



Ending **HIV** in Wales

Dôd a **HIV** i ben yng Nghymru



A middle-aged man with grey hair and a mustache, wearing a blue polo shirt, is speaking in a hallway. He is looking slightly upwards and to the left. The background is a blurred hallway with a colorful abstract mural on the left wall and a white door on the right.

Gary Brough

Community representative,
Fast-Track Cities Leadership Group

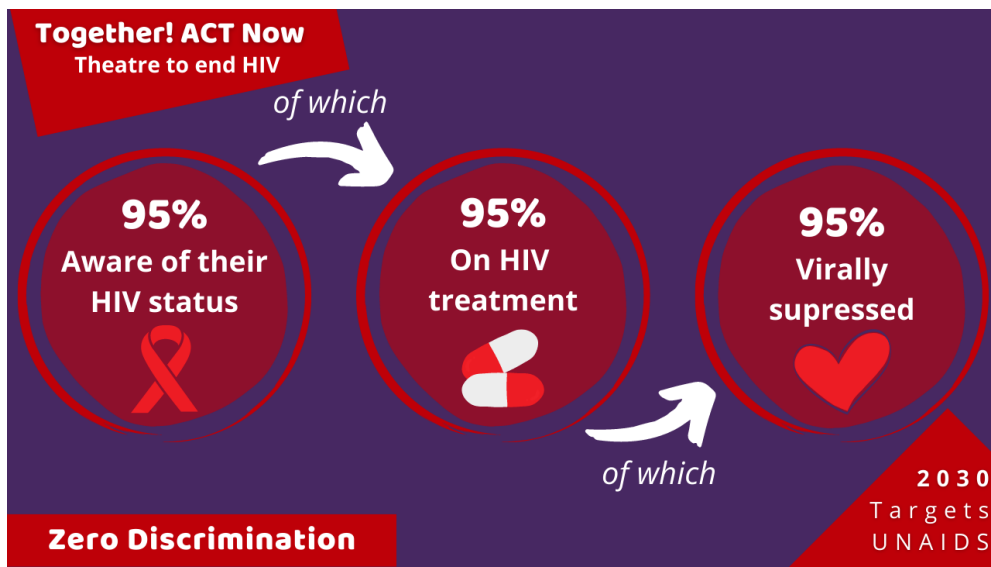
About:

Fast Track Cymru is part of a global initiative “Fast Track Cities” which was originally founded in Paris in 2014. Since 2014 the Fast Track Cities network has grown to more than 550 cities and municipalities that are committed to attaining the UNAIDS 95/95/95 targets:

- 95% of all people living with HIV diagnosed
- 95% of all people diagnosed with HIV on treatment
- 95% of all people on treatment having an undetectable, un-transmittable viral load

Achieving zero stigma is now a fourth target, and attainment of these targets is seen as the starting point towards zero new infections and zero AIDS-related deaths.

Within the Wales HIV Action Plan we are also working towards zero HIV transmissions in Wales by 2030.



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In Wales our “cities” are structured within our health board areas, and we currently have four which have officially signed the “Paris Declaration” making them official “Fast Track Cities” they are:

- Cardiff & Vale
- Newport/Gwent
- Swansea Bay
- North Wales
- Cwm Taf Morgannwg

Each of these regions is a coalition of interested parties and individuals, including HIV clinicians and other health professionals, local authorities, academic researchers and community groups working on sexual health locally.

While each region is autonomous, they all feed into the national Fast Track Cymru and Global Fast Track Cities networks to work together and inform best practice.

Powys and Hwyl Dda are due to sign and become official Fast Track Cities in the next few months.

The first action in the Wales HIV Action Plan was to establish and fund the Fast Track Cymru network to build on the successful pilot work in Fast Track Cardiff & Vale. Fast Track Cymru is closely involved in the implementation of many of the 30 actions in the Plan, often working collaboratively with others.



