

# HIV Stigma & LGBT Communities



Shawn Demmons, MPH

Director, Pacific AETC – Bay Area, North & Central Coast

September 21, 2023

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## **HRSA Acknowledgement Statement**

The Pacific AETC is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,887,700.00. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](http://HRSA.gov).

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Funding for this presentation was made possible by 5 U1OHA29292-08-00 from the Human Resources and Services Administration HIV/AIDS Bureau. The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government. Any trade/brand names for products mentioned during this presentation are for training and identification purposes only.

# Shawn Demmons, MPH



- Pacific AETC – Bay Area, North & Central Coast
- CBA Provider
- Trans Health Consultant
- Trans Activist

# Learning Objectives

1. Explore the current landscape for HIV stigma in LGBT healthcare
2. Describe how HIV stigma can act as a barrier to care
3. Identify culturally appropriate models and practices that address HIV-related stigma

# Presentation Overview

- Define stigma
- Types of HIV stigma
- Impact of stigma on LGBT health/access to care
- Impact of HIV stigma on HIV testing/PrEP uptake
- Strategies to address HIV stigma

# State of LGBT Health

# MSM & HIV

- ❑ Disproportionately affected by HIV
  - MSM represented 69% of new US HIV diagnoses in 2018
  
- ❑ Gay and bisexual men ages 13-34 make up most new HIV diagnoses among MSM
  
- ❑ Estimate of Lifetime Risk for HIV
  - 1:2 Black MSM
  - 1:4 Latinx MSM

Gay, bisexual, and other msm. (2020, May 07). Retrieved March 28, 2021, from <https://www.cdc.gov/hiv/library/reports/hiv-surveillance/vol-31/content/msm.html#:~:text=HIV%20infection%20diagnoses%20decreased%2044,Figure%2015%20and%20Table%205b>).

# MSM & Engagement in Care

- ❑ 29% of Black MSM experienced stigma based on race and gay identity from providers
- ❑ 48% reported mistrust of medical establishments
- ❑ Black MSM with HIV who report higher levels of medical mistrust and stigma were less likely to have high CD4 counts
- ❑ Less than half of Latinx MSM with HIV are on ART
- ❑ LGB POC with HIV are twice as likely to experience abusive treatment by providers compared their white counterparts

Eaton, L. A., Driffin, D. D., Kegler, C., Smith, H., Conway-Washington, C., White, D., & Cherry, C. (2014). The Role of Stigma and Medical Mistrust in the Routine Health Care Engagement of Black Men Who Have Sex With Men. *American Journal of Public Health, 105*(2), e75–e82. <http://doi.org/10.2105/AJPH.2014.302322>

Bogart, L. M., Landrine, H., Galvan, F. H., Wagner, G. J., & Klein, D. J. (May 01, 2013). Perceived Discrimination and Physical Health Among HIV-Positive Black and Latino Men Who Have Sex with Men. *Aids and Behavior, 17*, 4, 1431-1441. ASM/ICAAC: Racial Characteristics of FTC/TDF for Pre-exposure Prophylaxis (PrEP) Users in the US. (n.d.). Retrieved July 21, 2016, from [http://www.natap.org/2016/HIV/062216\\_02.htm](http://www.natap.org/2016/HIV/062216_02.htm)



# Trans People and HIV

- Nearly 1 million adults in the US are transgender
- HIV prevalence among trans people is 4x the national average
- From 2009-2014, 2351 transgender people received an HIV diagnosis in the US
  - 84% were trans women, 15% were trans men, and less than 1% had another gender identity
  - About half of trans people who received a diagnosis lived in the South

# Trans People & Engagement in Care

- ❑ 70% of trans people have experienced discrimination in healthcare
- ❑ 28% delayed or postponed care
- ❑ 33% delayed or declined to access preventative care

- ❑ Nearly 90% believe that the healthcare workforce isn't properly trained to care for trans people
- ❑ 50% report having to teach providers how to care for them and their unique healthcare needs

Lambda Legal. (2010). When Health Care Isn't Caring: Lambda Legal's Survey of Discrimination Against LGBT People and People with HIV. Retrieved from [www.lambdalegal.org/health-care-report](http://www.lambdalegal.org/health-care-report)

Grant, J. M., Mottet, L. A., Tanis, J. J., & Min, D. (2011). Injustice at Every Turn: A Report of the National Transgender Discrimination Survey. *National Center for Transgender Equality and National Gay and Lesbian Task Force*.

