



# **Transgender Women Experiencing Homelessness: National HIV Behavioral Surveillance among Transgender Women (NHBS-Trans), Seven Urban Areas, 2019-2020**

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# Disclaimer

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



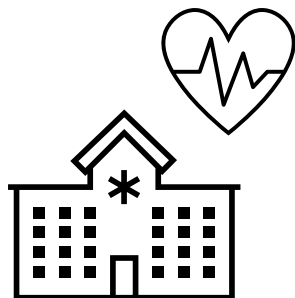
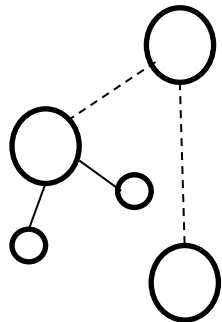
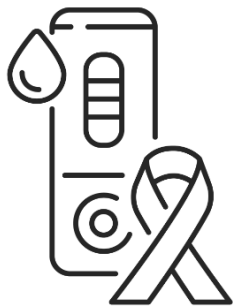
**Background**



# Background

- Housing instability is associated with poor HIV outcomes including:
  - Poor retention in care
  - Low adherence to antiretroviral medications
  - Low viral suppression
  - High death rates





**NATIONAL  
HIV/AIDS  
STRATEGY**

\*\*\*\*\*

for the **United States**  
**2022–2025**

THE WHITE HOUSE  
WASHINGTON

The image shows the cover of the National HIV/AIDS Strategy for the United States, 2022-2025. The top half of the cover has a dark blue background with the title "NATIONAL HIV/AIDS STRATEGY" in white, bold, sans-serif font. Below the title is a horizontal line with five stars on the left. The bottom half of the cover is white. On the left, it says "for the United States 2022-2025" in blue. On the right, there is a circular logo of the White House with the text "THE WHITE HOUSE WASHINGTON" below it.



# Housing in the context of Ending the HIV Epidemic

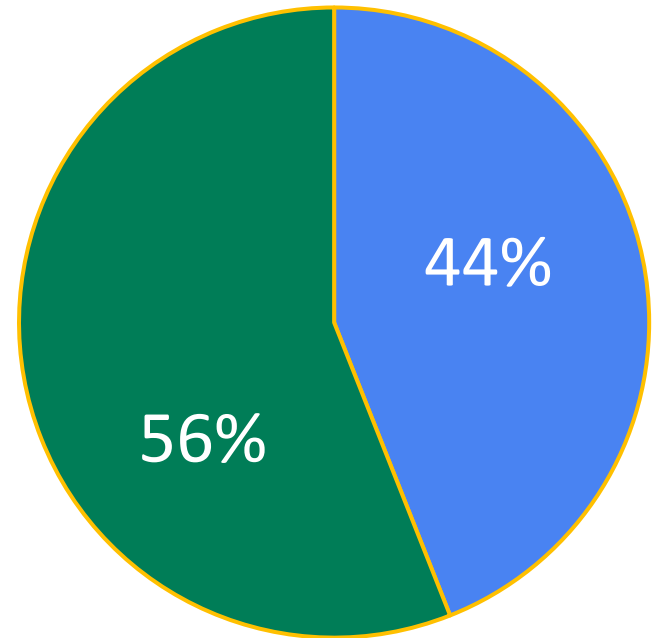
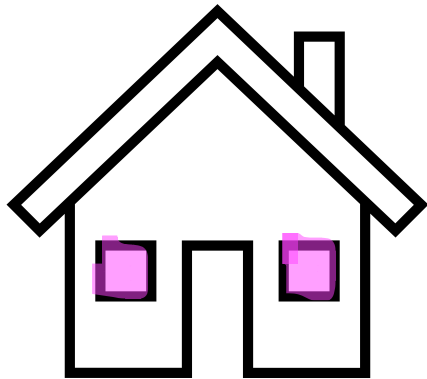
- **Housing issues disproportionately affect certain populations, including (but not limited to):**
  - Racial/ethnic minority groups
  - Women, including transgender women
  - Persons who experience socioeconomic disadvantage

**Many of these populations may also be disproportionately affected by HIV**



# National Point-in-Time Count, 2022

3,588 transgender people



■ Sheltered   ■ Unsheltered

# Homelessness among transgender people may be associated with:



- Financial insecurity
- Interpersonal rejection
- Mental health conditions
- Substance use disorders
- Exchanging sex for money or drugs

Source: Glick JL, Lopez A, Pollock M, Theall KP. Housing insecurity and intersecting social determinants of health among transgender people in the USA: A targeted ethnography. *Int J Transgend Health*. 2020;21(3):337-49.





# Consequences of Unstable Housing for Transgender People

- Denial of shelter based on gender identity
- Inappropriate housing in gendered space they don't identify with
- Safety concerns
- Housing discrimination
- Eviction





Centers for Disease Control and Prevention  
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**Factors Associated with Use of HIV Prevention and Health Care Among Transgender Women — Seven Urban Areas, 2019–2020**

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National HIV Behavioral Surveillance among Transgender Women Study Group

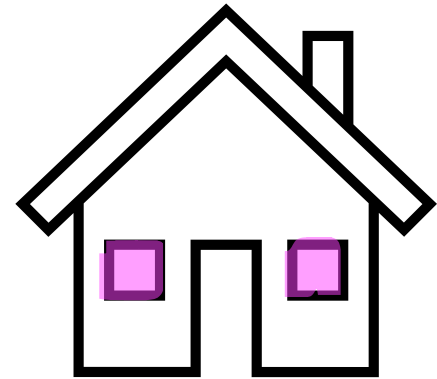
# 39% of transgender women experienced homelessness in the past 12 months

[Source: Factors Associated with Use of HIV Prevention and Health Care Among Transgender Women — Seven Urban Areas, 2019–2020 \(cdc.gov\)](https://www.cdc.gov/mmwr/preview/mmwrhtml/ww0520a2.htm)





**Are there other individual or social determinants associated with housing instability among transgender women?**





# Methods



# National HIV Behavioral Surveillance among Transgender Women (NHBS-Trans)

Goal: conduct an HIV-related bio-behavioral survey to monitor behavioral risks, prevention usage, and HIV prevalence

- **June 2019 – February 2020**
- **Respondent-driven sampling**
- **Interviewer-administered survey and HIV testing**

