

**Human Immunodeficiency Virus (HIV)** is a global public health problem. Worldwide, 37.8 million people were living with HIV at the end of 2020 and 1.5 million new HIV infections occurred in 2020 according to UNAIDS.

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 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 1,850 newly-diagnosed HIV infections among Sacramento County residents from 2011-2020 [Table 1]. The vast majority (84.4%) were male. Whites accounted for the highest percentage of new cases (34.4%) and Blacks accounted for over one fourth (25.6%) of new cases despite only making up about 10.0% of the County population. One third (33.0%) of newly-diagnosed HIV cases were among young adults age 20 to 29.

There were a total of 4,630 People Living with HIV (PLWH) in Sacramento County as of December 31, 2020. Whites constituted a larger proportion of PLWH (43.3%), compared to newly diagnosed HIV cases (34.4%), 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. 46.9% of PLWH resided in the zip code areas displayed in pink or red. Zip code 95823 had 334 PLWH (7.2%).

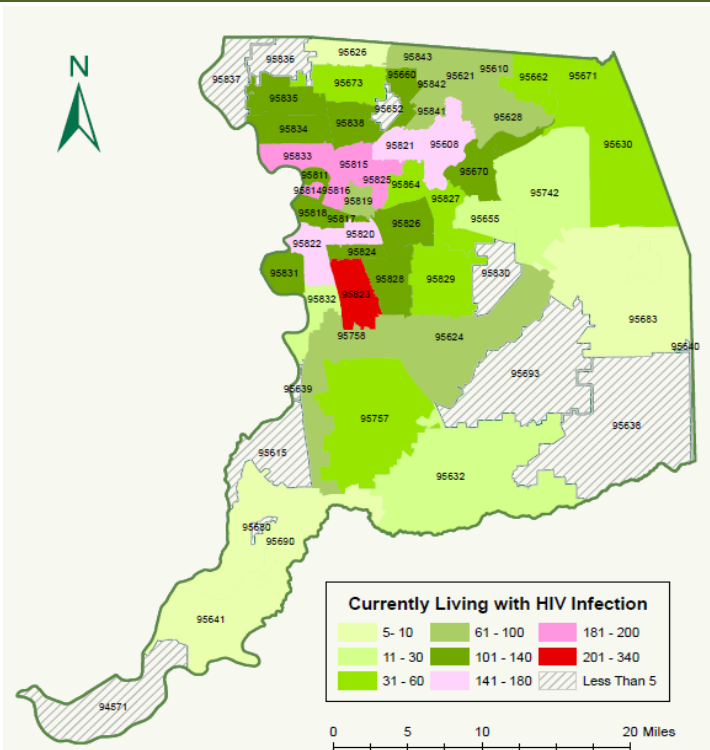
Data Source: Office of AIDS, HIV Surveillance Program, California Department of Public Health

Table 1. Burden of HIV Infection in Sacramento County

Indications	New HIV Infection 2011-2020		Currently Living with HIV As of 2020	
	Case	%	Case	%
<b>Sex</b>				
Male	1,561	84.4	3,867	83.5
Female	289	15.6	763	16.5
<b>Race/Ethnicity</b>				
White	636	34.4	2,004	43.3
Black	473	25.6	1,157	25.0
Hispanic	512	27.7	1,048	22.6
Asian/PI	109	5.9	207	4.5
AIAN*	12	0.6	24	0.5
Multi-Race	79	4.3	158	3.4
Unknown	29	1.6	32	0.7
<b>Age Group</b>				
Less than 13	8	0.4	39	0.8
13-19	65	3.5	144	3.1
20-29	611	33.0	1,412	30.5
30-39	470	25.4	1,574	34.0
40-49	352	19.0	970	21.0
50 and Older	344	18.6	491	10.6
<b>Total</b>	<b>1,850</b>	<b>100.0</b>	<b>4,630</b>	<b>100.0</b>

AIAN\*: American Indian/Alaska Native

Map 1. PLWH by Zip Code as of 2020 (N=4,630)



# HIV INFECTION FACT SHEET 2020

## Trends in Newly-Diagnosed HIV Infections

The number of new HIV infections decreased by 2.8% from 181 cases in 2011 to 176 cases in 2020 [Figure 1]. The incident rate of HIV decreased from 12.6 to 11.3 per 100,000 population (-10.3%) during the same period. The County HIV rates were slightly lower than the state from 2011 to 2015, but consistently higher than the State rates from 2016 to 2020.

