

## Medical Monitoring Project

The Medical Monitoring Project (MMP) is a supplemental surveillance system designed to collect information on people who are living with HIV disease (PLWHA). The MMP is supported by several government agencies and is conducted by state and local health departments, along with the Centers for Disease Control and Prevention. The Illinois and Chicago Departments of Public Health are two of 24 project areas in the United States funded to participate in the MMP.

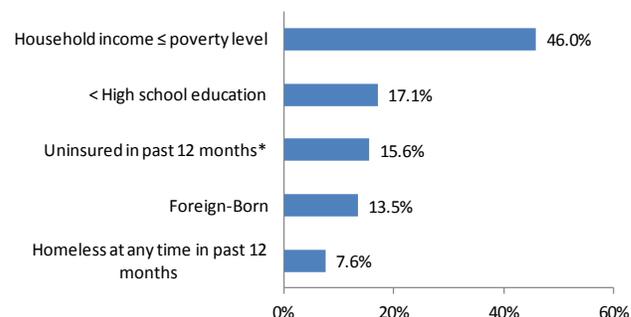
The MMP uses a 3-stage sampling design\* to obtain annual, cross-sectional samples of adults (≥18 years) receiving outpatient medical care for HIV. In 2013, 500 Illinoisans who had at least one medical care visit in a participating outpatient facility during January–April were randomly selected to take part in patient interviews—100 patients from Illinois facilities outside the City of Chicago and 400 patients from facilities within the City of Chicago.

### Demographics

During the 2013 MMP cycle, 268 patients in Illinois completed interviews and had information abstracted from their medical records. By gender, respondents were 76% male, 26% female and 1.7% transgender. Most respondents were non-Hispanic (NH) black (57%), with smaller percentages of NH white (22%), Hispanic (17%) and other race (4%) participants. The majority of respondents identified as homosexual (47%), followed by heterosexual (43%), and bisexual (9%) respondents. About 75% of respondents were covered by health insurance in the 12 months prior to being interviewed. Although 57% of respondents had education beyond high school, 17% had not completed high school.

\*To account for the complex survey design and to adjust for the probability of respondent selection, survey design factors and sampling weights have been applied to calculate all percentages presented in this section.

**Figure 1. Selected Sociodemographic Indicators among PLWHA in Care, Illinois, MMP, 2013**

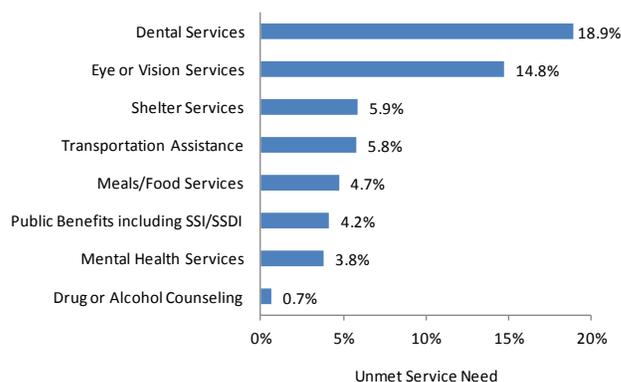


Source: HIV Program, Illinois Department of Public Health, 2013  
\*This category does not include respondents who had Ryan White or ADAP coverage.

### Unmet Need

Among survey respondents, 44% reported having at least one unmet service need in the past 12 months. Dental care was the most common unmet need (19%) followed by eye/vision services (15%). Among those who had not received needed dental care, 29% were in the process of getting the service at the time of the survey; 20% did not know where to go or whom to call; and 26% reported the service cost too much or they lacked insurance. Respondents who did not receive needed eye/vision care reported similar reasons for not having obtained services. Unmet need for mental health services and substance use counseling was less common.

