

# “A human rights-centered and stigma-free response to HIV”

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## Question # 1

“Feeling that people deserve to get HIV because they are gays is a form of \_\_\_\_\_.”

# STIGMA



## Question # 2

Use of double-gloving in attending HIV clients is an extrinsic manifestation of \_\_\_\_\_.

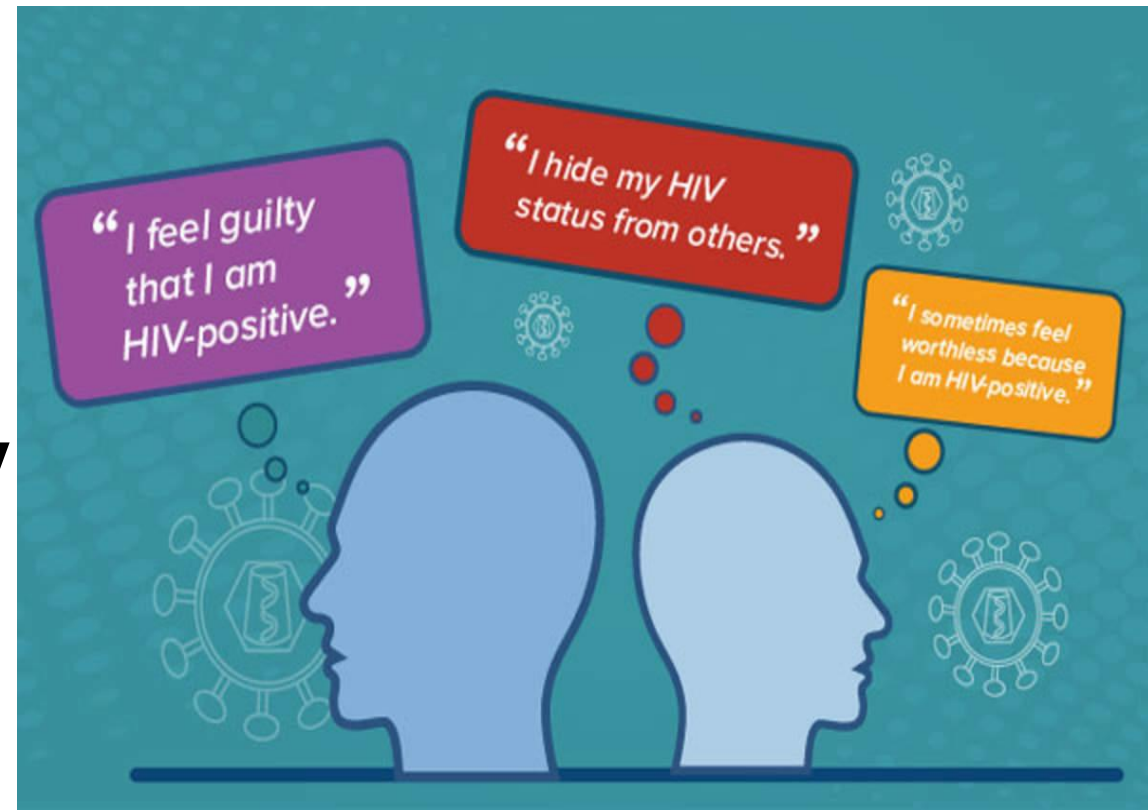
## Discrimination



## Question # 3

Internalized Stigma is when a person takes in the negative ideas and stereotypes about people living with HIV and start to apply them to themselves.

## Internalized Stigma or Self Stigma



## Question # 4

For PLHIV accessing HIV specific health service, the most common form of stigma being experienced from the health care providers is \_\_\_\_\_.

Advised not to have sex because of their HIV status



## Question # 5

The first step to reducing stigma and discrimination in health care facilities is by ensuring that staff members are educated about what stigma is.

True



## What is HIV stigma?

HIV stigma is negative attitudes and beliefs about people with HIV. It is the prejudice that comes with labeling an individual as part of a group that is believed to be socially unacceptable.

