

HIV | SURVEILLANCE REPORT

SPECIAL REPORT

Data Tables: Quality of Life and HIV Stigma—
Indicators for the National HIV/AIDS Strategy,
2022–2025

CDC Medical Monitoring Project,
2017–2020 Data Cycles



Centers for Disease
Control and Prevention
National Center for HIV,
Viral Hepatitis, STD, and
TB Prevention

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This report was prepared by members of the Clinical Outcomes Team within the Division of HIV Prevention and presents information on the indicators identified through the work of the National HIV/AIDS Strategy Quality of Life Federal Interagency Workgroup.

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MMP project areas—<https://www.cdc.gov/hiv/statistics/systems/mmp/projectareas.html>

Contents

Commentary	4
Technical Notes	5
References	7
Tables	
1 Prevalence of good or better self-rated health among adults with diagnosed HIV—Medical Monitoring Project, United States, 2018–2020	8
2 Prevalence of unmet needs for mental health services from a mental health professional among adults with diagnosed HIV who reported an unmet or met need for services from a mental health professional—Medical Monitoring Project, United States, 2017–2020	9
3 Prevalence of hunger/food insecurity among adults with diagnosed HIV—Medical Monitoring Project, United States, 2017–2020	10
4 Prevalence of unemployment among adults with diagnosed HIV—Medical Monitoring Project, United States, 2017–2020	11
5 Prevalence of unstable housing or homelessness among adults with diagnosed HIV—Medical Monitoring Project, United States, 2018–2020	12
6 Median HIV stigma score among adults with diagnosed HIV—Medical Monitoring Project, United States, 2018–2020	13

Commentary



The National HIV/AIDS Strategy (NHAS) outlines a national plan for ending the HIV epidemic in the United States by 2030, including a 75% reduction in new HIV infections by 2025 and a 90% reduction by 2030. NHAS includes 4 goals, 2 of which focus on improving HIV-related health outcomes among people with HIV (PWH) and reducing disparities and health inequities among PWH [1]. NHAS underscores the importance of addressing social determinants of health (SDOH) to decrease disparities in HIV clinical outcomes and improve quality of life among PWH.

In 2022, the NHAS Federal Implementation Plan 2022–2025 expanded the indicators of progress towards meeting national HIV prevention and care goals to include Quality of Life measures from the CDC Medical Monitoring Project (MMP) [2]. To date, NHAS indicators that are monitored using MMP data include the following:

- **Quality of life (new indicators):** NHAS recommends addressing domains of physical, mental, and emotional health—as well as structural factors—to improve HIV clinical outcomes, address disparities, and improve quality of life among PWH. The national quality of life indicators include:
 - **Physical health:** Self-rated health is the indicator measure for physical health among people with diagnosed HIV.
 - **Mental/emotional health:** The indicator for mental or emotional health is unmet need for services from a mental health professional, among persons with diagnosed HIV with a need for mental health services.
 - **Structural factors, including subsistence needs:** Hunger/food insecurity, unemployment, and unstable housing or homelessness represent the national indicators for this domain.
- **HIV stigma (prior indicator):** HIV stigma was an indicator that was included in the NHAS document published December 2021.

More information on these indicators, including justification for including these measures in the national strategy and related targets, is available in the National HIV/AIDS Strategy Federal Implementation Plan 2022–2025 [2].

The purpose of this report is to provide annual estimates from MMP for each of these indicators during 2017–2020 because of recent changes to NHAS. All measures are available for 2017–2020, except for HIV stigma, self-rated health, and unstable housing, for which data collection began during the 2018 MMP data cycle.

Technical Notes

DESCRIPTION OF MMP AND METHODOLOGY

MMP is a cross-sectional, nationally representative, complex sample survey that assesses the behavioral and clinical characteristics of adults with diagnosed HIV infection in the United States. MMP also provides information on behaviors and clinical outcomes affecting the risk of HIV transmission, morbidity, and mortality that are critical for ending the HIV epidemic.

