

Monitoring Progress towards the National HIV/AIDS Strategy (NHAS) Quality of Life and HIV Stigma Goals: Data from Michigan's Medical Monitoring Project (MMP) Survey, 2018-2022

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Bureau of HIV
and STI Programs

Executive Summary

The National HIV/AIDS Strategy (NHAS) is an initiative designed to accelerate efforts to end the HIV epidemic in the United States by 2030¹. Goals include prevention of new HIV infections, improvement of HIV-related health outcomes, reduction of HIV-related health disparities and inequities, and achievement of integrated, coordinated efforts that address the HIV epidemic.

The Medical Monitoring Project (MMP) is a survey developed by CDC to collect cross-sectional data on aspects of life for adults living with HIV in the United States, including barriers to care and quality of life indicators. This data provides information that can be used to monitor NHAS goals and trends.

Michigan's MMP survey between 2018 and 2022 shows that:

- The percentage of people with HIV (PWH) who reported **good or better health** decreased from 68% in 2018 to 65% in 2022 (2025 NHAS goal 95%). This has been on a decline since its height at 71% in 2020.
- The percentage of PWH who had an **unmet need for mental health services** increased from 8% in 2018 to 12% in 2022 (2025 NHAS goal 12%).
- **Unstable housing or homelessness** among PWH decreased from 25% in 2018 to 17% in 2022 (2025 NHAS goal 11%).
- The percentage of PWH who reported **unemployment** increased from 14% in 2018 to 17% in 2022 (2025 NHAS goal 8%).
- The percentage of PWH who reported **hunger or food insecurity** decreased from 24% in 2018 to 16% in 2022 (2025 NHAS goal 11%).
- The median HIV **stigma** score was 35 in 2018 and 34 in 2022 (2025 NHAS goal 16). HIV stigma was measured with a score ranging from 0 (indicating no stigma) to 100 (indicating high stigma).

