

CDC Efforts to Address HIV/AIDS and Youth

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September 30, 2011
Presidential Advisory Council on HIV/AIDS
Washington, DC



CDC Efforts to Address HIV/AIDS among Youth

- Youth: adolescents/young adults (≤ 24)
- Focus areas
 - HIV/AIDS
 - STDs
 - Sexual Health
- Divisions/Center
 - Division of Adolescent and School Health
 - Division of HIV/AIDS Prevention
 - Division of STD Prevention
 - NCHHSTP Sexual Health Initiative

DASH Activities to Address Youth

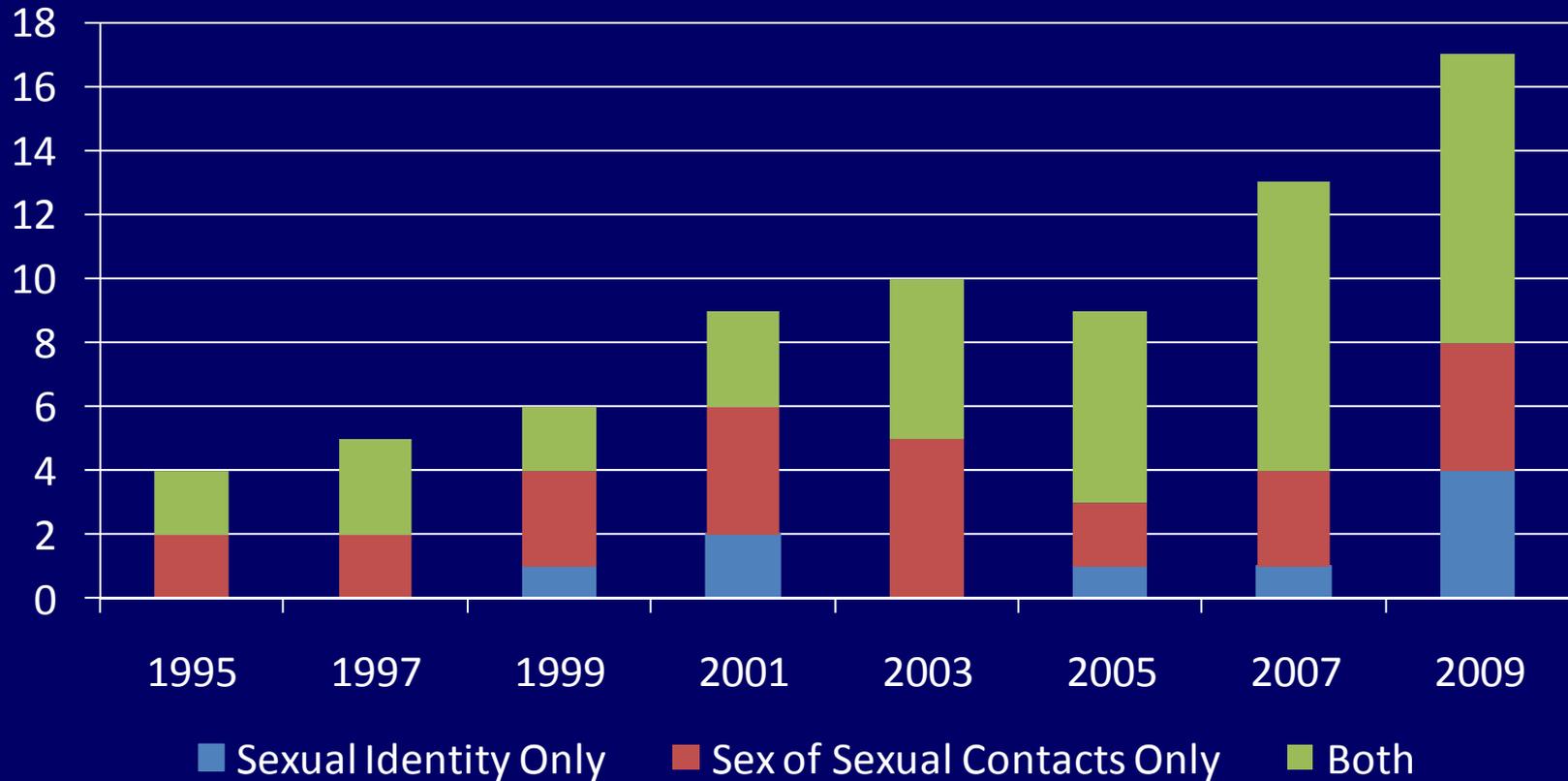
- *Indicators:* Monitor sexual health risk behaviors and school policies and practices to address them
- *Research:* Conduct behavioral research to help provide the science base for effective policies and programs
- *Guidance:* Provide evidence-based guidance for adolescent and school health programs to prevent HIV/STDs/teen pregnancy
- *Program Support:* Provide funding and technical assistance to state, local, territorial, and tribal agencies and NGOs to support delivery of effective HIV/STD/teen pregnancy prevention programs



