



Pre-Exposure Prophylaxis (PrEP) Use for HIV Prevention among College Students in the United States

Lisa L. Lindley, DrPH, MPH, CHES & Kasey Schlack, MPP, CHES



Background:

- Pre-exposure prophylaxis (PrEP) is effective at preventing HIV transmission.
- Approved in 2012, PrEP uptake remains suboptimal for adolescents and young adults.
- Nearly two-thirds (63%) of ACHA member institutions offer PrEP to students.
- However, most college students don't perceive themselves to be at risk for HIV, and low risk perception is a primary barrier to PrEP uptake.
- The extent to which college students use PrEP is unclear.

Purpose:

- To assess PrEP use among college students in the U.S.

Methods:

- Secondary analysis of the ACHA-NCHA-III survey, combining data from Spring 2022 and Spring 2023.
- Full- and part-time students (age 18+) attending four-year institutions in the U.S. were included in the sample (n=127,596).
- PrEP-to-Need Ratios (PnR) and PrEP Equity Ratios (PER) were calculated and compared.



PnR = 14.8

Approx. 15 students were taking PrEP for every student diagnosed with HIV

Table 1. Characteristics of Students Surveyed, Students Ever Diagnosed with HIV, Students Taking PrEP, & PrEP-to-Need Ratio (PnR), ACHA-NCHA-III, Spring 2022 & Spring 2023

Characteristic, n (%)	Full Sample (N = 127,596)	Diagnosed w/HIV (n = 171)	Taking PrEP ^a (n = 2523)	PnR ^b (14.8)
Mean Age (SD):	M: 23.0 (SD: 6.43)	M: 28.4 (SD: 11.62)	M: 22.7 (SD: 5.46)	---
Age:				
18 – 20 years	55341 (43.4)	48 (28.1)	1126 (44.6)	23.5
21 – 24 years	42746 (33.5)	41 (24.0)	805 (31.9)	19.6
25 – 34 years	22031 (17.3)	48 (28.1)	485 (19.2)	10.1
35+ years	7478 (5.9)	34 (19.9)	107 (4.2)	3.1
Race/Ethnicity:				
White (not Hispanic)	74761 (58.6)	48 (28.1)	1316 (52.2)	27.4
Black (not Hispanic)	5729 (4.5)	21 (12.3)	134 (5.3)	6.4
Hispanic/Latino/a/x	14376 (11.3)	32 (18.7)	286 (11.3)	8.9
Asian/Asian American	19333 (15.2)	36 (21.1)	485 (19.2)	13.5
Am Indian/Native Alaskan	1833 (1.4)	5 (2.9)	45 (1.8)	9.0
Bi/Multiracial	9930 (7.8)	26 (15.2)	220 (8.7)	8.5
MENA/Arab	1455 (1.1)	2 (1.2)	35 (1.4)	17.5
NH/Pacific Islander	179 (0.1)	1 (0.6)	2 (0.1)	2.0
SOGI:				
Cis Heterosexual Women	60326 (47.3)	40 (23.4)	952 (37.7)	23.8
Cis Non-Hetero Women	23837 (18.7)	11 (6.4)	336 (13.3)	30.6
Trans/GD ^e AFAB ^f	6089 (4.8)	13 (7.6)	122 (4.8)	9.4
Cis Heterosexual Men	30291 (23.7)	35 (20.5)	527 (21.4)	15.1
Cis Non-Hetero Men	5587 (4.4)	57 (33.3)	481 (19.1)	8.4
Trans/GD AMAB ^g	1466 (1.1)	15 (8.8)	91 (3.6)	6.1
Health Insurance:				
C/U SHIP ^h	22060 (17.3)	54 (31.6)	560 (22.2)	10.4
Parent's Plan	76086 (59.6)	41 (24.0)	1423 (56.4)	34.7
Employer/Other Plan	24336 (19.1)	69 (40.4)	456 (18.1)	6.6
Don't Have/Know	5114 (4.0)	7 (4.1)	84 (3.3)	12.0
Region:				
Northeast	29999 (23.5)	48 (28.1)	685 (27.2)	14.3
Midwest	26499 (20.8)	35 (20.5)	527 (20.9)	15.1
South	32238 (25.3)	36 (21.1)	602 (23.9)	16.7
West	38860 (30.5)	52 (30.4)	709 (28.1)	13.6
Institution Type:				
Public	85303 (66.9)	100 (58.5)	1610 (63.8)	16.1
Private, non-religious	24326 (19.1)	44 (25.7)	527 (20.8)	12.0
Private, religious	17967 (14.1)	27 (15.8)	386 (15.3)	14.3

