Impact of Social Determinants of and Stigma on HIV Care

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Learning Objectives

- Identify the social determinants of health that impact HIV prevention and care along the HIV care continuum
- Describe how those factors lead to internal and external stigma around HIV
- Discuss how to address social determinants of health and stigma personally and professionally to provide better care to patients with HIV and patients at risk of HIV

Implicit Bias:
Circle of Trust Activity

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Circle of Trust Activity

- Write down the names of 6-10 people that you trust **that are not part of your family**
- Put a tally next to each person's name for each of the characteristics below that they share with you:
  - Age within 5 years
  - Gender
  - First/primary language
  - Profession
  - Ethnicity
  - Sexual orientation
  - Race
  - Level of education
  - Socioeconomic status
  - Neighborhood/housing

Circle of Trust Activity: Reflection

- Looking at your inner circle, what makes you trust these individuals?
- Do you find your circle to be diverse, or do they share many of the same characteristics as you?
- How many of the people in your inner circle are colleagues and/or coworkers?
- How many characteristics do you share with your clients?
- What experiences and exposure are you missing that prevents you from better understanding your clients?

Circle of Trust Activity: Reflection

How can you intentionally address your biases to better understand the experiences of your clients?

Social Determinants of Health

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What are Social Determinants of Health?

Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

What are some examples of social determinants of health?

1. Office of Disease Prevention and Health Promotion. Healthy People 2020: social determinants of health. Retrieved from https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health#five.
2. The Institute of Medicine. Disparities in Health Care: Methods for Studying the Effects of Race, ethnicity, and SES on Access, Use, and Quality of Health Care, 2002.

Examples of Social Determinants

Social Factors

- Availability of resources
- Access to and quality of education and job training/opportunities
- Transportation options
- Public safety
- Social norms and support
- Socioeconomic status
- Language/literacy
- Access to health care services
- Culture

Physical Factors

- Natural environment, like green space and weather
- Built environment (sidewalks, buildings, bike lanes, roads)
- Worksite, school, and recreational settings
- Housing and community design
- Exposure to toxic substances and other physical hazards
- Physical barriers, especially for people with disabilities
- Aesthetic elements (lighting, trees, benches)

1. Office of Disease Prevention and Health Promotion. Healthy People 2020: social determinants of health. Retrieved from https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health#five.
2. The Institute of Medicine. Disparities in Health Care: Methods for Studying the Effects of Race, ethnicity, and SES on Access, Use, and Quality of Health Care, 2002.

How Social Determinants Impact People

- Health is determined in part by the quality of, and access to, social, economic, educational, environmental, and physical opportunities
- Better quality and access → better sustainable health outcomes
- Social determinants are present for every person
- The impact of social determinants differs from factor to factor
  - A person likely has factors that both positively and negatively impact their life at the same time
- Social determinants can compound one another, creating more opportunities or bigger barriers ("domino effect")

Office of Disease Prevention and Health Promotion. Healthy People 2020: social determinants of health. Retrieved from https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health#five.

How Social Determinants Impact HIV Care: Positive Impact "Domino Effect"

HIV Prevention:

Access to Full Time Employment → Access to Health Insurance → Access to Health Care → Access to Pre-exposure Prophylaxis (PrEP)

Linkage to HIV Care:

Access to Public Transportation → Access to Health Care Facilities → Access to HIV Care

HIV Management:

Access to Quality Education → Better Literacy/Language Skills → Better Understanding of Health Information → Better Health Outcomes

Retention in HIV Care:

Strong Social Network → Support from Family and Friends → Accountability for Personal Health → More Likely to Remain in Care

How Social Determinants Impact HIV Care: Negative Impact "Domino Effect"

HIV Prevention:

Lack of Full Time Employment → Limited Access to Health Insurance → Health Care is Expensive → Limited Ability to Obtain PrEP

Linkage to HIV Care:

No Access to Public Transportation → Unreliable Access to Health Care Facilities → Inconsistent Access to HIV Care

HIV Management:

No Value Placed on Education → Limited Literacy/Language Skills → Poor Understanding of Health Information → Poorer Health Outcomes

Retention in HIV Care:

Cannot Disclose HIV Status → No Support from Family and Friends → Limited Care about Personal Health → Less Likely to Remain in Care

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Social Determinants Exercise: CJ

- 24 year old African American cis man who received a diagnosis of HIV two years ago
- Identifies as straight but has sex with men and women
- Does not know when he was exposed to HIV
- Has engaged in various sexual activities since age 16
- Reported frequent condomless sex with multiple partners prior to diagnosis, but uses condoms since diagnosis
- Recently single and reports no sexual activity for three months
- Struggles with disclosing his status with partners

Social Determinants Exercise, Cont.

- Completed high school and training to become a HVAC technician
- Makes $15/hour and works part-time at a local warehouse
- Family and most friends do not know about HIV status
- No health insurance and lied to parents about having health insurance
- Shares an apartment with his best friend, but struggles with basic needs
- Solely uses public transportation
- Consistent with adhering to antiretroviral regimen except when visiting family or friends for extended periods of time

Social Determinants Exercise, Cont.

Based on the information you have received about CJ:

- What are the factors that are negatively impacting his health and HIV care?
- What are the factors that are positively impacting his health and HIV care?
- What information don't we have about his social determinants that may impact his care?

Social Determinants Exercise, Cont.