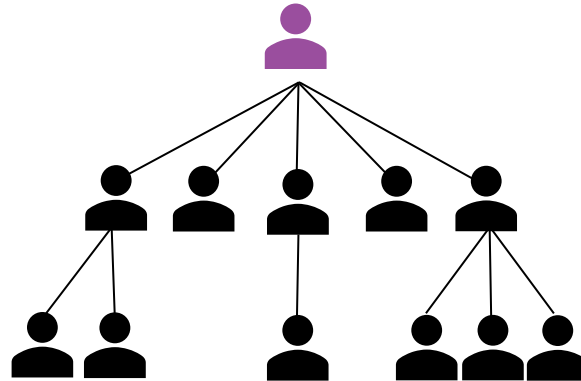


<https://www.cdc.gov/hiv/statistics/systems/nhbs/additional-populations.html#NHBS-Trans>



# Respondent-driven sampling (RDS)

- Probability-based sampling method
- Researcher selects an initial participant (“seed”), who recruits peers based on certain criteria, who recruit *their* peers, etc., etc.



# Interviewer-administered survey



- Standardized, anonymous data
- Interviewer-administered on portable computers in English or Spanish
- Key questionnaire components
  - Demographics
  - Sexual behaviors
  - Alcohol and drug use history
  - Health conditions
  - Gender-affirming care
  - HIV testing experiences
  - Justice system experience
  - Prevention activities, including PrEP
- Project areas can add locally relevant questions



# HIV testing

- All participants are offered anonymous HIV testing and counseling
- Participants with HIV are referred to care and treatment services
- Participants who test negative for HIV are referred for pre-exposure prophylaxis or PrEP, counseling, and prevention services





# NHBS-Trans project areas, 2019-2020





# Methods (con't)

## ▪ Eligibility criteria:

- Assigned male at birth
- Identify as woman or transgender woman
- 18 years or older
- Living in one of 7 urban areas

## ▪ Definition of homelessness:

- Living on the street
- In a shelter
- In a single room occupancy hotel
- In a car

**in the past 12 months**



# NHBS-Trans Homelessness Analysis

**Purpose:** to examine the prevalence of homelessness in the past 12 months among transgender women enrolled in NHBS-Trans by individual and social factors

- Analysis:**
- **Log-linked Poisson regression models**
    - Adjusted prevalence ratio (aPR) and 95% CI
    - Adjusted for city, network size
    - Clustered on recruitment chains



