

# Positive Advocate

## Fall 2011

A publication of the Affected Communities Committee of the HIV Health Services Planning Council

### National HIV Prevention Strategy:

The United States Surgeon General Regina Benjamin and members of the National Prevention, Health Promotion, and Public Health Council released the first National Prevention Strategy on June 16th, 2011. The Strategy, which was developed under the Affordable Care Act (ACA), seeks to improve health of individuals, families and communities through a proactive focus on prevention and wellness rather than a reactive health care system that is only focused on disease and sickness response. Its goal is to “increase the number of Americans who are healthy at every stage of life”. The four identified strategies to realize this vision include:

- Healthy and safe community environments;
- Clinical and community preventive services;
- Empowered people; and,
- Elimination of health disparities.

The Strategy also defines seven priorities to address the leading causes of preventable illness and major illness including:

- Living tobacco free
- Preventing drug abuse and excessive alcohol use
- Healthy eating
- Active living
- Injury and Violence free living
- Reproductive and sexual health, and
- Mental and Emotional well being

The entire Strategy (122 pages) can be found at:

<http://www.healthcare.gov/center/councils/nphpphc/strategy/report.pdf>



## National HIV Prevention Strategy Continued:

The Strategy identifies key action steps and core metrics with quantitative targets that we will strive to achieve over a five year period, from 2010-2015. Key goals of the NHAS are to:

- Reduce the number of new HIV infections.
- Increase access to care and improve health outcomes for people living with HIV.
- Reduce HIV-related health disparities.
- Achieve a more coordinated response across agencies
- The NHAS was developed with the input of some 4,200 individuals from across the nation within 14 sessions throughout 2009, including sessions in Atlanta, Washington DC, Minneapolis, Albuquerque, Houston, San Francisco, Los Angeles, Columbia (SC), Oakland, the Virgin Islands, Jackson (MS), Ft. Lauderdale, New York and Puerto Rico.

## Goblins and Ghouls Galore! Myra Maines' Haunted House

This year's Myra Maines' Haunted House is under construction. Mark your calendars for this ghoulishly fun fundraiser for Sunburst Projects. Shows will be held on October 21, 22, 23, 27, 28th, 29th, 30th and of course, Halloween, October 31st. Donations are suggested.

A special VIP night with \$25 VIP tickets is being scheduled for Tuesday, October 25th as well. For more information, contact Sunburst Projects at 916-440-0889.

## World AIDS Day Events:

### Antioch Progressive Church

Antioch Progressive Church, 7650 Amherst St, Sacramento, is hosting its annual World AIDS Day awareness event on, Sunday, November 27th. Please contact William Green at 916-362-2864 or [moses88s@yahoo.com](mailto:moses88s@yahoo.com) for more information.

### Calling All Artists! World AIDS Day Art Show



You are cordially invited to display your artwork in the “Sisters in Survival” first annual World AIDS Day art show known as the “Art of Survival” on December 1, 2011. The event will be held at the Kennedy Gallery in Midtown Sacramento. Artwork should be no larger than 36” x 48”. Deadline to submit your artwork is 4p.m. Thursday, November 3rd. You will be notified on Monday, November 7th, if your artwork is selected and your presence at the event will be greatly appreciated.

For more information on submission requirements, please contact Jennifer at 916-440-0889 or via email at [Jennifer@sunburstprojects.org](mailto:Jennifer@sunburstprojects.org) or Dalen at 916-821-2860 or email at [DaleneHIV@yahoo.com](mailto:DaleneHIV@yahoo.com) by October 4th.

### World AIDS Day Awareness Guild Theatre, Oak Park

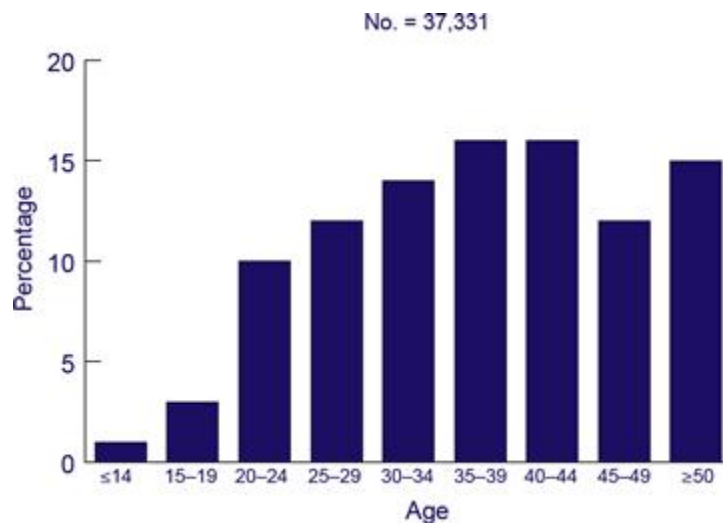
Friday, December 2nd, from 6-8 p.m., please come join the World AIDS Day awareness event being held at the Guild Theater to include speakers, entertainment, art, food and fun. Please contact William Green at 916-362-2864 or [moses88s@yahoo.com](mailto:moses88s@yahoo.com) for more information.

## HIV and People over Age 50

The number of people aged 50 years and over living with HIV/AIDS have been increasing. According to the Center for Disease Control, this increase is due in part to highly active antiretroviral therapy (HAART), which has enabled many HIV infected individuals to live longer, and partly due newly diagnosed individuals over the age of 50.

