

U=U: where are we now?

Chairs:

Laura Waters, Mortimer Market Centre

John Jaquiss, UK-CAB

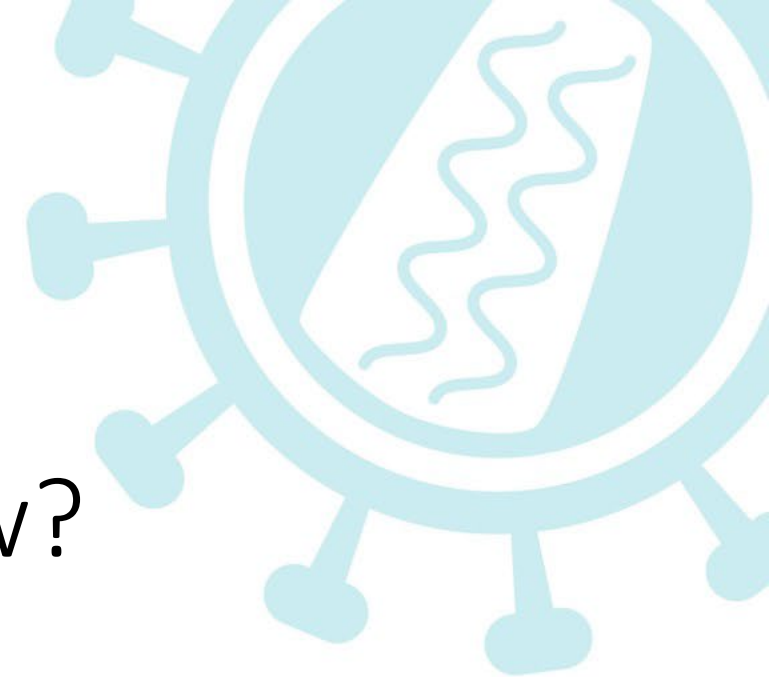
The educational content of this event is supported by:



U=U: where are we now?

Jacquelyne Alesi Mugenyi

Prevention Access Campaign





U=U: Where are we now?
Jacquelyne Alesi
Prevention Access Campaign



Conflict of interest

Jacquelyne Alesi declares no conflict of interest

UNDETECTABLE = UNTRANSMITTABLE

In 2016, Prevention Access Campaign mobilized activists, researchers, healthcare providers, and health officials to launch U=U with the following goals:

- Build** a global science-based consensus on U=U.
- Disseminate** the widely unknown U=U science.
- Advocate** for access to quality treatment and care for people living with HIV to stay healthy and prevent new transmissions.

UNDETECTABLE = UNTRANSMITTABLE

People living with HIV who are on treatment and have an undetectable viral load* have zero risk of transmitting HIV through sex.

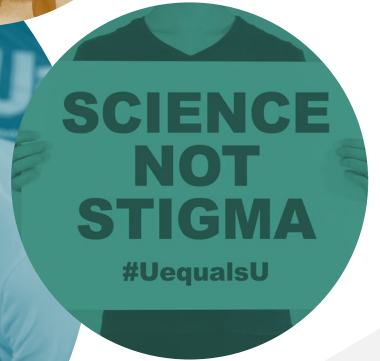
*(<200 copies/ML)

Are you thinking this?

*U=U is just about people with HIV
having sex without condoms*

WHY IS U=U A GAME CHANGER?

- Improves quality of life of people living with HIV
- Reduces HIV stigma
- Propels progress towards 95-95-95 goals
 - *Diagnosis*: Reduces anxiety associated with HIV testing
 - *Treatment*: Motivates starting ART and engaging in care
 - *Viral suppression*: Increases adherence & viral suppression
- Supports ending discriminatory laws, policies and practices
- Calls for universal access to treatment, care and diagnostics



Confusion about why U=U IS IMPORTANT

“We need to focus on getting men tested, not talking about U=U.”

“People are not staying on treatment (not accessing care) why is it important to talk about U=U? Isn't it dangerous?”

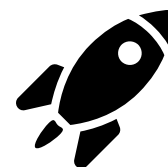
“We haven't reached the third 95 yet... we can't talk about U=U.”

U=U accelerates global targets



95% AWARE

EDUCATING ABOUT U=U IN TESTING OUTREACH REDUCES ANXIETY & INCREASES TESTING RATES



95% TREATED

EDUCATING ABOUT U=U CAN BE A POWERFUL MOTIVATOR TO START AND STAY ON TREATMENT AND ENGAGED IN CARE


95% VIRALLY SUPPRESSED

EDUCATING ABOUT U=U LEADS TO HIGHER VIRAL SUPPRESSION RATES AND FEWER TRANSMISSIONS

IMPACT: U=U INCREASES HIV TESTING UPTAKE

KEY FINDING
U=U messaging significantly improved HIV testing uptake in South African men

U=U messaging



U=U
IMPILO
REDUCES SO YOU
HIV DON'T
PASS IT ON!
U=U Mahala HIV testing
at Amajita Tulu Tester
Undetectable = Untransmittable

