



# WALLER HALL RESEARCH

A DIVISION OF THE HENNE GROUP

**Study:** Wyoming Needs Assessment

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**Report:** Quantitative Research



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# Background

The Wyoming Department of Health (WDH) contracted with Waller Hall Research to conduct a statewide telephone survey of Wyoming residents regarding their general health, mental health, alcohol and substance use, and sexual health.

[About Waller Hall Research](#)

# Methodology

## Timeline

1

Interviews were conducted between November 19 and December 30, 2020. Potential respondents had to be residents of Wyoming and 18 years of age or older to qualify for the survey.

## Population

2

405 interviews were conducted by telephone among Wyoming residents. Each survey lasted approximately 17-18 minutes.

## Sample Study

3

The standard error of the 405 respondents is  $\pm 4\%$  at the 95% confidence interval. Sampling of cellphone and landlines were done at random.

## Target Sample

4

Target sample was defined as the following, based on the Wyoming census:

- Age: 55 or older (~39%), 35 to 54 (~31%), 18 to 34 (~30%)
  - Older respondent target sample was filled first, followed by younger
- Gender: 50% men and 50% women.

## Modifications

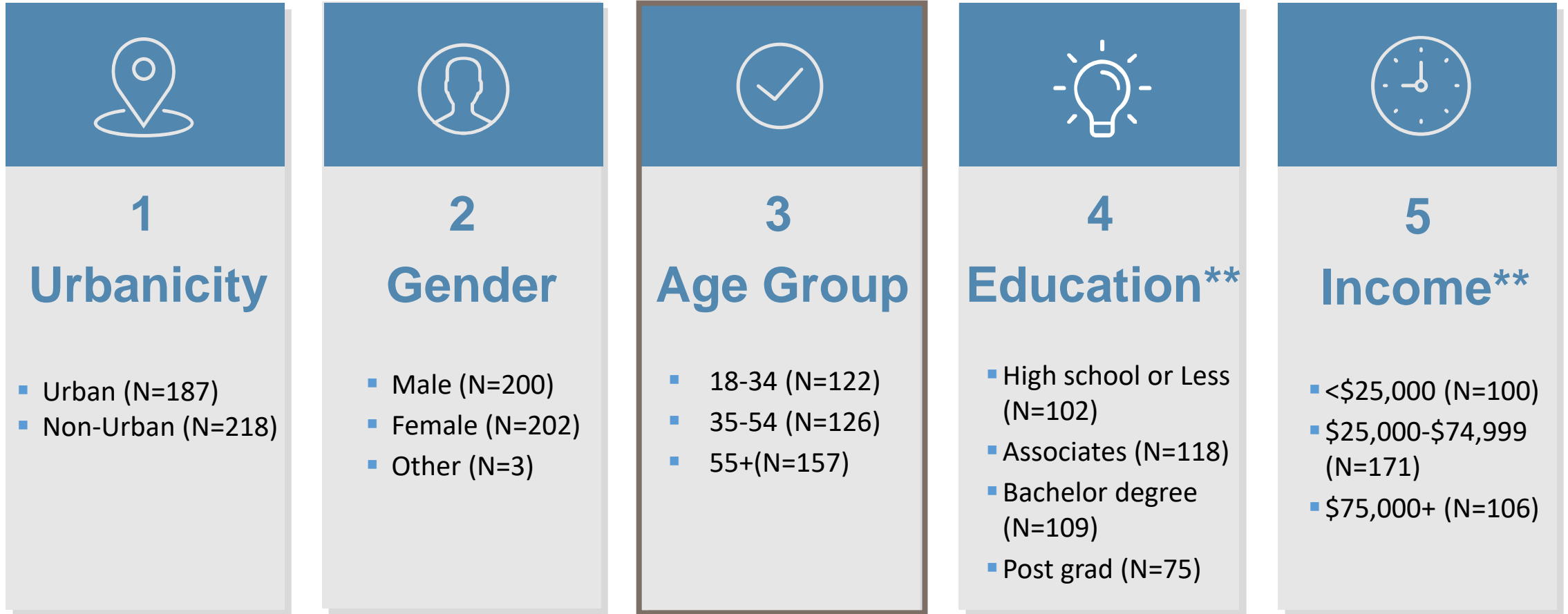
5

During the course of the survey, three questions related to HIV testing were added to the survey (225 respondents). To accurately reflect the population of Wyoming, data is weighted\* by age to make up for the low number of 18-34 year old respondents who were interviewed.

