

HIV Long-Term Survivors Awareness Day

June 5, 2025

Highlights

HIV Long-Term Survivors (HLTS) are:

- those that were diagnosed with HIV/AIDS prior to Highly Active Antiretroviral Therapy (HAART) availability in 1996,
- those who have lived with HIV/AIDS for over 10 years,
- those who were infected prenatally or under the age of 5 (Dandelion)
- those who acquired HIV through blood transfusion



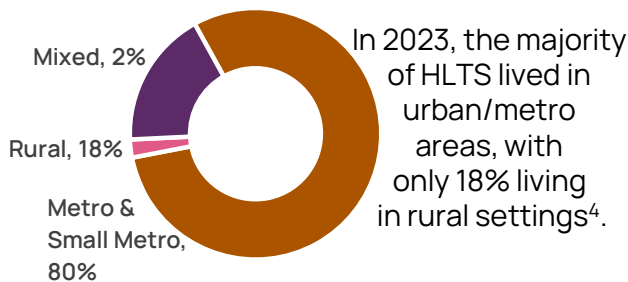
In 2023, **4,139** people are living with HIV/AIDS in New Mexico. Among them, **2,696 (65%)** are HLTS⁴. People with HIV/AIDS are **living longer lives due to the availability of HAART⁵**.

Nationally, approximately **300,000** people are considered HLTS. They make up **25%** of all people with HIV/AIDS⁵.

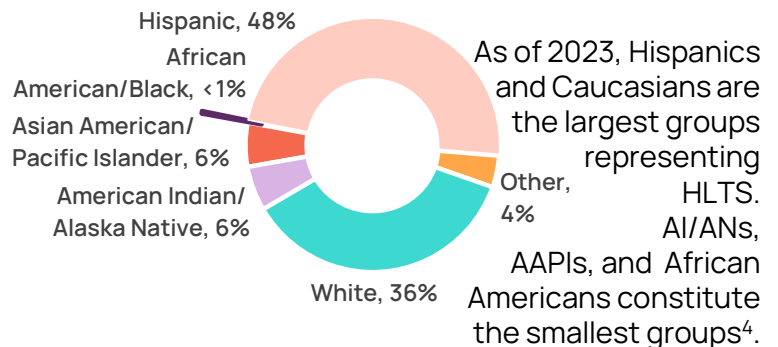


Regions & Race/Ethnicity

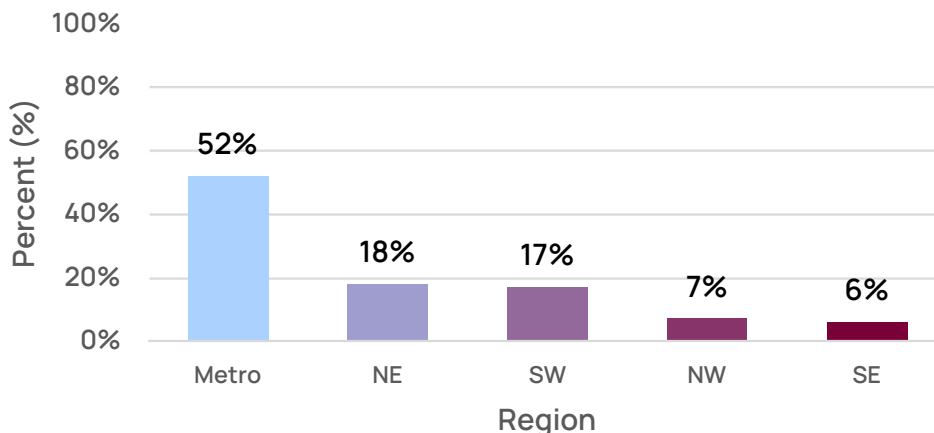
NM HLTS by Population Density Area, 2023



NM HLTS by Race/Ethnicity, 2023



NM HIV Long-Term Survivors by Region, 2023



As of 2023, most HLTS (52%) reside in the metro region of New Mexico. The majority of HLTS live in an urban setting⁴.



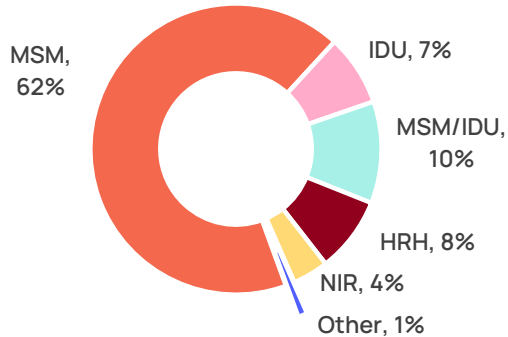
As of 2023, males make up about 88% of NM HLTS



12% of NM HLTS are female.

Mode of Exposure

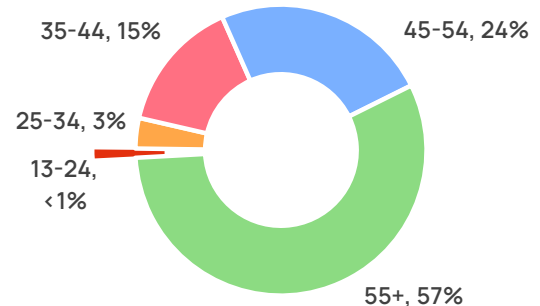
NM HLTS by Mode of Exposure, 2023



Males who have sex with males (MSM) is the most often reported mode of HIV exposure within NM HLTS (**62%**). The category "Other" is made up of HLTS exposed via perinatal contact (**0.74%**) and blood products (**0.22%**).

Age

NM HLTS by Age Group, 2023



As of 2023, those belonging to the age group of 55+ make up the majority (**57%**) of HLTS in NM.

Services

To Access Treatment

Contact the
NMDOH Nursing Helpline
1-833-SWNURSE
(1-833-796-8773)

OR

Visit
NM HIV Guide
to find a Provider
near you



NMHealth HIV Services helps to provide support groups for people living with HIV across New Mexico through in person and virtual long-term survivor meetings. Groups like **Thriving with HIV** and **Meals & Meds** provide the opportunity to build community and find peer support to navigate new challenges and experiences living with HIV.

People living with HIV who reach and maintain viral suppression are undetectable. This supports the prevention approach of **Undetectable = Untransmittable (U=U)**. Services like insurance and medication assistance help to maintain access to care.

References

1. U.S. Census Bureau, U.S. Department of Commerce. "Age and Sex." *American Community Survey, ACS 1-Year Estimates Subject Tables, Table S0101, 2023*, <https://data.census.gov/table/ACSST1Y2023.S0101?t=Age+and+Sex&y=2023>, March 24, 2025.
2. AIDSvu, National Dataset 2021, PrEP Datasets 2021, <https://aidsvu.org/resources/#/datasets>, March 28, 2025
3. New Mexico Population Estimates. Retrieved on March 20, 2025 from New Mexico Department of Health, Indicator-Based Information System for Public Health website: <https://ibis.doh.nm.gov/>
4. eHARS (Enhanced HIV/AIDS Reporting System) document and person data set 2023. New Mexico Department of Health. March 25, 2025.
5. HIV.gov. 2025. HIV Long-Term Survivor Awareness Day. HIV Long-Term Survivors Awareness Day #HLTSAD | HIV.gov. May 21, 2025

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