Are We Ready for the Aging HIV-Positive Population?

PLWHA Fifty Years and Older in Los Angeles County

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Ryan White All Grantees Conference
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%

Proportion of California AIDS Cases\(^3\): 36%

Proportion of 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

20-29 yrs 30-39 yrs 40-49 yrs 50+ yrs


Note: <1% PLWA were reported for age groups <13 yrs and 13-19 yrs from 2000-2007
<table>
<thead>
<tr>
<th></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></td>
<td></td>
<td>Of PLWHA in LAC</td>
</tr>
<tr>
<td>PLWA</td>
<td>7,549</td>
<td>32.9%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Of PLWA in LAC</td>
</tr>
<tr>
<td>New AIDS Cases 2006-2007</td>
<td>374</td>
<td>16.4%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Of new AIDS cases 2006-2007</td>
</tr>
</tbody>
</table>

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

- Ryan White Clients ≥ 50 in LA County, 2006
  - 4,147 (21.9%) of total Ryan White clients

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Where Will We Be in Five Years?

- Projected LAC Ryan White Clients ≥ 50 in 2011

<table>
<thead>
<tr>
<th>Age Group (years)</th>
<th>Proportion of RW Clients</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;18</td>
<td>1.5%</td>
</tr>
<tr>
<td>19-24</td>
<td>0.9%</td>
</tr>
<tr>
<td>25-29</td>
<td>2.9%</td>
</tr>
<tr>
<td>30-39</td>
<td>6.0%</td>
</tr>
<tr>
<td>40-49</td>
<td>3.9%</td>
</tr>
<tr>
<td>50+</td>
<td>27.1%</td>
</tr>
<tr>
<td>40-49</td>
<td>18.3%</td>
</tr>
<tr>
<td>50+</td>
<td>40.7%</td>
</tr>
<tr>
<td>50+</td>
<td>38.7%</td>
</tr>
<tr>
<td>50+</td>
<td>37.1%</td>
</tr>
</tbody>
</table>

Year 16 N=18,944

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
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 in LA County (2006)

**Years with HIV**

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</tr>
<tr>
<td>40-49</td>
<td>40.7%</td>
</tr>
<tr>
<td>50+</td>
<td>21.9%</td>
</tr>
</tbody>
</table>

N=18,944

- Comparison of 3 subgroups of PLWHA 50+ years:
  - Had HIV ≤ 5 years (n = 1,643)
  - Had HIV 6-19 years (n = 2,377)
  - Had HIV ≥ 20 years (n = 127)

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

**HIV/AIDS Status**

**PLWHA ≤5 Years**
- HIV+, Not AIDS: 24.6%
- HIV+, AIDS Status Unknown: 11.3%
- CDC Defined AIDS: 64.1%
- n=1,643

**PLWHA 6-19 Years**
- HIV+, Not AIDS: 16.6%
- HIV+, AIDS Status Unknown: 15.4%
- CDC Defined AIDS: 67.9%
- n=2,377

**PLWHA 20+ Years**
- HIV+, Not AIDS: 29.1%
- HIV+, AIDS Status Unknown: 13.4%
- CDC Defined AIDS: 57.5%
- n=127

**Data Source:** Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

<table>
<thead>
<tr>
<th>Age Group (years)</th>
<th>PLWHA ≤5 Years (n=1,643)</th>
<th>PLWHA 6-19 Years (n=2,377)</th>
<th>PLWHA 20+ Years (n=127)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-59</td>
<td>80.0%</td>
<td>76.4%</td>
<td>79.5%</td>
</tr>
<tr>
<td>60-69</td>
<td>17.8%</td>
<td>20.3%</td>
<td>17.3%</td>
</tr>
<tr>
<td>70-79</td>
<td>2.1%</td>
<td>3.0%</td>
<td>2.4%</td>
</tr>
<tr>
<td>80+</td>
<td>0.2%</td>
<td>0.3%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Median (Range)</td>
<td>54 years (50-85)</td>
<td>55 years (50-89)</td>
<td>54 years (50-81)</td>
</tr>
</tbody>
</table>