\*See appendix for description of weighting.

# Data Analysis Groups\*

We looked at all questions in the survey against these five variables to see subgroup differences. (N=405)



Note \*: All demographic differences mentioned throughout this report are statistically significant.

**Weighted**

Note \*\*: Missing respondents for education and income were either not sure or refused to answer.

# Executive Summary

## Survey Goals

- Assess knowledge, attitudes and behaviors surrounding suicidal ideation, mental health, tobacco use, alcohol and substance use, and sexual health.
- Assess awareness and use of a variety of state Department of Health programs and services dealing with sexual health.

## Substance Use and Suicidal Ideation

- About one-quarter of respondents are currently using nicotine products and 6% reported using drugs over the past six months. Nearly all respondents who acknowledged drug use reported using marijuana.
- Over one-half of respondents currently drink alcohol, with six in ten of these having at least five drinks per month.
- About 6% of respondents have considered harming themselves in the past three years.

## Sexual Health

- Nearly all respondents have engaged in sexual contact over the course of their lives, and three out of four have been sexually active within the past two years.
  - Most report they have access to condoms, but few are using them.
  - Most have not been tested for sexually transmitted infections (STIs).
  - Most are not using online dating services.
- Most are not talking with medical providers about their sexual health.
- Most respondents are talking with their sexual partners about ways to limit exposure to COVID-19.

## HIV Awareness

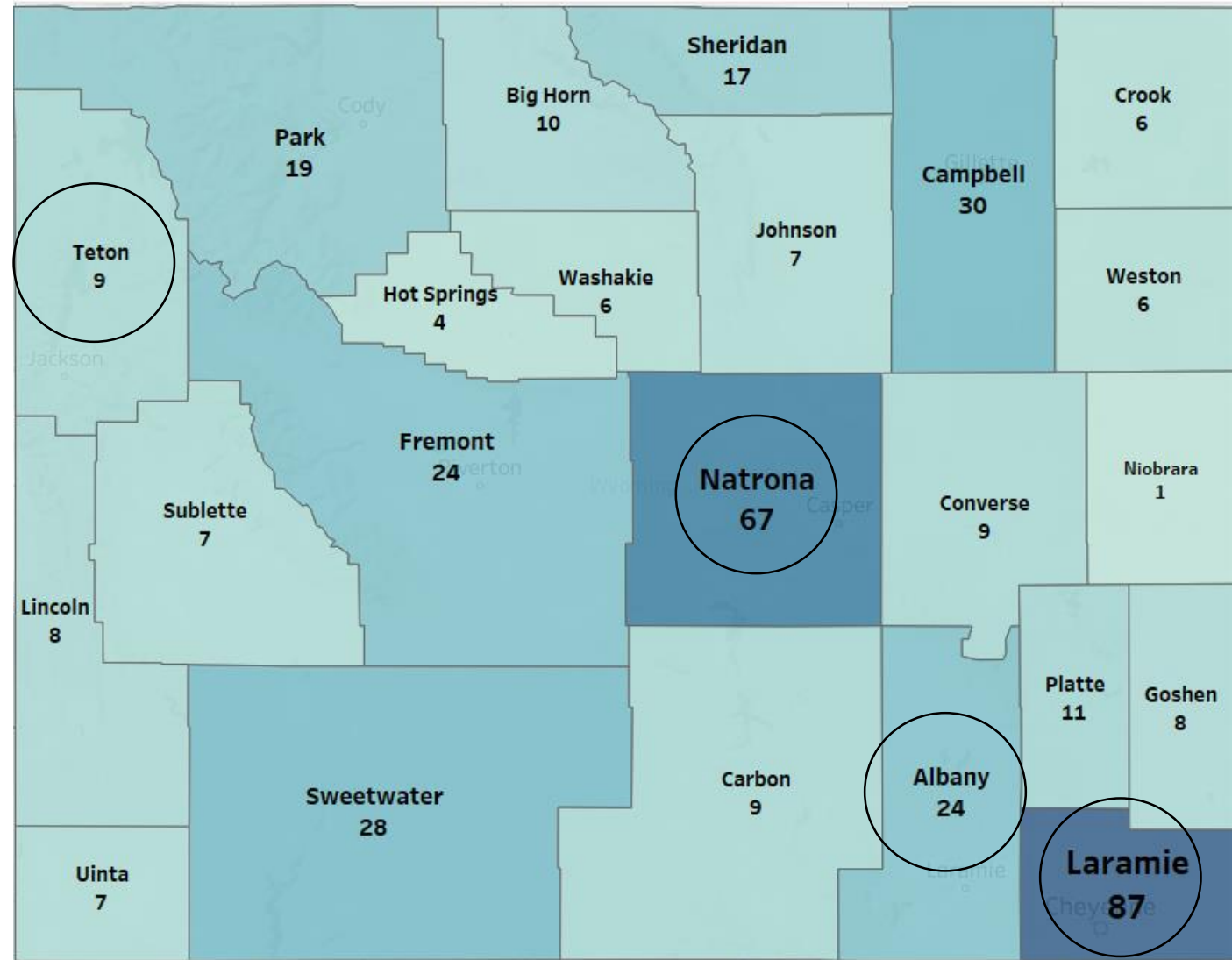
- Most respondents are knowledgeable about STI and HIV transmission.
  - Eight in 10 know where to get an HIV test.
  - Half of respondents doubt HIV treatment effectiveness.
  - About seven in 10 had not heard of KnoWyo, Three-Site Testing, PrEP, or W(h)Y PrEP Matters.
  - Nine in 10 respondents have no knowledge of PEP.

