

# CLINICAL AND SOCIODEMOGRAPHIC CHARACTERISTICS ASSOCIATED WITH POOR SELF-RATED HEALTH ACROSS MULTIPLE DOMAINS AMONG OLDER ADULTS LIVING WITH HIV

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# Beyond Viral Suppression: Going Full 360

## UNAIDS Targets

- **Diagnosis:** 90% of those with HIV will know their status<sup>1</sup>
- **Treatment:** 90% of those diagnosed will be on treatment<sup>1</sup>
- **Viral suppression:** 90% of those on treatment will be virally suppressed<sup>1</sup>
- **Quality of life:** 90% of PLHIV will enjoy good health-related quality of life<sup>2</sup>

## Overall Health

- Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity – World Health Organization<sup>3</sup>

1. UNAIDS. <https://www.unaids.org/en/resources/documents/2017/90-90-90>. Accessed June 12, 2020. 2. Lazarus et al. *BMC Med.* 2016;14:94. 3. World Health Organization. <https://www.who.int/about/who-we-are/constitution>. Accessed June 12, 2020.

# Overall Health and Subdomains

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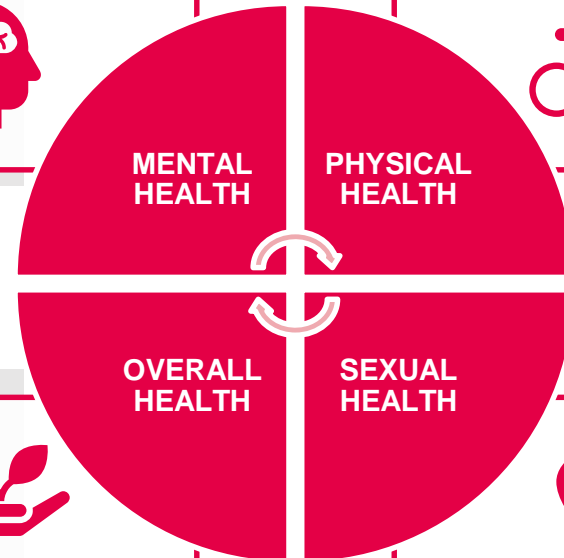
## MENTAL HEALTH

“Your state of well-being in which you realize your own potential, can cope with the normal stresses of life, can function productively and fruitfully, and are able to contribute to your community”



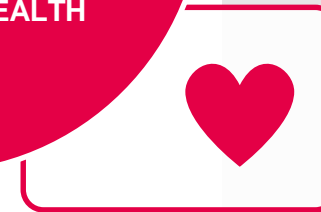
## PHYSICAL HEALTH

“Physical condition of your body, specifically the absence of any illness or injury and being free from aches or pains in any part of your body”



## OVERALL HEALTH

The totality of all health domains, including physical, mental, and sexual, as well their interactions with each other to influence health



## SEXUAL HEALTH

“Your sexual well-being, the quality of your sexual relations, your sex drive (libido), as well as your reproductive health and absence of any (non-HIV) sexually transmitted infections”