Some of our Projects:

- Annual Welsh HIV Testing Week
- 21st Century HIV Exhibition
- Campaigns
- Resources and Information
- Community Engagement
- T4T – Texting for Testing
- Welsh Government Working Groups
- Awareness Raising
- RSE Curriculum Resources
- Research and Evaluation
- Conferences
- Events



21ST CENTURY HIV WHAT ARE THE FACTS?

HIV* IS NO LONGER A DEATH SENTENCE – YOU CAN LIVE TO A RIPE OLD AGE WITH IT

MODERN HIV TREATMENT NOT ONLY KEEPS YOU ALIVE, IT STOPS THE VIRUS FROM BEING PASSED ON

YOU CAN HAVE HEALTHY, HIV-FREE CHILDREN

THERE'S EVEN A PILL TO STOP YOU GETTING HIV IN THE FIRST PLACE (PrEP)

THERE'S ALSO TREATMENT (PEP) TO STOP HIV IF YOU THINK YOU'VE BEEN RECENTLY EXPOSED TO IT

YOU CAN TEST BY POST FOR HIV AND OTHER CONDITIONS IN THE COMFORT OF YOUR OWN HOME

21ST CENTURY HIV

A project to challenge stigma

HIV is nowadays a lifelong condition
You can lead the life you want
With treatment, you can live to old age and never pass it on
You can have a job, a partner, children

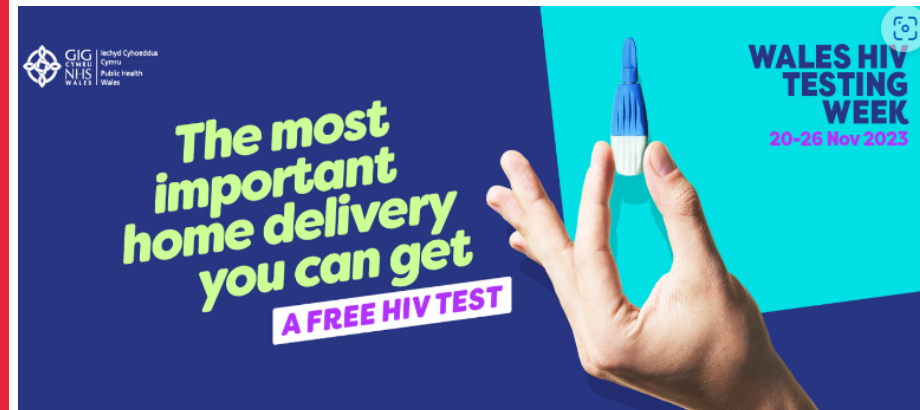
The only thing that hasn't changed about HIV is other people's fears
And sometimes those fears get internalised
These people are here to show you that you can live well with HIV in Wales

21st Century HIV is a project by Fast Track Cardiff & Vale funded by a grant from Yvii Healthcare

HIV YR 21AIN GANRIF

Prosiect i herio stigma

Mae HIV yn gyflwr gydol oes y dyddiau hyn
Gallwch chi arwain y bywyd rydych chi ei eisiau
Gyda thriniaeth, gallwch chi fyw i henaint a phaidio byth a'i drosglwyddo
Gallwch eael swydd, partner, plant



Global HIV Data

Globally in 2023 there were 1.3 million new HIV infections (possible more)

630000 AIDS related deaths

40 million people living with HIV

New infections are going down year on year but not quickly enough for the UNAIDS targets to be met in 2025 OR for Zero by 2030 to be reached either.

In 2023: (approximately)

300 000 new infections were in Asia and the Pacific

15 000 new infections were in the Caribbean

140 000 new infections were in Eastern Europe and Central Asia

120 000 new infections were in Latin America

23 000 new infections were in Middle East and North Africa

56 000 new infections were in Western and Central Europe and North America

450 000 new infections were in Eastern and Southern Africa

190 000 new infections were in Western and Central Africa

HIV Data in Wales



In 2023 across the whole of Wales we had 119 diagnoses (an increase from 103 the previous year) BUT of these 119 only 76 were the first diagnosis in the UK (a significant drop from 94 in the previous year).

