

A publication of the Affected Communities Committee of the HIV Health Services Planning Council  
Paid for by the Sacramento TGA Part A Ryan White Grant Funds

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## April 10: National Youth HIV/AIDS Awareness Day

In the latest California HIV Surveillance Report - 2019, the state reported 137 newly diagnosed HIV cases among youth, ages 12 to 19 – a decrease of 33 cases from 2018 (CA Department of Public Health, 2021). Although California has seen a recent decline of new HIV infection among youth, there remains a public health concern to raise further awareness of HIV stigma, prevention, treatment, and care among this vulnerable population. To decrease the spread of HIV among our young people and empower our youth, communities, and healthcare providers to reduce HIV stigma and promote HIV prevention, testing, treatment, and care, the National Youth HIV/AIDS Awareness Day (NYHAAD) is observed annually on April 10<sup>th</sup> (Centers for Disease Control and Prevention [CDC], 2021).

To ending the HIV epidemic and mobilize a youth movement to raise awareness of HIV, the CDC launched a *Let's Stop HIV Together* [campaign resources](#) for young people (CDC, 2021). Whether through social media messages or verbal encouragement, it is essential that YOU help get the word out – together, let's end the HIV epidemic. To prevent and promote the awareness of HIV among our youth, please visit the [CDC](#) to access sample social media posts, messages, and content.

For questions or provider education on HIV stigma, treatment, and care among youth, please contact the Central Valley and Northern Interior AIDS Education & Training Center

Email: [aetc@ucdavis.edu](mailto:aetc@ucdavis.edu)

Phone: 916-734-3365

### References:

CA Department of Public Health. (2021). *California HIV surveillance report – 2019*. Retrieved March 17, 2021, from [https://www.cdph.ca.gov/Programs/CID/DOA/CDPH%20Document%20Library/California\\_HIV\\_Surveillance\\_Report2019\\_ADA.pdf](https://www.cdph.ca.gov/Programs/CID/DOA/CDPH%20Document%20Library/California_HIV_Surveillance_Report2019_ADA.pdf)

Centers for Disease Control and Prevention. (2021). *National Youth HIV/AIDS Awareness Day – April 10*. Retrieved March 17, 2021, <https://www.cdc.gov/hiv/library/awareness/nyhaad.html>



## Undetectable = Untransmittable

Science has spoken. In an article, *HIV Viral Load and Transmissibility of HIV Infection, undetectable equals untransmittable*, published on January 10, 2019, clinical evidence supports the concept of Undetectable = Untransmittable (U=U). In other words, people living with HIV who are adherent to their medication and maintain an undetectable viral load for six months, cannot sexually transmit the HIV virus to others.

Remember to have regular medical appointments and bloodwork. Talk to your partners about your sexual history. Use a condom to prevent other sexually transmitted infections, such as gonorrhea and/or syphilis.

### References

RW Eisinger, CW Dieffenbach, AS Fauci. HIV viral load and transmissibility of HIV infection: undetectable equals untransmittable. *Journal of the American Medical Association* DOI: 10.1001/jama.2018.21167 (2019)

### KEY TERMS AND DEFINITIONS

- ⇒ Viral load: A measure of the amount of HIV in the body
- ⇒ Viral suppression: When antiretroviral therapy (ART) is taken long enough to reduce the ability of the virus to make copies of itself in someone's body
- ⇒ Undetectable viral load: When someone is on ART and the virus level in their body is so low that standard blood tests cannot detect it
- ⇒ Untransmittable: HIV cannot be transmitted through sexual transmission when the viral load is below 200/mL

## Ryan White Program Eligibility

Did you know, that one of the criteria for Ryan White Program Eligibility is that agencies must document your CD4 and Viral Loads? Program eligibility is verified twice a year.

For example, if you're obtaining medical transportation services from Harm Reduction Services (HRS) and receiving medical services at Kaiser, a case manager from (HRS) must obtain updated lab reports from Kaiser twice a year.

If you have MyChart, an online patient portal for your medical records, please print your most recent lab test results and give them to your case manager(s) to update their records. If you don't have MyChart, ask your medical provider to send your case manager(s) copies of your lab results. This will help maintain your program eligibility.

