

# Central Oregon Public Health Quarterly

Communicable Disease Update for Crook, Deschutes, and Jefferson Counties  
2018: Quarter 4

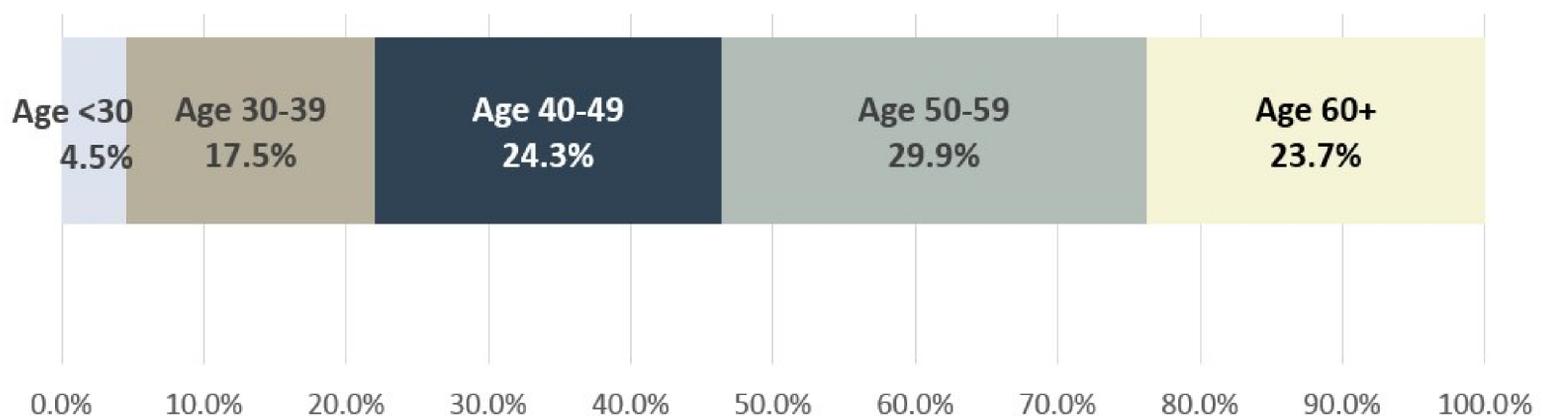
24/7 Communicable Disease reporting lines: : Crook County: 541-447-5165 : Deschutes County: 541-322-7418 : Jefferson County: 541-475-4456

## HIV in Central Oregon

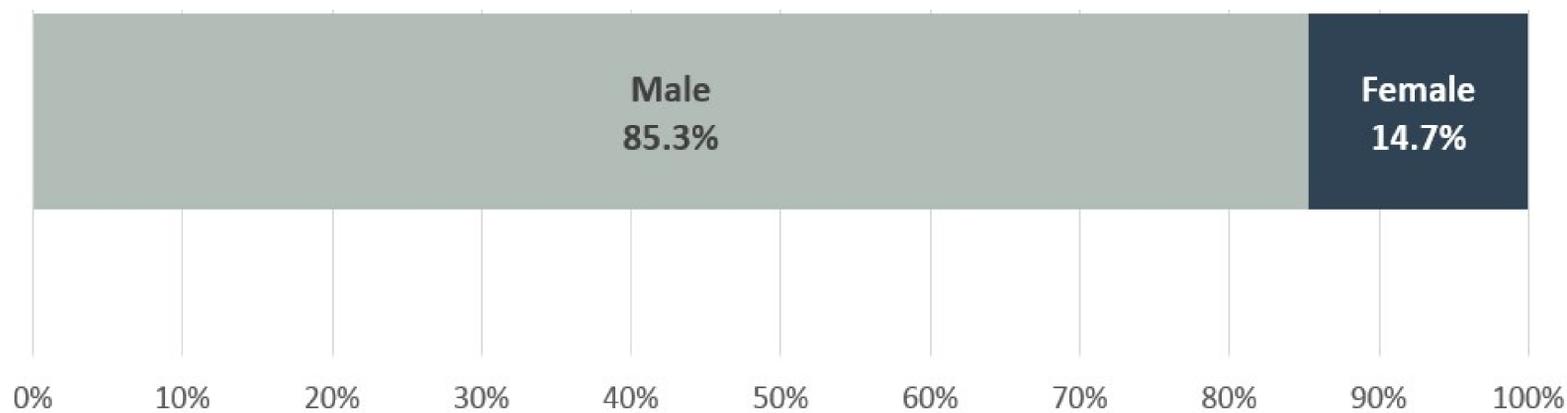
As of October 1, 2018, there were an estimated 177 people living with diagnosed HIV in Crook, Deschutes, and Jefferson Counties. There are likely many other Central Oregonians who have HIV but do not know they have it. Statewide, Oregon Health Authority estimates that around 1,100 Oregonians have undiagnosed HIV.

