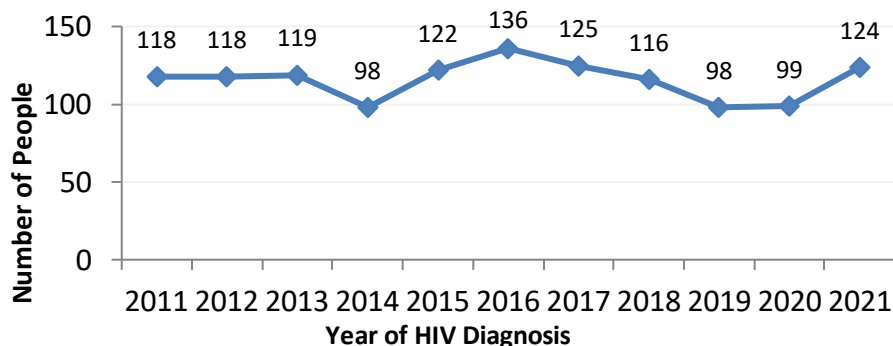


# HIV IN IOWA

## HOW MANY IOWANS HAVE HIV?

As of December 31, 2021, there were 3,430 Iowans who were diagnosed with HIV and living in Iowa. There were 124 Iowans newly diagnosed in 2021.

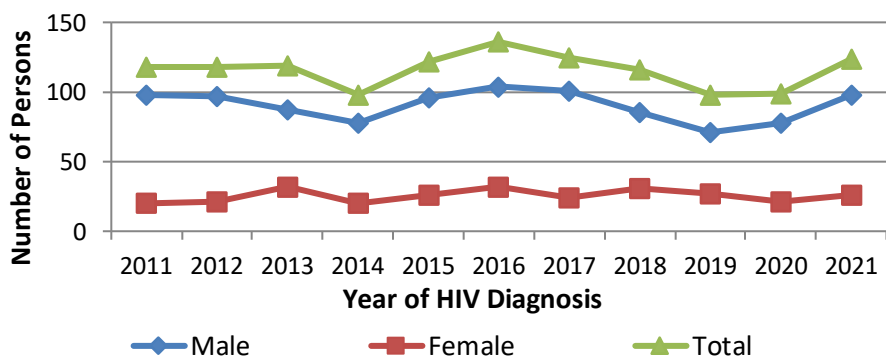
Iowans Diagnosed with HIV: 2011 through 2021



## WHICH IOWANS ARE IMPACTED BY HIV?

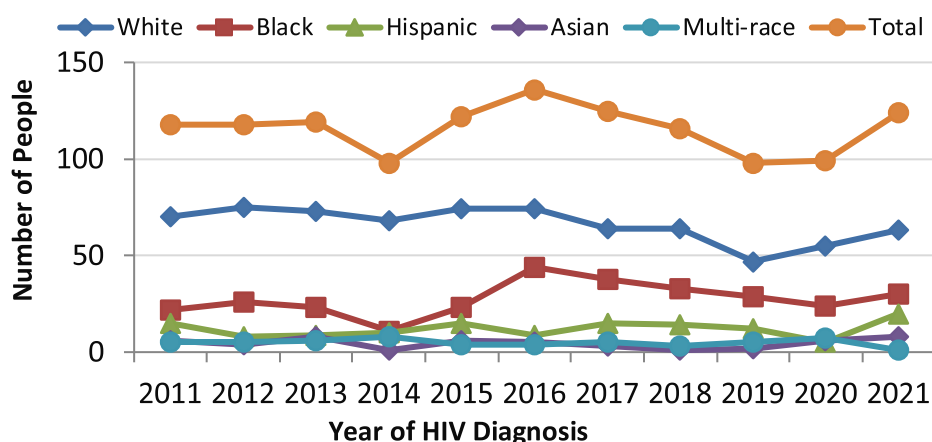
Males are disproportionately impacted by HIV in Iowa. There are about four males diagnosed for every female.

Iowans Diagnosed with HIV by Sex: 2011 through 2021



Non-Hispanic Black/African American, and Latino Iowans are disproportionately impacted by HIV in Iowa. This is not because they are more likely to engage in behaviors putting them at risk for HIV, but because of social determinants of health impacting access to care and services.

Iowans Diagnosed with HIV by Ethnicity and Race: 2011 through 2021



## WHAT IS HIV?

Human immunodeficiency virus (HIV) attacks the cells of the body's immune system. It locates and destroys CD4+ cells, which coordinate immune system responses. There is no cure, but it can be managed with treatment. The main goals of treatment are to reduce the virus to very low levels (called viral suppression) and improve health outcomes.

## HOW IS HIV TRANSMITTED?

HIV is transmitted through direct contact with the following body fluids from someone who has HIV:

- Blood
- Semen or pre-seminal fluid
- Rectal fluids
- Vaginal fluids
- Breast milk

***A person with HIV with an undetectable viral load cannot sexually transmit the virus.***

## WHO SHOULD GET TESTED FOR HIV?

- Everyone ages 15 to 64 should be tested at least once
- All pregnant women should be tested for HIV.
- People who experience the following modes of exposure to HIV should be tested more frequently:
  - Men who have sex with men
  - People who inject drugs
  - People who test positive for STDs
  - People who exchange sex
  - People who have sex without using condoms or pre-exposure prophylaxis (PrEP)

For more information on HIV, please visit: <http://idph.iowa.gov/hivstdhep/>

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