

Human Immunodeficiency Virus (HIV) is a global public health problem. Worldwide, 38.7 million people were living with HIV at the end of 2021 and 1.4 million new HIV infections occurred in 2021 according to UNAIDS. An estimated 1.2 million people in the United States were living with HIV at the end of 2021 and 36,136 new HIV cases were diagnosed in 2021 (CDC). There are 141,001 people living with HIV infection at the end of 2021 In California and 4,444 new HIV cases were diagnosed in 2021 (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 1,845 newly diagnosed HIV infections among Sacramento County residents from 2012-2021 [Table 1]. The vast majority (84.9%) were male. Whites accounted for the highest percentage of new cases (33.5%) and Blacks accounted for nearly one fourth (24.7%) of new cases despite only making up about 10.0% of the County population. One third (33.2%) of newly diagnosed HIV cases were among young adults aged 20 to 29.

There was a total of 4,757 People Living with HIV (PLWH) in Sacramento County as of December 31, 2021. Newly diagnosed HIV cases were less likely to be White than PLWH (33.5% vs. 41.7%), indicating a shift in demographics of the HIV epidemic from predominantly White to non-White populations. Map 1 shows the distribution of PLWH by zip code. 50.0% of PLWH resided in the zip code areas displayed in pink to red. Zip code 95823 had 348 PLW (7.3%).

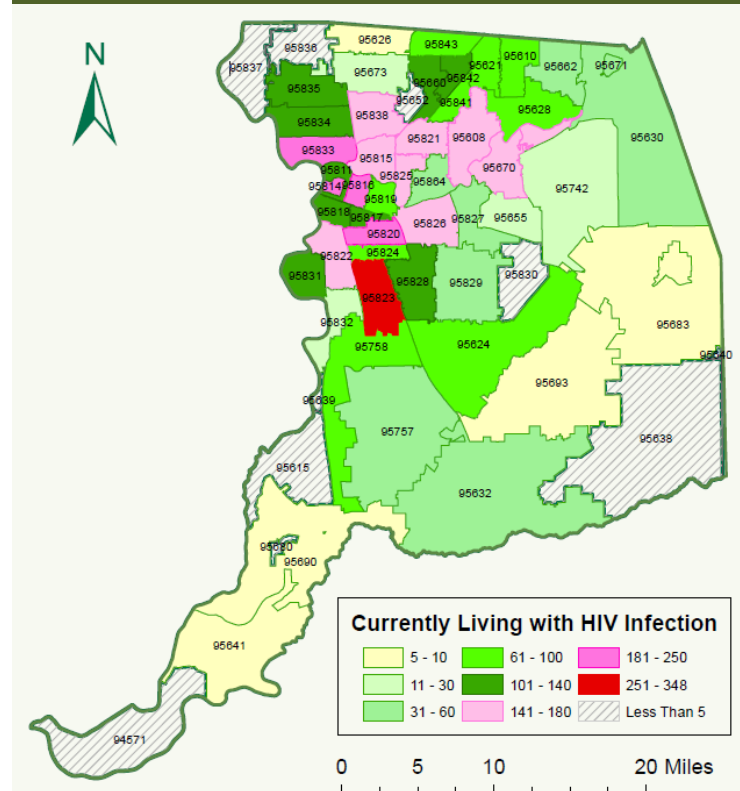
Table 1. HIV Infection in Sacramento County 2012-2021

Indications	New HIV Infection		Currently Living with HIV	
	Case	%	Case	%
Sex				
Male	1,566	84.9	3,979	83.6
Female	279	15.1	778	16.4
Race/Ethnicity				
White	618	33.5	1,984	41.7
Black	455	24.7	1,189	25.0
Hispanic	531	28.8	1,127	23.7
Asian/PI	112	6.1	222	4.7
AIAN*	6	0.3	19	0.4
Multi-Race	82	4.4	171	3.6
Unknown	41	2.2	45	0.9
Age Group				
Less than 13	6	0.3	38	0.8
13-19	64	3.5	159	3.3
20-29	613	33.2	1,468	30.9
30-39	476	25.8	1,604	33.7
40-49	342	18.5	993	20.9
50 and Older	344	18.6	495	10.4
Total	1,845	100.0	4,757	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 2021 (N=4,757)



HIV INFECTION FACT SHEET 2021

Trends in Newly Diagnosed HIV Infections

The number of new HIV infections remained stable over time from 192 cases in 2012 to 193 cases in 2021 [Figure 1]. However, the incident rate of HIV decreased from 13.3 to 12.4 per 100,000 population (-6.7%) due to the growing County population. The County HIV rates had the same pattern 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 1,845 HIV cases diagnosed between 2012 and 2021 was men who have sex with men (MSM), which accounted for 52.2% of cases [Figure 2]. Other transmission categories included heterosexual contact (25.3%), injection drug use (IDU) (5.3%), and both MSM and IDU (4.8%). Less than 1% was due to perinatal exposure (0.4%).

