A descriptive study of British South Asians living with HIV in the UK.

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BACKGROUND

- Asians are the largest ethnic minority group in the UK comprising 7.5% of the population and making up 3.7% of people attending HIV clinics in 2017.
- Recent data showing that British South Asian (SA) men who have sex with men (MSM) had the smallest decline in new diagnoses amongst MSM and less knowledge about HIV than other minority ethnic MSM has led to culturally targeted HIV prevention campaigns being funded.
- However, there is a paucity of data on the broader British SA community living with HIV with the most recent study to our knowledge, published in 2004.

AIMS

- Here we aim to describe our SA cohort living with HIV attending Barts Health NHS Trust and Barking, Havering and Redbridge NHS Trust, two HIV centres in North East London serving an ethnically and socioeconomically diverse population with a large number of South Asians.

RESULTS:

131 Patients were identified.

**HIV Care**

- Median time since diagnosis 96 months (range 3-414)
- 97.7% on antiretroviral therapy

**Sexual orientation**

- MSM 45%
- HETEROSEXUAL MALE 36.6%
- CIS-WOMEN 24%
- HETEROSEXUAL FEMALE 18.3%

**Religion**

- 55.7% Muslim
- 29.8% Hindu
- 14.5% Sikh

**Gender**

- CIS-MEN 81%
- CIS-WOMEN 19%

**Co-morbidities**

- Peripheral neuropathy 3.8%
- Asthma/ COPD 1.5%
- Type 2 Diabetes 12.2%
- Gastric reflux/ ulcer 5.3%
- Depression 61.1%
- Anxiety 93.6%
- Other 7.6%

**Social issues**

- Recreation drug use - 12.2%
- Chemsex - 3.8%
- Alcohol abuse - 2.3%

**Country of birth**

- INDIA 44.3%
- B'DESH 33.6%
- PAKISTANI 21.4%
- SRI LANKAN 0.01%

**Country of HIV diagnosis**

- UK 87.0%
- INDIA 4.6%
- ITALY 4.6%
- USA 3.1%

**Mode of transmission**

- MSM 55.7%
- Heterosexual 29.0%
- IVDU 4.6%
- Blood products 4.6%
- Unknown 4.6%

**Employment status**

- Yes 70.8%
- No 25.4%
- Unknown 3.8%

**Reason for testing**

- Symptomatic: 16.4%
- Routine: 34.6%
- Partner notification: 49.0%

**Country of HIV diagnosis**

- India 28.2%
- UK 26.7%
- Italy 4.6%
- USA 3.1%
- Unknown 2.3%

**Co-morbidities**

- No mental illness 95.4%
- Disability 9.5%
- Unknown 3.1%
- No difficulty 95.4%
- Depression 93.6%
- Anxiety 7.6%

**HIV care**

- Median CD4 Count at diagnosis: 448
- Current Viral Load: <50

**REFERENCES**

1. UK Census 2011. Office for National Statistics