Based on data from 33 states with long-term, confidential name-based HIV reporting in 2005, people aged 50 and older accounted for:

- 15% of new HIV/AIDS Diagnoses
- 24% of people living with HIV/AIDS



## SAMHSA Mental Health AIDS Newsletters

*mental health AIDS* is a quarterly biopsychosocial research quarterly update on HIV and mental health organized by topic area. Each issue also includes a "tool box" feature article, plus the newest resources (books, articles, Web sites) for clinical practice.

Summaries appearing in *mental health AIDS* are presented to promote awareness and understanding of current and continuing research in the area of HIV and mental health. They are not intended for use as the sole basis for clinical treatment nor as a substitute for reading the original research.

For more information or to view newsletters, please go to the following website:  
<http://www.samhsa.gov/HIV/mh aids.aspx>

# Treatment Adherence

Excerpt from: [http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment\\_cbrochure\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment_cbrochure_en.pdf)

## What is treatment adherence?

**Treatment adherence** means adhering to (following) your treatment **regimen**—taking the correct dose of each anti-HIV medication at the correct time and exactly as prescribed. Adherence is very important for successful HIV treatment.

## Why is adherence important?

Adherence affects the success of HIV treatment in two ways:

- Good adherence to an HIV treatment regimen helps anti-HIV medications work effectively to reduce the amount of HIV in the body (**viral load**). Skipping medications, even occasionally, gives HIV the chance to multiply rapidly. Preventing the virus from multiplying is the best way to stay healthy.
- Good adherence to an HIV treatment regimen also helps prevent **drug resistance**. Drug resistance develops when the virus mutates (changes form), becoming “resistant” to certain anti-HIV medications. One or more anti-HIV medications in a treatment regimen can become ineffective as a result of drug resistance.

Skipping medications makes it easier for drug resistance to develop. HIV can develop resistance to the anti-HIV medications in a person’s current regimen or to other, similar anti-HIV medications not yet taken, limiting options for successful HIV treatment. And drug-resistant strains of HIV can be transmitted to others, too.

Although there are many different anti-HIV medications and treatment regimens, studies show that *a person’s first regimen offers the best chance for long-term treatment success*. Adhering to your regimen from the start will help ensure your HIV treatment is successful.

## What can I do to adhere to my HIV treatment regimen?

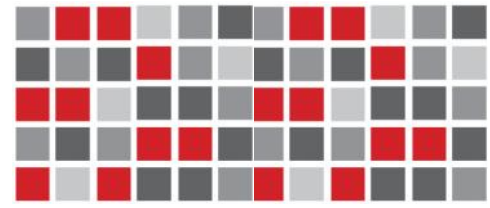
Before you start treatment, be certain you’re committed to taking anti-HIV medications every day as directed. Talk to your health care provider about any issues that may make adherence difficult:

- Possible side effects from the anti-HIV medications in your regimen
- How other medications you take may interact with your anti-HIV medications
- Your schedule at home and at work
- Any personal issues such as depression or alcohol or drug abuse
- Lack of health insurance to pay for anti-HIV medications

Understanding issues that can make adherence difficult will help you and your health care provider select the best regimen for you. Some people may find that adhering to an HIV treatment regimen becomes more difficult over time. So, talk to your health care provider about adherence at every visit.



# Back Page



The **POSITIVE ADVOCATE** Newsletter is a quarterly information and outreach project. We welcome submissions from the affected community. For additional information about the Affected Communities Committee (ACC), HIV Health Services Planning Council (HHSPC), or this newsletter, contact: Paula Gammell at 916-876-5548

[www.sacramento-tga.com](http://www.sacramento-tga.com)

The **Affected Communities Committee** addresses issues facing the HIV/AIDS community and advises the Planning Council on affairs of the community. The mission of the committee is to recruit, empower, and involve people living with HIV/AIDS in the strategic planning and advocacy of HIV/AIDS care and services. These goals will be accomplished with the assistance of the Council support staff toward the fulfillment of its mission. The committee encourages an environment of trust and safety in achieving its mission.

## RYAN WHITE CARE ACT SERVICE PROVIDERS

**AIDS Housing Alliance/Avalón** - housing & hospice  
PO Box 161908, Sacramento, CA 95816  
916.579.0896

**Breaking Barriers** - advocacy, homeless, transportation  
2210 21st Street, Sacramento, CA 95818  
916.447.2437

**CARES** - all-in-one HIV medical care and support services  
1500 21st Street, Sacramento, CA 95811  
916.443.3299

**CommuniCare** - HIV medical care and support services  
500-B Jefferson Blvd, Suite 195,  
West Sacramento, CA 95605  
916.443.3299

**Harm Reduction Services** - Medical case management,  
Outreach and Testing  
4001 12th Avenue, Sacramento, CA 95817  
916.456.4849

**Sierra Foothills AIDS Foundation** - HIV/AIDS services  
serving both El Dorado and Placer Counties  
12183 Locksley Lane, Suite 205, Auburn, CA 95602  
530.889.2437

**Sunburst Projects** - childcare, respite, and support  
1025 19th Street, Suite 1A, Sacramento, CA 95814  
916.440.0889

**Sutter "We CARE"** - women's services & support  
5151 F Street, 2 South, Sacramento, CA 95819  
916.733.1750

**The Effort** - mental health services, substance abuse  
8233 E. Stockton Blvd, Suite D, Sacramento, CA 95828  
916.368.3080

**UCDMC Pediatric Infectious Disease** - HIV+ children  
2516 Stockton Blvd., Ticon II, Sacramento, CA 95817  
916.734.7618