# PrEP and MSM

- ❑ Black and Latinx MSM were significantly less likely than white MSM
  - ✓ To be aware of PrEP
  - ✓ To have discussed PrEP with their provider
  - ✓ To use PrEP (2017 CDC NHBS)

- ❑ White MSM who discussed PrEP with a provider were significantly more likely to use PrEP than Black MSM
- ❑ Racial/ethnic disparities in PrEP use might further increase disparities in HIV incidence

Racial/Ethnic disparities in Hiv Preexposure PROPHYLAXIS among men who have sex with men - 23 urban areas, 2017. (2019, September 19). Retrieved March 28, 2021, from <https://www.cdc.gov/mmwr/volumes/68/wr/mm6837a2.htm>

# PrEP and Transgender People

- ❑ Only 3% of trans people who are high risk for HIV take PrEP
- ❑ Among trans people familiar with PrEP, 72% regarded it favorably
- ❑ Significantly more sexually active trans men (58%) than trans women (35%) were familiar with PrEP
- ❑ Trans people who tested for HIV and who experienced affirmation of their gender identity were more likely to use PrEP

# Defining Stigma

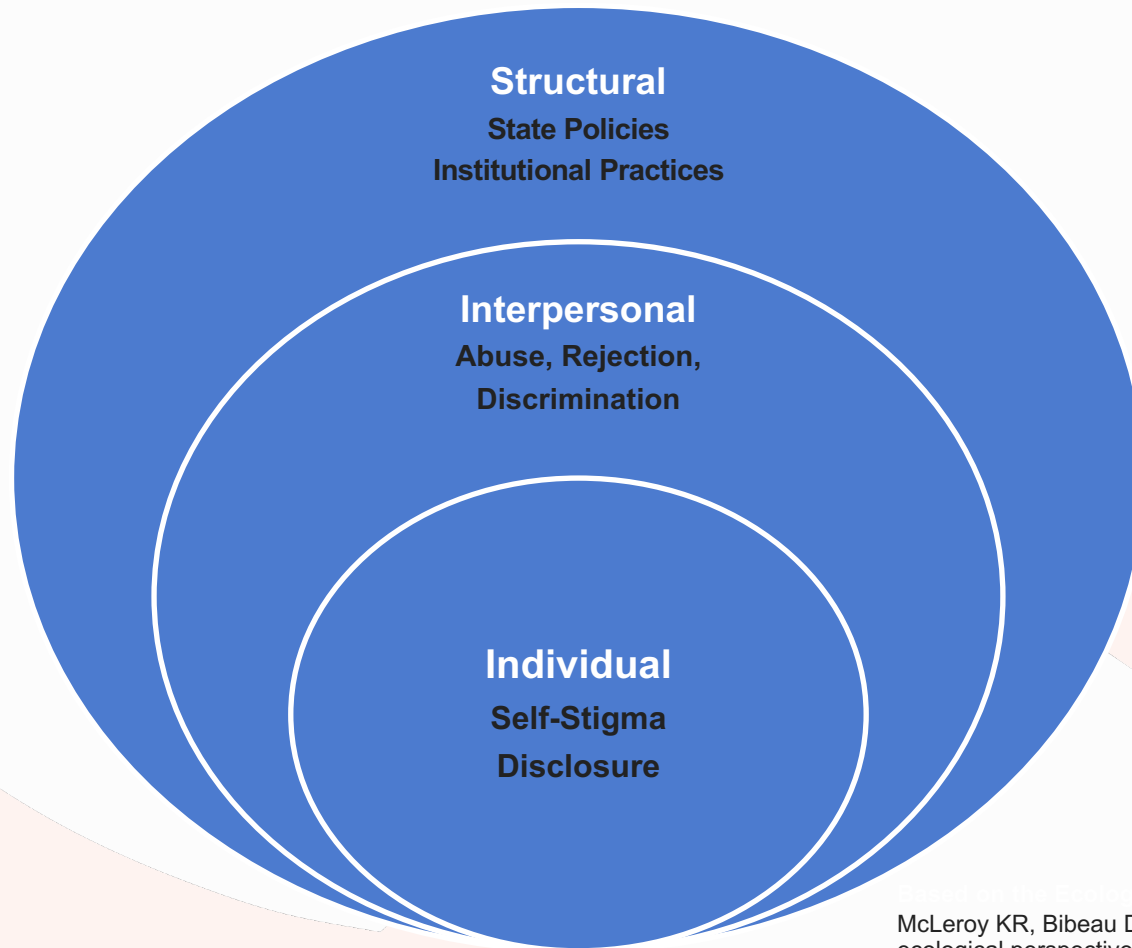
# What is Stigma?

