Where Worlds Collide: Meeting the Needs of Young Married Adolescents Living with HIV and AIDS

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Setting the Scene for Adolescent Marriage and Pregnancies

- **Young Women**
  - More than one third of women aged 20–24 in the developing world were married/in union by age 18; about 12% were married/in union by 15\(^1\).
  - 16 million women ages 15–19 give birth each year, about 11% of all births worldwide\(^2\).

- **Young Men**
  - What about young men?

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1. UNFPA: Marrying Too Young: End Child Marriage 2012
2. WHO 2014
Setting the Scene for HIV and Youth

• In 2010 young people aged 15–24 accounted for 42% of new HIV infections in people aged 15 and older\(^4\).

• Worldwide, the vast majority of those living with HIV – 80- 90% – are unaware of their status\(^5\).

• Among young people in sub-Saharan Africa, only 10 per cent of young men and 15 per cent of young women (aged 15-24) know their HIV status\(^6\).

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4- UNAIDS Fact Sheet
5- UNAIDS & WHO: AIDS Epidemic Update 2009
6- UNICEF Promoting Equity for Children Living in a World with HIV and AIDS, 2008
Global View of Adolescents Living with HIV & AIDS (ALHIV)

- 2 million (1.8 - 2.4m) ALHIV globally
- 90% of ALHIV are in SSA
- 65% of ALHIV are girls
- Difficult to determine if youth were infected perinatally or behaviorally infected (Coovadia and Mantell, 2010; Ferrand et al. 2010, Stover et al. 2008)

Source: UNICEF: Opportunity in Crisis, 2011
NSH2  cite data source (UNICEF?)
last bullet - not sure what that means

hasenns, 10/16/2012
### Perinatally and Behaviorally Infected

<table>
<thead>
<tr>
<th>Perinatally Infected</th>
<th>Behaviorally Infected</th>
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<tr>
<td>Advanced stages of HIV</td>
<td>Earlier stages of HIV</td>
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<tr>
<td>More Opportunistic Infections</td>
<td>Fewer Opportunistic Infections</td>
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<tr>
<td>More complex ART regimens</td>
<td>Less resistance</td>
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<td>More obstacles for self-management</td>
<td>Less likely to experience obstacles</td>
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<td>More physical/developmental delays</td>
<td>Less likely to have physical/developmental delays</td>
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<td>Higher risks of complications during pregnancy and more SRH fears</td>
<td>Lower number of complications during pregnancy</td>
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<tr>
<td>Higher mortality rates</td>
<td>Long-term chronic disease outlook</td>
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<tr>
<td>May not know HIV status though may have been in treatment</td>
<td>May experience more adherence challenges</td>
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<td>More likely to have experienced multiples losses related to HIV (parents, siblings, etc.)</td>
<td>More likely to have denial and fear of HIV</td>
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<td>More secrecy regarding disclosure</td>
<td>More likely to be misinformed on HIV</td>
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<tr>
<td>More likely to have support from family/caregiver and health provider</td>
<td>More likely to lack familial, clinical, and social supports</td>
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Gibson and Garcia 2009; HIV Transitional Care Working Group 2011
Perinatally Infected ALHIV

- Without Treatment\textsuperscript{7}
  - Fast Progressors-64% median survival 6-7 months
  - Slow Progressors-36% median survival age 16
- Those on treatment are expected to live longer

\textsuperscript{7} Ferrand RA, Corbett EL, Wood R, et al. AIDS 2009; 23: 2039–46
Behaviorally Infected ALHIV

- Up to age 14, no difference in HIV prevalence is detected by sex; over 15, prevalence is disproportionately higher for girls.8
- Globally, HIV infection rates for young women (ages 15-24) twice as high as young men.9

= 22% of all new HIV infections
= 31% of all new HIV infections in Sub-Saharan Africa9

9- UNAIDS Fact Sheet- Adolescents, young people, and HIV.
ALHIV- Key Considerations

- From 2005-12, non-adolescents experienced a 32% decrease in AIDS-related deaths; adolescents experienced a 50% increase; Adolescent boys were 75% more likely to die of AIDS than girls.\(^{10}\)

- Adolescent rates of adherence are lower than adult rates

\(^{10}\) UNICEF Oral Presentation at IAS 2014: UNAIDS 2012 data
ALHIV- Key Considerations (cont.)

• New feelings, longing for partnership, same/different sex relations, fears about ability to have a family

• Uganda Study of perinatally infected ALHIV¹³
  – Low levels of condom use- 63% were aware of need to use condoms; only 30% reported using condoms¹².
  – 41% of sexually active ALHIV had been pregnant
  – 69% of the women that delivered a child intended to have more children in the future; 86% of those who did not have children wanted children in future.

Where Worlds Collide-
Considerations for Married ALHIV

• Young Women
  – Marriage may, but does not always, increase the risk of HIV for young women.
  – 80% of unprotected sex among adolescent girls in developing world occurs within marriage

• Young Men

• Different Age Cohorts
  – Ages 10-19;
  – Ages 20-24

Programmatic Considerations

• Access to Medical Care
  – Pregnancy prevention options OR Safer pregnancy options
  – Benefits of couples counseling

• Socio-cultural practices
  – Traditional Leaders
  – Mother-in-laws
  – Power dynamics to control sex

• Outreach to young men

• Disclosure

• Stigma
Future Considerations

• They’re adolescents! Youth-friendly services for young married women
• Legal rights of married women under the age of consent, which is unclear in many countries
• Male married ALHIV
• Adherence support
• Opportunities to support married ALHIV- additional questions/concerns that arise
Moving through Adolescents to Adulthood

- Improving Adolescent HIV Treatment, Care, Prevention and Family Planning Services Multi-Country Assessment and Technical Brief. (Africa’s Health in 2010, 2011)
  [http://aidstarone.com/focus_areas/care_and_support/resources/technical_briefs/alhiv_transitions](http://aidstarone.com/focus_areas/care_and_support/resources/technical_briefs/alhiv_transitions)

- Transitioning Of Care And Other Services For Adolescents Living With HIV In Sub-Saharan Africa Technical Brief and Toolkit. (AIDSTAR-One, 2012)
  [http://aidstarone.com/focus_areas/care_and_support/resources/technical_briefs/alhiv_transitions](http://aidstarone.com/focus_areas/care_and_support/resources/technical_briefs/alhiv_transitions)

- Positive Connections: Leading Information and Support Groups for Adolescents Living with HIV. (FHI360) [https://www.iywg.org/resources/positive-connections-leading-information-and-support-groups-adolescents-living-hiv](https://www.iywg.org/resources/positive-connections-leading-information-and-support-groups-adolescents-living-hiv)

- HIV and adolescents: guidance for HIV testing and counselling and care for adolescents living with HIV: recommendations for a public health approach and considerations for policy-makers and managers. (WHO 2014)
  [http://apps.who.int/iris/bitstream/10665/94334/1/9789241506168_eng.pdf](http://apps.who.int/iris/bitstream/10665/94334/1/9789241506168_eng.pdf)
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