

Update on epidemiology of HIV in Aotearoa New Zealand

HIV Women's Seminar

Auckland

18 September 2026

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HIV Epidemiology Group

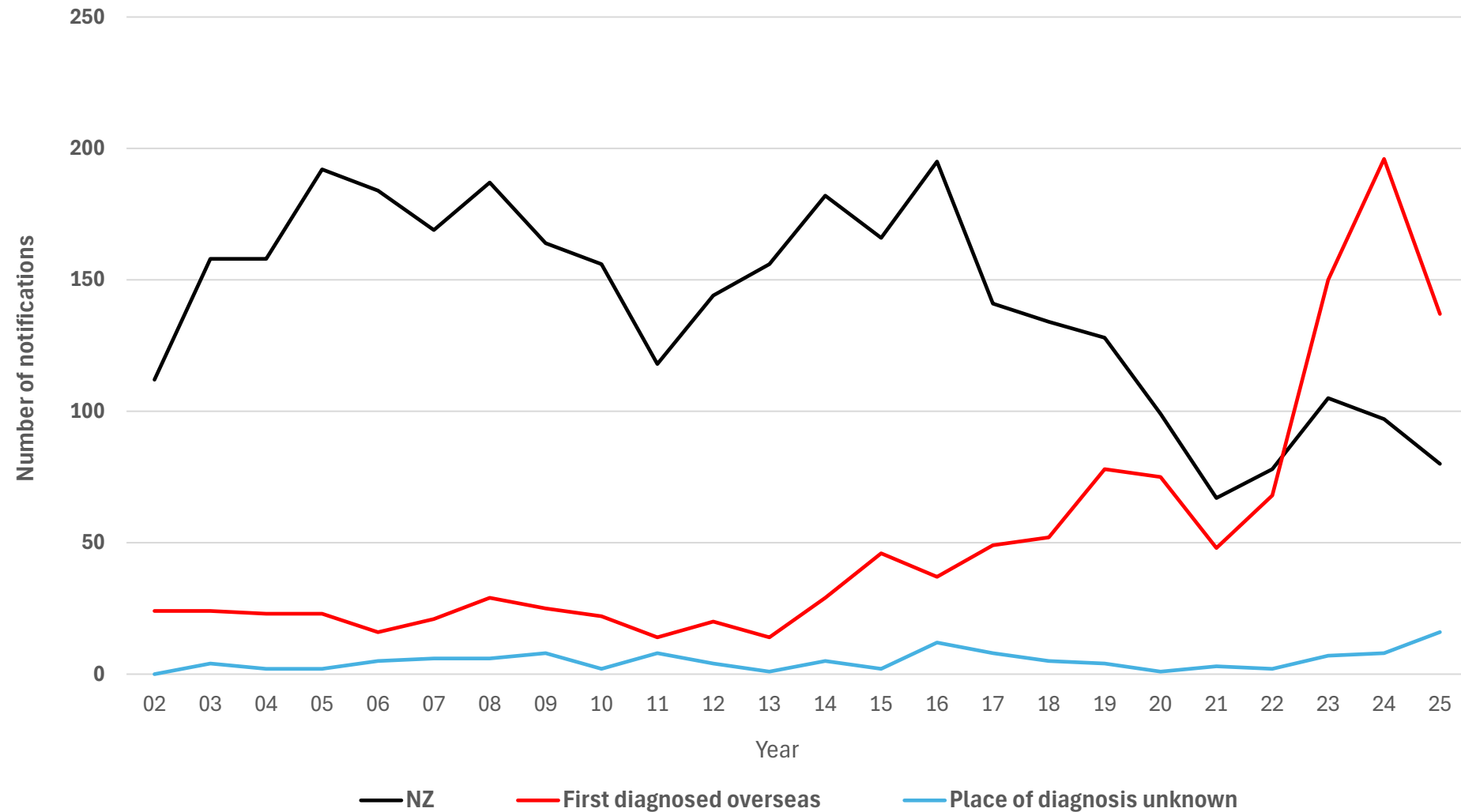
University of Otago



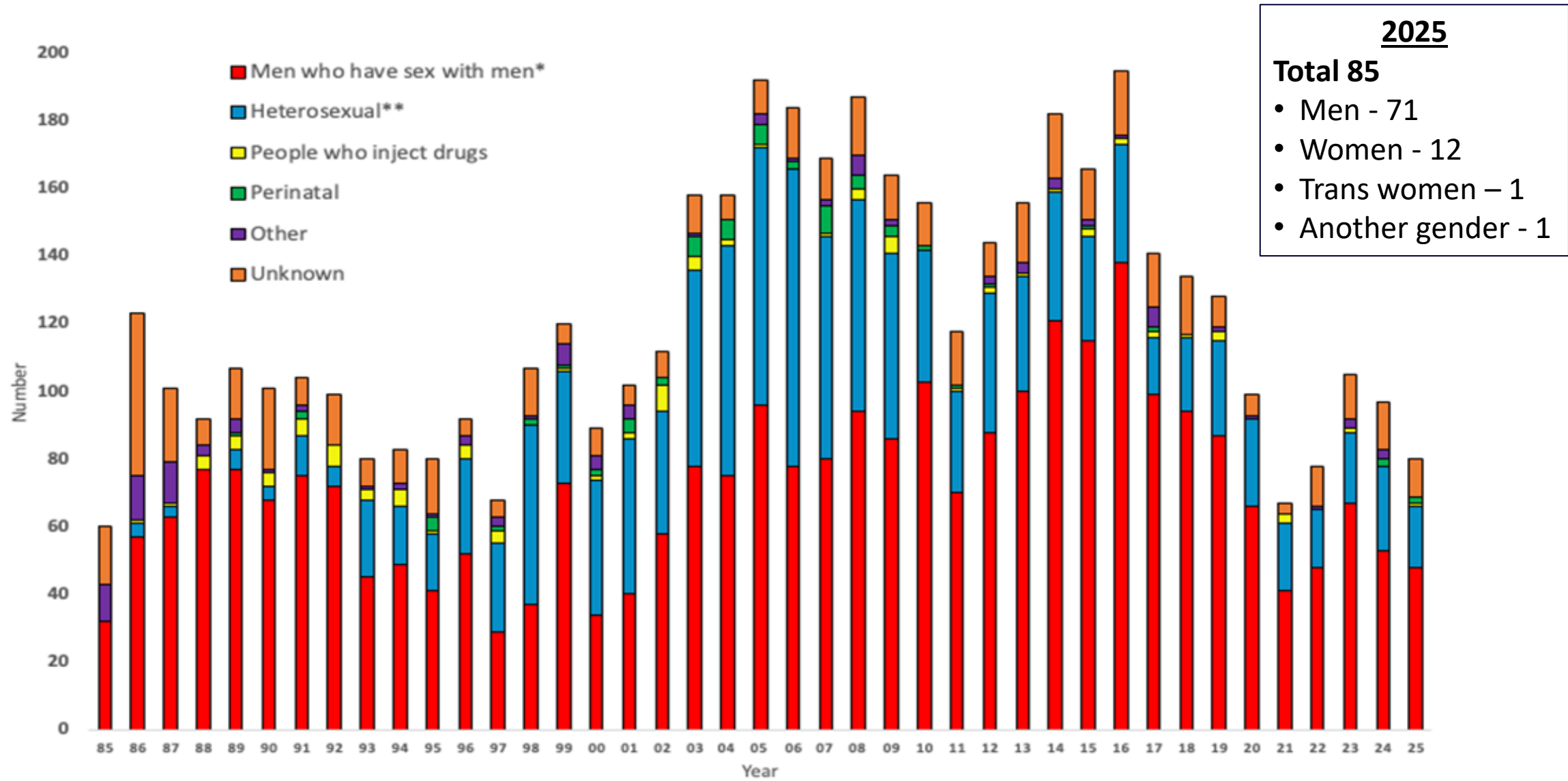
University
of Otago

ŌTĀKOU WHAKAIHU WAKA

HIV notifications in New Zealand by place of first diagnosis (2002 – 2025)



Number of people diagnosed with HIV in New Zealand by main mode of acquisition



Overview of women living with HIV Aotearoa New Zealand.....

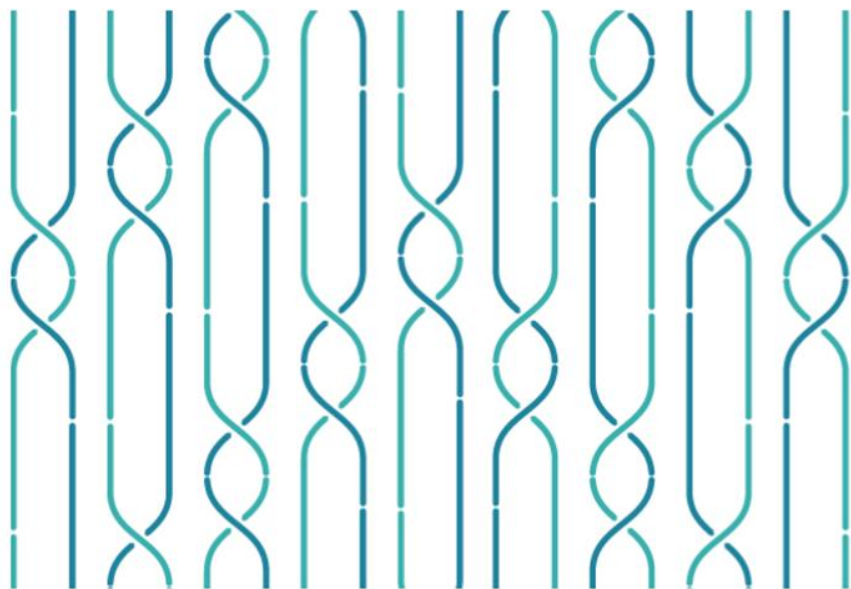


- ❖ Total of 1050 women have been notified with HIV since the start of surveillance in 1985 to the end of 2025
- ❖ 611 women were on subsidised ART at mid 2025 (Pharmac)
- ❖ Average of 16 women diagnosed in New Zealand per year (2016-2025) > 9 locally acquired
- ❖ Total of 54 transgender and gender diverse people notified with HIV since 1985 – most were trans women
- ❖ Average of 2 transgender or gender diverse people diagnosed in New Zealand per year (2016-2025)

NATIONAL HIV ACTION PLAN FOR AOTEAROA NEW ZEALAND 2023–2030

An Aotearoa New Zealand where HIV transmission
is eliminated and all people living with HIV have
healthy lives free from stigma and discrimination