NOTES: a) PrEP = Pre-Exposure Prophylaxis, b) PnR = PrEP-to-Need Ratio, c) SD = Standard Deviation, d) SOGI = Sexual Orientation and Gender Identity, e) Trans/GD = Transgender/Gender Diverse, f) AFAB = Assigned Female At Birth, g) AMAB = Assigned Male At Birth, and h) C/U SHIP = college/university student health insurance plan.

2% of students were taking PrEP (excluding those w/HIV)

Figure 1. PrEP Equity Ratios (PERs) by Race/Ethnicity

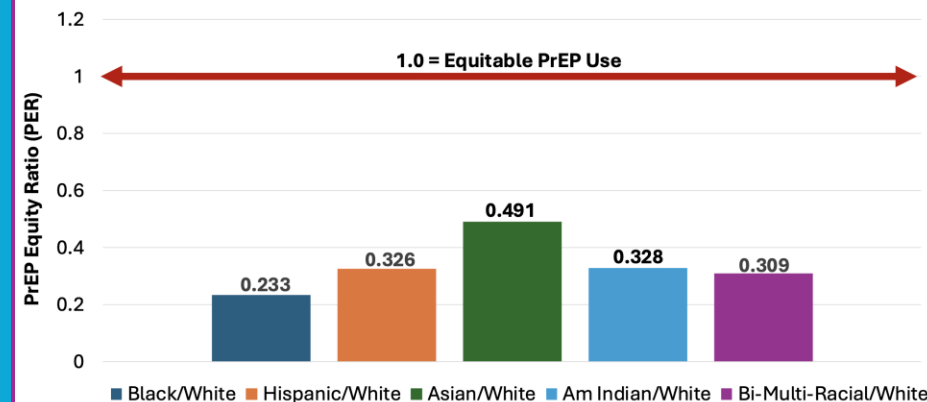
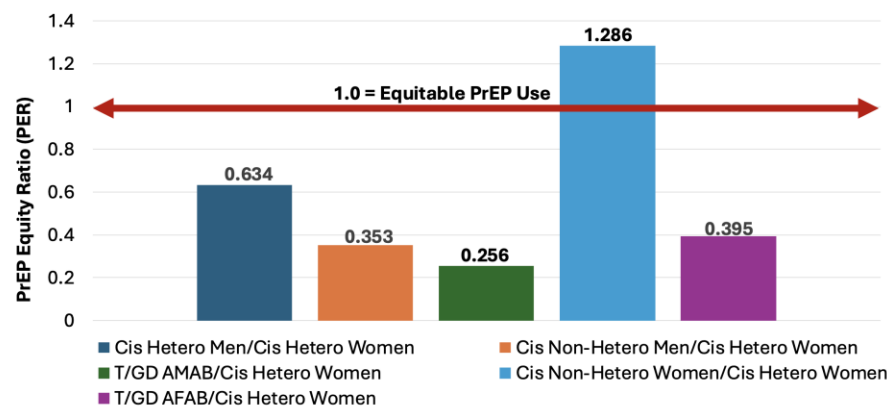


Figure 2. PrEP Equity Ratios (PERs) by Sexual Orientation/Gender Identity (SOGI)



Discussion:

- PrEP coverage was highest among White students, women (cis hetero and cis non-hetero), and students on their parents' health insurance.
- Less PrEP coverage among students of color, men (cis hetero and cis non-hetero), trans/gender diverse students, and students with other forms of or no health insurance.