UB-0001

Standard messaging



FREE
HIV TESTING
Available at Amajita Tulu Tester

SS-0001

89%
more likely
with U=U

$p < 0.01$



ON EFFECTIVE MEDICATION
HIV CAN'T BE PASSED ON
THROUGH SEXUAL CONTACT

THE ONLY WAY TO
KNOW YOUR HIV STATUS
IS TO GET TESTED

TACKLE HIV

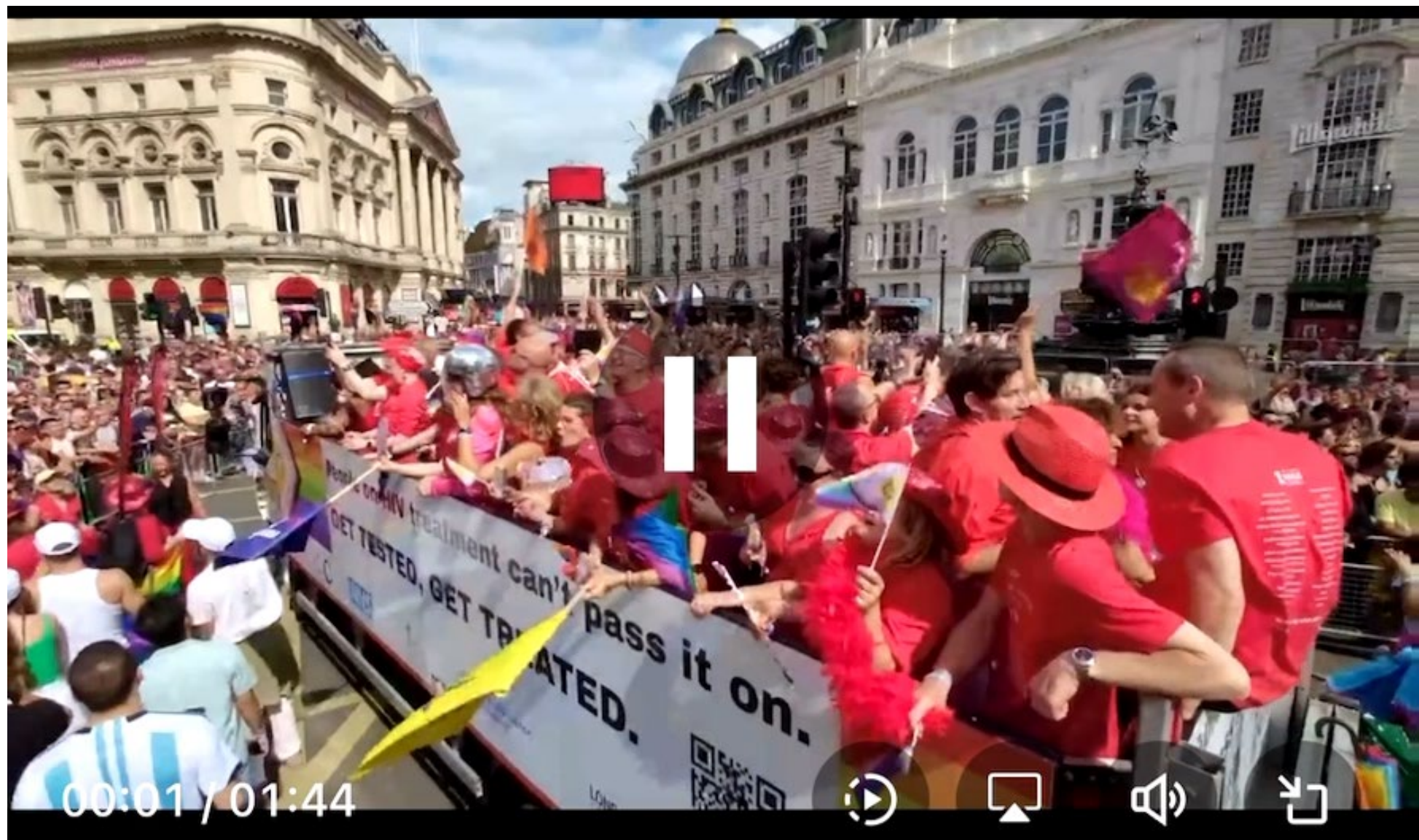
TACKLE HIV

TACKLEHIV.ORG

THE TACKLE HIV CAMPAIGN
IS FUNDED BY THE HEALTHCARE
VIV
DEFENDING
HUMANITY
TRUST



TACKLEHIV.ORG
FOLLOW US @TACKLEHIV



SCIENCE

— DOESN'T HAVE A —

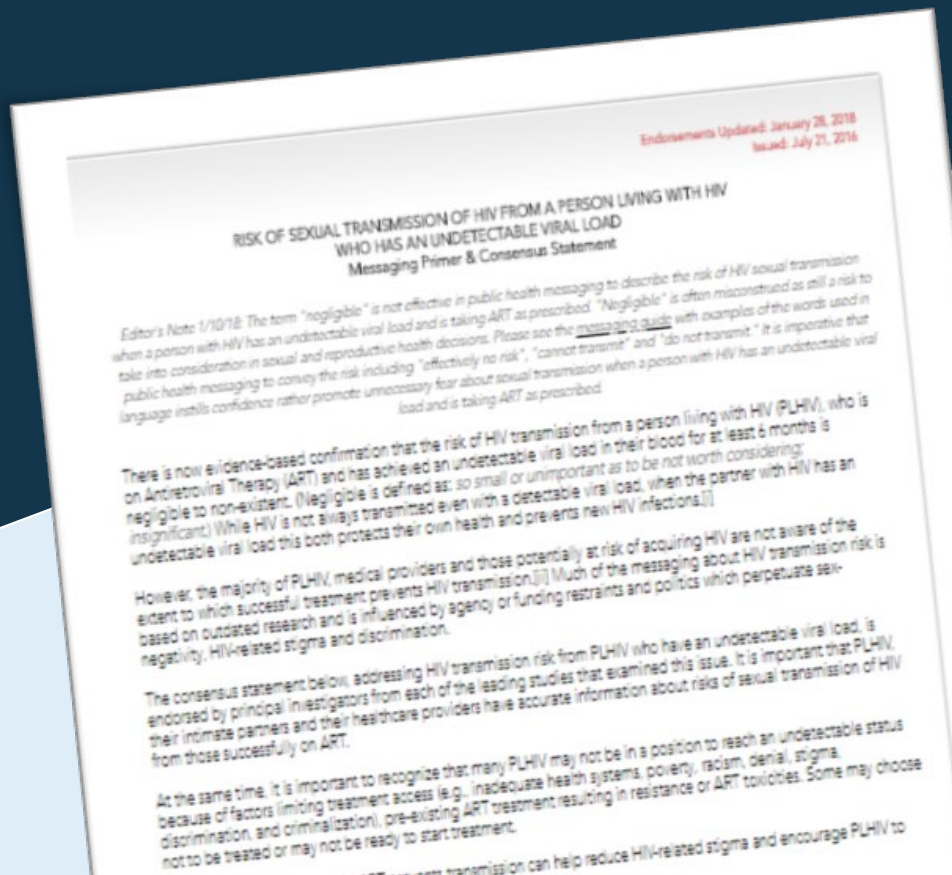
PUBLICIST

TELL THE
TRUTH
