



# 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

# 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.

**1<sup>st</sup> POLL**



# Best Practices for HIV Prevention among Transgender and Gender Non-Binary People





# Objectives

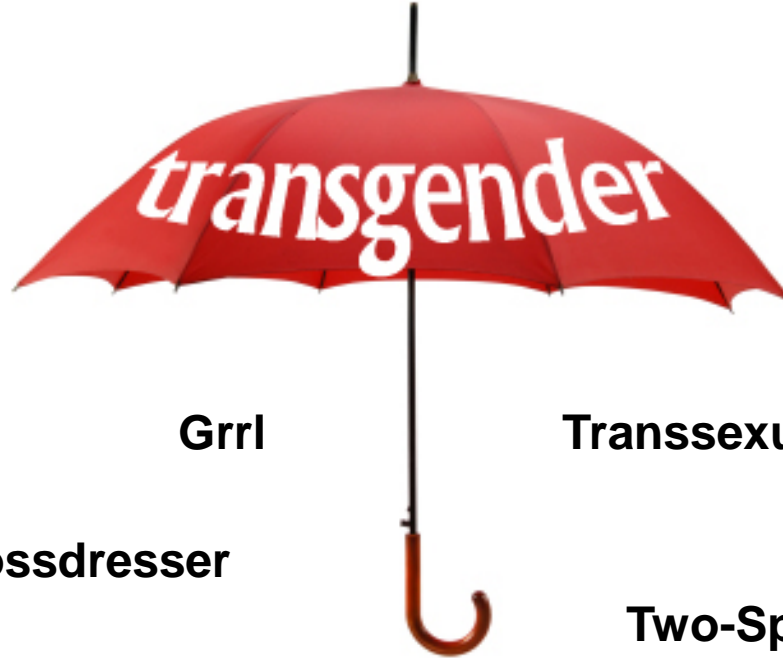
- Increase understanding of the HIV prevention needs of transgender and gender non-binary people
- Increase the capacity of service providers to deliver effective, culturally competent HIV services for transgender and gender non-binary people
- Increase the awareness of the National Transgender HIV Testing 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.

