



UNDETECTABLE = UNTRANSMITTABLE #UequalsU

A person with HIV who is on treatment and has an undetectable viral load cannot transmit HIV. **Undetectable = Untransmittable**

HIV IN THE UNITED STATES

According to the United States Centers for Disease Control and Prevention, there are more than 1.1 million people in the U.S. living with HIV, and approximately 40,000 new diagnoses each year. The virus continues to disproportionately affect members of the LGBTQ community, especially LGBTQ communities of color, particularly cisgender Black and Latino gay and bisexual men, transgender women and Black women.¹

HIV LIFETIME RISK FOR GAY AND BISEXUAL MEN²



PRIORITY POPULATIONS

TRANSGENDER WOMEN AND HIV³

- + **At least 1 in 20** transgender women are living with HIV
- + **Black transgender women** are at least 3x more likely to be diagnosed with HIV
- + **Latinx transgender women** are at least 1.5x more likely to be diagnosed with HIV

BLACK PEOPLE & HIV¹

- + Black Americans are **7x more likely** than white Americans to be living with HIV
- + **46%** of people living with HIV in the U.S. are Black

YOUTH¹

- + **1 in 5 new HIV diagnoses** are young people between 13 and 24 years old

HIV FACTS

- + **9 out of 10** new diagnoses are from sexual contact¹
- + **7%** of new diagnoses result from injection drug use¹
- + **80%** of new diagnoses in men are from sex with other men¹
- + **HIV can only be transmitted** through bodily fluids like semen and blood⁴
- + **According to the CDC**, condoms are 63-80%, PrEP is ~99% and U=U is 100% effective at preventing HIV

STIGMA

According to Merriam-Webster, stigma is defined as "a mark of shame or discredit."

For many people living with HIV today, the HIV stigma has been more deadly than the virus itself. The stigma associated with HIV has caused too many families and friends to turn their backs on their loved ones, leaving them without a stable home or emotional and social support when they need it the most. Stigma puts the lives of people with HIV at risk, especially Black and Brown folks, sex workers and transgender women, who are perceived as dangerous not only because of their HIV status but also intersectional stigmas. Too many people with HIV are suffering in silence.

Stigma associated with HIV is also a deterrent to testing for HIV, and a main reason why people diagnosed with HIV delay starting treatment and staying in care.

The good news, though, is that everyone can play a role in ending HIV stigma. It is now clear that Undetectable = Untransmittable or U=U, which means that **a person with HIV who is on treatment and has an undetectable viral load cannot transmit the virus through sex – even without condoms.** The risk is zero! When someone is undetectable, as Dr. Anthony Fauci, Director of NIAID, explains, "not only do we save the life of that person, we make it, in fact, impossible for that person to transmit."

¹ CDC HIV Surveillance Report - Updated (2018): <https://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2018-updated-vol-31.pdf>

² HIV Among Gay and Bisexual Men, CDC Fact Sheet (2016): <https://www.cdc.gov/nchhstp/newsroom/docs/factsheets/cdc-msm-508.pdf>

³ Jeffrey S. Becasen, Christa L. Denard, Mary M. Mullins, Darrel H. Higa, Theresa Ann Sipe, "Estimating the Prevalence of HIV and Sexual Behaviors Among the US Transgender Population: A Systematic Review and Meta-Analysis, 2006–2017", American Journal of Public Health 109, no. 1 (January 1, 2019): pp. E1-e8. <https://doi.org/10.2105/AJPH.2018.304727>

⁴ HIV Transmission, CDC (2019): <https://www.cdc.gov/hiv/basics/transmission.html>





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Prevention Access Campaign's science-based global U=U movement is dismantling stigma associated with HIV across the world, seeking to educate everyone, regardless of their HIV status, about how effective treatment can keep people with HIV healthy and finally stop the spread of HIV.

This community led movement has changed the lives of hundreds of thousands of people worldwide who are living with and affected by HIV. By correcting perceptions about HIV transmission, the movement has helped so many people with HIV and their partners experience social, sexual and reproductive lives they never imagined would be possible. It is dismantling longstanding HIV stigma, and bringing us closer to ending the epidemic.

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Prevention Access Campaign (PAC) launched the U=U campaign in 2016 with two advocacy and communications goals:

- 1) Build a science-based consensus to confirm U=U;
- 2) Disseminate the widely unknown U=U science through U.S. and international partnerships.

Today, U=U is a global health and human rights movement with over 1,000 official partners in more than 100 countries. U=U has been accepted by the global medical and scientific community as fact, changing lives and the field worldwide — a testament to the passion and power of the HIV community.

Sharing knowledge about U=U is game changing in the many ways it makes a difference to those with HIV and its impact on ending the epidemic:

WELL-BEING OF PEOPLE WITH HIV:

Transforms the social, sexual and reproductive lives of people with HIV by freeing them from the shame and fear of sexual transmission to their partners.

HIV STIGMA:

Dismantles the HIV stigma that has been destroying lives and impeding progress in the field since the beginning of the epidemic.

TREATMENT GOALS:

Reduces the anxiety associated with testing, and encourages people living with HIV to start and stay on treatment to stay healthy and prevent transmission.

UNIVERSAL ACCESS:

Offers a public health argument to increase access and remove barriers to treatment, care and diagnostics to save lives and prevent new transmissions.

THE TIME TO ACT IS NOW

U=U must be widely communicated in a clear, consistent and accurate manner to greatly improve the lives of people with HIV and bring us closer to ending the epidemic.

There are hundreds of thousands of people with HIV in the U.S. and millions more worldwide who are suffering with the belief that they're infectious. They are suffering from social rejection, isolation, depression, suicide, intimate partner violence, prosecution and murder.

U=U is a solution to long-standing HIV stigma, bringing hope and new possibilities to love, to have sex and to conceive children without any fear of passing on HIV. There is no other information in the HIV field so **URGENT** or **IMPORTANT** to share with people with HIV, health care providers, policy makers, and the public worldwide.

Please join us to transform what it means to love and live with HIV.

“THIS INFORMATION IS IMPORTANT AND HAS THE POWER TO CHANGE LIVES. WE URGE YOU TO SHARE THIS GROUNDBREAKING SCIENCE WITH YOUR COMMUNITIES.”

— DR. EUGENE MCCRAY, DIRECTOR OF THE DIVISION OF HIV/AIDS PREVENTION, CDC

“U=U IS A SIMPLE BUT HUGELY IMPORTANT CAMPAIGN BASED ON A SOLID FOUNDATION OF SCIENTIFIC EVIDENCE.”

— THE LANCET EDITORIAL BOARD

