

# HIVandMe



## GETTING TO ZERO

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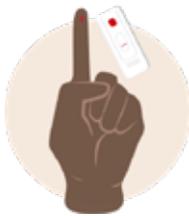
A Collaborative Plan to  
End HIV in Utah

# GETTING TO ZERO

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A multi-agency, multi-year effort, Getting to Zero is **a collaborative initiative that aims to reduce new HIV infections and HIV-related stigmas**, with the ultimate goal of maintaining zero HIV-related deaths in Utah.

Getting to Zero will focus on four key domains: **Test, Treat, Prevent, and Respond**. With focused **goals, strategies, and actions** in these areas, we can address the **immediate and systemic factors affecting communities and individuals** disproportionately impacted by HIV.



**TEST**



**TREAT**



**PREVENT**



**RESPOND**



## TEST

Ending HIV infections and deaths starts with everyone getting tested and knowing their status.

### LONG-TERM OBJECTIVES

By December 2025

- Increase the percentage of Utahns who know their HIV status
- Decrease the percentage of people living with undiagnosed HIV by 75%

### STRATEGIES & ACTIONS

#### Embrace technology and new testing methods.

- Implement at least one new testing method, like at-home testing or pharmacy testing
- Explore tech solutions for testing reminders and partner notifications
- Continue to expand promotional efforts for HIV testing in Utah



Finding new ways to get Utahns connected to HIV testing will help prevent undiagnosed HIV cases.



## TEST

Ending HIV infections and deaths starts with everyone getting tested and knowing their status.

### STRATEGIES & ACTIONS

Work with health care providers to make HIV testing more accessible.

- › Engage at least three new health systems to build HIV testing capacity
- › Educate providers statewide on the latest HIV testing guidelines and resources
- › Get more hospitals to include HIV testing prompts in their electronic medical records



Working more closely with more health care providers helps destigmatize HIV testing, and will increase the amount of Utahns who know their status.



## TREAT

Ensuring people living with HIV have access to the care they need will prevent new infections and reduce HIV-related deaths.

### LONG-TERM OBJECTIVES

By January 2026

- 95% of people living with HIV are in care and on antiretrovirals
- 95% of people living with HIV are virally suppressed, and can no longer transmit HIV

### STRATEGIES & ACTIONS

**Get people diagnosed with HIV connected to care (and ARV medication) faster.**

- Anyone with a positive HIV test will be linked to care within 30 days
- Get more providers and testing sites to initiate ARVs at diagnosis, ideally same-day
- Develop treatment adherence plans to help people living with HIV stay virally suppressed



The sooner people living with HIV can access care, the sooner they can lower their viral load enough to avoid transmitting HIV to others.



## TREAT

Ensuring people living with HIV have access to the care they need will prevent new infections and reduce HIV-related deaths.

### STRATEGIES & ACTIONS

**Make HIV-related support services more accessible throughout Utah.**

- Ensure people living with HIV understand how to utilize support services like Ryan White
- Make support services available via technology or within 50 miles of any Utah city
- Identify all people living with HIV who are not in care, and re-engage them



Breaking down the barriers that prevent Utahns from accessing HIV-related support services will keep people living with HIV from falling through the cracks.



## PREVENT

By increasing access to PrEP, nPEP, and other resources, we can prevent many new HIV infections from ever happening.

### LONG-TERM OBJECTIVES

By January 2026

- Increase the number of pre-exposure prophylaxis (PrEP) users in Utah by 50%
- Make data-driven sexual health and harm reduction programming more available

### STRATEGIES & ACTIONS

**Make HIV prevention resources like PrEP and nPEP easily available and more widely utilized.**

- Increase the amount of health care providers who can prescribe PrEP and nPEP
- Identify new funding sources to help more people access PrEP and nPEP
- Better understand and overcome people's barriers to using PrEP and nPEP



More people using proven HIV prevention methods like PrEP and nPEP means fewer new HIV infections in Utah.



## PREVENT

By increasing access to PrEP, nPEP, and other resources, we can prevent many new HIV infections from ever happening.

### STRATEGIES & ACTIONS

Improve community engagement, especially with groups disproportionately impacted by HIV.

- Increase representation of impacted communities in the Utah HIV Planning Group
- Revise statewide HIV educational guidelines to be more sex-positive
- Increase harm reduction resources for people who use drugs or participate in sex work



Non-judgemental HIV education, training, and community outreach are essential to breaking down stigmas that can prevent people from seeking help.



## RESPOND

With rapid access to care and cohesive efforts to identify potential exposures, we can prevent new HIV clusters and outbreaks.

### LONG-TERM OBJECTIVES

By January 2025

- 90% of people with diagnosed HIV are receiving care
- Reduce the undiagnosed population by 75%

### STRATEGIES & ACTIONS

**Expand efforts to trace all potential exposures to HIV.**

- Increase the number of contacts/partners who are tested and referred for PrEP after an initial HIV diagnosis
- Investigate all potential perinatal exposures to HIV



Identifying individuals who may be at direct risk for HIV exposure can stop HIV from spreading undetected.



## RESPOND

With rapid access to care and cohesive efforts to identify potential exposures, we can prevent new HIV clusters and outbreaks.

### STRATEGIES & ACTIONS

Help people living with HIV stay virally suppressed by ensuring care remains accessible.

- Confirm anyone with a new HIV diagnosis is receiving care within 30 days
- Identify all people living with HIV who are not in care, and connect them to support



If everyone living with HIV can access the treatment they need to become virally suppressed, we can effectively end new cases in Utah.

# GET INVOLVED

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Getting to Zero is possible—but only with the support of the community.  
Here's how you can become a part of ending HIV in Utah.



## **RYAN WHITE COMMUNITY ADVISORY COMMITTEE (CAC)**

Consisting of Ryan White enrollees and their loved ones, plus caregivers and community volunteers, the CAC offers input to improve the quality of support services provided by Utah's Ryan White Part B Program. Committee members are asked to commit to monthly meetings for at least one year.

**To get involved, contact Misty Thompson:**  
mistythompson@utah.gov or (385) 282-8440



## **UTAH HIV PLANNING GROUP (UHPG)**

An open group where people affected by HIV in Utah can collaborate with service providers for people living with HIV (or at risk for HIV). The UHPG meets quarterly, and meetings are always open to the public.

**To get involved, contact Sydney Bowen:**  
snbowen@utah.com or (801) 538-9906

## **COMMUNITY PARTNERS**

Consider volunteering with one of these organizations, where you'll connect with other dedicated individuals working to end HIV in Utah.