2023



Goal 1: Reduced number of new locally acquired HIV infections

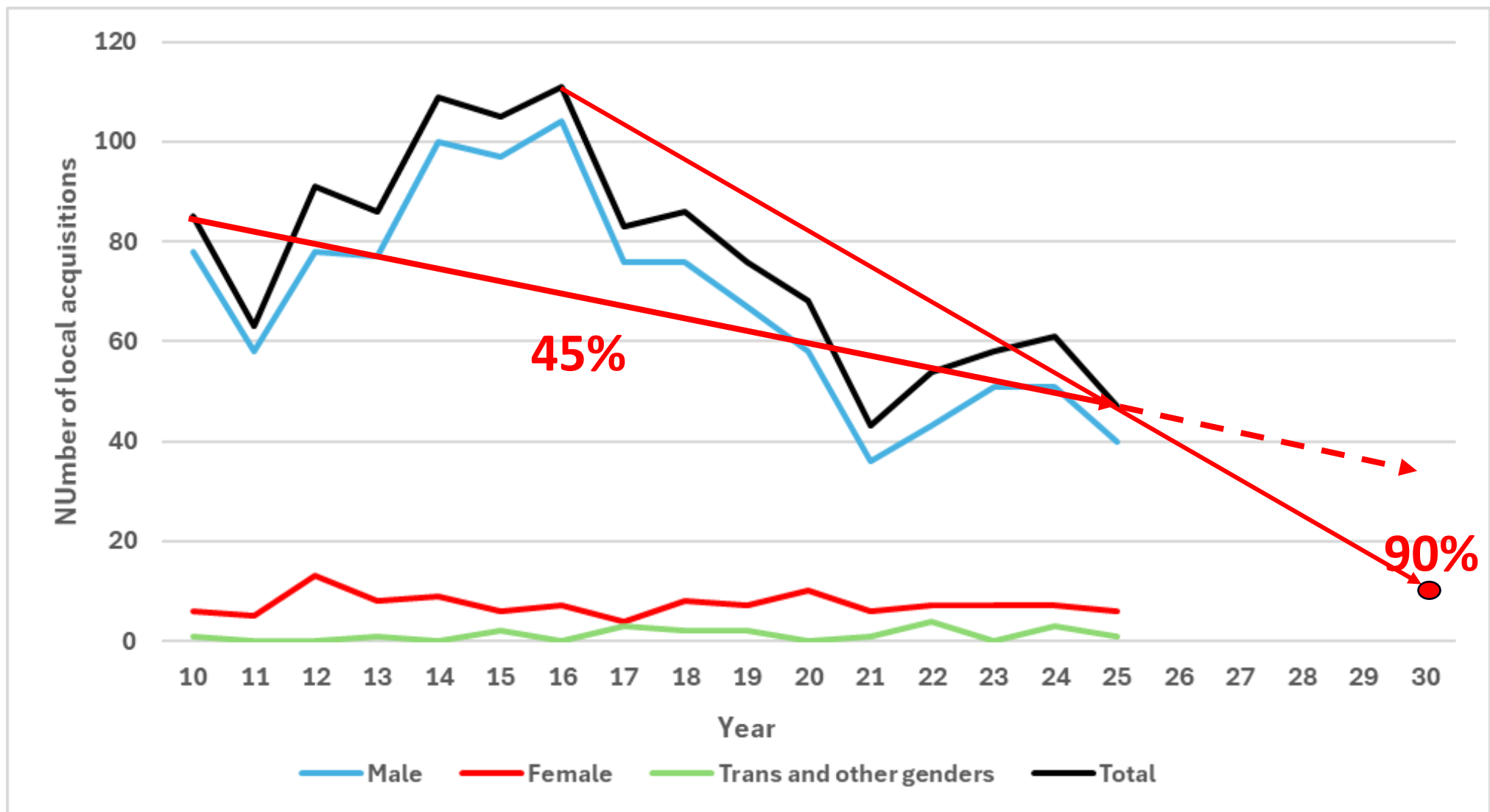
Goal 2: Improved Māori health and wellbeing in relation to HIV by delivering on our Tiriti o Waitangi obligations

Goal 3: Decreased mortality and the negative consequences of HIV on health and wellbeing

Goal 4: Decreased experiences of stigma and discrimination for people living with HIV

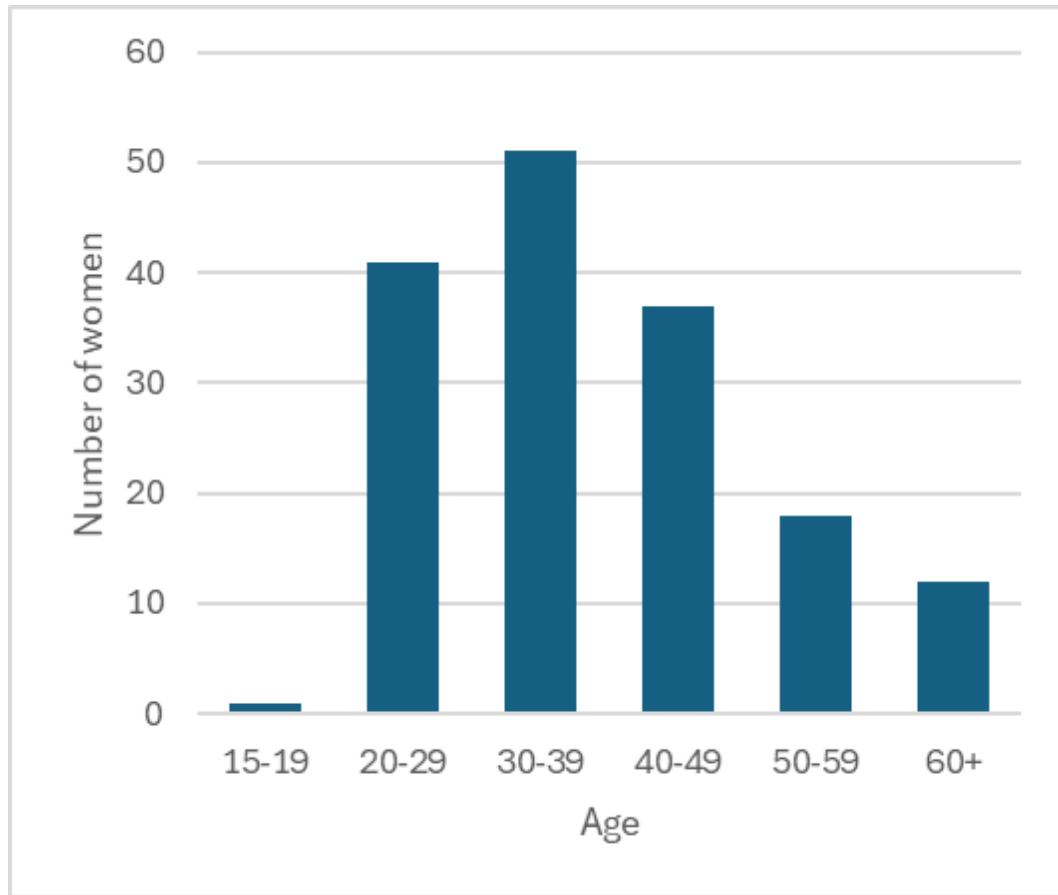
Goal 5: Increased equity in relation to all HIV goals and objectives

Annual number of people diagnosed with locally acquired HIV in New Zealand: 2010 - 2025