Here are a few examples:

- 1 Believing that only certain groups of people can get HIV
- 2 Making moral judgments about people who take steps to prevent HIV transmission
- 3 Feeling that people deserve to get HIV because of their choices

## What is discrimination?

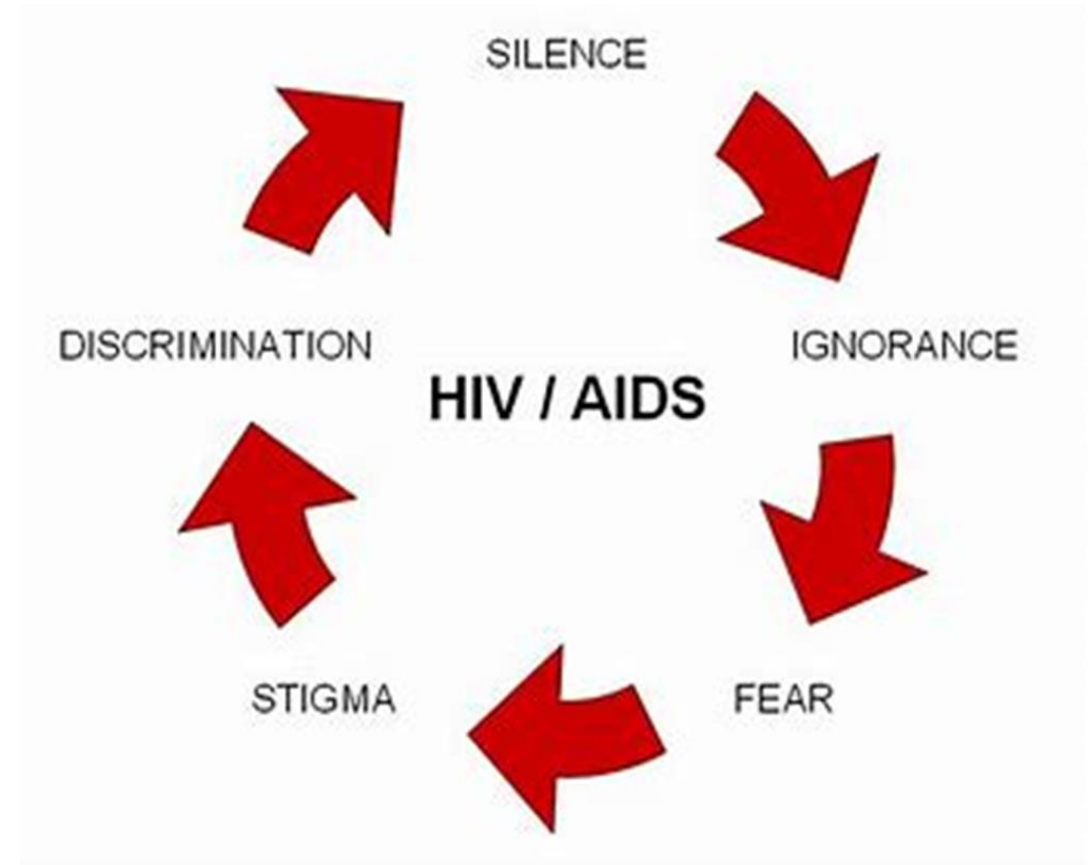
While stigma refers to an attitude or belief, discrimination is the behaviors that result from those attitudes or beliefs. HIV discrimination is the act of treating people with HIV differently than those without HIV.

Here are a few examples:

- 1 A health care professional refusing to provide care or services to a person living with HIV
- 2 Refusing casual contact with someone living with HIV
- 3 Socially isolating a member of a community because they are HIV positive

# Root Causes of Stigma

1. Lack of Information and Awareness
2. Outdated Beliefs
3. Fear of HIV
4. Moral Judgments
5. Cultural and Religious Beliefs
6. Judgmental Attitudes
7. Lack of Empathy





# Effects of HIV-related Stigma & Discrimination

HIV-related stigma and discrimination significantly impacts the health, lives and well-being of people living with or at risk of HIV, especially key populations.