DASH: Key Indicators

- YRBSS: % of high school students who
 - Abstained from sexual intercourse or used condoms if sexually active
 - Used both a condom and a hormonal contraceptive during last sexual intercourse
 - Were taught in school about HIV/AIDS
- School Health Policies and Practices Study (SHPPS)/Profiles: regarding HIV/STD/pregnancy prevention, % of schools that
 - Addressed key topics on prevention
 - Provided professional development for lead health educators
 - Educated families
 - Linked students for clinical preventive services
 - Had gay-straight alliances

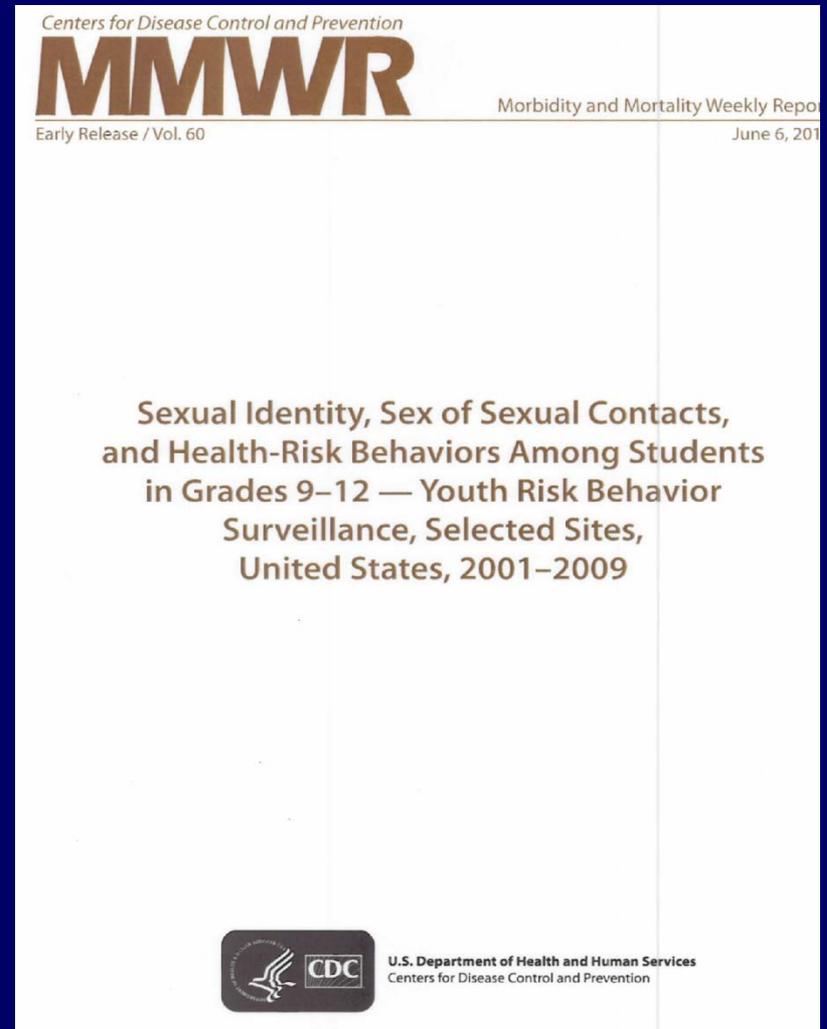
YRBSS Sites* Asking Questions on Sexual Minority Status, by Year



* With weighted data

Health of LGB Youth

- Data from 7 states and 6 cities
- First population-based data on health risk behavior of sexual minority youth
- Increased health risk behaviors (injury, violence, suicide, tobacco, alcohol/drugs, sexual behavior, diet, physical activity)
- Released June 6 at Dept Education LGBT Youth Summit



