Introduction

With advances in science and antiretroviral therapy, HIV has become a manageable condition, and people living with diagnosed HIV (PLWH) are living longer. In the United States (U.S.), over 485,000 PLWH were aged 50 years in 2016, a nearly 35% increase since 2012. Moreover, recent estimates project a nearly 35% increase since 2012.1 Moreover, recent estimates indicate that about 1 in 4 PLWH aged 50 years in 2016, a nearly 35% increase since 2012.1 Moreover, recent estimates indicate that about 1 in 4 PLWH aged 50 years and older in 2016 had an estimated increase in 31.7% in 2010.2 The rapid growth of the aging population of PLWH highlights the need to assess their needs and implement aging-appropriate HIV care and support services. With its longitudinal, comprehensive system of care and treatment for PLWH, HRSA’s Ryan White HIV/AIDS Program (RWHAP) is uniquely positioned to address the needs of this emerging population.

Methods

Client-level data were submitted to HRSA annually in the RWHAP Services Report (R3R) for clients receiving HIV care, treatment, and support services from over 2,000 RWHAP providers. Data are submitted from 50 states, the District of Columbia, and three U.S. territories. Data from the AIDS Drug Assistance Program (ADAP) are not included; however, clients in the R3R may also receive ADAP services.

Client-level R3R data were used to calculate and compare distributions among clients aged 50 (older) and <50 (younger) years, by race/ethnicity, gender, transmission risk, federal poverty level (FPL) with health care coverage, income status, and service utilization. Among older clients, additional analyses examined differences by gender and race/ethnicity. Viral suppression in 2010 and 2017 was calculated among older RWHAP clients.

Sociodemographic Characteristics

In 2017, 534,903 clients received services from RWHAP-funded providers. RWHAP served more than half of all people living with diagnosed HIV in the U.S. Nearly three-quarters (73.6%) of RWHAP clients were from racial/ethnic minority populations. Approximately two-thirds (62.8%) of RWHAP clients were living at or below 100% FPL and 5% had unstable housing.

Top Services Used by RWHAP Clients Aged ≥50 Years, 2017

<table>
<thead>
<tr>
<th>Service</th>
<th>Male 50+</th>
<th>Female 50+</th>
<th>Transgender</th>
<th>Overall</th>
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</thead>
</table>
| Medical nutrition therapy                    | 19,499  | 8,1  6.4% | 4,1  12.4% | 21,846  9.0%
| Mental health services                       | 30,482  12.6 | 6,1  3.1% | 8,4  2.7% | 40,300  15.9% |
| Outpatient/ambulatory health service         | 162,629 67.2 | 35,6 5.7% | 9,8  2.7% | 208,115 84.6% |
| Referral to health care & supportive services | 21,846  9.0 | 5,1  2.3% | 7,1  2.2% | 34,042  13.7% |
| Food Bank/home delivered meals               | 32,209  13.3 | 7,8  3.4% | 2,2  0.7% | 36,234  14.2% |
| Housing instability                          | 19,499  8.1 | 4,1  1.8% | 1,2  0.4% | 24,854  9.8%

Age and gender differences by race/ethnicity are presented for scale. Vertical axis is truncated at 14.0%

Housing and Poverty Level Differences among Older RWHAP Clients, 2017

Older RWHAP clients had higher percentages of temporary and unstable housing, compared to older women and men.

Older Black/African American men and transgender clients (regardless of race/ethnicity) had higher proportions of housing instability compared to older women.

Conclusions

- The population of aging PLWH is growing rapidly and is expected to reach 30% of all RWHAP clients by 2030.
- While older RWHAP clients have high viral suppression percentages, social and structural effects, such as housing instability, may impact HIV-related outcomes, as well as other factors examined such as income level and mobility.
- Aging PLWH may have unique service needs such as food insecurity, long-term medication effects, social and behavioral health needs, and age-related comorbidities.
- Food insecurity, housing instability, and medical nutritional therapy was higher among older RWHAP clients than younger clients.
- Higher poverty and housing instability among older transgender clients and housing instability among older black men, may indicate additional care and support needs.
- HRSA’s HIV/AIDS Bureau is gathering expert input to address the needs of this emerging population.

Projected Growth and Needs of Aging People Living with HIV in HRSA’s Ryan White HIV/AIDS Program

In 2017, viral suppression among older RWHAP clients was 90.9% compared to 85.9% among all RWHAP clients.

Viral suppression among RWHAP Clients Aged ≥50 Years, 2017

- Notably lower than average percentages of viral suppression in 2017 were seen among clients with unstable housing.
- In 2017, viral suppression among older RWHAP clients was 90.9% compared to 85.9% among all RWHAP clients.

Contact: Stacy Cohen, stacy@hrsa.gov