1. World Health Organization. <https://www.who.int/about/who-we-are/constitution>. Accessed June 12, 2020.

# Key Objectives

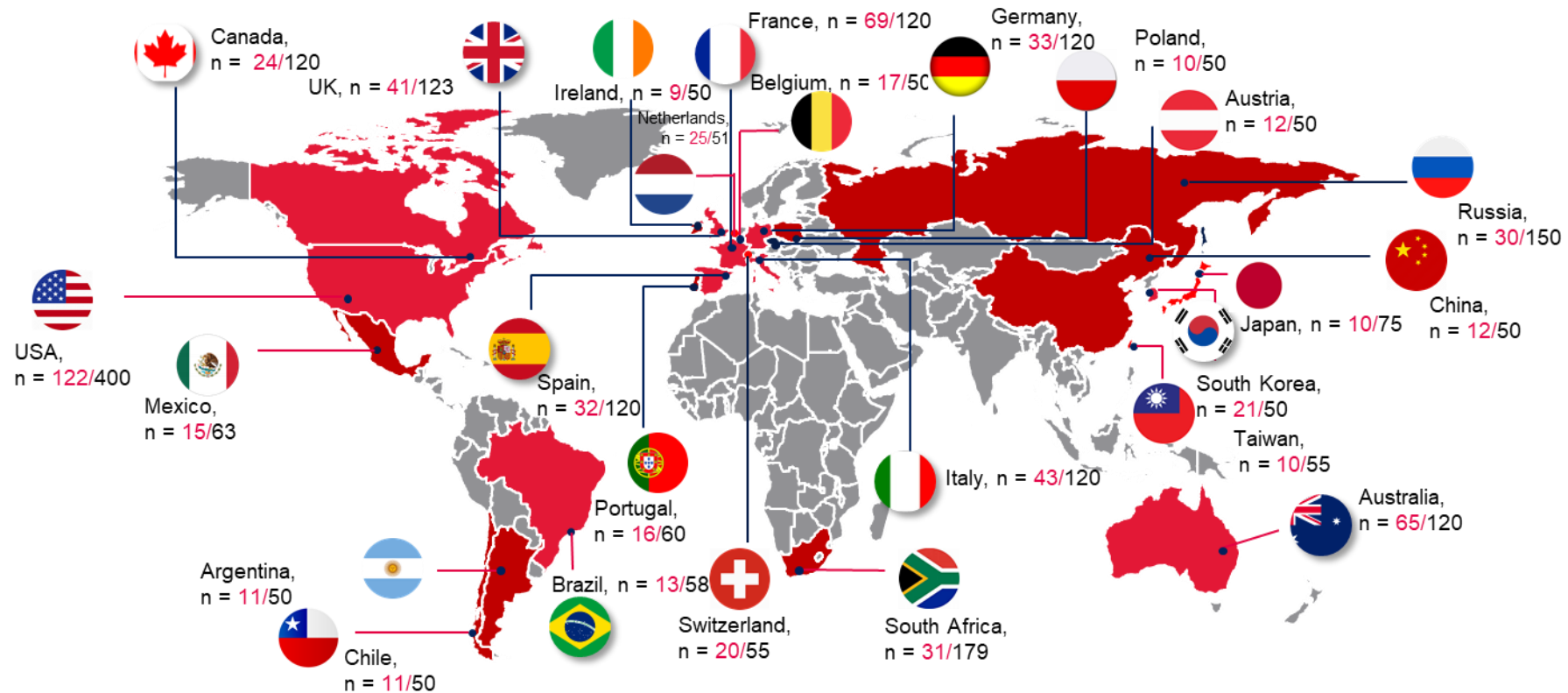
- What proportion of PLHIV aged  $\geq 50$  years report suboptimal health on each individual domain?
- What proportion of PLHIV aged  $\geq 50$  years report suboptimal health on all assessed domains?
- What are the clinical and demographic characteristics of those reporting suboptimal health on all domains?