DASH Guidance for School Health Education

- *CDC School Health Guidelines to Prevent HIV, Other STDs, and Pregnancy and to Promote SH*
 - Updated version to be released Jan 2012
 - Part of a coordinated school health framework
 - Items to assess school policies/practices relate to SH to be added to CDC's School Health Index
- *Health Education Curriculum Analysis Tool (HECAT)*
 - Conduct clear, complete and consistent analyses of health education curricula
 - Based on
 - National Health Education Standards
 - CDC's Characteristics of Effective Health Education Curricula
 - Select or develop appropriate and effective curricula
 - Customizable to meet local needs and requirements

DASH: Programmatic Activities

- Support for HIV prevention education in 49 SEAs, 16 LEAs
 - Build capacity of schools and other institutions to promote sexual health among youth
 - Foster the delivery of high-quality, evidence-based sexual health education
 - Increase youth access to contraceptives and sexual health services
 - Establish supportive environments for LGBT youth
 - Enhance youth resilience through positive youth development and family education
- National NGO funding to support programs in areas with highest HIV/STD/teen pregnancy burden
 - 13 NGOs to be funded 2011-16

DASH: Challenges and Possible Responses

- **Decentralized education system** with widely differing policies and programs makes dissemination of standards difficult
- **Increasing focus on test results** diminishes other aspects of school mission, such as protecting and promoting health
- **Funding** for school health programs **fragmented** and inadequate.
 - Most funding categorical, despite evidence that many health outcomes can be prevented by common protective factors.
- **Gap between need to implement** evidence-based interventions with fidelity **& program capacity**.
 - better understanding needed regarding steps and capacity necessary to implement interventions, which parts must be standard and which parts can be tailored to local needs.
- **Need to balance** ensuring that all students are educated about HIV/STD and targeting high-risk adolescents

DHAP Activities to Address Youth

- In alignment with NHAS, DHAP focuses on reducing racial/ethnic disparities and on populations most at risk, such as MSM
 - Youth are important in both, but not focused on as a primary target
 - Overall, most “youth-focused” programs are conducted by DASH
- DHAP-specific youth-focused activities
 - Testing events by health depts and CBOs
 - YMSM of Color and YTG of Color FOA (PS 11-1113)
 - Youth-focused communications projects
 - Youth-focused interventions

DHAP: YMSM of Color and YTG of Color FOA

- 5 yr program emphasizing testing, linkage, & re-engagement in care/prevention
- \$55 m over 5 yrs to 34 CBOs
 - Average award \$300,000
 - 19 states and Puerto Rico
 - 30 CBOs focused on young gay/bisexual men, 6 on transgender youth
- Goals
 - Provide HIV testing to > 90,000
 - Identify and link 3500 new HIV+ to care and prevention
 - Deliver behavioral change HIV prevention & condom distribution programs for high-risk HIV-

DSTDP Activities to Address Youth

- Youth a primary focus of division efforts
 - Nearly 50% of STD estimated to occur in youth
- Priority activities
 - Chlamydia screening, rescreening
 - Expedited Partner Therapy
 - HPV vaccine implementation, monitoring
 - Bacterial STI in young MSM
 - Behavioral interventions
 - Intervention research/translation—Project CONNECT
 - Social marketing—Get Yourself Tested (GYT)

