Targeting mHealth Technology to Reduce Health Disparities

Presentation to the Virginia Joint Commission on Technology and Science
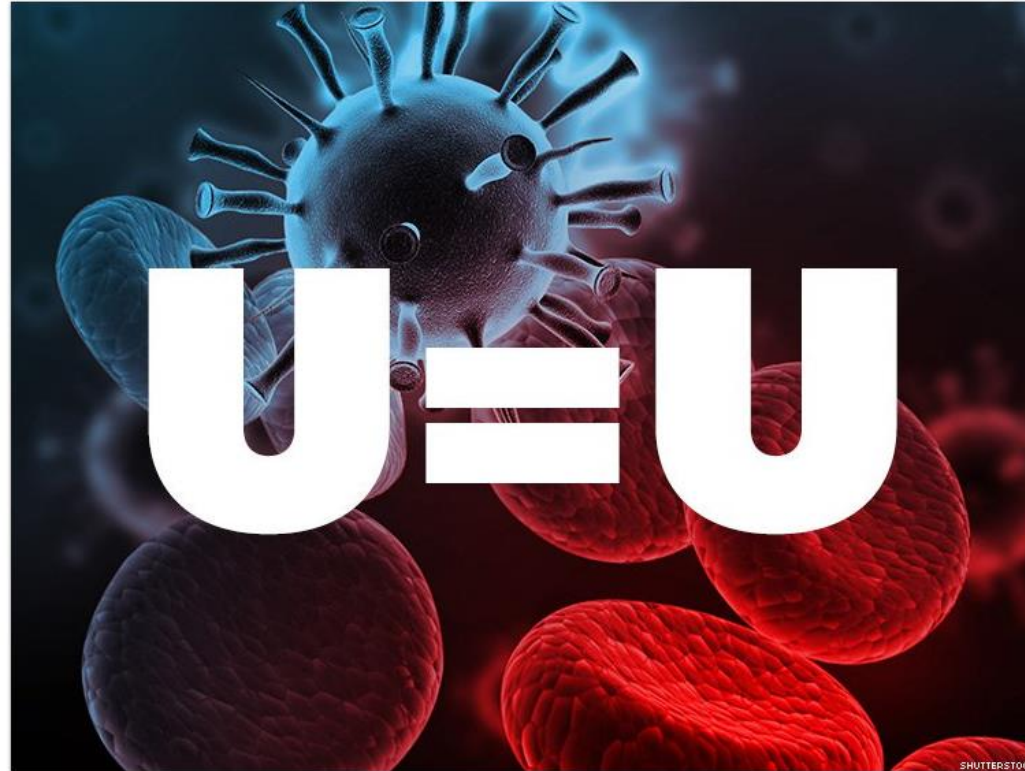
WARMHEALTH TECHNOLOGY