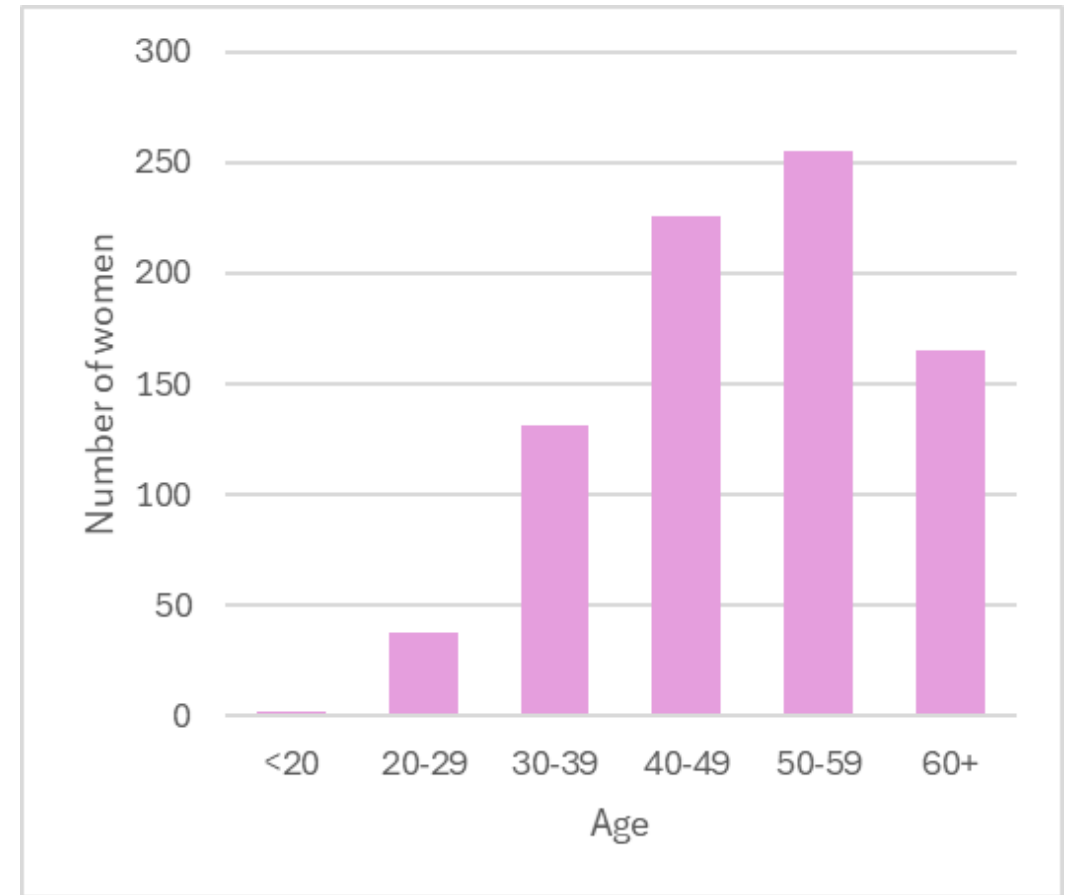


Characteristics of women diagnosed with HIV in Aotearoa New Zealand

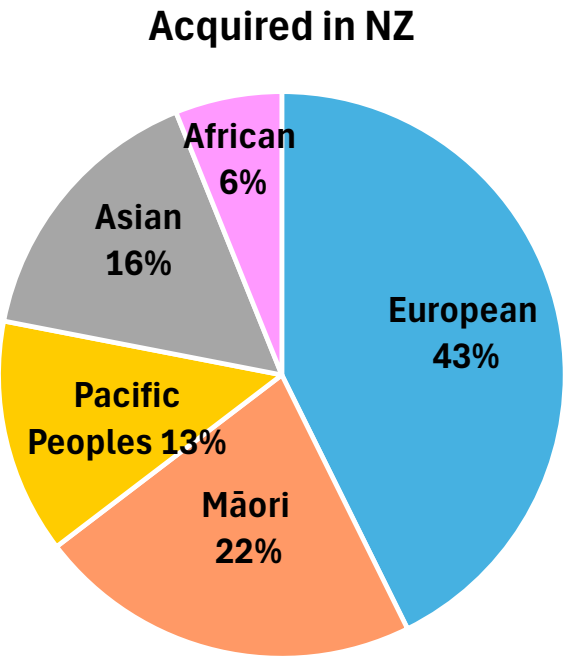
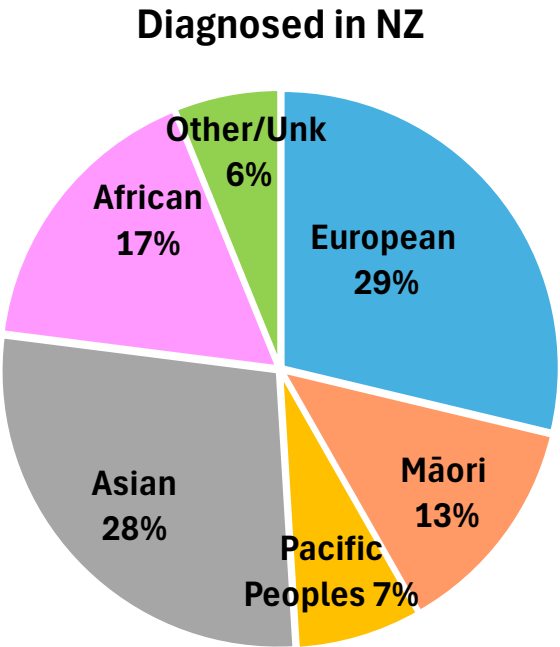
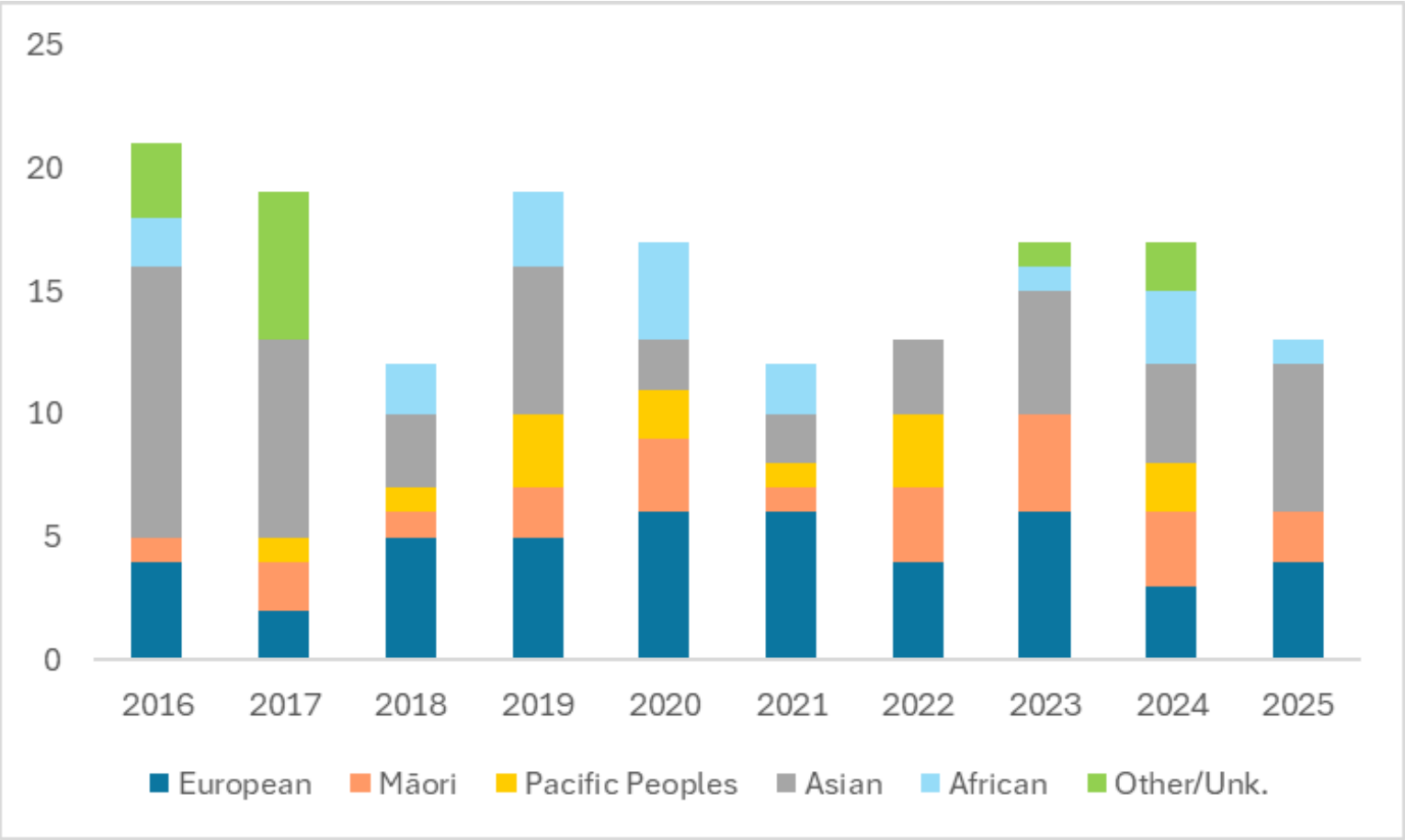
Age at time of diagnosis for women diagnosed (2016 – 2025)



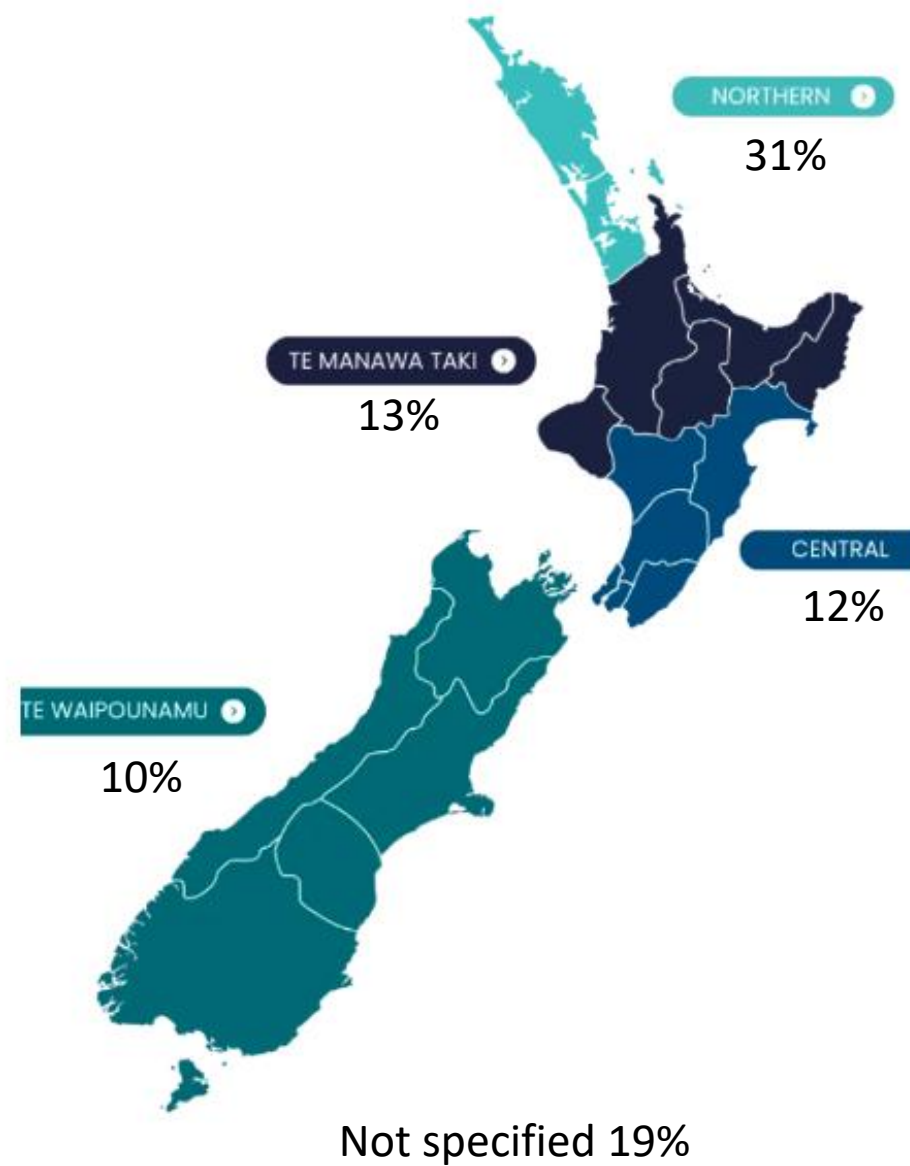
Current estimated age of all women living with HIV