— OR WE WILL —
TELL IT FOR YOU

U=U CONSENSUS STATEMENT

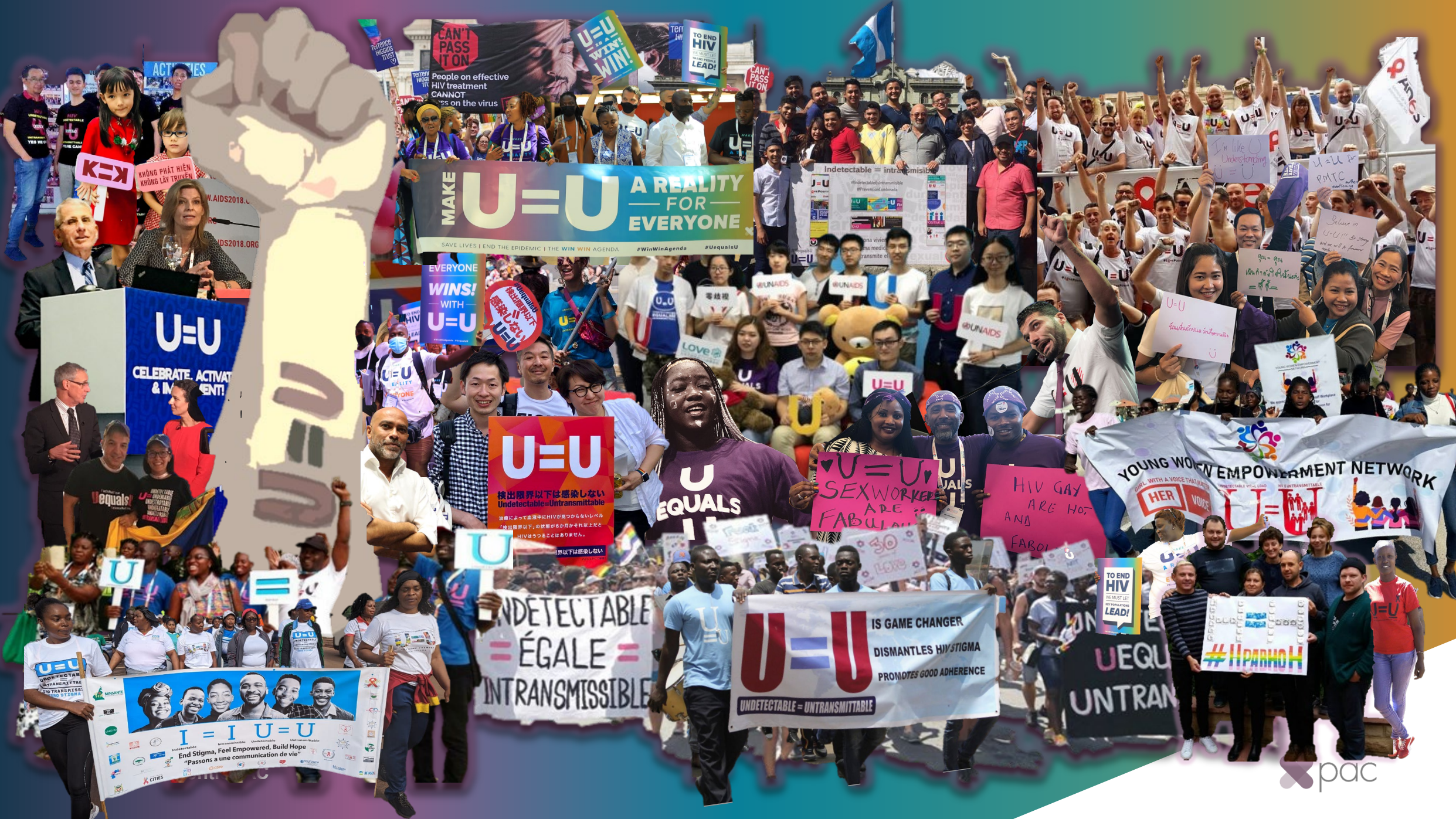
“Risk of Sexual Transmission of HIV from a Person Living with HIV Who Has an Undetectable Viral Load”

Issued July 21, 2016



Statement authors





MAKE U=U A REALITY FOR EVERYONE
SAVE LIVES | END THE EPIDEMIC | THE WIN WIN AGENDA #WinWinAgenda #UequalsU

U=U
検出限界以下は感染しない
Undetectable=Untransmissible
治療によって血液中にHIVが見つかからないレベル
「検出限界以下」の状態が6か月かそれ以上だと
HIVはうつることはありません。
!見以下は感染しない!

U EQUALS U

SEXWORKERS ARE FABULOUS

HIV GAY ARE HOT AND FABO

TO END HIV WE MUST LEAD!