Percent of all people living with diagnosed HIV in Central Oregon by age group, 2018

Nearly a quarter (23.7%) of Central Oregonians living with diagnosed HIV are aged 60 or older. Only 4.5% are younger than 30.



Percent of all people living with diagnosed HIV in Central Oregon by sex, 2018



Most (85%) Central Oregonians living with diagnosed HIV are male.

### HIV Care Continuum Across Oregon

Oregon Health Authority estimates that there were 7,557 persons living with diagnosed HIV across the state of Oregon at the end of 2017. Of these:

- 6,495 (86%) were in care, or had an HIV-related laboratory test during the calendar year
- 6,300 (83%) were on treatment, or had been prescribed an antiretroviral medicine
- 5,648 (75%) were considered virally suppressed

### Ryan White HIV Case Management Program

Any person living with HIV in Central Oregon is eligible for enrollment in the Ryan White HIV Case Management Program.

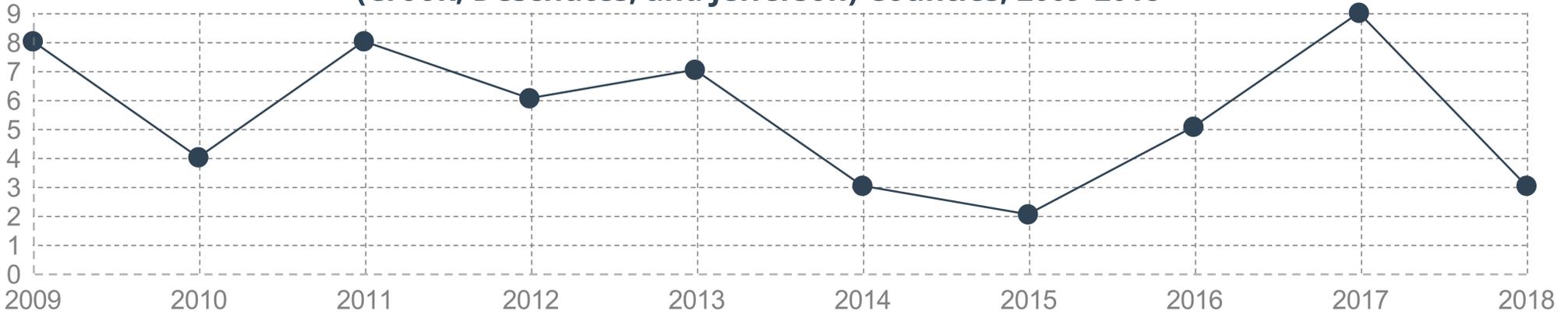
The goals of the program are to connect persons living with HIV to needed services and treatment.

There are currently around 70 Central Oregonians enrolled in the program, 97% of whom were considered virally suppressed in 2018.

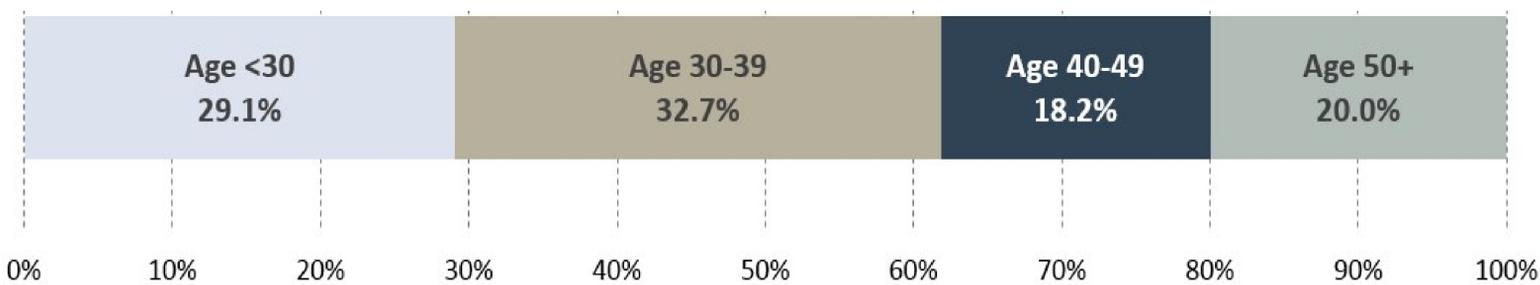
# New HIV Cases in Central Oregon

Over the past ten years, there were 55 new HIV cases diagnosed among Central Oregon residents. The number of newly diagnosed HIV cases per year in Central Oregon has ranged from 2 in 2015 to 9 in 2017.