New diagnoses and deaths	Gender identity	2019	2020	2021	2022	2023
HIV diagnoses - all	Men	86	59	47	67	75
HIV diagnoses - all	Women	37	17	22	35	44
HIV diagnoses - all	Subtotal (all genders)	123	76	69	103	119
HIV diagnoses - first diagnosed in the UK	Men	79	55	45	63	56
HIV diagnoses - first diagnosed in the UK	Women	35	15	16	30	20
HIV diagnoses - first diagnosed in the UK	Subtotal (all genders)	114	70	61	94	76
AIDS at HIV diagnoses	Men	under 10	under 5	0	6	under 5
AIDS at HIV diagnoses	Women	under 5	0	0	6	0
AIDS at HIV diagnoses	Subtotal (all genders)	12	under 5	0	12	under 5
Deaths	Men	7	under 15	16	under 15	20
Deaths	Women	0	under 5	5	under 5	8
Deaths	Subtotal (all genders)	7	13	21	11	28

Age at diagnosis	Gender identity	2019	2020	2021	2022	2023
0 to 14	All	under 5	0	0	under 5	0
15 to 24	All	6	under 10	under 10	6	under 15
25 to 34	All	42	28	14	24	39
35 to 49	All	44	24	28	48	55
50 to 64	All	26	12	18	22	14
65 and over	All	under 5	under 5	under 5	under 5	under 5



HIV Data in Wales



Table 1c. New HIV diagnoses in Wales by probable exposure category and gender identity

Probable exposure category	Gender identity	2019	2020	2021	2022	2023
Sex between men	Men	41	39	23	33	35
Sex between men and women	Men	13	8	12	18	25
Sex between men and women	Women	20	10	18	26	36
Sex between men and women	Subtotal (all genders)	33	18	30	44	61
Injecting drug use	Men	under 5	under 5	under 5	0	0
Injecting drug use	Women	0	0	0	0	0
Injecting drug use	Subtotal (all genders)	under 5	under 5	under 5	0	0
Vertical transmission	Men	under 5	under 5	0	under 5	0
Vertical transmission	Women	0	0	0	0	0
Vertical transmission	Subtotal (all genders)	under 5	under 5	0	under 5	0
Other	Men	0	0	0	under 5	0
Other	Women	0	under 5	0	under 5	under 5
Other	Subtotal (all genders)	0	under 5	0	under 5	under 5



HIV Data in Wales

Table 1d. New HIV diagnoses in Wales by ethnicity and gender identity

Ethnicity	Gender identity	2019	2020	2021	2022	2023
White	Men	45	39	26	41	28
White	Women	12	7	5	14	5
White	Subtotal (all genders)	57	46	31	55	33
Black African	Men	under 5	under 5	under 5	11	11
Black African	Women	under 10	under 5	under 10	13	26
Black African	Subtotal (all genders)	11	5	9	24	37
Black Caribbean	All	0	0	under 5	0	0
Other or mixed	All	13	13	8	5	9

Table 1e. New HIV diagnoses in Wales by region of birth

Region of birth	Gender identity	2019	2020	2021	2022	2023
UK	All	35	29	30	47	37
Europe	All	under 5	under 5	under 10	9	under 10
Africa	All	5	5	9	18	39
Asia	All	under 5	under 5	under 5	under 5	8
Other	All	0	under 5	0	under 5	under 5



