

World AIDS Day Summary

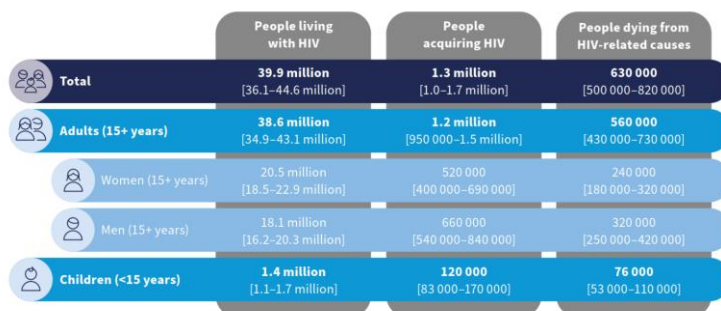
On Tuesday 3rd December 2024 we had the pleasure of hosting Chris Dye (from National AIDS Trust) who shared the importance of continuing to raise awareness of World Aids Day (1st December).



Let us start with data

- World AIDS Day is held every year on 1st December worldwide.
- In 2023 the World Health Organisation stated that 39.9million people are living with HIV globally.
- Of the adults infected, approximately 53% are female / 47% are male.
- There is an estimate that 1 in 16 people living with HIV (in United Kingdom) are unaware that they have the virus.

Summary of the global HIV epidemic, 2023



Source: UNAIDS/WHO estimates, 2024.

General HIV/AIDS information

- AIDS & HIV are not the same thing:
 - HIV is a virus that attacks the body's immune system.
 - AIDS is a serious illness that can develop when HIV damages the immune system to such an extent that it can no longer fight off a range of infections.
- HIV can only be transmitted if there is a sufficient quantity and through certain fluids, these fluids do not include saliva, tears, sweat or waste products.
- HIV is easily damaged through exposure to air, water, or detergent(s).
- The transmission route needs to be a direct route into the blood stream.



What treatments are there?

There are no vaccination(s) or medication(s) that cure HIV/AIDS currently, therefore prevention is advisable, through:

- Using condoms
- Regular testing
 - E.g. HIV testing of pregnant mothers during early pregnancy
- Taking PrEP or PEP (tablets which prevent HIV either before or after you have been exposed) - *accessibility varies country to country.*
- Not sharing needles, syringes, or injecting equipment

Living with HIV

HIV stigma: When people living with HIV are judged and treated badly because of prejudice and assumptions about HIV.



#StandUpToHIVStigma



Living with HIV

- There are often misconceptions that HIV/AIDS is resolved, cured, and/or not relevant anymore.
- Stigma around HIV/AIDS often discourages people from getting tested, due to fear of the repercussions and diagnosis process.
- Following diagnosis, the average person living with HIV/AIDS can live a near to normal everyday life.
- Only 1 in 8 people (diagnosed with HIV/AIDS in the UK) have shared their HIV status with people in their lives.

How can organisations support year-round

- Whole organisation approach
- Audit, update and share policies
- Training on HIV awareness
- HIV resources for staff
- Raise awareness and fundraise
- Volunteering/pro bono
- Partner with us on a project/campaign
- [Donate](#) to National AIDS Trust



1 DECEMBER 2024

WORLD AIDS DAY

"I'm going to fundraise at work and raise awareness with my colleagues"

HOW WILL YOU HELP END HIV STIGMA?

worldaidsday.org



Questions Asked

- **Considering the latest treatment for HIV/AIDS, do people become resistant to them (is the research too early to know)?** The current available drugs appear to work for much longer periods, compared to the earlier treatments provided some 20 years ago.
- **Are their misconceptions within the younger generations that these drugs will prevent them from contracting HIV?** There is a lack of education around the best preventions and approaches to managing it. It seems that the LGBTQ+ community have a better understanding compared to the Heterosexual community.
- **How can we reduce Heterosexual transmission?** NAT set up the HIV Commission ([HIV Commission | National AIDS Trust](#)) with the Terence Higgins Trust & the Elton John AIDS Foundation looking into ways to end new cases of transmission through science and research.
 - Increasing ways for people to be tested casually throughout the UK e.g. A&E Departments, pregnant women, testing kits via the post, etc
 - Improving the promotion around PrEP and it's usage.
- **How can we share and inform the next generation about AIDS/HIV?** NAT have created a microsite to share information for all ages - [Looped in \(nat.org.uk\)](#)
- **Do people need to legally disclose their HIV/AIDS status?** Not generally no, however it is considered good practice to disclose before entering a sexual relationship with someone, with certain legal implications should someone fail to do so (e.g. reckless transmission).
- **Is there an aim/timescale to eradicate HIV globally?** UNAIDS have a global goal to end HIV by 2030 and are working with partners across the world to work towards this.
- **Are there any developments in creating vaccines for HIV or is that not possible with the nature of the virus?** There's no current vaccine, but there is research underway and there have been clinical trials, however at present these haven't been successful. It is envisaged that there will be a vaccine one day though.
- **In Spain, public health institutions also provide PrEP but only to the LGBTIQ+ community which increases stigma. Some friends have to lie about their sexuality to get it. Is it the same in the UK/other countries? Are there any expectations for this to change?** In the UK there are no restrictions on who can access PrEP - although our recent research found that there are some problems with people being able to access it either because of not knowing where they can get it, or a lack of awareness among some medical practitioners. Part of our plan to get to the 2030 goal includes pushing for investment in expansion of the availability of PrEP. In other countries, it will vary - some don't have PrEP available at all for example.
- **What wider work is happening to improve the younger generations understanding of HIV?** One of the things we campaigned for and won was making relationships and sex education statutory, which came into effect in 2019. We create a school assembly every year that is sent to hundreds of secondary schools, and created a HIV Schools Pack full of lesson plans for talking about HIV in the classroom.