



## Aging & HIV: Why Research Matters Now

*A one-page advocacy brief for advocates, partners, and Congressional offices*

People living with HIV are aging, and the HIV response must evolve with them. In the United States, roughly half of people living with HIV are over age 50, and that share is growing. Aging with HIV is associated with higher rates of chronic conditions, earlier onset of comorbidities, and more complex care needs - making sustained HIV research and updated care systems essential.

### What advocates should know

- By 2030, in some jurisdictions, about 70 percent of people living with HIV in the U.S. are projected to be over age 50.
- Older adults with HIV face higher rates of cardiovascular disease, kidney disease, osteoporosis, diabetes, cancer, frailty, depression, and cognitive decline.
- For many older adults with HIV, the leading health threats are now cancer and heart disease - not HIV itself.
- Care systems built around viral suppression alone are not enough for an aging HIV population.

### Talking points for advocates

- HIV research is a quality-of-life issue, not only a virology issue.
- People with HIV are living longer, but too many are aging into preventable illness without coordinated support.
- Research helps us understand how HIV, inflammation, aging, and social inequities interact over time.
- Federal investment in HIV research and implementation science saves lives, reduces long-term costs, and helps people age with dignity.

### Congressional call to action

- Protect and strengthen federal funding for HIV research across the lifespan, including aging, comorbidities, mental health, and implementation science.
- Support HIV care models that integrate primary care, geriatrics, behavioral health, and routine screening for age-related conditions.
- Ensure older adults living with HIV - especially Black communities, women, and other populations facing inequities - are reflected in research, programs, and policy decisions.

**Bottom line:** The HIV epidemic is aging. Congress should match that reality with sustained research investment and modernized care infrastructure that supports healthy aging for people living with HIV.