HIV STIGMA GAVE ME PTSD

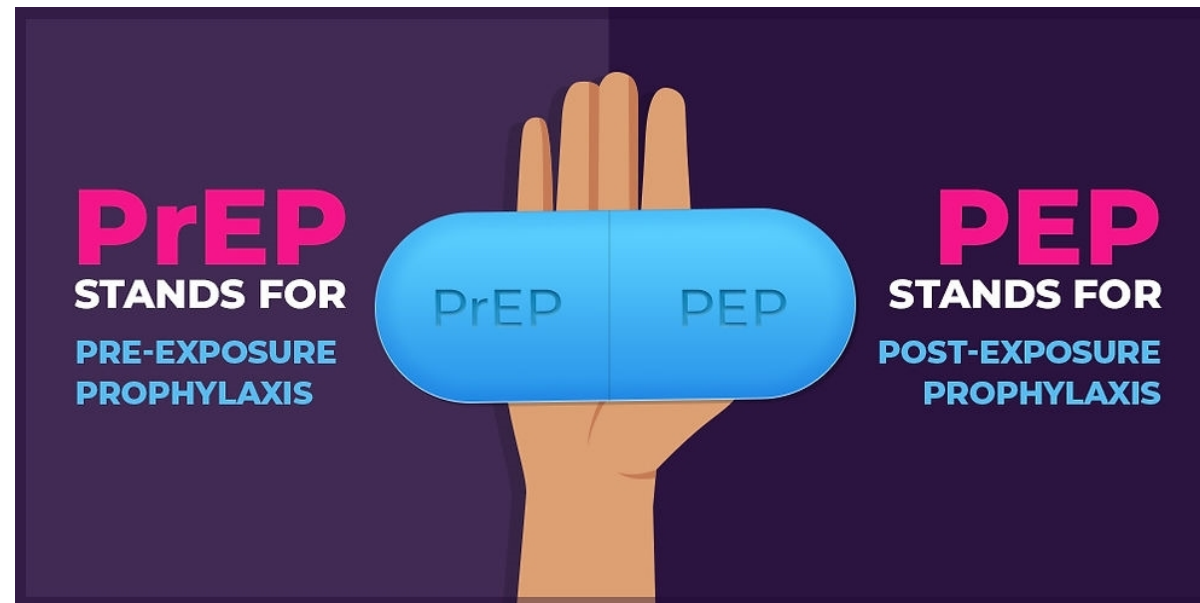


PrEP in Wales and other HIV Medication

PrEP (pre-exposure prophylaxis) is the medication that prevents people who are currently HIV-negative from contracting the virus, even if they are in a relationship with someone living with HIV.

ART (antiretrovirals) is the treatment that stops people with HIV from being able to pass the virus on via sexual contact, this is a key prevention tool.

PEP (post-exposure prophylaxis) PEP is the treatment that can stop an HIV infection after the virus has entered a person's body but it must be taken as soon as possible after exposure and within 72 hours



Testing in Wales



[Infections](#) ▾ [Contraception](#) ▾ [Relationships](#) ▾ [Unplanned Pregnancy](#) ▾ [Advice](#) ▾ [Condoms](#) ▾ [Menstrual Wellbeing](#) ▾

CYMRAEG

Welcome to Sexual Health Wales

TEST & POST

Home testing for sexually transmitted infections (STI's) -
CHLAMYDIA, GONORRHOEA, HIV,
SYPHILIS, HEPATITIS B & HEPATITIS C

