



# PREVENTION WORKS IN MAINE

HIV/AIDS PREVENTION EDUCATION FOR SEXUAL HEALTH

A newsletter for health educators working with school aged youth

VOL #2, FEB 2012

## EARLY TESTING

### Key to prevention

We know that testing for HIV and other STDs is the best way to prevent the spread of diseases. Unfortunately here in Maine, we tend to have “late testers,” people who already have AIDS and have been living with HIV undetected for ten or more years. That number is 50%. (see Pg 2)

“I wish we could eliminate the stigma of students getting tested for HIV and educate them about the links to other STDs,” said Sandra Putnam, Coordinator at

the Virology Treatment Center at Maine Medical Center in Portland. In a recent presentation, Putnam provided an [HIV Biomedical Update](#) on HIV/AIDS, STDs and Hepatitis.

The other issue with undiagnosed cases of HIV is that people are infecting others without knowing it through unprotected sex and IV drug use.

In 2006, the CDC recommended that all Americans ages 13 to 64 be tested for HIV, so let’s do our part and get the word out. ✦

## TRAINING OPPORTUNITIES

Apr 5: [Comprehensive Sexuality Education Conference](#), Augusta, Me (save the date; more info to follow)

May 9-10, 2012: [Reducing the Risk/Making Safer Choices](#) curriculum training (7/8th grades), Augusta, Me

May 23, 2012: [Booster session](#) (7/8th grades), Augusta, Me

Click [here](#) for complete list.

## VALENTINE’S DAY

### Protect yourself and others

Valentine’s Day is coming right up and a perfect time to protect the ones we love. [National Condom Week](#) and [Teen Dating Violence Awareness](#) sites offer lots of resources and materials to bring attention to these important aspects of relationships and sexual health.



Be sure your students have the knowledge and skills to protect their sexual health and avoid infection from HIV or another STD or become a partner in pregnancy.

Locating and accessing nearby [STD clinics](#) is a key skill for students to practice. ✦

## REMINDER:

Sexually active young people (15-19 yr olds) are more likely than any other age group to have multiple sex partners and engage in unprotected sex.

## HIV in Maine Snapshot: Year 2010

**59 new cases (49 males, 10 female):**

- 1 under 19 yrs
- 8 over 49 yrs
- 50 between 20-48 yrs\*

**1,563 living w/HIV (1,310 males, 253 females):**

- 300 approx. undiagnosed

**Approx. 800 under care and treatment now:**

- 85% male
- 15% female

Info from: [HIV Biomedical Update slides](#), 2012

## STDs in Maine Snapshot: Year 2010

**Gonorrhea: 162 cases**

- 55% males, of those 50% in 20-29 yr olds

**Chlamydia: 2,586 cases**

- 70% females
- Age 20-24 highest age group

**Syphilis: 39 cases**

- Biggest risk—Internet hook ups, Anonymous sex

Info from: [HIV, STD, and Viral Hepatitis Program at the Me Centers for Disease Control and Prevention](#)

## FEELING THE SQUEEZE

### Funding cuts in 2012



The HIV Prevention Education Program

at the Department of Education is currently dealing with a 20% funding cut from the federal government, U.S. Centers for Disease Control and Prevention.

The drastic cut will have a big impact on our 2012 programming. We are pursuing alternative ways and means to conduct trainings, workshops, and provide technical assistance.

Currently we offer 1 to 2 day evidence-based HIV prevention curricula trainings, other sexual health workshops for our priority populations (i.e., GLBTQ, Native American, homeless youth), peer education work for student leaders and HIV prevention online resources.

Since you are the folks we service, it's important we hear from you about what needs you currently have. We will include a survey link in our March newsletter asking for your input. Then, we'll use that information to tailor future cost-effective programming. So, thanks for your help! ♦

### QUICK LINKS

[Family Planning Association of Maine](#)

[HIV/AIDS Info Resource](#)

[HIV, STD, and Viral Hepatitis Program, MCDC](#)

[Maine Integrated Youth Health Survey](#)

[Teen and Young Adult Health Program, MCDC](#)

### CONTACT INFO

HIV Prevention Education Program  
Me. Department of Education  
23 State House Station  
Augusta, Me 04333-0023  
(physical location: 111 Sewall St)  
<http://www.maine.gov/education/hiv>  
Ph: (207) 624-6692  
Email: hiv.doe@maine.gov