# Overview of Positive Perspectives Study Design



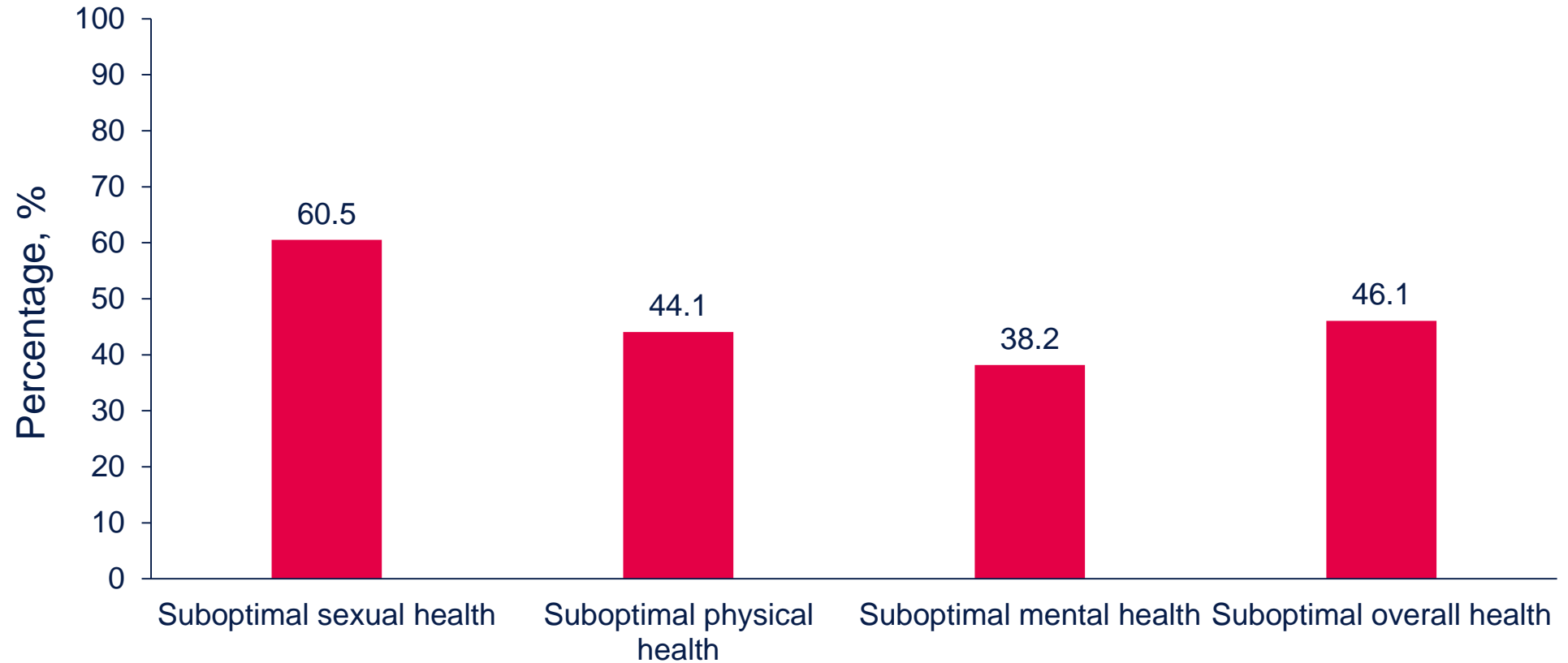
- Positive Perspectives is a multinational, cross-sectional, web-based survey for PLHIV collected between April and August 2019
- Purpose: To understand the health of older PLHIV reporting suboptimal health on multiple domains
- Patient population in analysis:
  - 699 participants aged  $\geq 50$  years (of 2389 total adults aged  $\geq 18$  years with confirmed HIV status and receiving antiretroviral treatment)
  - From 25 countries that together account for 33.1% (12.53 million) of the global HIV burden
- Self-rated health assessment:
  - Across 4 health domains (physical, mental, sexual, and overall)
  - Scored as optimal (“Very good” or “Good”) or suboptimal (“Neither good nor poor,” “Poor,” or “Very poor”)
  - Measured for associations between health domains and clinical/demographic characteristics using multinomial logistic regression, adjusting for gender and disease duration

# PLHIV Aged $\geq 50$ y in Selected Countries Relative to Total Sample



- **Mean age among people aged  $\geq 50$  years, by region:** North America, 59 y; Europe, 56 y; Latin America, 56 y; Asia, 55 y; Australia, 59 y; South Africa, 54 y
- **Percentages of females aged  $\geq 50$  years by region:** North America, 25%; Europe, 33%; Latin America, 26%; Asia, 32%; Australia, 14%; South Africa, 65%