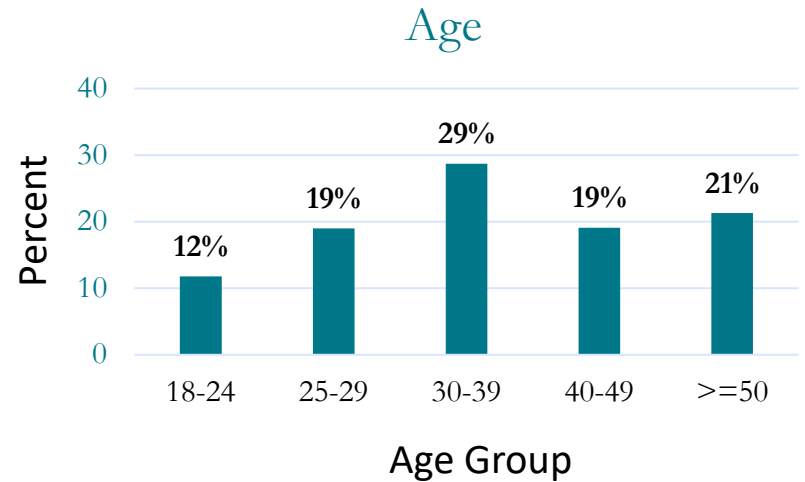
# Results





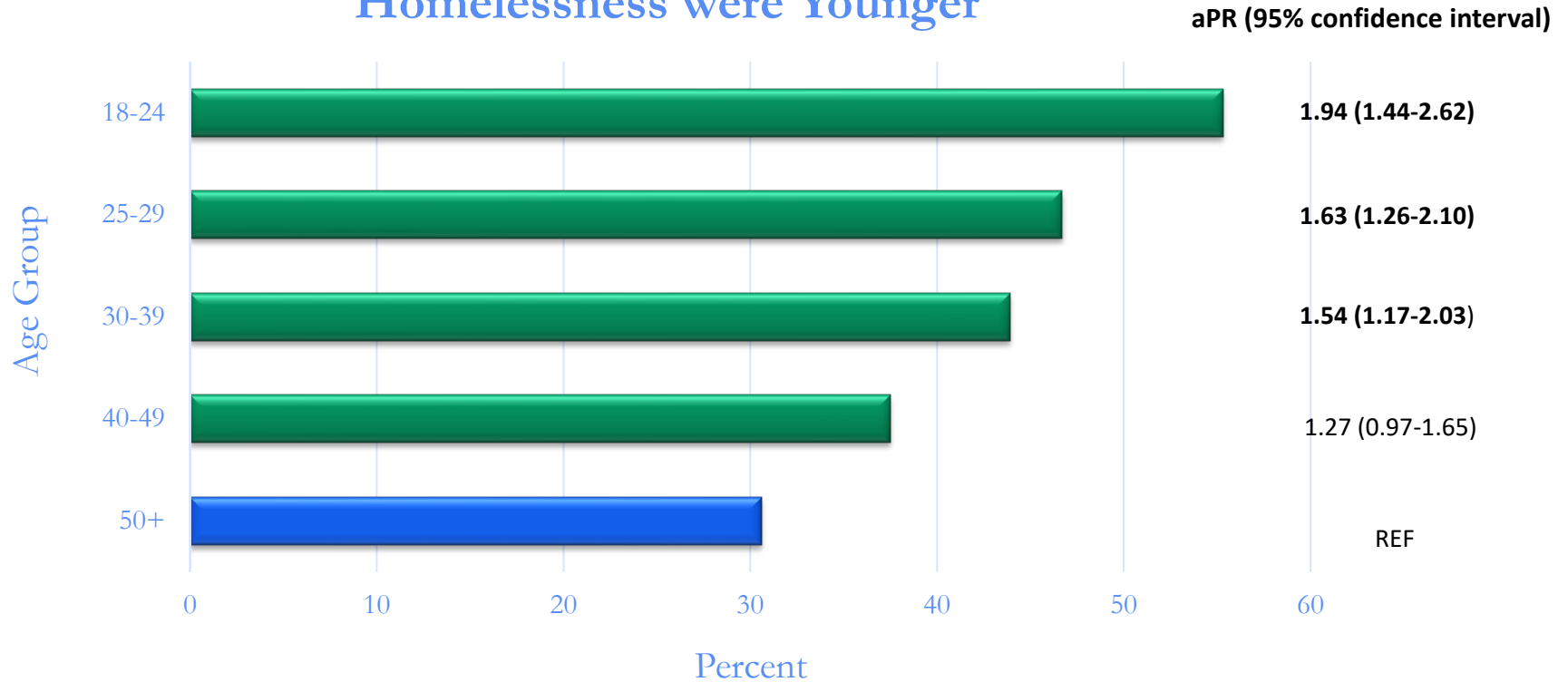
# Demographics, n=1,608

Race/Ethnicity	
American Indian/Alaska Native	1%
Asian	2%
Black/African American	35%
Hispanic/Latina	40%
Native Hawaiian/Other Pacific Islander	3%
White	11%
Multiple Races	8%





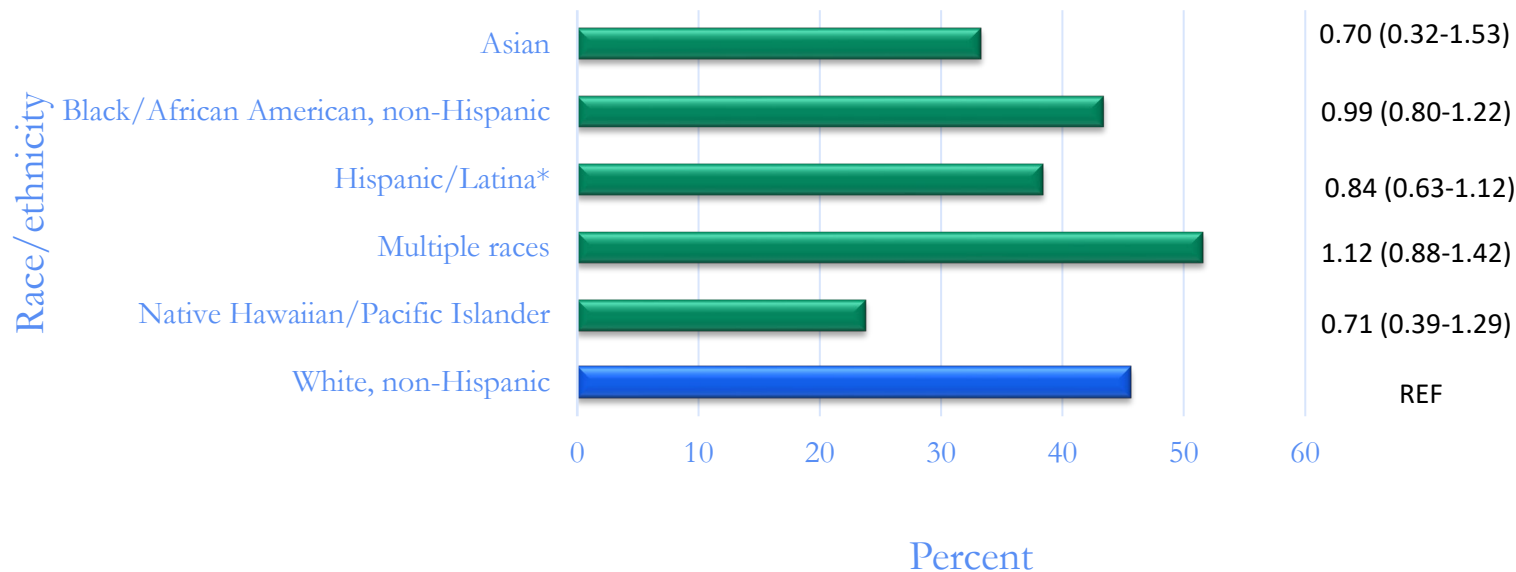
# Transgender Women Experiencing Homelessness were Younger



\*Bolded results indicate statistical significance

# Transgender Women Experiencing Homelessness were of All Race/Ethnicities

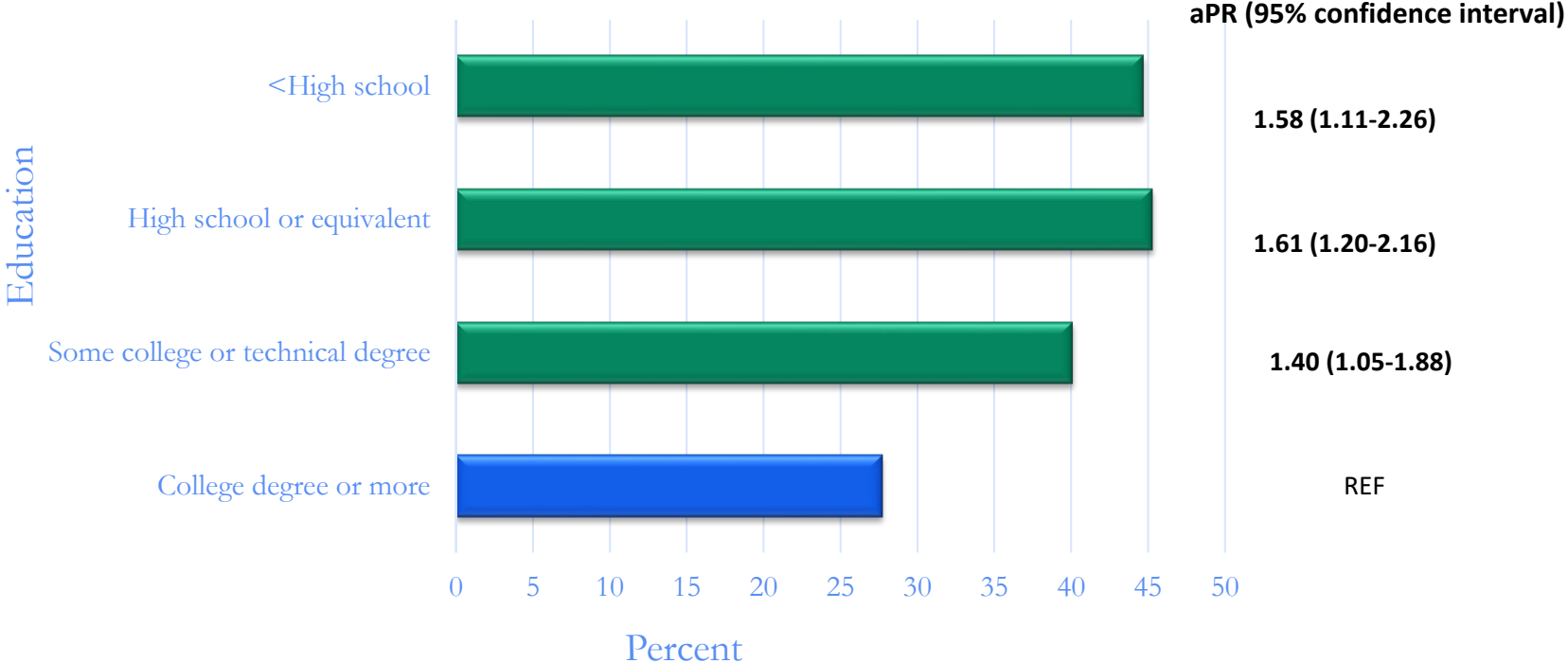
aPR (95% confidence interval)



