

Human Immunodeficiency Virus (HIV) is a global public health problem. Worldwide, 36.9 million people were living with HIV at the end of 2017 and 1.8 million new HIV infections occurred in 2017 according to UNAIDS.

HIV infection progresses in stages. Many, but not all, persons infected with HIV develop acute flu-like symptoms two to four weeks after infection. This acute stage is followed by a period of clinical latency. Acquired Immunodeficiency Syndrome (AIDS) is the last stage (Stage 3) of HIV infection and occurs when the immune system is damaged to an extent that the person is vulnerable to life-threatening opportunistic infections.

It is possible for HIV-infected individuals to spread HIV even if they do not currently have symptoms. HIV is most commonly spread through unprotected sexual contact or through sharing equipment for injection drug use. No effective cure exists for HIV. Antiretroviral Therapy (ART) can help control HIV infection, slow progression to AIDS and reduce HIV transmission. Pre-exposure prophylaxis (PrEP) can be highly effective in reducing risk of HIV in certain populations when taken as directed under the care of a medical professional.

Burden of HIV Infection in Sacramento County

There were 1,800 newly-diagnosed HIV infections among Sacramento County residents from 2008-2017 [Table 1]. The vast majority (85%) were male. Whites accounted for the highest percentage of new cases (39.8%) and Blacks accounted for over one fourth (26.7%) of new cases despite only making up about 12% of the County population. One third (33.2%) of newly-diagnosed HIV cases were among young adults age 20 to 29.

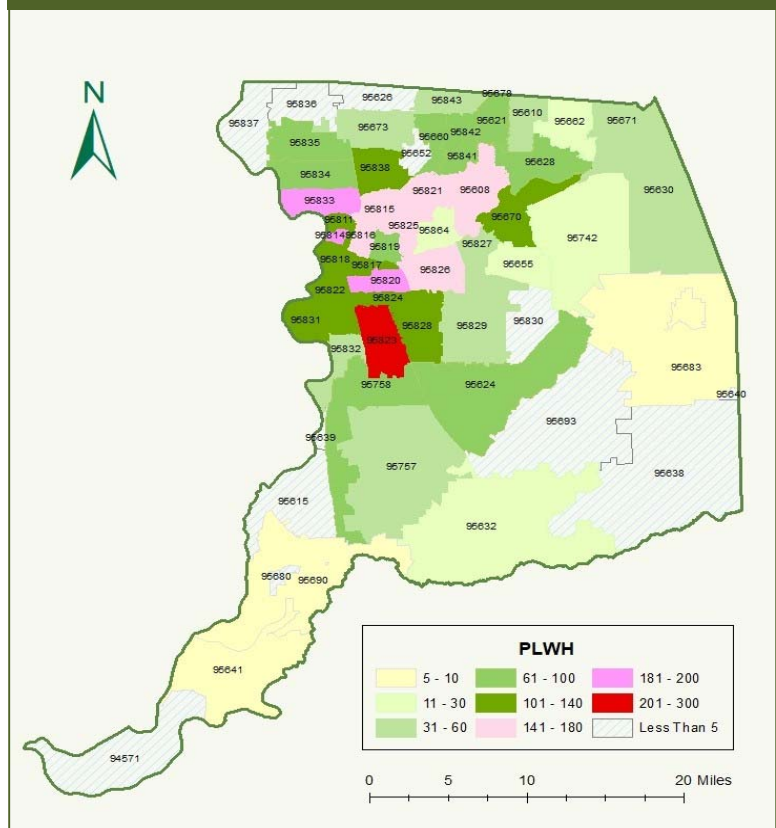
There were a total of 4,323 People Living with HIV (PLWH) in Sacramento County as of December 31, 2017. Newly diagnosed HIV cases were less likely to be White than PLWH (46.7%), indicating a shift in demographics of the HIV epidemic from predominantly White to non-White populations. Map 1 shows the distribution of PLWH by zip code. Nearly 42% of PLWH resided in the zip code areas displayed in pink or red. Zip code 95823 had nearly 300 PLWH (7%).

Table 1. Burden of HIV Infection in Sacramento County

Indications	New HIV Diagnoses 2008-2017		PLWH as of 2017	
	Case	%	Case	%
Sex				
Male	1,527	84.8	3,624	83.8
Female	273	15.2	699	16.2
Race/Ethnicity				
White	717	39.8	2,019	46.7
Black	463	25.7	1,086	25.1
Hispanic	422	23.4	862	19.9
Asian/PI	100	5.6	175	4.0
AIAN*	12	0.7	18	0.4
Multi-Race	80	4.4	128	3.0
Unknown	6	0.3	35	0.8
Age Group				
Less than 13	14	0.8	39	0.9
13-19	76	4.2	145	3.4
20-29	598	33.2	1,323	30.6
30-39	426	23.7	1,462	33.8
40-49	367	20.4	906	21.0
50 and Older	319	17.7	448	10.4
Total	1,800	100.0	4,323	100.0

AIAN*: American Indian/Alaska Native

Map 1. PLWH by Zip Code as of 2017 (N=4,323)



HIV INFECTION FACT SHEET 2017

Trends in Newly-Diagnosed HIV Infections

The number of new HIV infections decreased by 13.0% from 185 cases in 2008 to 161 cases in 2017 [Figure 1]. The incident rate of HIV decreased from 13.0 to 10.6 per 100,000 population (-18.5%) during the same period. The County HIV rates were slightly but consistently lower than the State rates for the ten-year period.