UNDETECTABLE = ÉGALE = INTRANSMISSIBLE

U=U IS GAME CHANGER
DISMANTLES HIV STIGMA
PROMOTES GOOD ADHERENCE
UNDETECTABLE = UNTRANSMISSIBLE

U=U UNTRAN

#HPTMOH

I=I U=U
End Stigma, Feel Empowered, Build Hope
"Passons a une communication de vie"

YOUNG WOMEN EMPOWERMENT NETWORK
GIRL WITH A VOICE THAT MATTERS
HER VOICE
UNDETECTABLE = UNTRANSMISSIBLE

U=U IN 2016

“We now have the robust data to say, with confidence, that people living with HIV who are on effective treatment cannot pass on the virus.”



**Terrence
HIGGINS
TRUST**


**CAN'T
PASS
IT ON**

Dr Michael Brady

U=U 1100+ PARTNER NETWORK

105 COUNTRIES

- Argentina
- Armenia
- Australia
- Austria
- Azerbaijan
- Bahamas
- Bangladesh
- Belarus
- Belgium
- Bermuda
- Brazil
- Bulgaria
- Cambodia
- Cameroon
- Canada
- Chile
- China
- Colombia
- Côte d'Ivoire
- Croatia
- Cyprus
- Czech Republic
- Denmark
- Democratic Republic of the Congo
- Egypt
- El Salvador
- England
- Estonia
- Finland
- France
- Georgia
- Germany
- Ghana
- Greece
- Guatemala
- Guinée
- Guyana
- Haiti
- Hong Kong
- Iceland
- India
- Indonesia
- Ireland
- Israel
- Italy
- Jamaica
- Japan
- Kazakhstan
- Kenya
- Kosovo
- Kyrgyzstan
- Latvia
- Lebanon
- Liberia
- Luxembourg
- Macedonia
- Malawi
- Malaysia
- Mauritius
- Mexico
- Moldova
- Monaco
- Montenegro
- Namibia
- Nepal
- The Netherlands
- New Zealand
- Nigeria
- Northern Ireland
- Norway
- Pakistan
- Panama
- Paraguay
- Peru
- The Philippines
- Poland
- Portugal
- Romania
- Russia
- Scotland
- Serbia
- Singapore
- Slovenia
- South Africa
- South Korea
- Spain
- Swaziland
- Sweden
- Switzerland
- Taiwan
- Tajikistan
- Tanzania
- Thailand
- Trinidad and Tobago
- Tunisia
- Turkey
- Uganda
- Ukraine
- United States
- Uzbekistan
- Venezuela
- Vietnam
- Zambia
- Zimbabwe

1100+ PARTNERS IN 105 COUNTRIES

www.preventionaccess/community

Map Satellite

Community Partners as of February 10, 2021
Partners from 102 countries have signed on to share the U=U message in ways that matter to their communities. (Best if viewed in desktop mode)

Network of People Living with HIV/AIDS in Nigeria
Abuja, Nigeria
Website
Directions From here - To here

Name

- 1 "Iniciativa Positiva"
- 2 "Steps" Fund
- 3 #ThisIsHIV
- 4 A Positive Tomorrow
- 5 ABD Associació Benestar i Desenvolupament
- 6 ABDGN - African and Black Diaspora Global Network on HIV/AIDS
- 7 ABIA - Associação Brasileira Interdisciplinar de AIDS
- 8 Abounding Prosperity Inc
- 9 ABRAÇO
- 10 ACAS - Asian Community AIDS Services
- 11 ACASGI
- 12 ACON
- 13 ACR Health
- 14 ACT - AIDS Committee of Toronto
- 15 ACT UP Bristol
- 16 ACT UP Dublin

Map data ©2021 2000 km Terms of Use Page 1 of 1



“This is revolutionary!”

*Yvette Raphael, Executive Director
Advocates for the Prevention of HIV in Africa (APHA)
in TheBody.com - July 2023*

“Policy documents don’t usually trigger excitement. But at this week’s 12th IAS Conference on HIV Science, a rare thing happened when the WHO presented its latest brief...before a packed room of delegates who erupted in applause.”

Devex - July 2023



#sayzero

U=U=ZERORISK

Source: World Health Organization (2023)

#Uequa

POLICY BRIEF: The role of HIV viral suppression in improving individual health and reducing transmission July 2023

Health Equity: Access to viral load testing



Previously the WHO defined an undetectable viral load as ≤ 50 copies/mL, which limited options to plasma-based sample tests.

Undetectable is redefined as an undetectable result *on any WHO-prequalified test or sample type*, including POC & dried blood spot samples, which can offer significantly greater access and scalability

*This message from WHO should encourage the **scale-up of alternative sample types and platforms**, including dried blood spot assays and point-of-care tests, that may be less sensitive but will enable more PLHIV to receive vital information about their VL.*

The Lancet Infectious Diseases, September 2023

POLICY BRIEF: The role of HIV viral suppression in improving individual health and reducing transmission July 2023

Health Equity: Clear communications

#sayzero

Undetectable viral load = ZERO risk of sexual transmission
(<200 copies/mL = Zero risk)

Suppressed (but detected 200 to 1,000 copies/mL) = “Almost ZERO” or “Negligible” risk of sexual transmission

These powerful, positive messages from WHO should dispel any doubt about whether undetectable really does equal untransmittable. The benefits of treatment as prevention are clearer than ever before, which should encourage PLHIV to seek and adhere to treatment and support efforts to destigmatise and decriminalise HIV. The path to ending the AIDS epidemic has never seemed clearer.