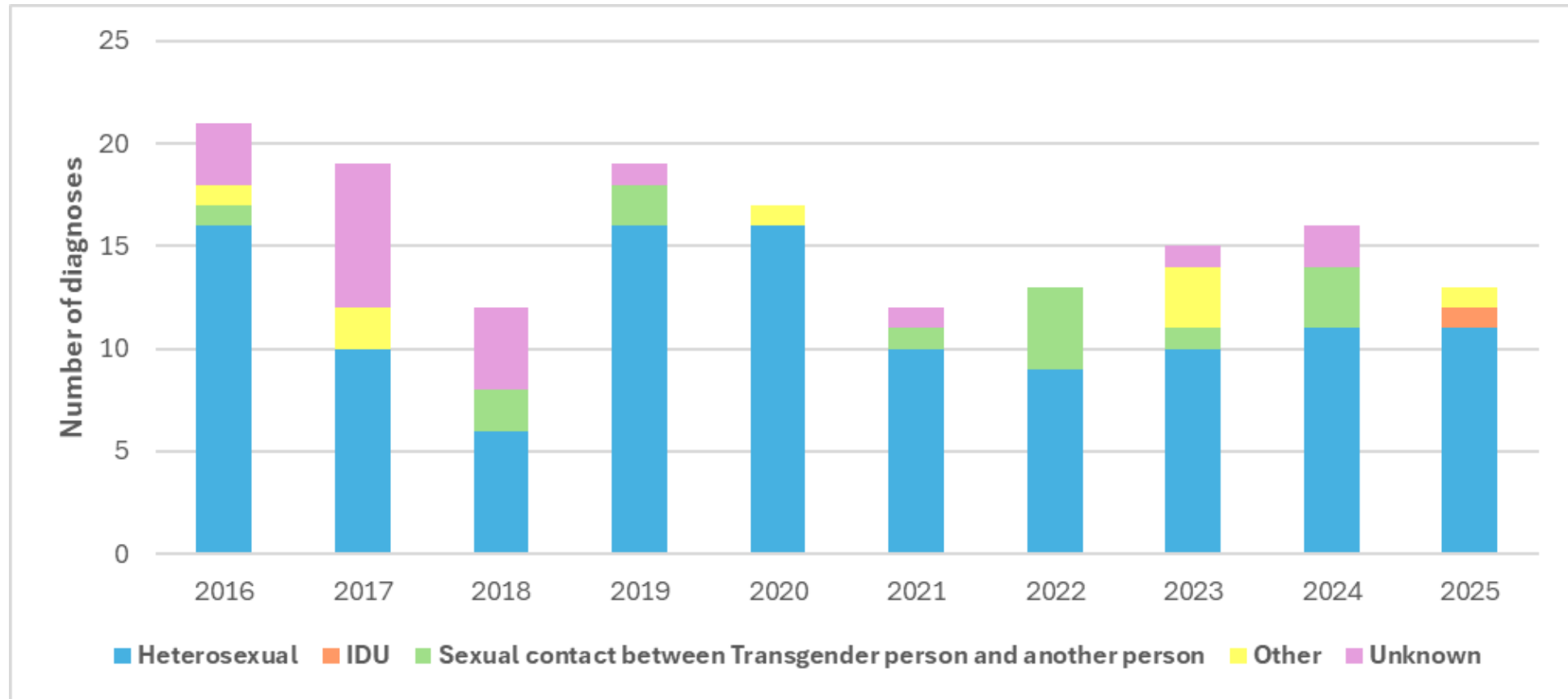
Ethnicity of women diagnosed with HIV in New Zealand (2016 – 2025)



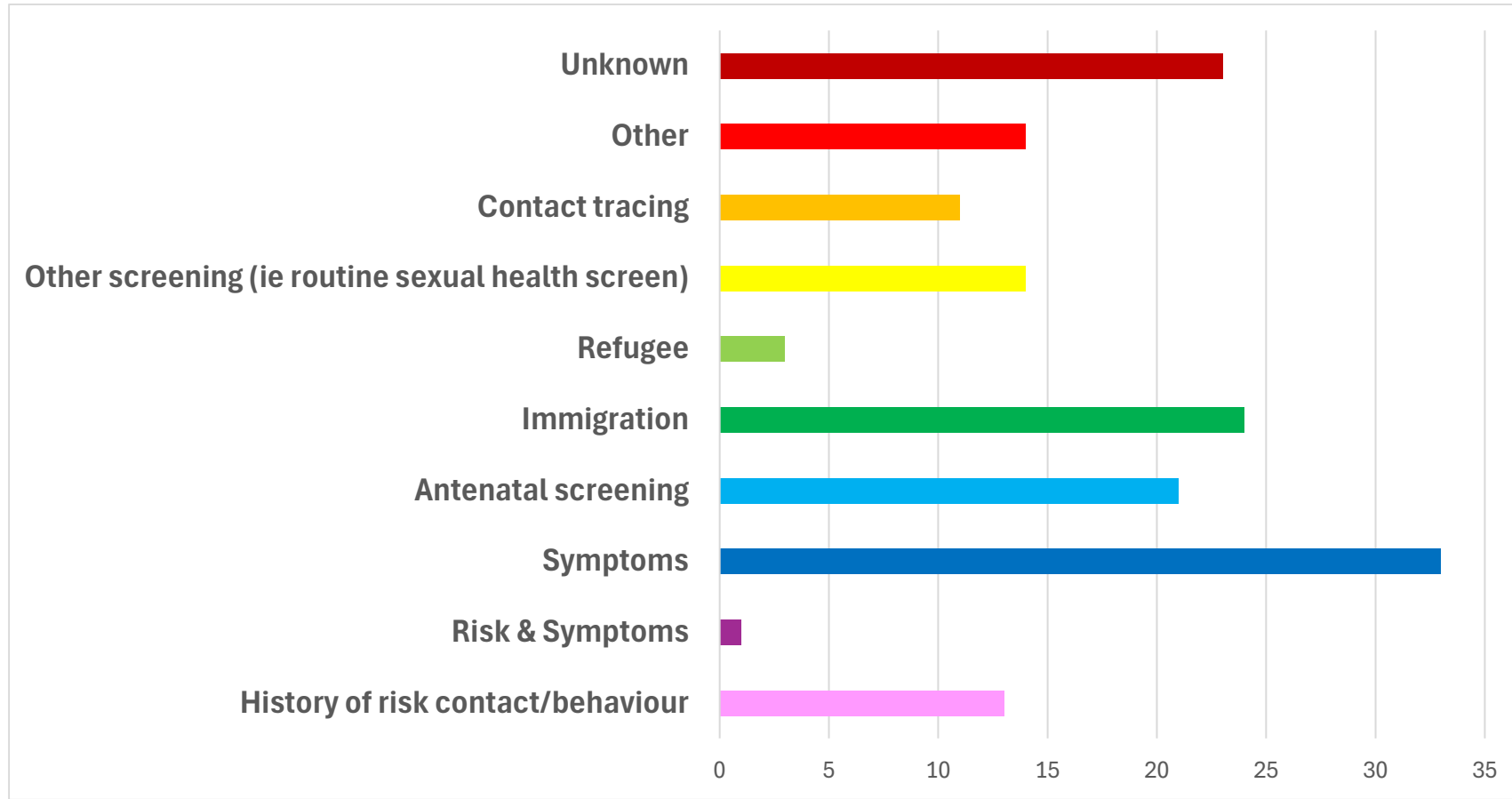
Place of residence of women diagnosed with HIV in New Zealand (2016 – 2025)



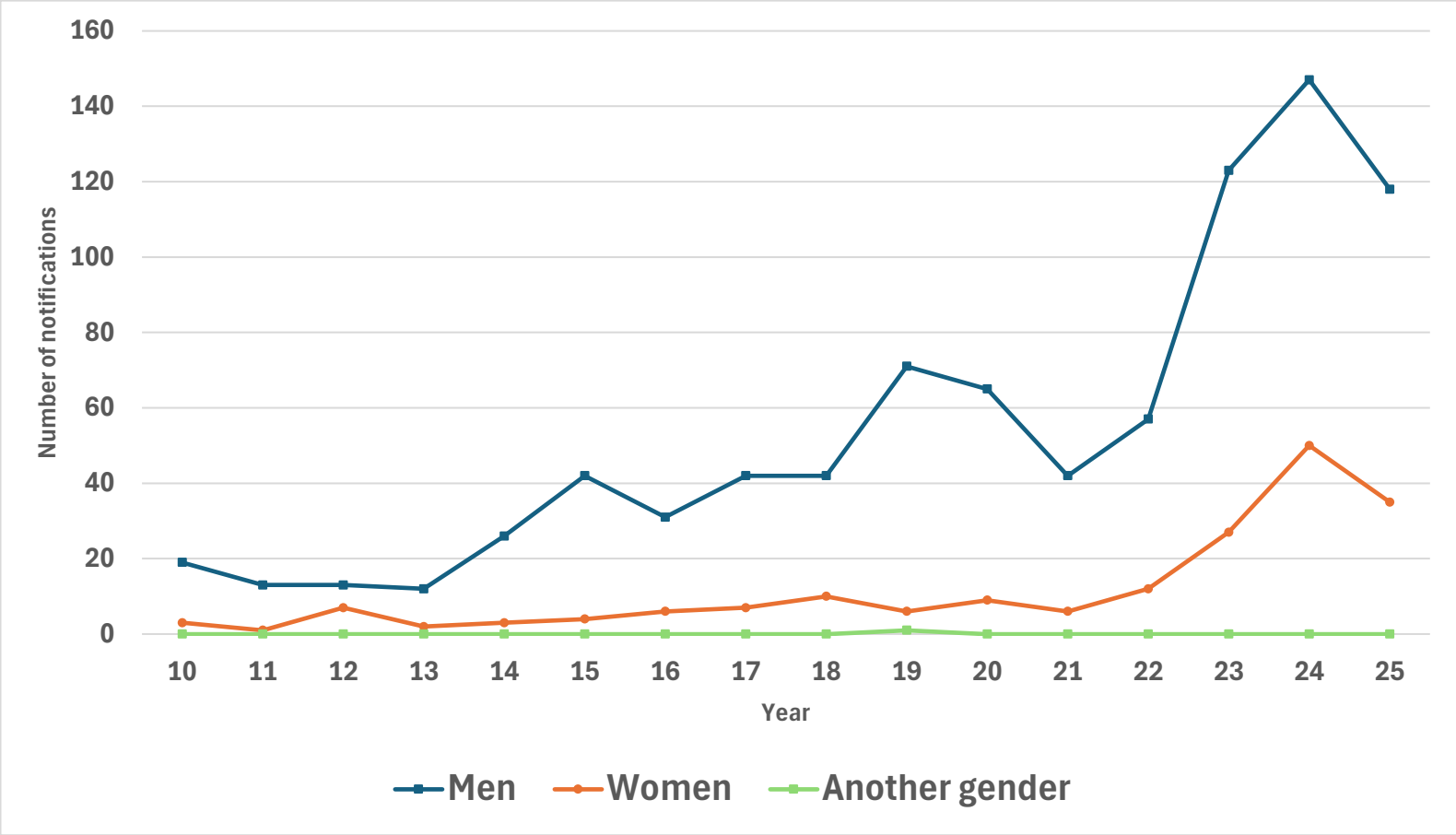
Means of acquisition of HIV of women diagnosed in New Zealand (2016 – 2025)



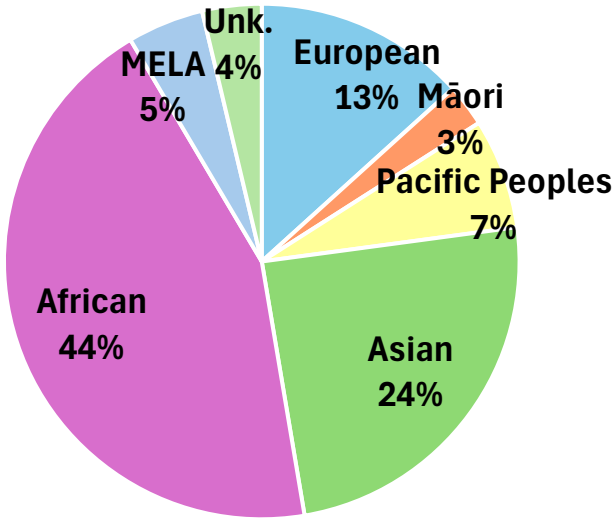
Reason for test of women diagnosed in New Zealand (2016 – 2025)



