

# Monitoring Progress towards the National HIV/AIDS Strategy, Quality of Life and HIV Stigma Goals: Data from Michigan's Medical Monitoring Project Survey, 2018-2019

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# **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 2030<sup>1</sup>. 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 the Center for Disease Control and Prevention (CDC) to collect cross-sectional data on many 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 2021 shows that:

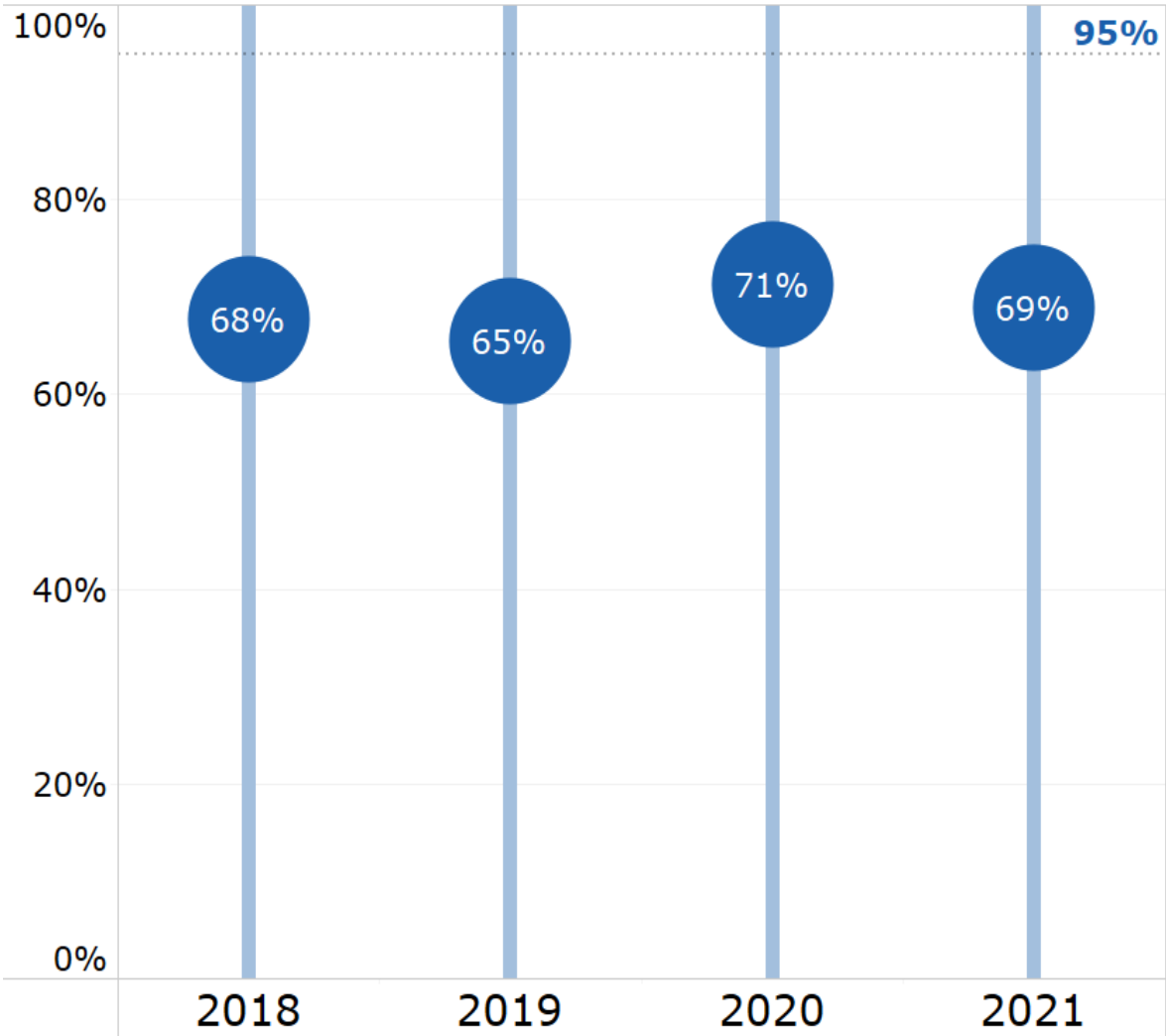
- The percentage of people with diagnosed HIV who reported good or better health was 68% in 2018 and 69% in 2021 (2025 NHAS goal 95%).
- The percentage of people with diagnosed HIV who had an unmet need for mental health services increased from 8% in 2018 to 15% in 2021 (2025 NHAS goal 12%).
- Unstable housing or homelessness among people with diagnosed HIV was 25% in 2018 and 23% in 2021 (2025 NHAS goal 11%).
- The percentage of people with diagnosed HIV who reported unemployment increased from 14% in 2018 to 18% in 2021 (2025 NHAS goal 8%).
- The percentage of people with diagnosed HIV who reported hunger or food insecurity was 24% in 2018 and 21% in 2021 (2025 NHAS goal 11%).
- HIV stigma was measured with a score ranging from 0 (indicating no stigma) to 100 (indicating high stigma). Based on the score, the median HIV stigma score was 35 in 2018 and 38 in 2021 (2025 NHAS goal 16).