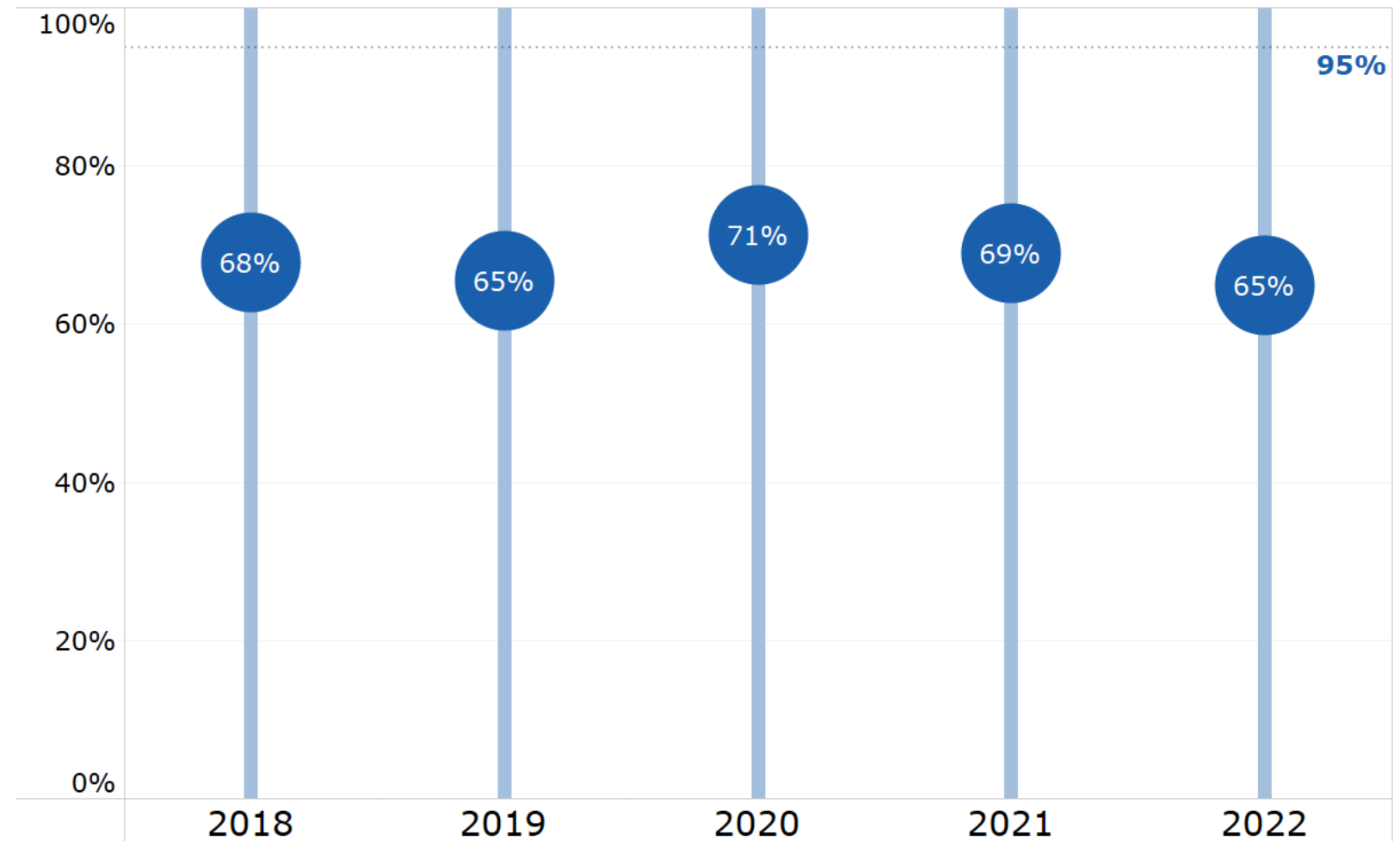
Current 2022 goal indicators show a need for increased intervention strategies to reach NHAS goals by 2030 in the areas of overall reported health and median stigma score. Unemployment, homelessness and food insecurity indicators are within 10% of NHAS goals. Mental health service NHAS goals are met as of 2022.

NHAS goals are indicated in the following report by a dotted line with the goal value noted.

1. National HIV/AIDS strategy (2022-2025). hiv.gov. <https://www.hiv.gov/federal-response/national-hiv-aids-strategy/national-hiv-aids-strategy-2022-2025/>.

