

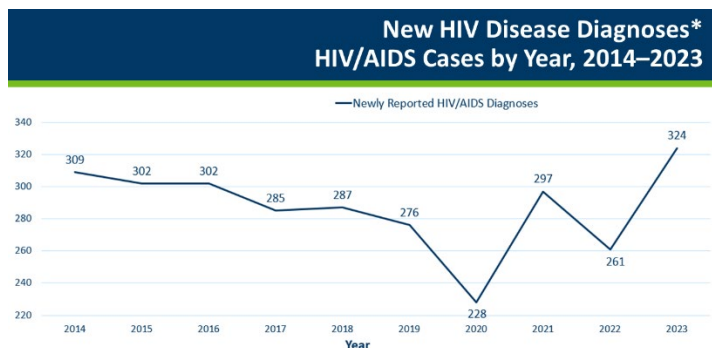
HIV Prevention in Primary Care Clinics

HOW PRIMARY CARE CLINICS CAN SLOW HIV IN MINNESOTA

HIV data

- **Nationally:** According to the Center for Disease Control (CDC) [HIV in the United States](https://www.cdc.gov/hiv/data-research/facts-stats/) (<https://www.cdc.gov/hiv/data-research/facts-stats/>), an estimated 1.2 million people in the United States have HIV, including over 150,000 people who are unaware of their status. Notably, approximately 40% of new HIV infections are transmitted by people who did not know they were infected.
- **Minnesota:** 2023 data shows an increase from 2022 with over 300 cases of HIV diagnosed in Minnesota in 2023. It is estimated that there are over 1,100 people living with HIV in Minnesota that are unaware of their HIV status (infected with HIV but don't know it). More information can be found at [HIV/AIDS Statistics](https://www.health.state.mn.us/diseases/hiv/stats/index.html) (<https://www.health.state.mn.us/diseases/hiv/stats/index.html>).

In 2023, several persons were diagnosed with AIDS at the time they were tested, which indicates they were living with the virus for quite some time and were unaware of their HIV status.



There are also currently two HIV outbreaks in Minnesota in the Twin Cities and the Duluth area, and several other counties have much higher rates of HIV than previous years. Updated statistics and background information can be found at [HIV Outbreak Response and Case Counts](https://www.health.state.mn.us/diseases/hiv/stats/hiv.html)

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What we can do – HIV testing

- According to the CDC [Clinical Testing Guidance for HIV](https://www.cdc.gov/hivnexus/hcp/diagnosis-testing/) (<https://www.cdc.gov/hivnexus/hcp/diagnosis-testing/>), everyone between the ages of 13 and 64 should get tested for HIV at least once as part of routine health care, using an "opt out" approach.
- Offering HIV screening to all patients helps reduce the stigma associated with HIV testing and creates opportunities to foster discussion about sexual health, risk factors, and overall health.
- CDC recommends that people with certain risk factors get tested at least once a year. In addition to more routine testing, we urge clinicians in both primary care and emergency department settings to order HIV testing when:

HIV PREVENTION IN PRIMARY CARE CLINICS

- A person is diagnosed with another sexually transmittable infection such as syphilis, gonorrhea, or chlamydia.
- A person presents with symptoms consistent with HIV infection, especially if they meet certain risk factors.
- For individuals who test positive for HIV, linkage to care is a crucial early step in successful HIV treatment. Antiretroviral treatment significantly reduces the risk of developing HIV related complications and dramatically reduces HIV transmission to others. Without timely entry into care, individuals with HIV miss an opportunity to benefit from HIV treatment at the earliest stage feasible.
- For individuals who test negative for HIV and are more vulnerable to being exposed to the virus, prevention medication known as pre-exposure prophylaxis (PrEP) is available and can be prescribed by clinicians in primary care settings (MDs, Pas, and NPs). More information can be found at [Clinical Guidance for PrEP \(https://www.cdc.gov/hivnexus/hcp/prep/\)](https://www.cdc.gov/hivnexus/hcp/prep/).

Minnesota Department of Health
STI, HIV, and TB Section
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