



HIV Data Release

Behavioral and Clinical Characteristics of
Persons with Diagnosed HIV Infection

Medical Monitoring Project, United States

2024 Cycle: June 2024–May 2025

Division of HIV Prevention (DHP)

National Center for HIV, Viral Hepatitis, STD, and TB Prevention (NCHHSTP)

Centers for Disease Control and Prevention (CDC)

Introduction

Medical Monitoring Project

2024

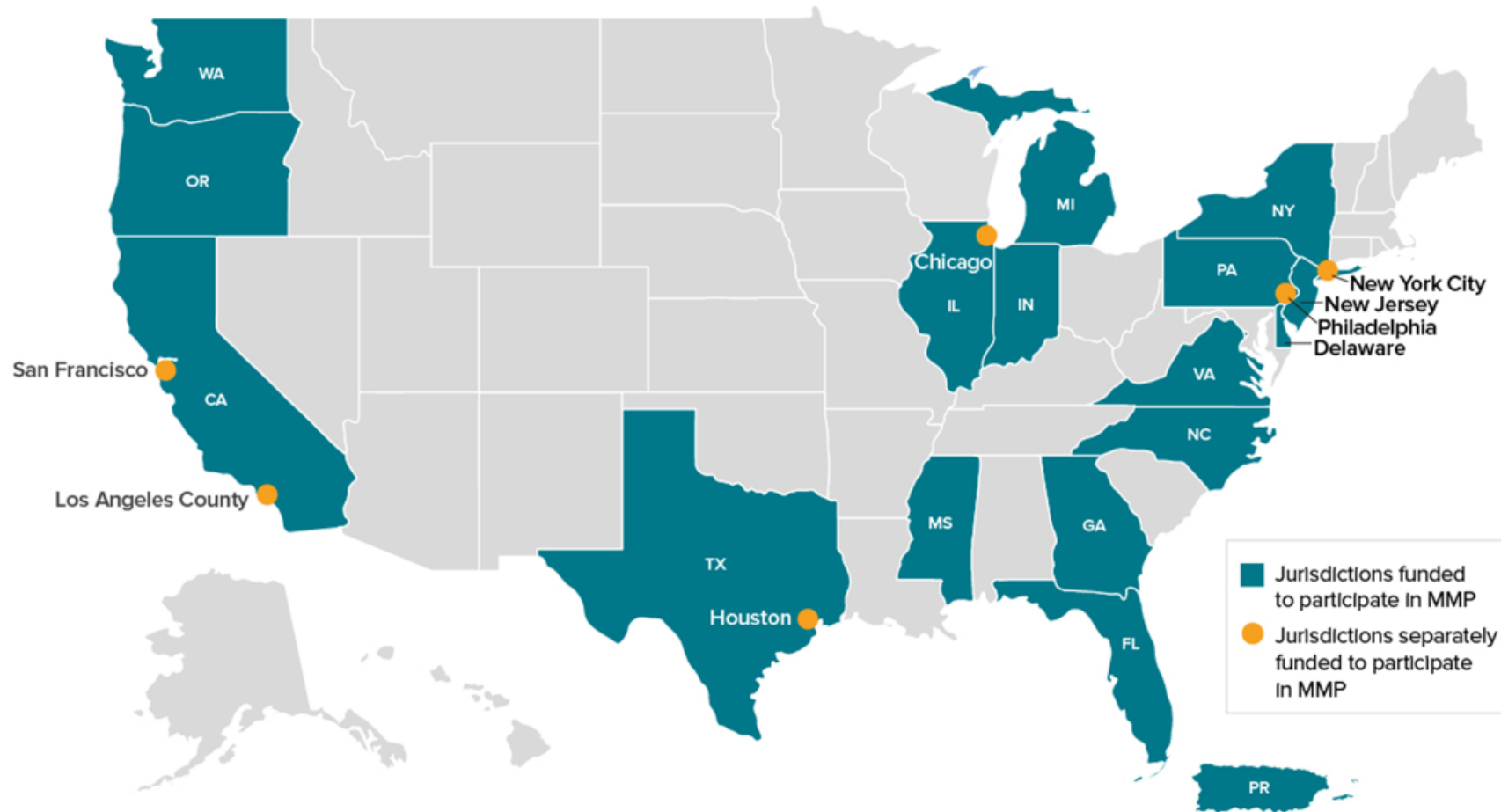
- CDC's population-based surveillance system of behaviors, outcomes, quality of care, barriers to care, and viral suppression among adults with diagnosed HIV in the United States
- Data are collected via interview and medical record abstractions from adults with diagnosed HIV in 23 reporting jurisdictions
- Nationally and locally representative data are used to monitor progress towards HIV prevention and treatment goals and inform planning and resources to improve the health and well-being of persons with HIV
- Answers questions about the care and services that persons with HIV receive, including:
 - How many persons with HIV receive effective medical care?
 - What care, prevention, and support services do persons need, but not receive?
 - What are the barriers to accessing care, prevention, and support services?

Technical notes and suggested citation

- Technical Notes
 - Technical notes on the Medical Monitoring Project (MMP) methodology are available in the Excel document “2024 MMP Data Release Tables” found on CDC Stacks.
- Suggested citation
 - All material contained in this data release is in the public domain and may be used and reprinted without special permission; however, citation as to source is appreciated.
 - Behavioral and Clinical Characteristics of Persons with Diagnosed HIV Infection—Medical Monitoring Project, United States, 2024 Cycle (June 2024–May 2025). Centers for Disease Control and Prevention. Published [date]. Accessed [date]. [Web link](#)

Overview

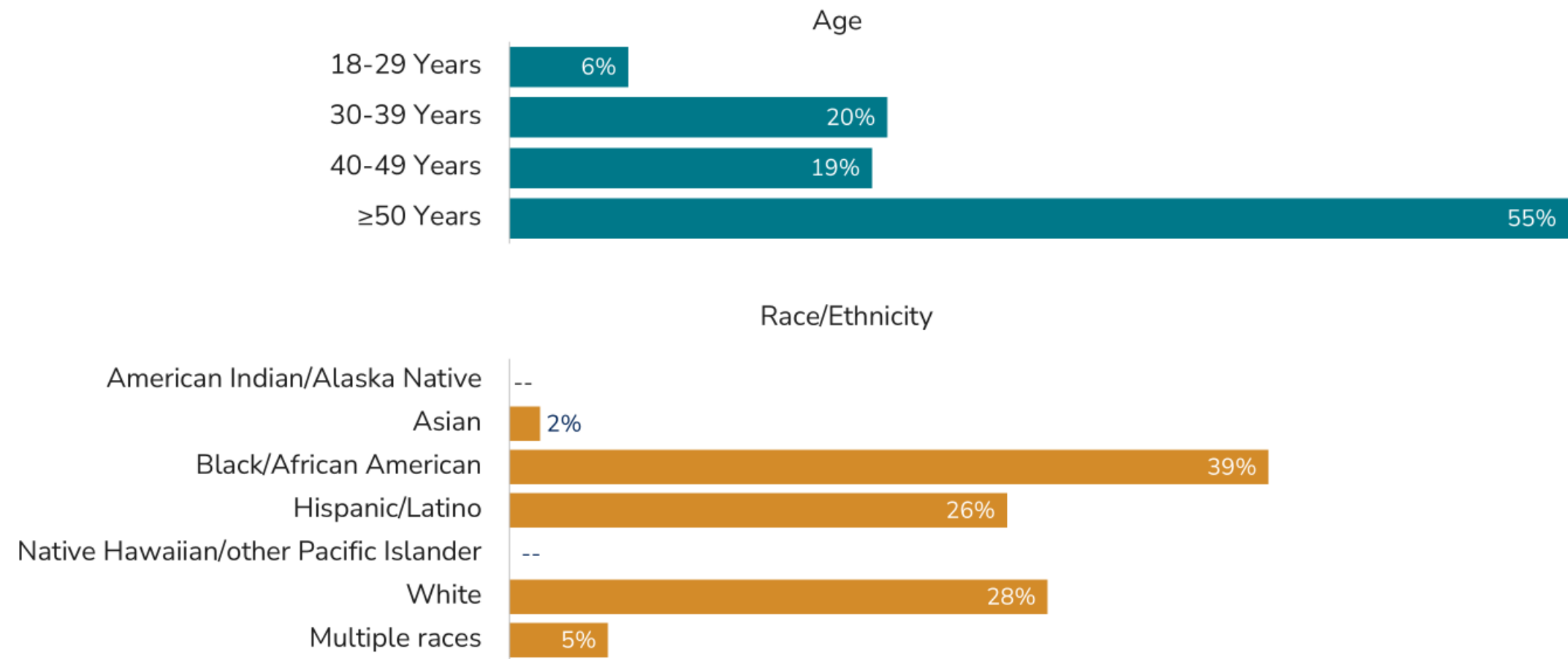
Map of jurisdictions that participated in the Medical Monitoring Project 2024 cycle



All sampled jurisdictions and 41% of eligible sampled persons participated in MMP

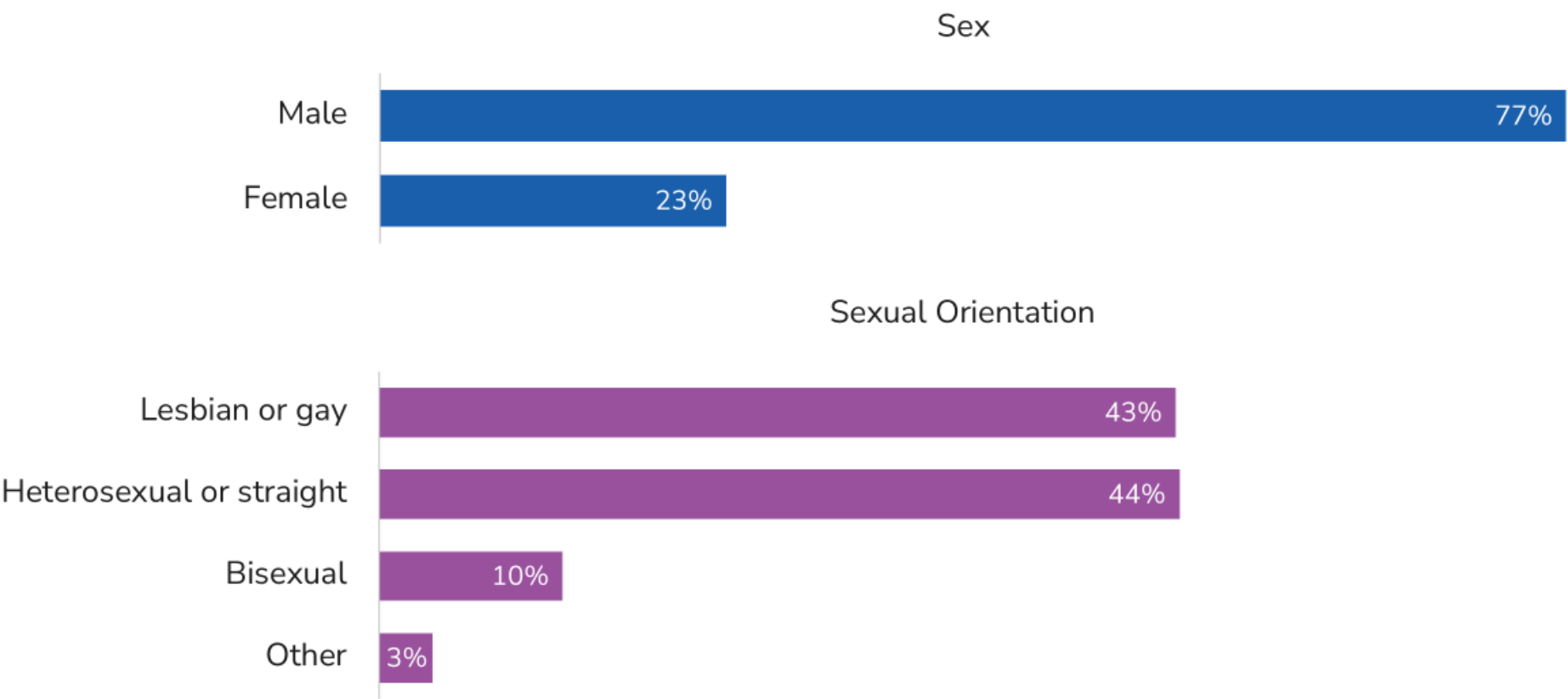
Demographic characteristics

Distribution of age and race/ethnicity among adults with diagnosed HIV



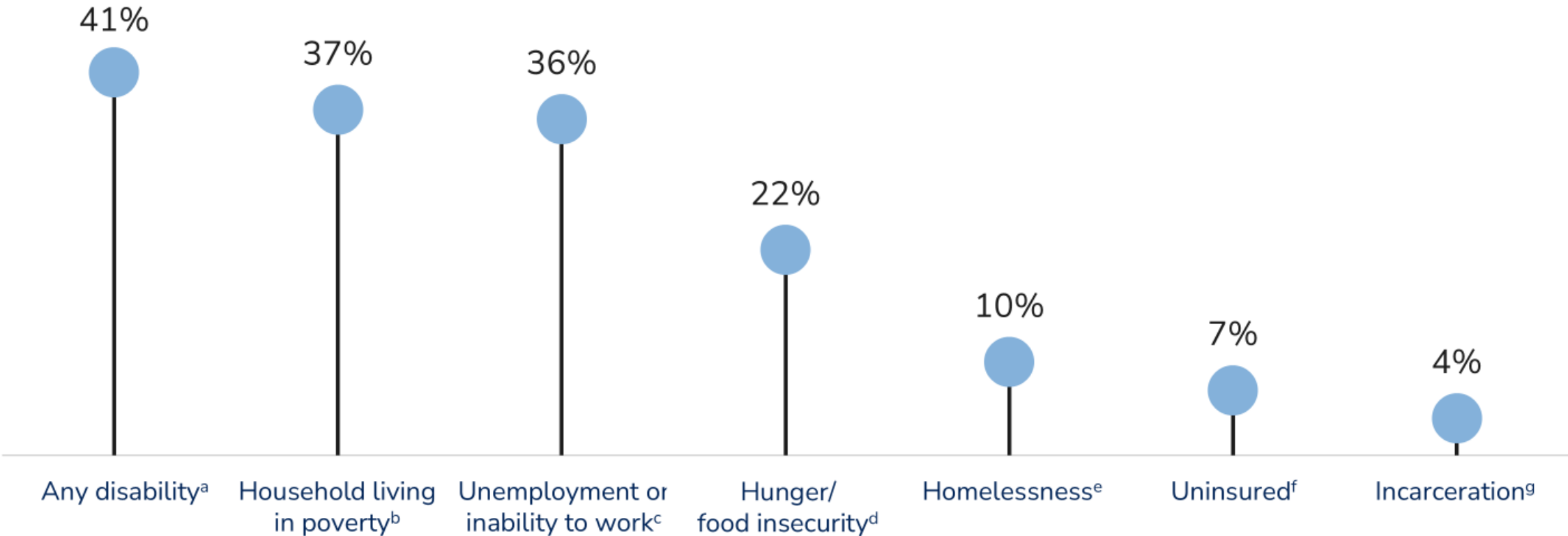
Note. Persons who did not report Hispanic or Latino ethnicity were categorized by race. Hispanic or Latino persons could be of any race.

