



Phoenix EMA
HIV
Aging &



Acknowledgements

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Terros Health

Valleywise Health

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Introduction

The first cases of HIV in the United States were recognized in 1981. The early years of the epidemic saw a steady increase in the number of diagnoses and deaths. In a report of the first 1,000 cases of HIV in the United States, the average age was 34 years and almost all patients could be classified in one of the following groups: men who have sex with men; intravenous drug abusers; and Haitian natives or patients with hemophilia.

The demographics of the HIV epidemic have steadily changed over the past 20 years. In addition to the original risk groups, the number of women and children with HIV has increased. Furthermore, of the world's estimated 38.8 million PLWH, 10% are now older than 50 years of age. Of the US's 1.4 million PLWH, 50% are now older than 50 years of age, and by the year 2030, in 14 years, it is estimated that 70% of the PLWH in the United States will be older than 50 years of age. The primary reasons for this demographic shift are the effectiveness of antiretroviral drugs as well as accurate testing and early diagnosis. In addition, the complications of HIV such as cardiovascular disease are being recognized and treated earlier. Adding to the elderly population are the 18% of newly diagnosed patients older than 50 years of age.¹

During the 2019 grant year, the Phoenix EMA Ryan White Part A Planning Council designed and conducted a HIV and Aging needs assessment. The needs assessment was distributed to (952) utilizing an email address provided in the CAREWare system. The online survey was sent via email to clients who indicated consent to receive emails from the Ryan White Part A Office. Also, 4x6 post cards were distributed to Ryan White Part A Subrecipients and community partners in the Phoenix EMA Ryan White Part A to solicitate participation in the HIV and Aging needs assessment. The needs assessments target population are clients who received who identified as HIV-positive and aged 50 years of age and older.

In late 2019, a second distribution of survey collection took place. Survey respondent who had not provided a valid email address (770 people) were contacted via phone to solicit participation in the HIV & Aging survey. Respondents who agreed to participate were provided a link to the survey.

With respects to content, the survey was designed to address questions that relate to the clinical, psychological, and social factors in the lives of adults who are HIV-positive, receiving Ryan White Part A services, and age 50 years or older. The survey was informed by a previous study: Research on Older Adults with HIV 2.0 (ROAR 2.0). The ROAR 2.0 study was conducted in San Francisco in Autumn of 2018.²

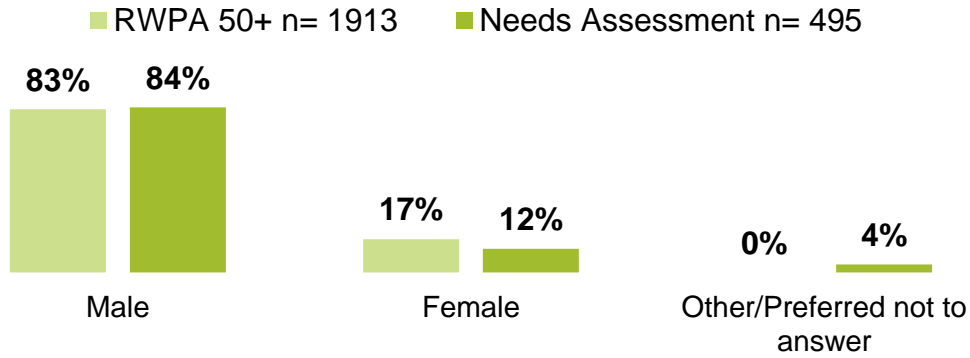
Demographics of Potential Survey Respondents

The Phoenix Ryan White HIV/AIDS Program (RWHAP) demographics for potential survey respondents is as follows:

¹ Wing, E. J. (2017). The Aging Population with HIV Infection. *Transactions of the American Clinical and Climatological Association*, Vol. 128, 131-144.

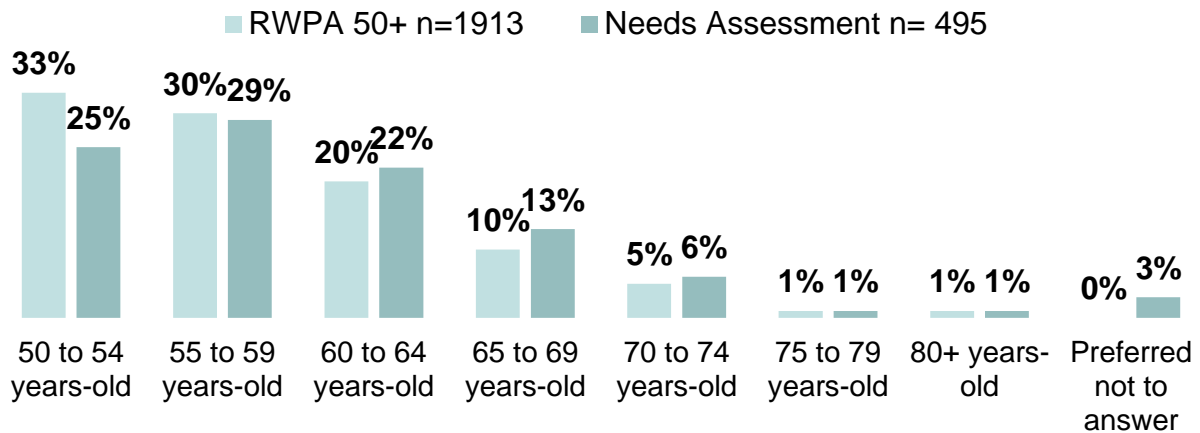
² Erenrich, R., Seidel, L., Brennan-Ing, M., & Karpiak, S. (2018). Finding from the Research on Older Adults with HIV 2.0 San Francisco Study. San Francisco: The ACRIA Center on HIV and Aging at GMHC.