Trends in these goals indicate a drop in homelessness, unemployment and food insecurity in 2019 but those trends did not continue through 2021. Current 2021 goal indicators show a need for increased intervention strategies in order to reach NHAS goals by 2030 in the areas of overall health, homelessness and stigma. Mental health services, unemployment and food insecurity indicators are within 10% of NHAS goals.

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

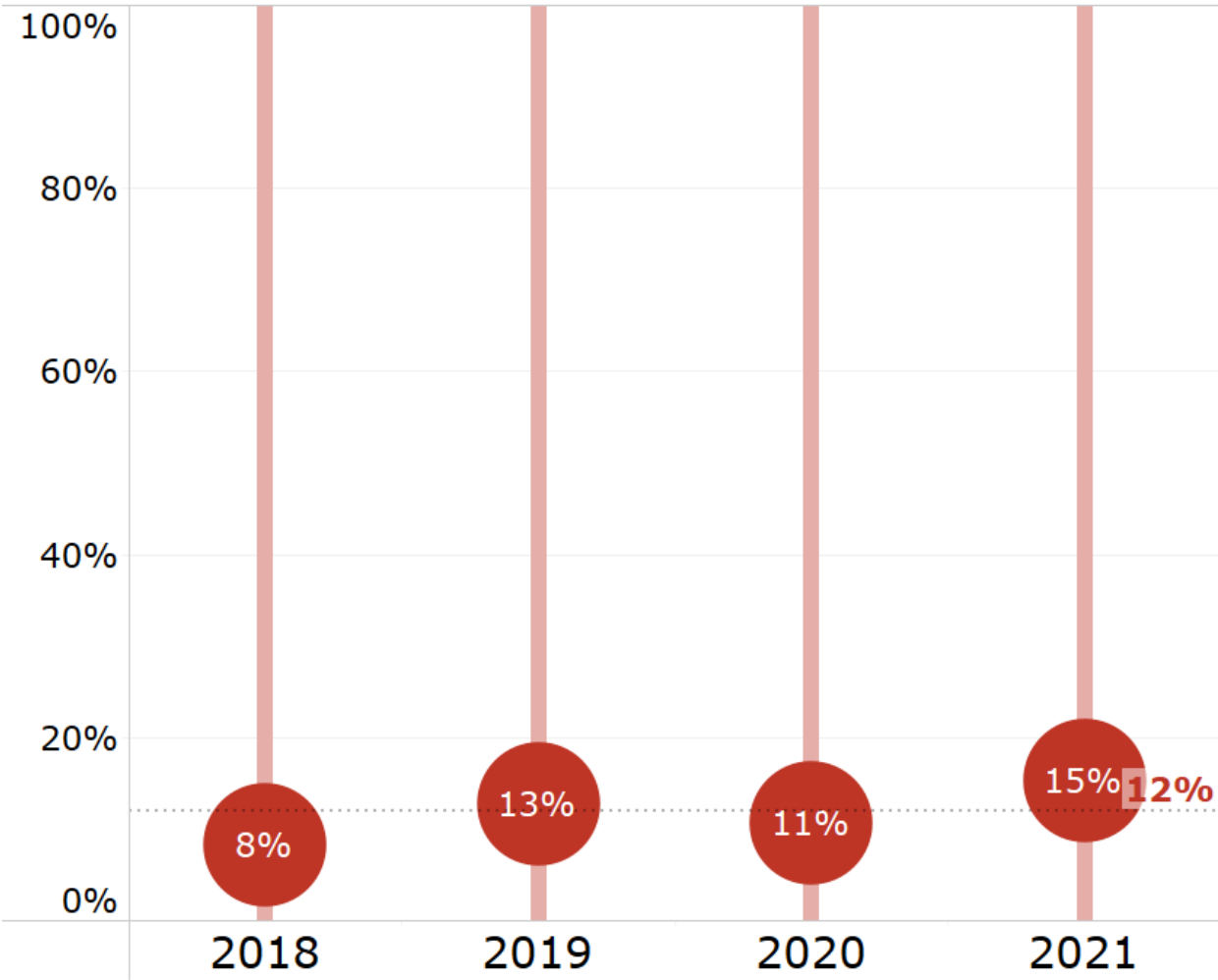
1. National HIV/AIDS strategy (2022-2025). hiv.gov. <https://www.hiv.gov/federal-response/national-hiv-aids-strategy/national-hiv-aids-strategy-2022-2025/>.