During the 2017–2020 data cycles, MMP data were collected from a 2-stage probability sample. During the first stage, 16 U.S. states and Puerto Rico were selected from all U.S. states, the District of Columbia, and Puerto Rico. A total of 23 project areas from 16 states, including 6 separately funded jurisdictions within these states, and Puerto Rico were funded to conduct data collection. In the second stage, simple random samples of persons aged ≥ 18 years with diagnosed HIV infection who were reported to the National HIV Surveillance System as of December 31 during the year before each data cycle were selected from each participating jurisdiction. More details related to MMP methodology are available at <https://www.cdc.gov/hiv/statistics/systems/mmp/resources.html#Surveillance%20Reports>.

This report presents unweighted frequencies and weighted prevalence estimates with 95% confidence intervals for all characteristics. Statistical software (SAS, version 9.4) was used for analysis of weighted data [3]. Data are not reported for estimates derived from a denominator size < 30 or for estimates with a coefficient of variation ≥ 0.30 . Estimates with an absolute confidence interval width ≥ 30 , estimates with an absolute confidence interval width between 5 and 30 and a relative confidence interval width $> 130\%$, and estimates of 0% or 100% are marked with an asterisk and should be interpreted with caution. No statistical tests were performed. Estimates from the 2020 cycle presented in this report may have been affected by the COVID-19 pandemic. Additional information on MMP is available at <https://www.cdc.gov/hiv/statistics/systems/mmp/>.

DEFINITIONS

- **Self-rated health:** Self-rated health is assessed using a single question that captures the respondent's self-perceived general health at the time of interview using a Likert-type scale with the following responses: poor, fair, good, very good, or excellent. Self-rated health was dichotomized as good or better health (i.e., good, very good, or excellent) versus less than good health (i.e., poor, fair). This measure is also used in several other national initiatives and surveys examining self-rated health among the general U.S. population (e.g., Healthy People 2030, National Health and Nutrition Examination Survey [NHANES], Behavioral Risk Factor Surveillance System [BRFSS]) [4, 5, 6].
- **Unmet needs for mental health services from a mental health professional among persons with diagnosed HIV who reported an unmet or met need for services from a mental health professional:** This measure was assessed through two questions. First, participants were asked if they saw or talked to a mental health professional (e.g., psychologist, psychiatrist, psychiatric nurse, or clinical social worker) about their health during the past 12 months. Next, they were asked if they needed to see or talk to a mental health professional about their health. The denominator represents people who needed mental health services (i.e., those with a met or unmet need), and was defined as those who received services (met need) and those who needed, but did not receive, services (unmet need). The numerator represents those who needed, but did not receive, services (unmet need).

- **Hunger/food insecurity:** Persons who reported being hungry and not eating because they did not have enough money for food during the past 12 months were considered to be food insecure.
- **Unemployment:** Unemployed persons included those who reported being unemployed at the time of interview. Employed persons included those who were employed for wages, self-employed, or a homemaker.
- **Unstable housing or homelessness:** Persons were considered to have experienced unstable housing if they reported moving in with others due to financial issues, moving 2 or more times, or being evicted at any time during the past 12 months. Persons were considered to have experienced homelessness if they reported living on the street, in a shelter, in a single-room–occupancy hotel, or in a car during the past 12 months. Persons were considered to have experienced unstable housing or homelessness if they reported any form of unstable housing or homelessness during the past 12 months.
- **HIV stigma:** Defined as the 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 people living with HIV, measured among persons aged ≥ 18 years with diagnosed HIV infection living in the United States and Puerto Rico. The HIV stigma scale used for this indicator is discussed in Wright, et al [7].

References

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Table 1. Prevalence of good or better self-rated health among adults with diagnosed HIV—Medical Monitoring Project, United States, 2018–2020

