



U=U UNIVERSITY

The purpose of U=U University is to educate and empower participants with the latest evidence-based knowledge and practical skills to effectively communicate the message that people living with HIV who are on treatment and have an undetectable viral load have zero risk of passing on HIV to sexual partners.

By equipping participants with a comprehensive understanding of U=U and effective strategies to use U=U as an intervention, this curriculum aims to reduce stigma, promote HIV treatment and prevention, and improve the quality of care and support provided to individuals living with HIV. Individuals and organizations who participate in U=U University can play a critical role in disseminating accurate information about U=U, optimizing HIV treatment to reach U=U, transforming the quality of life for people living with HIV, and accelerating the end of AIDS as a public health threat.

DATA SHOW THAT U=U EDUCATION ACCELERATES EACH OF THE FOUR ENDING THE HIV EPIDEMIC IN THE U.S. Pillars:

Diagnose



U=U education can increase HIV testing rates by reducing fear and anxiety associated with getting tested and receiving an HIV diagnosis.

Treat



U=U education can increase motivation to engage in care, start and stay on treatment and increase viral suppression rates.

Prevent



U=U education can lead to higher rates of viral suppression, which is the most effective form of HIV prevention.

Respond



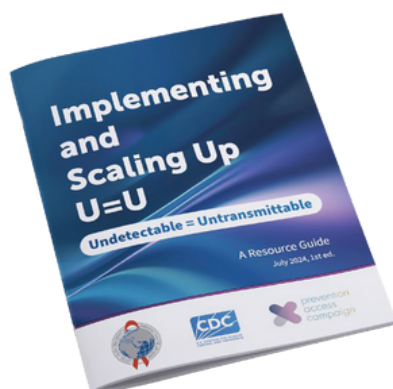
U=U education can increase comfort in sharing one's HIV-positive status, which supports contact tracing.

Sources

1. Smith, Philip, et al. "Undetectable= untransmittable (U= U) messaging increases the uptake of HIV testing among men: results from a pilot cluster randomized trial." *AIDS and Behavior* 25.10 (2021): 3128–3136. 2. Okoli, Chinyere, et al. "Undetectable equals untransmittable (U= U): awareness and associations with health outcomes among people living with HIV in 25 countries." *Sexually transmitted infections* (2020). 3. Bor, Jacob, et al. "Changing knowledge and attitudes towards HIV treatment-as-prevention and "undetectable= untransmittable": a systematic review." *AIDS and Behavior* 25.12 (2021): 4209–4224. 4. Implementing and Scaling up Undetectable = Untransmittable (U=U): A Resource Guide. 1st ed. Centers for Disease Control and Prevention Division of Global HIV and TB, 2024, Atlanta, GA.

WHY U=U UNIVERSITY WAS DEVELOPED

Despite the significant evidence supporting its multi-level benefits, U=U has yet to reach its full potential as an HIV intervention. Some of the reasons for this include:



- There is a lack of awareness and education about U=U among priority populations, health workers, and the general public.
- A limited understanding of implementing U=U as an intervention and its benefits.
- There is a lack of resources, specifically funding and technical expertise, to implement, scale, monitor, and evaluate U=U at individual, community, and population levels to support efforts to achieve HIV targets.
- In some settings, people are unwilling to share the U=U message because of stigma and judgmental views.

A transformative partnership between Prevention Access Campaign (PAC) and the Centers for Disease Control and Prevention's (CDC) Division of Global HIV and TB PEPFAR (U.S President's Emergency Plan for AIDS Relief) program aims to address some of these challenges with the July 2024 release of "*Implementing and Scaling-Up Undetectable=Untransmittable: A Resource Guide*." This comprehensive resource is designed to build an understanding of U=U, situate it within the science, effectively communicate its core message, develop a strategic plan, and implement activities while monitoring and evaluating these efforts. Resources, tools, country examples, and essential messages support each section.

U=U University will build upon the guide's contents and transform them into targeted, engaging, and behavior-changing virtual and in-person training for diverse audiences. U=U University will raise awareness about the U=U message among healthcare providers, policymakers, and the public by developing and disseminating educational materials, webinars, and workshops. U=U University will offer a Training of Trainers Program designed to increase and build the capacity of trainers to empower individuals in their communities and organizations.

PAC and CDC are collaborating with AIDS United, the Global Network of People Living with HIV, the International Association of Providers of AIDS Care, and TechChange to maximize the reach and impact of U=U University in the United States and globally. PAC and CDC are developing national and regional partnerships to adapt U=U University for country and regional-specific contexts and strategies.

PAC and CDC are seeking additional US partners to provide input on and co-launch U=U University for the US, participate in the Training of Trainers, and offer U=U University courses through their organizational networks, with a priority for key jurisdictions.

TIMELINE

- JULY 2024 AIDS 2024:** Launch of U=U University preliminary in-person training modules for global participants
- SEPTEMBER 2024 USCHA:** Launch of U=U University preliminary in-person training modules for US participants
- FEBRUARY 2025:** Training of Trainers international and US academics
- MARCH 2025:** Partnership launch of in-person and synchronous online U=U University core curriculum
- APRIL 2025:** Launch of self-guided online U=U University core curriculum
- APRIL 2025:** Launch of in-person and synchronous online U=U University win-win advocacy curriculum