# Common Terms



**Genderqueer**

**Grrl**

**Transsexual**

**MTF**

**Crossdresser**

**Two-Spirit**

**Non-binary**

**Transman**

**Androgynous**

**Man/Male**

**Gender Fluid**

**FTM**

**Boi**

**Woman/Female**

**Gender Non-conforming**

**Transwoman**

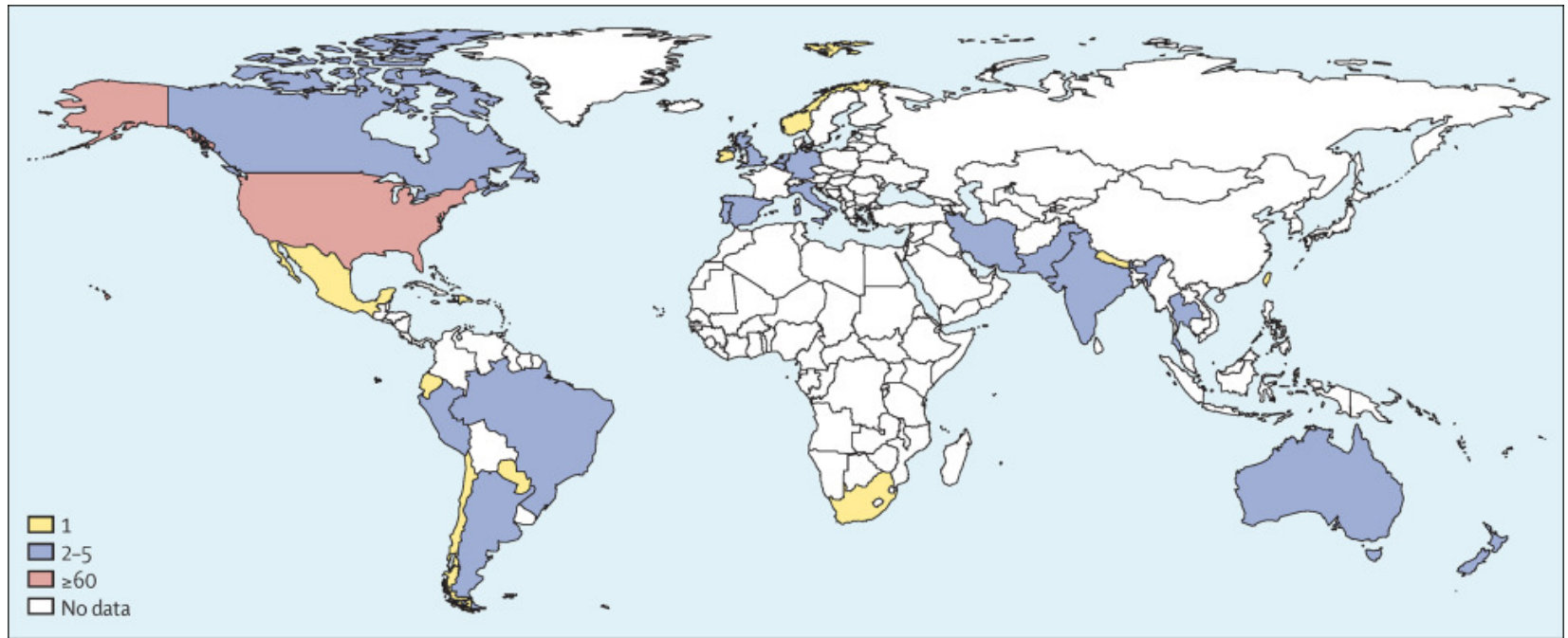
**Femme Queen**

# Worldwide burden of HIV in trans 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

Baral, S., Stromdahl, S., Wirtz, A., Guadamuz, TE., & Beyrer, C., "Worldwide burden of HIV in transgender women: a systematic review and meta-analysis." *The Lancet infectious diseases* 13.3 (2013): 214-222.

# Quantitative studies on the global burden of disease among transgender persons



Reisner, Poteat, Keatley, Cabral, Mothopeng, Emilia Dunham, Holland, Max, Baral. Global health burden and needs of transgender populations: a review. *The Lancet* 388(10042): (2016) 412-436

# 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

# Contributing factors to poor health outcomes

**Transgender people are disproportionately affected by**

- ▶ *HIV/AIDS*
- ▶ *Discrimination in health care*
- ▶ *Suicide*
- ▶ *Unemployment*
- ▶ *Violence and harassment* (verbal and physical)



# Statistics: 2015 U.S. Transgender Survey (N = 27,715)

- ▶ 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%)

James, S.E., Herman, J.L., Rankin, S., Keisling, M, Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington D.C.: National Center for Transgender Equality  
<http://www.transequality.org/sites/default/files/docs/USTS-Full-Report-FINAL.PDF>, retrieved on 2/10/17



# Statistics: 2015 U.S. Transgender Survey (N= 27,715)

- ▶ 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

James, S.E., Herman, J.L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington D.C.: National Center for Transgender Equality <http://www.transequality.org/sites/default/files/docs/USTS-Full-Report-FINAL.PDF>, retrieved on 2/10/17