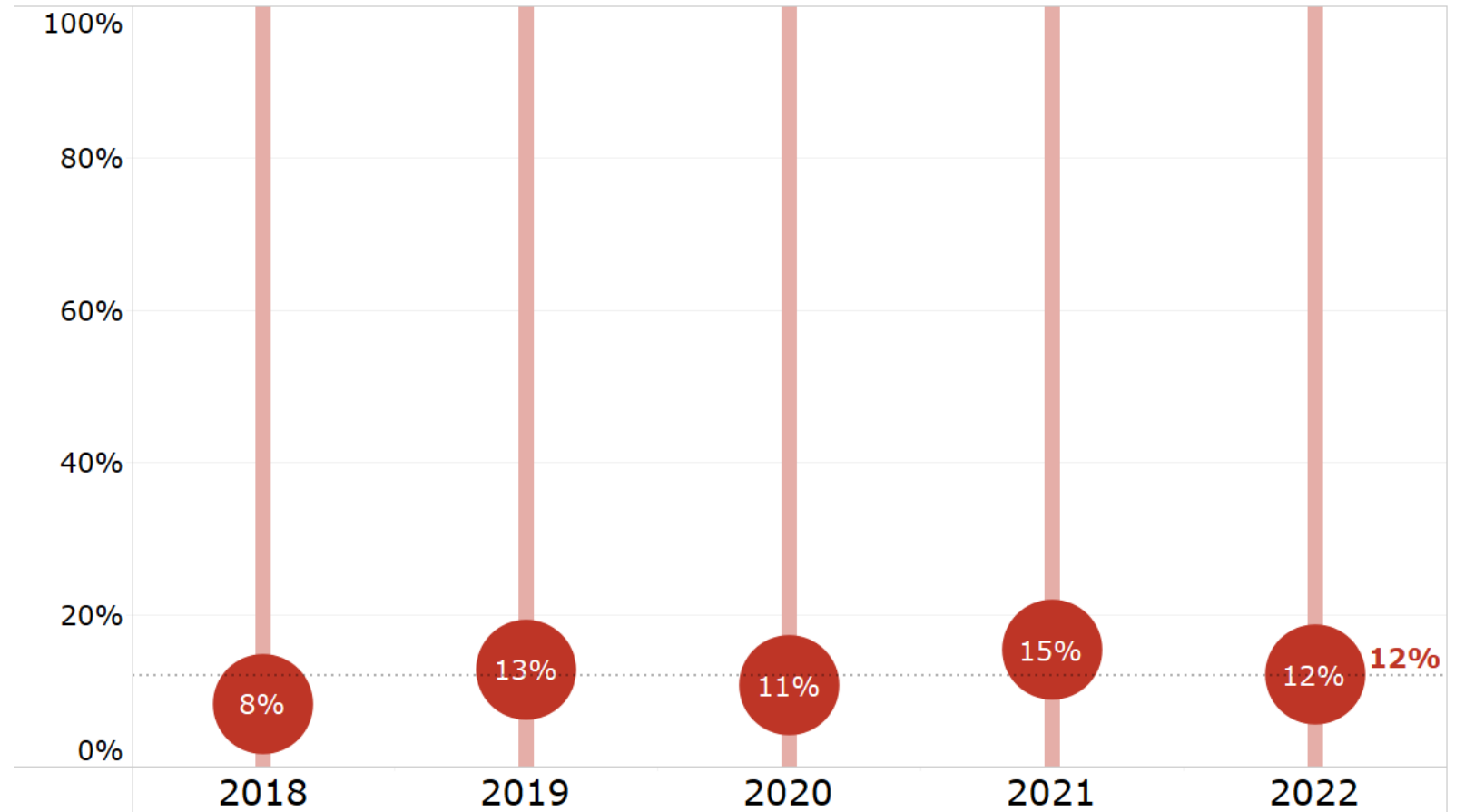


Percentage of people with HIV who rated their overall health good or better*



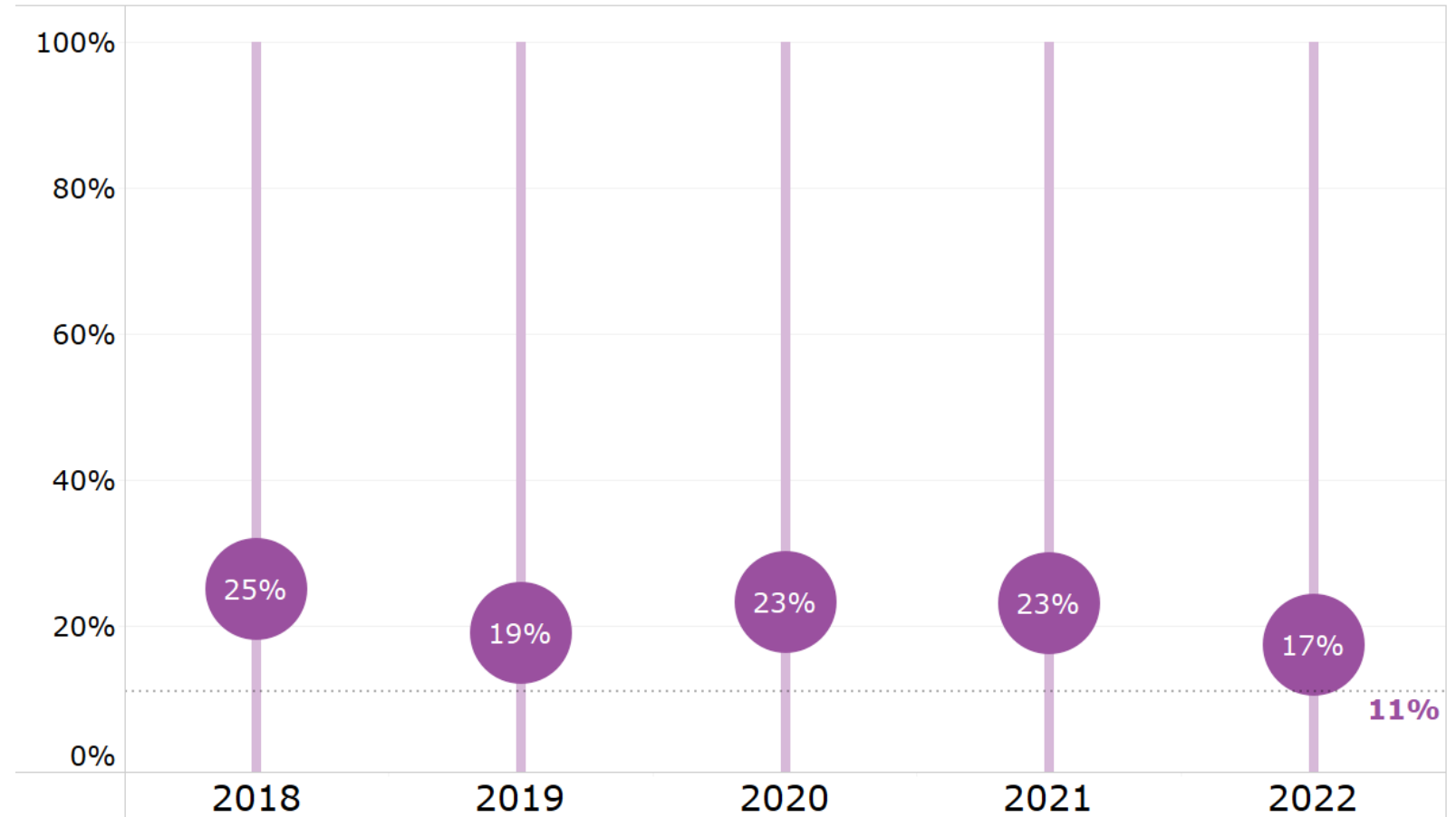
*Good or better self-rated health is defined as rating one's health as good, very good or excellent (as opposed to poor or fair) at the time of interview.