Distribution of sex and sexual orientation among adults with diagnosed HIV



Socioeconomic and health-related factors

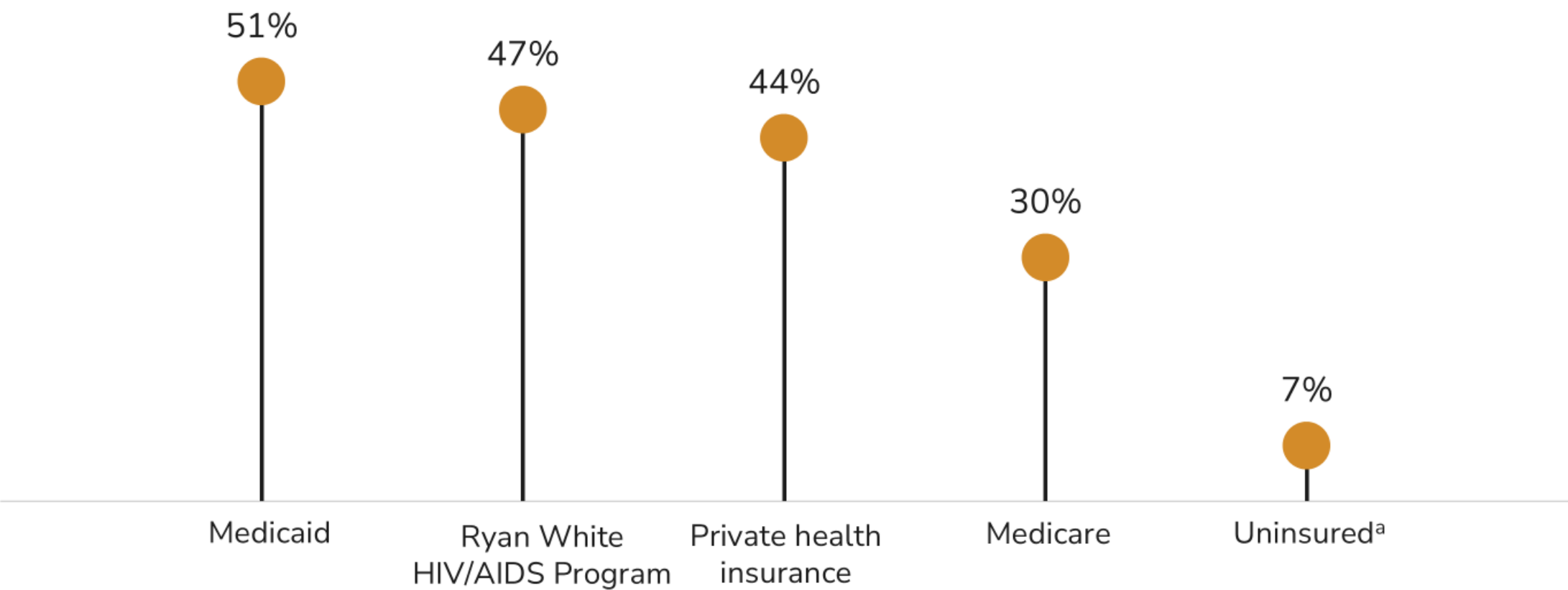
Prevalence of socioeconomic and health-related factors among adults with diagnosed HIV during the 12 months before interview



^a Includes physical, mental, and emotional disabilities.
^b Based on HHS poverty guidelines for household income during the calendar year prior to interview.
^c Unemployed or unable to work at the time of the interview.
^d Going without food due to lack of money during the past 12 months.
^e Living on the street, in a shelter, in a single-room-occupancy hotel, or in a car at any time during the past 12 months.
^f Includes those who did not report having any insurance, or received RWHAP assistance only, without coverage through any other insurance categories.
^g Incarcerated > 24 hours at any point during the past 12 months.

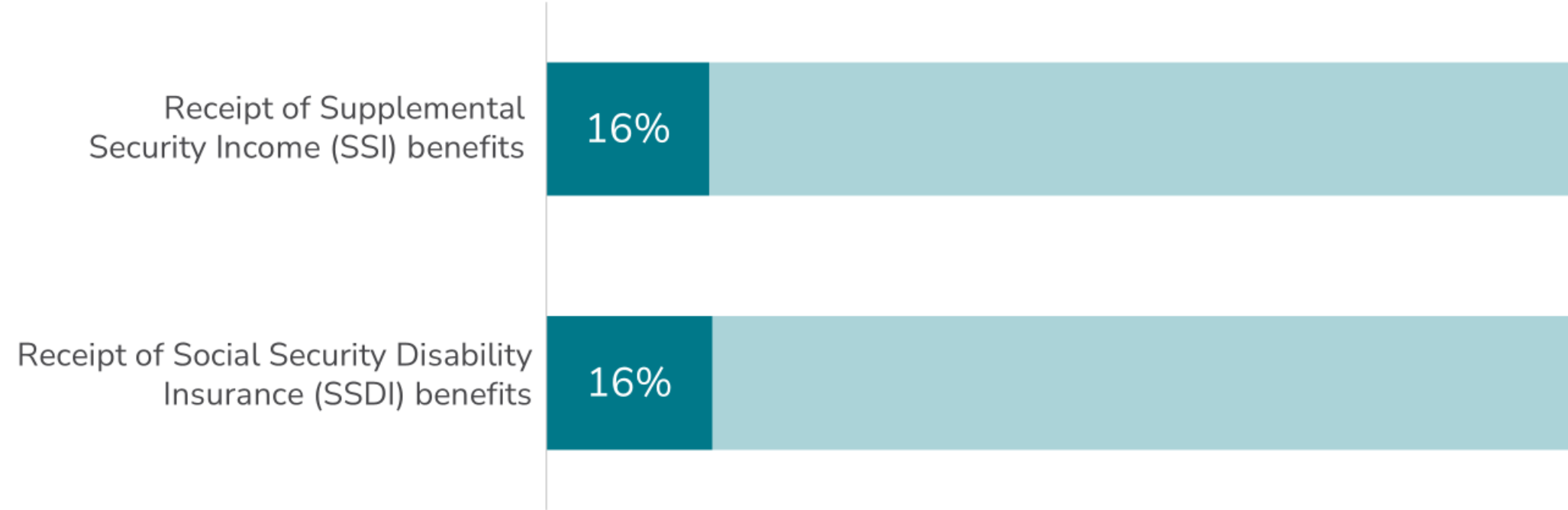
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 2

Prevalence of health insurance or coverage for care or medications among adults with diagnosed HIV during the 12 months before interview

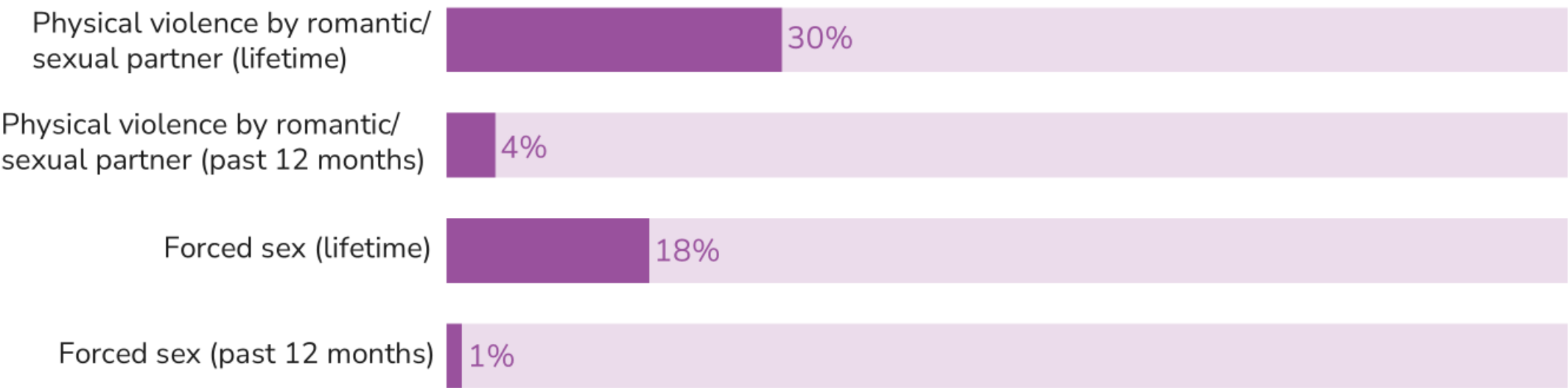


Note. Health care insurance/coverage types not mutually exclusive; persons could report >1 type of coverage.
^a Includes those who did not report having any insurance, or received RWHAP assistance only, without coverage through any other insurance categories.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 2

Prevalence of SSI and SSDI benefits among adults with diagnosed HIV during the 12 months before interview

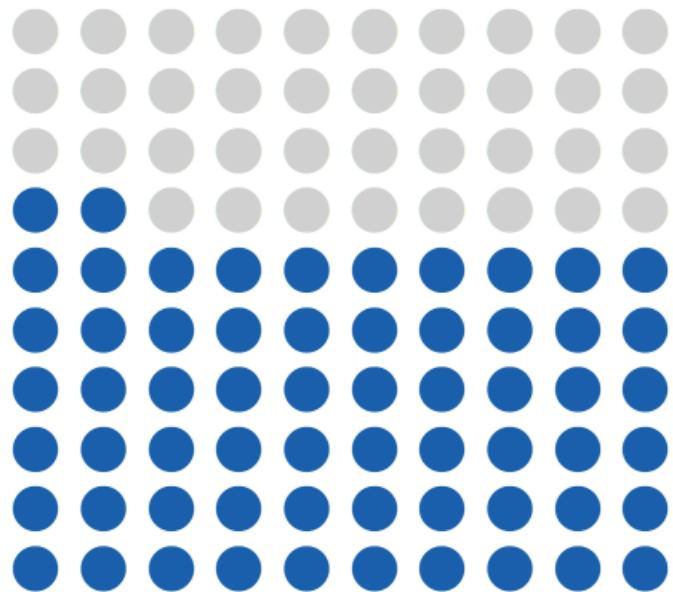


Percentage of adults with diagnosed HIV who experienced physical violence by an intimate partner, and forced sex among adults with diagnosed HIV



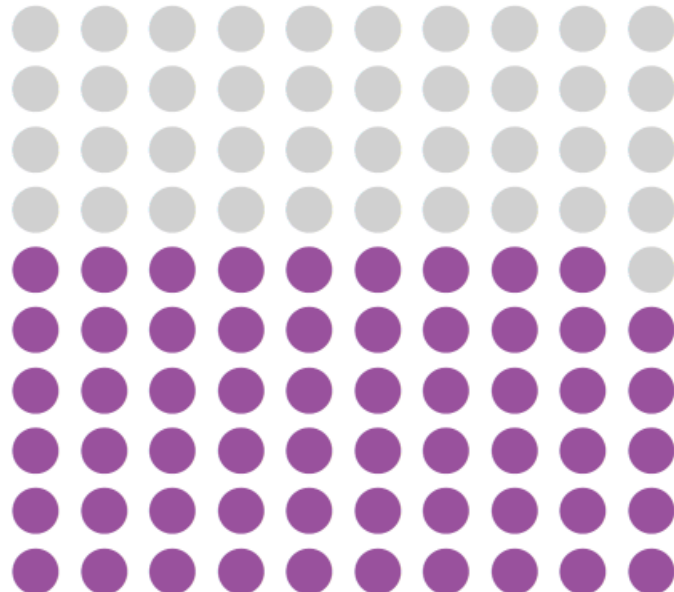
HIV care and treatment

Percentage of adults with diagnosed HIV who were virally suppressed during the 12 months before interview