# What is a Best Practice?



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

1. California Resource Inventory

2. California Service Gap Analysis

3. Data Analysis

**Serving Transgender People in California:  
Assessing Progress, Advancing Excellence**



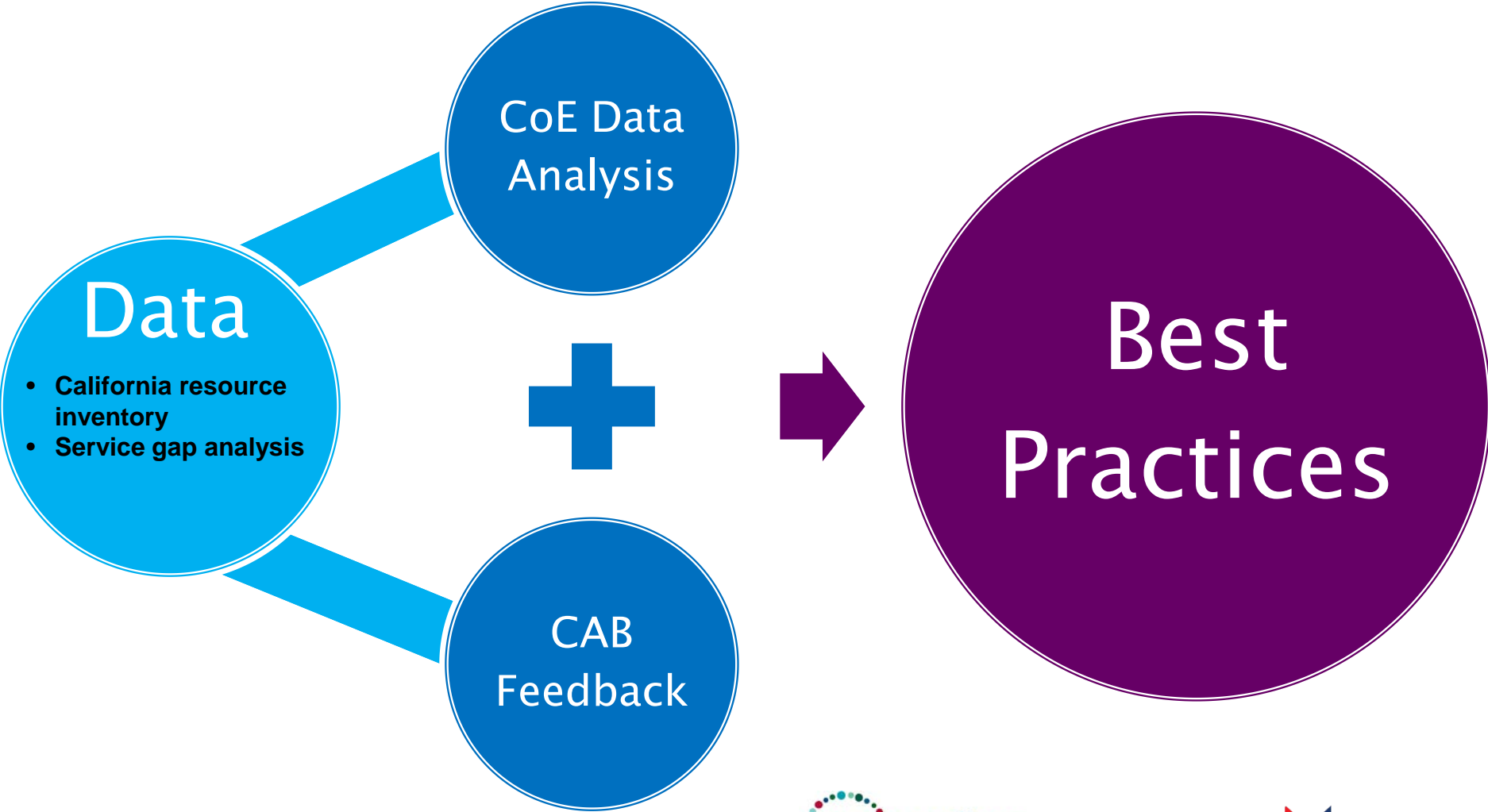
Center of Excellence for  
Transgender HIV Prevention

