HIV–related stigma. Influencing and changing attitudes

- Dr Nina Pearson
- GP Lea Vale Medical Group
- Chair Luton Clinical Commissioning Group
Luton

- Population of Luton 220,000.
- 67th Most deprived in the UK
- 70% turnover in population between 2001 and 2011
- 55% MBE (75% in school age population)
- Relatively young population
HIV in Luton

- Prevalence 4.2/1000
- Two practices offering an “enhanced service” for HIV patients since 2006
- 50% of new diagnoses 2011-2013 considered to be “late”
- Well established local sexual health network
- Good working relations between Providers and Commissioners
- Several Practices offering HIV testing to new patients registering
- Testing in Emergency admissions unit and Emergency department at Acute Trust.
Lea Vale HIV Positive Patients

- Total list size 22,000 (2600 new registrations 14/15) net gain 409
- 9 years experience of offering a specific service for HIV positive patients
- 88 HIV positive registered patients (1/4/14-31/3/15)
  - 67 African
  - 5 Caribbean
  - 1 UK
  - 1 Irish
  - 1 Polish
  - 1 Romanian
  - 1 Thai
Lea Vale HIV positive patients

<table>
<thead>
<tr>
<th>Patients</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>0-9</td>
</tr>
<tr>
<td>5</td>
<td>10-19</td>
</tr>
<tr>
<td>2</td>
<td>20-29</td>
</tr>
<tr>
<td>21</td>
<td>30-39</td>
</tr>
<tr>
<td>40</td>
<td>40-49</td>
</tr>
<tr>
<td>14</td>
<td>50-59</td>
</tr>
<tr>
<td>4</td>
<td>60-69</td>
</tr>
</tbody>
</table>
HIV is a Chronic disease
Life expectancy with Diabetes

Type 1: Reduced by 20 yrs on average
Type 2: Reduced by 10 yrs on average
Life expectancy

- At Birth UK
  - Men: 78.7
  - Women: 82.6

<table>
<thead>
<tr>
<th></th>
<th>At Birth UK</th>
<th>Luton</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>78.7</td>
<td>77.7</td>
</tr>
<tr>
<td>Women</td>
<td>82.6</td>
<td>80.9</td>
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</tbody>
</table>
Life expectancy in HIV in the Western World

Average Life expectancy for individuals treated for HIV in the UK is 66, hence approaching normal.

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HIV is a Chronic disease

- Physical
- Psychological
- Social

Venn Diagram showing the overlap of physical, psychological, and social aspects of HIV.
Where does the stigma come from?

- Perceptions of society
- Myths and propaganda
- Inequality
- Belief systems
- Personal beliefs and behaviours
Do We Practice What we Preach?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Prevalence in Luton</th>
<th>Diagnostic test numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>8.3%</td>
<td>Fasting blood glucose then if abnormal Glucose tolerance test 198</td>
</tr>
<tr>
<td>Asthma and COPD</td>
<td>5.4% and 1.1%</td>
<td>Spirometry 175</td>
</tr>
<tr>
<td>Cancer</td>
<td>Incidence (new cases) 0.36%</td>
<td>2 week wait referrals 290</td>
</tr>
<tr>
<td>HIV</td>
<td>0.42%</td>
<td>HIV test 50</td>
</tr>
</tbody>
</table>

Do We Practice What We Preach?

Not Quite!