Number of new HIV cases diagnosed per year, Central Oregon (Crook, Deschutes, and Jefferson) Counties, 2009-2018

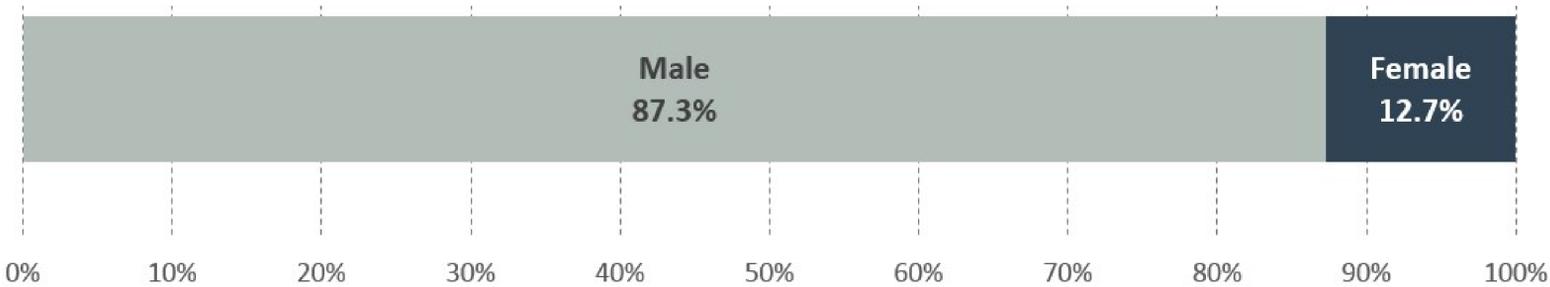


Percent of new HIV cases by age group at diagnosis, Central Oregon, 2009-2018



Most (62%) new HIV cases in Central Oregon were younger than 40 at diagnosis. Nearly one-in-three (29%) were younger than 30 at diagnosis.

Percent of new HIV cases by sex, Central Oregon, 2009-2018



Over the past ten years, most (87.3%) new HIV cases in Central Oregon were male.

## What is End HIV Oregon?

End HIV Oregon is a vision for Oregon where we end new HIV infections and everyone living with HIV is healthy. It consists of three primary focus areas:

### Testing is easy.

*Everyone has an HIV status, and all Oregonians need to know theirs to keep themselves and their partners safe.*

The CDC recommends screening all people aged 13 to 64 for HIV. However, according to the Oregon Health Authority, most (60%) Oregonians have never been HIV tested.

HIV testing is a recommended component of routine health care. Universal HIV testing benefits patient and public health. It may also lead to earlier diagnosis, which helps prevent additional transmission to others.

We know some people are at higher risk for contracting HIV, but "risk-based" HIV testing can lead to delayed or missed diagnosis. Taking a thorough sexual history is still important to assess the need for additional testing or prevention activities.

### Prevention works.

*There are proven HIV prevention methods like condoms, syringe exchange, and pre-exposure prophylaxis (PrEP).*

When taken as prescribed, pre-exposure prophylaxis, or PrEP, is 92% effective at preventing HIV transmission through sex. It also reduces risk of HIV >70% among people who inject drugs. PrEP does not protect against other STDs so it is important for those on PrEP to also use condoms.

Oregonians at high risk for infection need access to PrEP to prevent HIV. If you are a provider who is interested in learning more about prescribing PrEP for HIV prevention, please contact [HIVtesting@deschutes.org](mailto:HIVtesting@deschutes.org).

Please click here for frequently asked questions about prescribing PrEP: <https://www.cdc.gov/actagainstaids/pdf/campaigns/prescribe-hiv-prevention/aaa-php-prep-faq.pdf>

### Treatment saves lives.

*Oregonians with HIV are living longer, healthier lives with the help of HIV medications.*

We can also prevent new HIV transmissions through treatment. People who take daily HIV treatment, as prescribed, and maintain an undetectable viral load have effectively no risk of sexually transmitting HIV to others.



For more information, please visit [www.endhivoregon.org](http://www.endhivoregon.org)

Local health departments in Central Oregon also play a role in HIV prevention, with activities like conducting outreach HIV testing, engaging with healthcare providers around PrEP and HIV testing, and sharing STD information and best practices. For more information, call your local health department or reach out to [HIVtesting@deschutes.org](mailto:HIVtesting@deschutes.org).