ACCOUNT >

Get information
about accessing
advice & testing
in your area

HIV

SYPHILIS

CHLAMYDIA

HEPATITIS
A

HEPATITIS
B

HEPATITIS
C

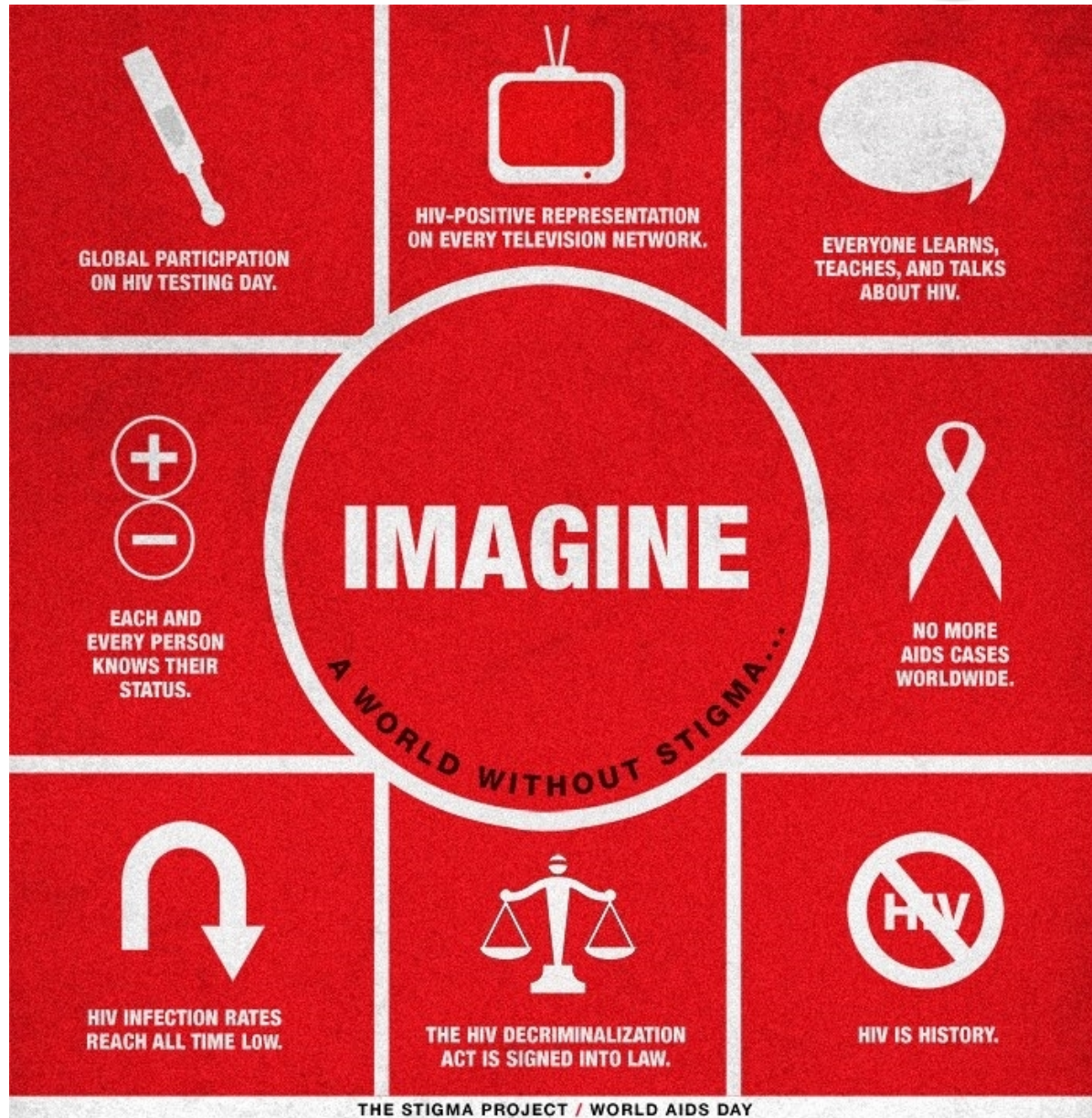
GONORRHOEA

HERPES

GENITAL
WARTS



HIV related Stigma



Language

Language Matters

X TRY TO AVOID

✓ BETTER TO

X HIV positive person	✓ Person living with HIV <i>Put the person before the diagnosis</i>
X Person infected with HIV	✓ Person living with HIV <i>Avoid use of the words 'infected' or 'infection'</i>
X HIV virus	✓ HIV <i>Human Immunodeficiency Virus</i>
X Became infected with HIV	✓ Contracted or acquired HIV <i>Avoid use of the word 'infected'</i>
X Catch / caught HIV	✓ Acquire / acquired HIV
X HIV / AIDS	✓ Use either HIV or AIDS <i>HIV and AIDS are not the same thing. HIV is a virus, AIDS is a clinical syndrome</i>
X AIDS	✓ Essentially a historical term standing for 'Acquired Immunodeficiency Syndrome' – meaning a collection of illnesses which might occur as a result of a severely weakened immune system. As more and more people have access to effective HIV medication which keeps the immune system strong, the term is not now in regular use. Some clinicians may use the term 'advanced HIV' in situations where someone has not benefitted from anti-retroviral medication
X AIDS test	✓ HIV test <i>AIDS is a clinical syndrome and therefore there is no 'test' for it</i>
X Victim / sufferer	✓ Person living with HIV <i>Words like 'victim' or 'sufferer' can have extremely negative connotations</i>

X TRY TO AVOID

X Disclose / disclosure

X Clean – as in 'are you clean?'

X Comply / compliant with HIV medication

X Serodiscordant couple

X Mother to baby transmission of HIV

X Eradicating HIV by 2030

X Ending HIV

X Number of HIV infections

X Zero new infections

✓ BETTER TO USE

✓ Tell, talk about, share
The word 'disclose' has negative and secretive connotations which can magnify feelings of shame and self-stigma

✓ Do you know your HIV status?
Using the word 'clean' can be highly offensive and implies that people living with HIV are 'dirty'

✓ Adhere / adherence to HIV medication
'Comply' implies following instructions. 'Adhere' recognises active engagement in care

✓ Mixed status couple
A relationship where one person is living with HIV and the other is not

✓ 'Vertical' or 'perinatal' transmission of HIV
