

Ottawa Progress Card

Advance is a pan-Canadian collaboration to improve the accessibility and uptake of health services among gay, bisexual, queer, and other men who have sex with men (cis and trans), and Two-Spirit people (GBT2Q) in Canada. This Progress Card presents statistics compiled from the Ottawa Pride sample of CBRC's 2018 Sex Now Survey, a nation-wide survey of GBT2Q guys. It provides a snapshot of key indicators related to access and uptake of HIV & STBBI combination prevention services for service providers, policy makers, and community members.

Participant Demographics¹

411

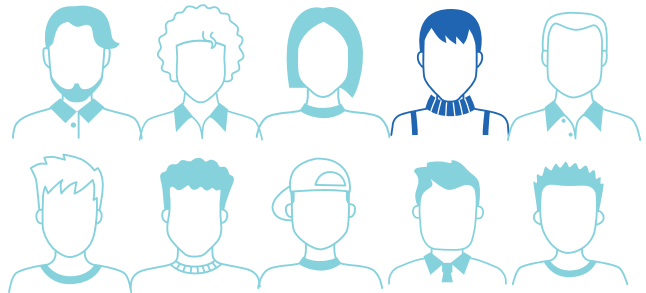
Total number of survey participants in the Ottawa Sample

21 HIV+ participants
20% were born outside of Canada
23% were not white
6% were trans

Age breakdown

16-25 26-35 36-45 46-55 56-65 66-75 76-85

18.58% 38.63% 18.58% 12.96% 7.82% 2.93% 0.49%



Primary Health Care

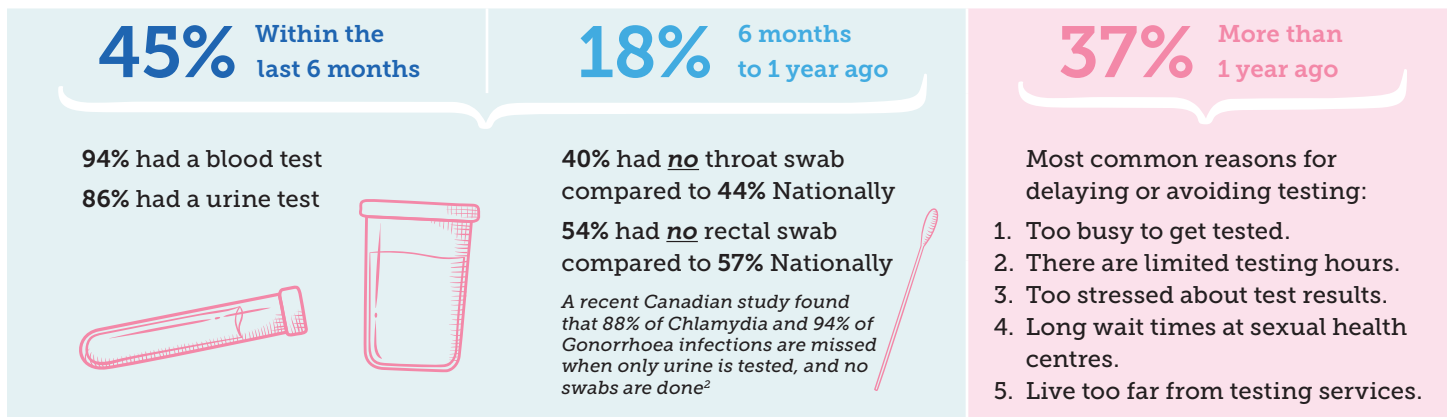
24%
2%*

24% of HIV- participants do not have a regular family doctor or nurse practitioner compared to 2%* of HIV+ participants

1 in 10 are either not out or unsure if their doctor knows about their sexual orientation

Sexually Transmitted and Blood Borne Infection (STBBI) Testing

7% of participants had never been tested for STBBIs. We asked the 93% of participants who had been tested when their most recent STBBI testing was:



