



ILLINOIS HIV INTEGRATED PLANNING COUNCIL NEWSLETTER

Summer 2018

Volume 1, Issue 2

FROM THE CO-CHAIR

Hello, everyone!

Summer is finally here and the Illinois HIV Integrated Planning Council (IHIPC) is staying on track with its scheduled planning activities this year.

We encourage you to learn more about the mission and work of our HIV community planning group and welcome you to participate in any of our webinars and meetings. A calendar of 2018 meetings and activities has been posted and is available online at <http://ihipc.org/>.

We are in the process of transitioning the IHIPC website to a location on the [IDPH website](#). While there is currently IHIPC content on the IDPH website, we will expand our section to include information about IHIPC membership, issues relevant to HIV, and upcoming IV planning activities.

On behalf of the IHIPC, I again invite all community partners to participate in our upcoming meetings and to provide your input that is vital to effective statewide HIV planning.

Janet Nuss, HIV Community Planning Administrator, IHIPC Coordinator/Co-chair, IDPH

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CALENDAR OF UPCOMING EVENTS

June 20th:

[Getting to Zero Kick-off](#)

University Center, 2nd Floor
525 S. State St., Chicago, IL

June 27th:

[National HIV Testing Day](#)

<https://npin.cdc.gov/stdawareness/>

June 28-29th:

[Illinois HIV Integrated Planning Council Meeting](#)

Memorial Center for Learning and Innovation,
Springfield, IL

July 10-11th:

[Midwest Regional Harm Reduction Institute](#)

Hilton Garden Inn, Springfield, IL

Registration: <https://www.eventbrite.com/e/midwest-regional-harm-reduction-institute-registration-46070483055>

September 18th:

[National HIV/AIDS and Aging Awareness Day](#)

September 27th:

[National Gay Men's HIV/AIDS Awareness Day](#)



SNIPPETS OF INFORMATION

HIV/AIDS Awareness Days raise awareness about HIV/AIDS among specific populations and provide information about HIV prevention, testing, and treatment. The federal web page <https://www.hiv.gov/> provides information and resources to help individuals and organizations plan events and activities around these observance days.

Please visit <http://ihipc.org/webmtgs/> for more information on upcoming IHIPC meetings and events.



IHIPC UPDATE

Thank you to everyone who participated in the February and April webinar meetings of the Illinois HIV Planning Council (IHIPC) this year. In addition to our 35 voting members and numerous IDPH staff people who provide programmatic and technical support to the IHIPC, we have been able to engage over 50 new community stakeholders in our meetings so far this year! It is important to our mission that we bring the voices of people living with HIV and populations at high risk for HIV infection to the planning table, so that is a great accomplishment.

The February webinar was a great opportunity to review the 2018 IHIPC work plan with our new membership and community stakeholders and to provide updates on the HIV and STD epidemics in Illinois. Thanks to Illinois Department of Public Health (IDPH) staff, Cheryl Ward, the HIV Section Surveillance Administrator, and Lesli Choat, the STD Coordinator, for their excellent presentations describing trends and disparities Illinois is seeing in the epidemics. That information will be invaluable to the IHIPC in its role as it as the central advisory body for HIV prevention and care planning activities throughout the State of Illinois”.

The April webinar focused heavily on the opioid crisis in Illinois that is so integrally related to the HIV and hepatitis C epidemics. Thanks to Amanda Kim, Head of Strategic Health Initiatives at IDPH, for providing the IHIPC with a comprehensive overview of the impact of the opioid epidemic in Illinois, the State’s Opioid Action Plan (SOAP), and recent, ongoing, and upcoming public health initiatives planned to address the opioid crisis. Thanks also to Richard Sherman from the Illinois Department of Human Services Division of Alcohol and Substance Abuse (DASA) for presenting on activities underway in Illinois that are funded by the State Targeted Response Grant DASA receives from the federal government. There was a lot of thought-provoking questions and great discussion. It was noted that many of the priorities and strategies identified in Illinois’ SOAP align with the goals of the National HIV/AIDS Strategy and the HIV Continuum of Care steps that guide the work of the IHIPC. We hope to identify future opportunities for collaboration on this initiative.