Gender

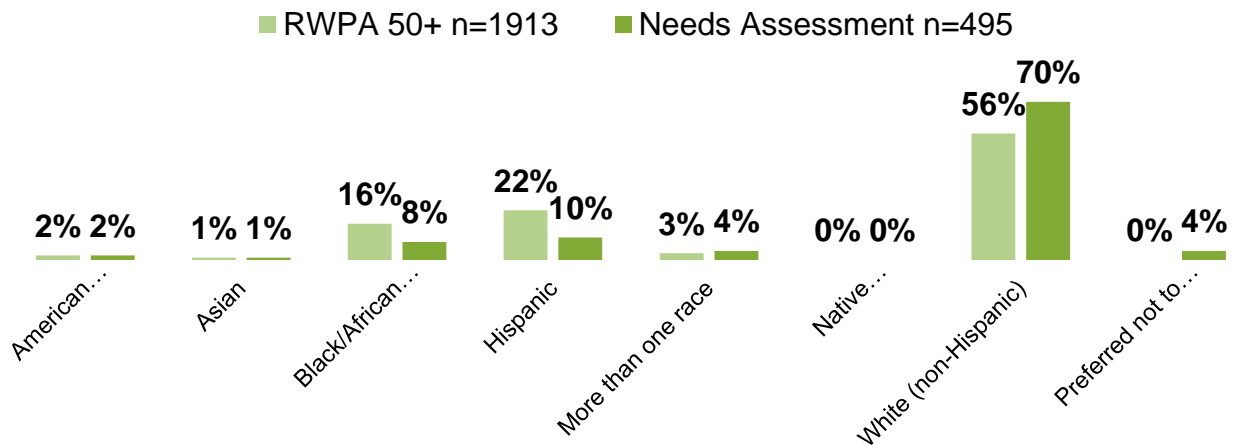


Note: 0% represents a less than 0.5% response rate

Age Group

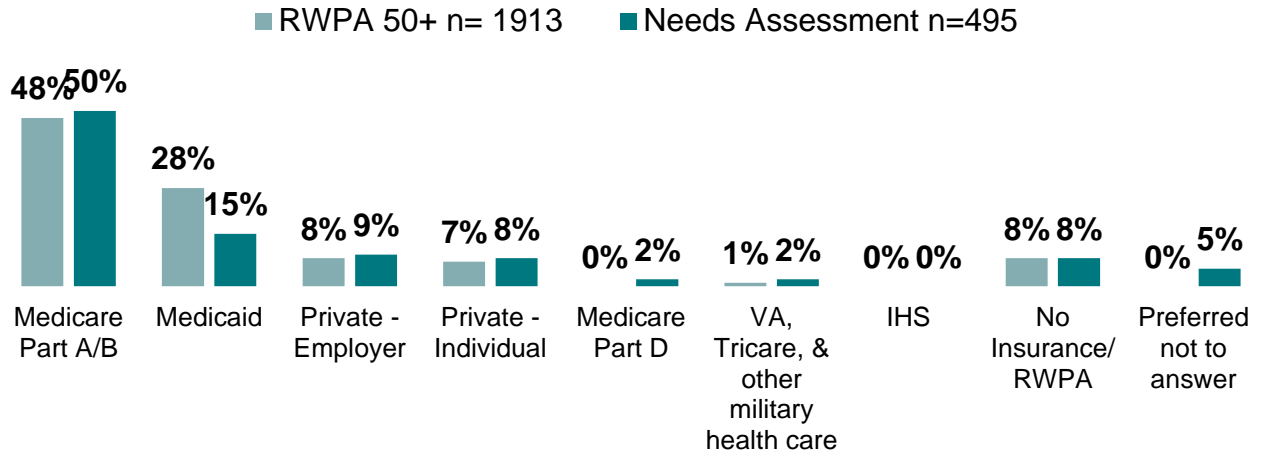


Race/Ethnicity*

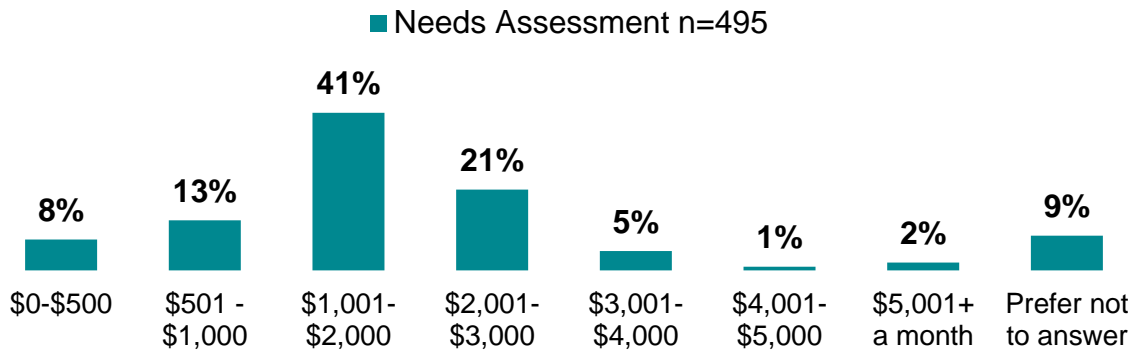


* Race/Ethnicity and Housing needs assessment responses were re-coded to allow appropriate comparison, given that assessment response options were different to the ones of RWPA's. Note: 0% represents a less than 0.5% response rate

