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Unstable Housing, Methamphetamine Use, and HIV Incidence among Racial and Ethnic Minority Men

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BACKGROUND

- The objective of this study was to examine the synergistic impact of housing instability and methamphetamine use on the incidence of HIV infection

METHODS

- Longitudinal analysis of data collected from 2014 – 2024 from a cohort study of gay, bisexual, and other men who have sex with men in Los Angeles, CA
- Participants were eligible if they were: (1) 18-45 years of age at enrollment; (2) male sex; (3) tested negative for HIV at enrollment; and (4) reported condomless anal intercourse with a male partner at enrollment
- Semiannual visits assessed housing status, substance use, and sexual behaviors and collection and testing of biospecimen for STIs/HIV

RESULTS

- We include data from 274 participants, 2,372 study visits with a median follow-up time of 4.6 years
- At baseline median age was 28 years, 47% identified as Black/African American and 38% Hispanic/Latine
- Past 6-month self-reported methamphetamine use was 32% and unstable housing was 34% (Figure 1)
- HIV incidence rate was 1.6 per 100 person-years (95% CI:1.0-2.4) (n=20) with the highest incidence rate among daily methamphetamine users who reported unstable housing (8.0 per 100 PY) (Figure 2)
- Based on regression analyses daily meth use and unstable housing were both associated with HIV seroconversion (HR=5.0; 95% CI 1.8-13.7 and HR=3.0; 95% CI 1.3-7.4, respectively)(Table)

Daily methamphetamine use and unstable housing independently increase HIV risk, but their combination results in a dramatically higher HIV incidence rate, highlighting a synergistic effect. Addressing both housing instability and substance use concurrently is crucial for effective HIV prevention efforts.

Figure 1. Baseline characteristics of study participants n=274

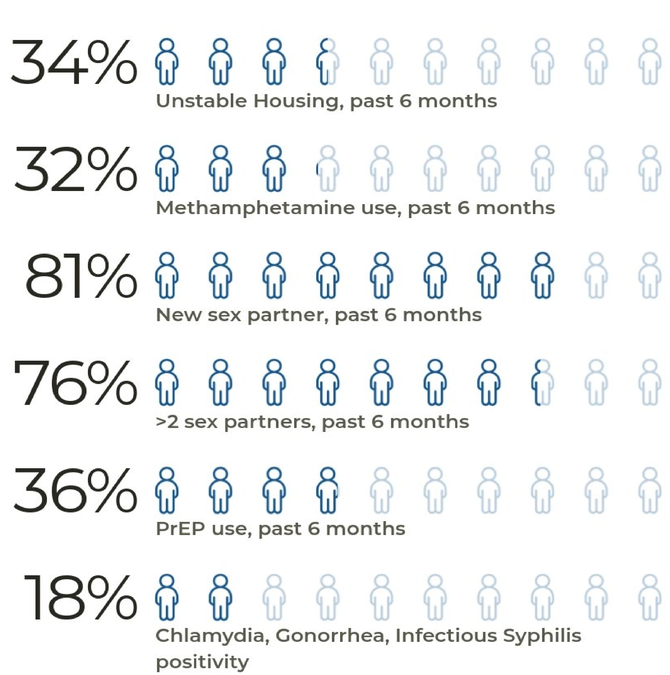


Figure 2. HIV incidence rate by methamphetamine use and housing status, n=274; 2014-2024

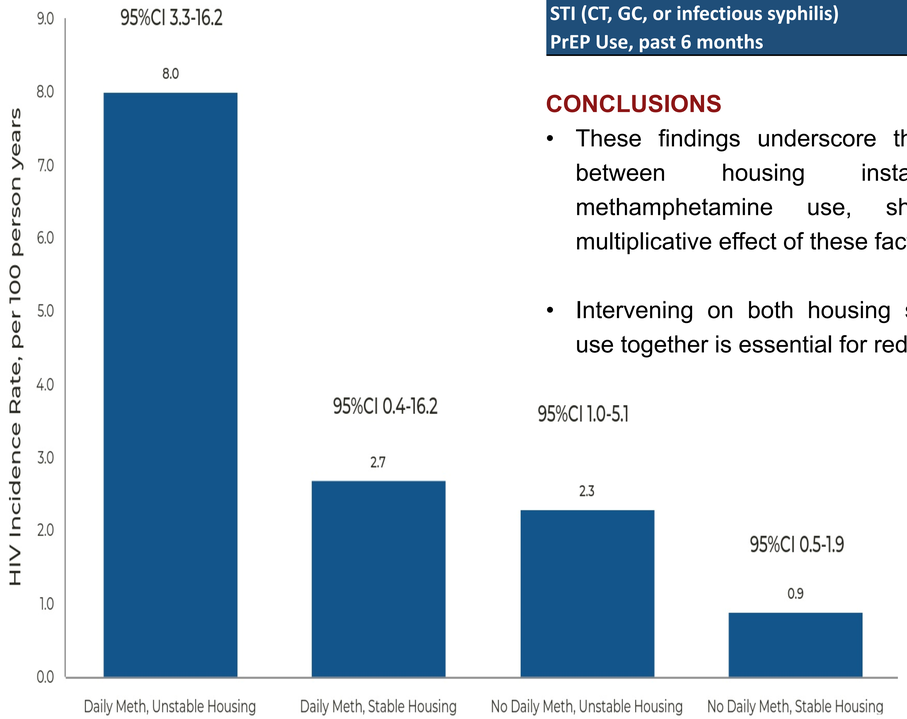


Table. Cox regression analysis of demographic factors, substance use, and sexual behaviors associated with HIV incidence, 2014-2024, n=274 participants and 2,372 study visits

	HR (95% CI)
Age at visit	0.97 (0.91, 1.04)
Race or Ethnicity	
Hispanic or Latine	0.80 (0.17, 3.88)
Black	0.85 (0.19, 3.91)
Other	0.71 (0.06, 7.84)
White	1.00 (Reference)
Unstable housing, past 6 months	3.03 (1.25, 7.35)
Methamphetamine use, past 6 months	
Daily	5.01 (1.83, 13.70)
Weekly	1.14 (0.15, 8.82)
Monthly or less	1.02 (0.23, 4.62)
Never	1.00 (Reference)
New sex partner, past 6 months	7.55 (1.62, 35.14)
Total partners, past 6 months	
2+ vs. 1 or fewer	4.16 (1.13, 15.29)
STI (CT, GC, or infectious syphilis)	3.41 (1.24, 9.41)
PrEP Use, past 6 months	0.78 (0.30, 2.03)

CONCLUSIONS

- These findings underscore the powerful interaction between housing instability and daily methamphetamine use, showing there is a multiplicative effect of these factors on HIV risk
- Intervening on both housing support and substance use together is essential for reducing HIV transmission.

This work was supported by NIH/NIDA U01DA036267

CROI 2025, San Francisco, California • March 9-12, 2025

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