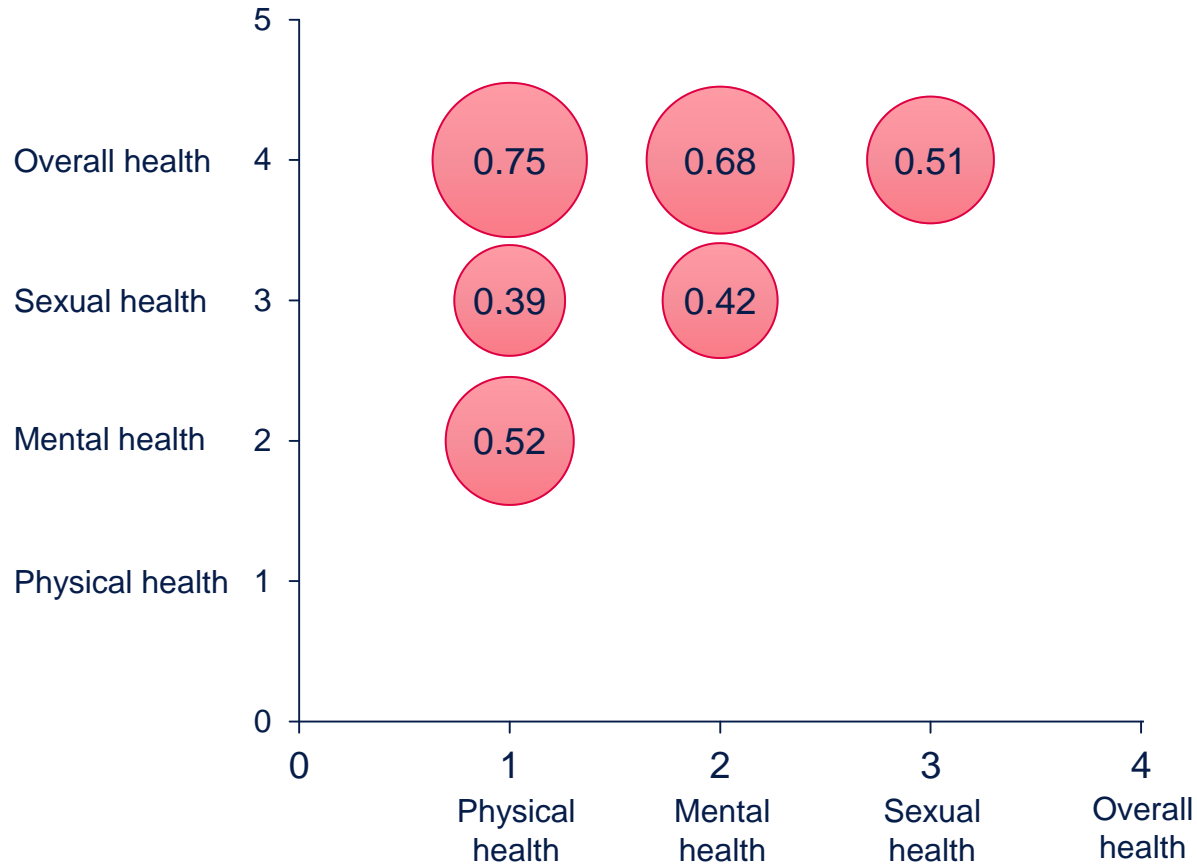
# Self-Reported Suboptimal Health Prevalence



Suboptimal status, by domain

**Sexual health was the domain where the highest percentage reported suboptimal status, among 3 in 5 older adults overall**