Health Insurance

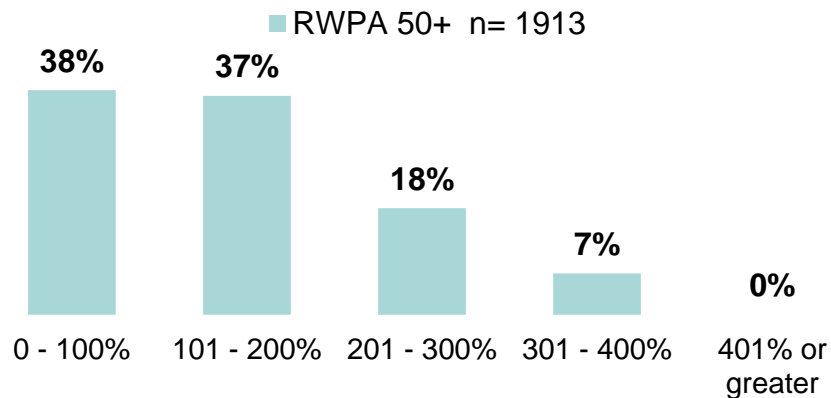


Monthly Income**



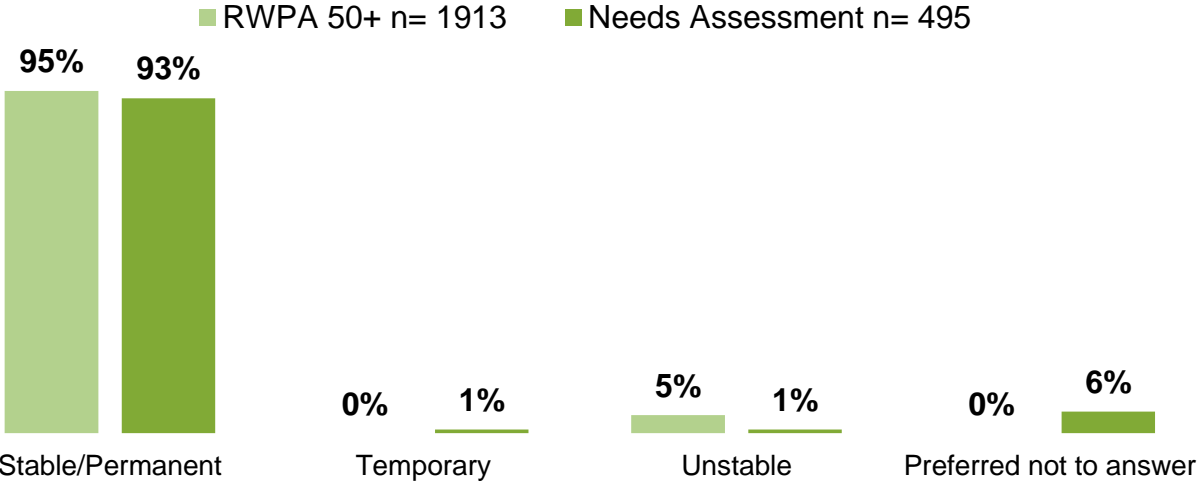
** Income and Federal Poverty Level comparison was not possible due to incomparable response options.
Note: 0% represents a less than 0.5% response rate

Federal Poverty Level**



** Income and Federal Poverty Level comparison was not possible due to incomparable response options.
Note: 0% represents a less than 0.5% response rate

Housing*



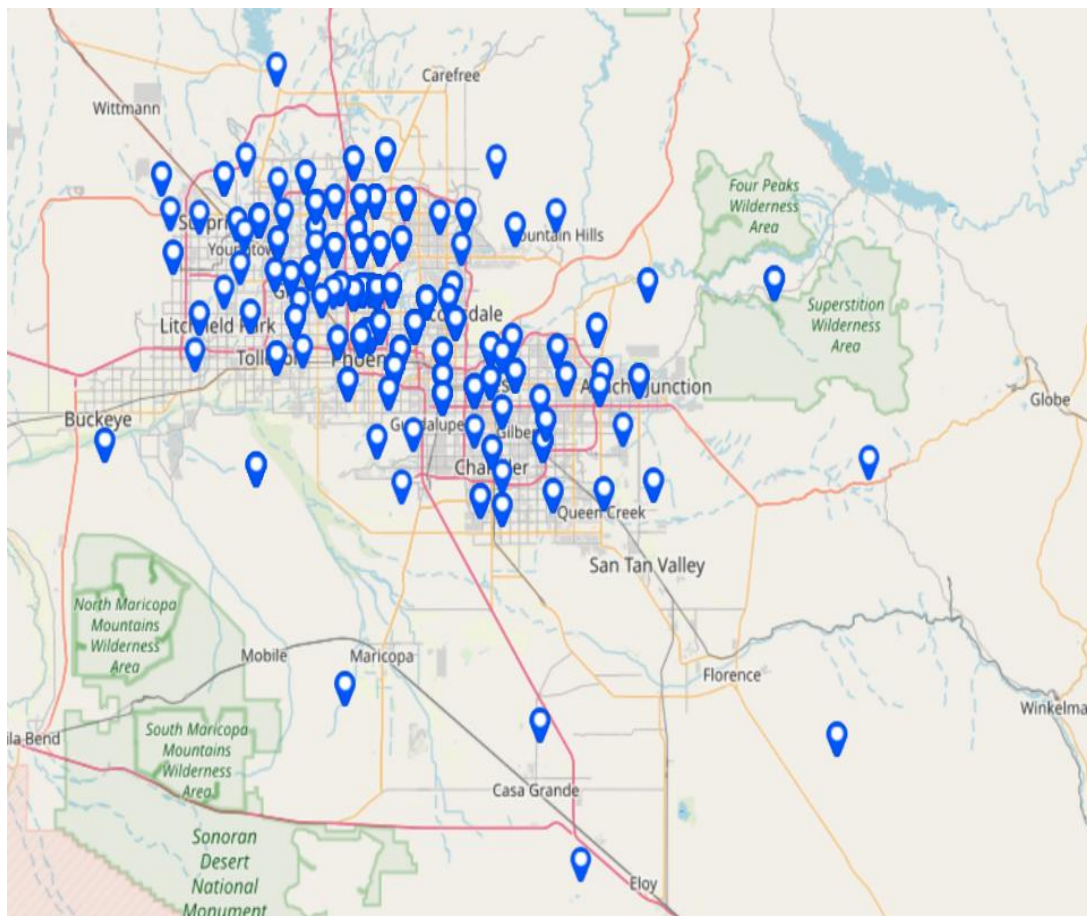
* Race/Ethnicity and Housing needs assessment responses were re-coded to allow appropriate comparison, given that assessment response options were different to the ones of RWPA's. Note: 0% represents a less than 0.5% response rate