The Lancet Infectious Diseases, September 2023

POLICY BRIEF: The role of HIV viral suppression in improving individual health and reducing transmission July 2023

Health Equity: Reproductive health and rights

Women deserve to make informed choices

The WHO “recommends breastfeeding for women taking antiretroviral therapy”

Available evidence suggests that if a mother living with HIV is taking antiretroviral therapy and maintains a suppressed viral load during **pregnancy, delivery and breastfeeding**, the risk of vertical HIV transmission can be as low as <1%

If a mother is taking antiretroviral therapy and is undetectable **prior to and throughout pregnancy and delivery**, there is **no risk** of transmitting to the infant during **pregnancy**.

WHO guidance indicates that a pregnant mother living with HIV whose viral load is suppressed within four weeks of delivery is at low risk of transmitting HIV to their infant and ***recommends breastfeeding for women taking antiretroviral therapy.***

U=U education is a **global mandate**



PEPFAR

U.S. President's Emergency Plan for AIDS Relief

→ U=U is a core standard
(2020)



**THE
GLOBAL
FUND**

→ U=U is a program essential
(2022)

U=U education is a **global mandate**



UNITED NATIONS



U=U was adopted in the
2021 Political Declaration
on HIV/AIDS

2022 PCB Report:
Undetectable =
Untransmittable = Universal
Access (U=U=U)

U=U education is a **global mandate**



FAST-TRACK
CITIES



U=U is in the
Paris Declaration

THIS
— IS —
OUR TIME

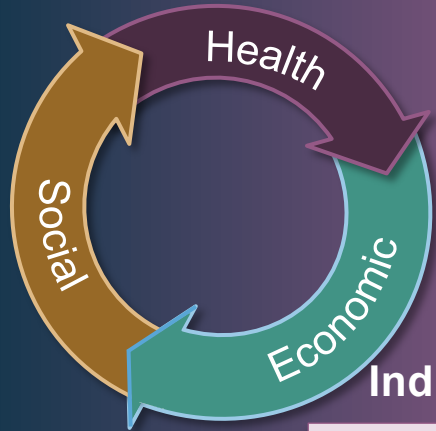
WIN-WIN AGENDA

IAS
AIDS 2022
29 July - 2 August
Welcome
Session rooms (plenary)
Exhibition
Postal exhibition
Business lounge
Catering area
Global Village and Youth Pavilion

510 à 525
710 à 730 VIP



Articulating U=U as a Win-Win-(win)



U=U perpetuates a 'virtuous cycle' of reinforcing impact. These include both the individual and public health benefits associated with reduced viral load and prevention of onward transmission, as well as broad-based (and in some cases still to be quantified) economic and societal benefits.

Individual and Public Health

- Reduced mortality and improved health outcomes for people with HIV;
- Decreased HIV transmission;
- Improved mental and sexual health of people with HIV;
- Improved HIV testing rates, treatment uptake and adherence;
- Investment in service delivery with broad-based health implications;

Economic

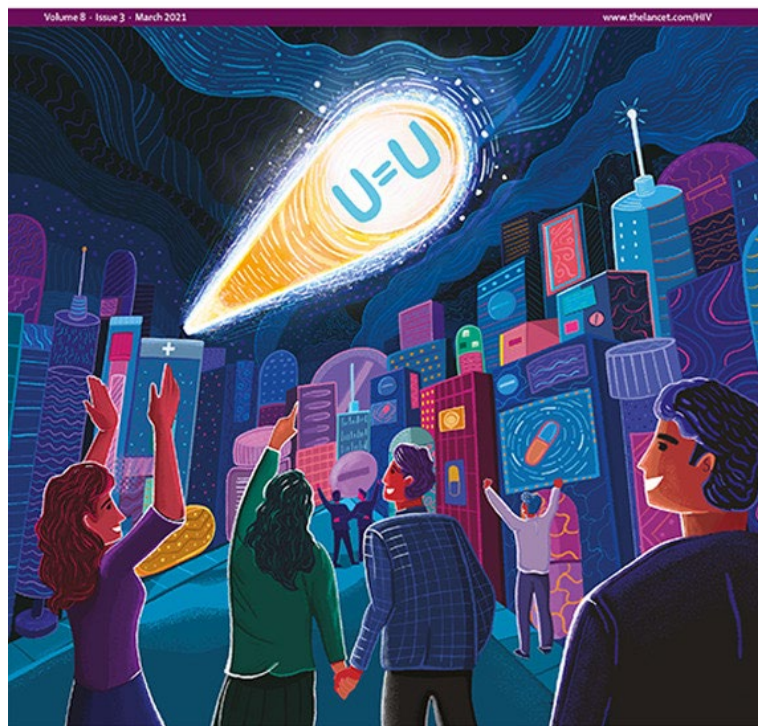
- Economic gains estimated at \$4.02 trillion by 2030 (based on 90-90-90 targets);
- Lower death rates, longer lives and decreased healthcare utilization all have significant economic benefit at the national, individual and community level;

Societal

- Dismantling of HIV stigma;
- A policy tool to remove legal barriers facing people living with HIV;
- A tool to address systemic and structural barriers facing people living with HIV/AIDS and members of key populations;

U=U IN MEDICAL JOURNALS

THE LANCET HIV



JAMA[®]
The Journal of the
American Medical
Association



The NEW ENGLAND
JOURNAL of MEDICINE

HIV Viral Load and Transmissibility of HIV Infection Undetectable Equals Untransmittable

In 2016, the Prevention Access Campaign, a health equity initiative with the goal of ending the HIV/AIDS pandemic as well as HIV-related stigma, launched the Undetectable = Untransmittable (U = U) initiative.¹ U = U signifies that individuals with HIV who receive antiretroviral therapy (ART) and have achieved and maintained an undetectable viral load cannot sexually transmit the virus to others. This concept, based on strong scientific evidence, has broad implications for treatment of HIV infection from a scientific and public health standpoint, for the self-esteem of individuals by reducing the stigma associated with HIV,² and for certain legal aspects of HIV criminalization.³ In this Viewpoint, we examine the underlying science-based evidence supporting this important concept and the behavioral, social, and legal implications associated with the acceptance of the U = U concept.