One Community Health offers low cost & confidential walk-in and appointments for HIV, Hepatitis C & STD testing at its Midtown Campus.  
Call 916-443-3299 to make an appointment or for more information.  
No one will be turned away if they are unable to pay.

Free or Low-Cost STD/HIV/HCV Testing;  
Contact the agency directly for dates, times and costs of testing  
Golden Rule Services 916-427-4653  
Harm Reduction Services 916-456-4849  
Sacramento Sexual Health Clinic 916-875-1551

**Partner Services:**

County of Sacramento - 916-875-1100  
One Community Health - 916-443-3299  
Yolo County - 530-666-8670  
El Dorado and Placer Counties:  
Sierra Foothills AIDS Foundation 530-889-2437

**The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules**  
Committees may be canceled if there is no pressing business to conduct. Call 916-876-5548 to verify.  
**Presently, all in-person meetings have been cancelled due to COVID-19 and the meetings are being held by teleconference. The teleconference call-in information is on each committee agenda which can be found on the [www.sacramento-tga.com](http://www.sacramento-tga.com) website.**

1st Monday of Every Month:  
**No meetings in July or Sept.**  
**Affected Communities Committee:** 3:00—4:00 p.m. at  
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.  
Community Room 2020

1st Tuesday of Every Month:  
**Quality Advisory Committee:** 2:00—3:00 p.m. at the  
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.  
Community Room 2020

Quarterly on the 1st Tuesday of  
March, June, Sept. and Dec.  
**Needs Assessment Committee:** 3:00—4:30 p.m. at the  
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.  
Community Room 2020

2nd Monday of Every Month:  
**Except October 2021 due to a holiday**  
**Priorities and Allocations Committee:** 10—12:00 p.m. at the  
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.  
Community Room 2020

2nd Thursday of Every Month:  
**Except November 2021 due to a holiday. Date to be determined.**  
**Executive Committee:** 3:00—5:00 p.m. at the County of Sacramento  
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.  
Community Room 2020

4th Wednesday of Every Month:  
**Combined Nov/Dec on 12/8/21**  
**HIV Health Services Planning Council:** 10—12 p.m. at the  
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.  
Community Room 2020

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure. Entrance off Broadway only. The Stockton Blvd entrance is closed.



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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 community affairs. 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.

The Committee meets the first Monday of the Month, except July and September, from 3—4 p.m., at Sacramento County Health Center  
 4600 Broadway, Community Room 2020, Sacramento, 95820.

## RYAN WHITE CARE ACT SERVICE PROVIDERS

### CommuniCare Health Centers

\*\*\*\* Yolo County Residents only \*\*\*\*  
 916-403-2910 x1077

**Golden Rule Services** 916-427-4653

**Harm Reduction Services** 916-456-4849

**Nivano Physicians** 916-407-2000

**One Community Health** 916-443-3299

**Sacramento LGBT Center** 916-442-0185

### Sierra Foothills AIDS Foundation

\*\*\*\* El Dorado and Placer Counties only \*\*\*\*  
 Main number: 530-889-2437

**Sunburst Projects** 916-440-0889

**Volunteers of America** 916-451-1765

**UC Davis Medical Center Pediatric Infectious Disease** 916-734-1873

In the box to the right, is a list of Ryan White Part A and B funded Services.

Services may vary per provider and additional services may be available through other funding sources.

Please contact a provider above for additional information.

- ⇒ Ambulatory Outpatient Care
- ⇒ Medical Case Management
- ⇒ Child Care
- ⇒ Emergency Financial Assistance
- ⇒ Food Bank/Home Delivered Meals
- ⇒ Health Education/Risk Reduction
- ⇒ Health Insurance Assistance
- ⇒ Housing
- ⇒ Medical Nutritional Therapy
- ⇒ Medical Transportation
- ⇒ Mental Health
- ⇒ Non-Medical Case Management
- ⇒ Oral Health
- ⇒ Outreach Services
- ⇒ Substance Abuse—Outpatient
- ⇒ Substance Abuse—Residential