As a reminder, all webinar and face-to-face meetings of the IHIPC are recorded and maintained in the archive for a minimum of 12 months at <http://ilhpg.org/webinar/>. The webinar slides and meeting handouts and minutes are also available for download from that site. We encourage community stakeholders and partners to register and view our meetings at any time.

Janet Nuss, HIV Community Planning Administrator, IHIPC Coordinator/Co-chair, IDPH



AWARENESS DAY PLANNING? WE'RE HERE TO HELP!



Awareness day events can require a significant amount of effort, such as staff time, but offer a considerable payoff for your organization, reaching a wider audience with your messaging. How can you successfully plan, implement, and evaluate awareness day events, activities, and outreach? The new HIV.gov guide can help you plan successful awareness day events and outreach!

Has your organization ever faced any of the following questions before an awareness day?

- When should you host an event vs. support another organization's event?
- What does success look like for your campaign?
- What resources do you have to help achieve success?

The guide answers these questions and more, walking you through the awareness day process from planning and goal-setting to execution and evaluation.

Planning Phase: Ideas to consider and partnerships to leverage leading up to the event are crucial to ensuring success. Who else is engaged with this awareness day and how can you work together?

Implementation Phase: Tools and outreach strategies to make a big splash on the day of your event. What resources already exist that can help create successful communication?

Assessment Phase: Considerations and activities to help evaluate the impact of your awareness day events and what this means for future events and campaigns. For your next event, what can go better and how can you apply lessons learned?

This new HIV.gov guide is your one-stop-shop for successful awareness day events and outreach and is available now in the [Events](#) section of the website linked on each of the [Awareness Days](#) pages.

[ACCESS THE EVENT GUIDE HERE](#)



NATIONAL HIV TESTING DAY

The full article is available on CDC's website at the following link:

<https://www.cdc.gov/features/hivtesting/index.html>

June 27 is National HIV Testing Day. This year's theme, *Test Your Way. Do It Today.*, is a call to get tested now and a reminder that there are more ways than ever to get an HIV test. In a [clinic](#), from your [health care provider](#), at a [testing event](#), at [home](#), from a local [organization](#)—get tested your way today!

About 1.1 million people in the United States have HIV, and 1 in 7 of them don't know it. [Young people](#) are the most likely to be unaware of their HIV infection. CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. But [some people are more at risk](#) of getting HIV than others and should be tested at least once a year. Sexually active gay and bisexual men may benefit from more frequent testing (for example, every 3 to 6 months).

Knowing your HIV status is important for your health. If you are living with HIV, you should start treatment as soon as possible. HIV medicine can keep you healthy for many years and greatly reduces your chance of transmitting the virus if you take it the right way every day. And if you're HIV-negative, you can take steps to [prevent](#) HIV. For example, [pre-exposure prophylaxis](#), or PrEP, is when people at very high risk for HIV take HIV medicines daily to lower their chances of getting infected. PrEP can stop HIV from taking hold and spreading throughout your body.

What Can You Do?

Get the Facts. Learn about HIV, and share this lifesaving information with your family, friends, and community. Get an HIV test at least once as part of routine care if you are 13-64.

Get Tested. Get tested for HIV or talk to your health care provider about HIV testing. Knowing your HIV status gives you powerful information to help keep you and your partner healthy. To find a testing site near you:

- use the [Doing It Testing Locator](#)
- text your ZIP code to KNOWIT (566948)
- call 1-800-CDC-INFO (232-4636) or the Illinois AIDS/HIV & STD Hotline 1-800-AID-AIDS.

CDC offers many resources to help you raise awareness about HIV testing in your community. "Doing It" is a national HIV testing and prevention campaign designed to motivate all adults to get tested for HIV and know their status. Join Doing It on Facebook, Instagram, and Twitter, share videos of volunteers, community leaders, and celebrities explaining why they're getting tested, and download posters and other materials.

