


# National Women and Girls HIV/AIDS Awareness Day



## Digital Toolkit

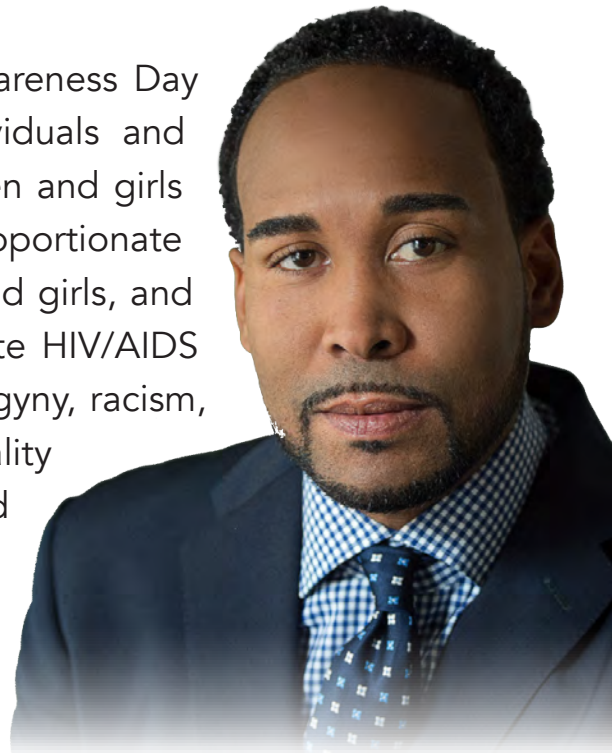






Friends,


We observe National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) on March 10th. On NWGHAAD, individuals and organizations have opportunities to support the women and girls affected by HIV and AIDS, shine a light on the virus's disproportionate impact on cisgender and transgender Black women and girls, and reduce stigma to ensure we all thrive. Disproportionate HIV/AIDS susceptibility is due to systemic issues, including misogyny, racism, insufficient access to culturally competent and quality healthcare, transphobia, and other socially constructed barriers. Conversations about HIV prevention and treatment must focus on Black women and girls and their unique challenges due to intersecting identities. Let's #StopHIVTogether and show the Black women and girls in our lives that we are committed to their health, happiness, and longevity.



In Love and Continued Struggle,

**Dr. David J. Johns**

*Executive Director, The National Black Justice Coalition*



***Talking with competent healthcare providers is one of many first steps to take in ending the HIV/AIDS epidemic in the Black community.***

# Overview

Since the beginning of the epidemic in the 1980s, we have made tremendous strides in helping people not only survive but thrive while living with HIV/AIDS. In spite of the medical, scientific, and social progress made, cisgender and transgender women remain vulnerable to transmission. Black women and girls continue to be disproportionately impacted by HIV/AIDS. Heterosexual contact is the source of 91% of new HIV cases among cisgender Black women and girls.<sup>1</sup> Annually new HIV cases among Black cisgender women are 11 times that of white cisgender women and four times that of cisgender Latinas.<sup>2</sup> Black women accounted for 6 in 10 new HIV infections among women in 2016.<sup>3</sup>

This issue is worsened by the fact that stigma, stereotypes, and shame prevent Black people from discussing sexuality and sexual health, including HIV prevention, treatment, and support. In addition, discrimination around jobs, education, housing, and healthcare makes accessing accurate, responsive, and timely information and care exceptionally difficult. An estimated 14% of trans women have HIV, and 44% of those women are Black.<sup>4</sup> The continuing COVID-19 pandemic has exacerbated all of this, and the consequences to our community have been devastating. But, we have the power to change that.

## Consider the following:

1. HIV/AIDS impacts all people, not just gay men. Black women and girls are at a higher risk of HIV/AIDS transmission than women in other racial/ethnic groups.
2. Disproportionate HIV/AIDS susceptibility is due to systemic issues (1) misogyny, (2) racism, (3) insufficient access to culturally competent and quality healthcare, (4) transphobia, and (5) other socially constructed barriers; Not biology or behaviors.
3. More women and girls should know about medication like PrEP (Pre-Exposure Prophylaxis), which helps reduce the risk of getting HIV (learn more below).
4. A majority of Black women living with HIV/AIDS don't know they are HIV positive. It's crucial for Black women and girls to discuss HIV/AIDS, get tested regularly, and be supported in navigating healthcare.