HIV Infection by Transmission Category

Transmission category is a classification of the risk factor that is most likely to have been responsible for transmission. The most common transmission category among the 1,800 HIV cases diagnosed between 2008 and 2017 was men who have sex with men (MSM), which accounted for 55.9% of cases [Figure 2]. Other transmission categories included heterosexual contact (17.9%), injection drug use (IDU) (5.7%), and both MSM and IDU (4.2%). Less than 1% was due to perinatal exposure (0.7%).

Trends in Newly-Diagnosed Stage 3 HIV (AIDS)

New cases of AIDS were included if the patient resided in Sacramento County at time the patients' HIV was diagnosed as having progressed to Stage 3 HIV infection (AIDS). There were a total of 667 newly-diagnosed AIDS cases reported to Sacramento County from 2008 to 2017. AIDS cases in the County had a substantial drop (-43.9%) from 66 cases in 2008 to 37 cases in 2017. The rate also decreased from 4.6 to 2.4 per 100,000 population during this same period.

Concurrent HIV and AIDS Diagnoses

Concurrent diagnosis is when a person is diagnosed as having progressed to AIDS within one year of an initial HIV diagnosis. There were 419 AIDS cases (62.8%) that were concurrently diagnosed with HIV and AIDS from 2008 to 2017 [Figure 4]. Hispanics had the largest percentage (64.7%) of concurrent diagnoses compared to other racial/ethnic groups. Concurrent diagnoses increased from 57.7% in 2008 to 78.4% (data not shown).

Figure 1. Newly Diagnosed HIV Infections, Sacramento County, 2008-2017

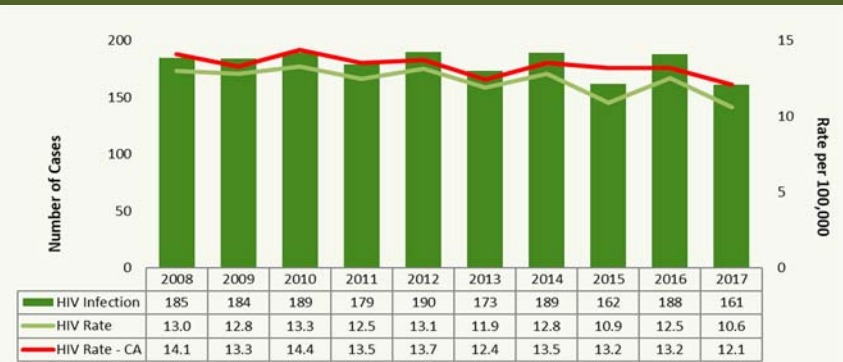


Figure 2. HIV Infection by Transmission Category, Sacramento County, 2008-2017 (N=1,800)

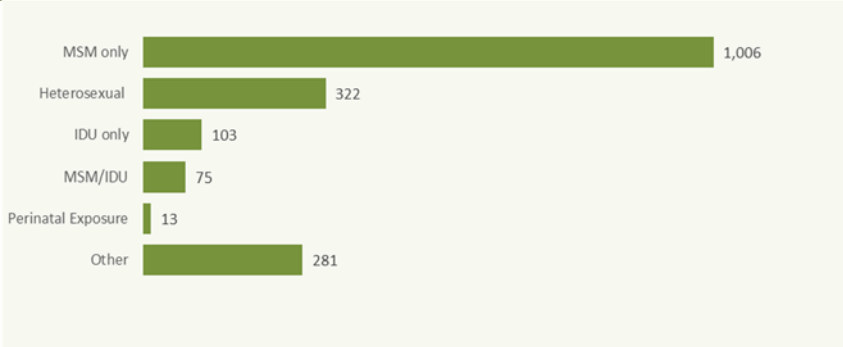


Figure 3. Newly Diagnosed AIDS, Sacramento County 2008-2017

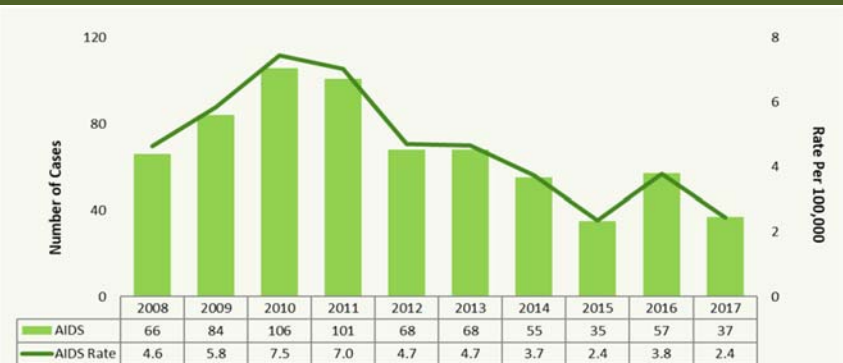


Figure 4. Concurrent Diagnoses of HIV and AIDS by Select Race/Ethnicity, Sacramento County, 2008-2017

