Retention in medical care and antiretroviral therapy (ART) are critical for sustained viral suppression.

81% were prescribed ART
82% were retained in HIV care
66% took all of their ART doses in the past 30 days
60% had sustained viral suppression

Sustained viral suppression leads to better health outcomes and lower HIV transmission risk.

Many people with HIV faced challenges maintaining viral suppression.

40% lived in households at or below the poverty threshold
6% experienced homelessness
24% reported symptoms of depression or anxiety
22% reported using drugs for non-medical purposes

5% engaged in high-risk sex*

- Risk of HIV transmission can be lowered through use of multiple HIV prevention strategies.
- For more information on how to protect others, go to www.cdc.gov/hiv/basics/livingwithhiv/protecting-others.html.

The Medical Monitoring Project (MMP) is a cross-sectional, locally and nationally representative sample survey that assesses the behavioral and clinical characteristics of adults with diagnosed HIV in the United States and Puerto Rico.

To learn more about the project, visit www.cdc.gov/hiv/statistics/systems/mmp.

Questions? Contact us:
Anindita Fahad
Division of HIV, STD, and TB Services
Phone: (609) 984-5940

*High-risk sex is defined as not having sustained viral suppression and having condomless sex with an HIV-negative or unknown status partner who was not taking PrEP.