**Figure 2. Unmet Needs among PLWHA in Care, Illinois, MMP, 2013**



Source: HIV Program, Illinois Department of Public Health, 2013

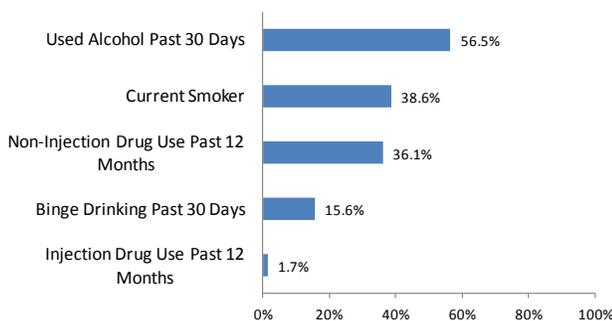
### Substance Use

Current smoking rates were more than double for MMP respondents compared to Illinois adults overall in 2013 (39% vs. 18%) (Illinois Department of Public Health, 2014). Among MMP respondents, an additional 21% identified being former smokers.

Alcohol was the most commonly reported substance used by PLWHA in care (56.5%). The rate of binge drinking, defined as  $\geq 5$  or more drinks in one sitting for men and  $\geq 4$  drinks in one sitting for women, was 16% in the past 30 days. This was lower than the estimated rate of binge drinking among Illinois adults in 2013 (22%) (Illinois Department of Public Health, 2014).

Non-injection drug use among MMP respondents in the past 12 months was high (36%). This category includes drugs like amphetamines, marijuana, painkillers, and other non-injection drugs. Reported injection drug use was less than two percent in the past 12 months.

**Figure 3. Substance Use among PLWHA in Care, Illinois, MMP, 2013**

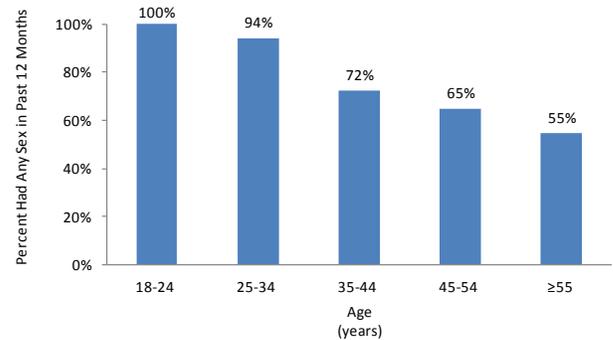


Source: HIV Program, Illinois Department of Public Health, 2013

### Sexual Behavior

Seventy percent of respondents reported having sex in the 12 months prior to the time of interview. A higher proportion of males (75%) than females (55%) reported being sexually active. Sexual activity was highest among young adults aged 18–24 years and decreased with increasing age.

**Figure 4. Any Sexual Activity in Past 12 Months among PLWHA in Care by Age, Illinois, MMP, 2013**



Source: HIV Program, Illinois Department of Public Health, 2013

Among male respondents, 64% reported having only sex with men (MSM) in the past 12 months; 22% reported having sex with women (MSW), and 5% reported sex with both men and women (MSMW). Among female respondents, 97% reported only having sex with men (WSM) and 3% reported either having sex also with women or with women only.

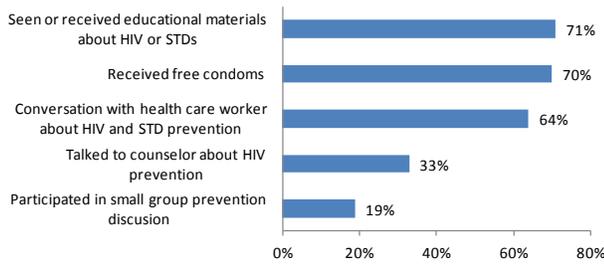
The number of partners in the past 12 months varied widely. Although the reported median number of sexual partners was the same for MSM, MSW and WSM respondents (one sexual partner); the range in the number of sexual partners varied dramatically (MSM=0-200, MSW=0-7, and WSM=0-6).