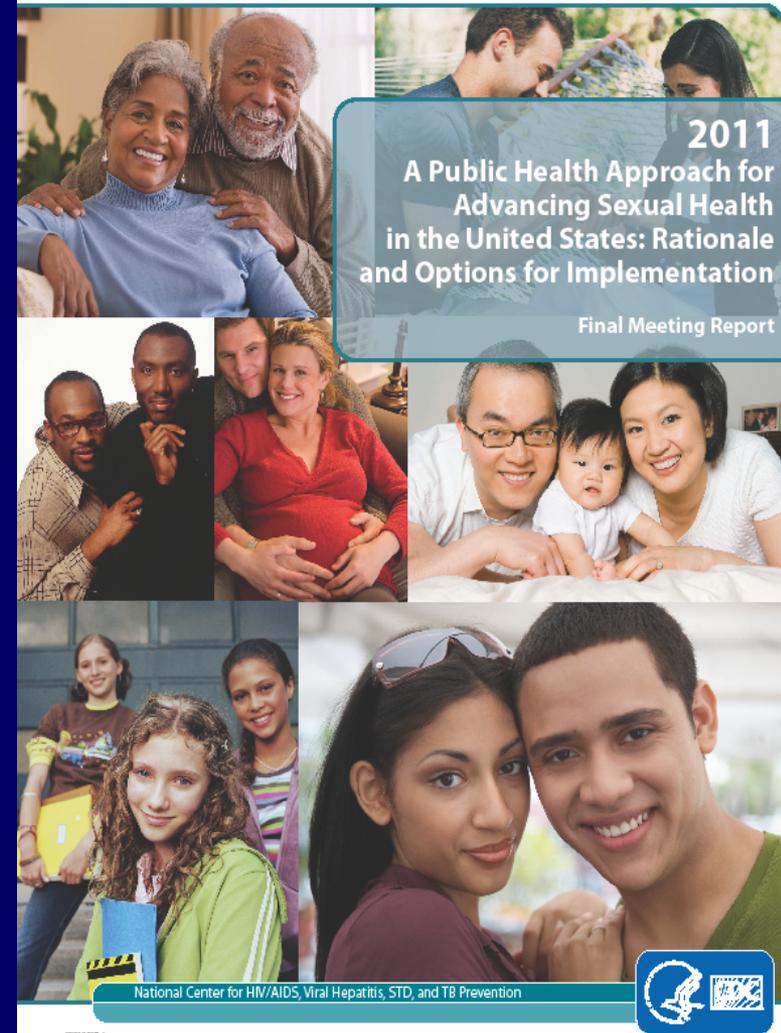
What Percentage of CDC HIV Prevention Resources is Being Targeted for Youth?

- DASH: 100%
- DHAP: no precise data
 - 20% reported HIV cases in 2009 in youth
- DSTDP: no precise data
 - estimated > 18% (funds for Infertility Prevention Project for CT screening of young F)
 - 72% reported CT cases in 2009 in youth

CDC Sexual Health Initiative: Consultation

April 2010

- Strong endorsement by attendees: SH framework is broad, contextual, positive, inclusive, empowering
- Opportunity to communicate, normalize and destigmatize SH, leverage partners, synergize (with other “health” approaches)
- Key recommendations
 - Develop a CDC definition of sexual health and a White Paper
 - Develop key objectives & national SH indicators
 - Communications research to find right metaphors, tone, message for greatest acceptance
 - Consider a national coalition of partners to include faith-based organizations
 - Work with programs and providers to determine how a SH framework can enhance their work



Why Does the U.S. Need A Sexual Health Focus to Enhance Public Health Efforts?

- Focus shifts from a disease-focus to a **more positive health-based approach** characterized by understanding of complex factors that shape human sexual behavior
 - Reduces stigma
 - Relevant to those seeking health (ie, everyone)
- Helps enhance the **efficiency and effectiveness of prevention messaging** and services by **bundling** messages and services
 - Effectiveness (eg, platforms for “Childhood immunizations, “Heart health”, physical fitness, etc.)
- Enhances ability to **normalize conversations** regarding contributions of sexuality and sexual behavior to overall health

Sexual Health Framework: Using health promotion to complement disease control and prevention



CDC Efforts to Address Sexual Health

- Policy
 - CHAC SH WG
 - New definition and indicators for SH
 - White paper: “A Public Health Approach for Advancing Sexual Health in the U.S.”
- Science-based
 - Reviews of intervention evidence, transnational approaches
 - Assessing of communication framework, messages
- Partnerships
 - National Coalition to Enhance STD/HIV Prevention through Promotion of a Holistic Approach to Health and Wellness to be awarded **9/30/11**