Demographics of Survey Participants

By design, all participants in Phoenix EMA: HIV & Aging survey were at least 50 years old. A total of 1,913 clients were identified in the CAREWare system as eligible participants for the needs assessment survey, 952 where surveyed utilizing email and 770 were contacted using phone. All participants were screened to be HIV-positive and living in Maricopa and/or Pinal Counties of Arizona. This aligns with the Phoenix EMA geographical service delivery area. For this survey 537 respondents met the qualifications for this survey: 1.) HIV-positive; 2.) reside in Maricopa or Pinal County, Arizona; 3.) At least 50 years of age or older.

Zip Codes of Participants

Survey participants were asked to provide the zip code in which they reside. A qualifying question early in the survey is to determine if the participant resides in the geographic location of the Phoenix EMA. Using the data provided, a geo-map has been created to represent the location of survey participants.



Residency in Maricopa/Pinal

More than 67% of survey participants indicated they have lived in Maricopa or Pinal County for 10 or more years, followed by 12.5% for 6-10 years; 10.8% for 3-5 years; 4.8% for 1-2 years; and a little more than 1% for least than 1 year.

Residency in Maricopa/Pinal Counties	Survey Responses	Survey %
Less than 1 year	6	1.12%
1- 2 years	26	4.84%
3-5 years	58	10.80%
6-10 years	67	12.48%
More than 10 years	365	67.97%
No Answer	15	2.79%

Age of Survey Participants

More than 78% of survey respondents were between the ages of 50 and 64, with 26% age 50-54; 30% 55-59; 22% 60-64; 14% 65-69; 6% 70-74; 1.5% 75-79; and less than 1% age 80 or older. When compared to the 2018 epidemiological profile of the Phoenix EMA, more than 59% of HIV prevalence and incidence are age 45 and older.

Age Group Responses	Survey Responses	Survey %
50 to 54 years-old	140	26.07%
55 to 59 years-old	160	29.80%
60 to 64 years-old	120	22.35%
65 to 69 years-old	76	14.15%
70 to 74 years-old	30	5.59%
75 to 79 years-old	8	1.49%
80+ years-old	3	0.56%

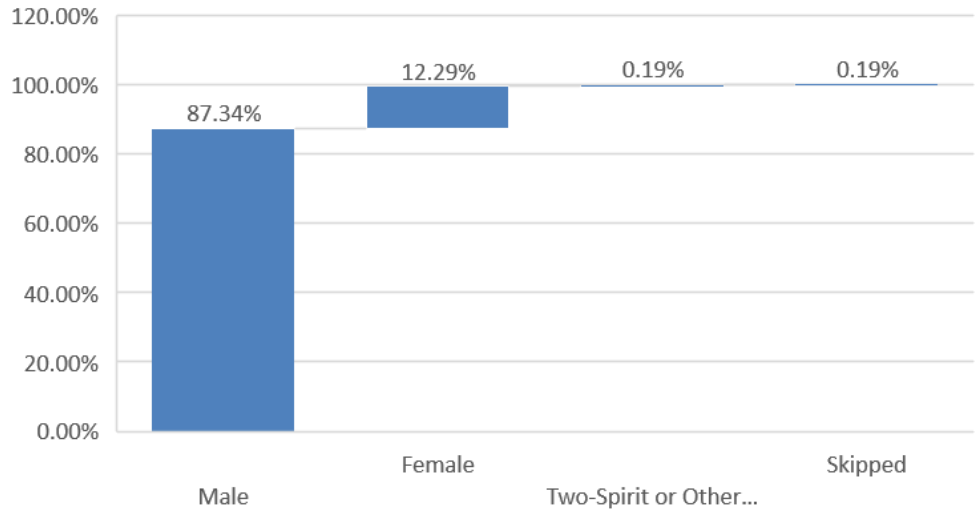
Gender Identity

More than 87% of participants age 50-54 identified as Male, while almost 11% identified as Female. The bar graph represents all responses of gender for survey respondents age 50-54.

Among the age 50-54 survey respondents, a lower percentage of participants identified a gender other than Male or Female.

While the State of Arizona only reports gender at birth in the epidemiological profile, understanding gender identity when developing service standards and service delivery is critical. This allow for culturally appropriate service delivery to gender minorities.