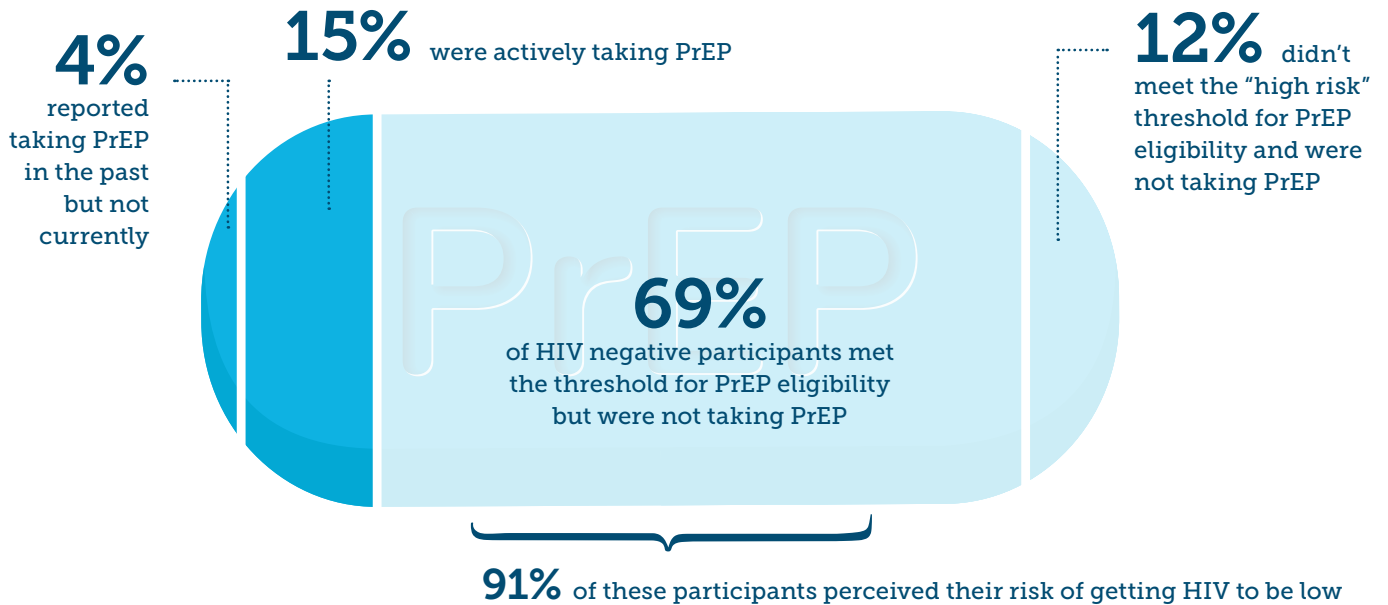
* Ontario frequency has been provided to ensure statistical significance.

1 The figures in this Progress Card depict information collected at the 2018 Ottawa Pride Festival for Ottawa-specific data and for Ontario data, London, Toronto, and Ottawa.

2 Harvey-Lavoie, S., Labbé, A., Apelian, H., Cox, J., Messier-Peet, M., Moodie, E., & Lambert, G. (2019, April 4). Chlamydia trachomatis and Neisseria gonorrhoeae Infections Among Gay, Bisexual, and Other Men Who Have Sex With Men: Extragenital Infections are More Prevalent than Urogenital Infections. Association of Medical Microbiology and Infectious Disease Canada. AMMI Canada Annual Conference, Ottawa, Canada.

The 'PrEP Gap'

Pre-Exposure Prophylaxis (PrEP) is medication taken daily to prevent HIV. PrEP has been shown to be up to 99% effective as an HIV prevention method³.



The Canadian PrEP guidelines⁴ suggest that HIV negative guys with a HIV Incidence Risk Index (HIRI) score of 11 or more are eligible for PrEP.

Nationally, commonly cited reasons for not taking PrEP:

1. High Cost: PrEP can cost as much as \$500 to \$1000 per month without coverage.
2. Other barriers to taking PrEP (side effects, taking pills, frequent testing and clinic visits).