Positive Impact Factors

- Access to job training and employment
- Access to transportation
- Proficient language and literacy skills
- Access to health services
- Stable housing
- (Limited) social support

Negative Impact Factors

- Limited social support
- Low socioeconomic status
- Lack of health insurance
- Lack of consistent access to food
- Lack of full-time employment
- Culture **(STIGMA)**

Stigma

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What is Stigma?

- Multidimensional, multilevel phenomenon that occurs at three levels of society – structural (laws, regulations, policies), public (attitudes, beliefs, and behaviors of individuals and groups), and self-stigma (internalized negative stereotypes).[1]

- Dehumanization of the individual based on their social identity or participation in a negative or an undesirable social category.[2]

What are some examples of stigma in society?

1. National Academies of Science, Engineering, and Medicine
2. Ervin Goffman, Stigma: Notes on the Management of a Spoiled Identity. 1963

What is HIV Stigma?

- Negative attitudes or beliefs about people with HIV
- Prejudice that comes from labeling an individual as part of a group that is believed to be socially unacceptable
- Examples:
  - Believing that only certain groups of people can get HIV
  - Making moral judgments about people who take steps to prevent HIV transmission
  - Feeling that people deserve to get HIV because of their choices
- Stigma → discrimination
  - Behavior that results from stigmatizing attitudes or beliefs

Centers for Disease Control and Prevention. 2020. Let's stop HIV together: HIV stigma. Retrieved from https://www.cdc.gov/stophivtogether/hiv-stigma/index.html.

HIV Stigma and Discrimination…

Can Be Overt/Malicious:

- Disowning family members or ending friendships due to HIV status
- Using derogatory language when referring to someone with HIV (e.g. “dirty”)
- Using alcohol or drugs to cope with internal feelings
- Becoming violent against a person with HIV

Can Be Subtle:

- Politely refusing to drink after someone with HIV
- Taking a shower after hanging out with someone with HIV
- Drifting away from a loved one after they disclose their status

Can Be Unintentional/Subconscious:

- Using an HIV diagnosis as a reason not to hire someone “for their safety”
- Feeling “dirty” or “unworthy”

Centers for Disease Control and Prevention. 2020. Let’s stop HIV together: HIV stigma. Retrieved from https://www.cdc.gov/stophivtogether/hiv-stigma/index.html.

HIV Stigma and Discrimination in HIV Care…

Can Be Overt/Malicious:

- Shaming patients for their behaviors
- Using slurs and derogatory language when referring to patients and/or their bodies, behaviors, and professions
- Gossiping about a patient's HIV status with other staff

Can Be Subtle:

- Taking unnecessary precautions when providing care to patients with HIV
- Referring patients to a different provider for routine HIV care
- Assuming a patient's risk for HIV infection based on their race, ethnicity, sex, gender, age, or sexual orientation

Can Be Unintentional/Subconscious:

- Interchanging "HIV" and "AIDS"
- Having negative thoughts about a patient and their ability to comply with recommendations

Why Does Reducing HIV Stigma Matter?

- "People living with HIV who perceive high levels of HIV-related stigma are 2.4 times more likely to delay enrollment in care until they are very ill."[1]

- Barrier to entering and staying in care
  - Negative attitudes among health care professionals have been found to adversely affect quality of care and subsequent treatment outcomes[2]
  - Discourages people from accessing health care services

- Barrier to HIV testing
  - Fear of having to disclose status
  - Study of men who have sex with men and transgender women in New York found 32% reported not having had an HIV test in the previous six months[3]

If we can reduce stigma and discrimination, we can improve health outcomes.

1. Gesesew HA, Tesfay Gebremedhin A, Demissie TD, Kerie MW, Sudhakar M, Mwanri L. Significant association between perceived HIV related stigma and late presentation for HIV/AIDS care in low and middle-income countries: a systematic review and meta-analysis. PLoS One. 2017;12(3):e0173928. 2. UNAIDS. 2017. Confronting discrimination. Retrieved from http://www.unaids.org/sites/default/files/media_asset/confronting-discrimination_en.pdf. 3. Golub SA, Gamarel KE. The impact of anticipated HIV stigma on delays in HIV testing behaviors: findings from a community-based sample of men who have sex with men and transgender women in New York City. AIDS Patient Care STDS. 2013;27(11):621–7.

What Can We Do to Reduce Stigma?

- Use patient-centered language when referring to patients and their bodies, behaviors, and professions (CDC's Stigma Language Guide)
- Use a patient's preferred name and pronouns
- Offer a wide variety of HIV prevention options
- Practice talking about HIV with colleagues and coworkers
- Educate yourself on HIV
- Develop zero-tolerance policies around stigmatizing language
- Integrate harm reduction strategies into practice
- Address social determinants of health

What Can We Do to Reduce Stigma?

What other suggestions do you have for fighting stigma?

Questions?

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Resources

National Clinician Consultation Center: nccc.ucsf.edu

- HIV Management
- Perinatal HIV
- PrEP and PEP Lines
- HCV Management
- Substance Use Management

National Coordinating Resource Center: aidsetc.org

Opioid Response Network: opioidresponsenetwork.org

National HIV Curriculum: hiv.uw.edu

National STD Curriculum: std.uw.edu

Hepatitis C Online: hepatitisc.uw.edu

Hepatitis B Online: hepatitisb.uw.edu

AETC National HIV-HCV Curriculum: aidsetc.org/hivhcv

IU HIV ECHO: echo.iu.edu

Midwest AIDS Training + Education Center: matec.info

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