Gender of Survey Participants

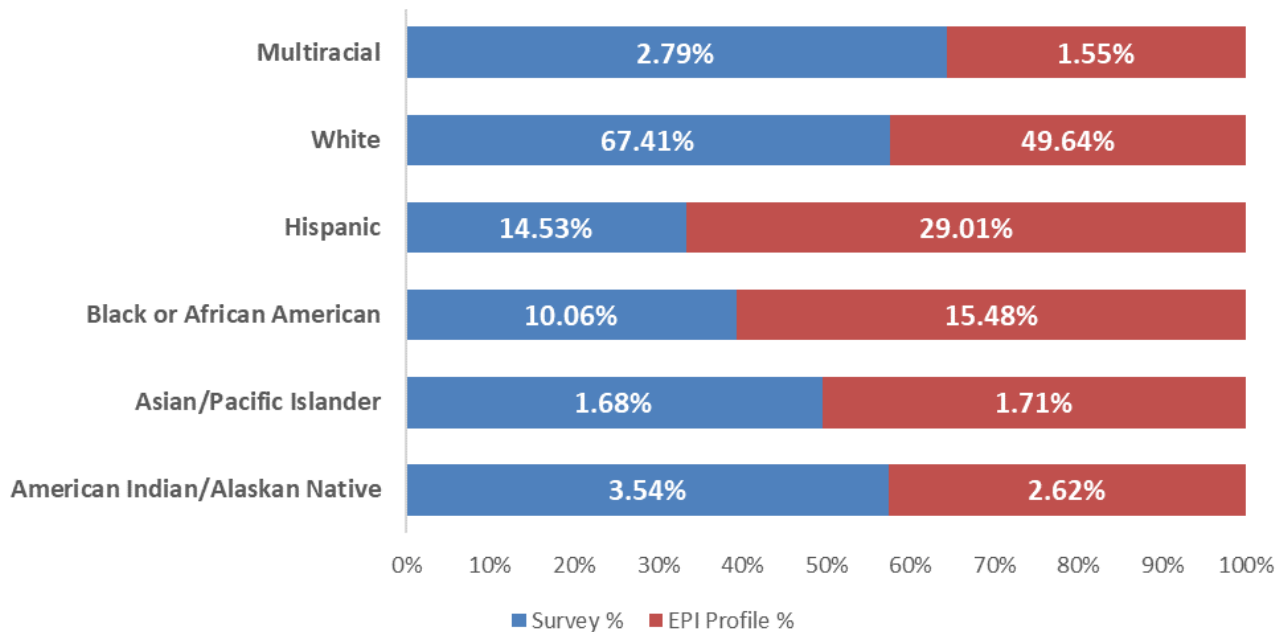


Race/Ethnicity

More than 67% of survey participants self-reported race/ethnicity as White; 14.5% Hispanic; 10% Black or African American; 3.5% American Indian/Alaskan Native; 2.7% Multiracial; and 1.6% Asian/Pacific Islander.

Survey Participants	Survey Responses	Survey %	EPI Profile %
American Indian/Alaskan Native	19	3.54%	2.62%
Asian/Pacific Islander	9	1.68%	1.71%
Black or African American	54	10.06%	15.48%
Hispanic	78	14.53%	29.01%
White	362	67.41%	49.64%
Multiracial	15	2.79%	1.55%

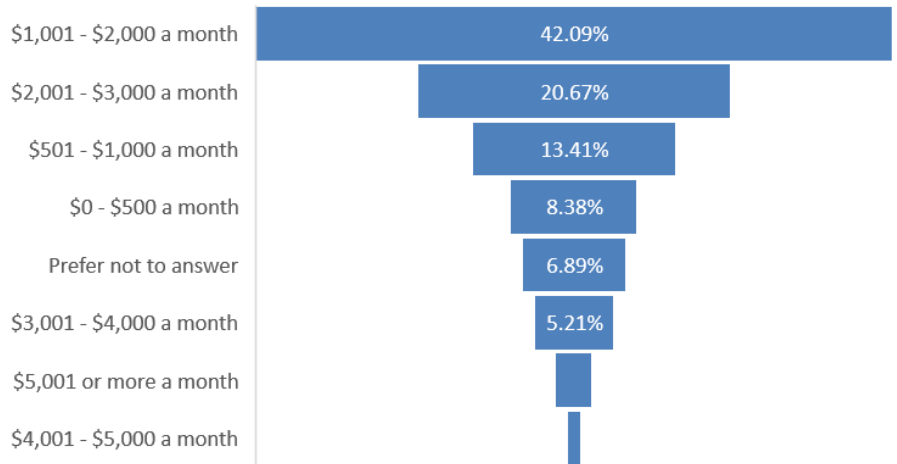
Race/Ethnicity of Survey Participants vs EPI Profile



Monthly Income

More than 42% of survey participants reported having a monthly income of \$1,001 - \$2,000 a month; followed by 20.6% at \$2,001 - \$3,000 a month; 13.4% at \$501 - \$1,000 a month; 8.4% at \$0 - \$500 a month; 5.2% at \$3,001 - \$4,000 a month; 2.4% at \$5,001 or more a month; and less than 1% at \$4,001 - \$5,000 a month.

Monthly Income of Participants



When comparing monthly income to federal poverty level for 2018, which is approximately \$12,140 for a family of 1, approximately 22% of survey respondents are at or below the federal poverty level.