Trends in Newly Diagnosed AIDS

New cases of AIDS were included if the patient resided in Sacramento County at the time of AIDS diagnosis. There was a total of 724 newly diagnosed AIDS cases reported to Sacramento County from 2012 to 2021. AIDS cases in the County had a drop (-6.7%) from 77 cases in 2012 to 72 cases in 2021. The rate decreased 13.2% from 5.3 to 4.6 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 371 AIDS cases (51.2%) that were concurrently diagnosed with HIV and AIDS from 2012 to 2021 [Figure 4]. Hispanics had the largest percentage (61.2%) of concurrent diagnoses compared to other racial/ethnic groups. Concurrent diagnoses decreased from 55.8% in 2012 to 51.2% in 2021 [data not shown].

Figure 1. Newly Diagnosed HIV Infection, Sacramento County 2012-2021

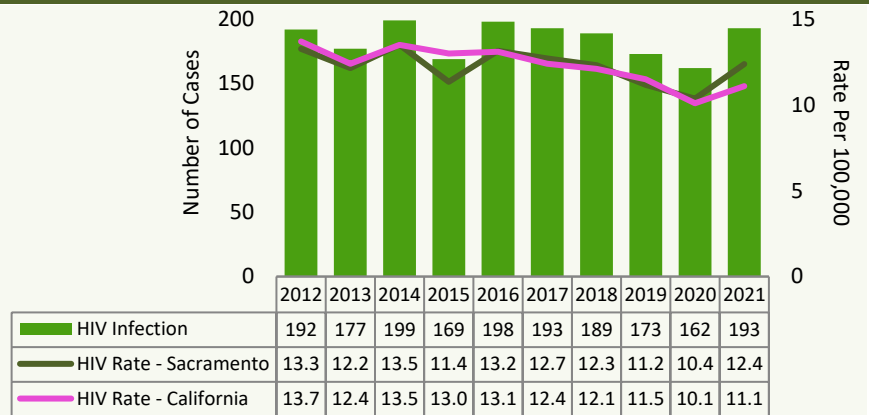


Figure 2. HIV Infection by Risk Factor, Sacramento County, 2012-2021

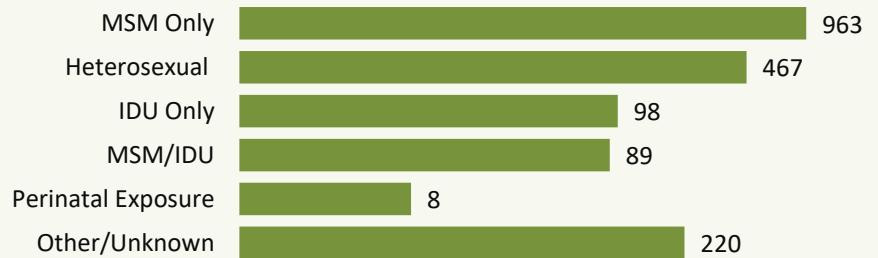


Figure 3. Newly Diagnosed AIDS, Sacramento County 2012-2021

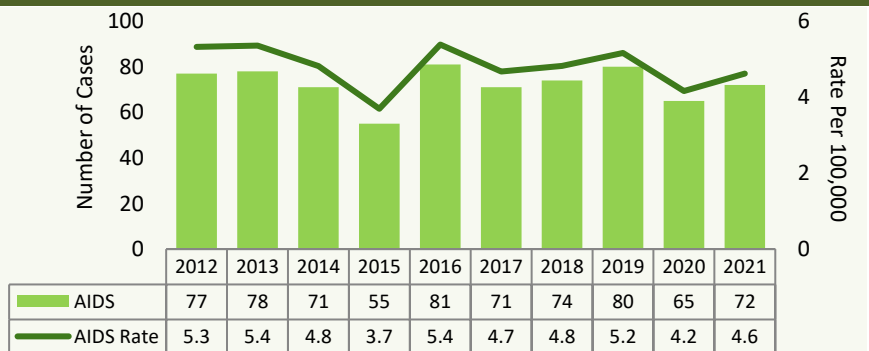
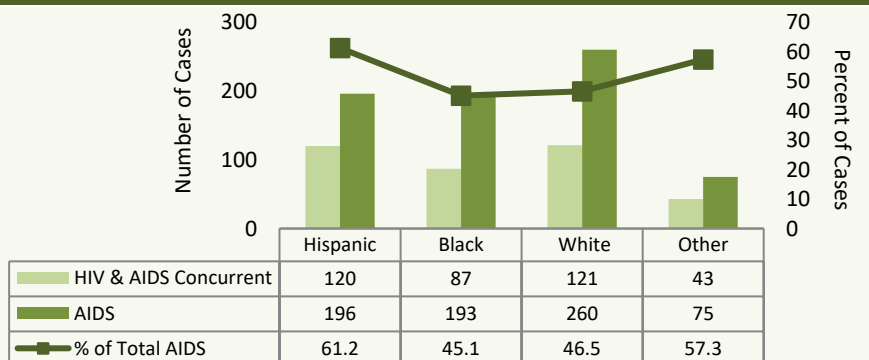


Figure 4. Concurrent Diagnoses of HIV and AIDS by Select Race/Ethnicity Sacramento County, 2012-2021



*Data source: OFFICE OF AIDS - HIV Surveillance Reports