People first diagnosed with HIV overseas (2010 – 2025)

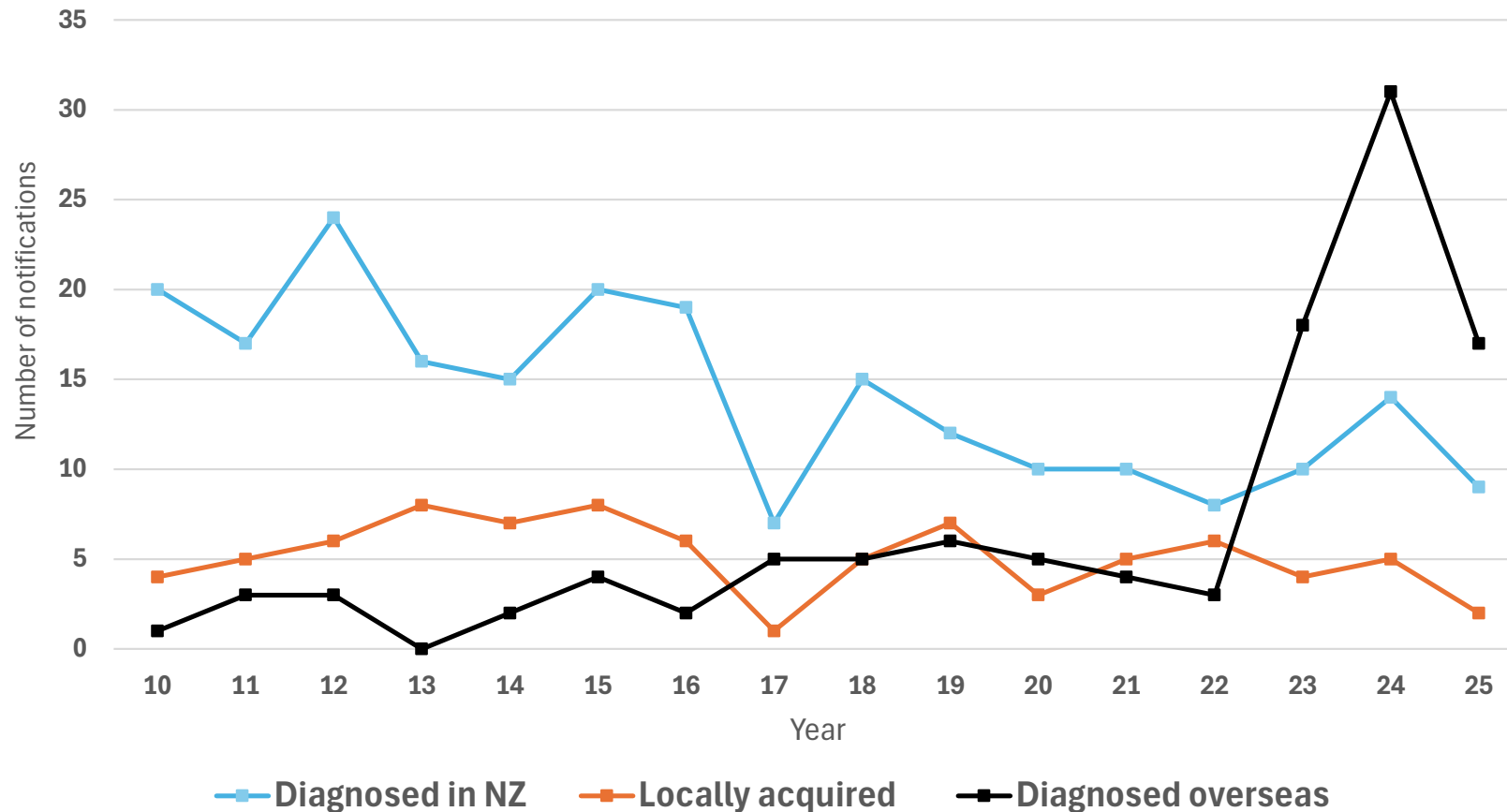


Ethnicity of women diagnosed overseas (n=188)



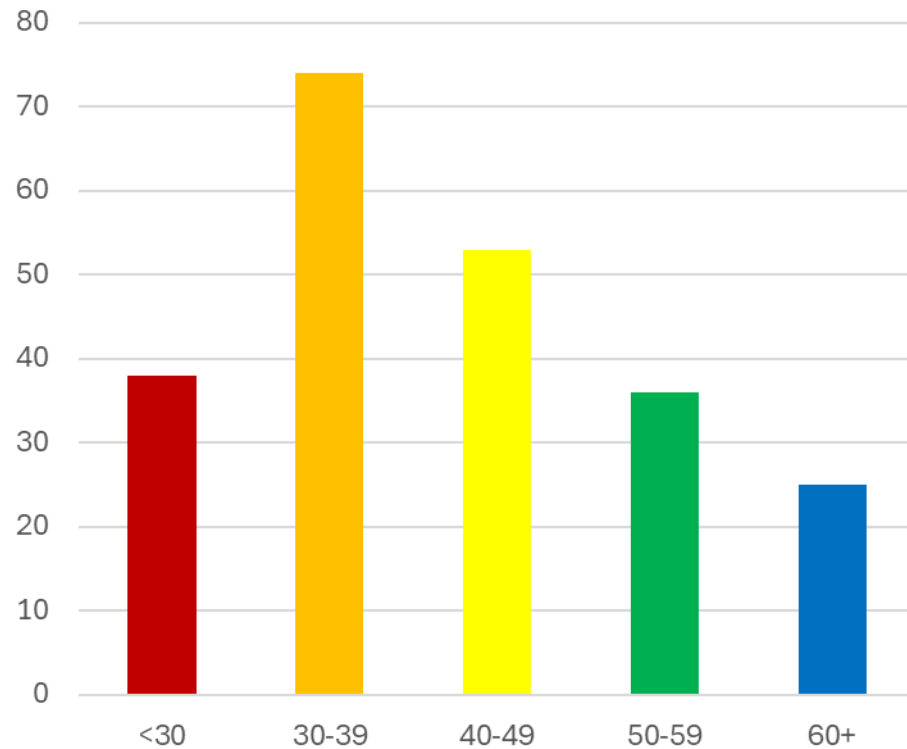
Heterosexual men (2010 – 2025)