## 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 1,850 HIV cases diagnosed between 2011 and 2020 was men who have sex with men (MSM), which accounted for 52.0% of cases [Figure 2]. Other transmission categories included heterosexual contact (11.9%), injection drug use (IDU) (5.0%), and both MSM and IDU (5.1%). Less than 1% was due to perinatal exposure (0.5%).

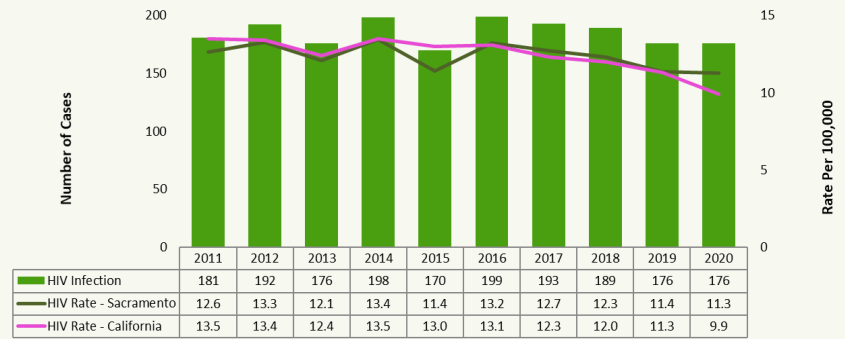
## Trends in Newly-Diagnosed AIDS

New cases of AIDS were included if the patient resided in Sacramento County at time the patients' HIV was diagnosed as having progressed to Stage 3 HIV infection (AIDS). There were a total of 767 newly-diagnosed AIDS cases reported to Sacramento County from 2011 to 2020. AIDS cases in the County had a substantial drop (-39.3%) from 112 cases in 2011 to 68 cases in 2020. The rate also decreased from 7.8 to 4.4 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 406 AIDS cases (52.9%) that were concurrently diagnosed with HIV and AIDS from 2011 to 2020 [Figure 4]. Hispanics had the largest percentage (61.5%) of concurrent diagnoses compared to other racial/ethnic groups.

Figure 1. Newly Diagnosed HIV Infection, Sacramento County 2011-2020



\*Data source: OFFICE OF AIDS - HIV Surveillance Reports

Figure 2. HIV Infection by Risk Factor, Sacramento County, 2011-2020

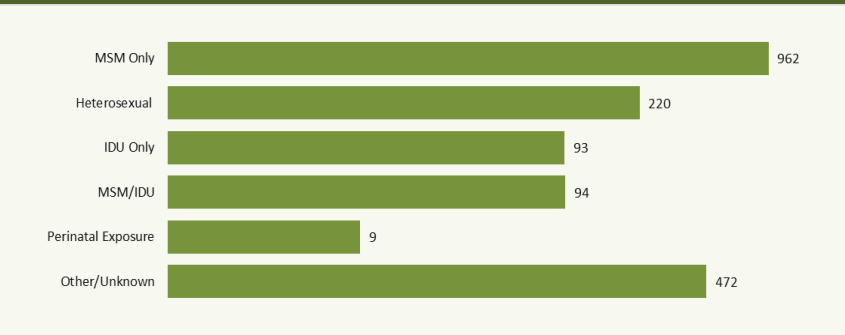


Figure 3. Newly Diagnosed AIDS, Sacramento County 2011-2020

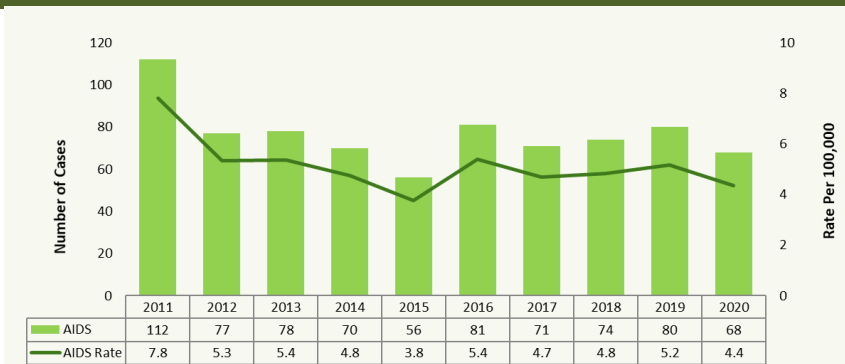


Figure 4. Concurrent Diagnoses of HIV and AIDS by Select Race/Ethnicity Sacramento County, 2011-2020