Percentage of people with HIV who had an unmet need for mental health services*



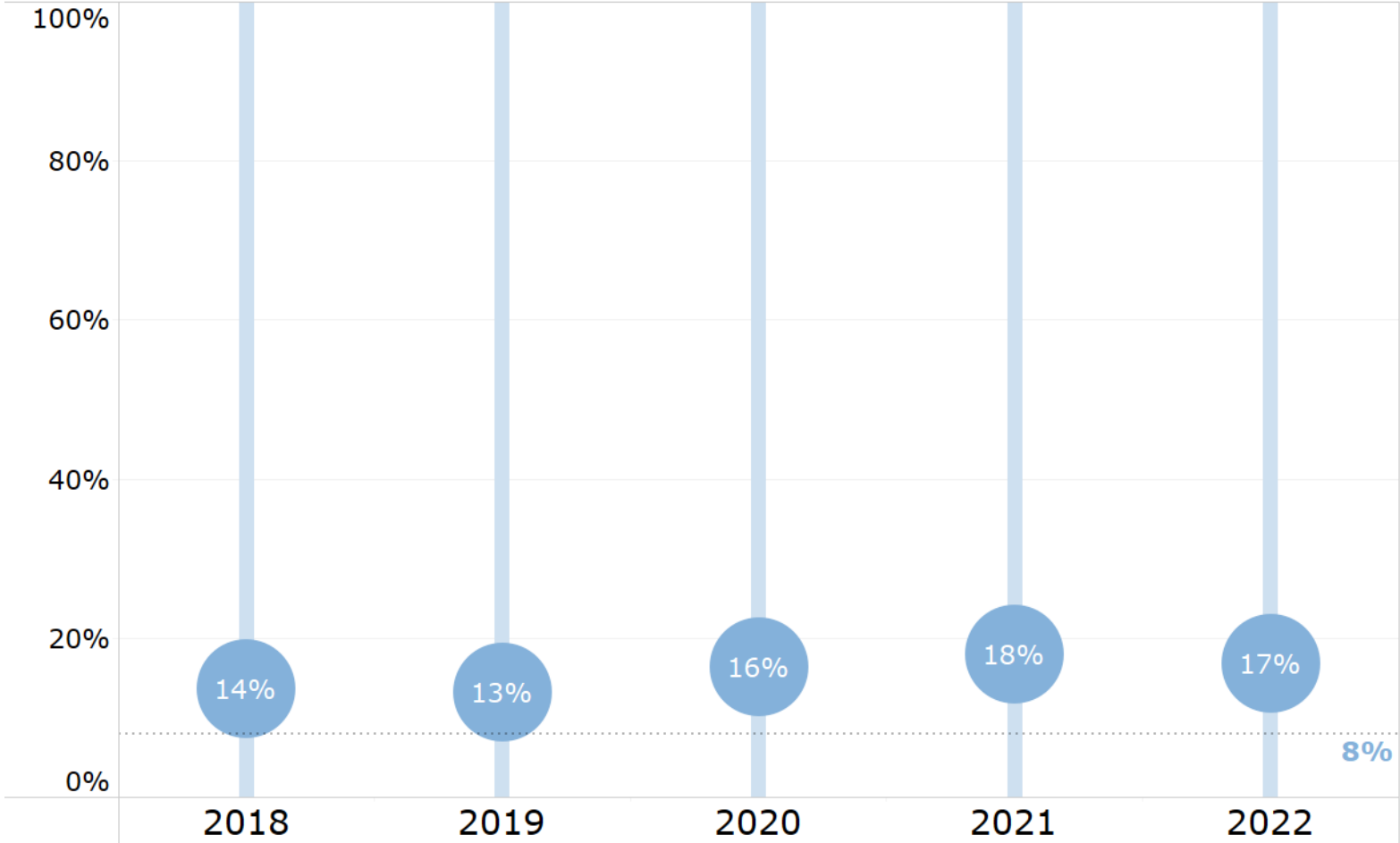
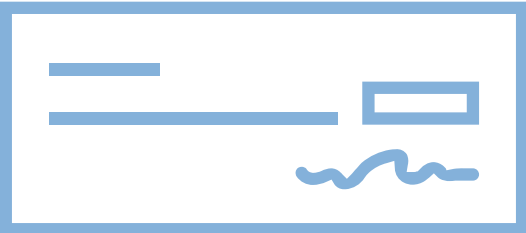
*Unmet need for mental health services is defined as needing mental health services during the previous 12 months, but not receiving services from a mental health professional.

