Substance use, mental health symptoms, and HIV viral suppression in the new Florida Cohort


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Introduction

- Helping PLWH to obtain an undetectable HIV viral load is a key part of the National HIV/AIDS Strategy.
- Substance abuse and mental health symptoms are often associated with poor HIV medication adherence and treatment outcomes.
- Florida continues to have highest number of newly diagnosed HIV infection in the U.S.
- We sought to identify factors associated with detectable HIV viremia among a diverse sample of PLWH in Florida.

Methods

- The Florida Cohort was initiated in 2014 as part of NIAAA-supported Southern HIV Alcohol Research Consortium (SHARC).
- Recruitment: public and community health settings across Florida.
- Participants complete a confidential questionnaire, linked to medical records and laboratory results from Florida eHARS database at the Florida DOH.
- Main outcome: detectable HIV viral load (>200 copies/ml) at most recent point prior to survey.
- Multivariable analyses were used to determine association with age, gender, race, substance use (self-reported), and mental health symptoms (PHQ-8, GADS-7).
- As of November, 2015, we have recruited 500 persons; 384 available for analysis.
- Funding support: NIAAA U24-022002

Results

- Participants (n=387)

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>AOR 95% CI</th>
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<tbody>
<tr>
<td>Marijuana daily</td>
<td>2.17 (1.01 - 4.74)</td>
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<tr>
<td>Alcohol (hazardous)</td>
<td>1.22 (0.72 - 2.08)</td>
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<tr>
<td>Depressive symptoms</td>
<td>1.32 (0.78 - 2.23)</td>
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<td>Age 18-34</td>
<td>5.77 (2.2 7 - 14.7)</td>
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<tr>
<td>Race Hispanic</td>
<td>1.28 ( 0.46-3.50)</td>
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<tr>
<td>Gender male</td>
<td>1.02 (0.60-1.71)</td>
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- Prevalence of Substance Use and Mood Symptoms in 387 Persons with HIV in Florida

- Taking ART 86%
- ART nonadherence (<90%) (among those on ART) 15%
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Discussion

- Daily marijuana use, other drug use, and younger age were associated with HIV viremia.
- Similar results when controlling for ART adherence, or including anxiety symptoms.
- Different results from separate analysis we did with Florida MMP that found non-significant relationship of daily marijuana to HIV viremia.
- Marijuana could have both behavioral (e.g. adherence) and immunological (e.g. CBD-receptor) effects. We need to know more about marijuana and immune effects.

Florida Cohort recruitment ongoing - will enroll up to 1500 persons by 2016. Now recruiting in Miami and more persons not in regular care.

www.sharc-research.org