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



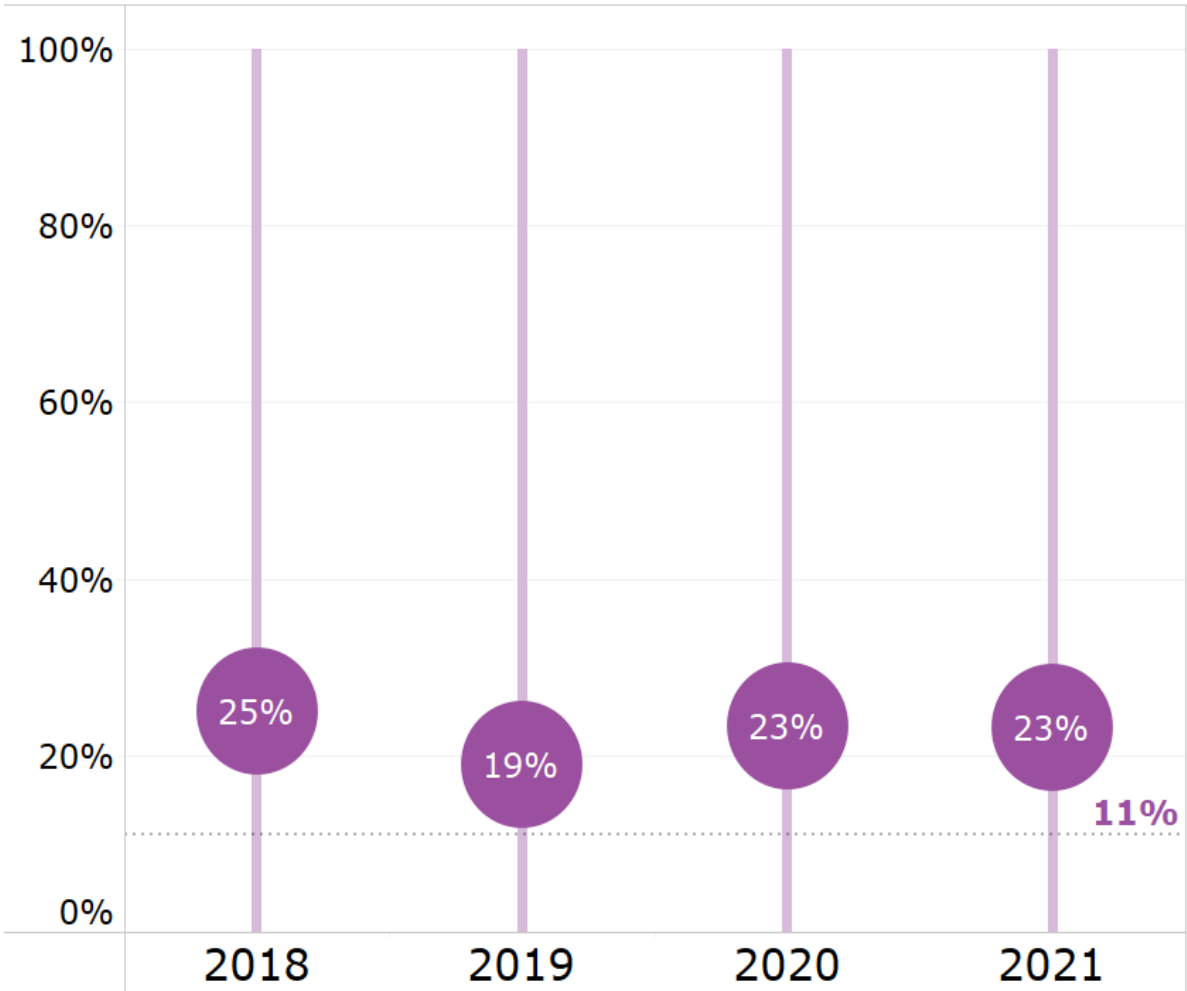
\*Good or better self-rated health is defined as rating one's health as good, very good, or excellent (as opposed to poor or fair) at the time of interview.