Stigma involves the co-occurrence of several overlapping components, including:

- Distinguishing and **labeling** group **differences**
- Associating differences with **negative** attributes
- Separating “**us**” from “**them**”
- Status loss and **discrimination**
- In a context of **power**

Link, B. G., & Phelan, J. C. (2001). Conceptualizing stigma. *Annual Review of Sociology*, 27(1), 363-385. doi:10.1146/annurev.soc.27.1.363

# Stigma: A Multi-Level Construct



McLeroy KR, Bibeau D, Steckler A, Glanz K. An ecological perspective on health promotion programs. Health Educ Q. 1988 Winter;15(4):351-77.

# Anticipated & Enacted Stigma

## Anticipated Stigma

Involves the **expectations** of discrimination, stereotyping, and/or prejudice due to a mark of disgrace that sets a person apart from others

Earnshaw, V. A., Smith, L. R., Chaudoir, S. R., Amico, K. R., & Copenhaver, M. M. (2013). HIV stigma mechanisms and well-being among PLWH: a test of the HIV stigma framework. *AIDS and behavior*, 17(5), 1785–1795. <https://doi.org/10.1007/s10461-013-0437-9>

## Enacted Stigma

Involves **experiences** of discrimination, stereotyping, and/or prejudice due to a mark of disgrace that sets a person apart from others

Gray A. J. (2002). Stigma in psychiatry. *Journal of the Royal Society of Medicine*, 95(2), 72–76. <https://doi.org/10.1258/jrsm.95.2.7>



# Health-related Stigma

- ✓ Health-related stigma is typically characterized by social disqualification of individuals and/or populations due to a specific health condition
- ✓ Characterized by social disqualification targeting other aspects of a person's identity (ethnicity, **sexual orientation**, gender, **gender identity**) that results in adverse effects on health

Weiss MG, Ramakrishna J, Somma D. Health-related stigma: rethinking concepts and interventions. Psychol Health Med. 2006 Aug;11(3):277-87.

# Stigma & Access to Care Among LGBT People

# Impact on Access to Care

- **15%** postpone/avoid care
- **12%** need to teach providers about their community to get adequate care
- **14%** report providers being visibly uncomfortable due to their sexual orientation or gender identity
- **8%** report harsh or abusive language from providers
- **7%** reported unwanted physical contact by a provider
- **8%** report providers intentionally refusing to recognize their family members

Sharita Gruberg, L. (n.d.). The state of the LGBTQ community in 2020. Retrieved March 27, 2021, from <https://www.americanprogress.org/issues/lgbtq-rights/reports/2020/10/06/491052/state-lgbtq-community-2020/>

# Impact of Anti-Trans Discrimination on Access to Care

- **25%** experience a problem with insurance related to being trans
- **25%** of trans people who sought coverage for HRT were denied; 55% who sought coverage for gender affirming surgeries were denied
- **33%** reported at least one negative experience related to being trans
- **23%** did not see a doctor when they needed to because of fear of being mistreated

James, S.E., Herman, J.L., Rankin, S., Keisling, M, Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington D.C.: National Center for Transgender Equality

