

World AIDS Day 2020

Factsheet

- The theme for World AIDS Day 2020 is '*Now more than ever*'.
- HIV stands for Human Immunodeficiency Virus. This is the virus which causes AIDS (Acquired Immune Deficiency Syndrome). If someone is HIV-positive, it means they have been infected with the virus, but it does not mean they have AIDS. AIDS is now rarely seen in Queensland and is no longer a notifiable health condition.
- HIV is transmitted through body fluids, such as blood, semen, vaginal secretions and breast milk. The most common route of transmission in Australia is unprotected sexual intercourse.
- There were 158 new diagnoses of HIV in Queensland in 2019, a 17% decrease on the previous four-year average.
- Consistent with previous years, males continued to make up the majority of new HIV notifications in Queensland in 2019 (141 males or 89%). Of these, 114 (or 81%) identified as men who have sex with men.
- In 2019, there were 16 new HIV notifications in females in Queensland. New diagnoses of HIV in females peaked in 2010 with 30 notifications.
- There were 9 new HIV notifications in 2019 in Aboriginal and Torres Strait Islander people in Queensland, a decrease from 13 notifications in 2018.
- HIV/AIDS is one of the biggest social, economic and health challenges in the world, although countries are making historic gains towards achieving the targets set out in the UN Political Declaration on HIV and AIDS. Queensland is supportive of the 95-95-95 targets, which include:
 1. Increasing the proportion of people living with HIV who know their status to **95%**
 2. Increasing the proportion of people diagnosed with HIV on treatment to **95%**
 3. Increasing the proportion of people taking treatment who have an undetectable viral load to **95%**
- It is estimated that 1.7 million people worldwide acquired HIV in 2019. This is a 23% decline in new HIV infections since 2010 and is the lowest annual number of new infections since 1989.
- The global decrease in new infections is driven by reductions in eastern and southern Africa (38% reduction since 2010), the Caribbean (29%), western and central Africa (25%), western and central Europe and North America (15%), and Asia and the Pacific (12%). However, new HIV infections rose in eastern Europe and central Asia by 72% between 2010 and 2019. There were also increases in the Middle East and North Africa (22%) and Latin America (21%).
- HIV antiretroviral therapy (ART) is very effective at controlling the virus, stopping its progression, and preventing transmission to others. Many people on ART can now expect to live a near normal lifespan.
- HIV Pre-Exposure Prophylaxis (PrEP) is the use of HIV medication by someone who is HIV negative, and at higher risk of HIV infection, to prevent the virus from becoming established in the body. Clinical trials have shown that taking HIV PrEP is very effective in preventing the transmission of HIV.

- HIV PrEP is now available on the Pharmaceutical Benefits Scheme (PBS) for Medicare eligible people at medium to high risk of HIV infection. HIV PrEP can be prescribed by all doctors and nurse practitioners.
- HIV Post-Exposure Prophylaxis (PEP) is a treatment that may prevent HIV infection and is available for people who may have been exposed to HIV in the previous 72 hours. It is a combination of anti-HIV drugs.

Information sourced from: <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/resources>
<https://www.unaids.org/en/resources/documents/2020/unaids-data>