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



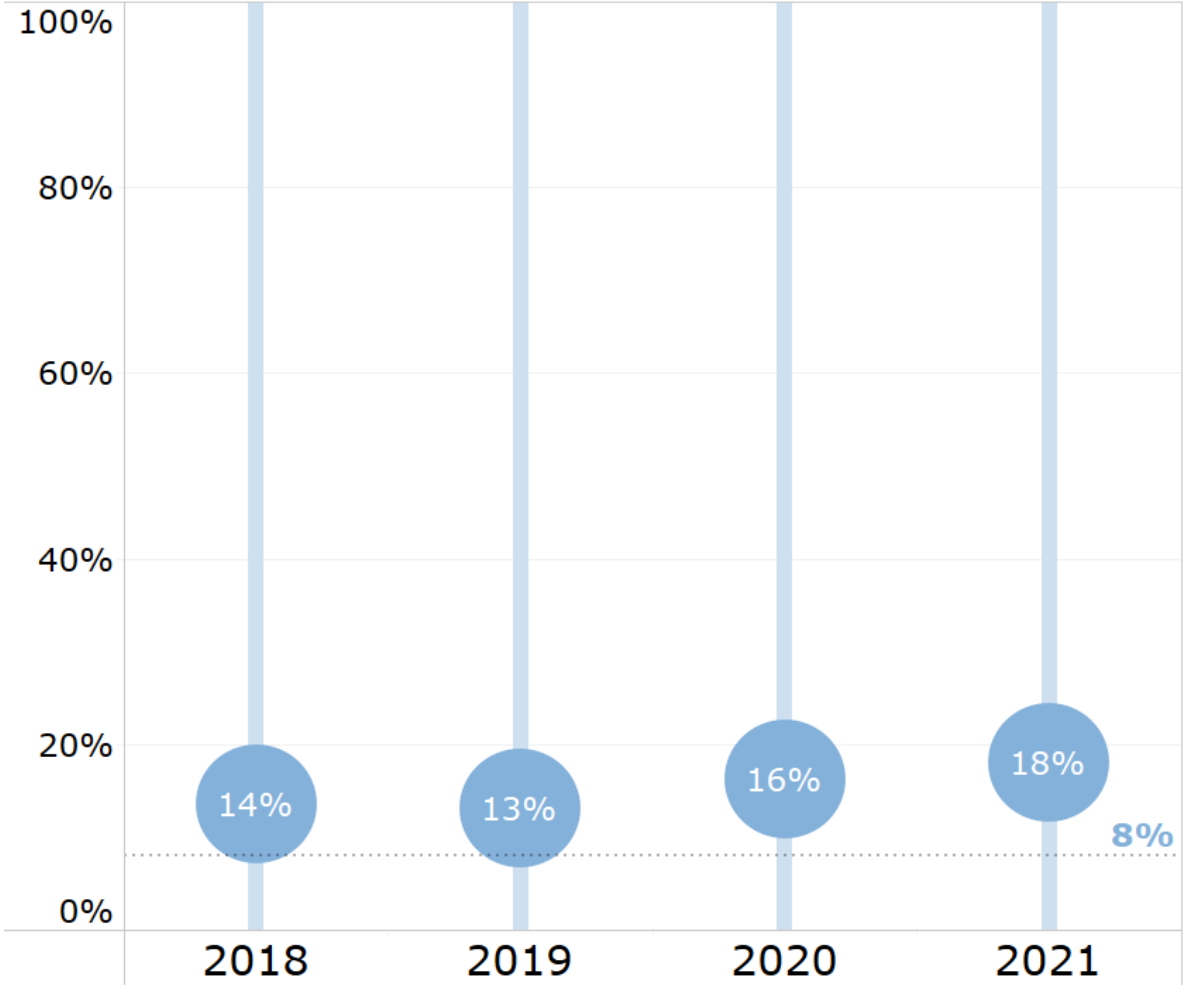
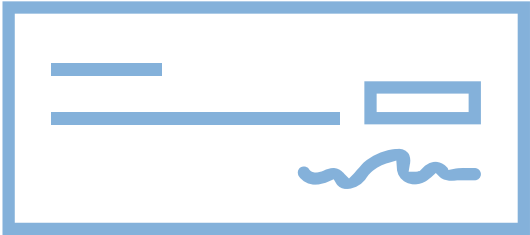
\*Unmet need for mental health services from a mental health professional is defined as needing, but not receiving, services from a mental health professional among those who indicated needing mental health services (i.e., receiving or needing but not receiving) during the past 12 months.

