



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES  
Division of Public Health

# People living with HIV in North Carolina Medical Monitoring Project , 2018-2023



## What is the Medical Monitoring Project?

The Medical Monitoring Project (MMP) is designed to learn more about the experiences and needs of people with HIV. It is conducted by state and local health departments along with the Centers for Disease Control and Prevention (CDC). Findings are representative of people living with HIV in North Carolina.

## North Carolina MMP participants were...

- 71% men, 27% women, and 2% transgender
- 46% self-identified as gay or bisexual
- 63% Black/African American, 8% Hispanic/Latino, 24% White/Caucasian, and 5% other race/ethnicities

Our Participants Paid Using\*:

- Public insurance only\*\*\*(41%), Private insurance (42%), Ryan White/ADAP only (15%), No insurance (1%)

- 80% reported stable housing, 20% experienced homelessness and/or unstable housing\*
- 16% reported hunger/food insecurity\*
- 63% had income above the poverty level, 37% at or below the poverty level\*
- 7% experienced major depression (in past two weeks)\*\*
- 73% reported good or better self-rated health at the time of interview

\*In the past 12 months

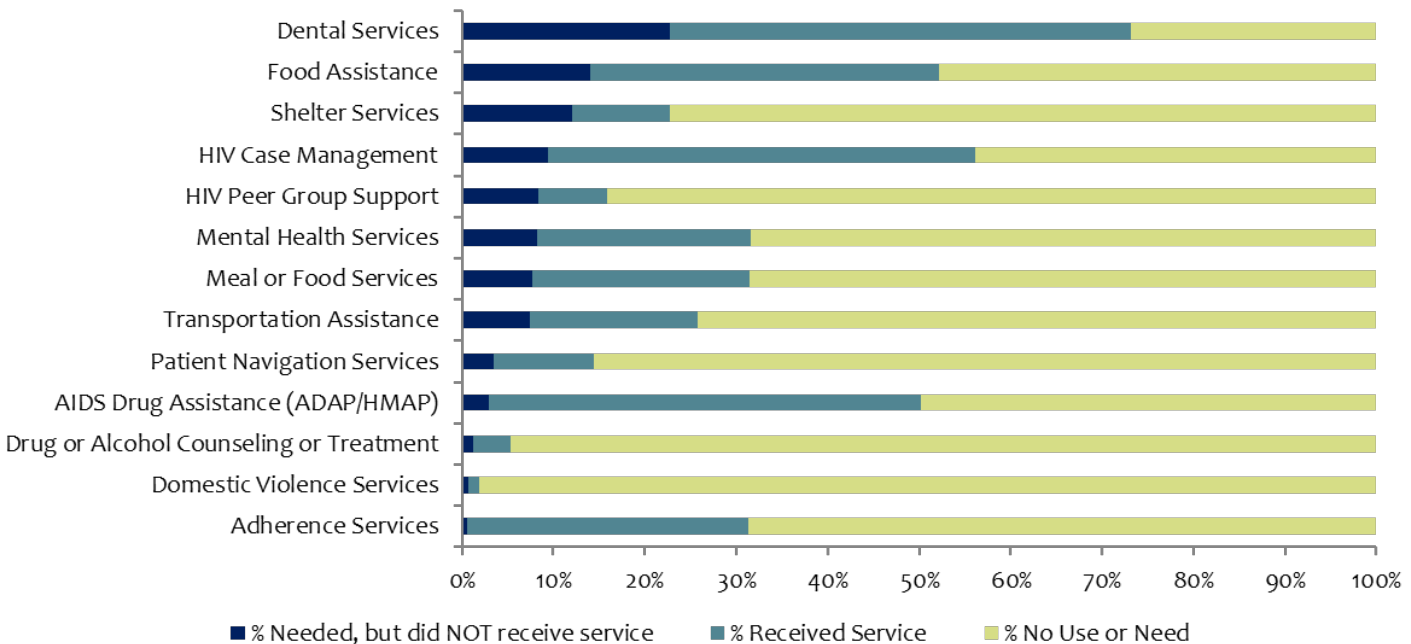
\*\*\*Excluding Ryan White/ADAP only

\*In the past 12 months

\*\*Based on Patient Health Questionnaire (PHQ-8)

## Dental Services is the largest unmet need for MMP participants

### Met and Unmet Needs for Services for Medical Monitoring Project Participants in North Carolina, 2018-2023



**Contact Us:**  
North Carolina Department of Health and Human Services  
Communicable Disease Branch  
Phone: (919) 733-3419

Mailing Address: Communicable Disease Branch Epidemiology Section  
1902 Mail Service Center  
Raleigh, NC 27699-1902