# Correlation Between the Different Domains of Self-Rated Health

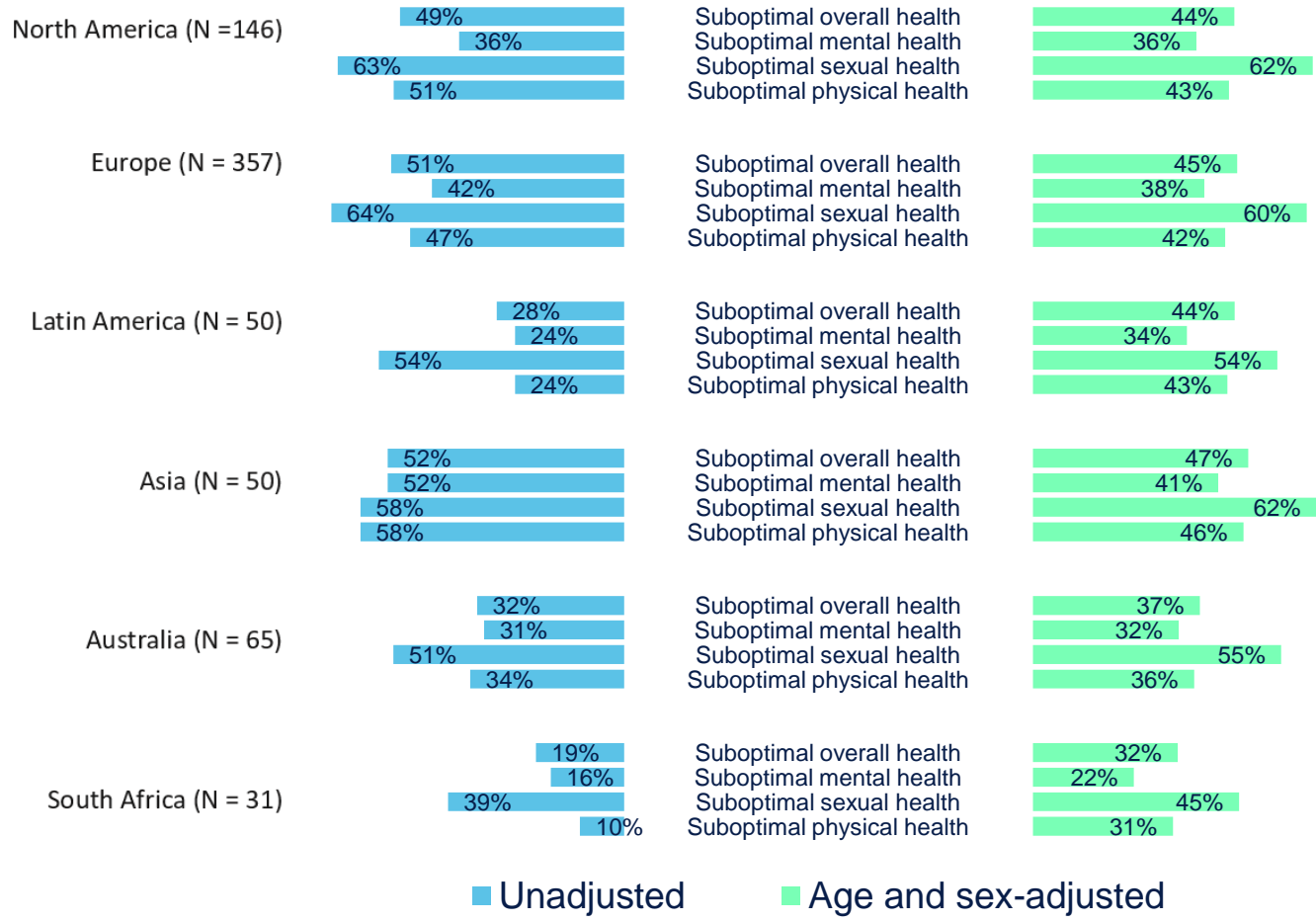


The subdomains with the strongest correlation with overall health were

- Physical health (Spearman's correlation,  $\rho = 0.75$ )
- Mental health ( $\rho = 0.68$ )