Total notified since start of surveillance in 1985 ➔ 761

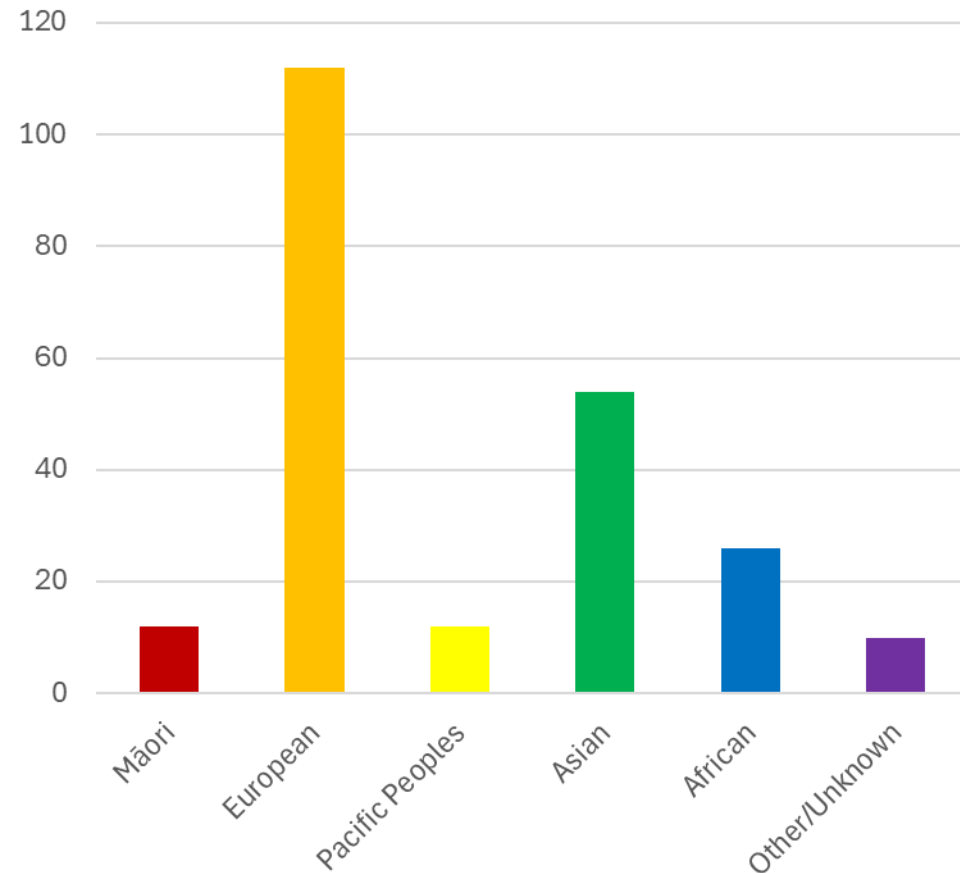


Heterosexual men diagnosed in New Zealand 2010 – 2025

Age at diagnosis



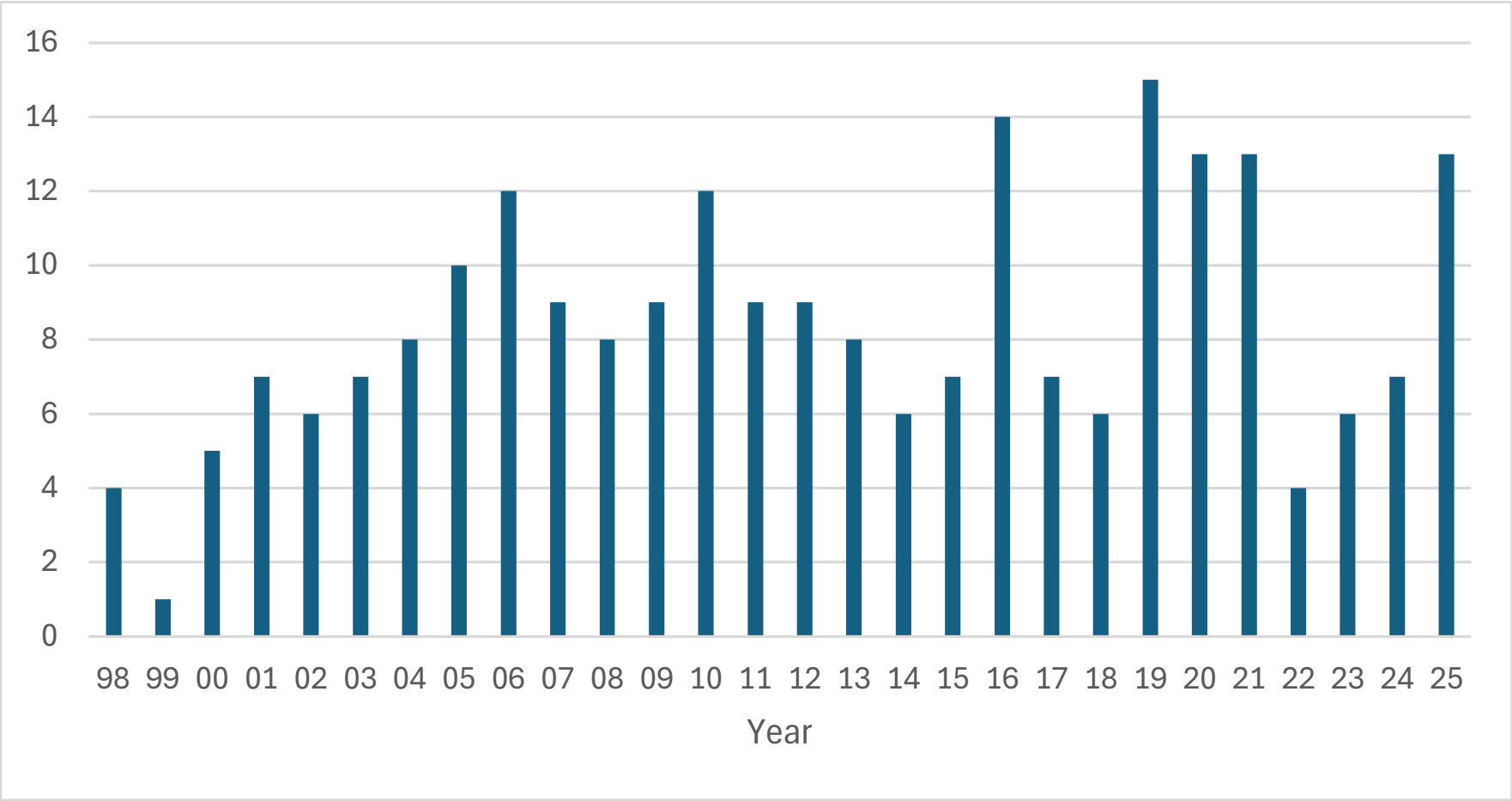
Ethnicity



Initial CD4 count of heterosexual men and women diagnosed with HIV acquired in New Zealand 2021-2025

CD4 count	Heterosexual female n (%)	Heterosexual male n (%)	MSM n (%)
<350	12 (36%)	11 (50%)	76 (41%)
350-499	4 (12%)	2 (9%)	27 (15%)
500+	16 (48%)	9 (41%)	74 (40%)
Unknown	1 (3%)	0	7 (4%)
Total	33	22	184

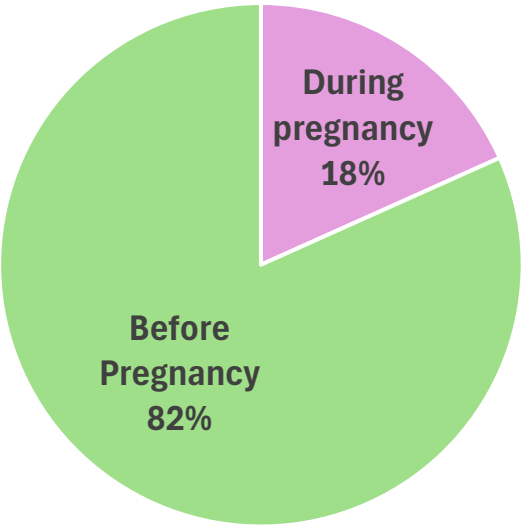
Births to people living with HIV (1998 – 2025)



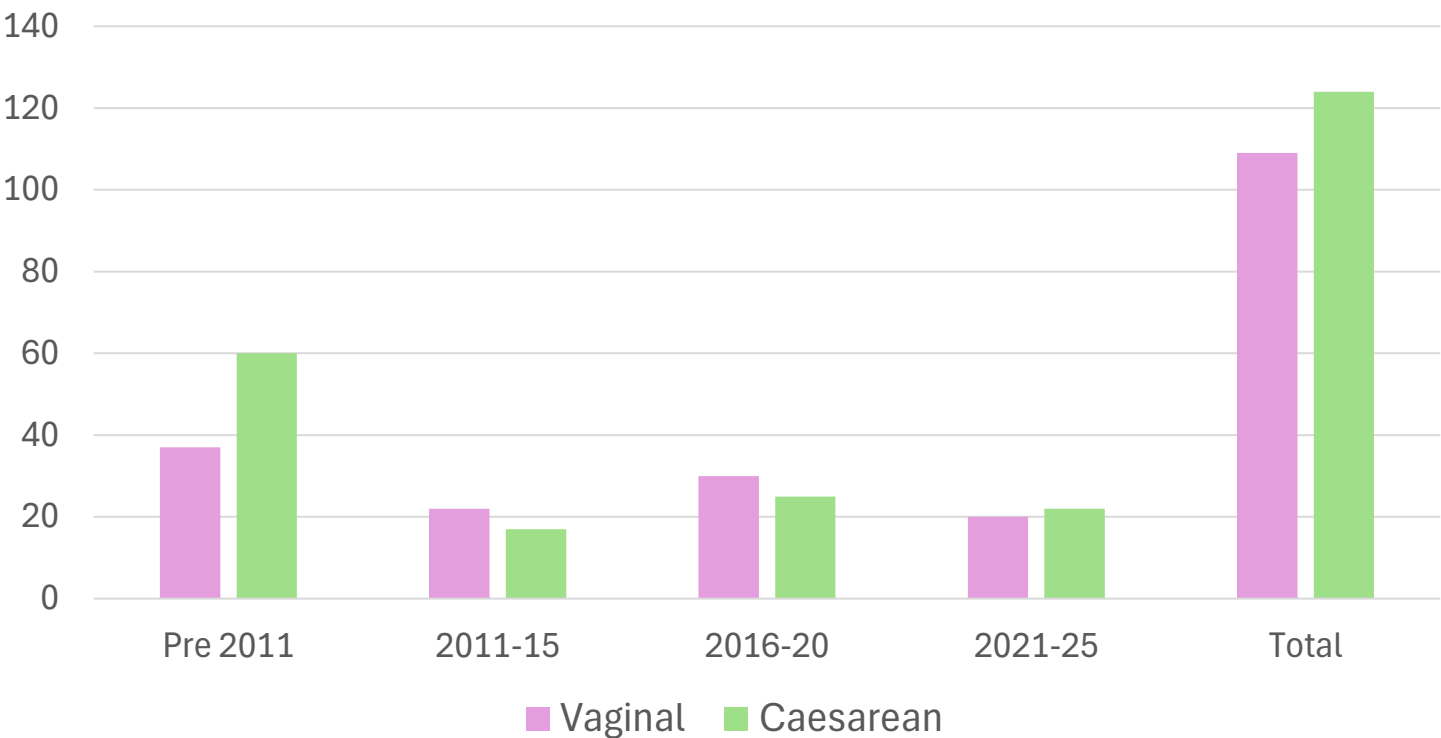
Total births
1998 to 2025
N=235

Births to people living with HIV (1998-2024)