Many HIV tests are now free, fast, and confidential. Test your way, and do it today!



2017 NATIONAL HIV/AIDS STRATEGY (NHAS) PROGRESS REPORT RELEASED

The full article and report was released on May 24, 2018 and is available online at the following link:
<https://www.hiv.gov/blog/2017-national-hiv-aids-strategy-nhas-progress-report-released>

The nation has continued to make important progress in reducing new HIV infections, improving health outcomes among people living with HIV, and reducing some HIV-related disparities, according to a new report from the U.S. Department of Health and Human Services (HHS).

On May 24, 2018, HHS released the 2017 National HIV/AIDS Strategy (NHAS) Progress Report. One feature of the NHAS is a series of 17 indicators used to measure our nation's progress in meeting the plan's objectives. The report showed that the nation has met or exceeded the annual targets in nine categories and has made valuable progress toward meeting another two of those targets. For instance:

- The number of new HIV diagnoses decreased by nearly 5% from 41,985 in 2011 to 39,876 in 2015.
- The percentage of persons living with diagnosed HIV who were virally suppressed increased from 46.0% in 2010 to 57.9% in 2014.
- The number of adults prescribed PrEP increased by more than 300% from 7,972 in 2014 to 33,273 in 2015.

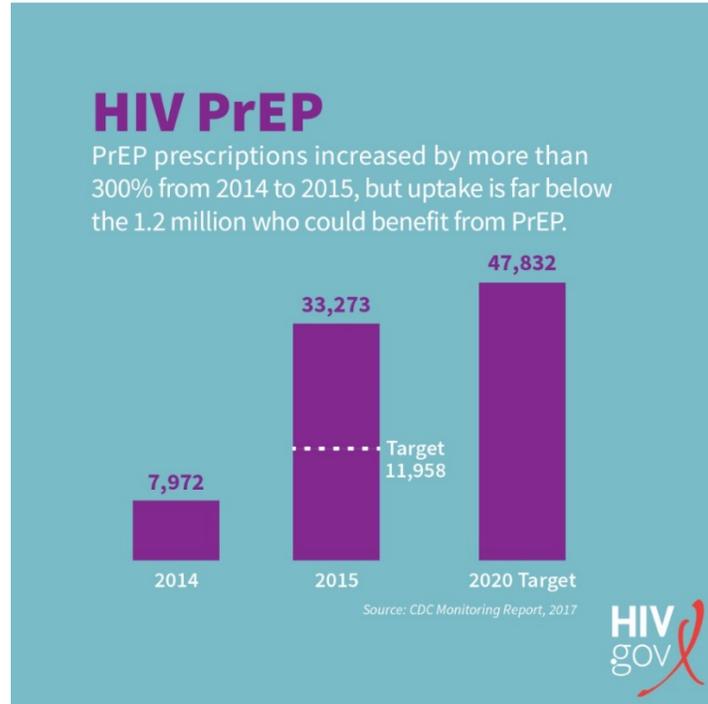
Unfortunately, the report also showed that progress has not been equal across all populations and regions. There continues to be disparities in HIV risk and diagnoses for gay and bisexual men, stable housing among people living with HIV, and HIV diagnoses in the Southern United States.

Although we are encouraged by the many areas of progress presented in the report, there is still a large amount of work that needs to be done in order to reach our nation's goals for 2020. With this report, we hope that every individual and organization engaged in HIV prevention and/or the treatment and care of people living with HIV has a better understanding of the progress the nation has made as well as the challenges that remain before us.