\*Hispanic/Latina can be of any race



# Transgender Women Experiencing Homelessness had Less Education

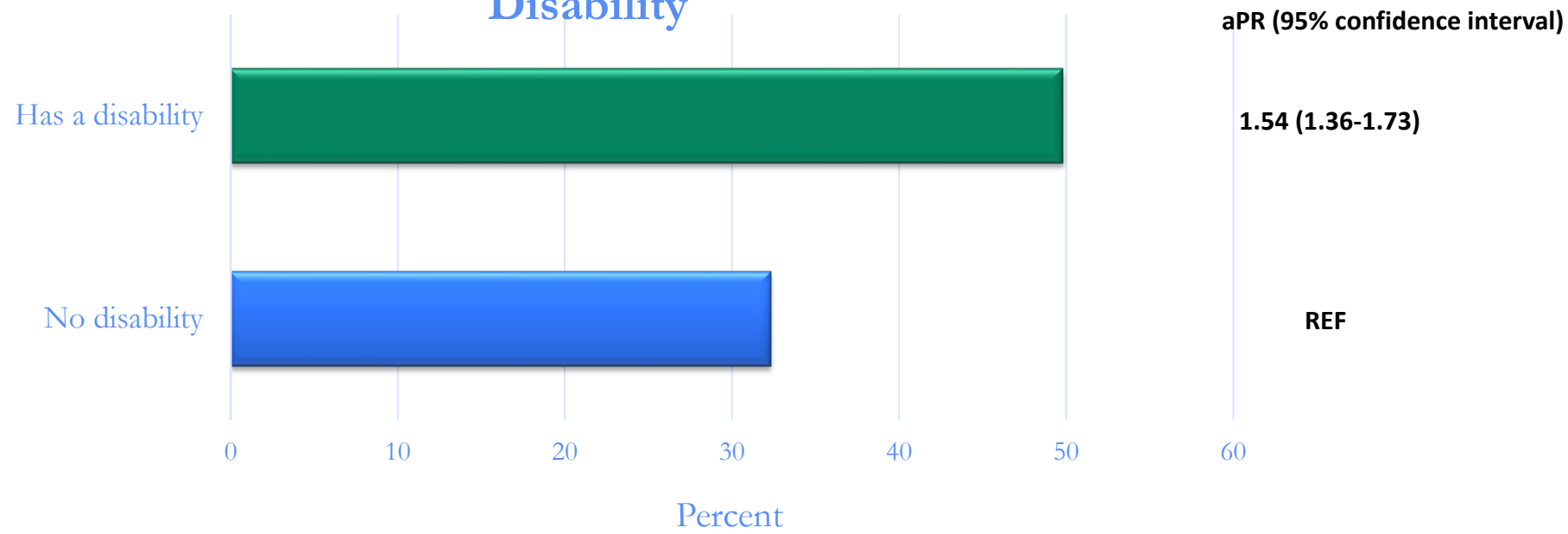


\*Bolded results indicate statistical significance





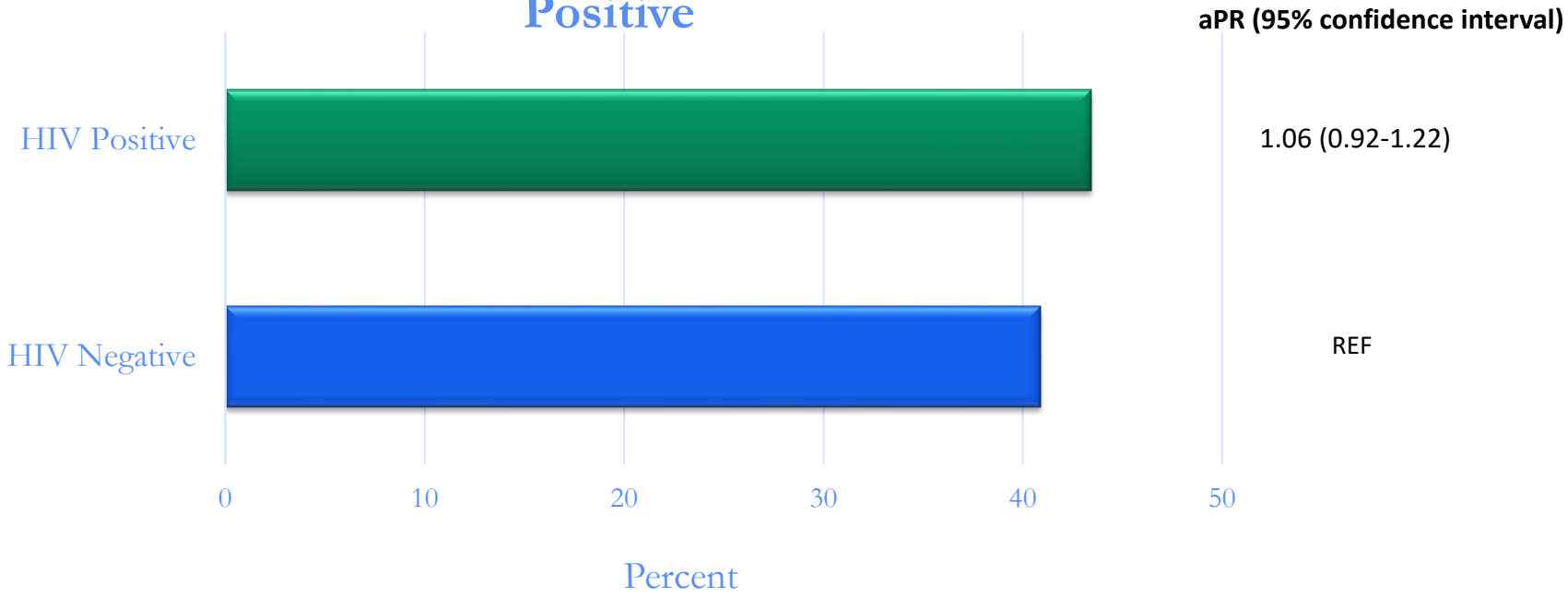
# Transgender Women Experiencing Homelessness were More Likely to have a Disability