WSM reported a higher rate (28%) of having had any unprotected sex in the past 12 months with partners of negative or unknown status compared to MSM (18%).

### Prevention Activities

MMP respondents received a variety of HIV prevention messages and interventions. Most commonly, they reported receiving educational materials (71%) and free condoms in the past 12 months (70%). Less frequently, they reported having spoken to a counselor about HIV prevention (33%) or having participated in a small group session to discuss ways to protect themselves or their partners from getting HIV or other sexually transmitted diseases (19%).

**Figure 5. Prevention Activities in Past 12 Months among PLWHA in Care, Illinois, MMP, 2013**



Source: HIV Program, Illinois Department of Public Health, 2013

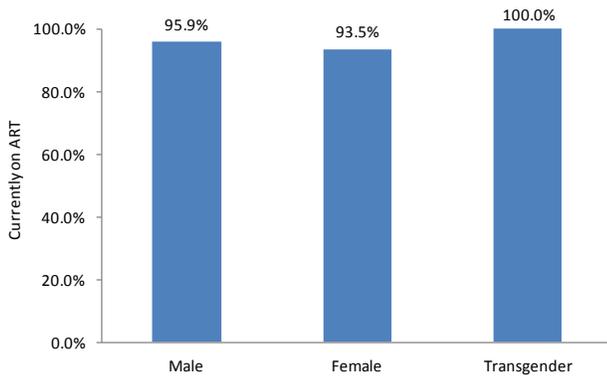
**Antiretroviral Treatment**

Most (95%) MMP respondents reported currently using antiretroviral therapy (ART) at the time of interview. There were differences observed by gender, age, transmission race category, and race/ethnicity.

**Gender**

Reported current ART usage was highest among transgender respondents, followed by male respondents.

**Figure 6. Current ART Usage among PLWHA in Care by Gender, Illinois, MMP, 2013**



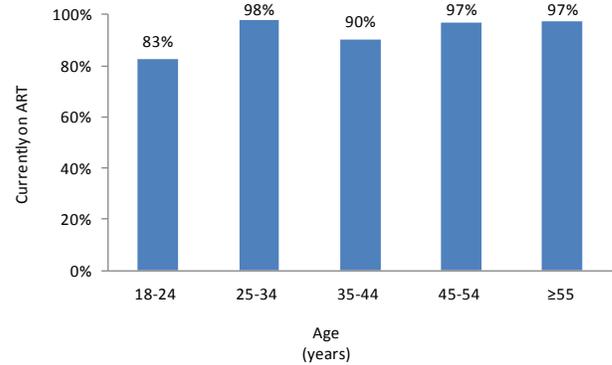
Source: HIV Program, Illinois Department of Public Health, 2013

**Age**

There were differences in ART use by age. Respondents aged 18–24 years had the lowest self-reported current usage of ART (83%) compared with other age groups. Respondents aged ≥55 years had the highest reported ART usage. Given higher rates of sexual activity among young adults aged 18–24 years (Figure 4), lower ART usage among this population is of concern as ART reduces viral load

levels and can reduce transmission risk for sexual partners of PLWHA.

**Figure 7. Current ART Usage among PLWHA in Care by Age, Illinois, MMP, 2013**

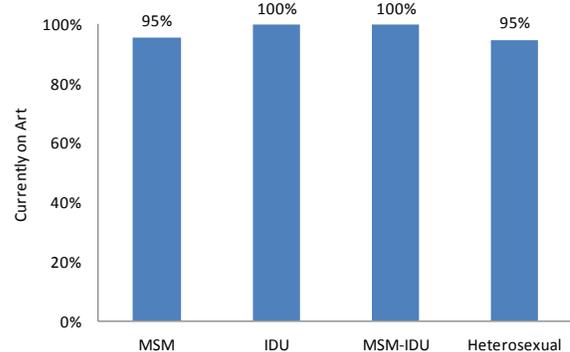


Source: HIV Program, Illinois Department of Public Health, 2013

**Transmission Risk Category**

Among MMP respondents, individuals who likely acquired HIV through injection drug use (IDU) and, MSM who also are IDUs, reported the highest rate of current ART use among PLWHA in care. Respondents who acquired HIV via heterosexual contact had the lowest reported current ART use.