Subsequent studies confirmed and extended these findings. The PARTNER 1 study determined the risk of HIV transmission via condomless sexual intercourse in 1166 HIV-discordant couples in which the partner with HIV was receiving ART and had achieved and maintained viral suppression (HIV-1 RNA viral load <200 copies/mL). After approximately 58 000 condomless sexual acts, there were no linked HIV transmissions.³ Since a minority of the HIV-discordant couples in PARTNER 1 were men who have sex with men (MSM), there was insufficient statistical power to determine the effect of an undetectable viral load on the transmission risk for receptive anal sex. In this regard, the Opposites Attract study evaluated transmissions involving 343 HIV-discordant MSM couples in Australia, Brazil, and Thailand. After 16 800 acts of condomless anal intercourse there were no linked HIV transmissions during 588.4 couple-years

A Failure to Disseminate Transformative Science — HIV Treatment as Prevention, 10 Years On

Jacob Bor, S.D., Dorina Onoya, Ph.D., Bruce Richman, J.D., and Kenneth H. Mayer, M.D.

manifestations of HIV disease. Not only did ART provide a nearly normal life expectancy for most people with HIV who adhered to their treatment regimens, it also eliminated the risk of transmitting the virus to an uninfected sexual partner.⁵ It became clear that treating people with HIV was a highly effective means of preventing HIV spread. “Treatment as prevention” proved to be a critical addition to the prevention tool kit that also contained measures such as condom use, voluntary medical male circumcision, and screening of the blood supply. Studies of these interventions also provided the critical evidence base for the principle that “undetectable equals untransmittable,” or “U=U,” which has helped reduce some of the external and sometimes self-imposed stigma associated with HIV infection.

Articles

SMS reminders for PrEP adherence in young women
See page e130

Articles

Nevirapine dosing for HIV-exposed neonates
See page e149

Articles

Impact of COVID-19 lockdown on HIV care in South Africa
See page e158



U=U
#LOVE POSITIVE
exaequo
AIDES



are the solution
Taking HIV medication daily suppresses the virus and means you can't pass it to others.

U=U
Taking HIV medication daily suppresses the virus and means you can't pass it to others.
Learn more about U=U at www.preventionaccess.org

SCIENCE=HEALTH
ACT UP DUBLIN
#UequalsU
#ScienceNotStigma

Undetectable = Untransmittable
كوبون في الزهبة العالجة
بالعلاج
مايتراش = مايتعداش

I CAN'T PASS ON HIV.
People on effective HIV treatment cannot pass on the virus.
Got the facts? StartsWithMe.org.uk

UNDETECTABLE = UNTRANSMITTABLE
PRIDE & YOUTH
LIVING WITH HIV!
The science is clear: People living with HIV who are on effective treatment do not transmit the virus to their partners.

U=U
UNDETECTABLE
UNTRANSMITTABLE
A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD DOES NOT TRANSMIT THE VIRUS TO THEIR PARTNERS.

NIET DETECTEERBAAR
BETREKENT
NIET OVERDRAAGBAAR
n=n
UNDETECTABLE
UNINFECTIOUS

nam aidsmap
HIV & AIDS - sharing knowledge
"The scientific evidence shows that undetectable does not mean infectious."
#UequalsU

U=U
It's a fact
Undetectable equals untransmittable



UNDETECTABLE = UNTRANSMITTABLE
НЕДЕТЕКТАБИЛНО = НЕПРЕНОСИВО
ЗАЕДН
Здружение за поддршка на луѓето живееат со ХИВ - ЗАЕДНО ПОСИЛНИ Скопје



INDETECTABLE
SIGNIFICA
INTRANSMISIB

Around the World

PEOPLE ON EFFECTIVE HIV TREATMENT CANNOT PASS

San Francisco AIDS Foundation supports
U=U
Undetectable=Untransmittable!
#UequalsU
The science is clear: People living with HIV, who are on effective treatment, do not transmit HIV to sexual partners.

#Hправно
No more scaremongering
People on effective HIV treatment can't pass on the virus.

The PARTNER study (2016)
1,000 HIV-1 infected couples
All HIV-1 infected couples who were on effective treatment
No HIV-1 infections were transmitted to the uninfected partners
0
Transmission of HIV



Podporujeme!
The National HIV Nurses Association is proud to support



i=i
indetetável
igual
intransmissível
a ciência comprova.

U=U
検出限界以下は感染しない
Undetectable=Untransmittable
出清によって血液中にHIVが検出されないレベルの状態でしかそれがそれ以上だとHIVはうつることはありません。
#UequalsU #検出限界以下は感染しない