shrinking distance . expanding connections

Undetectable=Untransmittable

TREATMENT ▶ TREATMENT

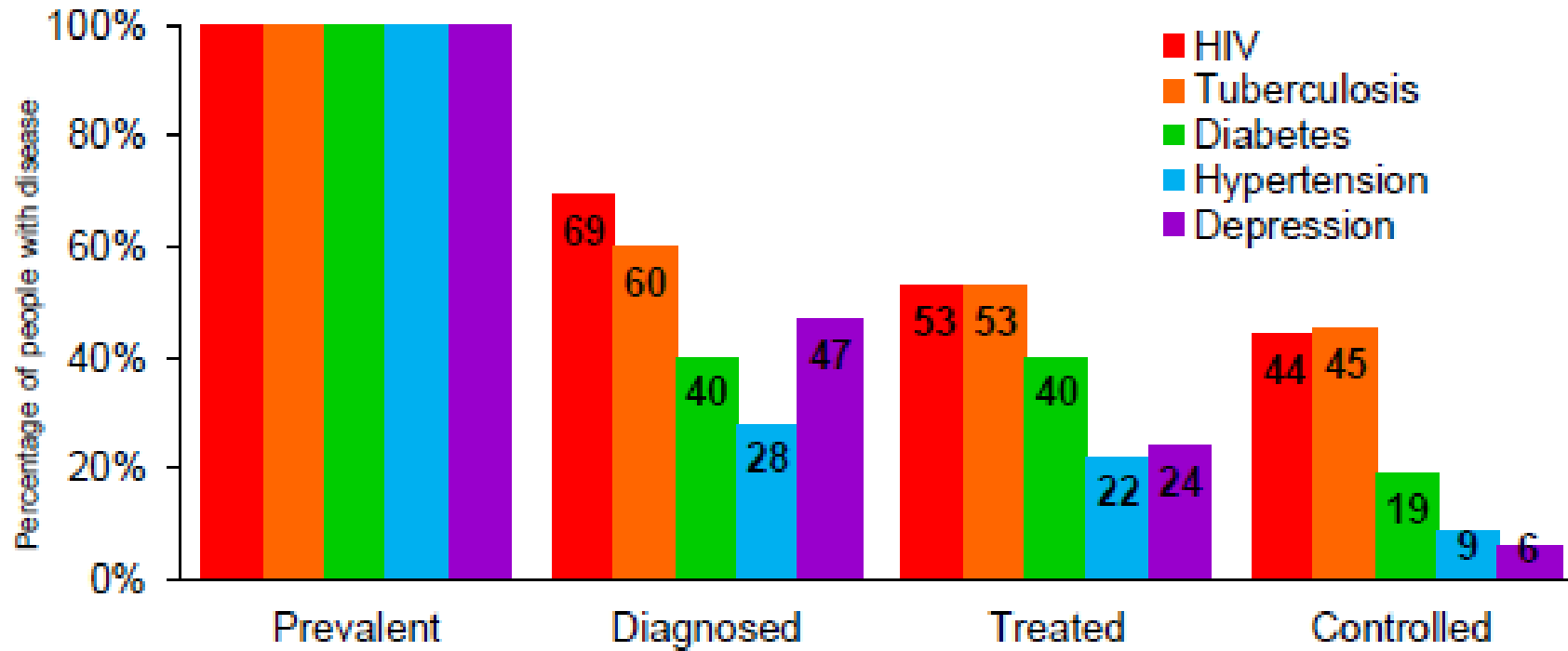## CDC Officially Admits People With HIV Who Are Undetectable Can't Transmit HIV

U=U

In a historic letter, the Centers for Disease Control and Prevention support the science behind "Undetectable Equals Untransmittable."

By Savas Abadsidis

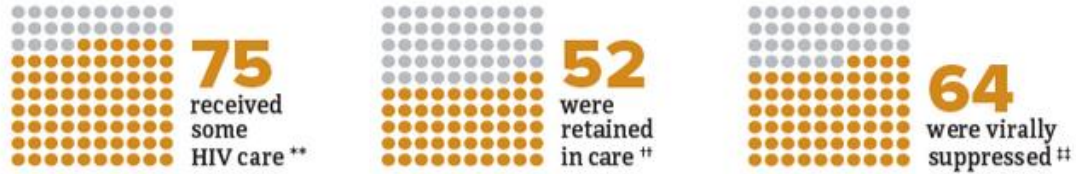OCTOBER 22 2017 3:25 PM EDT

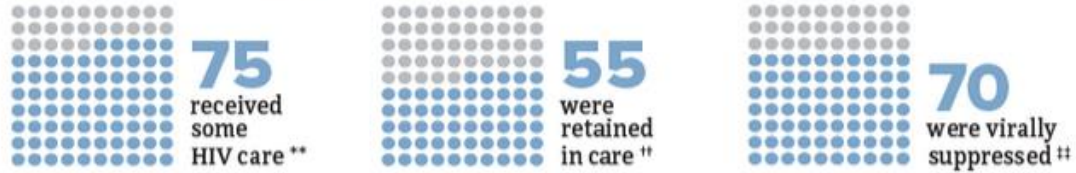## Engagement in Care

Care Cascades must be improved

Hyle E, IAC 2018.
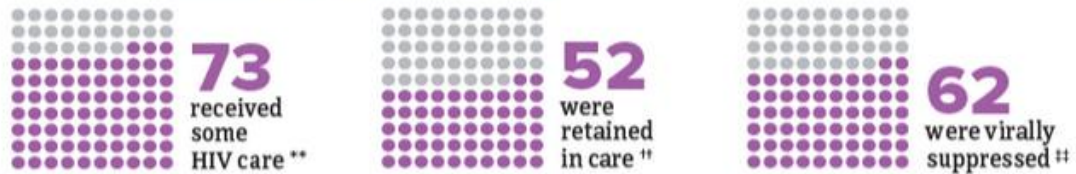
Difference in Viral Suppression by Race