Stigma and discrimination impedes the HIV response at every step, limiting access to:



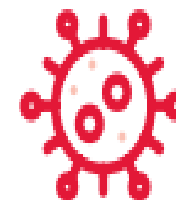
PREVENTION SERVICES



BROADER SEXUAL AND REPRODUCTIVE HEALTH SERVICES

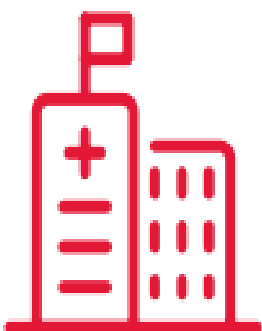


TESTING, TREATMENT AND ADHERENCE



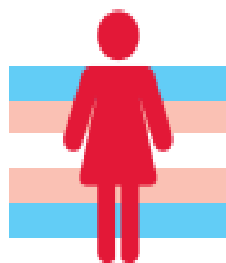
TUBERCULOSIS AND OTHER SERVICES

# LINKING RIGHTS AND HEALTH OUTCOMES



People living with HIV who perceive high levels of HIV-related stigma are

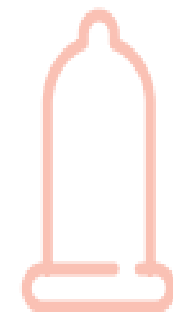
**2.4 times more likely** to delay enrolment in care until they are very ill (5).



A study of transgender women in Argentina showed that those who had experienced discrimination in health-care settings were

**3x more likely** to avoid health-care settings than those who had not (6).

Where programmes have been put in place to respond to stigma and discrimination, access to services for HIV prevention, testing and treatment has measurably improved (7, 8).



HIV-related stigma and discrimination continues to be pervasive.

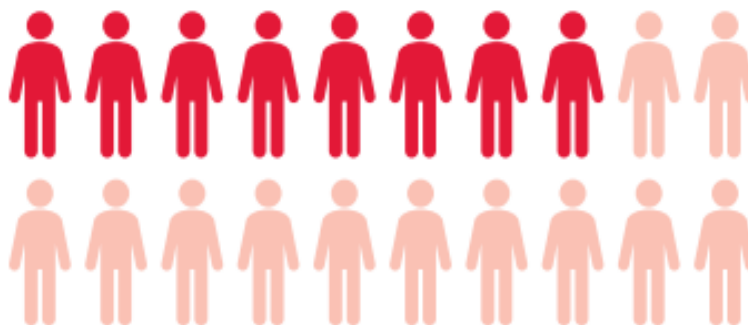
Across countries with available data, up to

**21%**

of people living with HIV reported being denied health care in the past 12 months (1).



In 11 countries with available data up to



**40%** of people living with HIV

report being forced to submit to a medical or health procedure.

up to

**26%**

of women living with HIV reported that

receiving HIV treatment was conditional on **taking contraceptives** (1).

# THE PHILIPPINE PEOPLE LIVING WITH HIV (PLHIV) STIGMA INDEX 2.0 (2019)

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DEMOGRAPHIC RESEARCH AND  
DEVELOPMENT FOUNDATION (DRDF), INC.

and

PINOY PLUS ADVOCACY PILIPINAS, INC. (PINOY PLUS)