K=K
KHÔNG PHÁT HIỆN



U=U
The National HIV Nurses Association is proud to support



Durban, South Africa



CAMPAGNE I=I
INDETECTABLE = INTRANSMISSIBLE

MARCHE SPORTIVE, YAOUNDÉ
TRAJECTOIRE
Parcours Vita
→ PlaYce

**7HR 30 SAMEDI
26.08.2023**

*soyer les bienvenus
pour nous rejoindre*



Yaounde, Cameroon

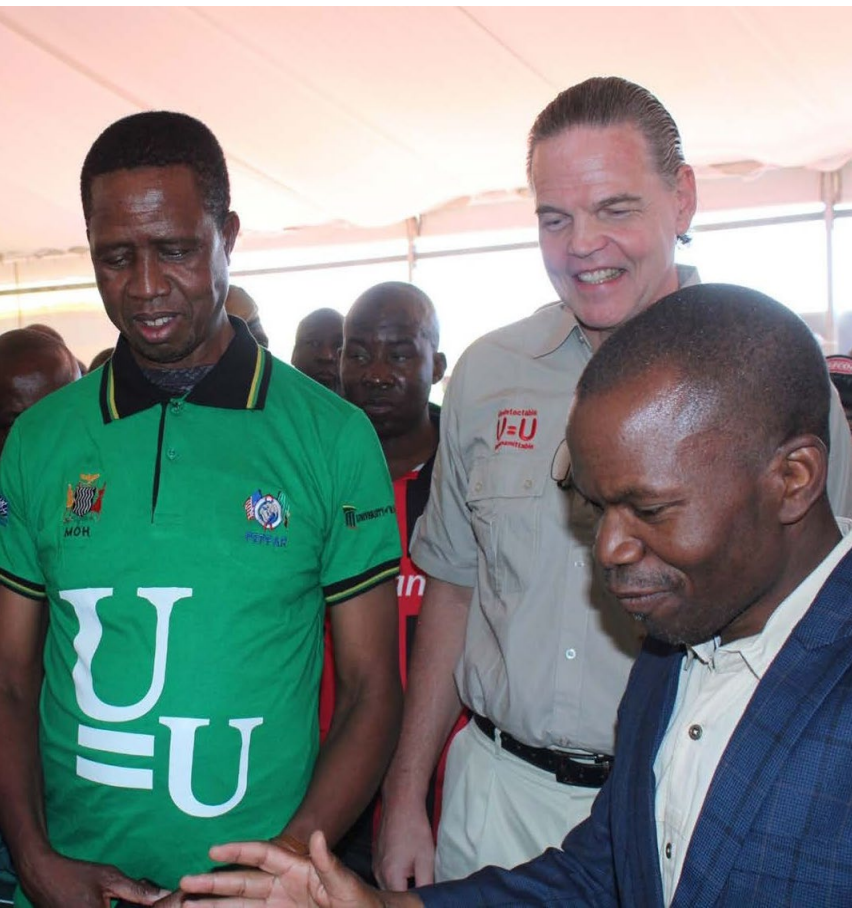


I = I U = U
Indetectable Intransmissible Undetectable Untransmittable

End Stigma, Feel Empowered, Build Hope
"Passons a une communication de vie"

U=U NATIONAL CAMPAIGNS

Zambia



Kenya



Vietnam



NATIONAL CONFERENCES

India 13th National Conference of AIDS Society of India (ASICON) - 2022



We can #endAIDS now if "undetectable equals untransmittable" becomes a reality for all persons living with HIV

Not only will this ensure optimal quality of life for every person living with HIV but also will help translate the promise of our governments to end AIDS by 2030.

NATIONAL CONFERENCES

China



NATIONAL U=U CAMPAIGNS

Ukraine

Government Campaign

TEENERGIZER!



<https://arv.phc.org.ua>
Info page / Сайт

Informational Campaign Информационная кампания

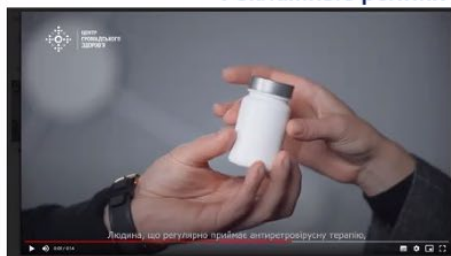
Promotional video
Рекламные ролики

Н=Н
НЕ ВИЗНАЧАЄТЬСЯ ЗАРАЗИТИСЯ
НЕ ПЕРЕДАЄТЬСЯ

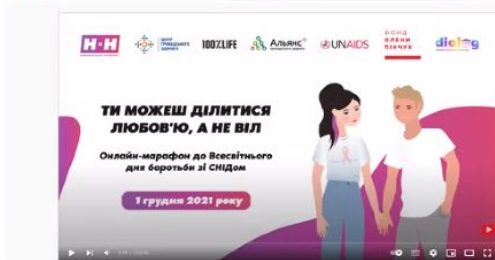
Targeted advertising
Таргетированная реклама



National Branding
Национальный брендинг



<https://www.youtube.com/watch?v=h3pl9tPs7Yk>
Info-company 1st December
Инфокомпания к 1 декабря





England



Spain



revolution
wasn't
televised.



but
happened.

CHEAP
Y CONELLI & BIANCHI
WORLD AIDS DAY 2002
FUCK STIGMA
EUGENIO NITTOLO
Piv. CHEAP - Street Art Printer & Conigli Bianchi