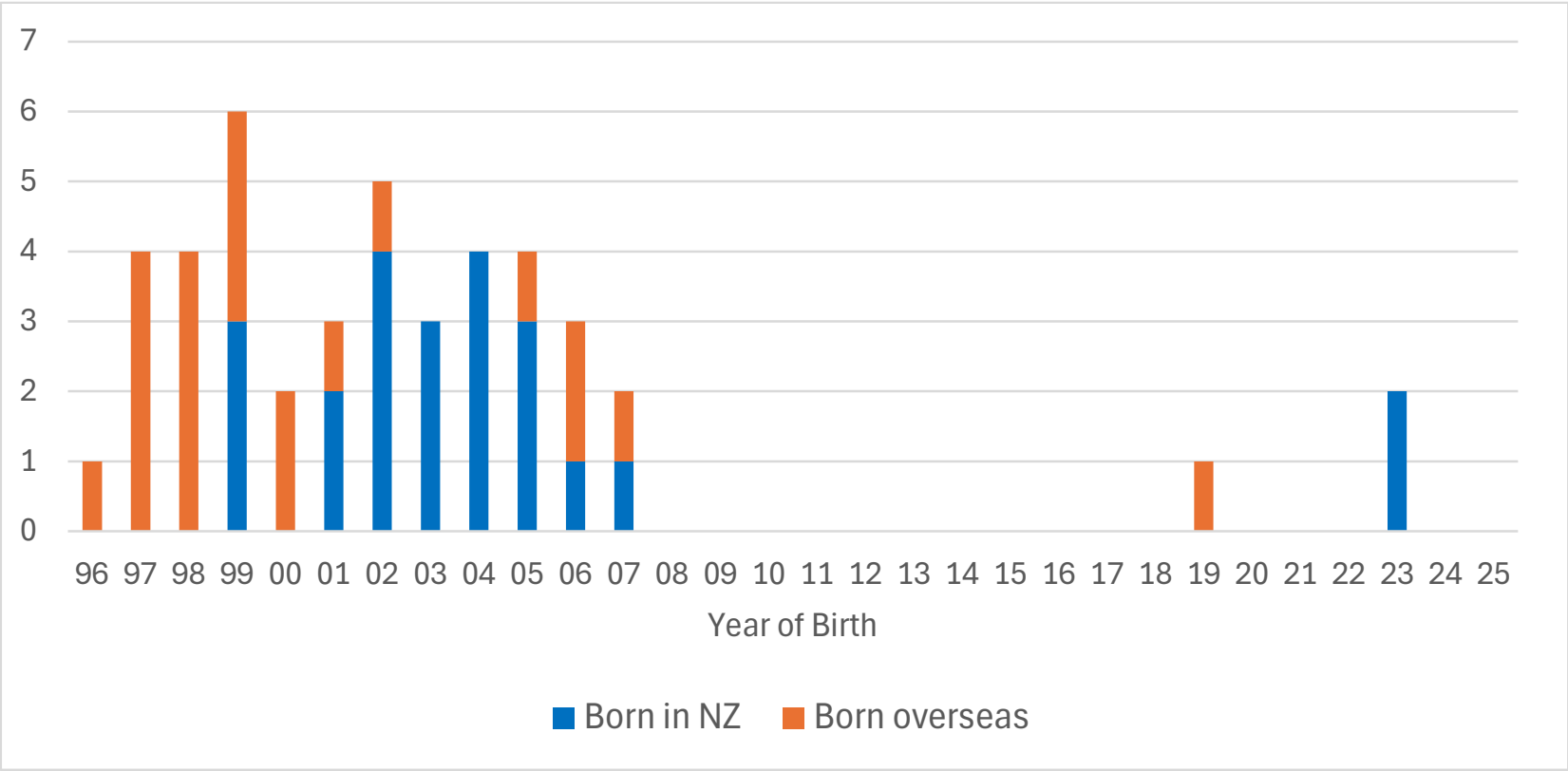
Timing of diagnosis



Method of delivery



Perinatal transmission diagnosed in NZ by year and place of birth



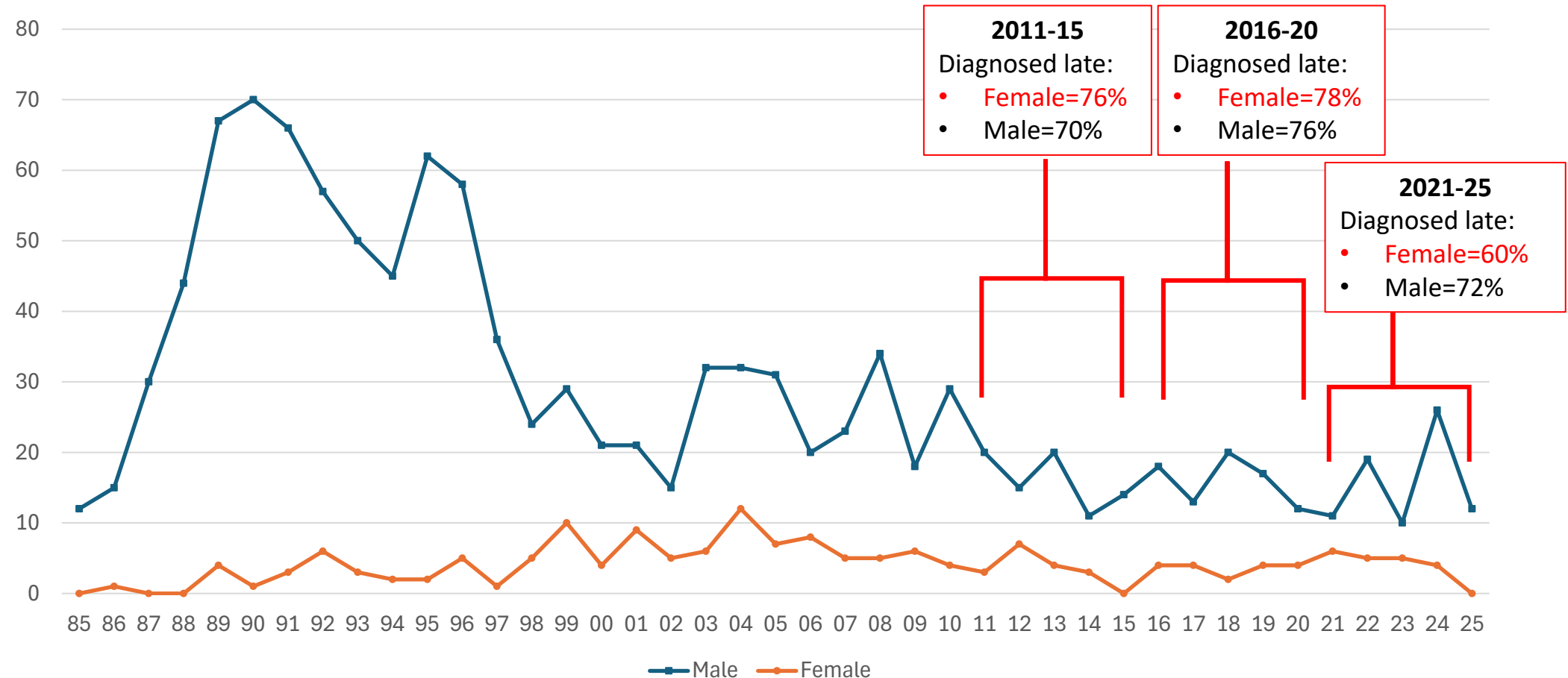
HIV Action Plan:

Maintain zero cases of perinatal transmission

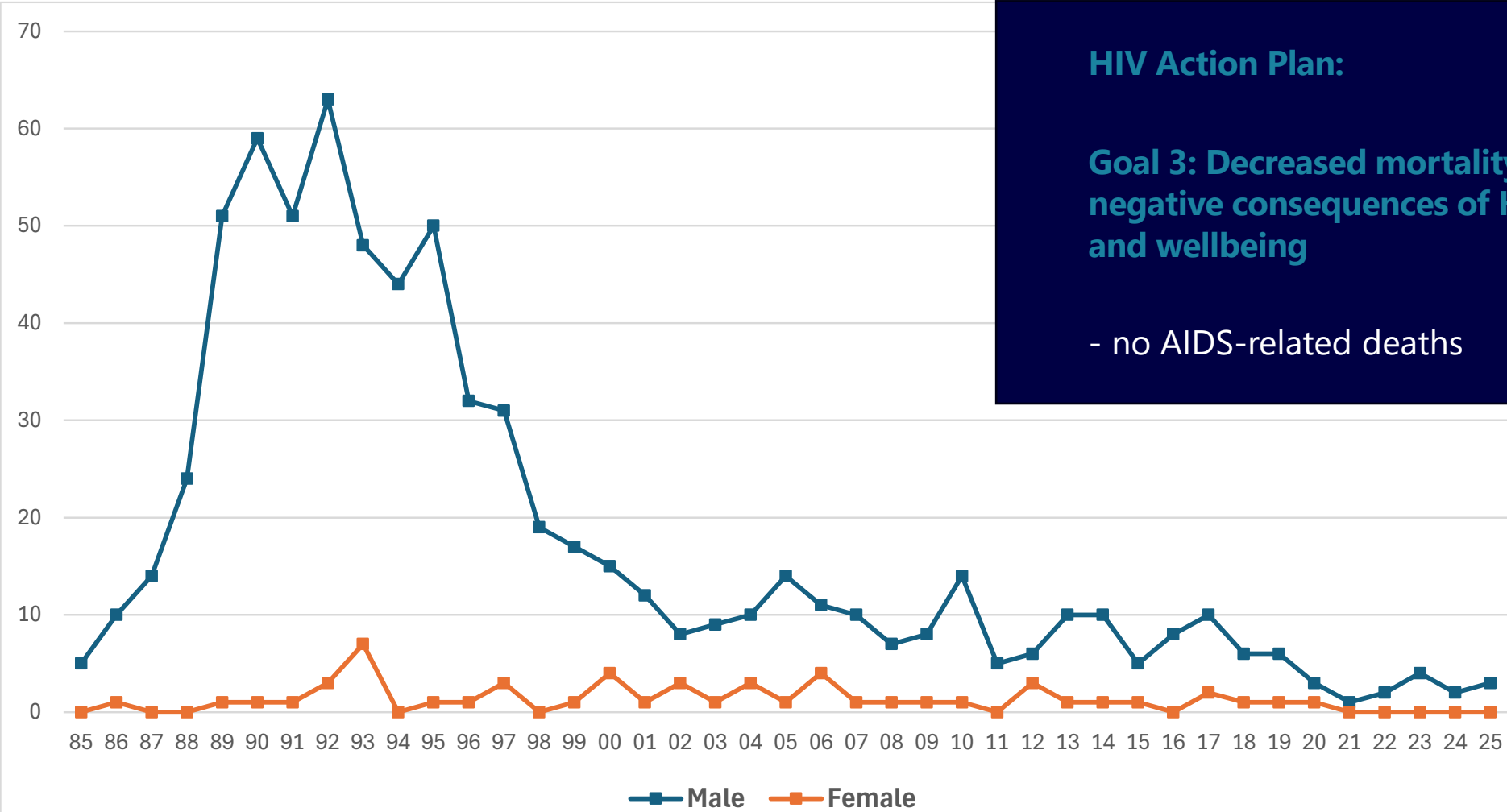


AIDS

Annual number of women (n=172) and men (n=1204) diagnosed with AIDS by year of diagnosis



AIDS deaths



HIV Action Plan:

Goal 3: Decreased mortality and the negative consequences of HIV on health and wellbeing

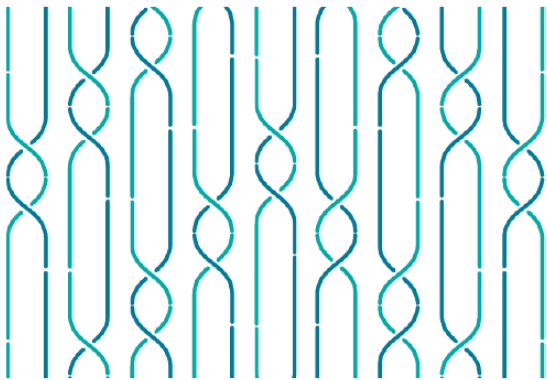
- no AIDS-related deaths

Note: the number of deaths for recent years may increase due to delayed reporting

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2023



Released 2023

health.govt.nz

Targets for 2030:

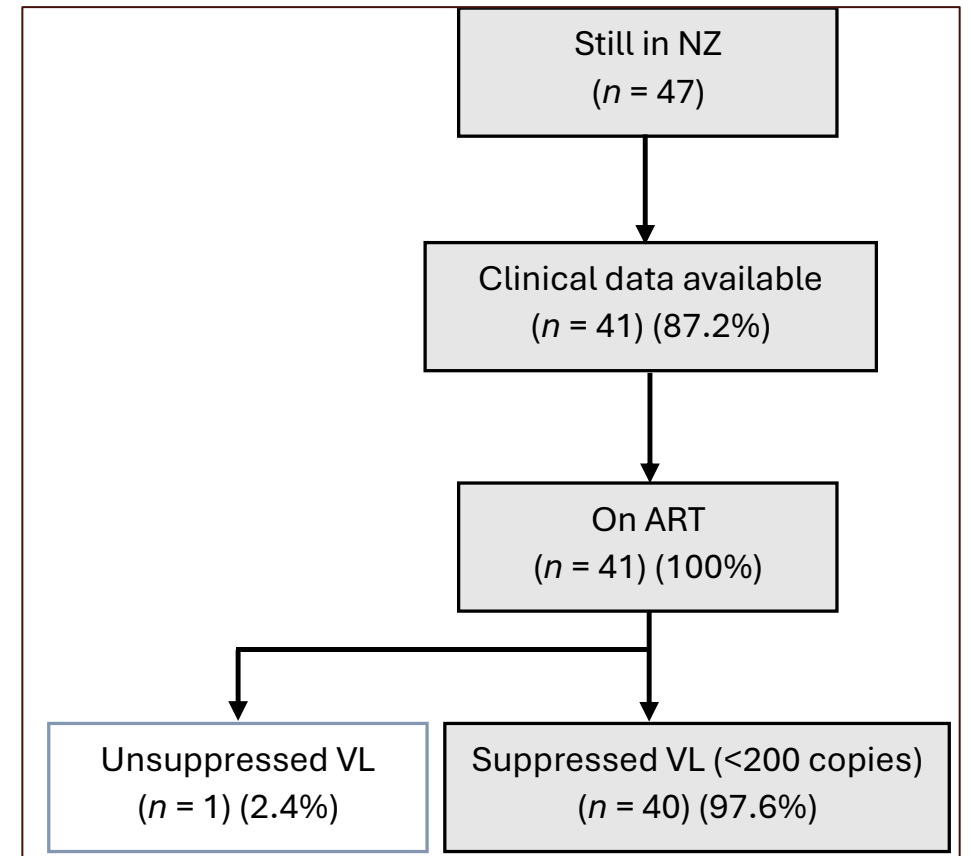
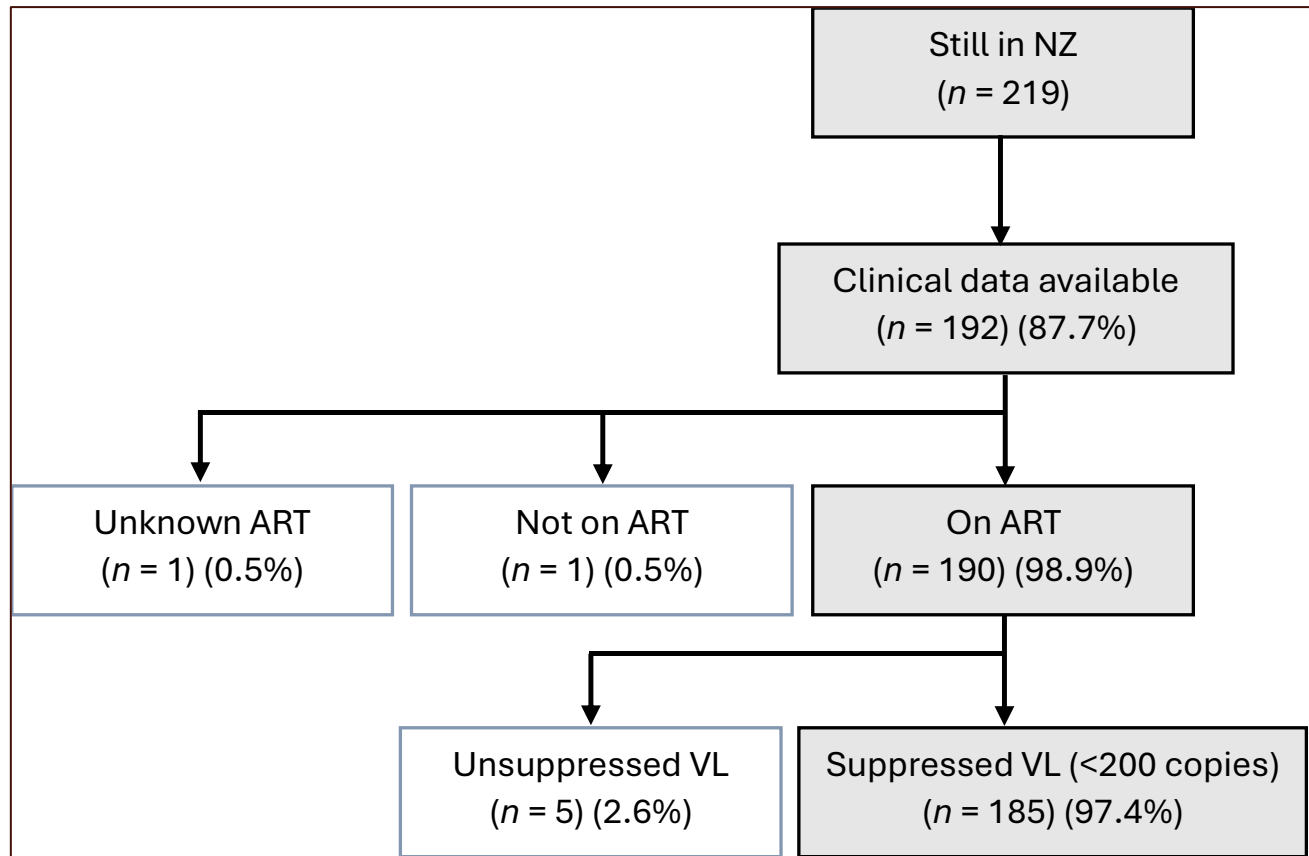
- 95% of people living with HIV know their status
- 95% of people who are diagnosed with HIV on treatment
- 95% of people who are on HIV treatment have viral suppression

2030 targets:

95% of people who are diagnosed with HIV on treatment
95% of people who are on HIV treatment have viral suppression

Total notified with HIV 2025 = 243

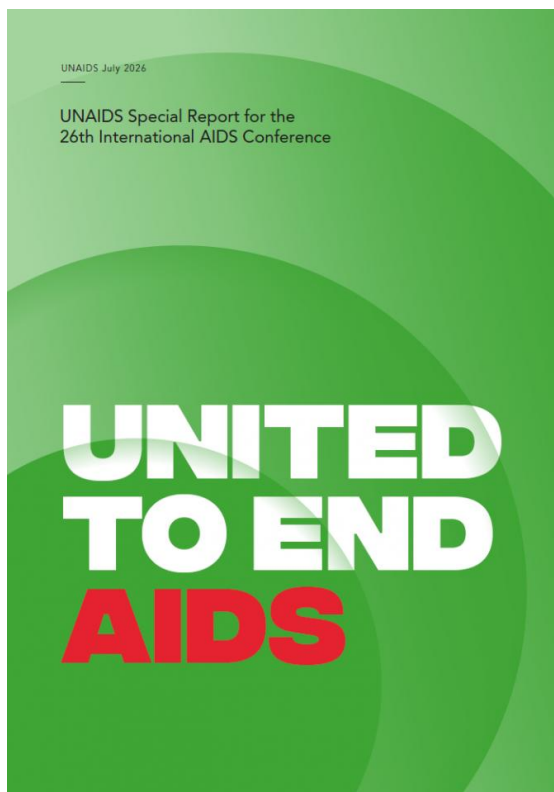
Women notified with HIV 2025 = 50



Girls and women with HIV: global situation

- ❖ 41 million people living with HIV at the end of 2025
 - 21.7 million women aged 15+
 - 53% of all people living with HIV are women and girls
 - 1.3 million children (<15 years)

- ❖ In 2025, estimated 1.2 million people acquired HIV (42% less than in 2010)
 - 44% (n=528,000) are among women and girls



Despite progress, the world missed the 2025 targets

Figure 1
Number of new HIV infections, global, 1990–2025
and 2030 target

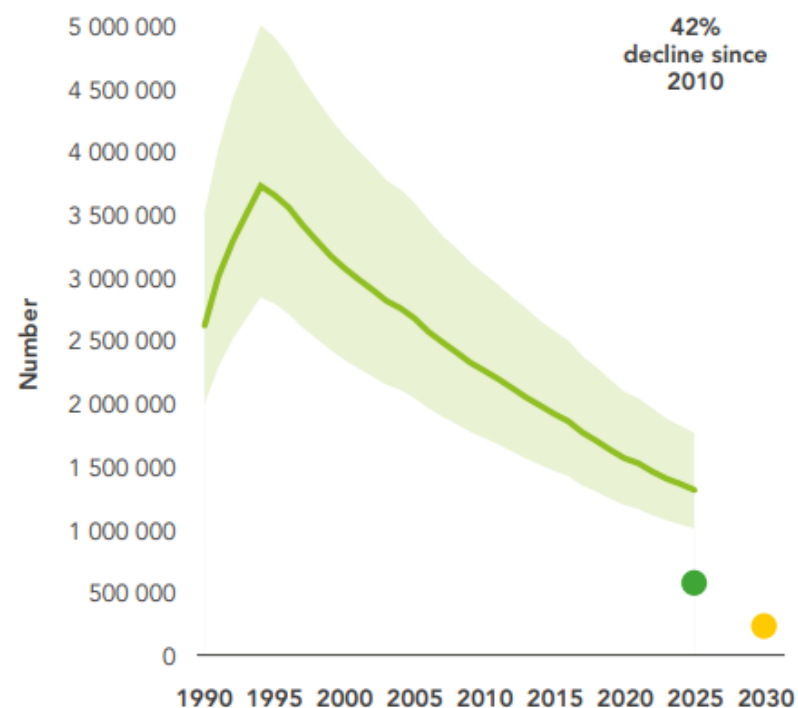
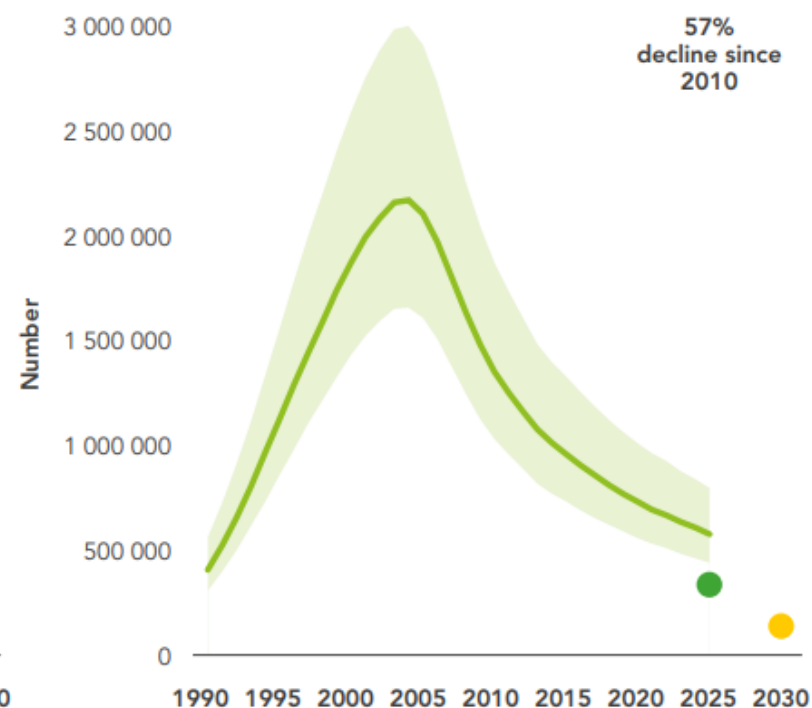


Figure 2
Number of AIDS-related deaths, global, 1990–2025
and 2030 target



Summary

- ❖ Average of 9 women per year with HIV acquired in Aotearoa
- ❖ Average of 5 heterosexual men per year with HIV acquired in Aotearoa
- ❖ Increase in the number of overseas diagnosed women and heterosexual men
 - ➔ care and support

Acknowledgements

- Positive Women Inc. & Sponsors of today's seminar
- HIV nurse specialists, clinicians, and their support staff
- Laboratory staff
- Ministry of Health – Funding of the HIV Epidemiology Group
- HIV Epidemiology Group – Dr Sue McAllister and Dr Jerram Bateman