Sexual Orientation

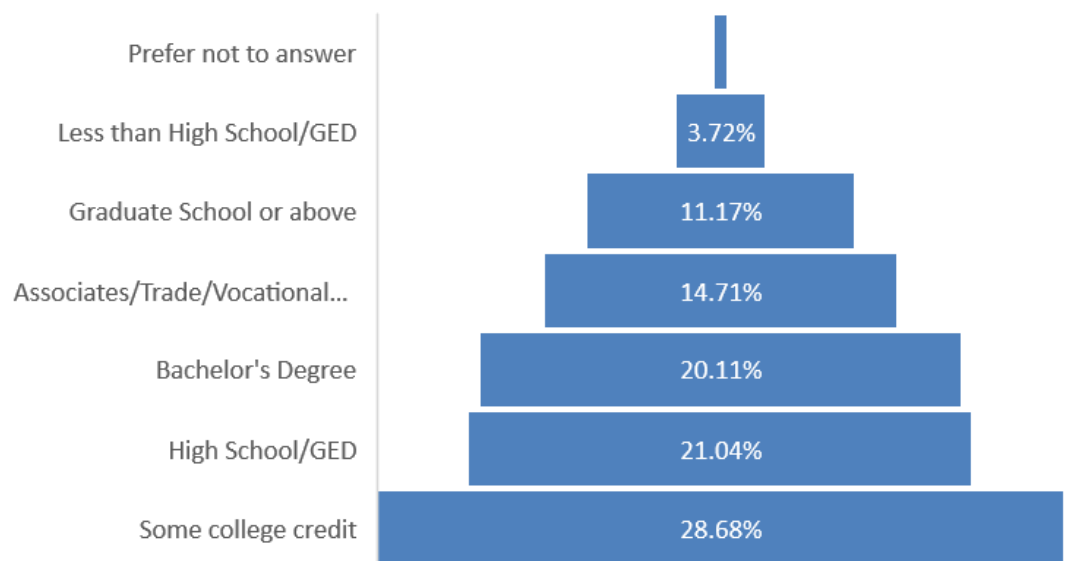
Survey participants identified their sexual orientation as 67% gay; 16% heterosexual; 5.5% bisexual; and 2.2% asexual. Other sexual orientations were identified by survey participants as depicted in the following table.

Sexual Orientation	Survey Responses	Survey %
Gay	365	67.97%
Heterosexual/Straight	87	16.20%
Bisexual	30	5.59%
Prefer not to say	24	4.47%
Asexual	12	2.23%
Other (please specify)	11	2.05%
Questioning	3	0.56%
Sexually Fluid	2	0.37%
Lesbian	1	0.19%
Pansexual	1	0.19%
Queer	1	0.19%

Educational Attainment

More than 28% of survey participants identified having some college credit as their educational attainment, followed by 21% with a high school diploma/GED; 20% with a bachelor’s degree; 14.7% with an associate’s degree/trade school/vocational training; 11% with a graduate degree or more; and 3.7% with less than a high school diploma/GED.

Educational Attainment of Survey Participants



Health Insurance Status

More than 70% of survey participants identify the Ryan White program as their primary health insurance, followed by 52% Medicare A/B; 28% Medicare D; 22% Medicaid, and 19% with a Private health insurance plan. The following table depicts the responses of survey participants.

Health Insurance Status	Survey Responses	Survey %
Ryan White program	376	70.02%
Medicare A/B	280	52.14%
Medicare D	152	28.31%
Medicaid	120	22.35%
Private - Individual, including marketplace (Obamacare)	53	9.87%
Private - Employer	49	9.12%
VA, Tricare, and other military health care	18	3.35%
I do not have health insurance and I do not receive medical care currently	7	1.30%
Indian Health Service (IHS)	7	1.30%

Ryan White Services

Survey participants were asked to identify if they have ever received Ryan White services. More than 85% responded that they are currently receiving Ryan White services and more than 98% of survey participants have received Ryan White services in their lifetime.

Ryan White Services	Survey Responses	Survey %
Yes, I am currently receiving Ryan White services	440	85.60%
Yes; I have received Ryan White services in the past year, but am not currently eligible	33	6.42%
Yes, but it's been over a year since I have received Ryan White services	33	6.42%
No, I have never received Ryan White services	8	1.56%

Most Needed Services for the Aging HIV Community

Survey participants were asked to rate the most needed services for the aging HIV community. The following table depicts a list of services and survey participants response to those services.

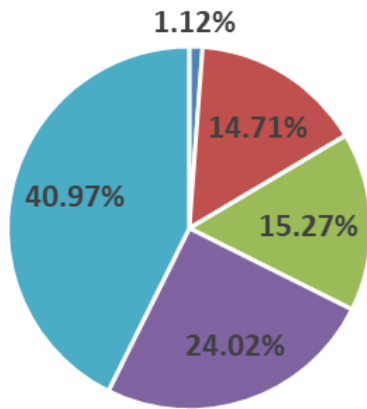
Most Needed Services	Survey Responses	Survey %
Affordable housing	488	90.88%
Counseling/mental health services	444	82.68%
Adult primary care services	421	78.40%
Health and wellness programs	375	69.83%
Nutrition	312	58.10%
Access to healthy food	299	55.68%
Affordable assisted living/Hospice	169	31.47%
Caregiver support	168	31.28%
Transportation	166	30.91%
Recreational services	137	25.51%
Employment assistance	120	22.35%
Alcohol and drug abuse treatment	97	18.06%
Emergency/trauma care	67	12.48%
Womens services, such as obstetrics/gynecological services	48	8.94%
Literacy	29	5.40%

Health Assessment of Survey Participants

Overall Health Rating

More than 55% of survey participants reported their overall health is “good” or “very good”. With more than 79% of survey participants reporting their health to be “acceptable”, “good”, or “very good”. The table below outlines the responses of survey participants and their overall health rating.

Overall Health Rating of Survey Participants



Overall Health Rating	Survey Responses	Survey %
Very poor	6	1.12%
Prefer Not To Answer	21	3.91%
Very good	79	14.71%
Poor	82	15.27%
Acceptable	129	24.02%
Good	220	40.97%

■ Very poor ■ Very good ■ Poor ■ Acceptable ■ Good

Diagnosed Medical Conditions

More than 40% of survey respondents reported having hypertension; 38.5% high cholesterol; 31.5% arthritis; 24.5% hepatitis (A, B, and/or C); 22.5% sleep disorder/sleep apnea; and 22% behavioral/mental health diagnosis. The table below depicts the survey participants self-reported diagnosis of medical conditions.