62%

Viral suppression at most recent test^a

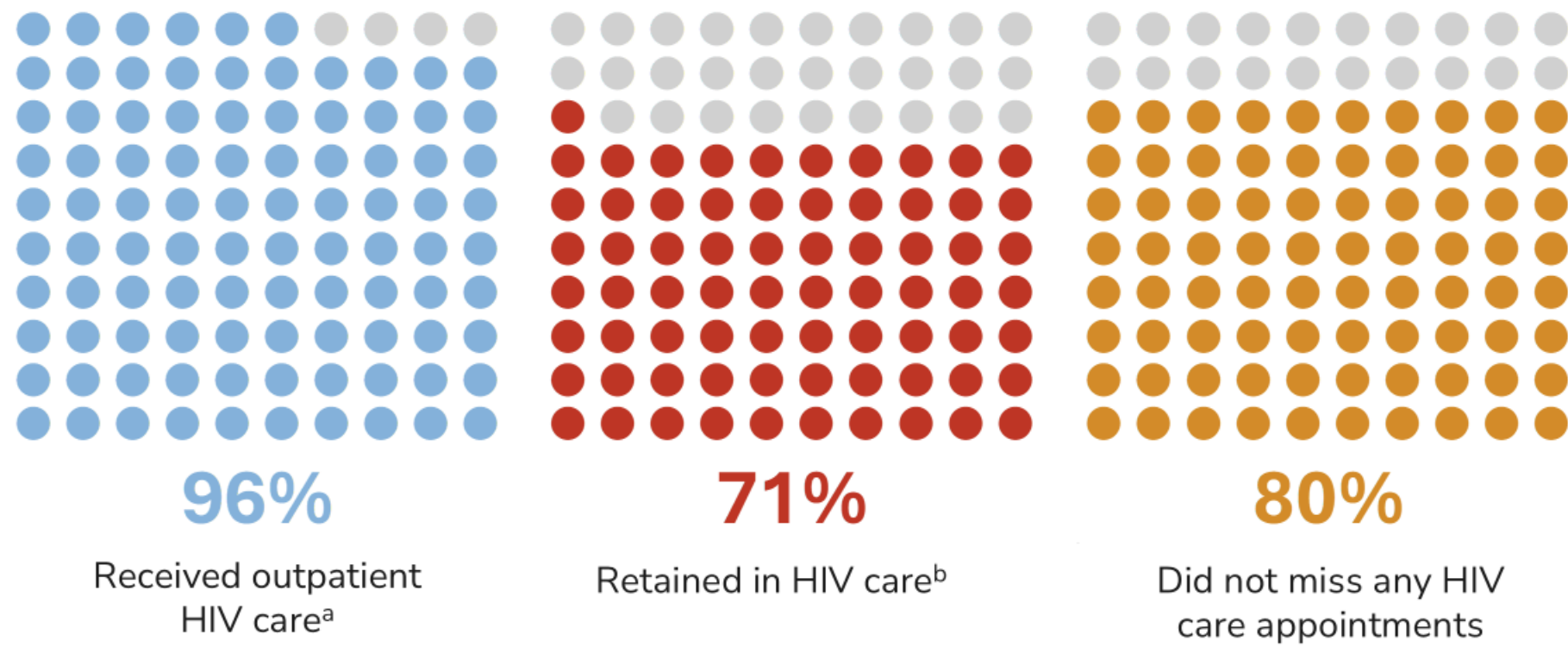


59%

Sustained viral suppression^b

^a Viral load <200 copies/mL or undetectable based on most recent test in the past 12 months.
^b Sustained viral suppression defined as having all viral load tests in the past 12 months <200 copies/mL or undetectable.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 3

Receipt of HIV care among adults with diagnosed HIV during the 12 months before interview

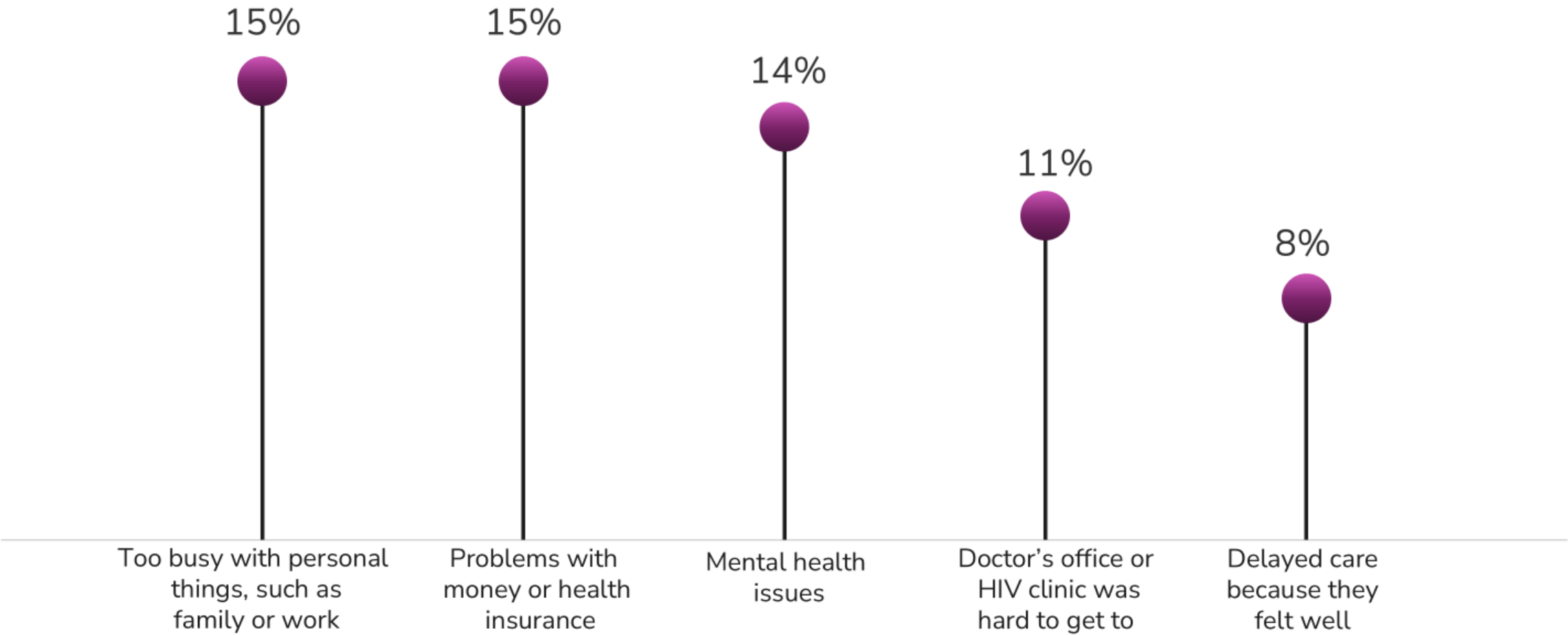


^a Outpatient HIV care was defined as any documentation of the following at the most frequent source of HIV care: encounter with an HIV care provider (could be self-reported), viral load test result, CD4 test result, HIV resistance test or tropism assay, ART prescription, or PCP prophylaxis.

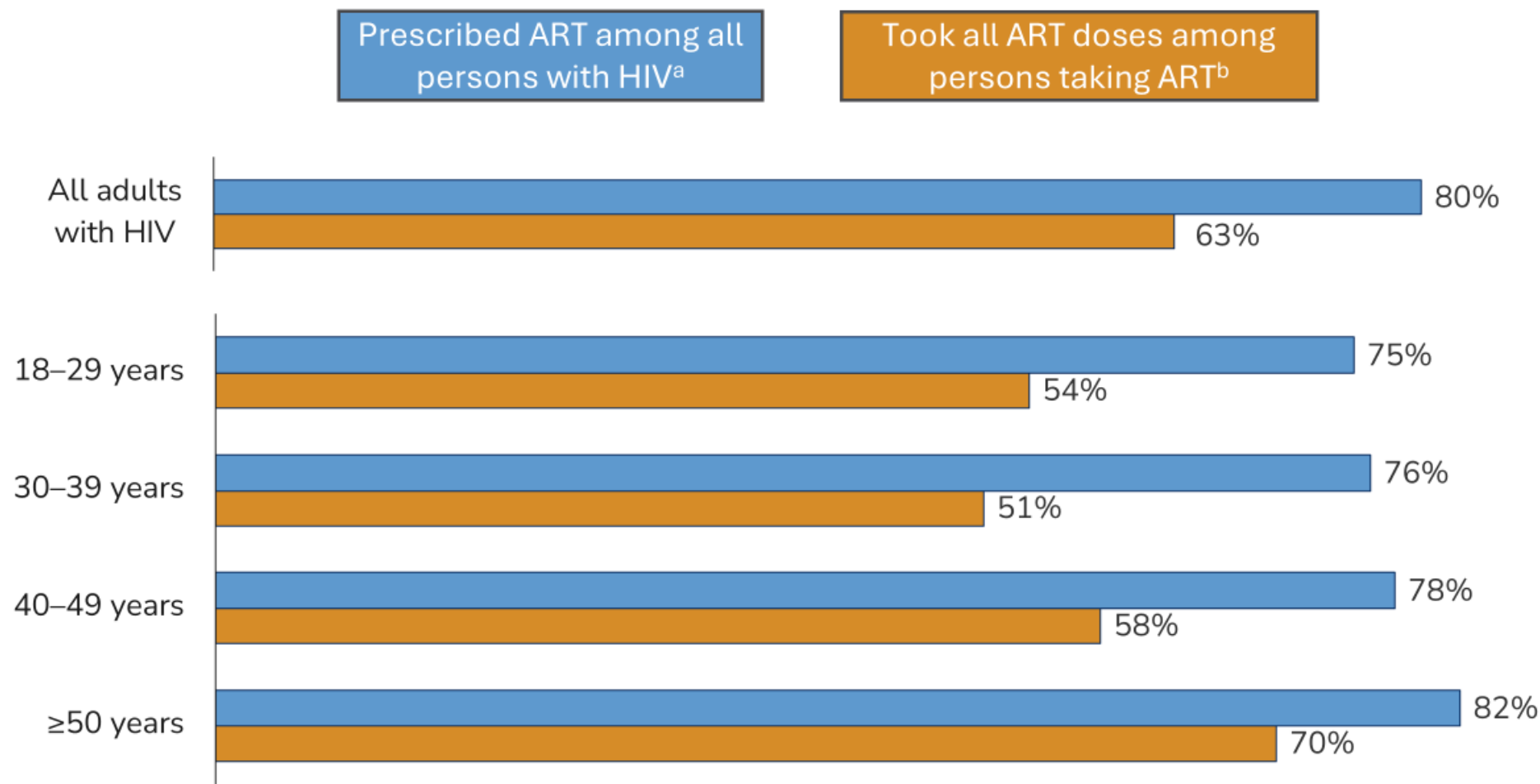
^b Had ≥2 elements of outpatient HIV care at least 90 days apart during the 12 months prior to interview.

Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 4

Barriers to HIV care among persons with diagnosed HIV during the 12 months before interview