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



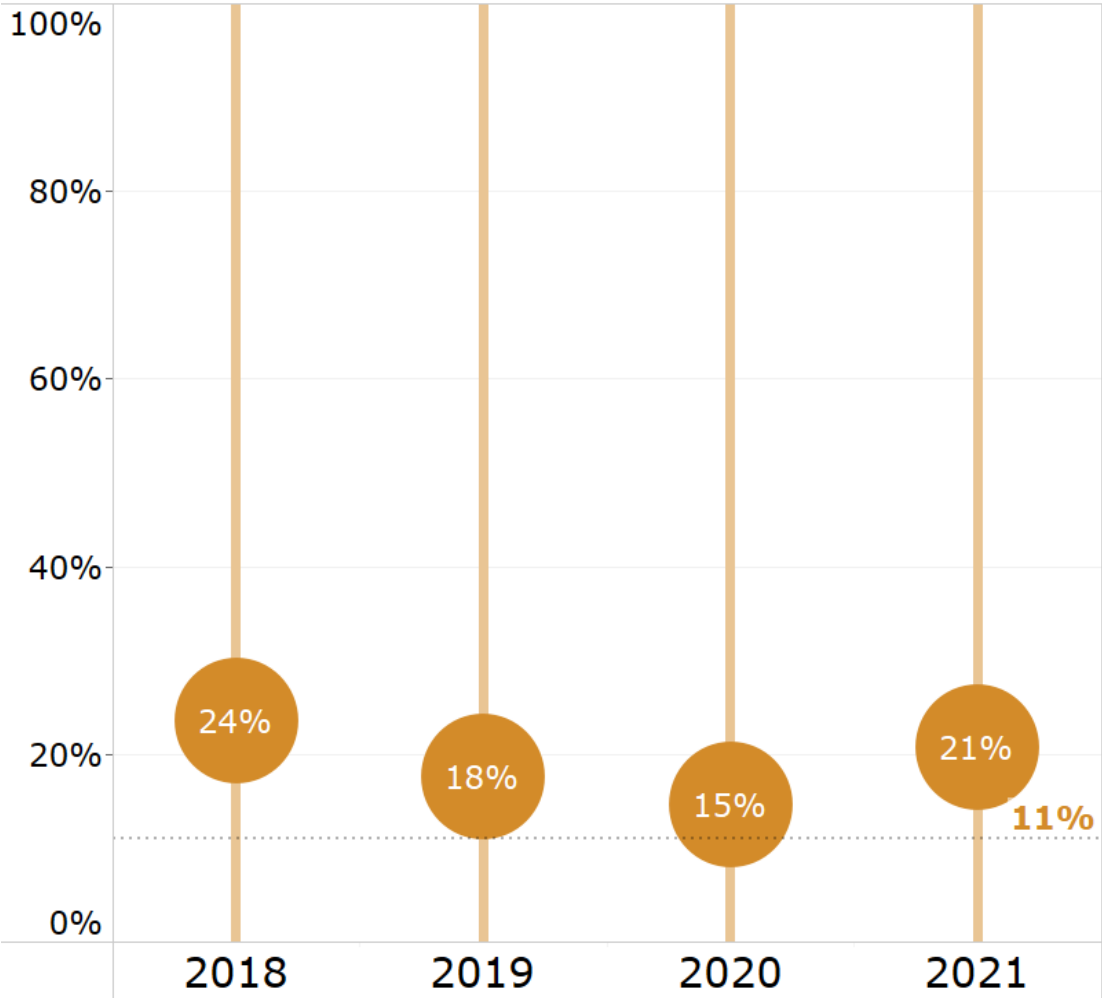
\*Unstable housing or homelessness is defined as experiencing unstable housing (i.e., moving in with others due to financial issues, moving two or more times, or being evicted at any time) or homelessness (i.e., living on the street, in a shelter, in a single-room-occupancy hotel, or in a car at any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

