

Health Resources and Services Administration's HIV/AIDS Bureau

**2024 National Ryan White Conference**  
**Aging Institute 301**  
**August 22, 2024**

Presenter(s)  
Nicole A. Viviano, MA  
HIV/AIDS Bureau

# Health Resources and Services Administration (HRSA) Overview



Supports more than 90 programs that provide health care to people who are geographically isolated, economically or medically challenged



HRSA does this through grants and cooperative agreements to more than 3,000 awardees, including community and faith-based organizations, colleges and universities, hospitals, state, local, and tribal governments, and private entities



Every year, HRSA programs serve tens of millions of people, including people with HIV, pregnant people, mothers and their families, and those otherwise unable to access quality health care

# HRSA's HIV/AIDS Bureau Vision and Mission



## Vision

Optimal HIV care and treatment for all to end the HIV epidemic in the U.S.

## Mission

Provide leadership and resources to advance HIV care and treatment to improve health outcomes and reduce health disparities for people with HIV and affected communities.

# HRSA's Ryan White HIV/AIDS Program (RWHAP) Overview



- Provides a comprehensive system of HIV primary medical care, medications, and essential support services for low-income people with HIV.
- Funds grants to states, cities, counties, and local community-based organizations to improve health outcome and reduce HIV transmission.
  - Recipients determine service delivery and funding priorities based on local needs and planning process.
- Provided services to over 566,000 people in 2022—more than half of all people with diagnosed HIV in the United States.
- 89.6% of RWHAP clients receiving HIV medical care were virally suppressed in 2022, exceeding national average of 65.9%<sup>i</sup>. This means they cannot sexually transmit HIV to their partners and can live longer and healthier lives.

i. Centers for Disease Control and Prevention. Monitoring selected national HIV prevention and care objectives by using HIV surveillance data—United States and 6 dependent areas, 2021. HIV Surveillance Supplemental Report, 2023; 28(No. 4). <http://www.cdc.gov/hiv/library/reports/hiv-surveillance.html>. Published May 2023.

# HRSA's Ryan White HIV/AIDS Program BY THE NUMBERS: 2022

NATIONAL 2024  
**RYAN WHITE**  
CONFERENCE  
ON HIV CARE & TREATMENT

## Ryan White HIV/AIDS Program (RWHAP)

**SERVED**  
**566,846**  
**CLIENTS IN 2022**

more than  
**50%**  
of people with  
**diagnosed HIV** in  
the United States

**89.6%** of RWHAP clients  
receiving HIV  
medical care  
**reached viral suppression\***

in 2022 compared to 69.5% in 2010, which  
means they cannot sexually transmit HIV to their  
partner and can live longer and healthier lives.

**74.2%**  
of clients were from  
racial and ethnic  
minority groups\*\*

**6.9%** of clients had  
**TEMPORARY HOUSING**



**5.2%** of clients had  
**UNSTABLE HOUSING**



**48.2%**  
of clients were **aged**  
**50 years and older**

**58.6%** of clients lived **at or**  
**below 100% of the**  
**Federal Poverty Level**



**44.5%**  
of clients were  
**Black/African American**



**25.3%**  
of clients were  
**Hispanic/Latino**

\* Viral suppression is based on data for people with HIV who had at least one outpatient ambulatory health services visit and at least one viral load test during the measurement year and whose most recent viral load test result was less than 200 copies/mL.