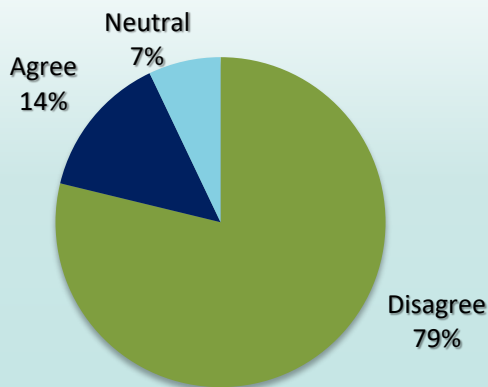
Created by the HIV/STD/Hepatitis Surveillance Unit  
2/6/2026



# People living with HIV in North Carolina Medical Monitoring Project, 2018-2023

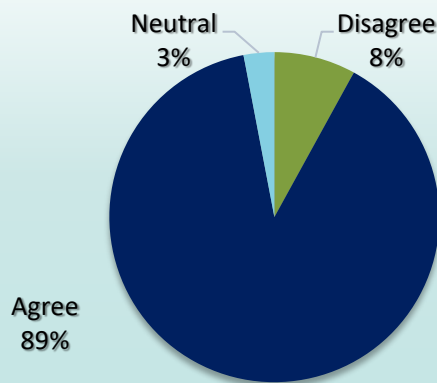
## Effects of stigma among MMP participants

**I have been hurt by how people reacted to learning I have HIV\***



\*In the past 12 months

**I am very careful who I tell I have HIV**

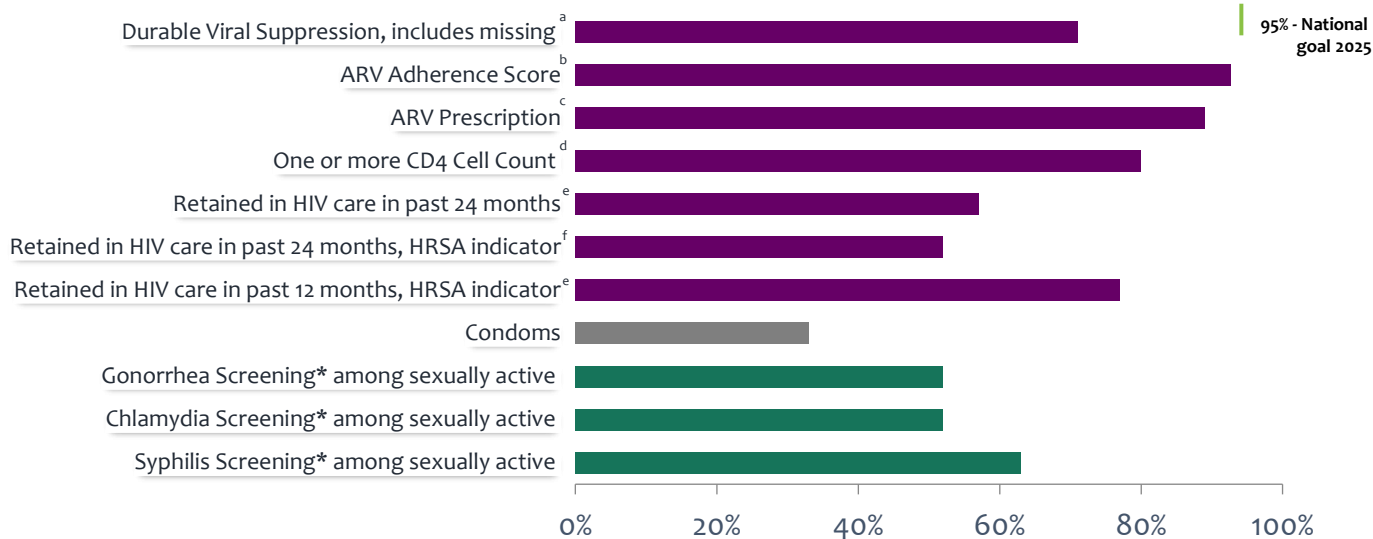


### What CLINICIANS can do

Every clinician and clinic should develop a specific plan for patient follow-up and re-engagement to care. Let us know if we can help locate any patient that is lost to care. We have designated staff able to help you in this effort. Treatment is prevention!

## Clinical outcomes are good for people with HIV in care

### Clinical and Prevention Outcomes of Medical Monitoring Project Participants in North Carolina, 2018-2023



\* In the past 12 months. <sup>a</sup> All viral load measurements documented undetectable or <200 copies/mL in past 12 months. <sup>b</sup> Single adherence score, average of three self-reported adherence variables. <sup>c</sup> Prescription of antiretrovirals (ARVs) documented in medical record. <sup>d</sup> CD4 documented in past 12 months. <sup>e</sup> Two elements of outpatient HIV care at least 90 days apart in each 12-month period. <sup>f</sup> Retained in care past 24 months if participant had at least 1 medical visit in each 6-month period of the 24-month measurement period with a minimum of 60 days between first medical visit in the prior 6-month period and the last medical visit in the subsequent 6-month period.

Data Source: 2018-23 North Carolina MMP Weighted Data (data as of February 6, 2026).