# Percentage of people with HIV who reported unemployment\*



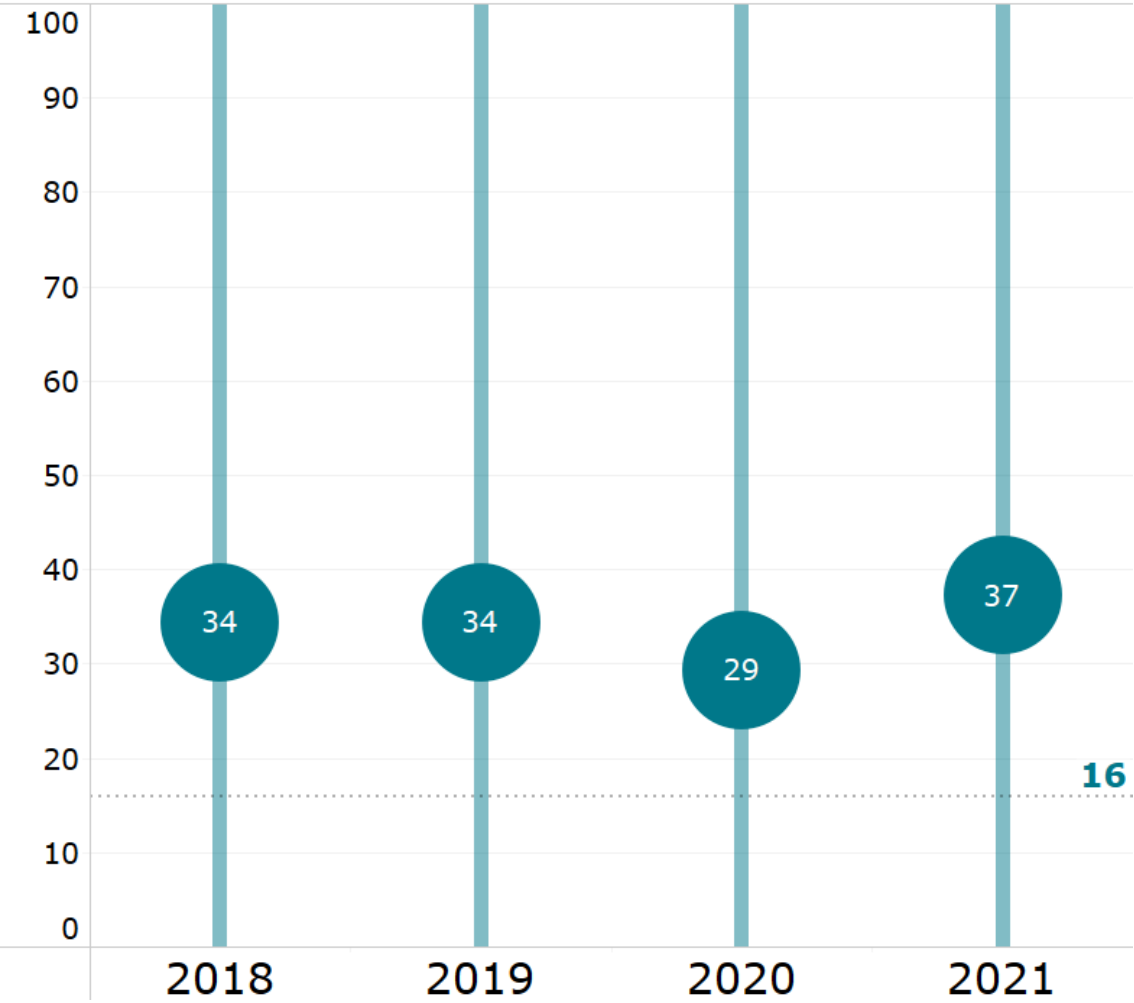
\*Unemployment is defined as people who reported being unemployed at the time of the interview.

# 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 past 12 months.

# Median stigma score of people with HIV\*



\*Median HIV stigma scores are presented based on a ten-item scale ranging from 0 (no stigma) to 100 (high stigma) that measures personalized stigma during the past 12 months, current disclosure concerns, current negative self-image, and current perceived public attitudes about people with HIV.