Italy



Si Tenes
entre
14 y 30 años
y vivis con
VIH

INDETECTABLE

Red
ARGENTINA
de jóvenes
y
Adolescentes
POSITIVOS



NO ESTAS
SOLX

INTRANSMISIBLE

Argentina



Ireland



Noel Donnellon, George's Street, Dublin, October, 2021



England



Botswana



Australia



U=U

Undetectable
equals
Untransmittable

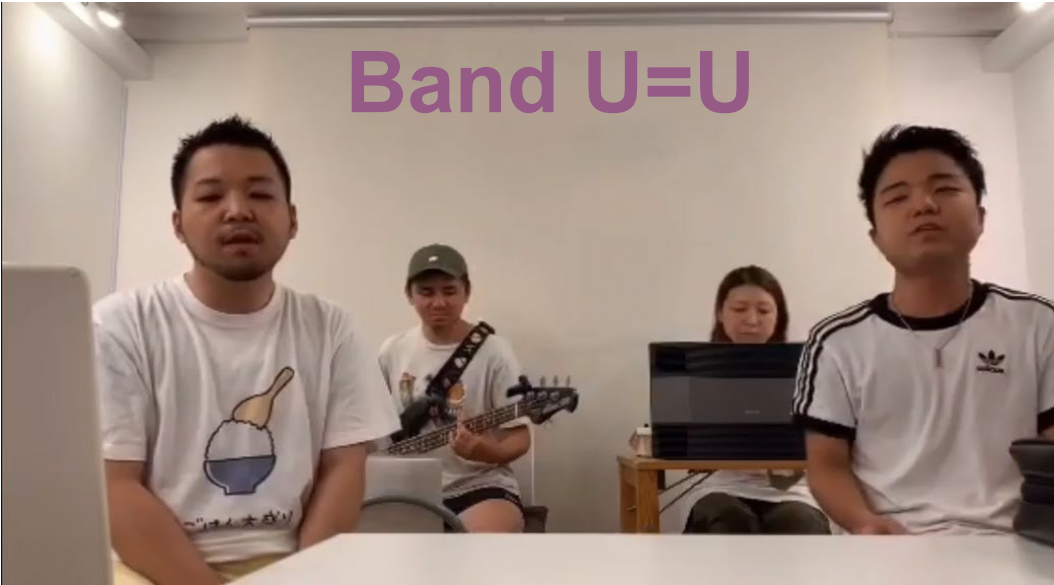
is a scientifically validated and guidelines supported fact¹¹⁻¹⁴ that everyone should be aware of. U=U offers the potential to reduce stigma within communities and healthcare settings, whilst improving health outcomes of people living with HIV.^{15,16}

To access healthcare professional training and information visit the Terrence Higgins Trust [Can't Pass It On campaign](#) 

This HIV campaign has been developed by Gilead Sciences with input from and endorsed by:



Band U=U



Japan



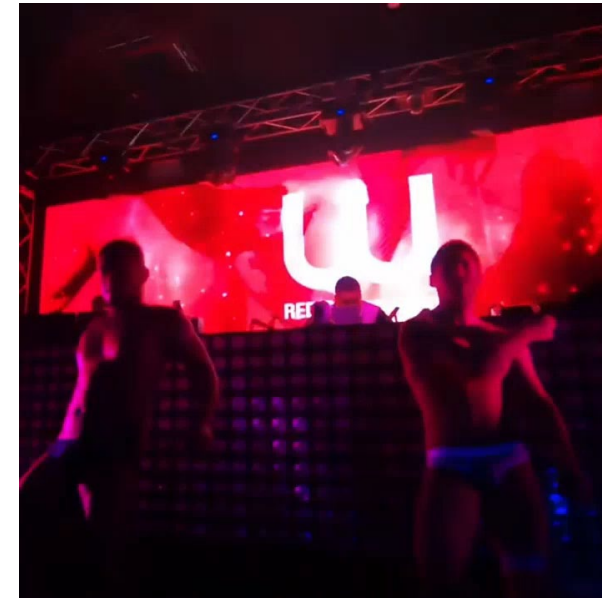
TALK about U=U

早くわかれば メリットは大きい

HIV感染がわかって、服薬治療と通院を続けていれば
今までどおり暮らせる。でも、感染に気づかないまま、
エイズを発症したら、仕事に行けなくなるし、家族にも説明が
必要になるかもしれない。もし感染しているなら
早くわかって治療を始める方が、メリットは大きい。

U=U

Undetectable = Untransmittable
検出限界以下 感染の可能性がない



U=U

このウェブサイトについて お問い合わせ

U=Uとは 世界のU=U支援の動き 日本のU=U支援の動き U=Uを支援できる機関 U=Uに関するQ&A U=Uへの支援コメント

効果的な治療を続けていれば
HIVは感染しない。

U=U

HIVの新常識。



Ireland



Vietnam



Argentina



U=U IS GAME CHANGER
DISMANTLES HIV STIGMA
PROMOTES GOOD ADHERENCE
UNDETECTABLE = UNTRANSMITTABLE

Kampala, Uganda





Saint-Laurent
→

INDETECTABLE
= ÉGALE =
INTRANSMISSIBLE

Fuck
Stigma

30
years of
Love

ACCM
INFORMED
SEXUAL HEALTH

INDETECTABLE
UEQUALSU
UNTRANSMISSIBLE

Montreal, Canada



OAITSE GORE

U=U



73808537

ceyoho@btcmail.co.bw



CEYOHO

Gaborone, Botswana



Kazakhstan



Warao District, Venezuela



Beirut, Lebanon

It was a new beginning
C'était un nouveau départ

MULTINATIONAL U=U CALL TO ACTION

Throughout the history of the global HIV epidemic, rarely has such a clear opportunity emerged to alter its course.

There is a worldwide possibility to fight HIV stigma and improve HIV prevention, care, and treatment outcomes by following the science and disseminating the evidence-based U=U message at scale.

Doing so will propel nations, and the entire world, one step closer to finally ending the epidemic.

United States, Canada, Vietnam Government
Multinational Undetectable=Untransmittable (U=U) Call-to-Action
(as of 2023)

JOIN THE MOVEMENT



Integrate U=U into global and national strategies, policies, laws, guidelines



Educate and encourage dialogue about U=U among healthcare professionals, policymakers, and community



Promote U=U clearly, repeatedly, prominently, and meaningfully in health communications reaching key populations and the public



Advocate to remove barriers to treatment, care and services to improve the quality of life of PLHIV and prevent new transmissions

**TO END
HIV**

**WE MUST LET
PEOPLE LIVING
WITH HIV
*LEAD!***



#UequalsU

#WinWinAgenda

Thank you!

www.preventionaccess.org

#UequalsU #SayZERO



Myanmar Ministry of Health and Sports



Autumn Conference

Friday 24th November 2023

etc.venues 155 Bishopsgate, London