For every 100 **American Indian/Alaska Native people** with diagnosed HIV:
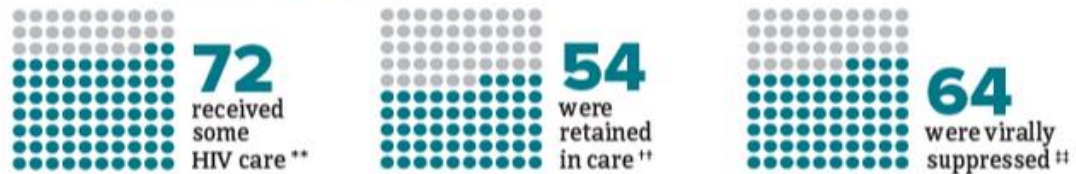
75 received some HIV care **

52 were retained in care ††

64 were virally suppressed ‡‡

For every 100 **Asian people** with diagnosed HIV:

75 received some HIV care **

55 were retained in care ††

70 were virally suppressed ‡‡

For every 100 **Black/African American people** with diagnosed HIV: †

73 received some HIV care **

52 were retained in care ††

62 were virally suppressed ‡‡

For every 100 **Hispanic/Latino people** with diagnosed HIV: ‡

72 received some HIV care **

54 were retained in care ††

64 were virally suppressed ‡‡

For every 100 **Native Hawaiian and other Pacific Islander people** with diagnosed HIV:

73 received some HIV care **

50 were retained in care ††

63 were virally suppressed ‡‡
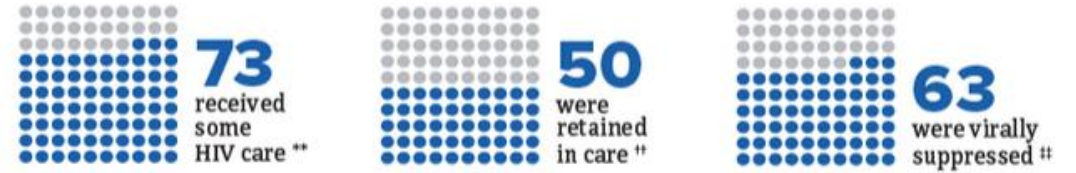
For every 100 **White people** with diagnosed HIV:

79 received some HIV care **

55 were retained in care ††

72 were virally suppressed ‡‡
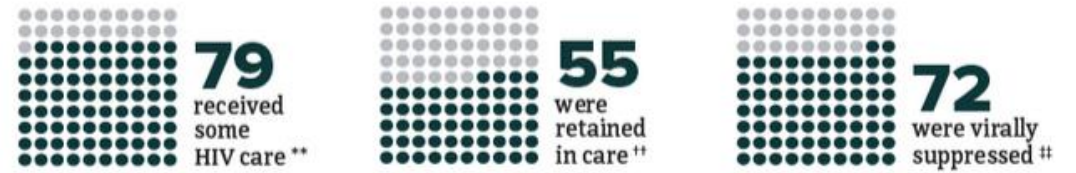
For every 100 **multiracial people** with diagnosed HIV:

86 received some HIV care **

62 were retained in care ††

74 were virally suppressed ‡‡
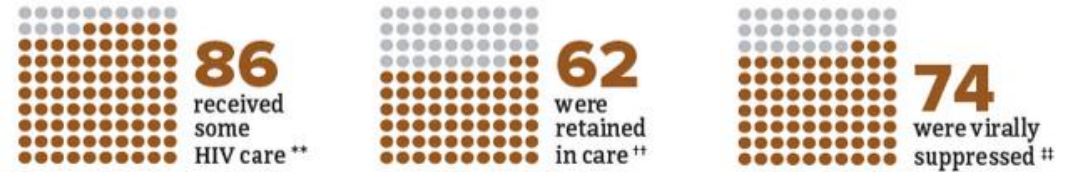
For comparison, for every **100 people overall** with diagnosed HIV, 75 received some care, 54 were retained in care, and 66 were virally suppressed.