# Best Practices Research Background

## California Community Advisory Board



# Data Analysis



# 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

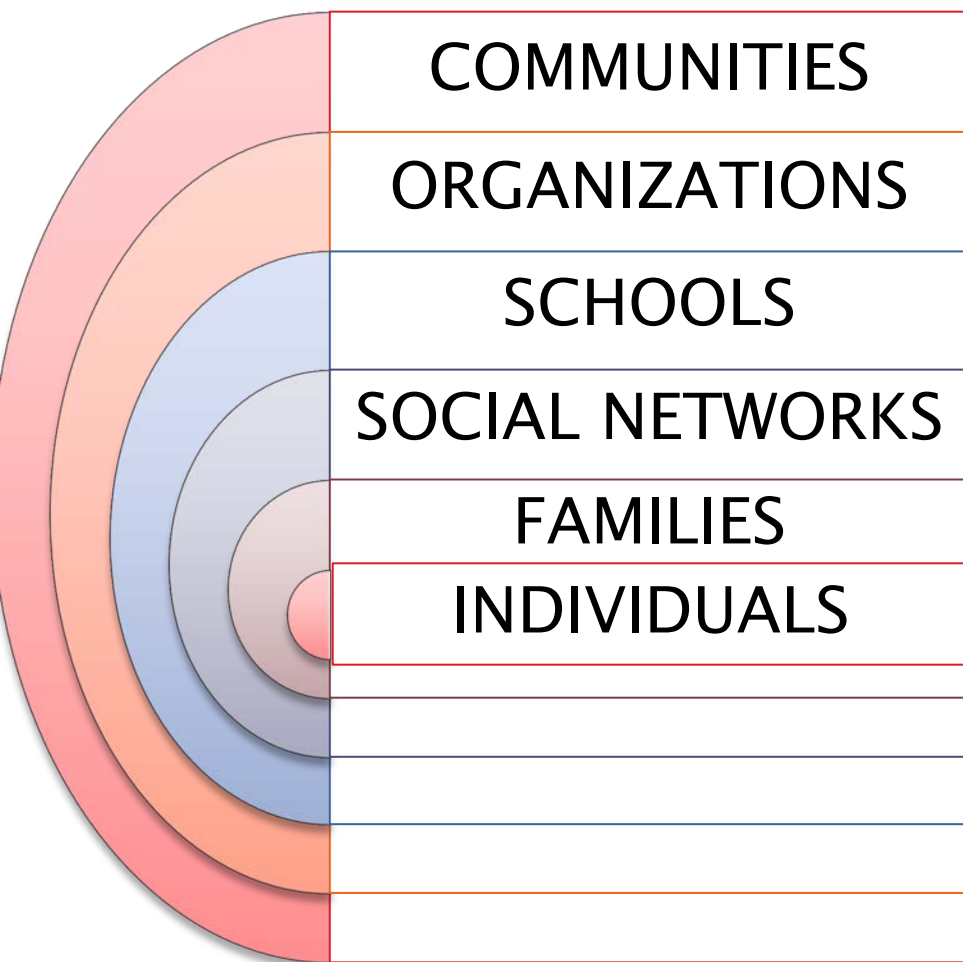


# Example

- ▶ Bienestar, Los Angeles
  - Created program based on formative evaluations which included:
    - Focus groups
    - Key informant interviews