	2018			2019			2020		
	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c
Gender									
Cisgender male	2,130	73.7	71.9–75.5	2,171	73.8	71.3–76.4	2,024	74.1	72.3–75.9
Cisgender female	645	65.1	60.7–69.5	617	60.6	57.7–63.5	545	63.3	59.8–66.7
Transgender ^d	49	65.6	54.9–76.3	57	70.3	60.1–80.5	49	70.4	60.6–80.1
Sexual orientation									
Lesbian or gay	1,229	77.5	75.0–79.9	1,312	78.7	76.0–81.4	1,288	76.9	74.3–79.4
Heterosexual or straight	1,249	65.8	62.6–69.0	1,211	64.0	61.2–66.7	994	65.4	62.6–68.2
Bisexual	246	71.0	65.5–76.5	225	66.0	58.6–73.3	229	74.1	68.1–80.1
Other	86	80.1	73.2–87.1	87	75.5	67.3–83.8	77	69.3	59.2–79.5
Race/ethnicity									
American Indian/Alaska Native	—	—	—	—	—	—	—	—	—
Asian	35	85.6*	68.6–100.0	33	88.3	77.1–99.5	39	88.2	79.5–96.8
Black/African American	1,183	69.5	65.5–73.5	1,158	68.8	65.1–72.6	1,020	70.2	67.7–72.8
Hispanic/Latino ^e	641	74.9	72.1–77.6	673	73.6	70.2–76.9	610	71.9	68.5–75.2
Native Hawaiian/other Pacific Islander	—	—	—	—	—	—	—	—	—
White	806	72.4	69.3–75.5	846	71.0	68.1–74.0	830	72.6	69.4–75.9
Multiple races	139	64.1	58.4–69.8	115	63.1	56.4–69.8	106	71.4	66.0–76.9
Age at time of interview (yr)									
18–29	290	86.7	81.6–91.9	274	80.2	76.3–84.2	206	81.9	77.1–86.7
30–39	464	77.2	71.3–83.1	504	79.0	75.3–82.7	508	79.2	75.3–83.0
40–49	644	75.3	71.7–78.8	547	69.1	65.7–72.4	457	71.1	66.0–76.2
≥50	1,427	65.6	63.5–67.6	1,523	67.0	64.0–70.0	1,450	67.6	65.5–69.7
Total	2,825	71.5	69.4–73.6	2,848	70.6	68.7–72.5	2,621	71.5	70.0–73.1

Abbreviations: CI, confidence interval; MMP, Medical Monitoring Project [footnotes only].

Note. "Good or better self-rated health" defined as rating one's health as good, very good, or excellent (as opposed to poor or fair) at the time of interview. Data collection for self-rated health began during the 2018 MMP data cycle. Numbers might not add to total because of "don't know" and skipped (missing) responses. Excluded are estimates with a coefficient of variation ≥ 0.30 and those based on a denominator sample size < 30 . Estimates with an absolute CI width ≥ 0.30 , estimates with an absolute CI width between 5 and 30 and a relative CI width $> 130\%$, and estimates of 0% or 100% are marked with an asterisk (*) and should be interpreted with caution.

^a Numbers are unweighted.

^b Percentages are weighted percentages.

^c CIs incorporate weighted percentages.

^d Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

^e Hispanic/Latino persons can be of any race. Persons are classified in only 1 race/ethnicity category.

Table 2. Prevalence of unmet needs for mental health services from a mental health professional among adults with diagnosed HIV who reported an unmet or met need for services from a mental health professional—Medical Monitoring Project, United States, 2017–2020