# Chapter 1

## Demographic Overview

# County Population Breakdown

- Counties that are defined as “Urban” in the study are circled.
- Over one-third of respondents are from either Natrona or Laramie county.
- All 23 Wyoming counties are represented in our survey, however, no one from the Wind River Reservation participated.





# Majority of Respondents were Older and White

## Gender

- Respondents are equally divided between men and women.

## Race

- Most respondents (93%) were white.

**Age:** For reporting purpose, the data was weighted so that the percentage of younger respondents more accurately reflects WY's age distribution as reported by the U.S. Census.

- 3 in 10 (30%) of respondents are between 18 and 34 years old.
- 32% are 35 to 54 years old.
- 39% are 55 years old or older.
- The average (mean) age of all respondents is 48.9 years.

	TOTAL %
<u>Gender</u>	
Male	50
Female	50
<u>Age (Weighted)</u>	
18-34	30
35-54	32
55+	39
MEAN	48.9
<u>Race</u>	
American Indian or Alaska Native	1
Asian	1
Black/African-American	<2
Native Hawaiian or Pacific Islander	<1
White	93
Other	<5
TOTAL	405

# Diverse Representation of Education and Income Levels

## Education

- Just over one-quarter of residents surveyed have a high school education or less.
- About three in 10 report some college or an associate's degree.
- One-quarter have a bachelor's degree and about one in six (17%) have a graduate or professional degree.

## Income

- Just over one-quarter of respondents report an annual income of under \$25,000.
- More than four in 10 (42%) have an annual income between \$25,000 and \$74,999.
- One-quarter report an annual income of \$75,000 or more.

	TOTAL %
<b><u>Education</u></b>	
High school or less	27
Some college/associate's degree	29
Bachelor's degree	27
Graduate or professional degree	17
<b><u>Income</u></b>	
Less than \$25,000	27
\$25,000 - \$74,999	42
\$75,000 or more	25
Refused to respond	6
TOTAL	405