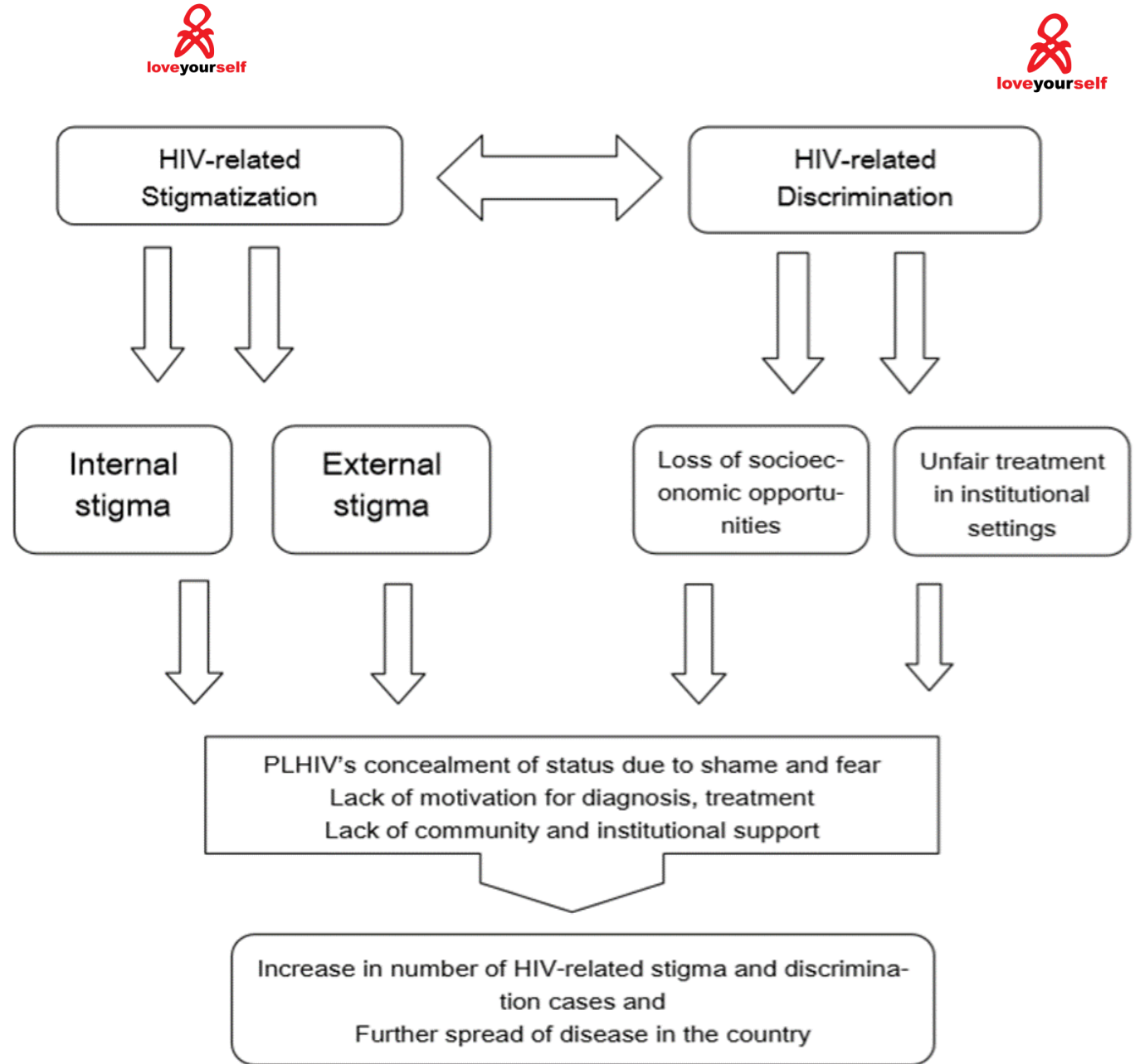


Table 18. Percentage of respondents reporting stigma and discrimination when accessing HIV-specific health care

	Percent	N
Being advised not to have sex	14.7	150
Being talked badly or gossiped about	2.7	149
Verbally abused	2.0	149
Physical abuse	(0.7)	149
Avoiding physical contact	2.0	149
Telling other people about HIV status	(0.7)	147

Table 19. Percentage of respondents reporting stigma and discrimination when accessing non-HIV related health care

	Percent	N
Being denied of services because of HIV status	8.2	61
Being advised not to have sex	4.8	62
Being talked badly or gossiped about	11.5	61
Verbally abused	(3.3)	61
Physical abuse	(3.3)	61
Avoiding physical contact	(3.3)	60
Telling other people about HIV status	4.9	61

# GLOBAL AIDS SOCIETAL ENABLER TARGETS 2025

Less than 10% of people living with HIV report internalized stigma or experience stigma and discrimination in health-care and community settings.

Less than 10% of key populations report experiencing stigma and discrimination.

Less than 10% of the general population reports discriminatory attitudes toward people living with HIV.

Less than 10% of law enforcement officers report negative attitudes toward key populations.