# The Effects of Discrimination on LGBT Health

- Anti-LGBT discrimination increases the risks of poor mental and physical health for LGBT people, including depression, anxiety, suicidality, PTSD, substance use, and cardiovascular disease
- Discrimination is linked to health harms even for those who are not directly exposed to it, because the presence of discrimination, stigma and prejudice creates a hostile social climate that taxes individuals' coping resources and contributes to minority stress

December 19, 2. (2019, December 19). Discrimination impacts health of LGBT people, analysis finds. Retrieved March 27, 2021, from <https://news.cornell.edu/stories/2019/12/discrimination-impacts-health-lgbt-people-analysis-finds>

# LGBT Health Disparities

## Greater risk of:

- Suicide-related behaviors
- Mood disorders
- Eating disorders
- Substance use (alcohol, tobacco, other drugs)

- Lesbian/bisexual women have higher rates of breast/cervical cancer; trans men and women at greater risk
- Gay/bisexual men and trans women more likely to have HIV

- Less likely to have insurance
- Less likely to fill prescriptions
- More likely to be refused care

Grant, Jaime M., Lisa A. Mottet, Justin Tanis, Jack Harrison, Jody L. Herman, and Mara Keisling. Injustice at Every Turn: A Report of the National Transgender Discrimination Survey. Washington: National Center for Transgender Equality and National Gay and Lesbian Task Force, 2011.

Dibble, S.L., Roberts, S.A., and Nussey, B. (2004) Comparing breast cancer risk between lesbians and their heterosexual sisters. Women's Health Issues March-April 2004 Volume 14(2)60-68

Grant, Jaime M., Lisa A. Mottet, Justin Tanis, Jack Harrison, Jody L. Herman, and Mara Keisling. Injustice at Every Turn: A Report of the National Transgender Discrimination Survey. Washington: National Center for Transgender Equality and National Gay and Lesbian Task Force, 2011.

# HIV-related Stigma

**HIV-related stigma is negative attitudes and beliefs about people with HIV. It is the prejudice that comes with labeling an individual as part of a group that is believed to be socially unacceptable**

Facts about HIV stigma. (2020, October 22). Retrieved March 27, 2021, from <https://www.cdc.gov/hiv/basics/hiv-stigma/index.html>

# HIV Discrimination = Treating PWH Differently than People w/o HIV

Workplace

Travel

Housing

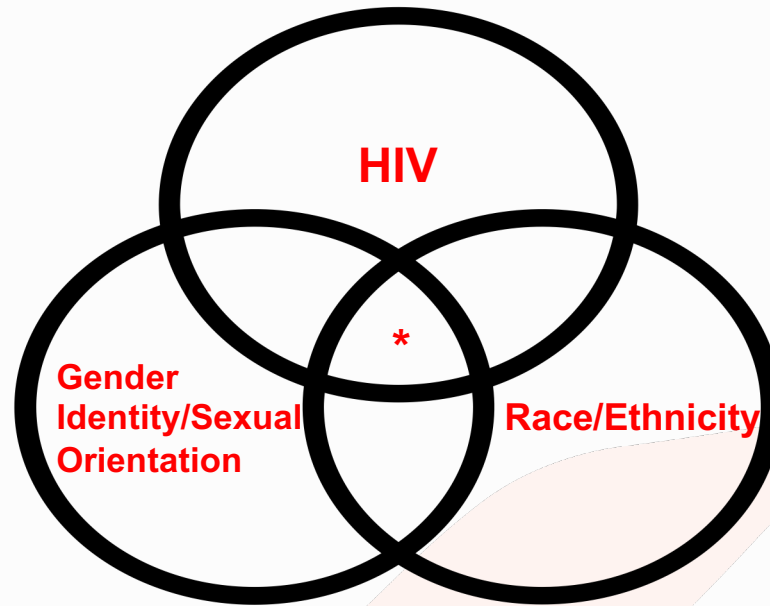
Relationships

Healthcare

Planned Parenthood. (2021). Let's End HIV Stigma.  
[https://www.plannedparenthood.org/about-us/planned-parenthood-global/lets-end-hiv-stigma?gclid=CjwKCAjwglSIBhBfEiwALE19SeFTiNmzAtPHkKXyoPMoQQHSQufQMlRON8gwHRxnchG6QGVRkpKQrBoCwkYQAvD\\_BwE](https://www.plannedparenthood.org/about-us/planned-parenthood-global/lets-end-hiv-stigma?gclid=CjwKCAjwglSIBhBfEiwALE19SeFTiNmzAtPHkKXyoPMoQQHSQufQMlRON8gwHRxnchG6QGVRkpKQrBoCwkYQAvD_BwE)