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What is PL?
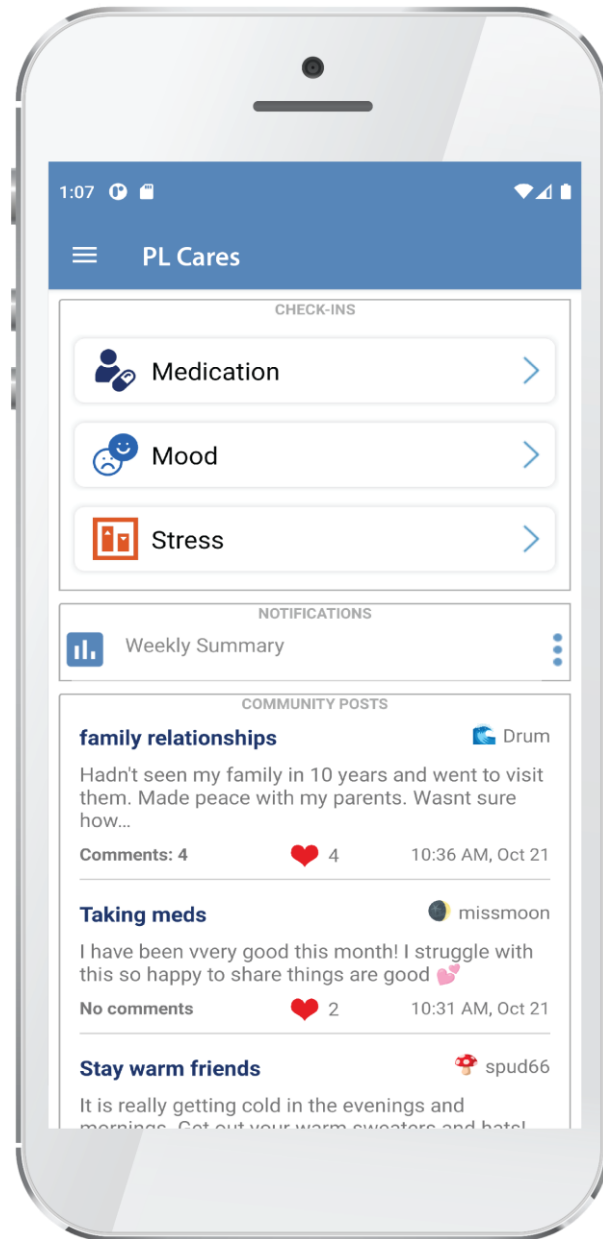
PositiveLinks/PlusLiving/PL Cares:

- Care-site centered engagement in care program that employs a digital health platform developed to support people with HIV reach their care goals.
- Integrated solution comprised of a tailored patient-facing smartphone app and a secure web portal.
- The patient-facing app contains tools that support care coordination, self-care monitoring, and access to social support.

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PL Program 24-Month Outcomes

Baseline

60% virally suppressed

60% engaged in care

PL Usage

Higher PL usage was associated with a greater likelihood of achieving viral suppression and retention in care

24 Months with PL

88% virally suppressed

89% engaged in care

Canan, C.E., Waselewski, M.E., Waldman, A.L.D., Reynolds, G., Flickinger, T.E., Cohn, W.F., Ingersoll, K., & Dillingham, R. (2020).
Long term impact of PositiveLinks: Clinic-deployed mobile technology to improve engagement with HIV care. PLoS One, 15(1):e0226870.
https://doi.org/10.1371/journal.pone.0226870