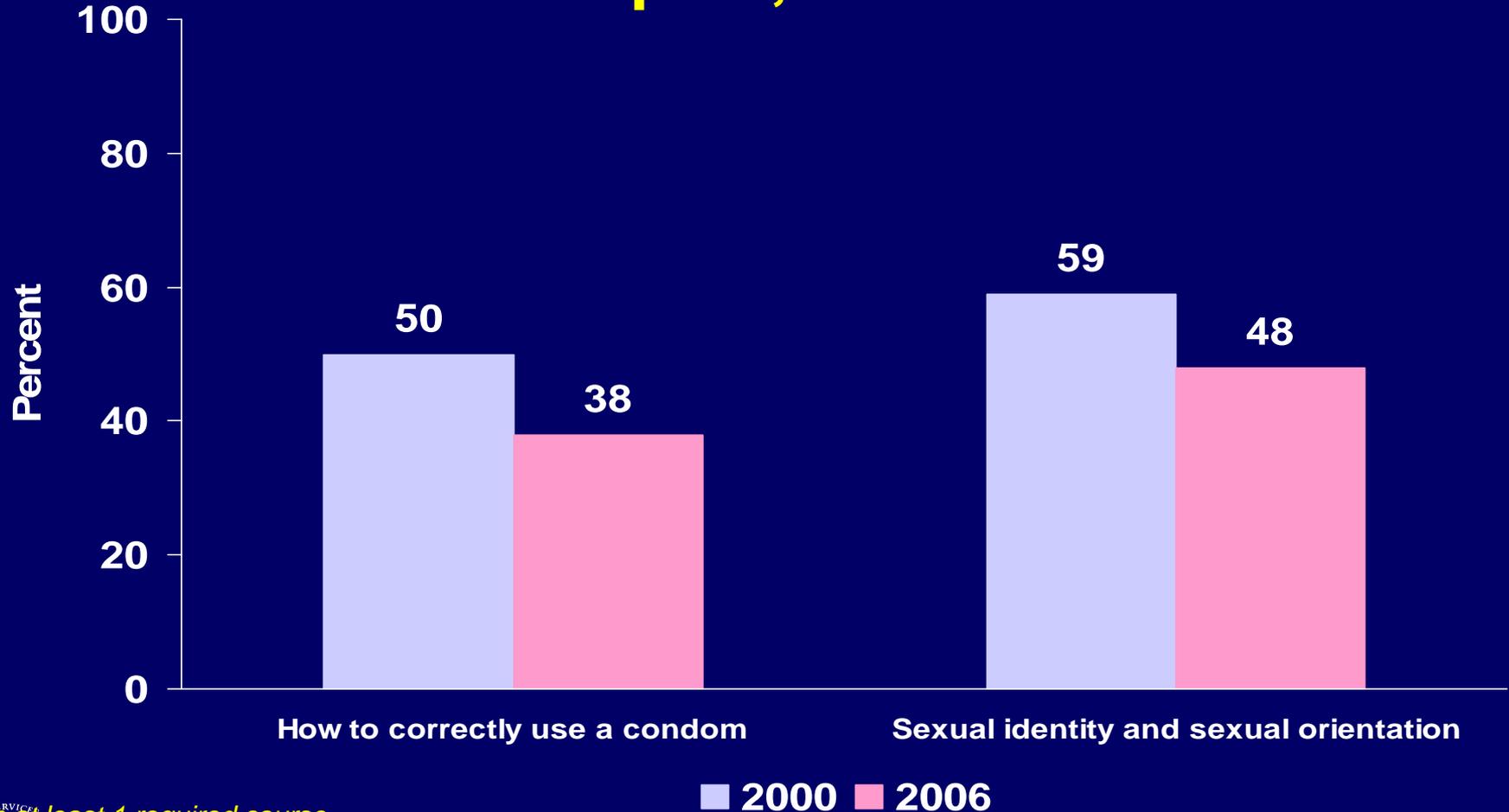
Acknowledgements

- Howell Wechsler
- Kristen Mangold
- Alexis Kaigler
- Eva Margolies
- Meg Ivankovich
- Stan Lehman





Percentage of High Schools in Which Teachers Taught Specific Human Sexuality and HIV Prevention Topics,* 2000 and 2006