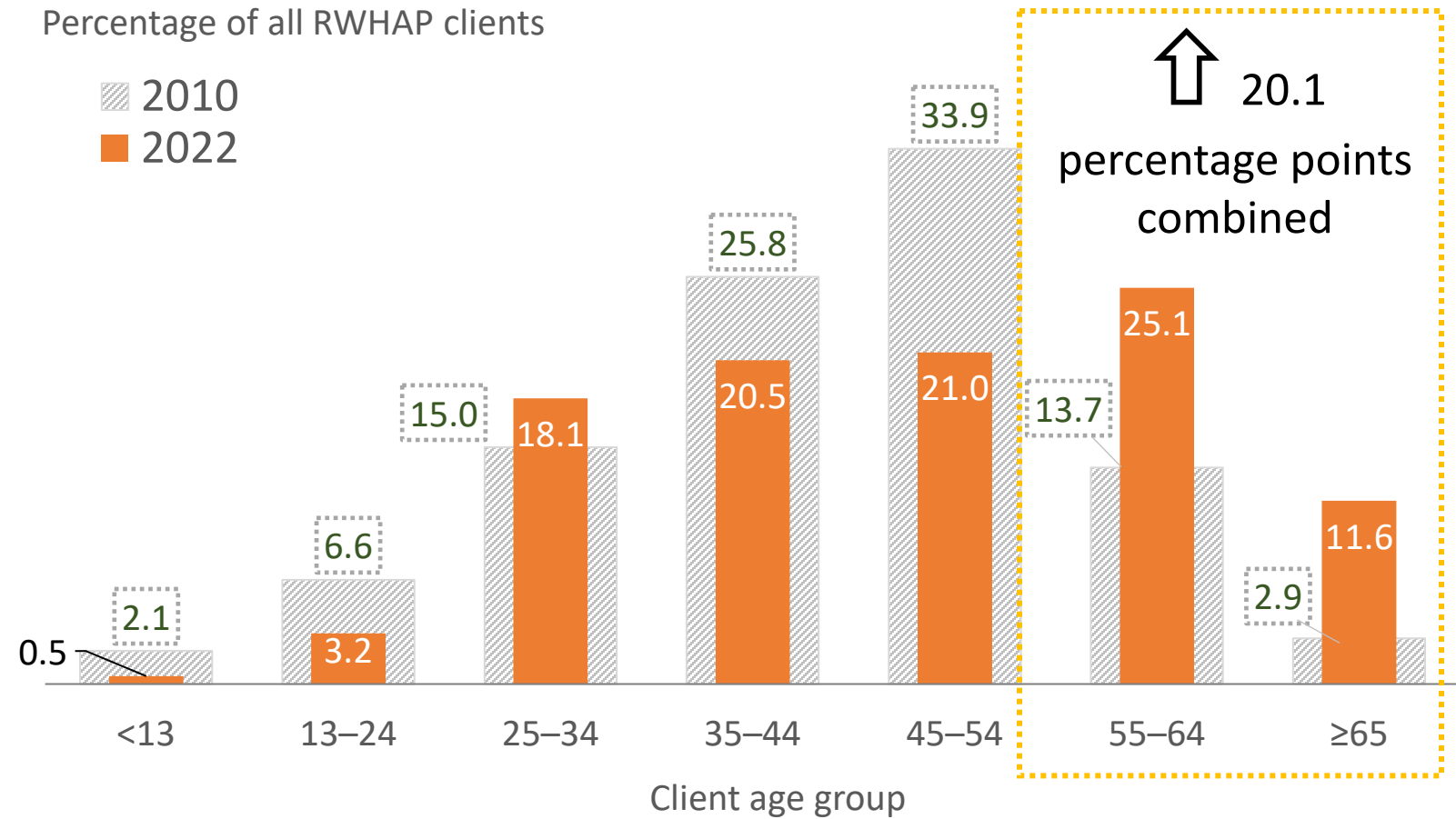
\*\* Clients self-identified as 25.8% White and less than 2% each American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and persons of multiple races. Hispanics/Latinos can be of any race.

Data sourced from 2022 Ryan White HIV/AIDS Program Annual Data Report.

# The RWHAP client population is aging: the percentage of clients aged 55 years and older grew by 20 percentage points from 2010 through 2022



**48.2%** of RWHAP clients are **aged 50 years and older.**



# Community Engagement and the RWHAP

- **Community engagement is part of the existing fabric of the RWHAP.**
- **RWHAP recipients funded through Parts A, B, C, D, and the EHE initiative are encouraged and/or required to support activities that:**
  - Facilitate collaboration with community members
  - Work with their communities and public health partners to improve health outcomes across the HIV care continuum
- **In addition, community engagement is a key element of RWHAP Part A and Part B Planning Councils and Planning Bodies, integrated planning efforts, and clinical quality management activities.**

