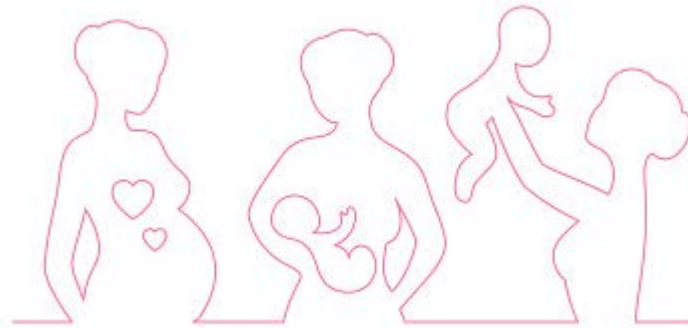


Pregnancy and breastfeeding and HIV risk



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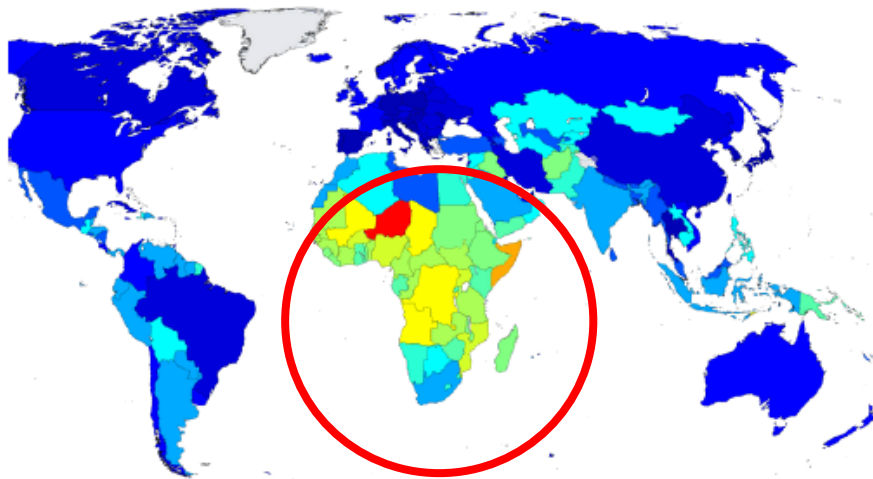
Ensuring the HIV Prevention Needs of Pregnant and Breastfeeding Women

Harare – 28 January 2020

What do we know well?

(1) Countries where women have high fertility (several babies) and long breastfeeding periods also have high HIV prevalence.

Total fertility rate



■ <2 → ■ 5.5 to 6

Adult HIV prevalence - 2017



■ <1% → ■ >10%

Zimbabwe National PMTC Cascade

Jan-Jun 2019

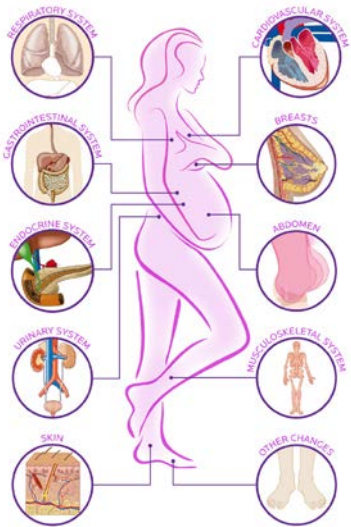
- 248 477 pregnancies occurred in Zim
- 231 488 (93%) booked for Antenatal Care
- 228 463 (99% of those booked) were tested for HIV
- 33 167 (~15% of those tested) had HIV infection
 - 40% of these were newly diagnosed

228 426 (~85%) of them were HIV uninfected at booking their pregnancies and are a focus of our discussion in this meeting

HIV risk almost doubles during pregnancy and breastfeeding

- 4 out of 100 women will acquire HIV each year
- Compared to other times in life, women during pregnancy and breastfeeding have a higher chance of acquiring HIV
 - **3** times higher in late pregnancy
 - **4** times higher while breastfeeding

Why do we think this is?



- Body undergoes many changes during pregnancy and breastfeeding

Social issues...

- Pregnant women may face more challenges when negotiating condoms with partners.
- In some cases, male partners of pregnant/breastfeeding women have more sex partners outside of the relationship, adding to HIV risk
- Increases in partner violence during pregnancy/breastfeeding may contribute to an increased risk of HIV transmission.

HIV prevention is a priority in pregnant and breastfeeding women

- A woman who acquires HIV while pregnant or breastfeeding has a much higher risk of transmitting the virus to her baby
- Women spend about one fourth of their reproductive years pregnant or breastfeeding
- Women may be more motivated to stay free of HIV in order to keep their babies safe

What do we know well?

(2) Women are at higher risk of acquiring HIV than men.

- In **Zimbabwe** among 15-49 yr old for every **one** new infection in a man, there are **two** new infections in women but in women ages 15-24, this rises to **three** new infections for every one new infection in men
- For every 100 men, 7 are living with HIV. For every 100 women, **13** are living with HIV.

What do we know well?

(3) Women spend a significant part of their lifetime pregnant or breastfeeding

	Malawi	South Africa	Uganda	Zimbabwe
Average life expectancy (years)	60	66	64	62
Total fertility rate	5	2.3	5.7	3.9
Years pregnant or breastfeeding per pregnancy	1.75	1.75	1.75	1.75
Total time pregnant or breastfeeding (years)	About 9	About 4	About 10	About 7
Percentage of lifetime	15%	6%	16%	11%
Percentage of reproductive years	26%	12%	29%	20%

What do we know well?

(4) Zimbabwe is a leader in PMTCT

- Best way to prevent mother to child transmission of HIV is to **prevent HIV infection in the woman** in the first place.

Take Home Messages

- Women have a **2-4 times higher risk** for getting HIV while pregnant/breastfeeding.
- Women in Zimbabwe spend **7 years** of their lives pregnant or breastfeeding
- Pregnant and breastfeeding women need...
 - HIV prevention tools that they know are safe for them and their babies
- Without strategies for pregnant and breastfeeding women, controlling the HIV epidemic will be difficult.