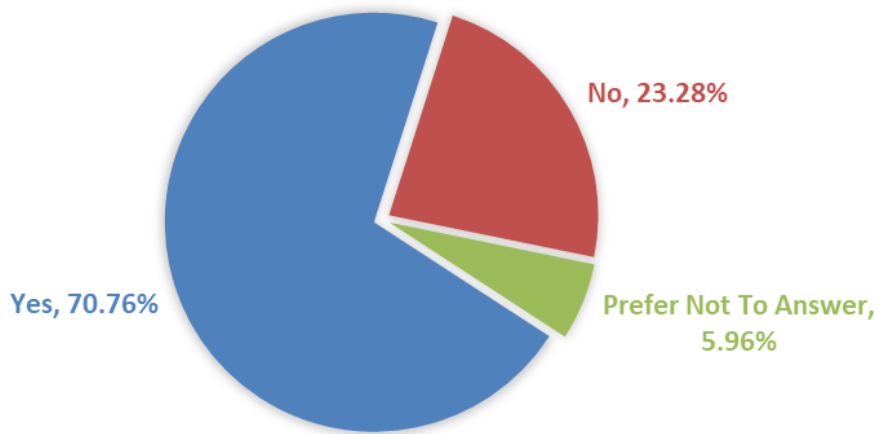
Medical Conditions	Survey Responses	Survey %	Medical Conditions	Survey Responses	Survey %
Hypertension (high blood pressure)	218	40.60%	Headaches/migraines	84	15.64%
High cholesterol	207	38.55%	Hepatitis (A, B, C)	132	24.58%
Arthritis	169	31.47%	High cholesterol	207	38.55%
Hepatitis (A, B, C)	132	24.58%	Hypertension (high blood pressure)	218	40.60%
Sleeping disorder/sleep apnea	121	22.53%	Kidney disease	57	10.61%
Behavioral/mental health diagnosis	119	22.16%	Obesity	61	11.36%
Diabetes or high blood sugar	117	21.79%	Pneumonia	98	18.25%
Dental disease/oral health issues	107	19.93%	Rheumatic Fever	2	0.37%

Medical Conditions	Survey Responses	Survey %	Medical Conditions	Survey Responses	Survey %
Pneumonia	98	18.25%	Sleeping disorder/sleep apnea	121	22.53%
Asthma	97	18.06%	Stroke	29	5.40%
Headaches/migraines	84	15.64%	Substance use diagnosis	41	7.64%
Cancer	83	15.46%	Thrombophlebitis (Blood Clots)	20	3.72%
Heart disease	82	15.27%	Thyroid disease	36	6.70%
Bronchitis	75	13.97%	Tuberculosis (TB)	8	1.49%
Obesity	61	11.36%	Ulcers	28	5.21%
Kidney disease	57	10.61%	None	34	6.33%

Participation in Physical Activities

Survey participants were asked to identify if they have participated in physical activities or exercise (e.g. walking, running, golf, etc.) in the past 30-days. If the participants identified they had participated in physical activities or exercise they were asked how many times a week they participate.

SURVEY PARTICIPANTS PARTICIPATION IN PHYSICAL ACITIVIES



Of the 380 survey participants who identified as having participated in physical activities or exercise in the past 30-days, 24% indicated they participate at least 3-4 days a week; 21% participate 5-7 days a week; more than 18% participate 1-2 days a week; and 6% less than 1 day a week.

Participation in Physical Activities	Survey Responses	Survey %
Less than 1 day a week	32	5.96%
1-2 days a week	101	18.81%
3-4 days a week	130	24.21%
5-7 days a week	117	21.79%

Access to Healthcare

More than 63% of survey participants indicated that accessing healthcare is “easy” or “very easy”. Only 8% of survey respondents identified difficulty when trying to access healthcare as depicted in the following table.

Access to Healthcare	Survey Responses	Survey %
Very difficult	12	2.33%
Difficult	32	6.21%
Moderate	145	28.16%
Easy	207	40.19%
Very easy	119	23.11%

A word cloud was created to depict the difficulties that clients identified when trying to access healthcare. Almost 15% of survey participants indicated that health insurance coverage was a barrier to accessing health care while 12% indicated affordability (e.g. copayments) being a barrier to accessing healthcare.



Social Determinants of Health of Survey Participants

Quality of Life

Survey participants were asked to rate their overall quality of life. More than 88% responded that their quality of life was “acceptable”, “good”, or “very good”. Less than 12% of survey respondents identified their quality of life as “poor” or “very poor”.

Overall Quality of Life	Survey Responses	Survey %
Very poor	9	1.74%
Poor	52	10.04%
Acceptable	210	40.54%
Good	197	38.03%
Very good	50	9.65%

Frequency of issues with some social factors

Survey participants were asked if in the past 12-months, have they had a problem with any of the following social factors, and if so, at what frequency. The following table will describe the social factors and frequencies survey participants identified having issues with each.