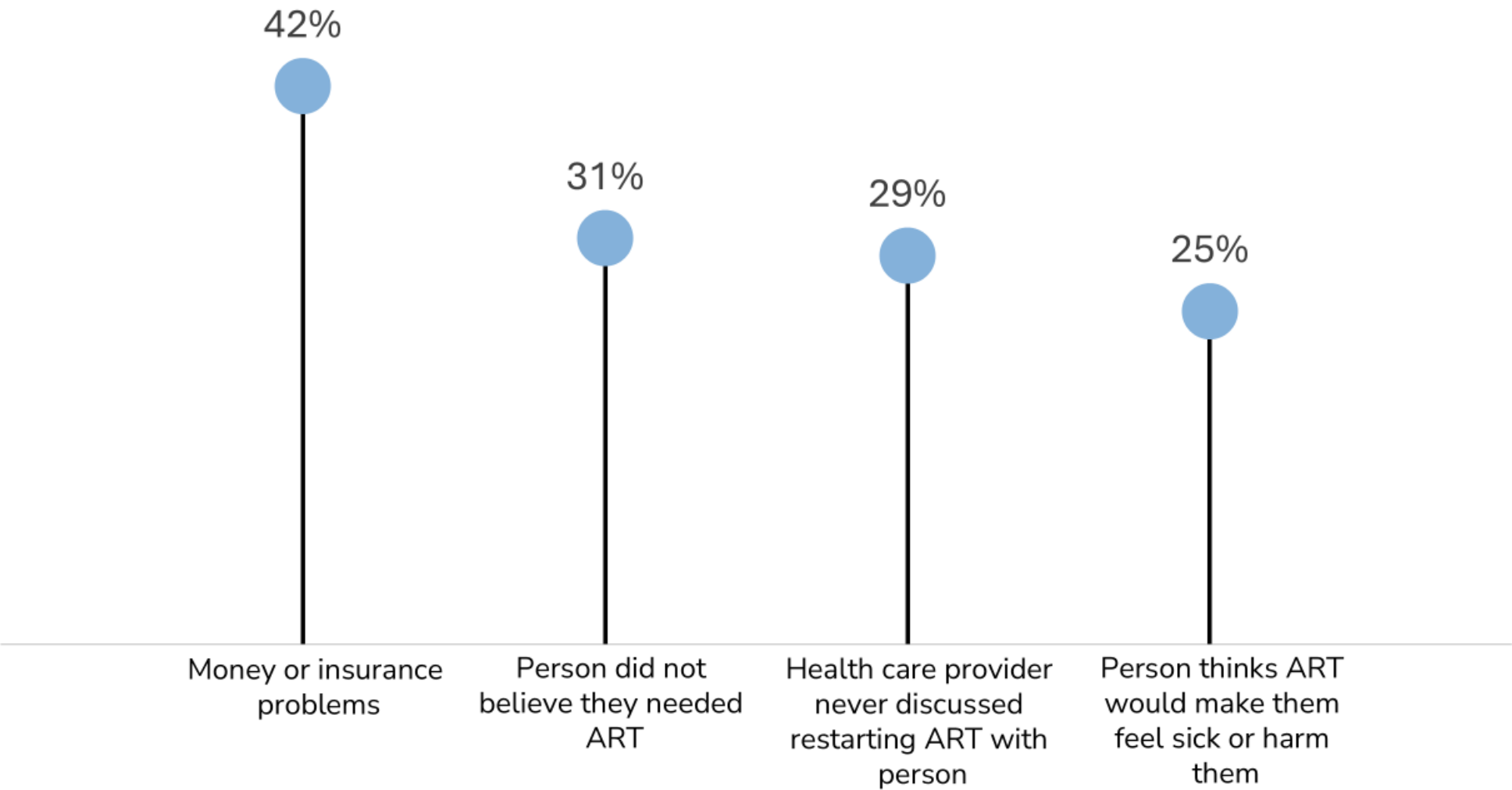


Antiretroviral therapy (ART) use among adults with diagnosed HIV

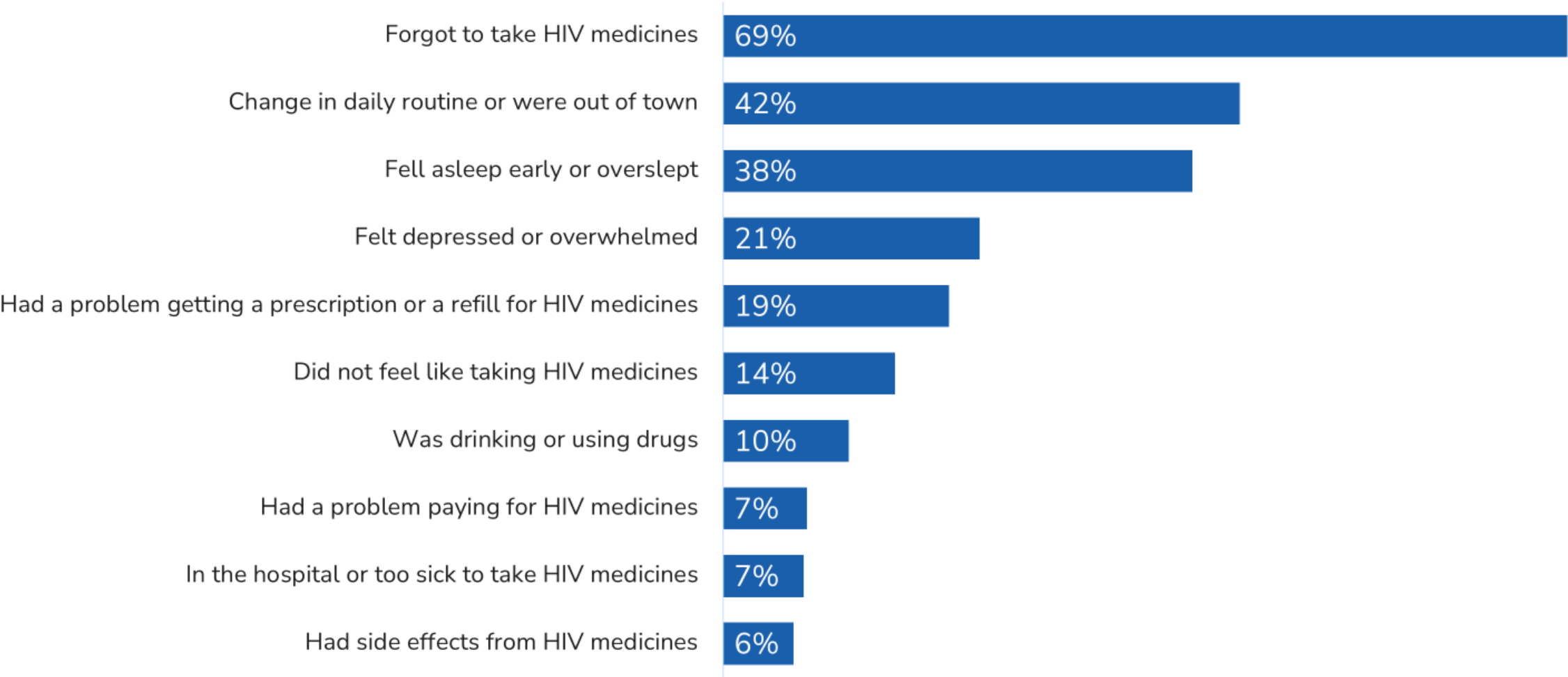


^a Prescription of ART was based on documentation in the medical record in the 12 months before interview.
^b During the 30 days before interview, 100% adherence to ART doses among persons who reported taking oral ART regimens.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 9a

Reasons for not currently taking antiretroviral therapy (ART) among adults with diagnosed HIV with a history of ART use



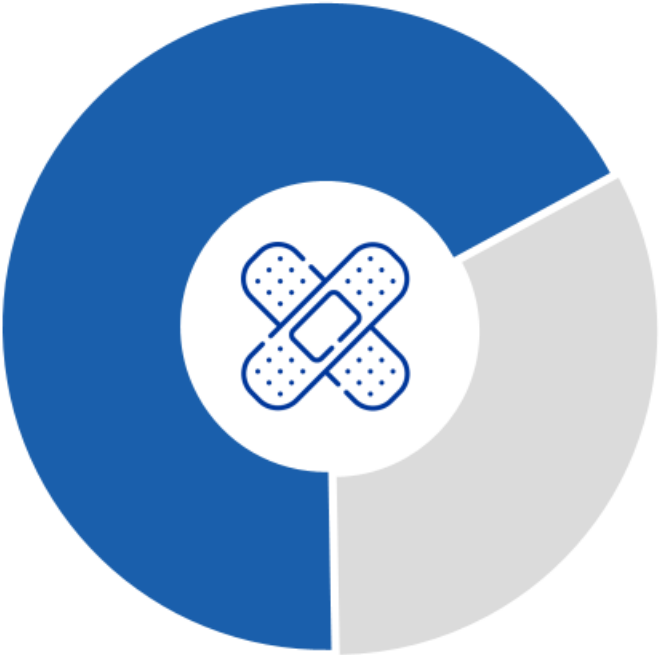
Reasons for last missed antiretroviral therapy (ART) dose among adults with diagnosed HIV who ever missed a dose



21 | Note: Estimates are reported among persons currently taking ART who ever missed a dose in the past 30 days for persons taking oral ART and in the past 12 months among persons taking other forms of ART. Persons could report more than 1 reason for missed last dose. Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 8b

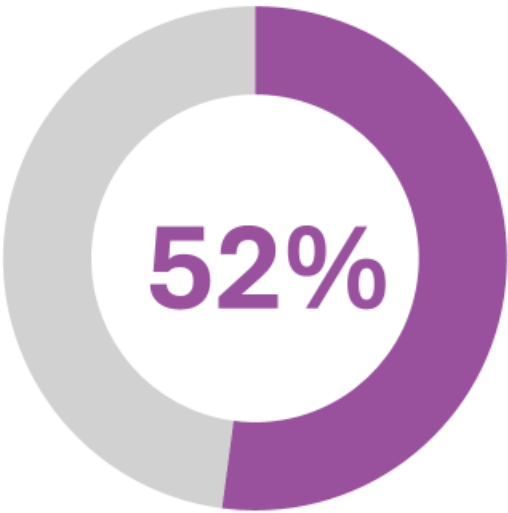
Other clinical characteristics

Percentage of adults with diagnosed HIV who reported receiving an influenza vaccine during the 12 months before interview

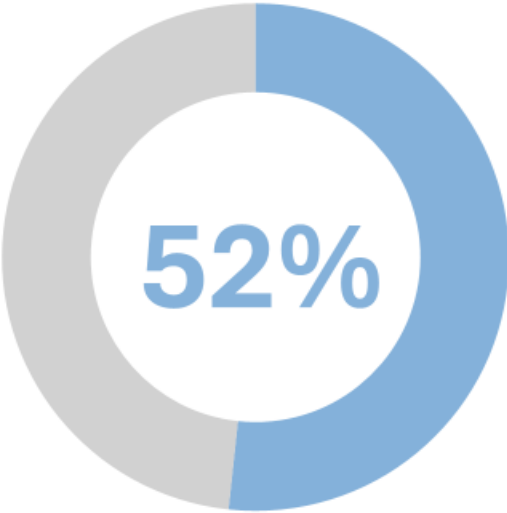


67%
Received an influenza vaccination

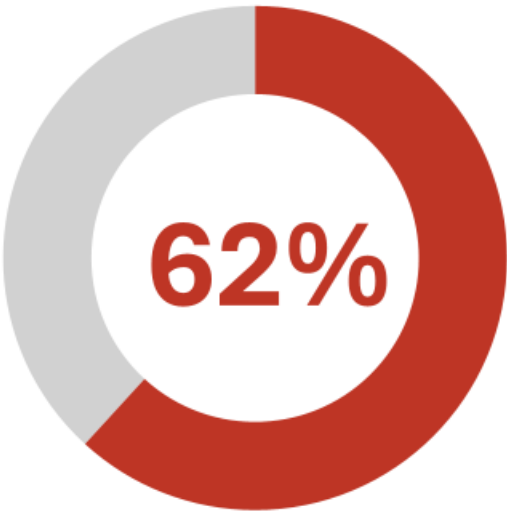
Percentage of sexually active adults with diagnosed HIV who received testing for gonorrhea, chlamydia, or syphilis during the 12 months before interview



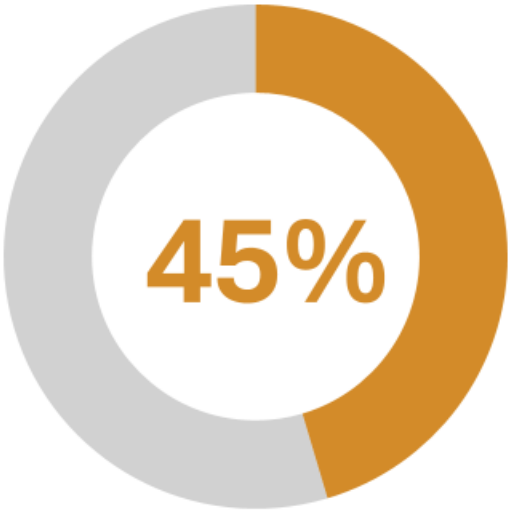
Received gonorrhea test



Received chlamydia test



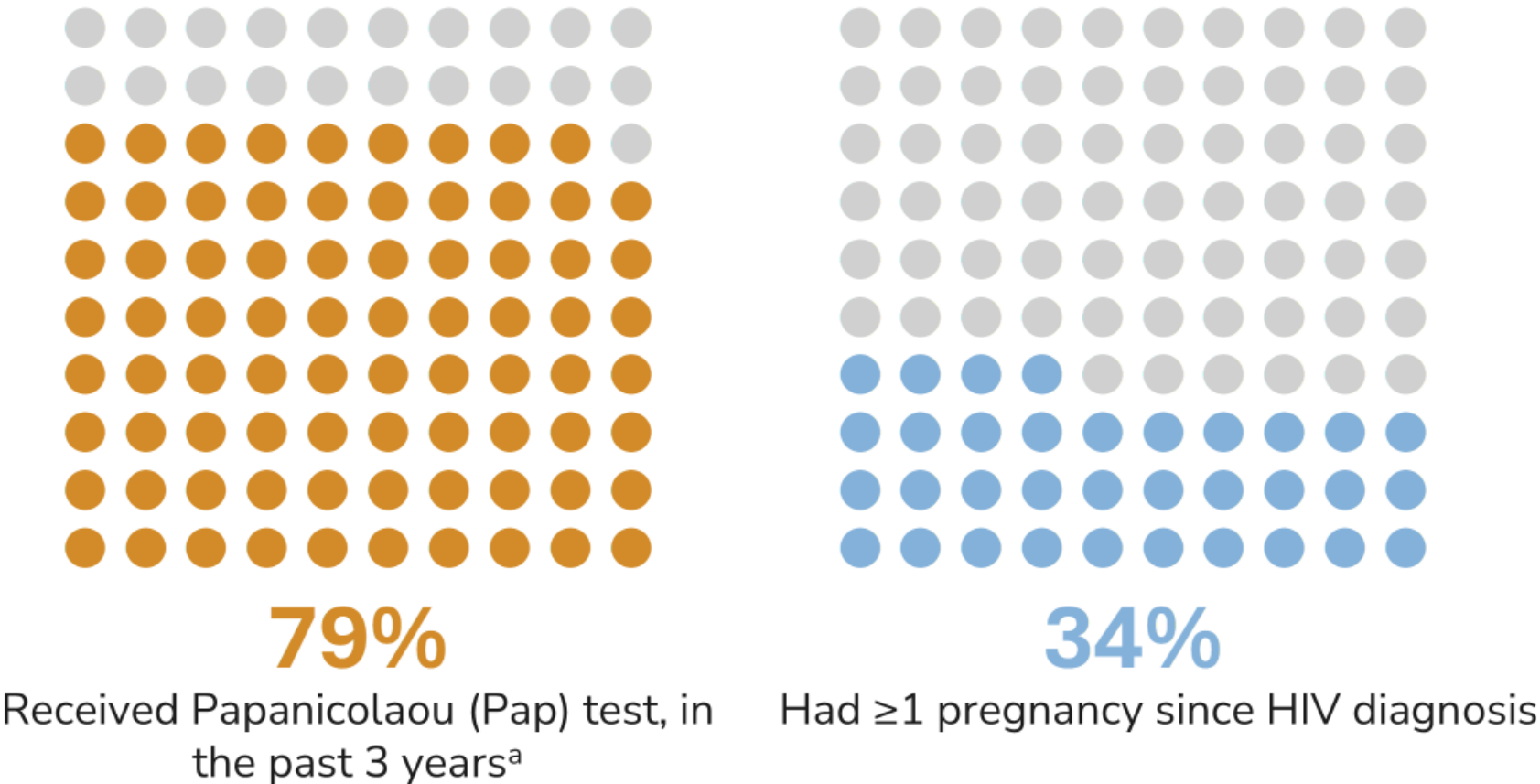
Received syphilis test



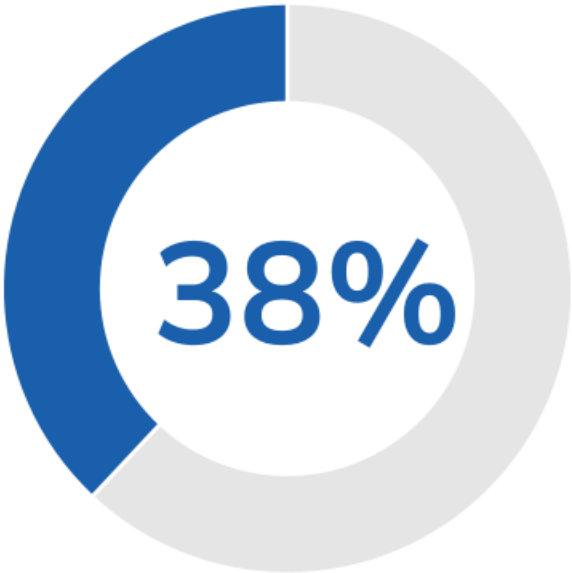
Received gonorrhea, chlamydia, and syphilis test

