

Human Immunodeficiency Virus (HIV) is a global public health problem. Worldwide, 39.0 million people were living with HIV at the end of 2022, including 1.5 million children (0–14 years old). 1.3 million new HIV infections occurred in 2022 according to UNAIDS. An estimated 1.2 million people in the United States were living with HIV at the end of 2022 with 31,800 being new HIV cases diagnosed in 2022 (CDC). In California, there were over 142,700 people living with HIV infection at the end of 2022 and 4,882 new HIV cases diagnosed in 2022 (CDPH).

HIV infection progresses in stages. Many, but not all, persons infected with HIV develop acute flu-like symptoms two to four weeks after infection. This acute stage is followed by a period of clinical latency. Acquired Immunodeficiency Syndrome (AIDS) is the last stage (Stage 3) of HIV infection and occurs when the immune system is damaged to such an extent that the person is vulnerable to life-threatening opportunistic infections. It is possible for HIV-infected individuals to spread HIV even if they do not currently have symptoms. HIV is most commonly spread through unprotected sexual contact or through sharing equipment for injection drug use. No effective cure exists for HIV. Antiretroviral Therapy (ART) can help control HIV infection, slow progression to AIDS and reduce HIV transmission. Pre-exposure prophylaxis (PrEP) can be highly effective in reducing risk of HIV in certain populations when taken as directed under the care of a medical professional.

Burden of HIV Infection in Sacramento County

There were 1,869 newly diagnosed HIV infections among Sacramento County residents from 2013-2022 [Table 1]. The vast majority (84.5%) were male. Whites accounted for the highest percentage of new cases (40.9%) and Blacks accounted for nearly one fourth (23.7%) of new cases despite only making up about 10.0% of the County’s population. One third (32.3%) of newly diagnosed HIV cases were among young adults aged 20 to 29.

There was a total of 4,780 People Living with HIV (PLWH) in Sacramento County as of December 31, 2022. Newly diagnosed HIV cases were less likely to be White than PLWH (32.5% vs. 40.9%), a shift in demographics of the HIV epidemic from mostly White to now non-White populations. Map 1 shows PLWH by zip code. 52.0% of PLWH resided in the zip code areas are displayed in pink to red. Zip code 95823 had the most PLWH (344 or 7.2%).

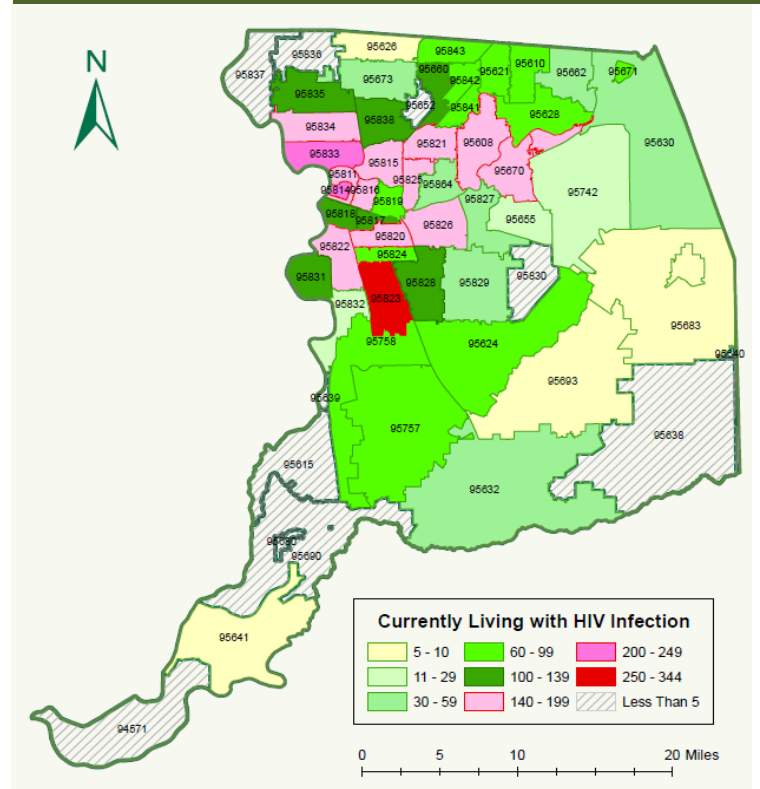
Table 1. HIV Infection in Sacramento County 2013-2022

Indications	New HIV Infection		Currently Living with HIV As of 2022	
	Case	%	Case	%
Sex				
Male	1,579	84.5	4,013	84.0
Female	290	15.5	767	16.0
Race/Ethnicity				
White	608	32.5	1,957	40.9
Black	444	23.8	1,133	23.7
Hispanic	565	30.2	1,195	25.0
Asian/Pi	111	5.9	232	4.9
AIAN*	5	0.3	18	0.4
Multi-Race	86	4.6	191	4.0
Unknown	50	2.7	54	1.1
Age Group				
Less than 13	6	0.3	36	0.8
13-19	63	3.4	144	3.0
20-29	603	32.3	1,458	30.5
30-39	502	26.9	1,618	33.8
40-49	352	18.8	997	20.9
50 and Older	343	18.4	527	11.0
Total	1,869	100.0	4,780	100.0

AIAN*: American Indian/Alaska Native

Data Source: Office of AIDS, HIV Surveillance Program, California Department of Public Health

Map 1. PLWH by Zip Code as of 2022 (N=4,780)



HIV INFECTION FACT SHEET 2022

Trends in Newly Diagnosed HIV Infections

The number of new HIV infections increased from 176 cases in 2013 to 203 cases in 2022, an increase of 15.3% [Figure 1]. The incidence rate of HIV increased from 12.1 to 12.9 per 100,000 population (6.6% increase) due to the growing County population. This pattern was the same as the State during this time.