Access to Food	Survey Responses	Survey %
Always	13	2.60%
Often	19	3.80%
Sometimes	87	17.40%
Rarely	83	16.60%
Never	298	59.60%

Access to Clothing & Personal Care Items	Survey Responses	Survey %
Always	20	3.94%
Often	21	4.13%
Sometimes	80	15.75%
Rarely	80	15.75%
Never	307	60.43%

Social Security Benefits	Survey Responses	Survey %
Always	38	7.82%
Often	9	1.85%
Sometimes	24	4.94%
Rarely	40	8.23%
Never	375	77.16%

Affording Utilities	Survey Responses	Survey %
Always	28	5.48%
Often	30	5.87%
Sometimes	142	27.79%
Rarely	95	18.59%
Never	216	42.27%

Reliable Transportation	Survey Responses	Survey %
Always	58	11.33%
Often	34	6.64%
Sometimes	85	16.60%
Rarely	73	14.26%
Never	262	51.17%

Struggling Financially	Survey Responses	Survey %
Always	96	18.75%
Often	80	15.63%
Sometimes	164	32.03%
Rarely	72	14.06%
Never	100	19.53%

Legal Issues	Survey Responses	Survey %
Always	19	3.73%
Often	25	4.91%
Sometimes	77	15.13%
Rarely	91	17.88%
Never	297	58.35%

Few Activities / Feeling Bored	Survey Responses	Survey %
Always	31	6.03%
Often	70	13.62%
Sometimes	156	30.35%
Rarely	116	22.57%
Never	141	27.43%

Providing care for another person	Survey Responses	Survey %
Always	28	5.48%
Often	37	7.24%
Sometimes	82	16.05%
Rarely	69	13.50%
Never	295	57.73%

Neighborhood Safety and Community

Survey participants were asked to if their neighborhood has become a better or worse place to live in the past year? And survey participants were asked to rate their option of the same neighborhood over the next 5 years. Below are two table depicting the responses of participants.

Has your neighborhood become a better or worse place to live in the past year?	Survey Responses	Survey %
Much Worse	20	4.02%
Somewhat worse	63	12.68%
Stayed the same	304	61.17%
Somewhat better	71	14.29%
Much better	39	7.85%

Will your neighborhood be a better or worse a place to live in the next 5 years?	Survey Responses	Survey %
Much Worse	28	5.70%
Somewhat worse	59	12.02%
Stayed the same	251	51.12%
Somewhat better	108	22.00%
Much better	45	9.16%

Survey participants were asked to rate a series of statements as it relates to the community in which they live. The following table depicts the statements and the survey participant responses.

Statements	Survey Responses	Always	Often	Sometimes	Rarely	Never
I feel safe in my community.	445	44.27%	36.18%	15.06%	2.70%	1.80%
If I have to be away from home for a day or two, I know a neighbor who will keep an eye on my place.	450	38.22%	15.78%	14.00%	12.00%	20.00%
If I were sick, I could count on a neighbor to do something for me.	451	23.95%	14.86%	18.40%	15.30%	27.49%
If I need something, I know who to call.	450	46.67%	22.00%	18.67%	8.00%	4.67%
I have people to whom I feel connected.	450	47.11%	17.33%	19.78%	10.22%	5.56%
I have strong relationships with family/friends	450	47.33%	20.67%	15.78%	10.22%	6.00%

Violence and Discrimination

Survey participants were asked if they have been a victim of violence or discrimination in the past 12-months. The following table depicts the responses of survey participants to each of the violence and discrimination questions.

In the past 12-months, have you been a victim of...	Survey Responses	Yes	No
Non-violent crime	474	17.93%	82.07%
Violent crime	479	4.59%	95.41%
Housing discrimination	470	5.11%	94.89%
Work place discrimination	469	5.76%	94.24%

Community Problems

Survey participants were asked to indicate specific issues that may be affecting their communities. The following table depicts problems and the survey participants feelings towards that problem.

Answer Choices	Survey Responses	Survey %
Cost of healthcare/medication	228	54.55%
Housing affordability	228	54.55%
Drug abuse	188	44.98%
Homelessness	175	41.87%
Mental health issues	161	38.52%
Alcohol abuse	137	32.78%
Lack of health insurance	122	29.19%
Lack of dental care	113	27.03%
Lack of transportation	96	22.97%
Unemployment	95	22.73%
Lack of access to healthy food	82	19.62%
Obesity	72	17.22%
Domestic violence	57	13.64%
Other (please specify)	48	11.48%
Child abuse	24	5.74%
Lack of prenatal care	18	4.31%
Teen pregnancy	17	4.07%

Mental Health Assessment of Survey Participants

Overall Mental Health Status

More than 83% of survey participants rated their overall mental health status as “good”, “very good”, or “excellent”. While 17% rated their overall mental health status as “poor” or “very poor”. The following table depicts the responses from survey participants.

Overall Mental Health	Survey Responses	Survey %
Very Poor	4	0.81%
Poor	78	15.79%
Good	214	43.32%
Very Good	149	30.16%
Excellent	49	9.92%

Mental Health and Daily Activities

Survey participants were asked in the past 12-months, how often has mental health status kept them from doing daily activities like work or recreations? The following table depicts the responses of survey participants.

MH and Daily Activities	Survey Responses	Survey %
Never	213	43.38%
Occasionally	198	40.33%
More than half of the time	59	12.02%
Almost all the time	21	4.28%

Mental Health Events

Survey participants were asked to identify if they have experienced any mental health events in the past 12-months. More than 71% of survey participants indicated that they have experienced depression in the past 12-months. The following table depicts the mental health event and the survey participants responses to each event.

Answer Choices	Survey Responses	Survey %
Depression	317	71.08%
Isolation	169	37.89%
Loss of memory	154	34.53%
Cognitive impairment / poor concentration	138	30.94%

Does not apply	117	26.23%
Feelings of regret or shame	112	25.11%
The loss of a loved one	98	21.97%
HIV survivors guilt	73	16.37%
Substance use/abuse	50	11.21%
Self-destructive behavior	44	9.87%
Increased sexual risk taking	40	8.97%

Emotional Support Needs

Survey participants were asked to indicate how often they needed emotional support. More the 63% indicated that they needed emotional support “*sometimes*”, “*very often*”, or “*always*”. The following table depicts survey participants responses.

Emotional Support	Survey Responses	Survey %
Never	43	8.69%
Rarely	138	27.88%
Sometimes	223	45.05%
Very Often	68	13.74%
Always	23	4.65%