	2017			2018			2019			2020		
	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c
Gender												
Cisgender male	269	24.9	20.8–28.9	214	18.8	15.9–21.7	239	21.7	17.5–25.9	220	22.6	19.8–25.4
Cisgender female	98	23.5	18.8–28.3	90	22.3	17.0–27.7	93	20.3	16.2–24.3	53	18.0	12.5–23.4
Transgender ^d	—	—	—	13	25.7	12.8–38.6	—	—	—	—	—	—
Sexual orientation												
Lesbian or gay	181	26.8	22.3–31.2	138	19.9	16.4–23.5	146	23.8	18.5–29.0	148	25.0	21.4–28.5
Heterosexual or straight	134	19.7	16.3–23.1	133	19.5	15.0–23.9	137	17.3	14.0–20.7	85	15.8	11.8–19.8
Bisexual	39	28.7	20.8–36.7	30	19.0	11.4–26.6	34	22.8	15.9–29.6	27	22.2	14.6–29.9
Other	15	35.6*	20.5–50.7	15	25.3	11.7–38.8	14	21.2	9.3–33.0	13	26.8	13.4–40.2
Race/ethnicity												
American Indian/Alaska Native	—	—	—	—	—	—	—	—	—	—	—	—
Asian	—	—	—	—	—	—	—	—	—	—	—	—
Black/African American	152	26.5	21.6–31.4	127	23.5	19.7–27.3	137	22.6	19.3–25.9	94	21.1	15.9–26.2
Hispanic/Latino ^e	78	21.5	14.0–29.0	67	17.1	9.1–25.1	73	17.5	11.2–23.8	65	18.5	11.5–25.4
Native Hawaiian/other Pacific Islander	—	—	—	—	—	—	—	—	—	—	—	—
White	100	20.7	16.0–25.4	100	18.7	14.6–22.7	100	20.9	15.9–25.9	85	20.7	15.9–25.5
Multiple races	34	34.6	21.2–47.9	20	17.8	10.5–25.2	18	21.6	10.3–32.9	20	27.9	18.4–37.5
Age at time of interview (years)												
18–29	45	37.5	26.1–48.9	40	25.1	17.0–33.1	42	31.3	22.6–40.1	28	26.7	17.8–35.6
30–39	90	34.7	28.1–41.3	59	21.3	16.6–26.0	67	26.6	19.7–33.5	68	26.3	19.9–32.8
40–49	83	22.0	17.3–26.7	76	21.7	17.3–26.2	72	20.7	15.5–25.9	49	21.6	14.8–28.4
≥50	154	18.8	15.4–22.1	142	17.3	13.8–20.9	155	17.2	13.7–20.6	130	17.5	13.9–21.1
Total	372	24.2	21.0–27.5	317	19.8	17.1–22.5	336	20.8	17.4–24.3	275	21.0	18.2–23.8

Abbreviation: CI, confidence interval.

Note. “Unmet need for mental health services from a mental health professional” defined as 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. Numbers might not add to total because of “don’t know” and skipped (missing) responses. Excluded are estimates with a coefficient of variation ≥ 0.30 and those based on a denominator sample size < 30 . Estimates with an absolute CI width ≥ 0.30 , estimates with an absolute CI width between 5 and 30 and a relative CI width $> 130\%$, and estimates of 0% or 100% are marked with an asterisk (*) and should be interpreted with caution.

^a Numbers are unweighted.

^b Percentages are weighted percentages.

^c CIs incorporate weighted percentages.

^d Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose “transgender” in response to the question about self-identified gender.

^e Hispanic/Latino persons can be of any race. Persons are classified in only 1 race/ethnicity category.

Table 3. Prevalence of hunger/food insecurity among adults with diagnosed HIV—Medical Monitoring Project, United States, 2017–2020

	2017			2018			2019			2020		
	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c
Gender												
Cisgender male	603	19.9	17.5–22.2	545	18.4	17.1–19.8	537	19.1	17.3–20.9	432	15.9	14.0–17.8
Cisgender female	244	24.2	21.6–26.9	225	21.2	18.1–24.4	207	20.1	16.6–23.7	137	17.1	13.6–20.5
Transgender ^d	19	30.4	17.9–42.9	32	41.5	28.6–54.5	35	41.8	27.6–56.0	23	26.4	13.4–39.4
Sexual orientation												
Lesbian or gay	300	17.2	14.1–20.2	246	15.3	13.3–17.3	260	17.2	14.8–19.5	229	14.2	12.1–16.4
Heterosexual or straight	439	23.0	21.2–24.8	422	21.1	18.8–23.4	393	21.1	18.5–23.7	255	16.4	14.4–18.4
Bisexual	92	26.0	20.9–31.0	91	26.3	21.3–31.4	84	22.4	15.6–29.1	68	20.8	16.0–25.7
Other	24	27.5	17.7–37.3	38	30.6	22.3–38.8	40	31.8	21.1–42.5	31	27.5	15.9–39.1
Race/ethnicity												
American Indian/Alaska Native	—	—	—	—	—	—	—	—	—	—	—	—
Asian	—	—	—	—	—	—	—	—	—	—	—	—
Black/African American	389	22.5	20.2–24.8	397	22.9	20.2–25.6	339	20.5	17.2–23.9	256	17.0	15.3–18.7
Hispanic/Latino ^e	218	22.6	19.5–25.7	174	18.5	15.2–21.8	188	20.9	17.4–24.4	164	19.6	16.4–22.9
Native Hawaiian/other Pacific Islander	—	—	—	—	—	—	—	—	—	—	—	—
White	178	16.2	13.4–19.1	156	14.7	11.7–17.6	186	17.0	14.3–19.7	129	12.3	10.3–14.3
Multiple races	70	30.7	24.3–37.2	65	25.4	20.6–30.1	58	32.5	22.6–42.5	31	20.9	12.3–29.5
Age at time of interview (years)												
18–29	95	26.5	21.8–31.3	108	31.9	26.8–36.9	95	29.5	22.6–36.4	72	28.0	21.7–34.3
30–39	187	27.1	22.7–31.5	159	26.8	23.0–30.6	161	25.8	21.8–29.8	114	18.2	15.4–21.1
40–49	202	21.5	18.5–24.6	183	19.9	17.1–22.7	170	21.9	18.6–25.2	112	16.1	13.1–19.1
≥50	382	17.9	15.4–20.4	352	15.0	13.6–16.4	355	15.7	13.2–18.1	294	14.1	12.5–15.7
Total	866	21.1	19.2–22.9	802	19.5	18.2–20.8	781	19.9	18.0–21.8	592	16.4	15.2–17.6