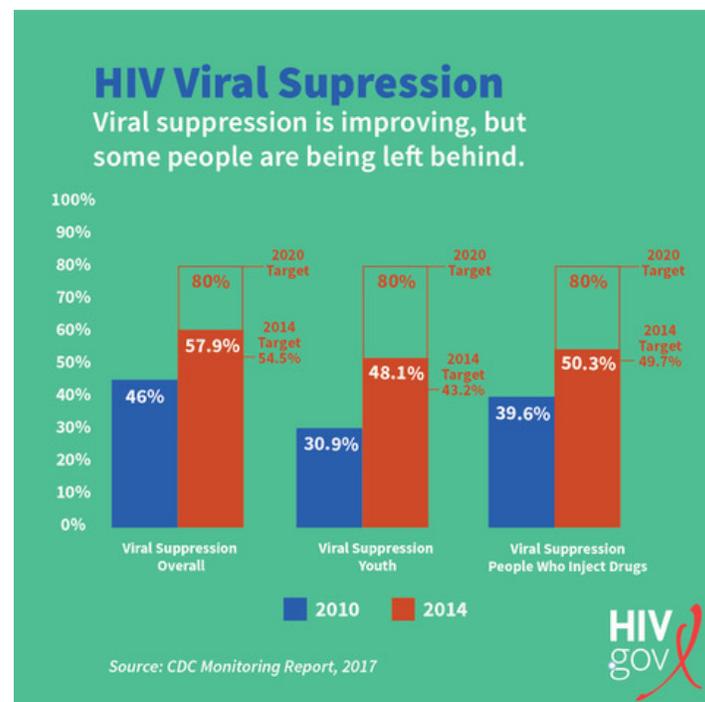
On the next page of this newsletter, we have included some graphic depictions, included in the report, of continued disparities that exist in two of the NHAS indicators - HIV viral suppression and PrEP utilization.



PrEP Prescriptions on the Rise: But More Work Remains



Viral Suppression Among Youth and People Who Inject Drugs Is Improving, But Results Are Still Below the National Average