# Chapter 2

## Substance Use, Sexual Activity, Mental Health, and Suicidal Ideation

# Substance Use

## Nicotine Products

# One-Quarter of Respondents Use Nicotine Products

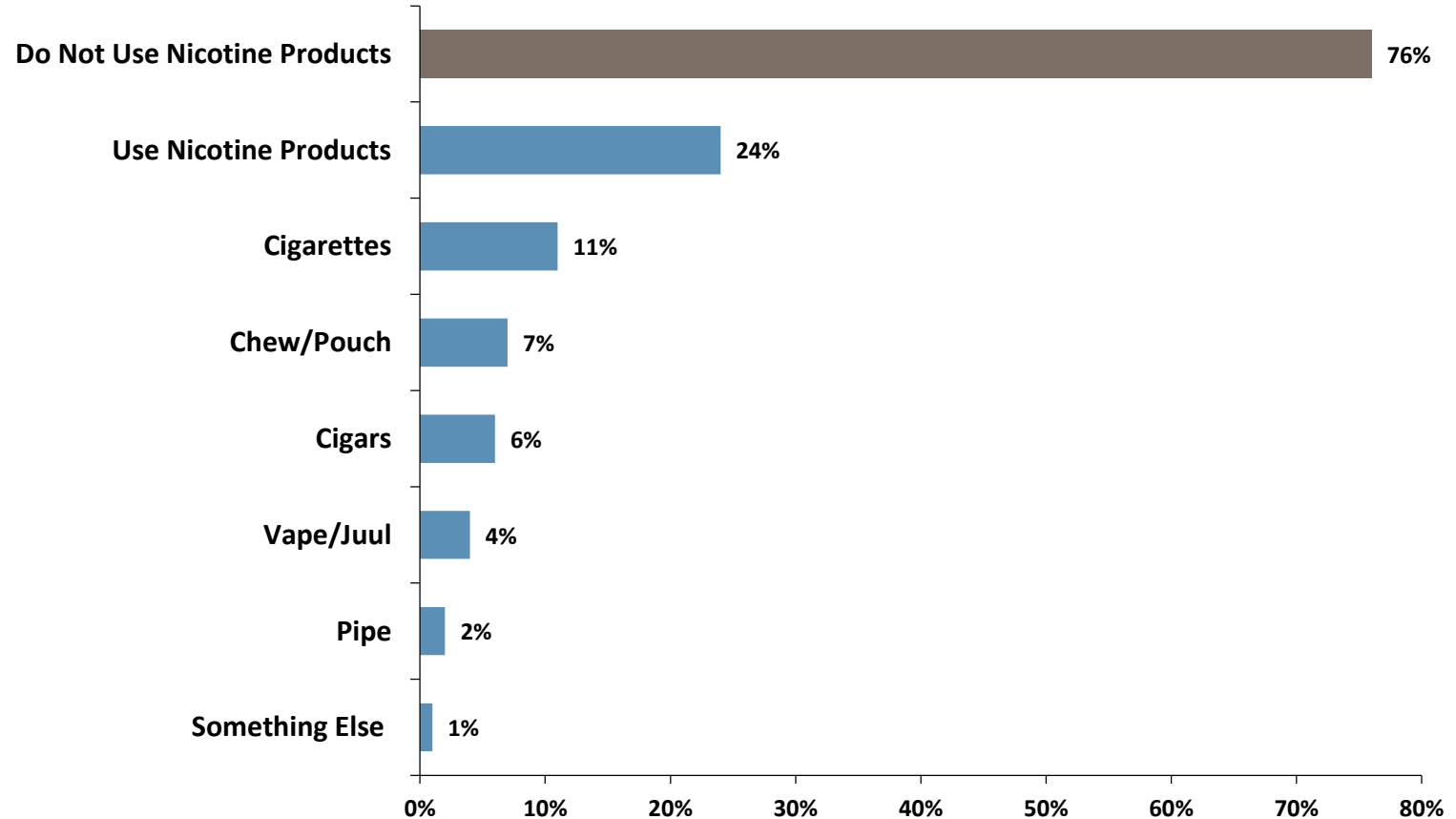
## All Respondents (N = 405)

- Approximately one in four respondents are currently using nicotine products (24%).
- Those with a high school education or less are more likely to use nicotine products compared to those with college and graduate degrees (38% vs. 15%).

## Respondents Who Use Nicotine

- Nearly one-half of nicotine users smoke cigarettes.

## Current Use of Nicotine Products



Sample Size = 405

Q2: Do you currently use any of the following nicotine products?