\*Bolded results indicate statistical significance

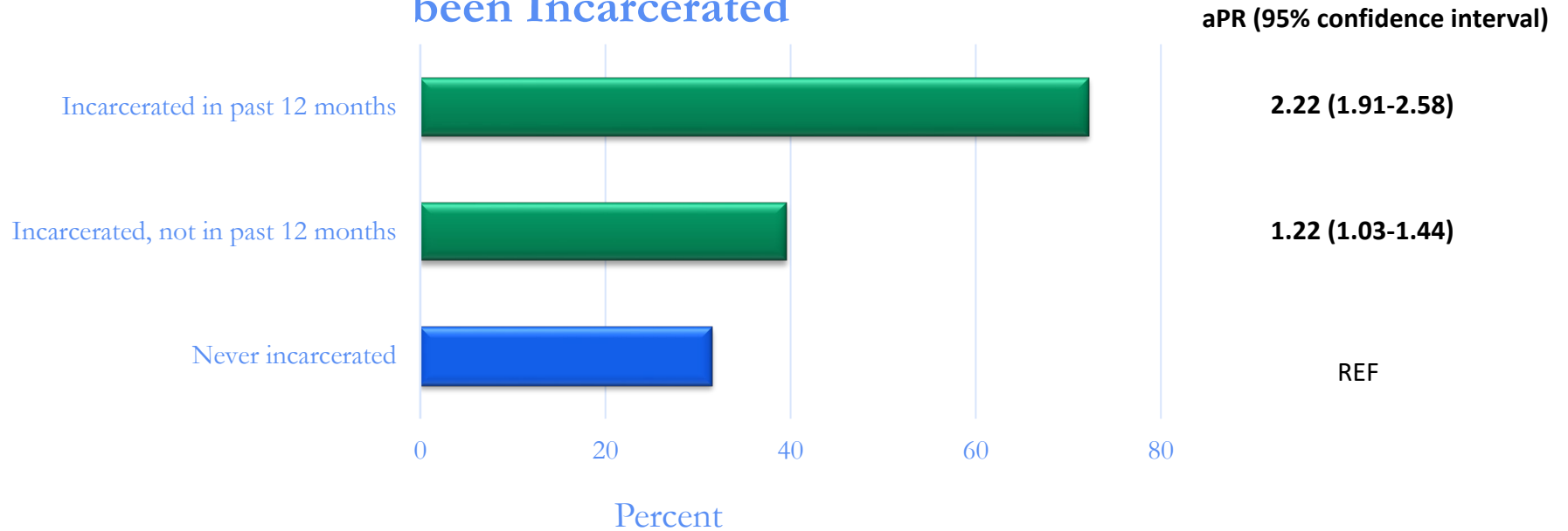


# Transgender Women Experiencing Homelessness Tested HIV Negative and HIV Positive



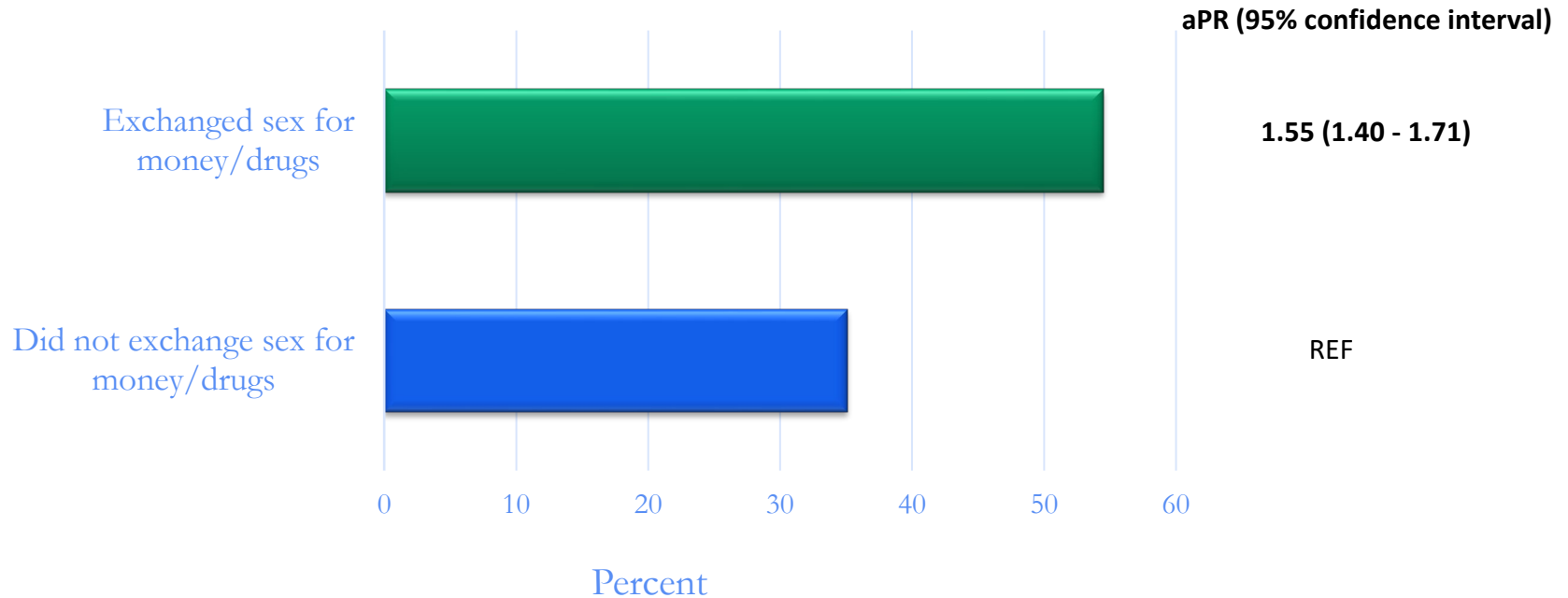


# Transgender Women Experiencing Homelessness were More Likely to have been Incarcerated



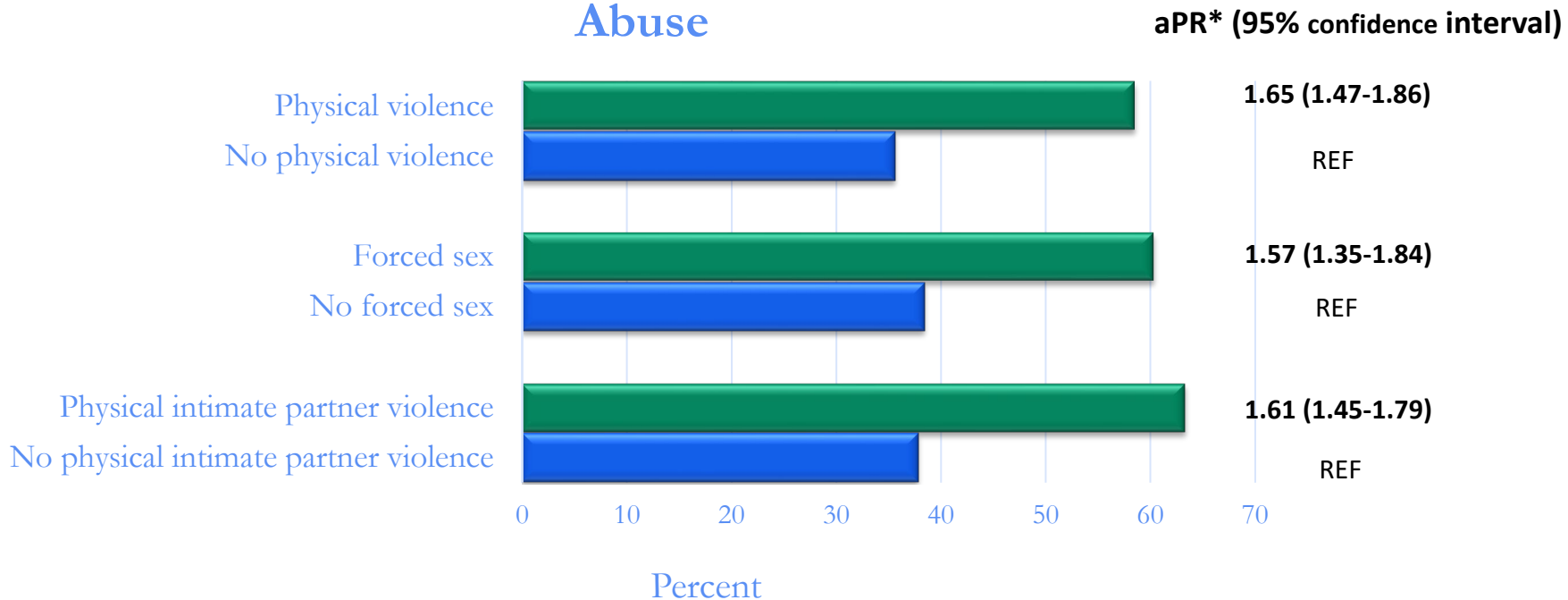