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Research to Impact

22 Peer reviewed publications

26 Scientific presentations
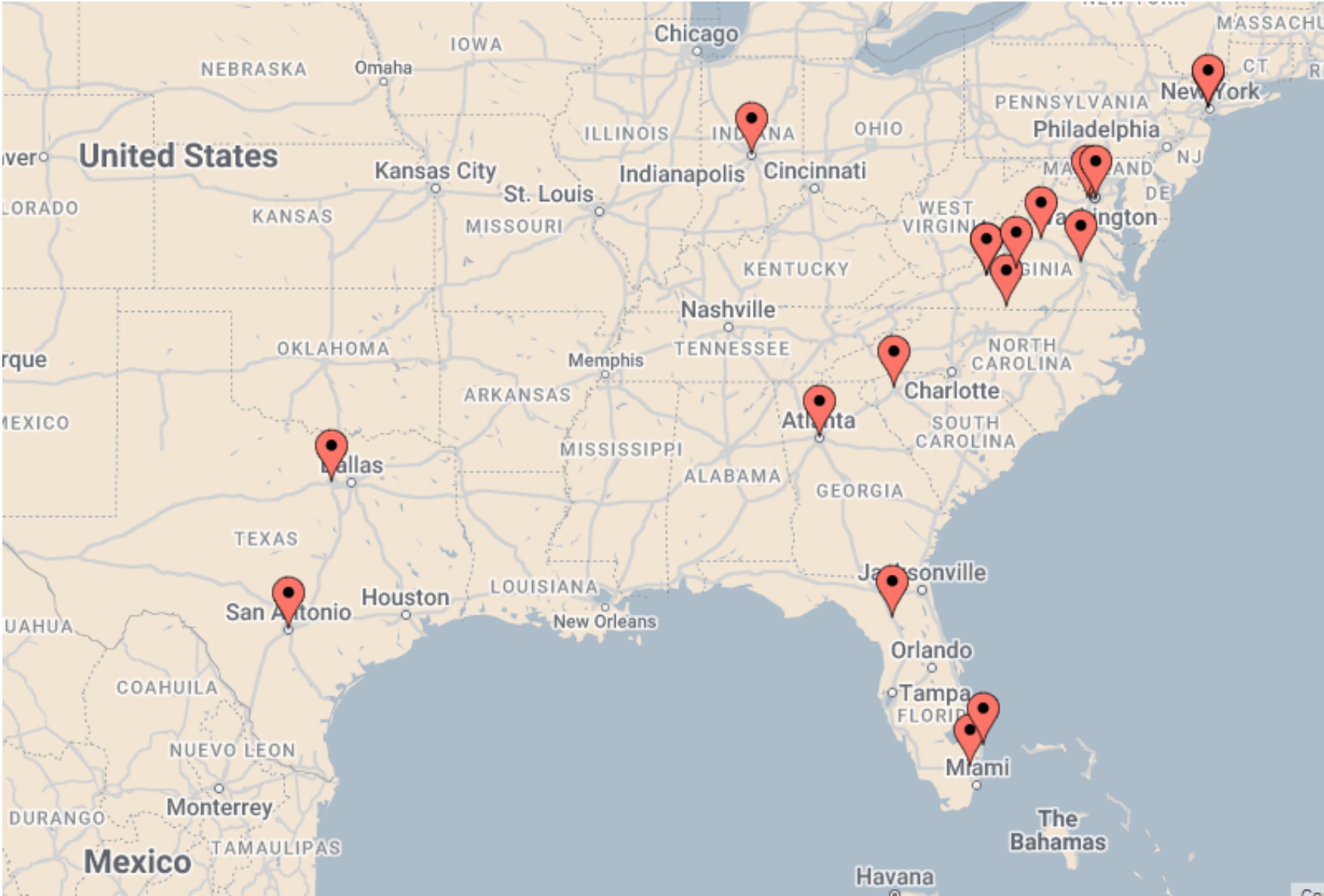
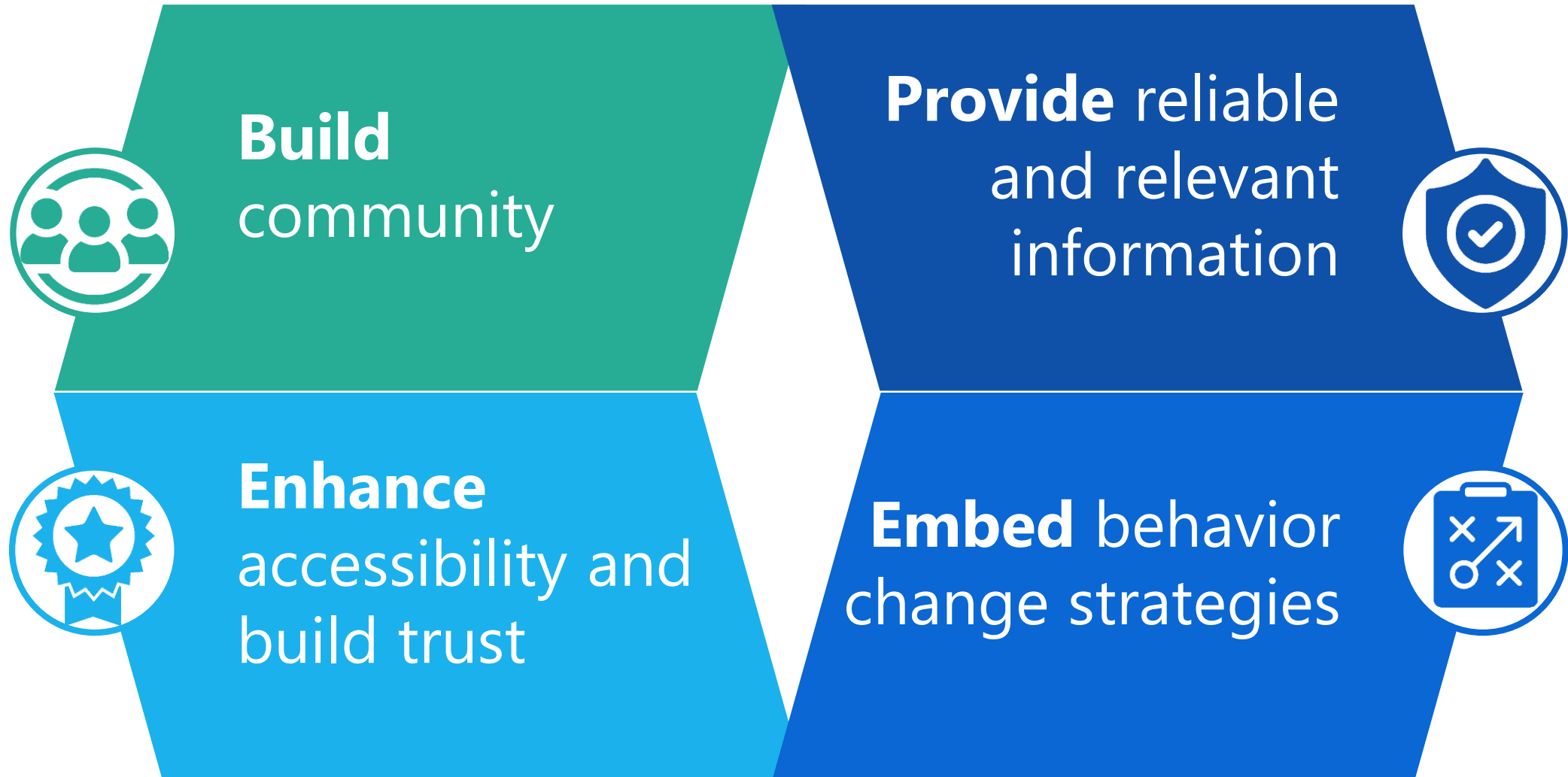**4** Endorsements by public health organizations

3,868 People using PL

23 Partner sites

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Where We Are

mHealth Components that Address Underlying Drivers of Health Disparities

Build community

Provide reliable and relevant information

Enhance accessibility and build trust

Embed behavior change strategies

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Building from Strong Foundations

Potential Strategies to Extend Evidence-Based mHealth

Increase access
to smartphones

Standards of
usability and
interoperability

Incentivize use of
evidence-based digital
therapeutics

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