HIV Infection by Transmission Category

Transmission category is a classification of the risk factor that is most likely to have been responsible for transmission. The most common transmission category among the 1,869 HIV cases diagnosed between 2013 and 2022 was men who have sex with men (MSM), accounting for 52.3% of cases [Figure 2]. Other transmission categories included heterosexual contact (25.3%), injection drug use (IDU) (5.9%), and both MSM and IDU (4.7%). Less than 1% was due to perinatal exposure (0.4%).

Trends in Newly Diagnosed AIDS

There was a total of 711 newly diagnosed AIDS cases reported in Sacramento County from 2013 to 2022. AIDS cases in the County dropped 18.2%, from 77 cases in 2013 to 63 cases in 2022. The corresponding rate decreased 24.5% (5.3 to 4.0 per 100,000 population) during this same period.

Concurrent HIV and AIDS Diagnoses

Concurrent diagnosis is when a person is diagnosed as having progressed to AIDS within one year of an initial HIV diagnosis. There were 374 AIDS cases (52.6%) that were concurrently diagnosed with HIV and AIDS from 2013 to 2022 [Figure 4]. Concurrent diagnoses increased from 55.8% in 2013 to 65.1% in 2022 [data not shown]. Hispanics had the largest percentage (63.5%) of concurrent diagnoses compared to other racial/ethnic groups.

Figure 1. Newly Diagnosed HIV Infection, Sacramento County 2013-2022

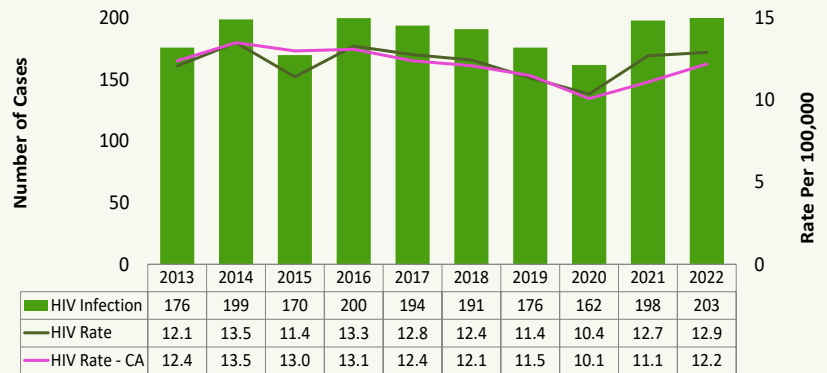


Figure 2. HIV Infection by Risk Factor, Sacramento County, 2013-2022



Figure 3. Newly Diagnosed AIDS, Sacramento County 2013-2022

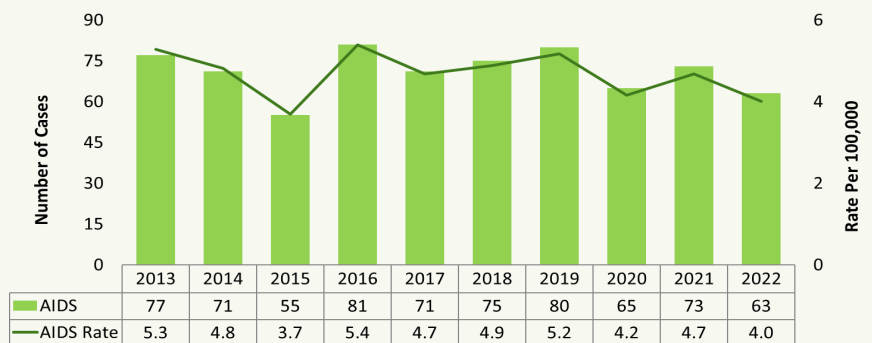
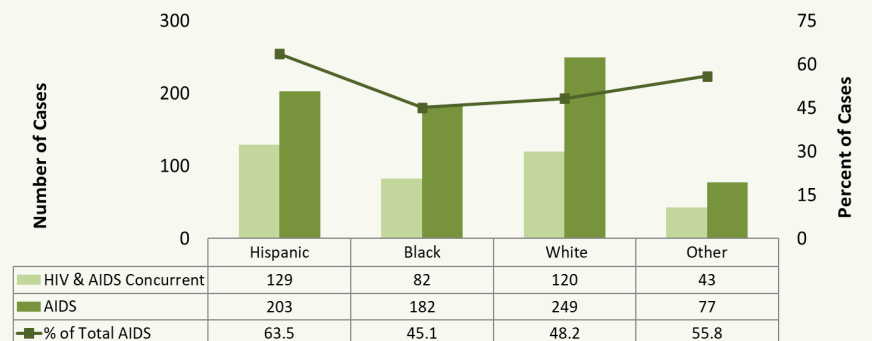


Figure 4. Concurrent Diagnoses of HIV and AIDS by Select Race/Ethnicity Sacramento County, 2013-2022



*Data source: OFFICE OF AIDS - HIV Surveillance Reports