## Key principles and actions to achieve a human rights-centered and stigma-free response

### 1. Human Rights Approach

- Dignity & Equality
- Non-Discrimination
- Informed Consent



**PNAC ROADMAP**  
TO ADDRESS RIGHTS-BASED BARRIERS TO  
ACCESSING HIV AND AIDS SERVICES  
Final Draft | March 2021

PATHWAYS: PRISMS					
Protect	Reform	Inform	Serve	Mobilize	Support
Justice and Accountability	Policy and Governance	Information, Education and Communication	Service-delivery System	Community Empowerment and Engagement	Social Protection



## Key principles and actions to achieve a human rights-centered and stigma-free response

### 2. Stigma Reduction

- Education and Awareness
- Community Engagement
- Legal Literacy
- Language Matters

Community Led Monitoring System in the Philippines



# commusta.ph

## HIV COMMUNITY KUMUSTAHAN

commusta.ph is a CLM platform led and implemented by Civil Society Organizations (CSO), Community-Led Organizations (CLO), and Community-Based Organizations (CBO) of People Living with HIV (PLHIV) and other Key Populations (KPs) working on HIV & AIDS, LGBTQIA rights, and other key population issues, including sexual and reproductive health.

SERVICE QUALITY

STIGMA AND  
DISCRIMINATION

POLICY

FINANCE

## Key principles and actions to achieve a human rights-centered and stigma-free response

### 3. Access to Healthcare & Support:

- Health Services
- Confidentiality
- Social Support



Republic of the Philippines  
Department of Health  
**OFFICE OF THE SECRETARY**

JUN 30 2022

**ADMINISTRATIVE ORDER**

No. 2022- 0024

**SUBJECT: Guidelines on Differentiated Treatment for People Living with Human Immunodeficiency Virus (PLHIV) and Prophylaxis for HIV-Exposed Infants**

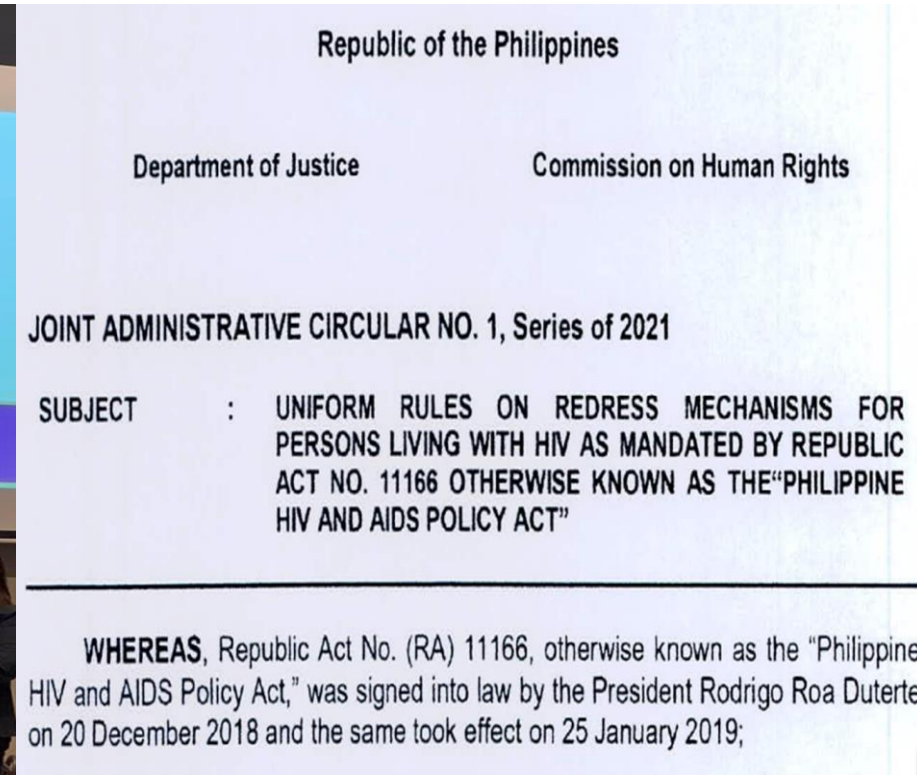
## Key principles and actions to achieve a human rights-centered and stigma-free response

### 4. Legal Protections:

- Anti-Discrimination Laws
- Legal Aid
- Redress Mechanism

### 5. Empowerment and Participation:

- Meaningful Involvement
- Self-Advocacy





UNAIDS recommends seven key programmes for eliminating HIV-related stigma and discrimination (47):

- Stigma and discrimination reduction.
- HIV-related legal services.
- Monitoring and reforming laws, regulations and policies on HIV.
- Legal literacy (“know your rights”).
- Sensitization of law makers and law enforcement agents.
- Training for health-care providers on human rights and medical ethics for HIV.
- Reducing discrimination and violence against women in the context of HIV.