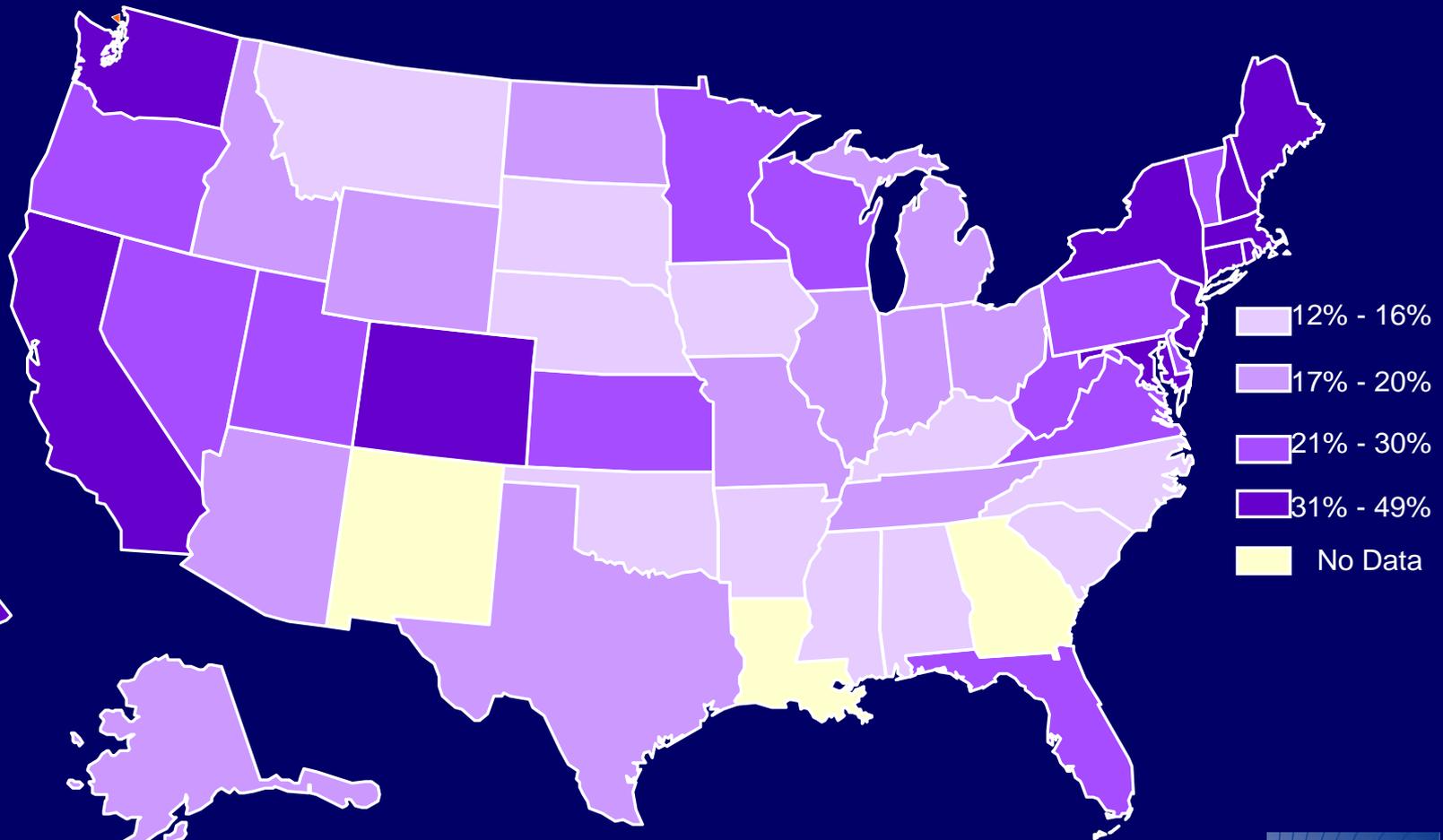


In at least 1 required course.