**Figure 8. Current ART Usage among PLWHA in Care by Transmission Risk Category, Illinois, MMP, 2013**

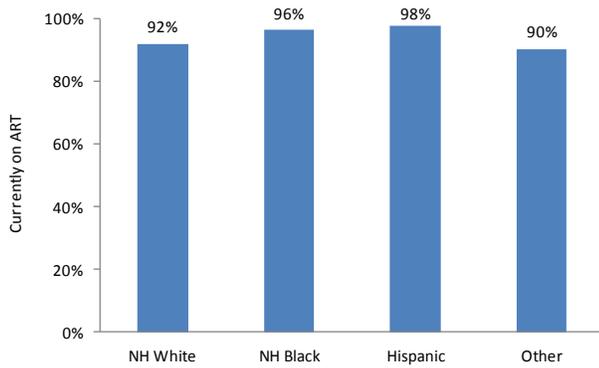


Source: HIV Program, Illinois Department of Public Health, 2013

**Race/Ethnicity**

Among adults in care, NH blacks and Hispanics had the highest reported current usage of ART. NH whites and individuals who were not NH black or Hispanic, had the lowest rates of current ART use. However, adults in care of all racial/ethnic groups reported at least 90% current ART use.

**Figure 9. Current ART Usage among PLWHA in Care by Race/Ethnicity, Illinois, MMP, 2013**

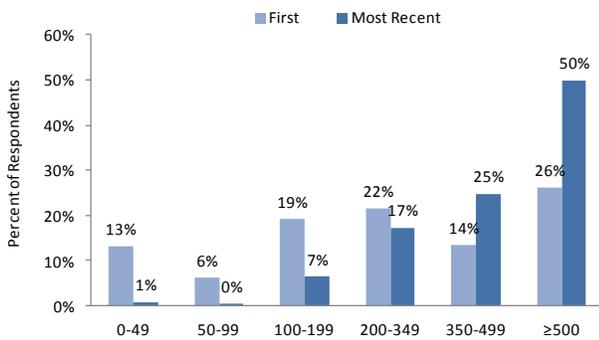


Source: HIV Program, Illinois Department of Public Health, 2013

### HIV Disease Management

Among respondents with information on first and most recent CD4 counts (75%), an improvement in the most recent test was seen. Although 60% of respondents' first CD4 counts were <math><350\text{ cells/mm}^3</math>, over 75% of respondents to this question indicated that their most recent CD4 counts were over 350 cells/mm<sup>3</sup>.

**Figure 10. First and Most Recent Self-Reported CD4 Values among PLWHA in Care, Illinois, MMP, 2013**



Source: HIV Program, Illinois Department of Public Health, 2013

Eighty percent of respondents reported that their most recent viral load was undetectable. Respondents reported having between one and 12 CD4 and viral load tests in the past 12 months, with a median of four for both types of tests.

Nine percent of respondents reported having ever been diagnosed with Pneumocystis Pneumonia

(PCP). PCP is the most common opportunistic infection seen among PLWHA and is an indicator of poorly controlled HIV disease. Based on medical record abstraction, 8% of respondents with non-missing information had been prescribed PCP prophylaxis in the past 12 months.

### REFERENCES

- Illinois Department of Public Health (IDPH). (2014). Illinois Behavioral Risk Factor Surveillance System. Retrieved October 14, 2014, from <http://app.idph.state.il.us/brfss/statedata.asp>
- IDPH, HIV Program. (2013). *Medical Monitoring Project*. Unpublished data.