Percentage of people with HIV who reported unstable housing or homelessness*



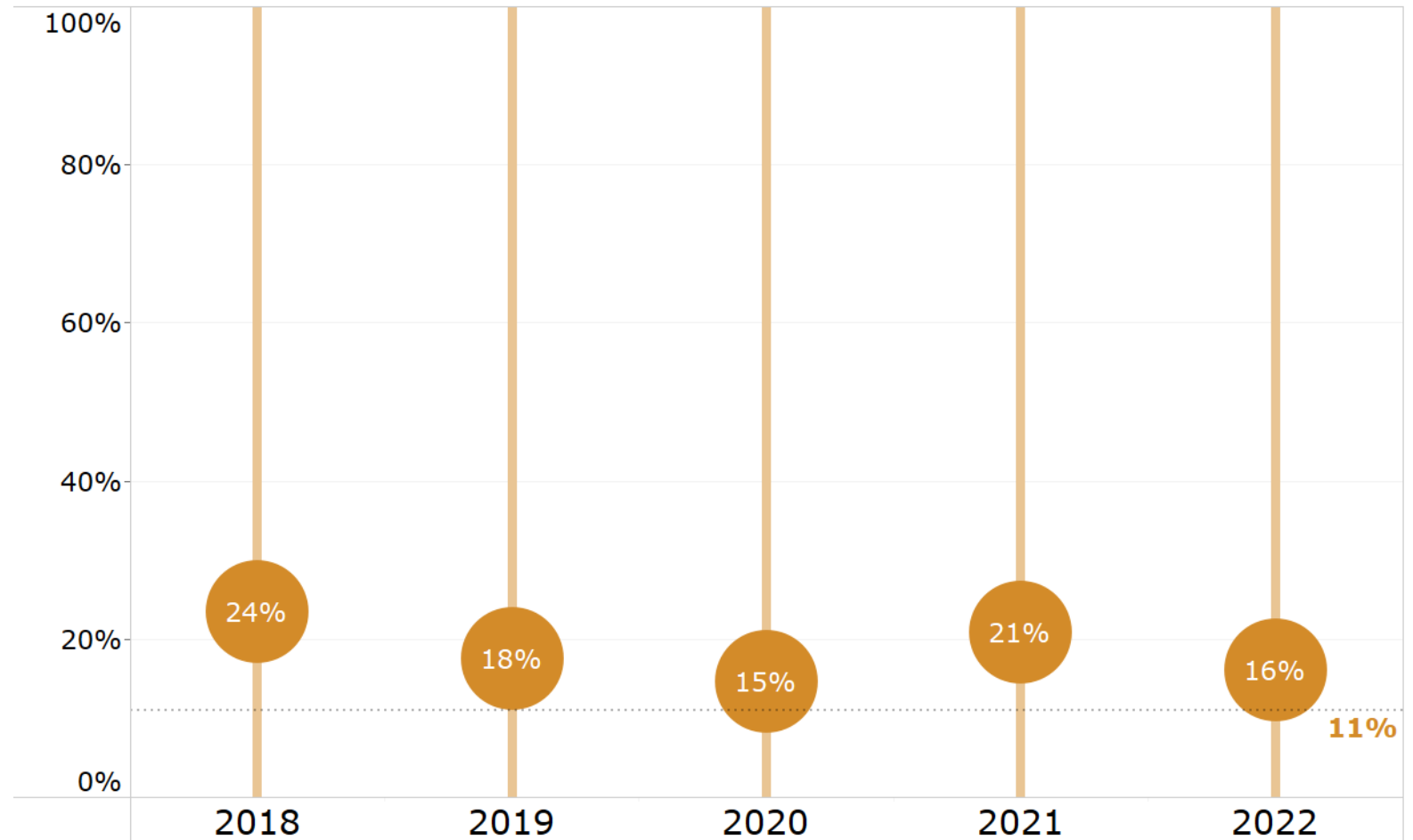
*Unstable housing or homelessness is defined as experiencing unstable housing (i.e., moving in with others due to financial issues, moving two or more times or being evicted at any time) or homelessness (i.e., living on the street, in a shelter, in a single-room-occupancy hotel or in a car at any time during the 12 months prior to interview).