Nationally, Indigenous participants were half as likely to be on PrEP than their white counterparts, even though pre-exposure prophylaxis (PrEP) is available to status First Nations people who are deemed to be at high risk of HIV infection at no cost via the federal Non-Insured Health Benefits (NIHB) program⁵.

HIV Prevention Knowledge

3 in 10 HIV- participants were unaware of PEP (post-exposure prophylaxis) as an HIV prevention method

1 in 10 HIV- participants were unaware of PrEP (pre-exposure prophylaxis) as an HIV prevention method

U=U is the concept that a person with an undetectable viral load cannot transmit HIV through sex

24% of HIV- participants were unaware of this concept
15% of HIV+ participants were unaware of this concept

³ Centers for Disease Control and Prevention. (2019, December 3). PrEP. <https://www.cdc.gov/hiv/basics/prep.html>.

⁴ Tan, D. H. S., Hull, M. W., Yoong, D., Tremblay, C., O'Byrne, P., Thomas, R., Kille, J., Baril, J.-G., Cox, J., Giguere, P., Harris, M., Hughes, C., MacPherson, P., O'Donnell, S., Reimer, J., Singh, A., Barrett, L., Bogoch, I., Jollimore, J., ... Shafraan, S. (2017). Canadian guideline on HIV pre-exposure prophylaxis and nonoccupational postexposure prophylaxis. *CMAJ*, 189(47), E1448–E1458. <https://doi.org/10.1503/cmaj.170494>.

⁵ Evan Adams. (n.d.). Get the Facts on PrEP. First Nations Health Authority. Retrieved 27 July 2020, from <https://www.fnha.ca/about/news-and-events/news/get-the-facts-on-prep>.

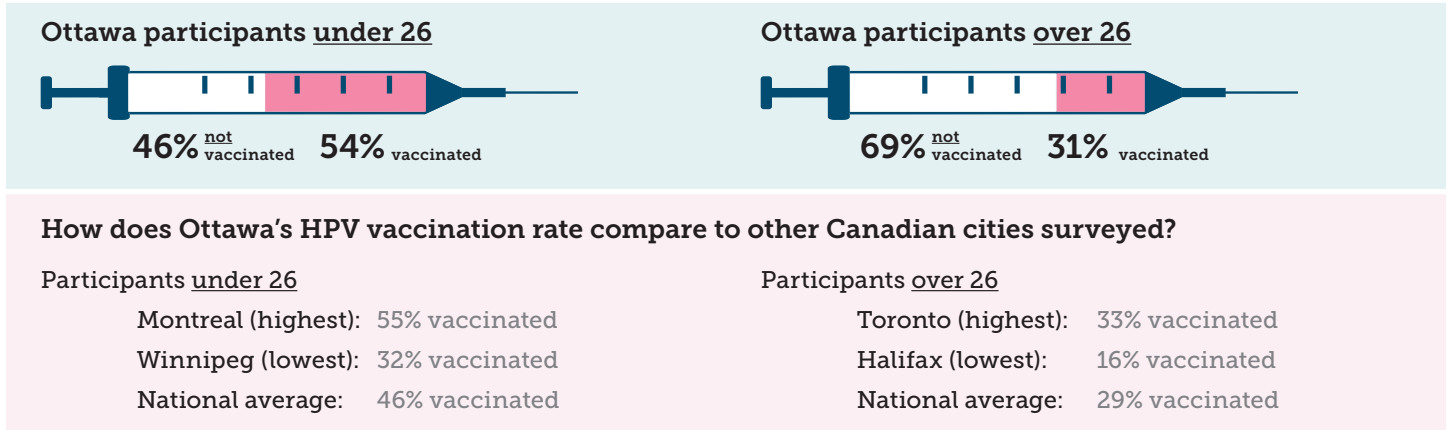
Publicly Funded Vaccines

HPV

The Human Papilloma Virus (HPV) vaccine can protect against as many as 6 strains of HPV that cause:

- Anal, penile, genital, cervical, mouth, and throat cancers
- Genital warts
- Transmission of HPV to partners

The vaccine is offered for free to GBT2Q guys 26 years old and under in all provinces.