24 Note: Percentages are among persons who reported vaginal or anal sex during the 12 months before interview.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 5

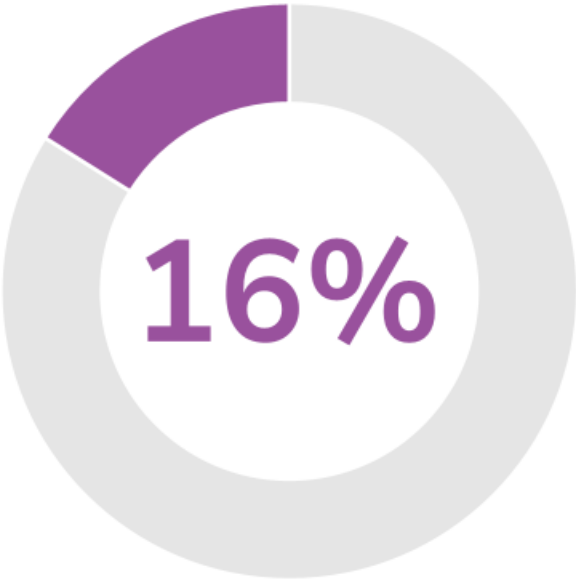
Percentage of females with diagnosed HIV who had a Papanicolaou test during the 3 years before interview or became pregnant since receiving an HIV diagnosis



Percentage of adults with diagnosed HIV who had at least one emergency department visit or at least one hospital admission during the 12 months before interview



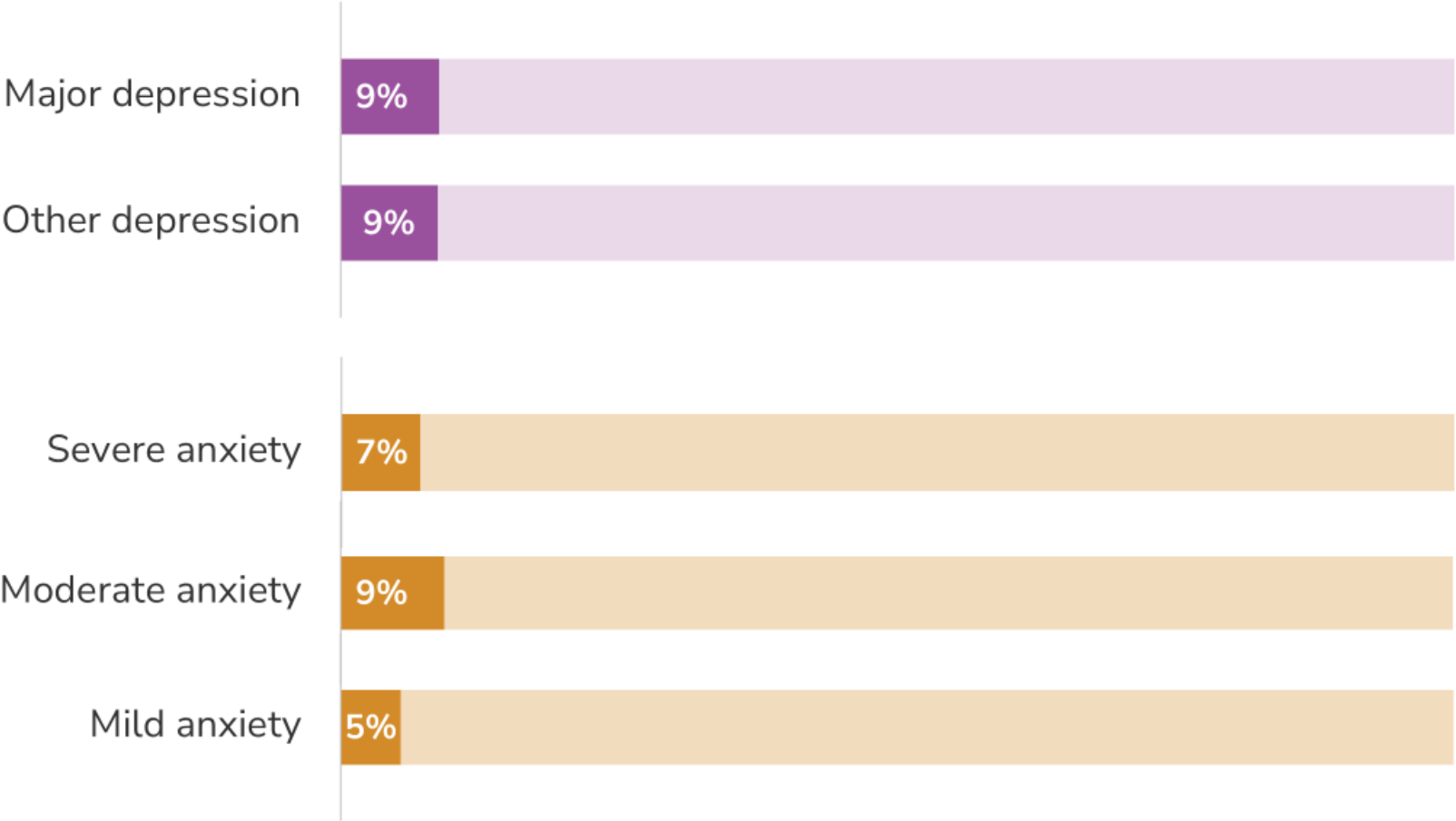
At least one emergency department visit



At least one hospital admission

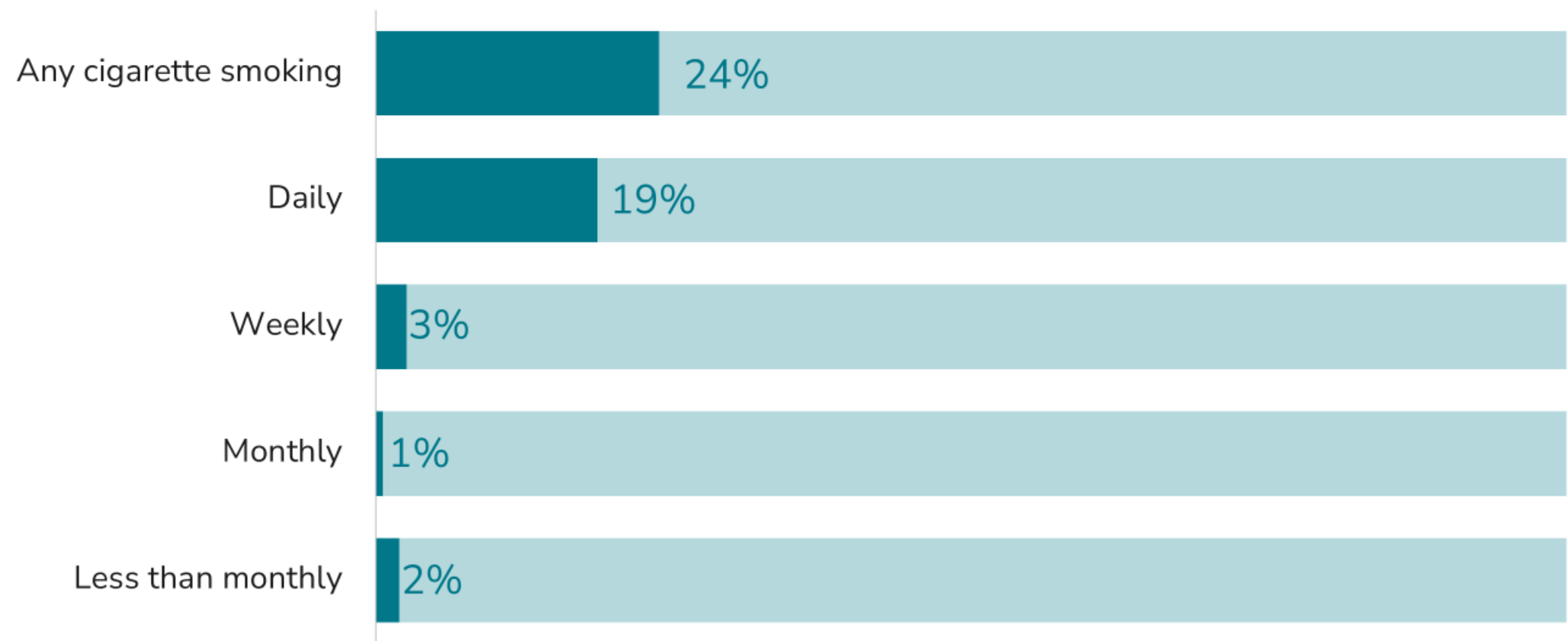
Mental health and substance use

Percentage of adults with diagnosed HIV who experienced symptoms of depression and generalized anxiety disorder during the two weeks before interview

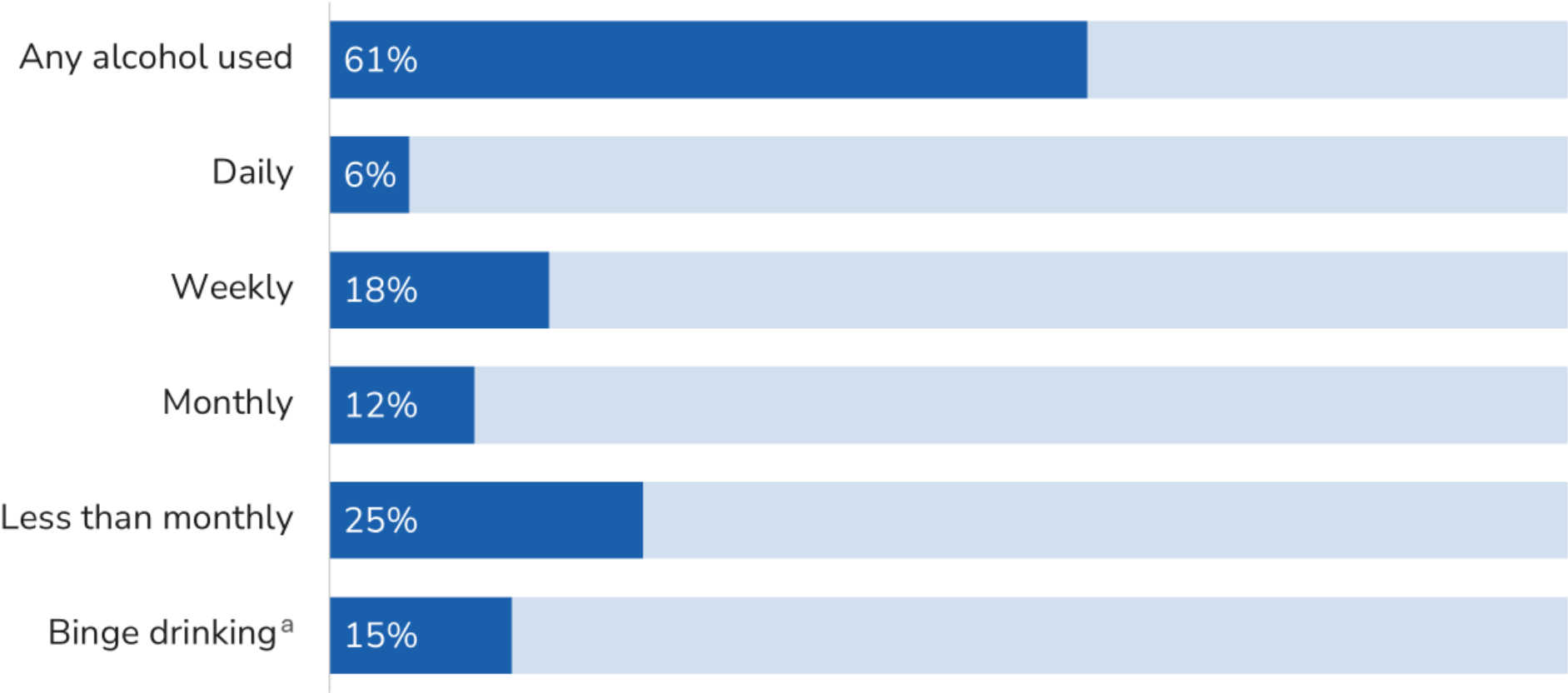


Note. Responses to the items on the PHQ-8 were used to define “major depression” and “other depression” according to criteria from the DSM-IV. Responses to the GAD-7 were used to define “mild anxiety,” “moderate anxiety,” and “severe anxiety,” according to criteria from the DSM-IV. Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 10

Percentage of adults with diagnosed HIV who currently smoke cigarettes



Percentage of adults with diagnosed HIV who drank alcohol during the 12 months before interview



30 ^a Persons who drank ≥ 5 alcoholic beverages in a single sitting (≥ 4 for females) during the 30 days before interview.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 12

Percentage of adults with diagnosed HIV with noninjection and injection drug use during the 12 months before interview