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

Gender

PLWHA ≤ 5 Years
n=1,643

- Male: 80.4%
- Female: 18.4%
- Transgender: 1.2%

PLWHA 6-19 Years
n=2,377

- Male: 86.1%
- Female: 12.9%
- Transgender: 0.9%

PLWHA 20+ Years
n=127

- Male: 96.1%
- Female: 3.1%
- Transgender: 0.8%

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

Race/Ethnicity

PLWHA ≤5 Years
n=1,643

- Caucasian/White: 33%
- African-American/Black: 29%
- Hispanic/Latino: 4%
- Asian/Pacific Islander: 1%
- American Indian/Native American: 1%
- Mixed or Other: <1%
- Unknown/Missing: 1%

PLWHA 6-19 Years
n=2,377

- Caucasian/White: 32%
- African-American/Black: 26%
- Hispanic/Latino: 3%
- Asian/Pacific Islander: 1%
- American Indian/Native American: 1%
- Mixed or Other: <1%
- Unknown/Missing: 1%

PLWHA 20+ Years
n=127

- Caucasian/White: 57%
- African-American/Black: 17%
- Hispanic/Latino: 2%
- Asian/Pacific Islander: 1%
- American Indian/Native American: 1%
- Mixed or Other: 1%
- Unknown/Missing: 1%

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

**Homelessness**

- PLWHA ≤5yrs: 8.7%
- PLWHA 6-19yrs: 3.5%
- PLWHA 20+yrs: 8.7%
- All 50+yrs: 5.7%

**Incarceration history in the past 24 months**

- PLWHA ≤5yrs: 8.0%
- PLWHA 6-19yrs: 4.2%
- PLWHA 20+yrs: 8.7%
- All 50+yrs: 5.9%

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

Type of Insurance

PLWHA ≤ 5 Years
n=1,643

- Private: 9.6%
- Medicare: 46.4%
- Medicaid/Medi-Cal: 31.2%
- No Insurance: 4.4%
- Other: 1.6%
- Unknown/Missing: 6.9%

PLWHA 6-19 Years
n=2,377

- Private: 6.8%
- Medicare: 32.1%
- Medicaid/Medi-Cal: 31.4%
- No Insurance: 14.2%
- Other: 9.9%
- Unknown/Missing: 5.6%

PLWHA 20+ Years
n=127

- Private: 15.0%
- Medicare: 29.1%
- Medicaid/Medi-Cal: 30.7%
- No Insurance: 13.4%
- Other: 3.1%
- Unknown/Missing: 8.7%

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

Services Most Utilized by Clients 50+years

Data Source: Casewatch Year 16 (March 2006 – Feb 2007)
Ryan White Clients ≥ 50 in LA County (2006)

Summary

• Over 76% of PLWHA fall in the 50-59 year age group

• 40% 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 ≤5 years) have an increase in females, Latino(a)s, and African Americans
Ryan White Clients ≥ 50 in LA County (2006)

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
  ▪ Case management
  ▪ Mental health services
  ▪ Food/Home-delivered meal
  ▪ Treatment adherence
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 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
What We Need to Do

• Engage older people at-risk for and living with HIV infection
  • Reduce new infection
  • Curtail delayed diagnosis and entry to care
  • Attend to needs

• Integrate prevention and care

• Cross train clinicians for HIV and geriatrics

• Provide cultural sensitivity training

• Encourage routine HIV testing in primary care settings
Current Steps and Directions

• Continued study on HIV aging population
  • Needs assessment, gaps analysis, provider capacity assessment, client outcomes studies

• Evaluation of medical specialty referrals

• Gradually transform care system to achieve chronic disease management and patient self-sufficiency
Current Steps and Directions

• Increased funding in early intervention and medical case management
• Integrated prevention and care service planning
• Prevention with Positives
This is just the beginning…
Acknowledgements

Michael Green, PhD, MHSA
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For More Information

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www.publichealth.lacounty.gov/aids