---

1 [HIV Diagnoses | HIV and African American People | Race/Ethnicity | HIV by Group | HIV/AIDS | CDC](#)  
2 [Impact on Racial and Ethnic Minorities](#)  
3 [HIV hits black women hardest, CDC report says](#)  
4 [Transgender People | Gender | HIV by Group](#)

BY THE NUMBERS:

# Black Women & HIV

- Black women accounted for 54% of new HIV diagnoses among women in 2019 despite only making up 13% of the female population.
- In 2019, Black women living with HIV was 17.4 times higher than white women living with HIV.
- Black transgender women made up 46% of new HIV diagnoses among transgender women in 2019.
- Fortunately, from 2015 to 2019, HIV diagnoses among Black women decreased by 11%.
- 1 in 32 Black women will be diagnosed with HIV at some point in their lifetime
- 1 in 9 women did not know they had the virus.
- Despite past stereotypes, 91% of Black women contract HIV through heterosexual contact.
- Less than 2% of eligible Black cisgender women take PrEP, even though it is as simple as taking a daily birth control pill.





# On this National Women and Girls HIV/AIDS Awareness Day, commit to act.

Consider how you, and those in your network, can encourage and support the following important actions to Stop HIV Together.

## KNOW YOUR STATUS.





- To end the HIV epidemic, you must know your status, as does your partner. Get tested for HIV, STIs, and hepatitis regularly; doctors recommend every 3 to 6 months.
- Order a free at-home HIV testing kit with [TakeMeHome](#).

## CONNECT TO CARE.

- If you're HIV positive, start HIV treatment, stay in care, & keep the virus under control. Learn more [HERE](#).
- If you're HIV negative, ensure you're engaging in practices to [minimize risk](#).

## DISRUPT STIGMA.

- Normalize [talking about HIV and AIDS](#) without fear, shame, or judgment. Personal health includes sexual health and you deserve to be well.
- Avoid using stigmatizing language or otherwise preventing conversation about HIV/AIDS and sexual health and wellness. Learn more [by reading NBJC's Words Matter HIV Toolkit](#).

WHICH HIV SELF-TEST IS RIGHT FOR YOU?		
HIV self-testing allows you to take an HIV test at home or other private location. There are two kinds of HIV self-tests: Rapid and Mail-In. Learn the differences and which may be right for you.		
	Rapid Self-Test	Mail-In Self-Test
 Can I order it myself?	●	●
 Can my health care provider order it for me?	●	●
 Is it available at a pharmacy?	●	●
 Can it be ordered online?	●	●



# Medications & Risks

## Medical Advancements:

Medications such as Pre-exposure prophylaxis (or PrEP) and Post-exposure prophylaxis (or PEP) exist to aid in reducing the risk of becoming HIV positive or transmitting the virus. Pre-exposure prophylaxis (or PrEP) reduces the risk of getting HIV from sex by as much as 90% and those who inject drugs by up to 70%.

- Pre-Exposure Prophylaxis (PrEP) is a daily pill that people take to prevent getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV. Learn more about Black women and PrEP [here](#).
- There is a misconception that Truvada as PrEP does not work for women. This is false. Truvada (or a generic equivalent) is effective for HIV prevention in women and other people who have receptive vaginal sex.
- Apretude is the first injectable PrEP treatment recently approved by the FDA. The drug is approved for HIV-negative adults and adolescents weighing at least 77 pounds. Unlike the PrEP pill, which is taken daily, Apretude is delivered through two initial injections one month apart and then every two months. [Learn more](#).
- Post-Exposure Prophylaxis (PEP) is medicine taken to prevent HIV after a possible exposure. PEP should be used only in emergency situations and must be started within 72 hours after a recent possible exposure to HIV. [Learn more](#).





# You can find official CDC National Women and Girls HIV/AIDS Awareness Day social media assets [HERE](#)

We at NBJC hope that the resources in this #NWGHAAD toolkit are useful to you as you start or sustain efforts to increase HIV prevention, treatment, and support in Black communities.

We all have a role to play in ending HIV.  
Please continue to consider the [National Black Justice Coalition](#) a resource as you engage in this critically important work.