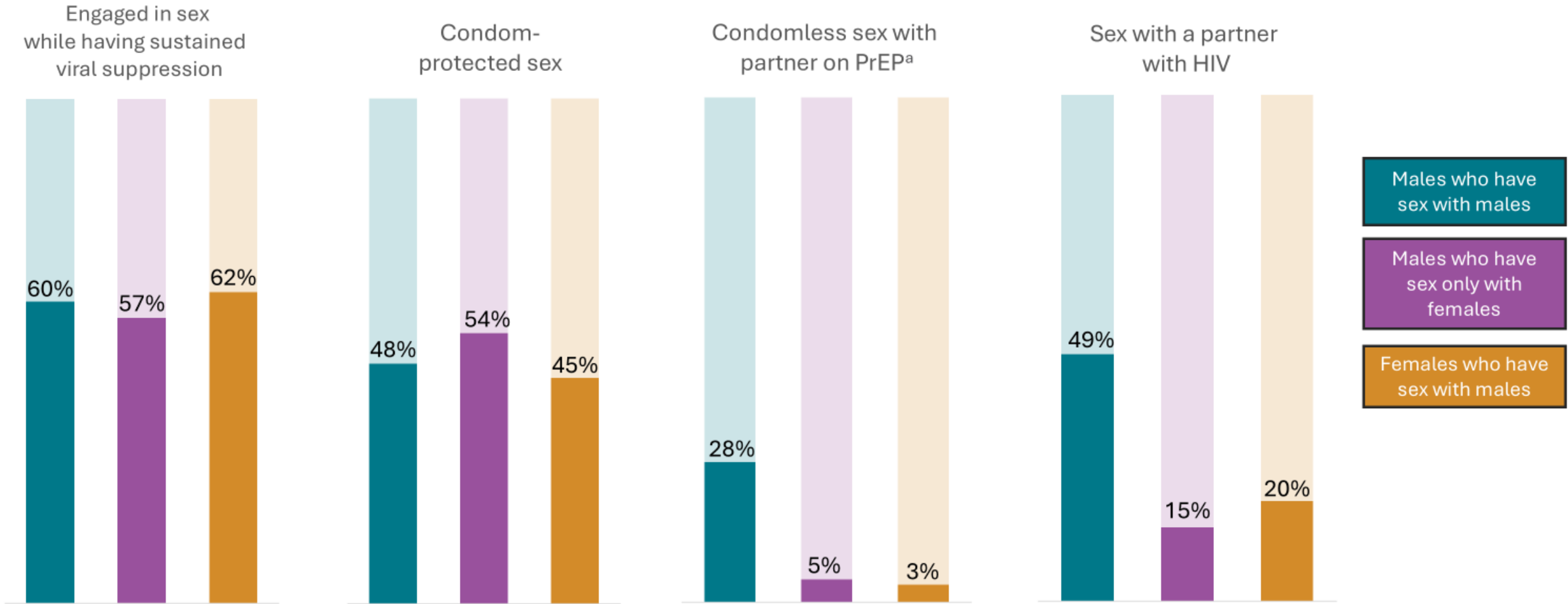


^a Noninjection drug use includes use of drugs that were not injected; i.e., administered by any route other than injection—such as smoking or snorting—including legal drugs that were not used for medical purposes. For more details on specific drugs included, see Table 13 and Technical Notes. Marijuana use includes vaping marijuana for medical or nonmedical purposes in addition to nonmedical use of marijuana by other methods; the 2024 questionnaire did not distinguish between medical and nonmedical vaping of marijuana.

Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 13 & 14

Use of HIV prevention strategies and services

Prevention strategies used by sexually active adults with diagnosed HIV during the 12 months before interview, by sexual behavior/orientation

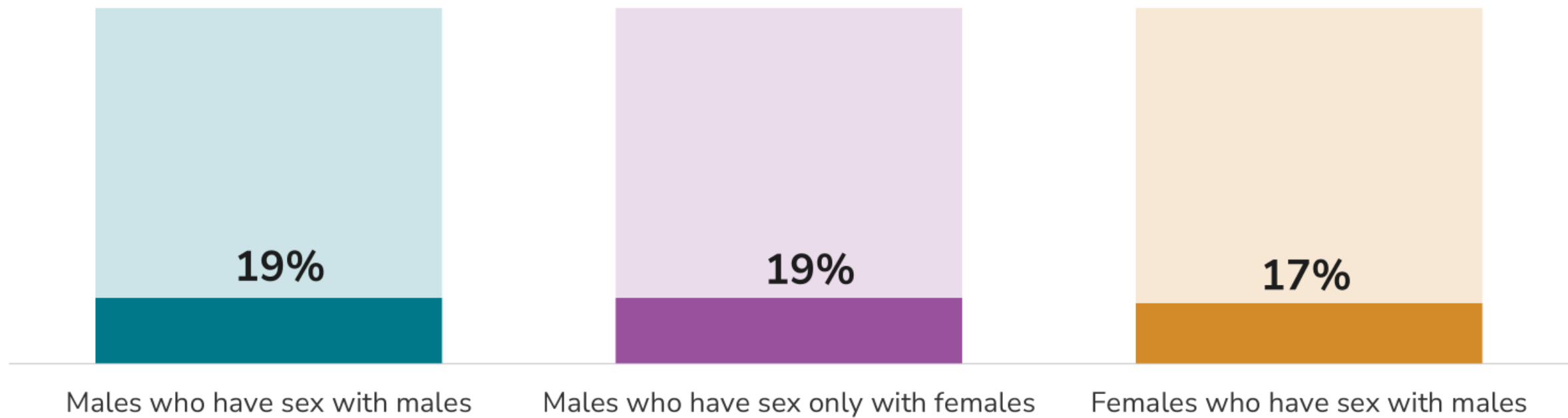


Abbreviation: PrEP, preexposure prophylaxis

^a At least 1 condomless-sex partner without HIV was known to be taking PrEP. PrEP use was only measured for the 5 most recent sex partners, and was reported by the partner with HIV.

Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 17

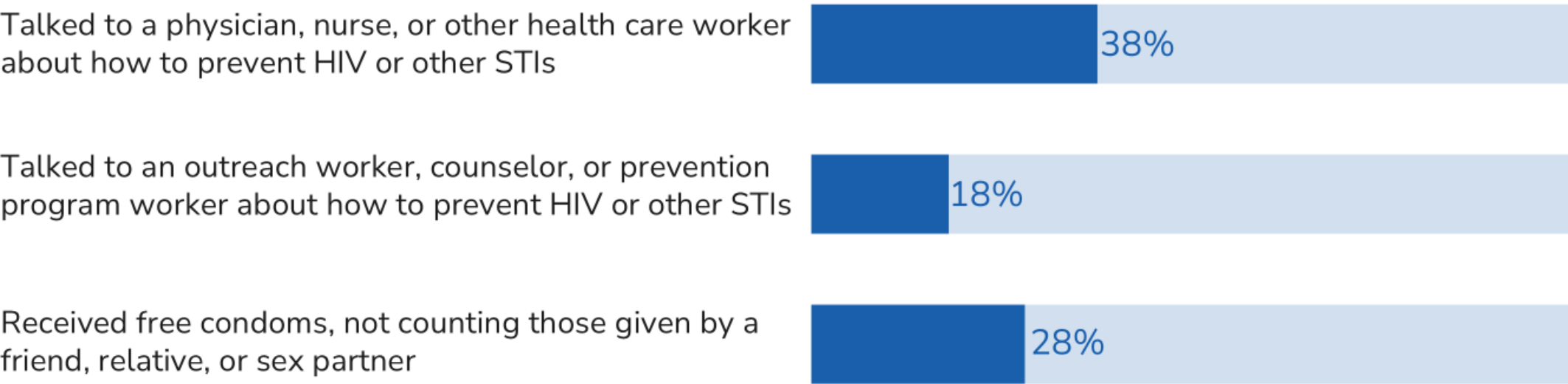
Percentage of sexually active adults with diagnosed HIV who engaged in sex without using an HIV prevention strategy during the 12 months before interview, by sexual behavior/orientation



Note. Sex without using an HIV prevention strategy was defined as vaginal or anal sex with at least 1 HIV-negative or unknown status partner while not having sustained viral suppression (all viral load measurements in the past 12 months undetectable or <200 copies/mL), when a condom was not used, and the partner was not known to be taking preexposure prophylaxis (PrEP). PrEP use was only measured among the 5 most recent sex partners and was reported by the partner with HIV.

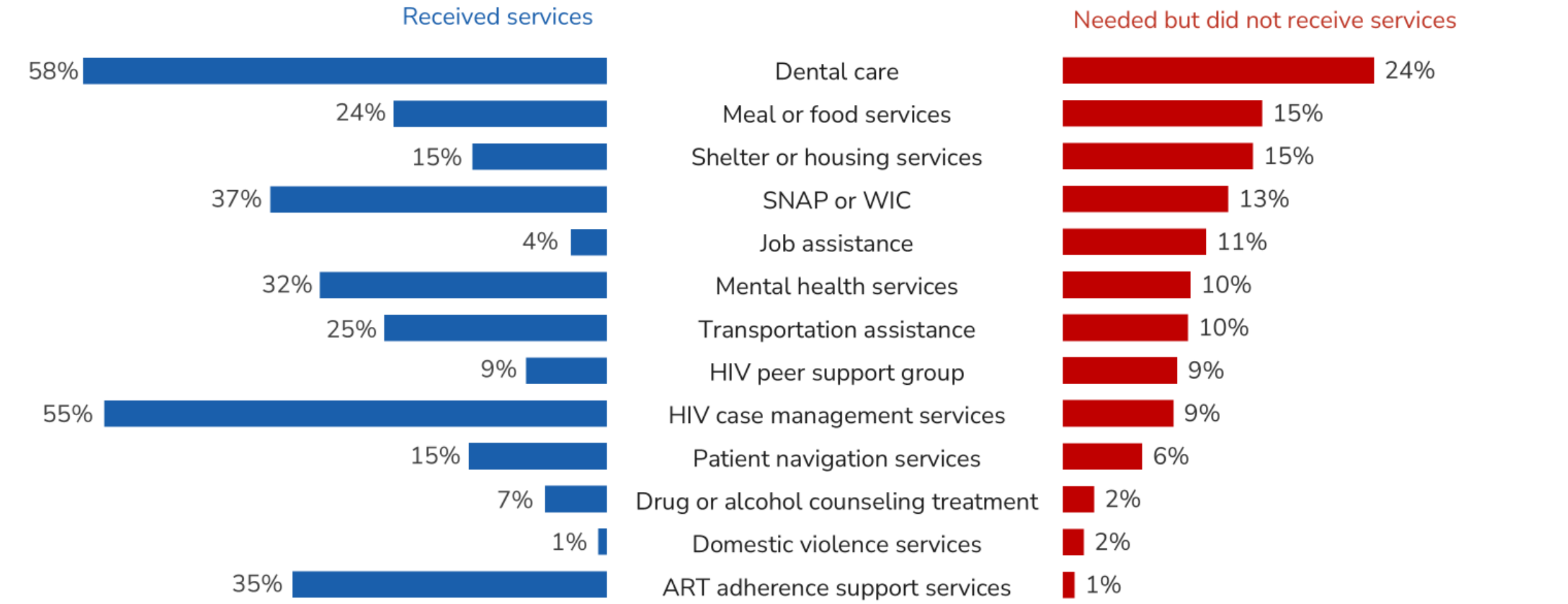
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 17

Receipt of HIV and sexually transmitted infection prevention services among adults with diagnosed HIV during the 12 months before interview