Abbreviation: CI, confidence interval.

Note. "Hunger/food insecurity" defined as going without food due to lack of money during the past 12 months. Numbers might not add to total because of "don't know" and skipped (missing) responses. Excluded are estimates with a coefficient of variation ≥ 0.30 and those based on a denominator sample size < 30 .

^a Numbers are unweighted.

^b Percentages are weighted percentages.

^c CIs incorporate weighted percentages.

^d Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

^e Hispanic/Latino persons can be of any race. Persons are classified in only 1 race/ethnicity category.

Table 4. Prevalence of unemployment among adults with diagnosed HIV—Medical Monitoring Project, United States, 2017–2020

	2017			2018			2019			2020		
	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c
Gender												
Cisgender male	459	14.6	12.8–16.4	408	13.9	12.6–15.2	405	13.7	12.0–15.4	492	18.6	17.0–20.2
Cisgender female	155	15.0	12.4–17.7	131	13.8	11.2–16.4	131	12.6	10.1–15.1	126	14.9	12.1–17.7
Transgender ^d	20	28.2	16.8–39.5	11	13.4	5.6–21.2	18	25.3	11.9–38.6	25	35.9	23.3–48.4
Sexual orientation												
Lesbian or gay	240	12.7	11.1–14.4	188	11.4	10.0–12.8	216	12.7	11.2–14.2	288	18.3	16.1–20.5
Heterosexual or straight	299	15.2	13.2–17.1	276	14.7	13.0–16.4	257	13.9	11.4–16.4	257	16.2	13.8–18.5
Bisexual	67	21.6	16.2–27.0	63	18.3	13.6–23.1	50	13.6	9.3–17.8	69	26.1	19.0–33.2
Other	23	22.3	12.4–32.2	21	20.3	11.9–28.7	29	26.3	16.8–35.9	22	19.4	10.8–28.1
Race/ethnicity												
American Indian/Alaska Native	—	—	—	—	—	—	—	—	—	—	—	—
Asian	—	—	—	—	—	—	—	—	—	—	—	—
Black/African American	305	17.6	15.6–19.6	267	16.2	14.6–17.8	249	14.9	12.4–17.3	282	19.3	16.5–22.0
Hispanic/Latino ^e	155	16.5	13.7–19.2	134	15.1	12.6–17.6	143	15.5	12.8–18.2	158	19.7	16.1–23.4
Native Hawaiian/other Pacific Islander	—	—	—	—	—	—	—	—	—	—	—	—
White	125	10.0	8.3–11.7	112	10.1	8.2–12.0	124	10.9	9.2–12.7	164	15.0	12.5–17.6
Multiple races	42	16.8	11.1–22.4	24	9.0	5.4–12.7	26	11.7	7.8–15.5	26	16.8	10.8–22.8
Age at time of interview (years)												
18–29	82	22.5	17.7–27.4	77	21.6	16.5–26.8	62	16.9	13.0–20.8	74	29.1	23.0–35.2
30–39	143	20.9	17.0–24.8	119	19.1	15.6–22.6	132	21.1	17.6–24.6	160	26.0	21.3–30.6
40–49	147	14.7	12.7–16.8	131	14.4	11.8–17.0	111	14.6	12.0–17.2	116	18.2	14.2–22.2
≥50	262	11.7	9.7–13.6	223	10.6	9.3–12.0	251	10.5	8.6–12.3	294	13.9	11.9–15.8
Total	634	14.9	13.5–16.4	550	13.9	12.6–15.1	556	13.7	12.2–15.3	644	18.1	16.5–19.7

