

# SHINING A LIGHT ON THE LIFE EXPECTATIONS OF PEOPLE LIVING WITH HIV (PLWHIV) IN EUROPE



Today it is estimated that 2.5 million people in Europe have HIV and the incidence continues to rise in high risk populations<sup>\*1,2</sup>



In the last 30 years HIV has moved from being a life-threatening to a long term manageable condition<sup>3</sup>



Significant advances in HIV treatment and management mean that many PLWHIV can now expect to live as long as the general population<sup>4</sup>

Despite having almost the same life expectancy as the general population, the HIV is: **Expectations from Life survey** found that...

**...PLWHIV HAVE LOWER EXPECTATIONS FROM LIFE<sup>5</sup>**

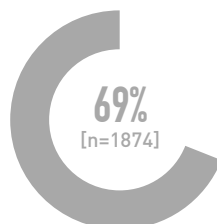


**COMPARED TO THE GENERAL POPULATION, 3X AS MANY PLWHIV EXPECT TO HAVE A SHORTER LIFE THAN THEIR FRIENDS AND FAMILY<sup>5</sup>**

### HEALTH



44% of PLWHIV describe their health as good or excellent...



...which is significantly less than those without HIV

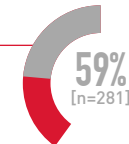
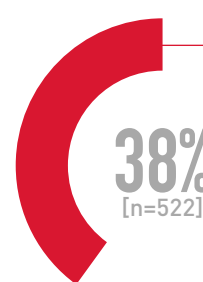
...and PLWHIV are 2x as likely to describe their health as poor<sup>5</sup>

### LOVE

PLWHIV are more likely to prioritise love and a healthy sex life compared to people without HIV but...



...nearly 40% of PLWHIV consider HIV to be a barrier to dating and meeting potential partners...



...the majority (59%) due to fear of disclosing their HIV status<sup>5</sup>

### SEX

More than half consider HIV to be a barrier to sex...

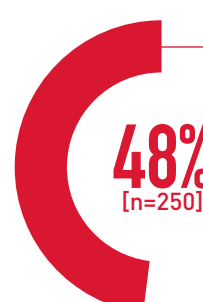


... the vast majority fearing they could transmit the virus to others<sup>5</sup>

### FAMILY

Encouragingly, just over half (52%) of PLWHIV did not state their HIV was a barrier to having a family naturally

Of the 48% of PLWHIV who said their HIV was a barrier to having a family naturally...



...three quarters feared transmitting the virus to their partner or child<sup>5</sup>



**THE SURVEY FINDINGS INDICATE A DISCONNECT BETWEEN THE ADVANCES IN HIV TREATMENT AND THE ASPIRATIONS OF PLWHIV, WHICH DEMONSTRATE AN UNCERTAINTY AROUND THEIR LONG-TERM HEALTH AND RISK OF TRANSMISSION**

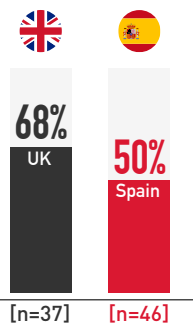
\* For example, in men who have sex with men, the incidence of HIV increased by almost 40 percent between 2006 and 2015



## CONCERNS AROUND TRANSMISSION AS A BARRIER TO SEX ARE ROUGHLY EQUAL FOR PLWHIV ACROSS ALL COUNTRIES HOWEVER...

### CONCERNS ABOUT STIGMA ARE HIGHEST IN THE UK<sup>5</sup>

PLWHIV in the UK are most fearful of disclosing their HIV positive status and PLWHIV in Spain are least fearful of this...



...but overall it is still high across all countries

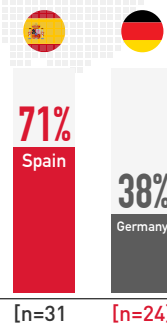
PLWHIV in the UK were much more likely to say that their HIV could be a barrier to a long-term relationship or being married/in a civil partnership due to the continued stigma surrounding HIV...



...vs other countries, specifically Italy where only 12% stated stigma was a barrier

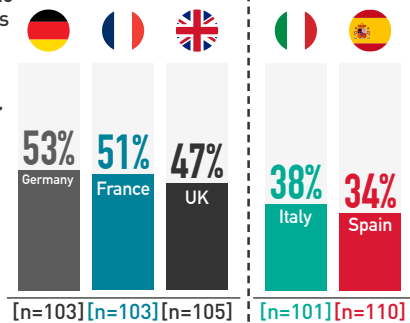
### ATTITUDES AND FEELINGS AROUND HEALTH ARE LESS POSITIVE IN SPAIN AND ITALY<sup>5</sup>

71% of PLWHIV in Spain said their HIV status has impacted their decision to engage in activities to support their overall health and wellbeing because they do not believe these activities will help them now that they have HIV...



... vs just 38% in Germany

Spanish and Italian respondents with HIV are least likely to consider themselves in good health, with only 34% and 38% describing their health as 'excellent' or 'good'



#### ABOUT THIS SURVEY



HIV is: Expectations from Life was an online survey conducted in five European countries and completed by over 3,000 adults, of which 522 were living with HIV.

The survey was fielded in November and December 2016 on behalf of Gilead by independent market research company Censuswide.



Additional findings from the survey and further information can be found at:

<http://campaigns.visit-gbu.eu/expectations-from-life>

#### REFERENCES

- 1 World Health Organization. HIV/AIDS. Available at: <http://www.euro.who.int/en/health-topics/communicable-diseases/hivaids/hivaids> [last accessed September 2017]
- 2 European Centre for Disease Prevention and Control. HIV/AIDS surveillance in Europe 2015. Available at: <http://ecdc.europa.eu/en/publications/Publications/HIV-AIDS-surveillance-Europe-2015.pdf> [last accessed September 2017]
- 3 Nakagawa F, et al. Life expectancy living with HIV: recent estimates and future implications. *Curr Opin Infect Dis.* 2013;26:17-25
- 4 The Antiretroviral Therapy Cohort Collaboration. Survival of HIV-positive patients starting antiretroviral therapy between 1996 and 2013: a collaborative analysis of cohort studies. *The Lancet.* [http://dx.doi.org/10.1016/S2352-3018\(17\)30066-8](http://dx.doi.org/10.1016/S2352-3018(17)30066-8) Available at: [http://www.thelancet.com/journals/lanhiv/article/PIIS2352-3018\(17\)30066-8/fulltext](http://www.thelancet.com/journals/lanhiv/article/PIIS2352-3018(17)30066-8/fulltext) [last accessed September 2017]
- 5 Censuswide. HIV is: Expectations from Life survey (sample: 3,245). November - December 2016. Survey commissioned by Gilead Sciences