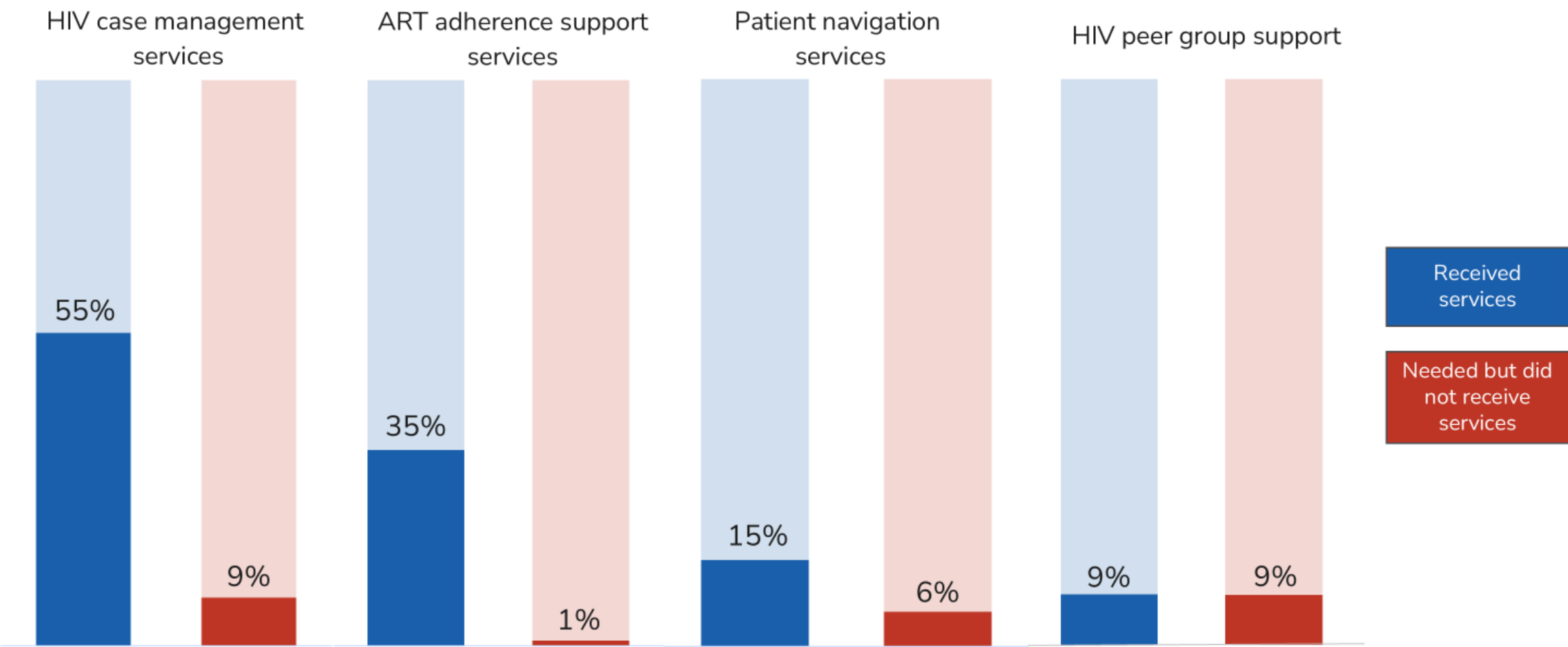


Need for ancillary services

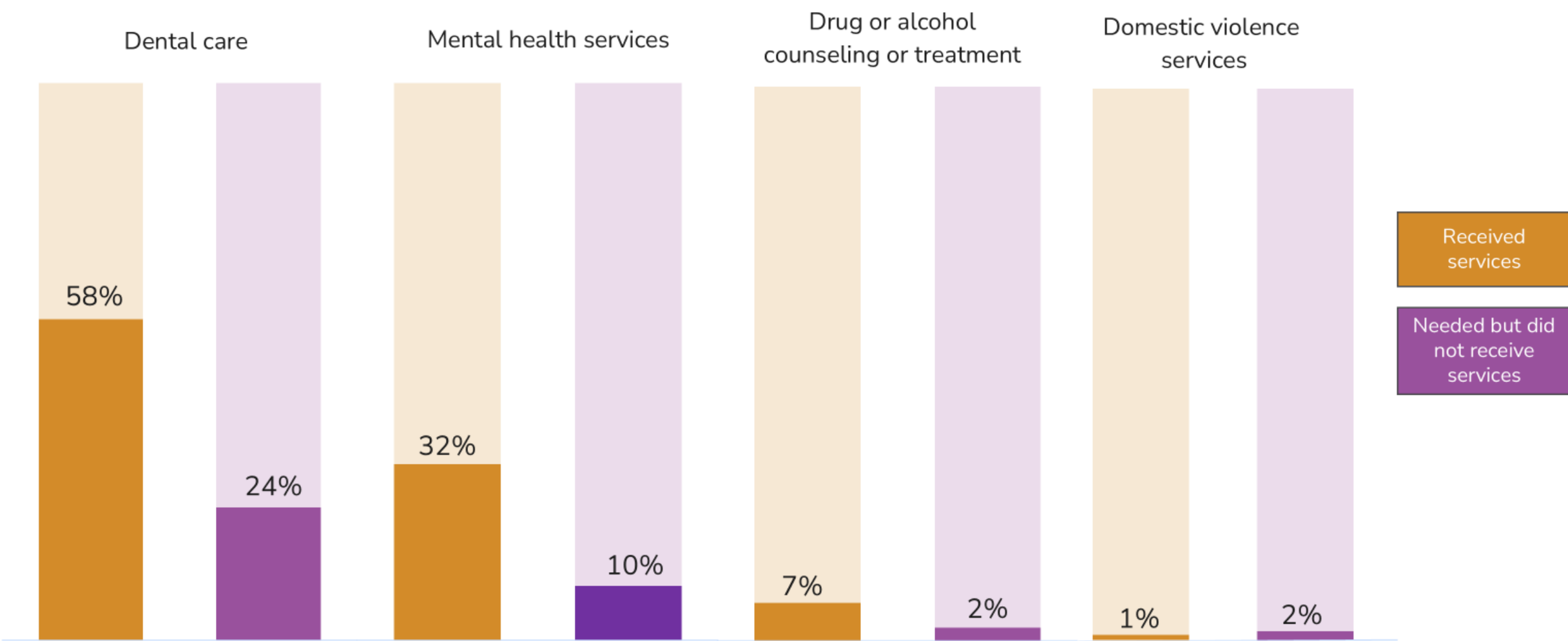
Met and unmet needs for ancillary services among adults with diagnosed HIV during the 12 months before interview



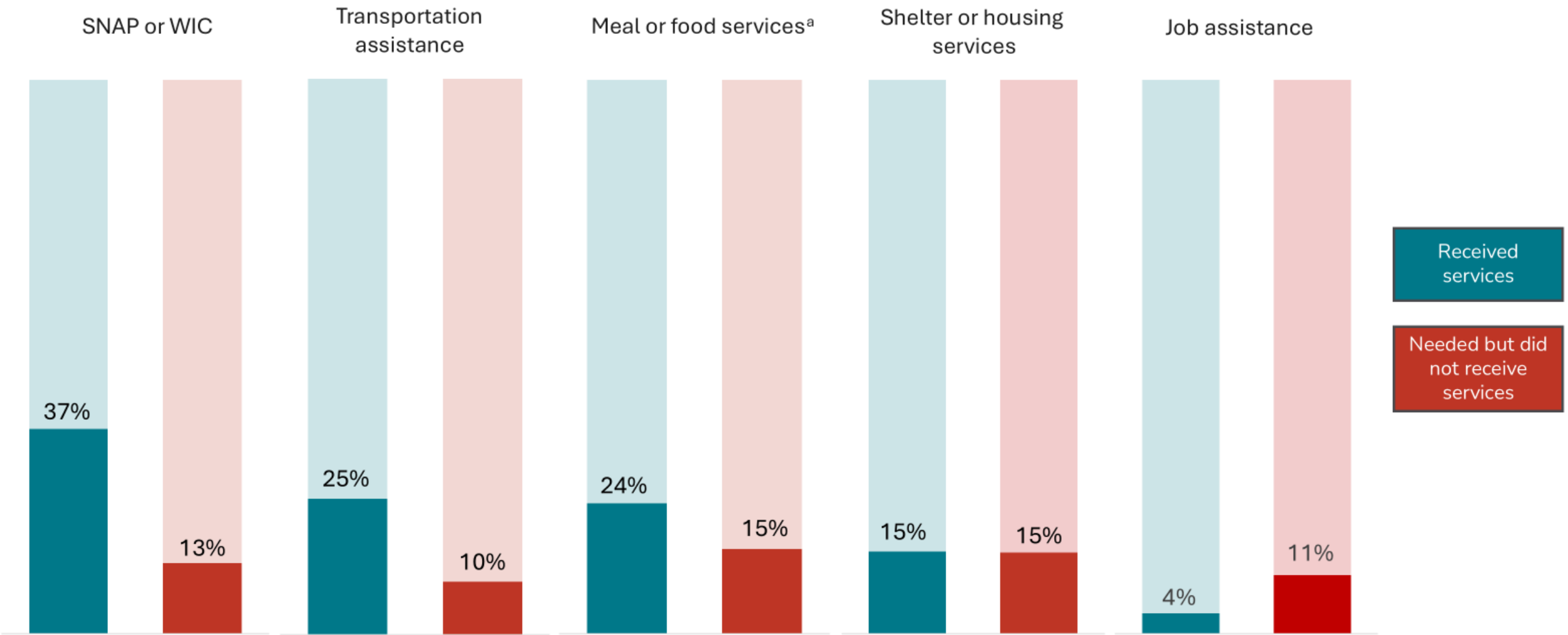
Percentage of adults with diagnosed HIV who received, and who needed but did not receive, ancillary services classified as HIV support services during the 12 months before interview



Percentage of adults with diagnosed HIV who received, and who needed but did not receive, ancillary services classified as non-HIV medical services during the 12 months before interview



Percentage of adults with diagnosed HIV who received, and who needed but did not receive, ancillary services classified as subsistence services during the 12 months before interview



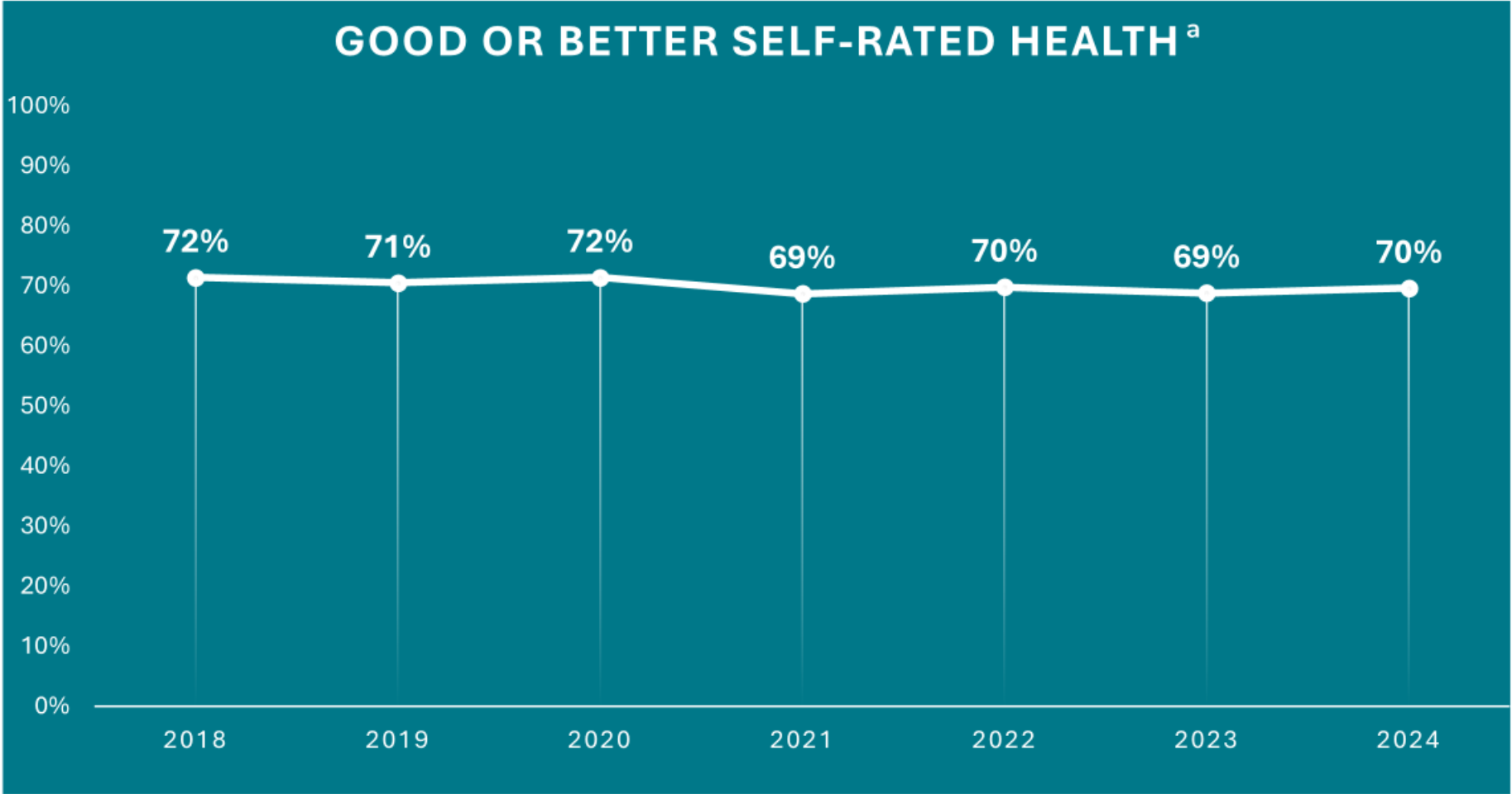
Abbreviations: SNAP, Supplemental Nutrition Assistance Program; WIC: Special Supplemental Nutrition Program for Women, Infants, and Children.
^a Includes services for getting free or low-cost food through food vouchers or gift cards, food pantries, food banks, soup kitchens, or free home delivered meals.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 18