# Community Engagement and the RWHAP (cont.)

NATIONAL 2024  
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- HRSA's RWHAP continues to invest in programs supporting community engagement and building leadership among people with lived experience. This includes:
  - Building Leaders of Color 2.0
  - ELEVATE for All People with HIV
  - ESCALATE: Ending Stigma through Collaboration and Lifting All to Empowerment
  - EHE Systems Coordinating Provider (SCP)
  - EHE Technical Assistance Provider (TAP)

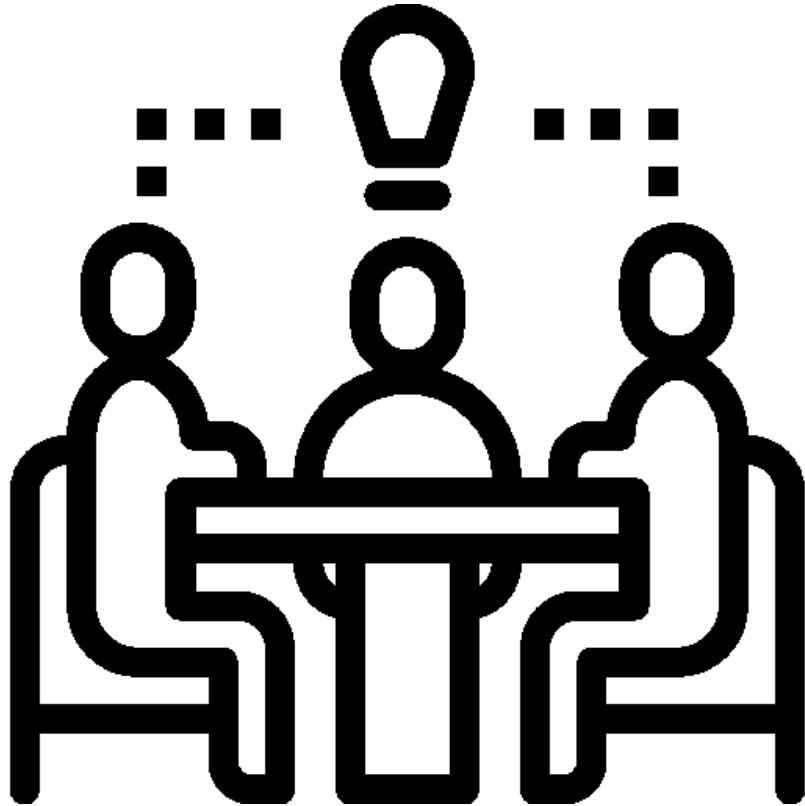


Technical Assistance Provider  
innovation network





# HIV/AIDS Bureau New Workgroup on Older Adults, Long-Term Survivors and Life-Term Survivors - Next Steps



- Aging Institute at the 2024 NRWC Conference
- Populations/Topics
  - Older adults, Long-term survivors, Life-term survivors (Dandelions)
  - Long-term care services/system coordination (including medication coverage)
  - Transition to Medicare and/or Medicaid coverage
  - Aging-related and preventive screening
  - Quality of Life
- Collaboration with other federal partners
  - Administration for Community Living
  - Centers for Medicare and Medicaid Services
  - Centers for Disease Control and Prevention

# Contact Information



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# Connect with the Ryan White HIV/AIDS Program



Learn more about our program at our website:

[ryanwhite.hrsa.gov](https://ryanwhite.hrsa.gov)



Sign up for the Ryan White HIV/AIDS Program Listserv:

<https://public.govdelivery.com/accounts/USHSHRSA/signup/29907>

# Connect with HRSA

Learn more about our agency at:

[www.HRSA.gov](http://www.HRSA.gov)

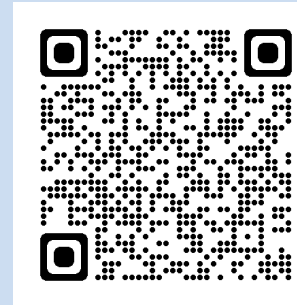


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# HIV and Aging

Debbie P Hagins, MD  
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# Disclosures

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# Learning Objectives

At the conclusion of this activity, participants will be able to:

1. Better understand aging and the impact of HIV infection on aging;
2. Better understand the influencers of life expectancy;
3. Better appreciate the advances of new HIV treatment options

# What is aging?...

- Growing old(er)... process begins at birth.
- Cellular, hormonal, accumulative (wear and tear), metabolic
- A combination of physiological changes in our bodies and the environmental factors we are exposed to. ([verywellhealth.com](https://www.verywellhealth.com) 4/23/24)



# Impact of HIV on the body

- We age at the cellular level (elasticity of rubber band; rechargeable battery degradation)
- HIV infection accelerates that process—immune system is always “on”
- The treatment--ARVs (esp. older) may also be contributing—(metabolism)

# Human Life Expectancy

An estimate of the average remaining years of life at a given age.

