ≥ 50 years, 2007

<table>
<thead>
<tr>
<th>Age Group (years)</th>
<th>Number HIV Tests (N = 3,642)</th>
<th>% New Positives (n = 42)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-59</td>
<td>79.7%</td>
<td>1.2%</td>
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<td>17.0%</td>
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<td>80+</td>
<td>&lt;1%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Median (Range)</td>
<td>54 years (50-80)</td>
<td>53 years (50-70)</td>
</tr>
</tbody>
</table>

Data Source: OAPP HIV Counseling and Testing Data, January – December, 2007
OAPP HCT Data, Testers ≥ 50 years, 2007

Race/Ethnicity

All Testers ≥ 50 years
(n=3,642)

- Caucasian/White: 28.5%
- Hispanic/Latino: 32.9%
- African-American/Black: 33.2%
- Other: 1.8%
- Asian/Pacific Islander: 2.7%
- American Indian/Native American: 0.8%

New Positives
(n=42)

- African-American/Black: 31.0%
- Hispanic/Latino: 45.2%
- Asian/Pacific Islander: 19.0%

Data Source: OAPP HIV Counseling and Testing Data, January – December, 2007
OAPP HCT Data, Testers ≥ 50 years, 2007

Gender

All Testers ≥ 50 years (N=3,642)

- Female: 32.1%
- Male: 67.5%
- Transgender: 0.4%

New Positives (n=42)

- Male: 76.2%
- Female: 23.8%

Data Source: OAPP HIV Counseling and Testing Data, January – December, 2007
Homelessness and High Risk Behavior*
OAPP HCT Data, Testers ≥ 50 years, 2007

Summary

• 10% of all HIV tests in 2007 were among testers ≥ 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 ≥ 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 ≥ 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 ≥ 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 PLWHAs compare with other older adults without HIV?

• How do recently-diagnosed older PLWHAs 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 PLWHAs
- Long-term effect of HIV
- Long-term effect of HIV medications
- How older PLWHAs 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

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www.publichealth.lacounty.gov/aids