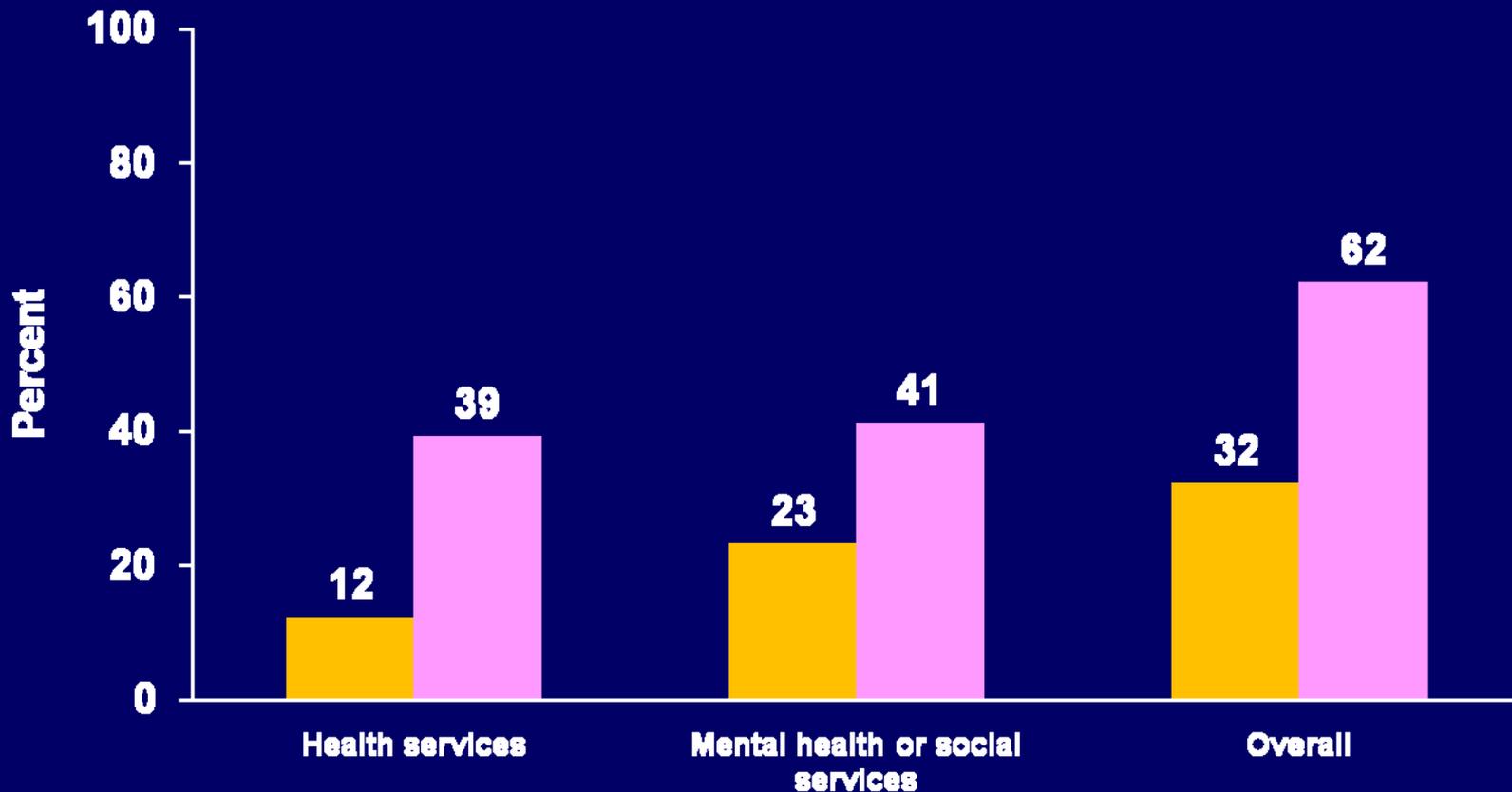
School Health Policies and Programs Study, 2000 and 2006



Percentage of Secondary Schools With a Gay/Straight Alliance or Similar Club



Percentage of Schools* That Provided HIV Counseling, Testing, and Referral Services, by Provider Type, 2000 and 2006



■ 2000 ■ 2006

Youth Risk Behavior Surveillance System (YRBS)

- Biannual survey of 9th-12th grade HS students
 - Started 1991
 - Current participation: 76 sites (47 states, 23 cities, 6 tribal/territory)
- Risk behaviors assessed
 - Contribute to injuries/violence
 - Tobacco
 - Alcohol, drugs
 - Diet
 - Physical activity
 - Sexual activity



Ever had sex
Had sex before age 13
Had sex with ≥ 4 or more persons
Currently sexually active
Condom use
Contraceptive use
Use of alcohol or other drugs before last sex



Surveillance of School Policies and Practices

- School Health Policies and Practices Study (SHPPS)
 - National survey of school health policies & practices at state, district, school, and classroom levels
 - Provides national level data
 - Conducted every 6 years (1994-2012)
 - As of 2014, more targeted survey every other yr
- School Health Profiles
 - Biannual survey of state, territorial, tribal, large cities
 - Provides state and local-level data