\*Bolded results indicate statistical significance

# Transgender Women Experiencing Homelessness were More Likely to Experience Exchange Sex



\*Bolded results indicate statistical significance

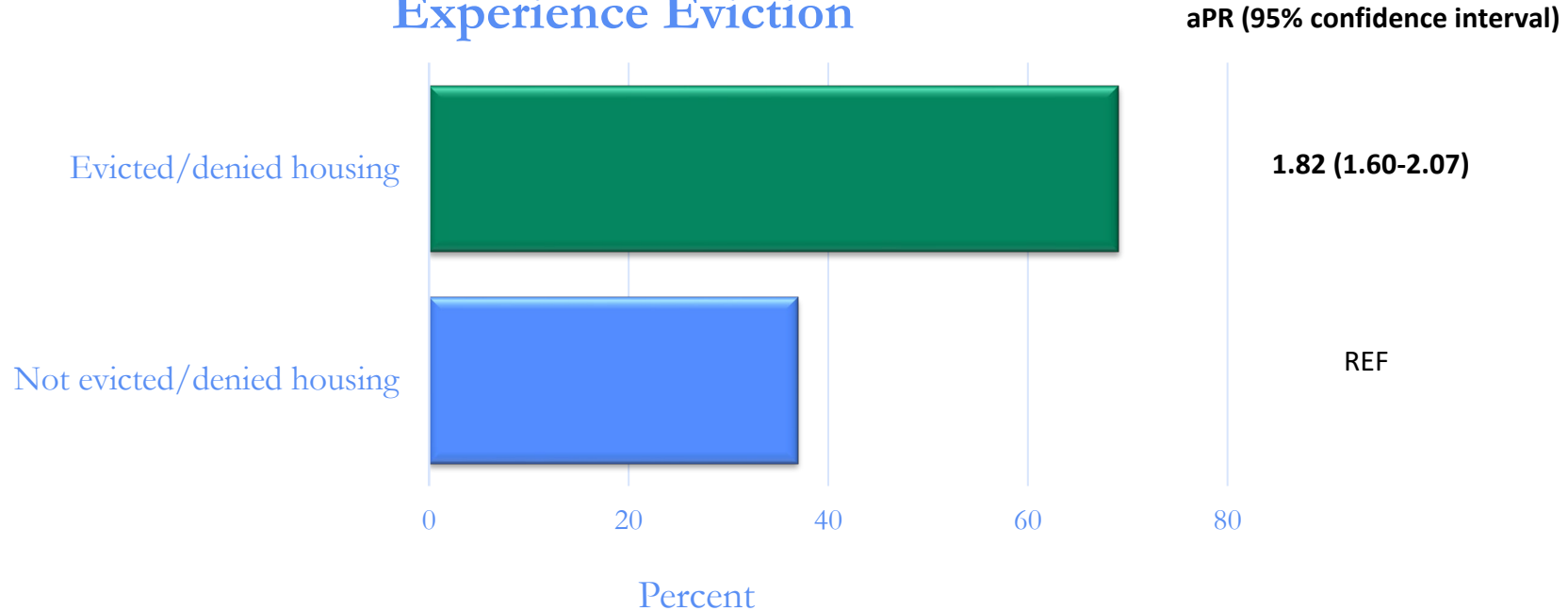
# Transgender Women Experiencing Homelessness were More Likely to Experience Abuse



