The HIV epidemic among gay and bisexual men in New Zealand

HIV diagnoses among men who have sex with men (MSM) in New Zealand have increased since the year 2000.

Although some HIV infections among MSM were acquired overseas, most of the overall increase was due to HIV infections acquired within New Zealand.

MSM are the group most at risk of new HIV infections within New Zealand. In fact, gay and bisexual men make up around 2.5% of the total New Zealand population, but accounted for 79% of all new locally-acquired HIV diagnoses within New Zealand between 2003-2007.

WHAT THIS MEANS FOR YOU:
- There is currently a surge in HIV infections in New Zealand and in other gay communities around the world
- If you're sexually active, your sexual partners may not be aware they have HIV
- If a sexual partner was recently infected, they will also be highly infectious to you and to others if condoms aren’t used during anal sex

MSM are at heightened risk of HIV for several reasons:
- Anal sex is roughly 5 times riskier for HIV transmission than vaginal sex
- MSM tend to have more sexual partners over their lifetime than heterosexual men and women
- There is a high level of existing (prevalent) HIV infection among the sexual partners of MSM

For example, in 2005/6 an anonymous study of people attending sexual health clinics in New Zealand found that approximately 1 in every 22 gay or bisexual men nationwide had HIV (4.4%). This was roughly 37 times the level of infection seen among heterosexual men and women.

Just under half of these men were not aware they were infected.

Among gay or bisexual men, undiagnosed HIV infection was higher among men living in Auckland, and who were aged over 30.

WHAT THIS MEANS FOR YOU:
If you’re a man who has sex with men then your sexual partners are more likely to have HIV than the sexual partners of heterosexual men and women in New Zealand.

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