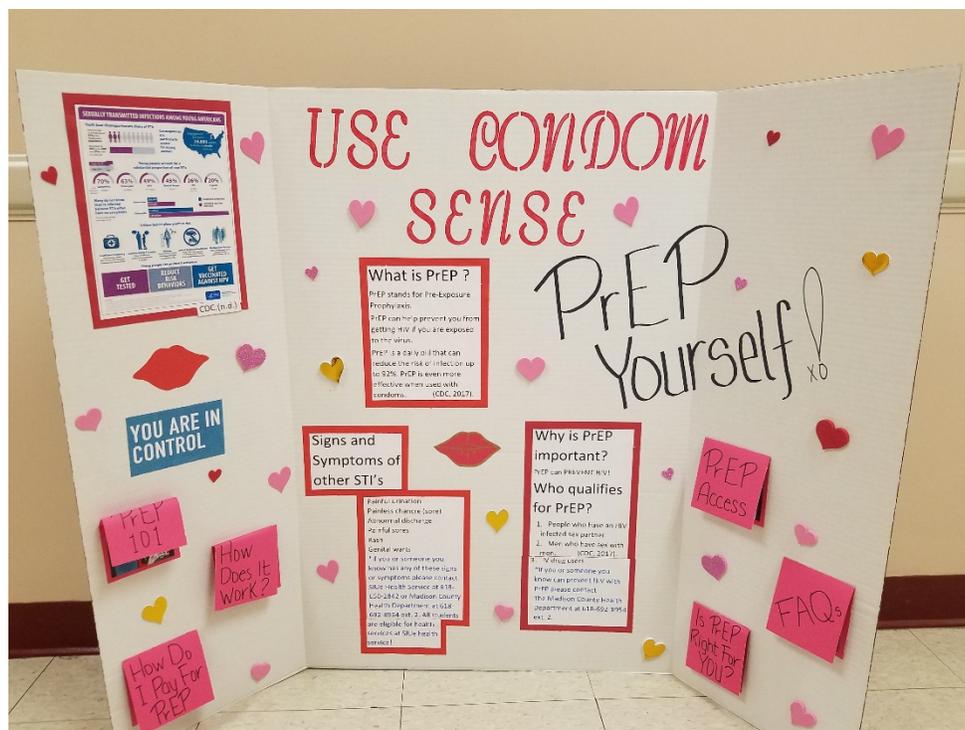


USE CONDOM SENSE: PrEP YOURSELF

Submitted by Amanda Pruitt, BSN, RN
Madison County Health Department

Madison County Health Department (MCHD) collaborated with Southern Illinois University Edwardsville (SIUE) School of Nursing to spread awareness about Pre-exposure Prophylaxis for HIV (PrEP) through targeted education on campus.. Ten nursing students visited MCHD and learned about PrEP and MCHD's services, as well as the Getting to Zero initiative in Illinois.

The nursing students then developed an outreach plan to get the word out about PrEP and other services at MCHD. They chose the slogan "Use Condom Sense: PrEP Yourself" then set out with condoms and PrEP information. The students created several posters like the one below for display throughout the university. The students exceeded their outreach goals and educated 363 people about PrEP over a two week span in February. The students also educated staff members on campus including those in the SIUE Student Health Service. This project was a success and meaningful for both the nursing students as well as for Madison County Health Department's PrEP program.



Southern Illinois University Edwardsville School of Nursing, February 2018.



FDA APPROVES TRUVADA AS PrEP FOR ADOLESCENTS AT RISK FOR HIV

The full article, authored by Benjamin Ryan, published May 15, 2018, is available at the following link:

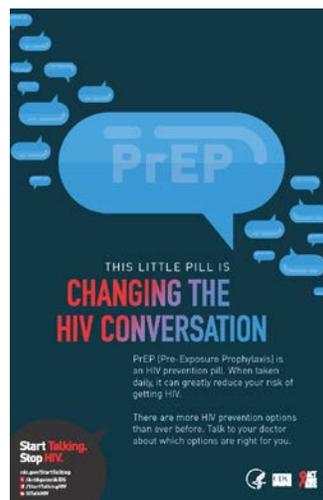
<https://www.poz.com/article/fda-approves-truvada-prep-adolescents-risk-hiv>

The Food and Drug Administration (FDA) has expanded the approval of Truvada (tenofovir disoproxil fumarate/emtricitabine) as pre-exposure prophylaxis (PrEP) against HIV to include adolescents.

Truvada was approved as an HIV prevention method in 2012 but only for individuals age 18 and older. The new approval, based on the ATN113 study which enrolled 67 high risk adolescents ages 15 to 17, expands this indication to include adults and adolescents at risk for HIV who weigh at least 35 kilograms (77 pounds). During the 48-week study, the participants made monthly clinic visits for the first three months and then switched to visiting only every three months. Although the participants' overall level of adherence to the daily Truvada regimen was promising during the initial three months, it dropped off dramatically once the study protocol switched to less frequent clinic visits. This phenomenon led researchers to conclude that adolescents may need monthly monitoring to do well on PrEP.

The side effects of Truvada as PrEP among these adolescents were comparable to those observed in adult studies. The most common side effects were headache, abdominal pain and weight loss. Four of the participants experienced a decrease in bone mineral density, including three who experienced a modest decrease and one who had a greater than 4 percent decline in total bone mineral density by week 24 of the study.

“Study ATN113 has demonstrated that Truvada for PrEP is a well-tolerated prevention option for adolescents who are vulnerable to HIV,” said Sybil Hosek, PhD, clinical psychologist at the Cook County Health and Hospital System’s Stroger Hospital in Chicago and lead investigator of the study, in a press release from Gilead Sciences, which manufactures Truvada. “In addition to traditional risk-reduction strategies, health care providers and community advocates are now equipped with another tool to help address the incidence of HIV in younger at-risk populations.” To read the Gilead press release, [click here](#).