\*Bolded results indicate statistical significance



# Transgender Women Experiencing Homelessness were More Likely to Experience Eviction



\*Bolded results indicate statistical significance

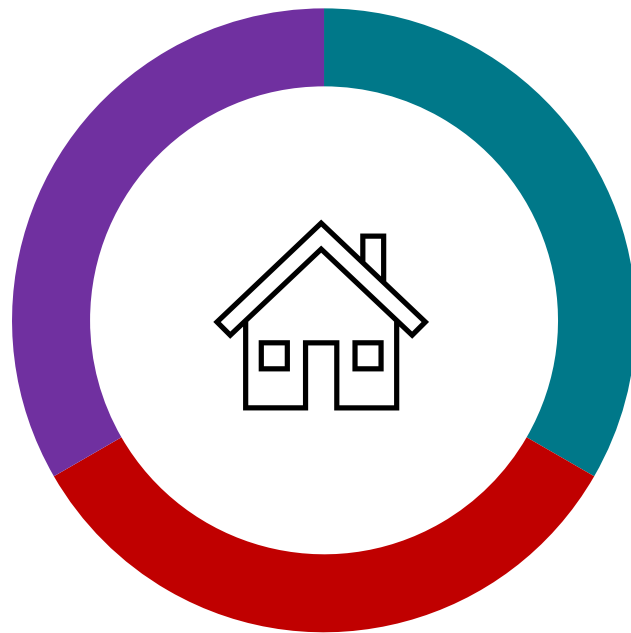


# Summary



# Individual-level Factors

Younger Age



Disability

Lower educational level







# Social and Structural Factors

Incarceration

Exchange Sex

Abuse



Eviction, denial of shelter





# Benefits of NHBS-Trans

- Transgender and gender non-conforming (TGNC) staff integration
- Benefits to the project
  - Community buy-in
  - Provide same-day, Community Advisory Board-level insights
- Benefits to communities
  - Employment and training opportunities to people in communities disproportionately impacted by unemployment, low income, and job discrimination
  - Many transitioned to full-time employment after NHBS-Trans

# Suggested Solutions

- Promote gender-neutral housing, allowing people to use a space that aligns with their identity.
- Integrate housing services with behavioral health services and clinical care to reduce HIV risk and improve quality of life for transgender women.





## More solutions

- Provide gender-expansive cultural competency trainings for staff of housing and other social services.
- Promote policies to reduce stigma and discrimination in housing.
- Support policies such as the U.S. Department of Housing and Urban Development (HUD) Fair Housing Act which prohibits discrimination on the basis of gender identity.



# Limitations

- Results not representative of all transgender women living outside these 7 urban areas
- Data are self-reported and subject to recall and social desirability bias
- Survey was cross-sectional so findings report associations and causality cannot be inferred



# Data dissemination examples

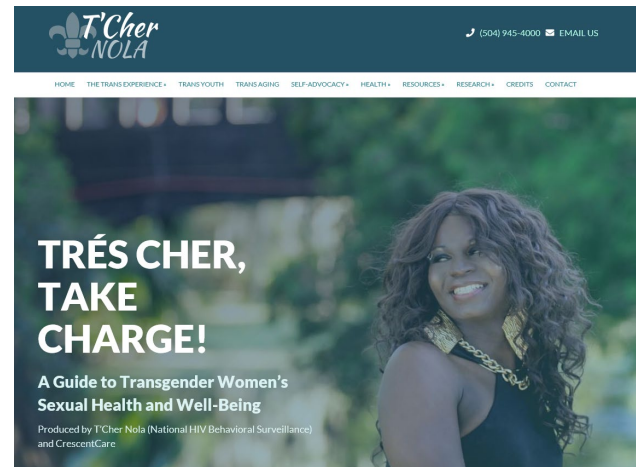
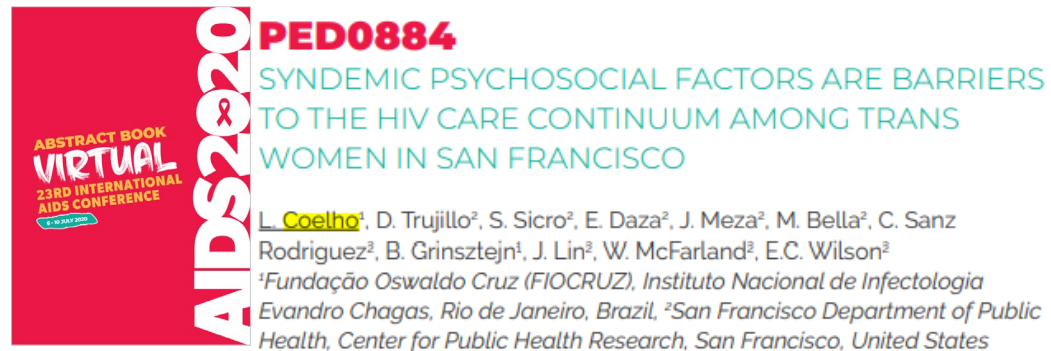


Transgender Health, Ahead of Print |

## Disparities in Sexually Transmitted Infection Testing and the Need to Strengthen Comprehensive Sexual Health Services for Trans Women

Dillon Trujillo ✉ Sean Arayasirkul, Hui Xie, Sofia Sicro, Joaquin Meza, Mackie Bella, Emperatriz Daza, Francisco Torres, Willi McFarland, and Erin C. Wilson