# Intersectional Stigmas



Venn Diagram created by: Shawn Demmons

# The Effects of Stigma on HIV Prevention

# Among People with HIV (PWH)

## Negatively effects

- HIV health outcomes
- Treatment adherence
- Engagement/retention in care
- Social withdrawal & isolation
- Increased rates of depression
- Substance use
- Overall quality of life

Turan, B., Budhwani, H., Fazeli, P. L., Browning, W. R., Raper, J. L., Mugavero, M. J., & Turan, J. M. (2017). How Does Stigma Affect People with HIV? The Mediating Roles of Internalized and Anticipated HIV Stigma in the Effects of Perceived Community Stigma on Health and Psychosocial Outcomes. *AIDS and behavior*, 21(1), 283–291. <https://doi.org/10.1007/s10461-016-1451-5>

# HIV Prevention Strategies

## Testing

- Lower uptake in HIV testing
- Non-disclosure
- Delayed entry into HIV care
- Higher transmission rates

## PrEP

- Labeling/stereotyping
- “Truvada whore”
- Rejection
- Generational divide

Thapa, S., Hannes, K., Cargo, M. *et al.* Stigma reduction in relation to HIV test uptake in low- and middle-income countries: a realist review. *BMC Public Health* **18**, 1277 (2018). <https://doi.org/10.1186/s12889-018-6156-4>

Dubov A, Galbo P Jr, Altice FL, Fraenkel L. Stigma and Shame Experiences by MSM Who Take PrEP for HIV Prevention: A Qualitative Study. *Am J Mens Health*. 2018 Nov;12(6):1843-1854. doi: 10.1177/1557988318797437. Epub 2018 Aug 30. PMID: 30160195; PMCID: PMC6199453.

# Stigma Reduction Strategies



# Stigma Reduction Strategies



# Intrapersonal & Interpersonal Strategies

## Intrapersonal

- Increasing individual knowledge about HIV transmission, prevention and care
- Counseling (e.g., CBT)
- Self-help/support groups
- Empowerment
- Access to legal services

## Interpersonal

- Care and support
- Community-based stigma reduction campaigns that reinforce the importance of social support

# Community Strategies

- Education
- Social marketing
- Mass media that raises the awareness about HIV and its impact on all lives



# Organizational Strategies

Anti HIV stigma trainings for providers that address

- Culturally-specific stigma drivers (including personal fears)
- Prejudice towards vulnerable groups
- Misconceptions about transmission, prevention, treatment, and universal precautions
- The effects of stigma on PLWH overall health and well-being
- PrEP, routine HIV testing, TasP



# Structural Strategies

- Legal interventions
- Rights-based approaches
- Web-based mechanisms for PWH to report HIV-related discrimination in care, employment, education etc.

**QUESTIONS?**

# BREAKOUT Discussion

- Fill in the table with strategies that you and/or your organization uses to reduce HIV stigma
- Discuss and report back to the larger group
  - What is one existing stigma reduction strategy or resource that people should know about about
  - What is one strategy that you would like to see implemented more widely in the East Bay

**EBGTZ/PAETC Fall Linkage Workshop**

**Strategies for Effective Stigma Reduction Strategies In Our Community**

- **Fill in the table below** with strategies that you and/or your organization uses to reduce HIV stigma. (See examples on the back for ideas)
- **Discuss in small groups and report back to the large group:**
  - What is one existing stigma reduction strategy or resource that people should know about?
  - What is one strategy that you would like to see implemented more widely in the East Bay?

<b>INTRApersonal</b>	<b>INTERpersonal</b>
<b>Community</b>	<b>Organizational</b>
<b>Structural</b>	

**Thank You!**