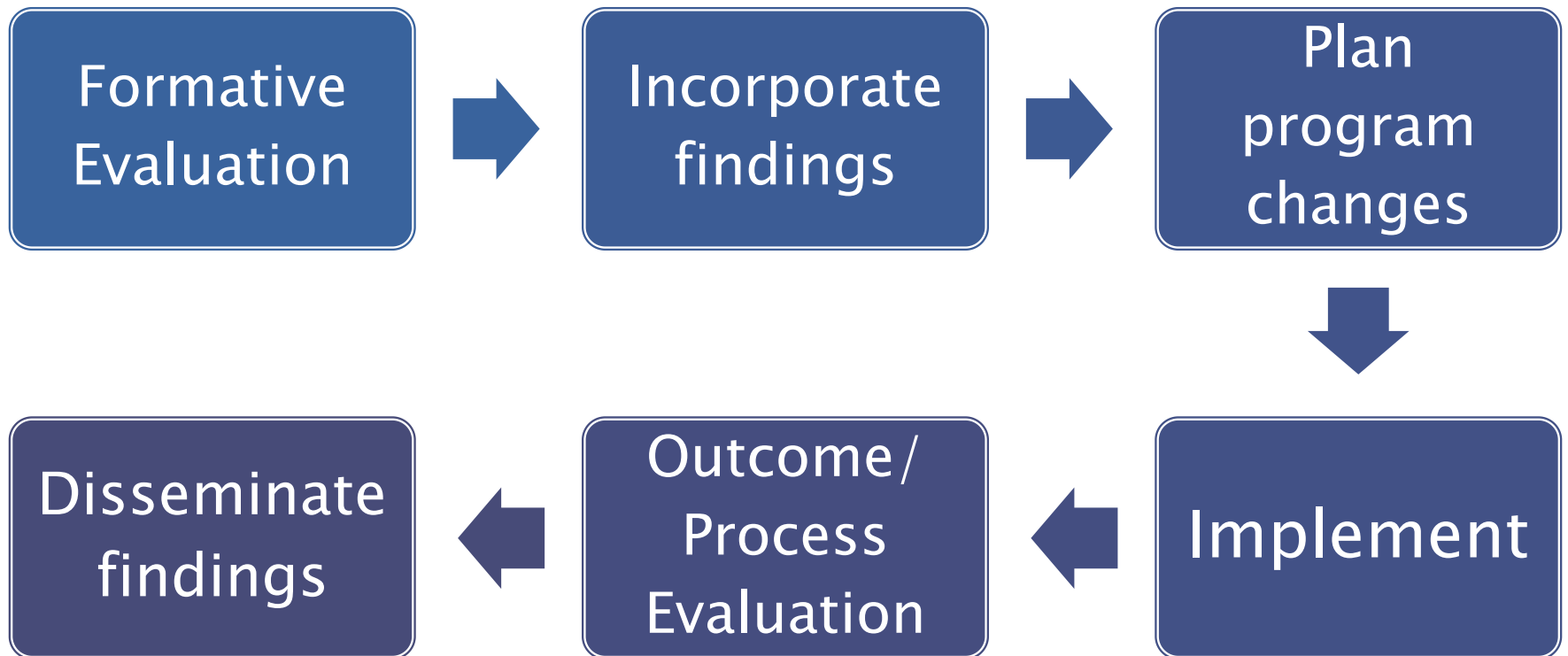
# 3. Use Multi-level Approaches



Transgender Resource Center  
of New Mexico



# 4. Get the Facts! Assess, Evaluate & Enhance



# 5. Look in All the Right Places



- ▶ Transgender-specific recruitment and retention strategies
  - Street outreach
  - Night clubs
  - Client homes
  - Other transgender service providers



# Example

- ▶ 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





# 2<sup>nd</sup> POLL



# National Transgender HIV Testing Day



<http://transhealth.ucsf.edu/>

# National Transgender HIV Testing Day (NTHTD) Goals

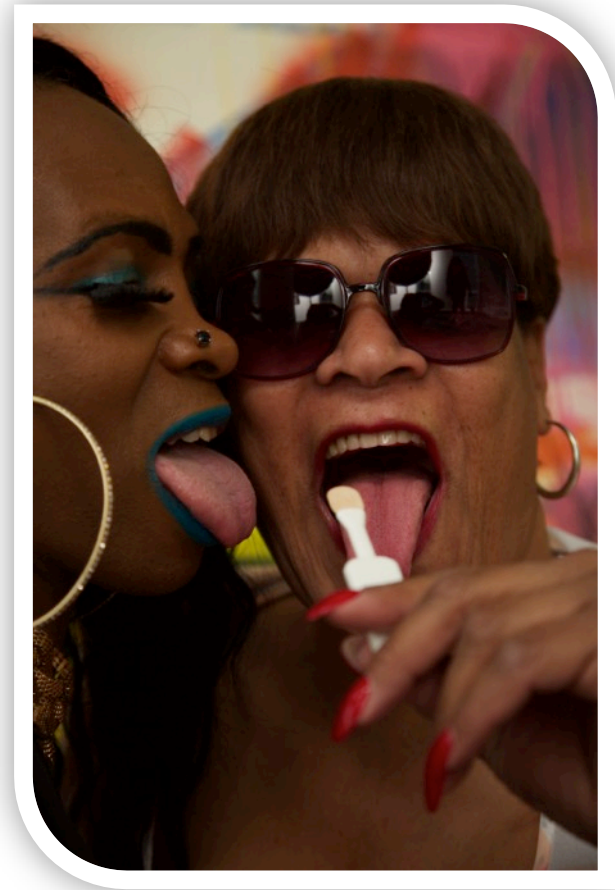
- ▶ Increase HIV status awareness among transgender and gender non-binary people
- ▶ Increase the capacity of the HIV testing workforce to provide culturally competent services for trans people
- ▶ Reduce HIV and other health-related disparities experienced by transgender women
- ▶ Increase community 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)



# 3rd POLL

# Next Webinar

»» Effective Recruitment for  
Transgender People into HIV  
Testing

April 10, 2018

11am PST/2pm EST



# Questions?





# Contact Information



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[www.transhealth.ucsf.edu](http://www.transhealth.ucsf.edu)



[www.facebook.com/transhealth](http://www.facebook.com/transhealth)