Published Online: 21 Jan 2021 | <https://doi.org/10.1089/trgh.2020.0133>



<https://tcher.cc>



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  - San Francisco, CA: Erin Wilson, Dillon Trujillo, Sofia Sicro
  - Seattle, WA: Sara Glick, Aleks Martin, Jennifer Reuer
- Community Advisory Boards and participants
- Sharoda Dasgupta, PhD, MPH

**Questions?**





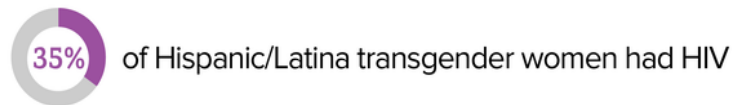
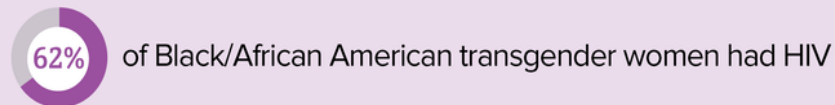
Extra Slides

# HIV Prevalence Among Transgender Women in 7 US Cities, 2019-2020\*

Racial and ethnic disparities exist among transgender women with HIV.



Among transgender women interviewed, 42% had HIV.



\* Among people aged 18 and older.

Source: CDC. HIV infection, risk, prevention, and testing behaviors among transgender women—National HIV Behavioral Surveillance—7 U.S. Cities, 2019-2020. *HIV Surveillance Special Report 2021*.

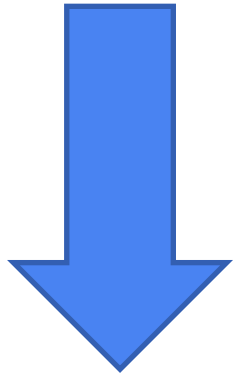
TABLE 2. HIV treatment among transgender women living with a positive HIV test result — National HIV Behavioral Surveillance System, seven U.S. urban areas,\* 2019–2020

Characteristic	No. of transgender women	Viral suppression			Current antiretroviral use		
		No. (%)	aPR <sup>†</sup> (95% CI)	p-value	No. (%)	aPR <sup>†</sup> (95% CI)	p-value
<b>Experienced homelessness<sup>§</sup></b>							
Yes	265	179 (67.6)	0.88 (0.81–0.96)	0.003	226 (85.3)	0.91 (0.88–0.96)	<0.001
No	350	288 (82.3)	Ref	—	325 (92.9)	Ref	—
<b>No. of nights homeless<sup>§</sup></b>							
365	60	33 (55.0)	0.75 (0.58–0.96)	0.025	47 (78.3)	0.84 (0.76–0.93)	0.001
30–364	139	97 (69.8)	0.91 (0.83–1.00)	0.048	119 (85.6)	0.92 (0.87–0.98)	0.011
<30	50	39 (78.0)	1.02 (0.88–1.18)	0.804	47 (94.0)	0.99 (0.91–1.08)	0.799
None	350	288 (82.3)	Ref	—	325 (92.9)	Ref	—

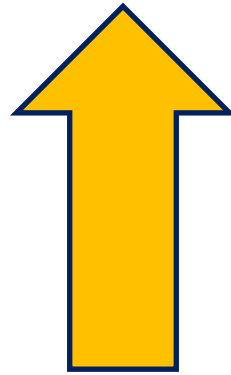
- HIV-positive participants experiencing homelessness were less likely to be virally suppressed than those who did not report homelessness
- The likelihood of viral suppression decreased as the number of nights of homelessness increased.



# Viral Suppression less common among people with diagnosed HIV experiencing homelessness



Decreased  
viral  
suppression



Increased number  
of nights homeless





# CDC Conducts National HIV Behavioral Surveillance (NHBS)

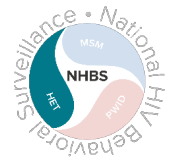
- Among populations at increased risk for HIV infection in the U.S., monitor prevalence and trends:
  - HIV infection
  - HIV risk behaviors (sex, drug use)
  - HIV testing and use of prevention services





# NHBS Populations

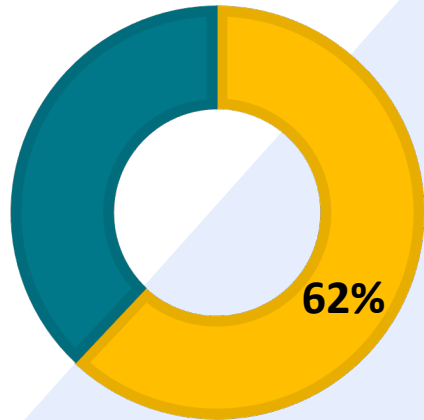
- Gay, bisexual and other men who have sex with men - MSM cycle
- Persons who inject drugs - PWID cycle
- Heterosexually active persons at increased risk of HIV infection - HET cycle



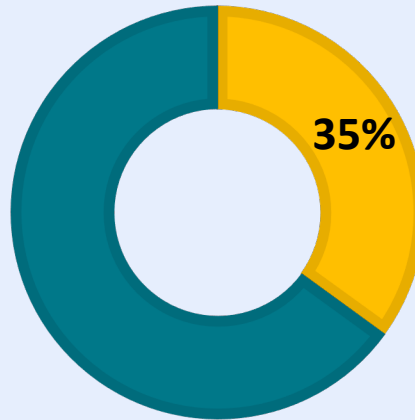


# 42%

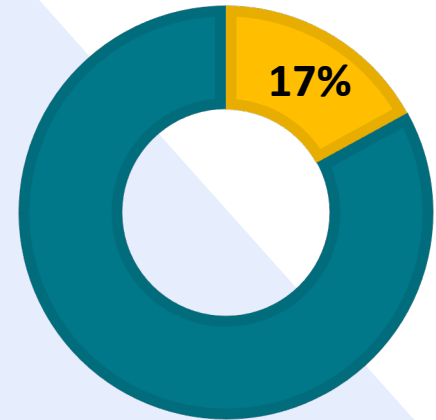
**tested positive for HIV**  
including



**of Black/African American  
participants**



**of Hispanic/Latina  
participants**



**of White  
participants**

Data include all participants with a valid NHBS HIV test result.