Key factors affecting health and quality of life

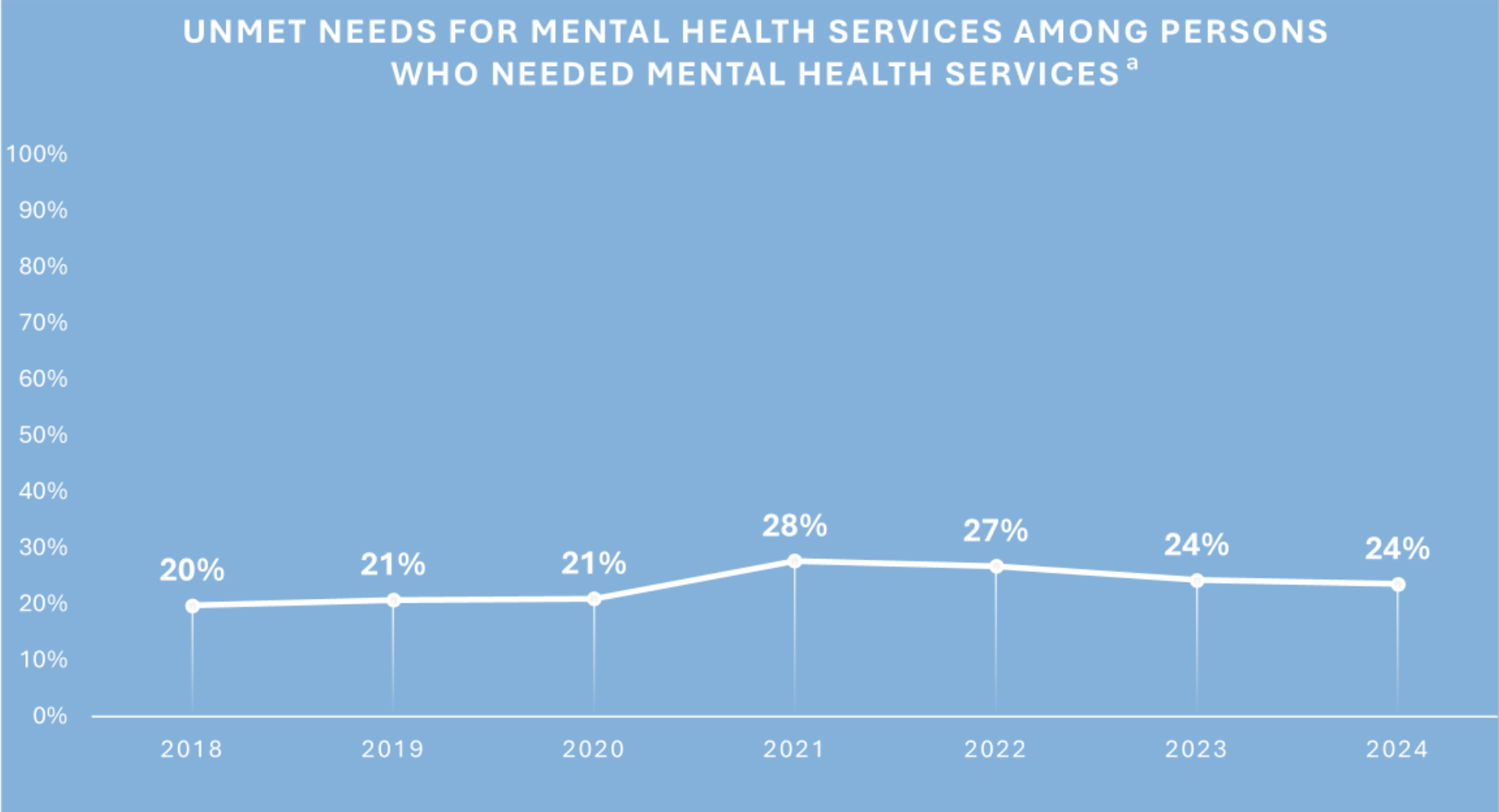
Key factors affecting health and quality of life among adults with diagnosed HIV



Key factors affecting health and quality of life among adults with diagnosed HIV by cycle year: good or better self-rated health at the time of interview

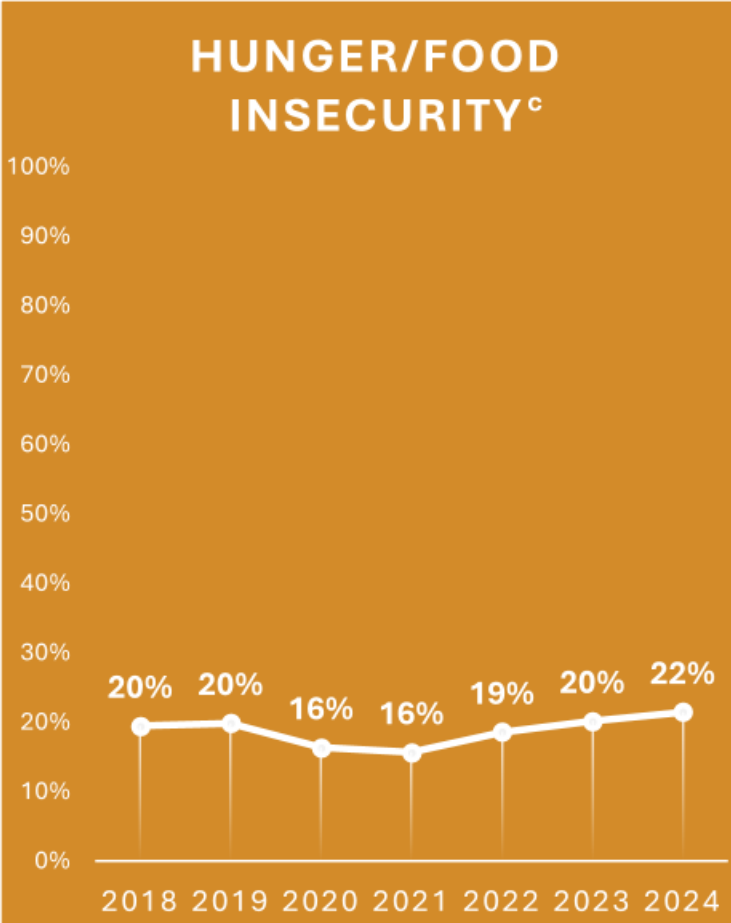
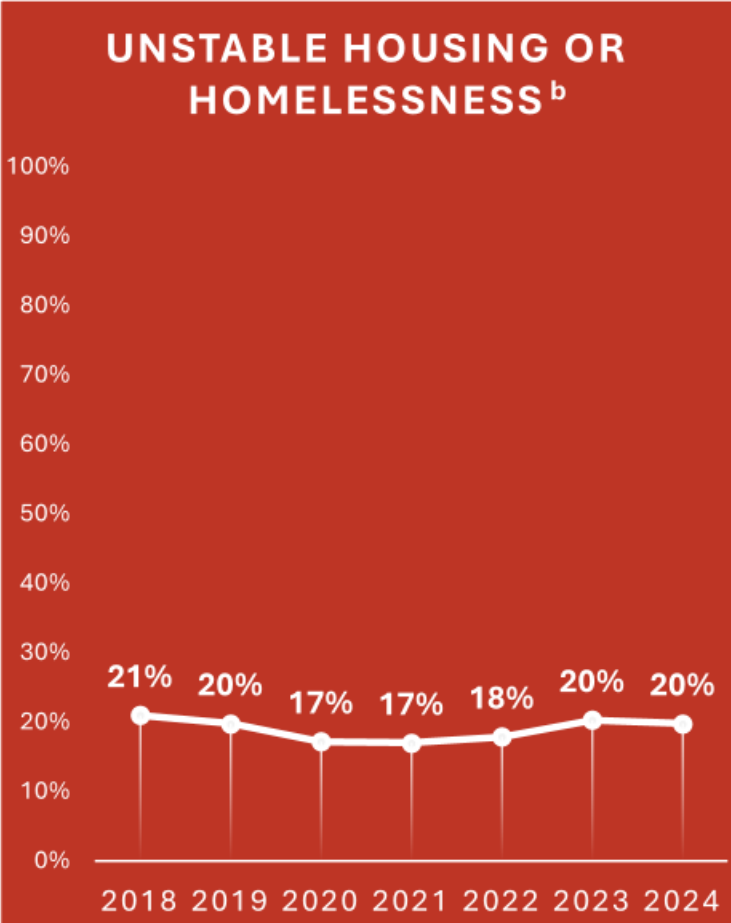
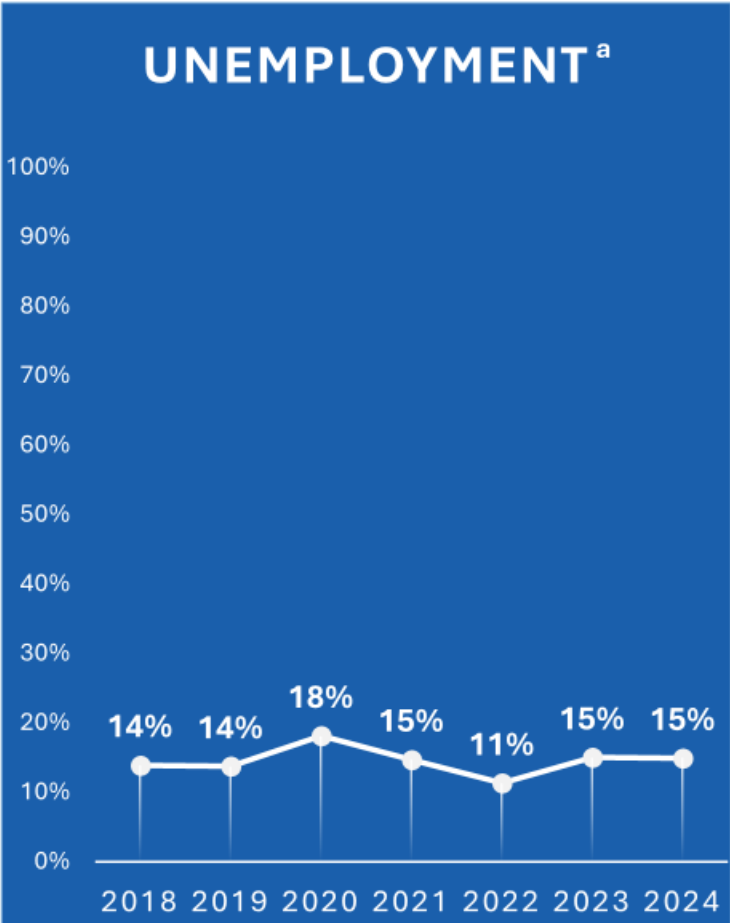


Key factors affecting health and quality of life among adults with diagnosed HIV by cycle year:
unmet needs for mental health services during the 12 months before interview



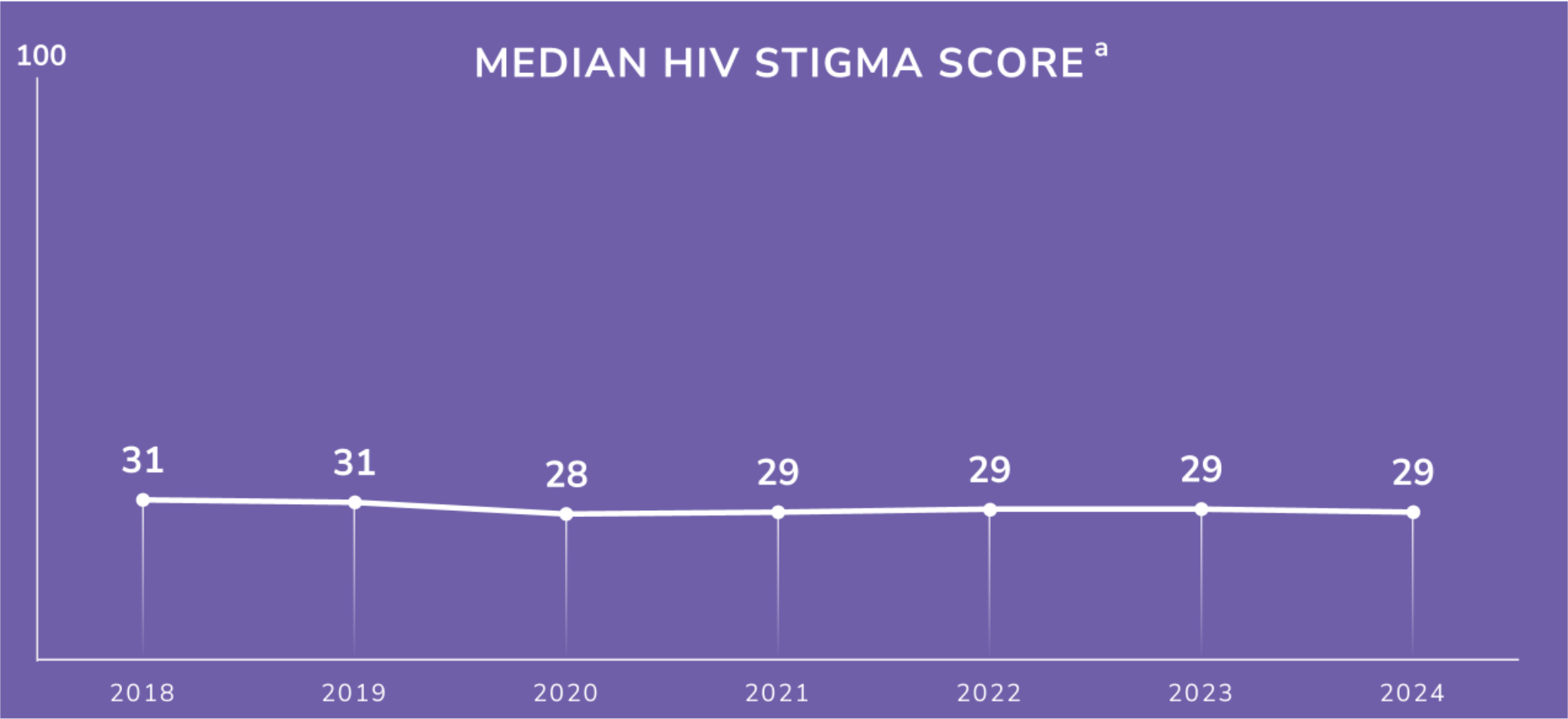
^a Needing, but not receiving, services from a mental health professional among those who indicated needing mental health services (i.e., receiving or needing but not receiving) during the past 12 months.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 22

Key factors affecting health and quality of life among adults with diagnosed HIV by cycle year:
unemployment, unstable housing or homelessness, and hunger/food insecurity



^a Unemployed at the time of the interview.
^b Experiencing unstable housing (i.e., moving in with others due to financial issues, moving 2 or more times, or being evicted at any time) or homelessness (living on the street, in a shelter, in a single-room-occupancy hotel, or in a car at any time) during the past 12 months.
^c Going without food due to lack of money during the past 12 months.
Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 22

Key factors affecting health and quality of life among adults with diagnosed HIV by cycle year: HIV stigma 12 months before interview



^a Weighted median score on a 10-item scale ranging from 0 (no stigma) to 100 (high stigma) that measures 4 dimensions of HIV stigma: personalized stigma during the past 12 months, current disclosure concerns, current negative self-image, and current perceived public attitudes about persons living with HIV. Data Source: Medical Monitoring Project (MMP), United States, 2024; Data Tables, Table 22

Acknowledgments

- Medical Monitoring Project (MMP) respondents, community and provider advisory boards, and project area staff
- Data Coordinating Center for HIV Supplemental Surveillance at ICF International
- Clinical Outcomes Team, Division of HIV Prevention, National Center for HIV, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention

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Behavioral and Clinical Surveillance Branch

Division of HIV Prevention (DHP)

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