# How Long Can a Person Live (after a Diagnosis of HIV?)

- It depends
- Among us are lifetime survivors and HIV thrivers 😊

# Living with HIV

- When the virus responsible for HIV/AIDS had been identified in 1981 (and the years following), those infected usually presented with symptoms and life expectancy was days to months to a couple of years .
- If infected at age 20...
  - In 1996 estimated to ~age 40....in 2011 to ~age 70
  - Today....70+

# Notable Advances

- 1987 - 1<sup>st</sup> FDA Approved Medication
- 1996 – Highly Active Antiretroviral Therapy
- 2006- Chronic manageable disease- striving for a balance between risks and benefits;
  - significantly reduced pill burden
  - improved quantity and quality of life

# Influencers of Life Expectancy

- Things we can't change:
  - Gender and race
  - Genetics
  - Physiologic changes associated with HIV infection
- Things we can...
  - Advances in our understanding and treatment of HIV
  - Lifestyle and other health conditions
  - Smoking
  - Healthy lifestyle- - relationships, exercise, sleep, nutrition, self care, managing stress, etc.

# Conversations with Care Team

- What's on the minds of persons when they learn of their positive diagnoses?



# Some Helpful Tips

- Try to use a single pharmacy
- Find a pharmacy with a pharmacist that has expertise in HIV-care
- Bring a list of all of your medications (and dosage) to your appointments



# Thank you. Your turn...

Questions... comments

# Aging with HIV

Perspectives from People that Know...

# Panel Participants



Naisiadet Kitai



Richard Adkins



PJ Gouldmann

- Naisiadet Kitai is a seasoned public health professional specializing in HIV/AIDS, maternal and child health and reproductive health. With a strong track record in program design and implementation, she has led impactful initiatives in sexual and reproductive health and family planning across Africa. Her expertise extends to advocating for equitable access to healthcare for vulnerable populations, particularly women, children, and individuals living with HIV. Naisiadet holds a Master of Public Health degree in Maternal and Child Health from the University of Minnesota and has been recognized for her contributions with the prestigious Bush Fellowship Award. Her diverse background, encompassing both public health expertise and entrepreneurial endeavors, showcases her versatility and commitment to improving the lives of others.
- Richard Adkins is a 33-year-old life-time survivor, advocate, and accountant based in the Washington DC area. He is a member of the Lifetime Survivors Network, a national advocacy group for people living with HIV since birth or early childhood. He has over 20 years of experience in the HIV field which includes serving on community advisory boards, facilitating men's and youth support groups, empowering youth living with HIV through summer camps, and being a youth delegate for the International AIDS conference in Melbourne Australia. He has worked to educate the community about HIV and AIDS through workshops, toolkits, and panel discussions. In 2024, he received the Mary Bowman Award from DC Health, for service toward ending the HIV epidemic. In his free time, he enjoys cooking, reading, and working out.
- PJ Gouldmann, aged 66, is a long-term survivor with 40 years of experience thriving with HIV. As the Chair of the Greater Baltimore HIV Health Services Planning Council, PJ is actively engaged in advocacy at multiple levels. He is a member of the Maryland Coalition on HIV and Aging , and National HIV/AIDS Advocacy Network, NHAAN . He was instrumental in staging the first Men of Color Against AIDS (MOCAA) conference in Baltimore. His position as a board member of the PWA/HIV Coalition of Baltimore helped shape his advocacy work in the early years of HIV. PJ's roles include speaker, moderator, panelist, advocate, activist, and community organizer.

# Question 1

Can you speak about the experience of living with HIV?

# Question 2

Can you talk about the process of working through the healthcare system?

# Question 3

What questions or concerns do you have regarding your population and aging with HIV?

# Question 4

What would you like providers to know?



# Question 5

What matters most?

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