# Substance Use

Alcohol and  
Drugs

# Most Respondents Consume Alcohol Every Month

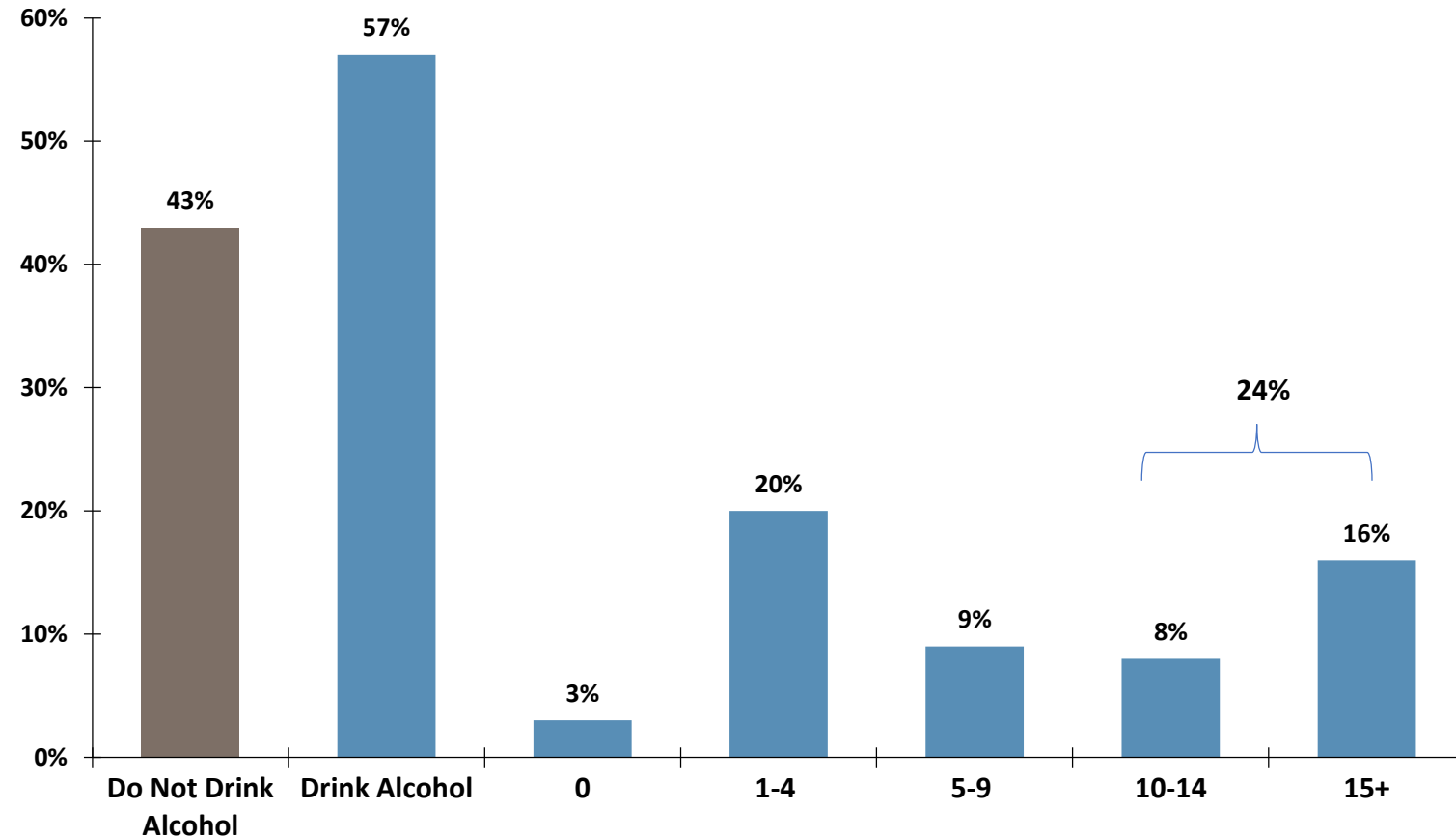
## All Respondents (N = 405)

- About six in 10 (57%) of respondents currently drink alcohol, however a significant number (43%) do not drink.
- Those with a college or graduate degree are more likely to drink alcohol than those with an associates/high school education (69% vs. 47%).

## Respondents Who Use Alcohol

- Twenty-four percent of the population report having 10 or more drinks per month.
- Among those who drink, men are more likely than women to have 10 or more drinks per month (33% vs. 15%).

## About How Many Alcoholic Drinks Do You Drink in One Month?



Sample Size = 405

Q3: Do you currently drink alcohol?

Q4: About how many alcoholic drinks do you drink in one month?