Abbreviation: CI, confidence interval.

Note. Unemployed persons include those who reported being unemployed at the time of interview. Numbers might not add to total because of “don’t know” and skipped (missing) responses. Excluded are estimates with a coefficient of variation ≥ 0.30 and those based on a denominator sample size < 30 .

^a Numbers are unweighted.

^b Percentages are weighted percentages.

^c CIs incorporate weighted percentages.

^d Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose “transgender” in response to the question about self-identified gender.

^e Hispanic/Latino persons can be of any race. Persons are classified in only 1 race/ethnicity category.

Table 5. Prevalence of unstable housing or homelessness among adults with diagnosed HIV—Medical Monitoring Project, United States, 2018–2020

Behavior	2018			2019			2020		
	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c	No. ^a	Row % ^b	95% CI ^c
Gender									
Cisgender male	625	20.8	19.1–22.5	544	19.0	17.2–20.9	455	16.6	14.3–18.9
Cisgender female	219	20.9	18.5–23.2	213	20.4	17.5–23.4	147	16.9	14.3–19.5
Transgender ^d	26	33.2	20.4–46.0	31	35.6	23.2–48.0	25	37.4	22.7–52.2
Sexual orientation									
Lesbian or gay	290	17.7	14.9–20.4	274	17.0	14.9–19.2	254	15.8	13.5–18.1
Heterosexual or straight	446	22.4	20.1–24.6	375	19.3	16.5–22.1	249	15.9	13.3–18.5
Bisexual	94	26.4	21.3–31.4	101	30.4	25.6–35.1	87	25.5	20.3–30.7
Other	35	28.4	19.2–37.6	37	34.0	24.5–43.5	31	27.6	19.9–35.4
Race/ethnicity									
American Indian/Alaska Native	—	—	—	—	—	—	—	—	—
Asian	—	—	—	—	—	—	—	—	—
Black/African American	450	25.3	23.2–27.4	392	24.3	20.9–27.6	303	19.7	16.6–22.9
Hispanic/Latino ^e	169	19.1	15.3–22.8	163	17.1	13.1–21.0	143	16.9	13.2–20.5
Native Hawaiian/other Pacific Islander	—	—	—	—	—	—	—	—	—
White	178	15.7	13.2–18.3	176	15.6	13.3–17.8	131	13.1	10.3–15.8
Multiple races	61	27.2	22.4–32.1	52	26.0	17.2–34.9	40	24.1	14.6–33.7
Age at time of interview (yr)									
18–29	131	41.5	35.0–48.0	133	37.5	30.6–44.5	94	37.8	32.0–43.6
30–39	173	28.1	24.2–32.0	185	29.8	26.3–33.2	175	27.6	22.7–32.5
40–49	211	22.7	19.4–26.0	156	19.5	16.3–22.8	101	13.8	10.8–16.8
≥50	355	14.7	13.0–16.4	317	13.9	12.1–15.7	260	11.9	10.2–13.6
Total	870	21.0	19.5–22.6	791	19.8	18.0–21.6	630	17.2	15.2–19.2

Abbreviation: CI, confidence interval.

Note. "Unstable housing or homelessness" defined as experiencing unstable housing (i.e., moving 2 or more times, being evicted, or moving in with others due to financial problems) or homelessness (i.e., living on the street, in a shelter, in a single-room–occupancy hotel, or in a car) during the past 12 months. Numbers might not add to total because of "don't know" and skipped (missing) responses. Excluded are estimates with a coefficient of variation ≥ 0.30 and those based on a denominator sample size < 30 .

