Best Practices for HIV Prevention among Transgender and Non-binary People

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Welcome

- National Transgender HIV Testing Day
- Webinar will be recorded
- Q and A in last 15 minutes
Acknowledgements

- Collaboration with APLA Health (Shared Action<sup>HD</sup>)
- CPN Resource Center
Who we are…

- CBA for Health Departments
- Components
  - HIV Testing
  - Prevention with Positives
  - Condom Distribution

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CoE Capacity Building Assistance Program

- High-Impact HIV Prevention with CBOs
- Transgender health content expert
- Partnerships
  - UCSF Center for AIDS Prevention Studies (CAPS)
  - Alliance Health Project

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http://transhealth.ucsf.edu/
Our mission is to increase access to comprehensive, effective, and affirming healthcare services for transgender and gender non-binary communities.
Best Practices for HIV Prevention among Transgender and Gender Non-Binary People
Objectives

• Increase understanding of the HIV prevention needs of transgender and gender non-binary people

• Increase the capacity of service providers to deliver effective, culturally competent HIV services for transgender and gender non-binary people

• Increase the awareness of the National Transgender HIV Testing Day (NTHTD), April 18, 2018
Transgender

An umbrella term used to describe people whose gender or gender expression is different than the sex they were assigned at birth.
Worldwide burden of HIV in transgender women

- Meta-analysis of transgender women in 15 countries including the USA, six Asia-Pacific, five Latin America, and three in Europe ($N=11,066$)

- 19.1% HIV prevalence

- Transgender women had 48.8 times the odds of HIV infection (95% CI 21.2–76.3) compared with all adults of reproductive age

- Participants were less likely to have access to and utilization of HIV services

Quantitative studies on the global burden of disease among transgender persons

Challenges in data collection among hard-to-reach populations

- Population-based studies not yet conducted
- Lack of gender variance variables in health surveys
- Social stigma
- Post-transition stealth existence
- Trans female centric
- Trans male invisibility
- Pathology based
Transgender people are disproportionately affected by

- HIV/AIDS
- Discrimination in health care
- Suicide
- Unemployment
- Violence and harassment (verbal and physical)
Respondents were living with HIV at nearly 5 times the rate found in the U.S. population.

Among those who saw a health care provider in the past year, 33% reported having at least one negative experience related to being transgender.

40% have attempted suicide in their lifetime, nearly nine times the rate in the U.S. population (4.6%).

Nearly one-third (29%) of respondents were living in poverty, more than twice the rate in the U.S. population (14%).

Unemployment rate is 3 times higher than the unemployment rate in the U.S. population.

Nearly half (46%) were verbally harassed in the past year because of being transgender.

What is a Best Practice?

Best Practice

Experience

Research

Proven Success

 Desired Result
How did the CoE come up with these eight best practices?

1. California Resource Inventory
2. California Service Gap Analysis
3. Data Analysis
Best Practices Research Background

California Community Advisory Board
Data Analysis

Data
- California resource inventory
- Service gap analysis

CoE Data Analysis

CAB Feedback

Best Practices
Best Practices for Transgender HIV Prevention

1. Ground your work in the community
2. Realize that one size does not fit all
3. Use multidisciplinary approaches
4. Get the facts
5. Look in all the right places
6. Increase access to health care
7. Support staff development
8. Advocate for structural & systemic change
1. Ground Your Work in the Community

- Develop partnerships with transgender people and organizations
1. Ground Your Work in the Community *(Cont’d)*

- Involve transgender people in program planning & implementation
- Involve transgender people at all levels of the program
- Utilize peer educators & volunteers
- Solicit community feedback (i.e. CAB, community forums)
- Share information & resources with other providers
2. Race & Ethnicity: One Size Does Not Fit All

- Trans women of color, especially African Americans and Latinas, experience disproportionately high rates of HIV.

- It is important to emphasize, however, the literature suggests multiple social determinants influence these women’s risks.
Bienestar, Los Angeles

- Created program based on formative evaluations which included:
  - Focus groups
  - Key informant interviews
3. Use Multi-level Approaches

- Communities
- Organizations
- Schools
- Social Networks
- Families
- Individuals
4. Get the Facts! Assess, Evaluate & Enhance

Formative Evaluation → Incorporate findings → Plan program changes

Disseminate findings ← Outcome/Process Evaluation ← Implement
5. Look in All the Right Places

- Transgender-specific recruitment and retention strategies
  - Street outreach
  - Night clubs
  - Client homes
  - Other transgender service providers
Transvision, Tri-City Health Center, Fremont, CA

“We have conducted surveys, oral and rapid testing, and CRCS Counseling in their rooms when it is difficult for them to make it to the agency.” ~ Tiffany Woods, Transgender Programs Manager
6. Increase Access to Health Care

- Collaborate with local health care providers who:
  - Have easily accessible or multiple locations
  - Provide services in multiple languages
  - Understand transgender specific needs
    - HIV prevention, care, & treatment
    - Primary care
    - Mental health
  - Provide hormone therapy as part of primary care
7. Invest In Developing and Supporting Your Staff

Build capacity & cultivate healthy work environments

- Prioritize staff development
- Provide ongoing training & education
- Create opportunities for advancement
8. Advocate for Structural & Systemic Changes

- Advocate for policy changes alongside transgender people. Examples Include:
  - Violence Prevention
  - Health Insurance
  - HIV Prevention
  - Housing
Additional Ideas

- Incorporate transgender-inclusive data collection
- Hire transgender people
- Provide transgender-inclusive health insurance
- Think about having gender-neutral bathrooms
Additional CoE Website Resources

- Acknowledging Gender and Sex Online Course
- Data collection recommendations
- Primary care protocols
- Latest transgender research
- Transgender health information
National Transgender HIV Testing Day

http://transhealth.ucsf.edu/
National Transgender HIV Testing Day (NTHTD) Goals

- Increase HIV status awareness among transgender and gender non-binary people
- Increase the capacity of the HIV testing workforce to provide culturally competent services for trans people
- Reduce HIV and other health-related disparities experienced by transgender women
- Increase community engagement of trans people in HIV testing, planning, prevention, and care services throughout the United States
Ideas for NTHTD Events

Community Engagement
- Public forums
- Local celebrity/community leaders
- Collaboration
- Fundraisers
- Community events (arts, social, ???)
- Involve community members in event promotion (flyer contest)
Next Webinar

Effective Recruitment for Transgender People into HIV Testing

April 10, 2018
11am PST/2pm EST
Questions?
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