HBV

The Hepatitis B Virus (HBV) vaccine is free to all GBT2Q guys, regardless of age, in all provinces.

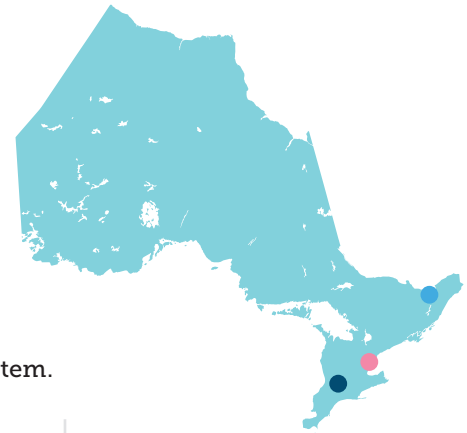
Nationally, 70.4% of participants indicated having been vaccinated for HBV.

HBV Vaccination rate in Ottawa

79.6%

HBV Vaccination rate in Ontario 73.3%

Other Cities:
Toronto 72.7% London 59.6%



HIV Primary Care

HIV positive participants reported strong connections to the healthcare system.

100%

have a regular family doctor or nurse practitioner

74%

reported having received HIV care in the past 6 months

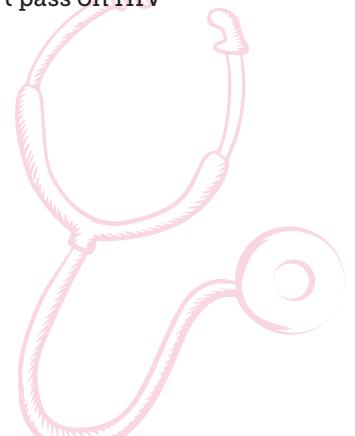
85%

reported having an undetectable viral load, and therefore can't pass on HIV

HIV positive participants reported getting tested for STBBIs more frequently than their negative counterparts. In the past 6 months:

56% of HIV+ participants had gotten tested for STBBIs

52% of HIV- participants had gotten tested for STBBIs



Mental Health

GBT2Q guys are

2-3 times more likely

to experience mental health concerns compared to their straight-identifying counterparts⁶. This makes access to mental health services an important part of a comprehensive GBT2Q health strategy.

30%

of participants experienced depressive symptoms (PHQ-2⁷) in the past 2 weeks.

OF THESE

5 in 10

indicated wanting help with these feelings.

17%

of participants experienced symptoms indicating generalized anxiety disorder (GAD-2⁸) in the past 2 weeks.

OF THESE

7 in 10

indicated wanting help with these feelings.

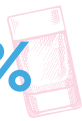
In all, **45%** of participants nationally indicated they wanted help with their mental health relating to topics such as: Depression, Eating disorders, Anxiety, Body image, Coming out, Relationship problems, Gender dysphoria/transition, and Suicidal thoughts.

Substance use and Harm Reduction Services

Top reported substances used in the past 6 months:

Alcohol

63.9%



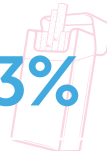
Cannabis

41.6%



Tobacco

28.3%



Poppers

18.5%



Cocaine

13.3%



Also commonly used were:

13.5% Ecstasy

11.8% Erection Drugs (e.g. Viagra, Cialis)

4.3% Crystal Meth

5% of all participants reported accessing any kind of harm reduction or addictions treatment services.

6 Brennan, D. J., Ross, L. E., Dobinson, C., Veldhuizen, S., & Steele, L. S. (2010). Men's Sexual Orientation and Health in Canada. Canadian Journal of Public Health / Revue Canadienne de Santé Publique, 101(3), 255-258. JSTOR.

7 Kroenke K, Spitzer RL, Williams JB. The Patient Health Questionnaire-2: Validity of a Two-Item Depression Screener. Medical Care. 2003;41:1284-92.

8 Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007;146:317-25.

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Thanks to our data collection partners:

Advance is a partnership between leading community-based organizations from across Canada dedicated to the health and wellness of GBT2Q men.



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