ONLINE TRAINING OPPORTUNITIES

***FREE Continuing Education Opportunities from CDC *MMWR* and Medscape:

- Prevention of Hepatitis B Virus Infection in the United States: Recommendations of the Advisory Committee on Immunization Practices
- Vital Signs: Human Immunodeficiency Virus Testing and Diagnosis Delays — United States

To access these and other FREE CDC *MMWR* / Medscape CE activities visit:

https://www.cdc.gov/mmwr/cme/medscape_cme.html

*****CEU Credits for Healthcare Providers: HIV/HCV Co-infection Curriculum Supports Hepatitis C Cure & Elimination of Common HIV Co-infection** – A free, online curriculum about HIV/hepatitis C (HCV) co-infection for healthcare providers and healthcare staff educators now offers free continuing medical and nursing education credits (CME/CNEs). The curriculum provides evidence-based education for healthcare providers and trainers of healthcare providers to increase their knowledge of HIV and HCV co-infection among people of color in the U.S. and its territories. View the curriculum here:

<https://www.aidsetc.org/library/hivhcv-curriculum>

*****CDC Opioid-focused Interactive Training Series: "[Communicating with Patients](#)" Module** – Through this training, participant will be able to describe effective communication strategies that promote healthy dialogue with patients regarding benefits and harms of opioids.

- This training series helps healthcare providers gain a deeper understanding of the CDC Guideline for Prescribing Opioids for Chronic Pain.
- This and all future trainings will be available for free continuing education credit and can be found on the CDC's Training for Providers web page:

<https://www.cdc.gov/drugoverdose/training/>

*****CDC Free, Online Trainings in Health Literacy** – Trainings in health literacy, plain language, and culture and communication are essential for anyone working in health information and services. To make information more accessible and understandable to your audiences, consider taking online CDC trainings. (Continuing education credits and certificates are available.) Access the trainings here:

<https://www.cdc.gov/healthliteracy/gettraining.html>

***CDC Ongoing Education and Training Opportunities –

- *CDC Learning Connection* – The Learning Connection makes learning opportunities accessible and convenient for you. Each month, it features the latest and greatest courses from CDC, funded partners, and other federal agencies. Most are available on CDC TRAIN and many offer free continuing education: <https://www.train.org/cdctrain/welcome>
- *CDC Public Health Grand Rounds* – CDC offers live webcast grand rounds presentations on a variety of public health topics. The presentations are recorded and archived for viewing previous sessions. Continuing education is available. <http://www.cdc.gov/cdcgrandrounds/>



STUDY ON ILLINOIS DELTA REGION OPIOID EPIDEMIC



*Article posted on Center for AIDS Research in Chicago (CFAR) website at the following link:
<http://www.thirdcoastcfar.org/2018/02/23/study-on-illinois-delta-region-opioid-epidemic/>*

Mai Pho, MD, a CFAR administrative supplement recipient, with her partner Wiley D. Jenkins, PhD, MPH have been awarded a \$1.3 million federal grant to study the Illinois state epidemic affecting the 16 southernmost counties, or the Illinois Delta Region, for the Southern Illinois University School of Medicine and the University of Chicago Medicine.

The Illinois Delta Region is noted to have particularly high rates of hepatitis C and opioid overdoses, especially among people aged 25 to 44 as well as unusually high rates of neonatal abstinence syndrome, which affects newborns who were exposed to the drug while their mothers were pregnant.

The first step of this project will be to speak with community stakeholders and interviewing several hundred people in the Delta Region who inject drugs. They also will use public health data to create maps to show particular areas of vulnerability. Those results will determine what strategies from needle exchanges to telehealth support are most appropriate for the community. The team hopes their work makes it easier for people struggling with addiction to get medical care and help create more effective interventions, treatment and recovery programs.

The grant was one of eight awarded by the National Institute on Drug Abuse in cooperation with the Appalachian Regional Commission, the Centers for Diseases Control and Prevention and the Substance Abuse and Mental Health Services Administration.

Interested in having your HIV planning news shared with the IHIPC membership and community stakeholders? Feel free to send your submissions for the newsletter to janet.nuss@illinois.gov.