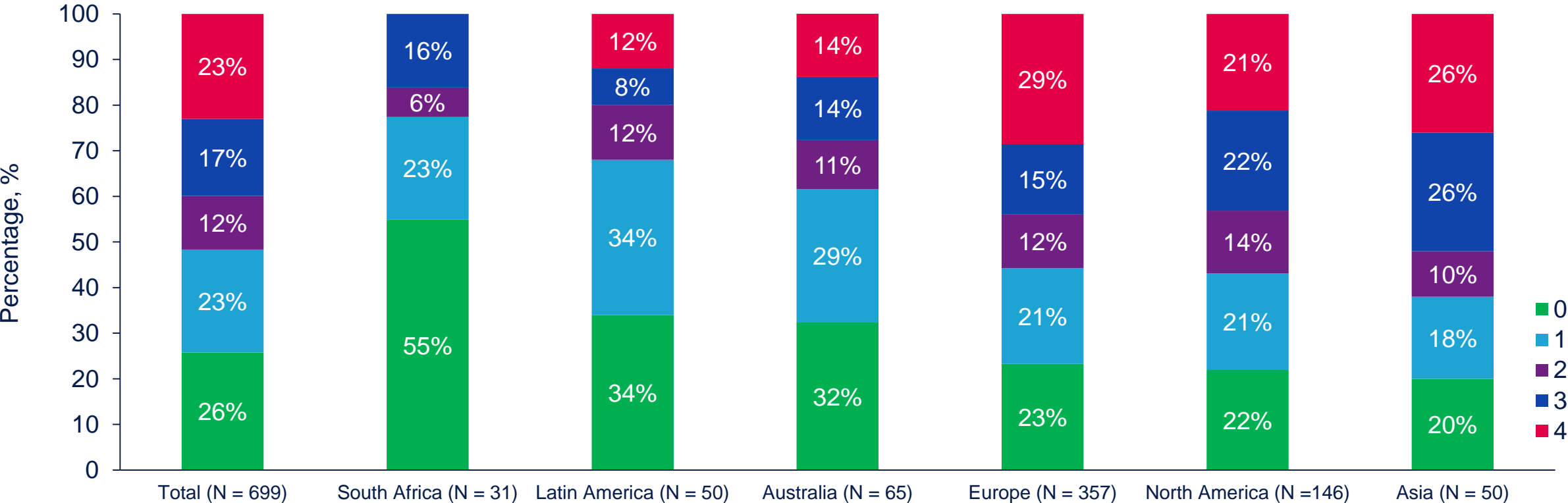


# Self-Reported Suboptimal Health Prevalence by Domain and Region



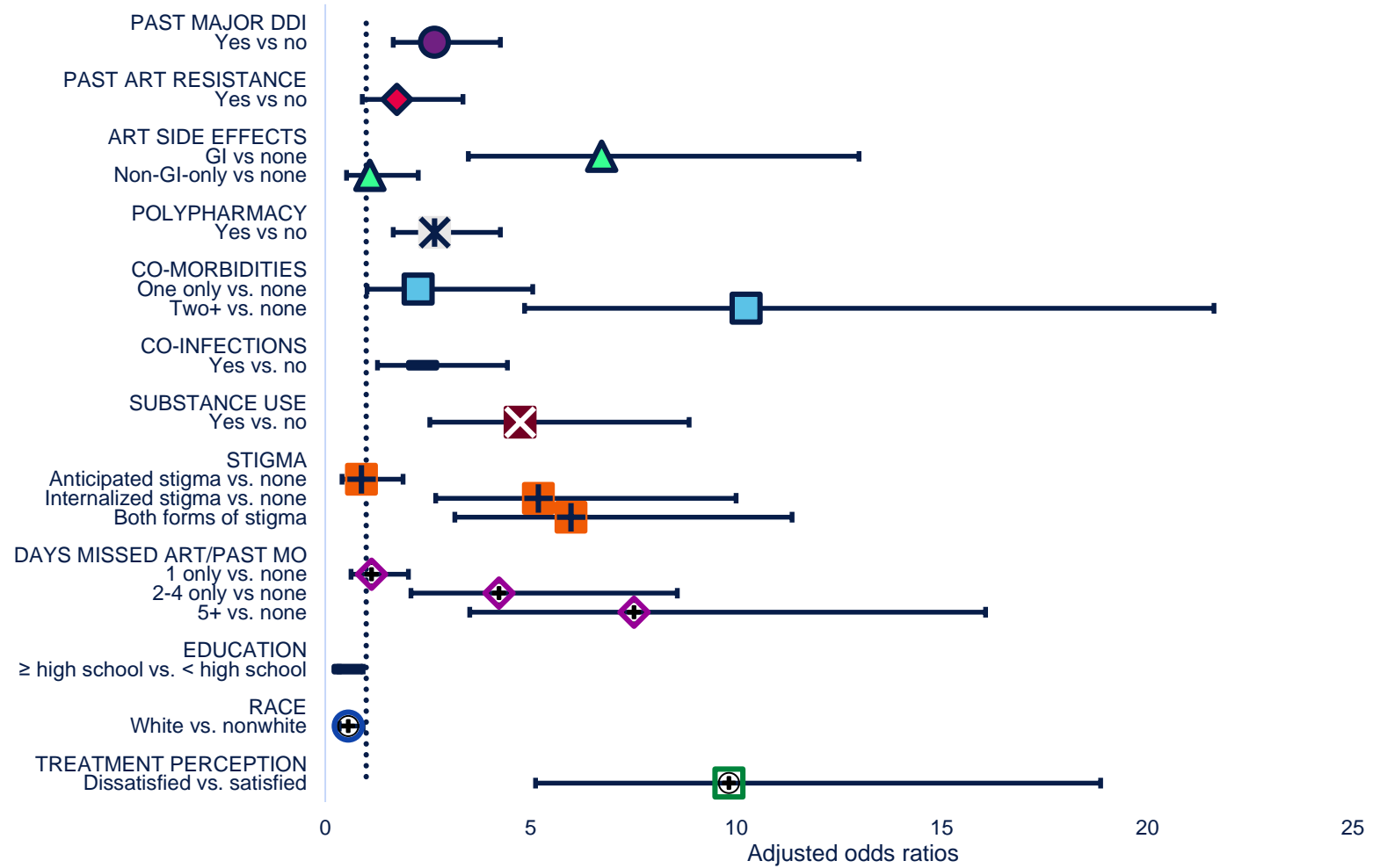
- South Africa had the lowest percentage of reported suboptimal health in all domains. This gap narrowed after adjusting for age and sex, but some remained, suggesting the effect of other factors

# Number of Domains on Which Suboptimal Health Was Reported, Overall and by Region



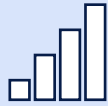
- Overall, 26% reported optimal health on all domains, while 23% reported suboptimal health on all domains. Half the population was centered around these 2 extremes

# Comparisons of Individuals Reporting Suboptimal Health on All 4 Domains vs Those Not Reporting Suboptimal Health on Any Domain



**Groups most likely to report suboptimal health in all 4 domains included those with 2+ comorbidities, with suboptimal adherence, or those dissatisfied with treatment**

# Conclusions



Of older adults living with HIV, 23% reported suboptimal health and 26% reported optimal health on all domains. Approximately half the population reported results within these 2 extremes.



Geographic disparities exist in self-reported health status. These differences highlight the need for tailoring treatment to narrow inequalities.



Groups with worst perceived health included those reporting  $\geq 2$  comorbidities, suboptimal adherence, and those dissatisfied with treatment.



Holistic approach to care requires seeking improvements in all aspects of health and considering patients as a whole. Quality communication is needed to alleviate mental distress, which may not be readily discernable to HCPs.