Percentage of people with HIV who reported unemployment*



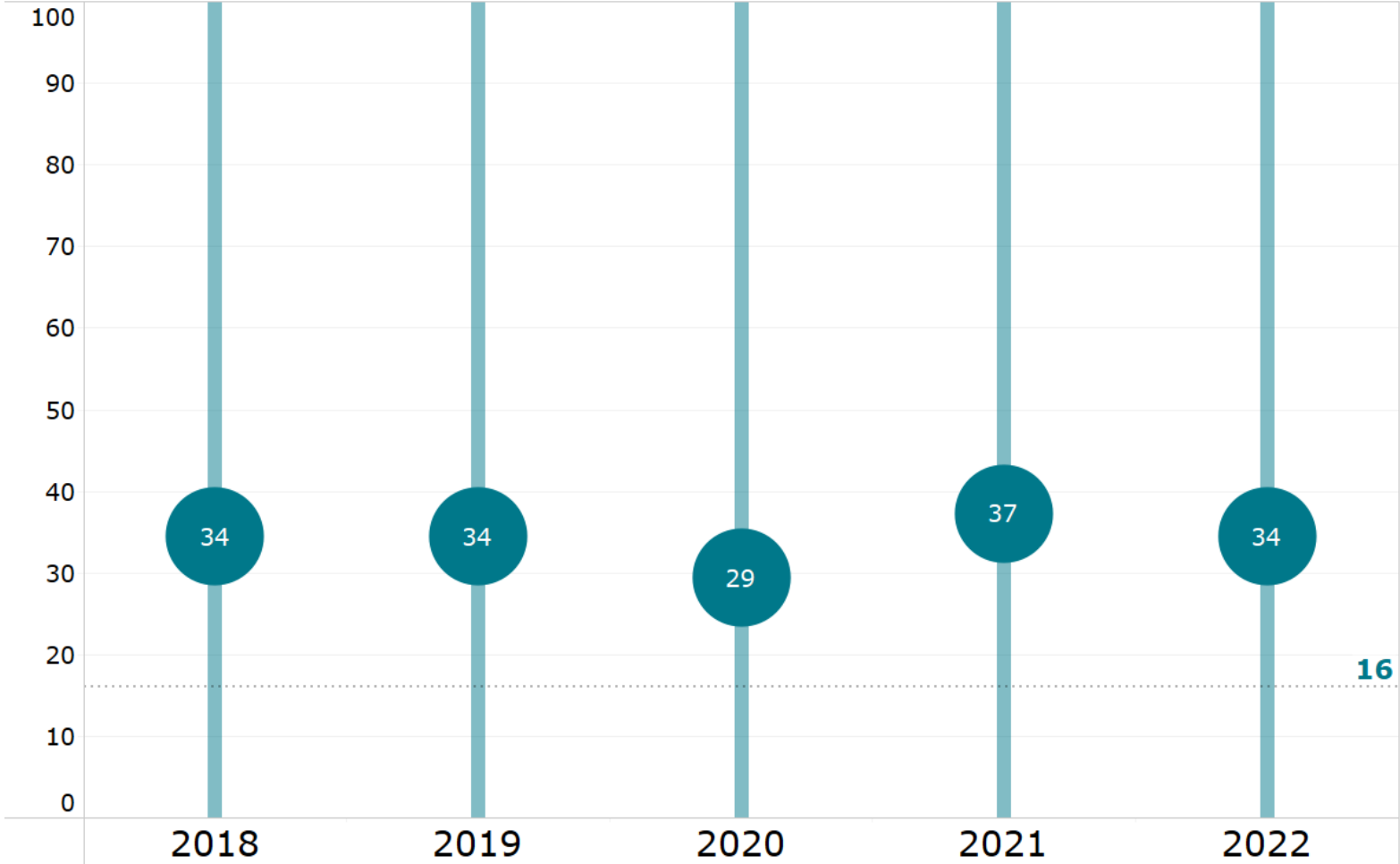
*Unemployment is defined as people who reported being unemployed at the time of the interview.

Percentage of people with HIV who reported hunger or food insecurity*



*Hunger or food insecurity is defined as going without food due to lack of money during the 12 months prior to interview.

Median stigma score of people with HIV*



*Median HIV stigma scores are presented based on a ten-item scale ranging from zero (no stigma) to 100 (high stigma), which measures personalized stigma during the 12 months prior to interview, current disclosure concerns, current negative self-image and current perceived public attitudes about PWH. The goal measure of 16 is based on a 50% reduction from the baseline stigma score taken in 2018. For further information on stigma and mental health among PWH in Michigan, please review our [publication](#).