DSTDP: Priority Challenges

- Increasing adherence to screening recommendations in the private sector
 - Public and provider education
 - Working with health plans to promote uptake of USPSTF recommendations
- Improving and assuring confidential access to STD services for youth
 - Legal policy analysis of laws on consent, confidentiality
- Increasing utilization of EPT to prevent re-infection and ongoing transmission
 - addressing barriers such as state laws prohibiting EPT and policies preventing reimbursement



CDC HIV/STD Prevention: Youth Engagement in Planning and Implementation

- Social marketing, health communication research
 - Youth advocates work with partners (ie, Planned Parenthood) to provide input on *GYT* campaign.
 - Youth surveyed as part of NCHHSTP Sexual Health message assessment process
- Direct engagement by funded partners
 - LA holds annual leadership conference for youth with emphasis on developing leadership skills to expand GSA in high schools across LA Unified School District
 - South Dakota and several other states work with Straight Forward, a local teen advocacy group on increased awareness and communication between teens and parents.
 - Vermont conducts youth focus groups to provide input into curricula training for professional development events.



DHAP: Youth-Focused HIV Prevention Communications Projects & Interventions

- Communications projects
 - Act Against AIDS Leadership Initiative
 - 9 of 19 grantees have youth-focused programs
 - *Take Charge. Take the Test.*
 - Campaign to promote HIV testing in AfAm F 18-34 yrs old
 - *Testing Makes Us Stronger*
 - Campaign to promote HIV testing among black gay and other MSM
 - Not exclusive for youth, but those 18-24 are primary audience
 - *Greater Than AIDS*
 - CDC-supported Kaiser Family Foundation campaign targeting most-heavily affected communities via media partners (eg, MTV) and community outreach
- Interventions
 - *Project AIM* (reduce HIV risk behaviors at-risk youth)
 - *Choosing Life: Empowerment! Action! Results!* (for those ≥ 16 living with HIV or at high risk)
 - *Focus on Youth* (for AfAm youth 12-15)



CDC Definition of Sexual Health: A Public Health Perspective

- Sexual health is a state of wellbeing in relation to sexuality across the lifespan that involves physical, emotional, mental, social, **and spiritual** dimensions.
- Sexual health is an inextricable element of human health and is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction, that is free of coercion, fear, discrimination, stigma, shame, and violence.
- It **includes the ability to understand the benefits, risks, and responsibilities of sexual behavior; the prevention of disease and other adverse outcomes; and the possibility of fulfilling** sexual relationships.
- **Sexual health is impacted by socioeconomic and cultural contexts—including policies, practices, and services—that support healthy outcomes for individuals and their communities.**



Developed by the Sexual Health Workgroup of the CDC-HRSA Advisory Committee. 2011



Objectives of CDC's public health approach to advancing sexual health in the U.S.

- I. Increase knowledge, communication, and respectful attitudes regarding sexual health
- II. Increase use of high-quality, coordinated educational, clinical, and other preventive services that improve sexual health
- III. Increase healthy, responsible, and respectful sexual behaviors and relationships
- IV. Decrease adverse health outcomes, including HIV/STDs, viral hepatitis, unintended pregnancies, and sexual violence



DASH: Engagement of youth in planning and implementation

- Youth not directly involved by DASH in planning, however funded partners engage youth in both planning and implementation.
- Examples
 - LA holds annual leadership conference for youth with emphasis on developing leadership skills to expand GSA in high schools across LA Unified School District
 - South Dakota and several other states work with Straight Forward, a local teen advocacy group on increased awareness and communication between teens and parents.
 - Tell It To Me Straight community dinner for parents of MS and HS-aged students encourages parents to engage children in conversations on teenage sexuality, other safety concerns
 - Broward County Public Schools partnered with American Red Cross to develop and implement an HIV/AIDS education program for HS students—Project BEAT (Bridging Education and Attitudes in Teens).
 - Vermont conducts focus groups with youth to incorporate student input into curricula training professional development events.



DSTDP engagement of youth in planning and implementation

- DSTDP conducts social marketing research with youth to inform our communication activities
- Youth advocates work with our partner Planned Parenthood Federation of America to provide input on the *GYT* campaign.