'Mother to baby' implies blame

✓ Ending all new transmissions of HIV by 2030
The word 'eradicating' is aggressive and stigmatising

✓ Ending new transmissions of HIV
There will be many people still living with HIV when there are no new transmissions

✓ Number of HIV acquisitions or number of people diagnosed with HIV

✓ Zero new transmissions of HIV
Avoid using the word 'infection'

THINGS

NOT

TO SAY

TO SOMEONE WHO IS

HIV POSITIVE

BBC



What People Living with HIV want you to know

**I am not a
risk for you**

**Not everything is
because I'm living
with HIV, in fact
hardly anything is**

**Your words
matter. Speak with
empathy, accuracy,
and respect when
discussing my
health**

**I am more
than my
diagnosis; see
me as a whole
person**

**HIV is a part of my
life, but it doesn't
define me—support
me in living well,
not just surviving**

Videos





So, you think you know about HIV? True or False?

- Having HIV is basically the same as having AIDS. True or False?
- Being diagnosed with HIV is no longer a death sentence. True or False?
- HIV can be transmitted via hugs or someone handling your food. True or False?
- The only way to know if you have HIV is to get tested. True or False?
- HIV can be transmitted on toilet seats. True or False?
- There is a medication that can stop you getting HIV. True or False?
- HIV can be transmitted from birth parent to child. True or False?
- Medication can reduce the amount of HIV in the blood of someone who is living with HIV meaning they can't pass it on via sexual contact. True or False?
- Only gay and bisexual men (or other men who have sex with med) contract HIV. True or False?
- If someone you know has shared their HIV status with you, you should not tell others about it. True or False?

How to get involved:

- Join the Fast Track Swansea Bay (or your local) Steering Group – email fasttrackswansea@hiv.wales
- Sign up to the Fast Track Cymru Mailing List – details on our website
- Follow Fast Track Swansea Bay and Fast Track Cymru on social media and share our posts
- Get involved with PrEP Campaign (10th – 28th March 2025) by promoting it and/or sharing our social media
- Look on our website [Fast Track Cymru – Ending HIV in Wales](#) for more information



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