Geographically Diverse National Survey of People With HIV on Grindr Shows High Virologic Suppression

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BACKGROUND

Viral suppression (VS) is only 65% among people with HIV (PWH) in the U.S. Current efforts fall short of Ending the HIV Epidemic (EHE) and UNAIDS goals of 95% VS among PWH. PWH who use geosocial networking/dating applications (GSN-apps) benefit from knowing their VS status to inform sexual negotiations with partners and enhance the impact of Undetectable = Untransmissible.

METHODS

Study population

U.S. adult PWH were recruited through a popular GSN-app to complete a survey from January to September 2024. Those with ART adherence challenges were separately enrolled in a longitudinal cohort where laboratory viral loads were drawn.

Objectives

Assess the prevalence and correlates of self-reported awareness of VS status and VS among the entire cohort. Then assess the concordance between self-reported VS and laboratory-confirmed VS among the sub-sample with laboratory viral load testing.

Statistical analysis

We explored correlates of self-reported awareness of VS status and VS using multivariate logistic regression adjusted for demographics, stimulant use, region, and residence in an EHE priority jurisdiction. Adjusted odds ratio (aOR) and 95% confidence interval (CI) are presented.

Table 1. Participant demographics.

Characteristic	Participants no. (%)
Age (years)	
18-34	897 (31.6)
35-54	1415 (49.9)
55+	526 (18.5)
Gender	
Cisgender man	2424 (85.4)
Transgender woman	119 (4.2)
Non-binary & Other	295 (10.4)
Race/ethnicity	
White, non-Hispanic	1077 (37.9)
Black	800 (28.2)
Latine/Hispanic	690 (24.3)
Native	98 (3.4)
Multiracial & Other	173 (6.1)
Region	
West	635 (22.4)
Southwest	423 (14.9)
Southeast	732 (25.8)
Midwest	478 (16.8)
Northeast	570 (20.1)
Stimulant use	1022 (36.0)
EHE priority jurisdiction	1840 (64.8)

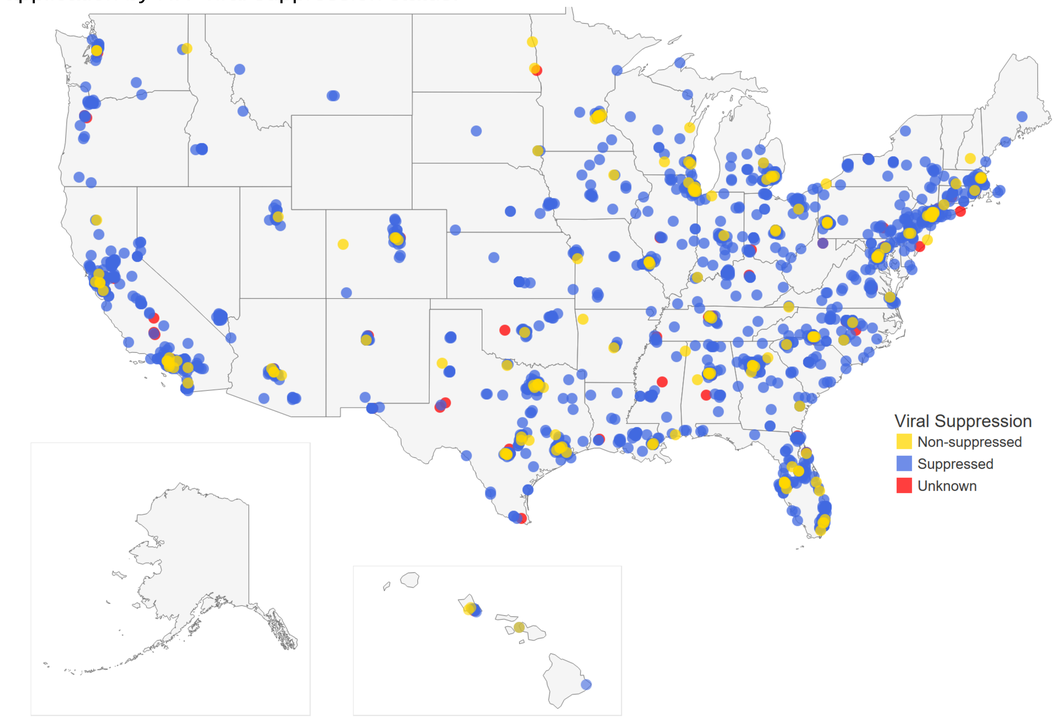
RESULTS

Participant characteristics (n = 2,838)

- 50% ages 35-54; 10% non-binary, 4% transgender woman; 28% Black, 24% Latine/Hispanic (Table 1)

Among 2,838 people with HIV on a popular geosocial networking application, 93.5% reported viral suppression (VS), with high concordance between self-reported and laboratory-confirmed VS.

Figure 1. Geographic diversity of 2,838 people with HIV on a popular geosocial networking/dating application by HIV viral suppression status.



RESULTS (cont.)

- Over one-third (36%) reported stimulant use in the past 3 months
- All participants (100%) reported being on ART

Prevalence and correlates of awareness of VS status

94.9% of participants (n=2,694) reported knowing their VS status, but were less likely to if they were:

- Younger (18-34 years aOR=0.47, CI=0.24–0.84, compared to 55+)
- Black (aOR=0.57, CI=0.36–0.88)
- Used stimulants (aOR=0.53, CI=0.38–0.76)

Prevalence and correlates of VS

Of participants who knew their VS status (n=2,694), 93.5% reported VS (Figure 1), but were less likely to if they were:

- Younger (18-34 years aOR=0.44, CI=0.24–0.75; 35-54 years aOR=0.48, CI=0.27–0.79; compared to 55+)
- Used stimulants (aOR=0.47, CI=0.34–0.64)

Concordance between self-report and laboratory VS

Participants with ART adherence challenges enrolled in longitudinal cohort (n = 923); of these 923, 90.9% reported VS (n = 787). Laboratory-based viral load testing showed an actual VS of 86.8%.

- Of 787 participants who reported VS, 91.6% confirmed to be suppressed on laboratory testing

CONCLUSIONS

- Vast majority of participants on a popular GSN-app reported VS, with high concordance between self-reported VS and laboratory-confirmed VS in a sub-cohort.
- VS was much higher than the national average, indicating that PWH on this GSN-app are generally well-engaged in their HIV care.
- Stimulant use was reported by over one-third of participants, with lower reported VS in this group.
- Inequities remain for PWH who are younger, Black, and use stimulants. Gaps in care should be addressed through targeted care reengagement and adherence interventions, potentially via GSN-apps.