^a Numbers are unweighted.^b Percentages are weighted percentages.^c CIs incorporate weighted percentages.^d Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.^e Hispanic/Latino persons can be of any race. Persons are classified in only 1 race/ethnicity category.

Table 6. Median HIV stigma score among adults with diagnosed HIV—Medical Monitoring Project, United States, 2018–2020

Behavior	2018			2019			2020		
	No. ^a	Median score	95% CI	No. ^a	Median score	95% CI	No. ^a	Median score	95% CI
Gender									
Cisgender male	2,785	29.6	28.7–30.5	2,824	28.9	27.5–30.3	2,624	27.6	26.8–28.4
Cisgender female	965	36.4	34.2–38.6	990	37.3	35.0–39.6	817	30.5	28.1–32.8
Transgender ^b	73	34.1	27.7–40.6	84	32.3	24.4–40.1	74	34.3	23.5–45.1
Sexual orientation									
Lesbian or gay	1,534	28.8	27.3–30.3	1,611	27.8	25.4–30.3	1,613	26.4	25.1–27.7
Heterosexual or straight	1,827	33.8	32.1–35.4	1,811	33.3	31.3–35.4	1,460	29.5	28.4–30.6
Bisexual	338	33.8	30.8–36.9	344	32.1	29.2–34.9	297	31.2	27.7–34.6
Other	110	27.2	23.0–31.5	115	31.0	26.0–36.0	103	32.1	22.9–41.2
Race/ethnicity									
American Indian/Alaska Native	—	—	—	—	—	—	—	—	—
Asian	33	26.1	14.3–37.8	38	32.4	21.8–43.1	46	32.9	26.3–39.4
Black/African American	1,640	33.3	31.4–35.3	1,633	30.8	29.5–32.2	1,391	28.7	27.5–30.0
Hispanic/Latino ^c	835	32.2	30.1–34.3	875	32.7	30.2–35.2	825	29.9	28.3–31.5
Native Hawaiian/other Pacific Islander	—	—	—	—	—	—	—	—	—
White	1,077	28.2	26.3–30.0	1,142	29.0	27.1–31.0	1,089	25.6	23.4–27.8
Multiple races	210	35.7	30.1–41.2	182	35.3	26.1–44.4	144	29.4	26.0–32.7
Age at time of interview (yr)									
18–29	328	37.8	34.9–40.8	329	38.2	35.5–40.9	248	33.5	28.7–38.3
30–39	581	36.3	34.0–38.6	615	33.9	31.0–36.8	605	31.8	29.0–34.5
40–49	845	32.2	30.4–34.1	765	32.4	30.4–34.4	599	29.7	27.8–31.6
≥50	2,070	28.6	27.5–29.8	2,195	28.4	27.4–29.4	2,066	26.4	25.2–27.5
Total	3,824	31.2	30.3–32.1	3,904	30.7	29.2–32.1	3,518	28.4	27.7–29.2

Abbreviations: CI, confidence interval; MMP, Medical Monitoring Project [footnotes only].

Note. "Median HIV stigma score" defined as the 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 people living with HIV, measured among persons aged ≥18 years with diagnosed HIV infection living in the United States and Puerto Rico. The HIV stigma scale used for this indicator is available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2001277/table/T1/?report=objectonly> [Wright K, Naar-King S, Lam P, Templin T, Frey M. Stigma scale revised: reliability and validity of a brief measure of stigma for HIV+ youth. *J Adolesc Health* 2007;40(1):96–98]. Data collected on HIV stigma by using this scale started with 2018 MMP data collection cycle. Numbers might not add to total because of "don't know" and skipped (missing) responses. Excluded are estimates based on a denominator sample size <30.

^a Numbers are unweighted.

^b Persons were classified as transgender if sex at birth and gender reported by the person were different, or if the person chose "transgender" in response to the question about self-identified gender.

^c Hispanic/Latino persons can be of any race. Persons are classified in only 1 race/ethnicity category.