Problematic word or phrase	Preferred word or phrase
AIDS (when referring to the virus, HIV)	HIV HIV <b>and</b> AIDS (when referring to both)
<p><b>Why:</b> AIDS itself is not a condition. It is a range of conditions, or a syndrome, that occurs when a person’s immune system is weakened by the HIV infection.</p>	
To catch AIDS To catch HIV To pass on HIV	To be diagnosed with HIV To acquire HIV To transmit HIV
<p><b>Why:</b> AIDS cannot be caught or transmitted. People get HIV. HIV can be transmitted, but it is not hereditary.</p>	
Unprotected sex	Sex without a condom or medicines to prevent or treat HIV (such as pre-exposure prophylaxis (PrEP) or antiretroviral therapy)
<p><b>Why:</b> “Unprotected sex” is often associated with sex without a condom. More precise terms are necessary as today there are numerous ways outside condom use to engage in safe sex to prevent HIV.</p>	

Body fluids

Blood, amniotic fluid, semen, pre-ejaculate, vaginal fluids, rectal fluids, breast milk

**Why:** Only some body fluids transmit HIV. “Body fluids” covers all fluids coming from the body and not just those involved in HIV transmission. Be specific when possible.

To battle HIV and/or AIDS  
War against HIV/AIDS

Response to HIV and AIDS

**Why:** These terms may be considered militaristic and may lead others to think that people with HIV have to be “fought” or eliminated.

Risk  
Risky behavior  
High(er) risk group(s)  
Groups with high-risk behavior

people with certain risk factors such as [examples]  
people who engage in behaviors such as [examples] that may increase their chances of getting HIV  
risk factors such as [specifics/examples]  
behaviors that increase the chances of getting or transmitting HIV  
communities over-represented in the HIV epidemic  
populations with a high [prevalence/incidence] of HIV

**Why:** Some risk-related terms can be stigmatizing and may imply that the condition is inherent to a person or group rather than the actual causal factors.

Victims Sufferers Contaminated Sick	People/person with HIV
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**Why:** Some people with HIV feel that these terms imply that they are powerless, with no control over their lives. Other unhelpful terms negatively define people with HIV by the condition. These terms also segregate the people who have HIV.

AIDS patient HIV patient Patient	Person with AIDS Person with HIV
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**Why:** The term “patient” implies a constant state of illness that can be misleading and demoralizing. Outside a clinical context, a person is not a patient.

Positives HIVers AIDS or HIV carrier(s)	Persons/people with HIV People with HIV (PWH or PWHIV) Persons with HIV (PWH or PWHIV) Persons/people with diagnosed HIV (PWDH or PWDHIV)
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**Why:** A person is not HIV or AIDS. A person lives with HIV once he or she gets the virus or progresses to having an AIDS diagnosis.

Injection [injecting] drug user (IDUs)

Persons/people who inject drugs (PWID)

**Why:** Injecting drug use refers to the transmission category and not the people themselves.

People who have an undetectable viral load have little risk of transmission

Treatment as prevention (TasP)

People with HIV who have an undetectable viral load:

- do not/don't transmit

- will not/won't transmit

Undetectable = Untransmittable or U=U

People who are undetectable have effectively no risk of transmitting HIV

People who are undetectable have negligible risk of transmitting HIV

**Why:** Research has shown that having an undetectable viral load prevents HIV transmission to others through sex or syringe sharing, and during pregnancy, birth, and breastfeeding. This is sometimes referred to as “treatment as prevention” (TasP).



# Next Steps

1. Institutionalization of S&D reduction programs in all settings
2. Expand trainings on SOGIE, Legal literacy and HIV education beyond key populations
3. Strengthen redress mechanisms
4. Full implementation of the AIDS law
5. Empower community to demand for their rights (rights holder) and empower the providers as duty bearers



**“A stigma-free response to HIV involves compassion, understanding, and a commitment to human rights.”**



[https://fb.watch/qN8dIAt\\_z8/](https://fb.watch/qN8dIAt_z8/)