# Almost All Drug Use in the Past Six Months was Marijuana

## All Respondents (N = 405)

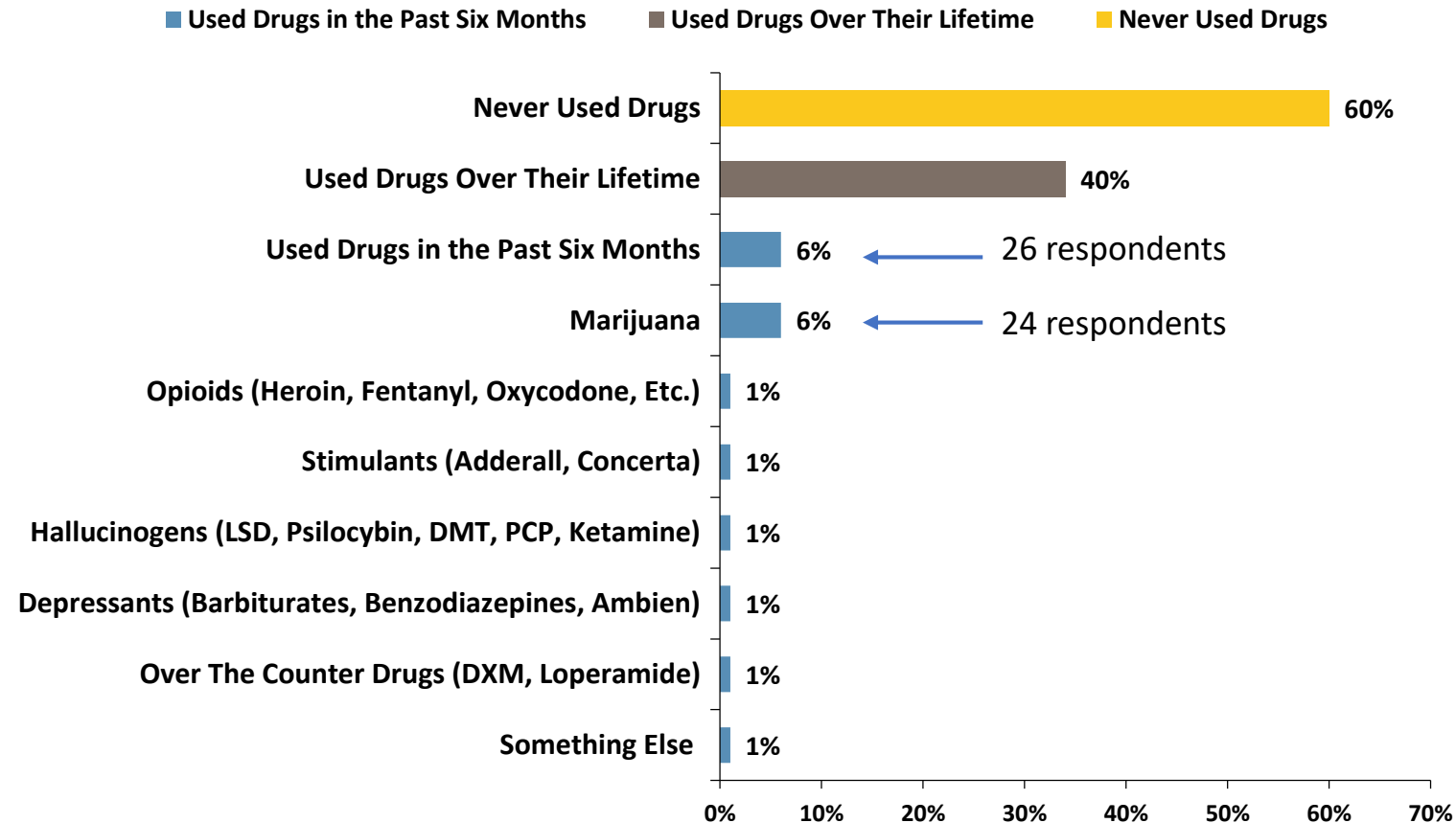
- Sixty percent of respondents have never used drugs. Forty percent of respondents have used drugs over their lifetimes.
- Twenty-six respondents (6%) have used drugs in the past six months.

## Respondents Who Used Drugs in Last Six Months

- Almost all of those who have used drugs in the past six months (24 of 26 respondents) have used marijuana.
- Only one or two respondents have used other drugs shown\*.

\*These figures for drug use may be low due to sampling bias: those with more serious drug problems may be less likely to have phones or respond to phone surveys.

## Recreational Drug Use in the Past Six Months



Sample Size = 405

Q5: In your lifetime, have you ever used recreational drugs?

Q6: Have you used recreational drugs in the last 6 months?

Q7: Have you used any of the following recreational drugs in the last six months?



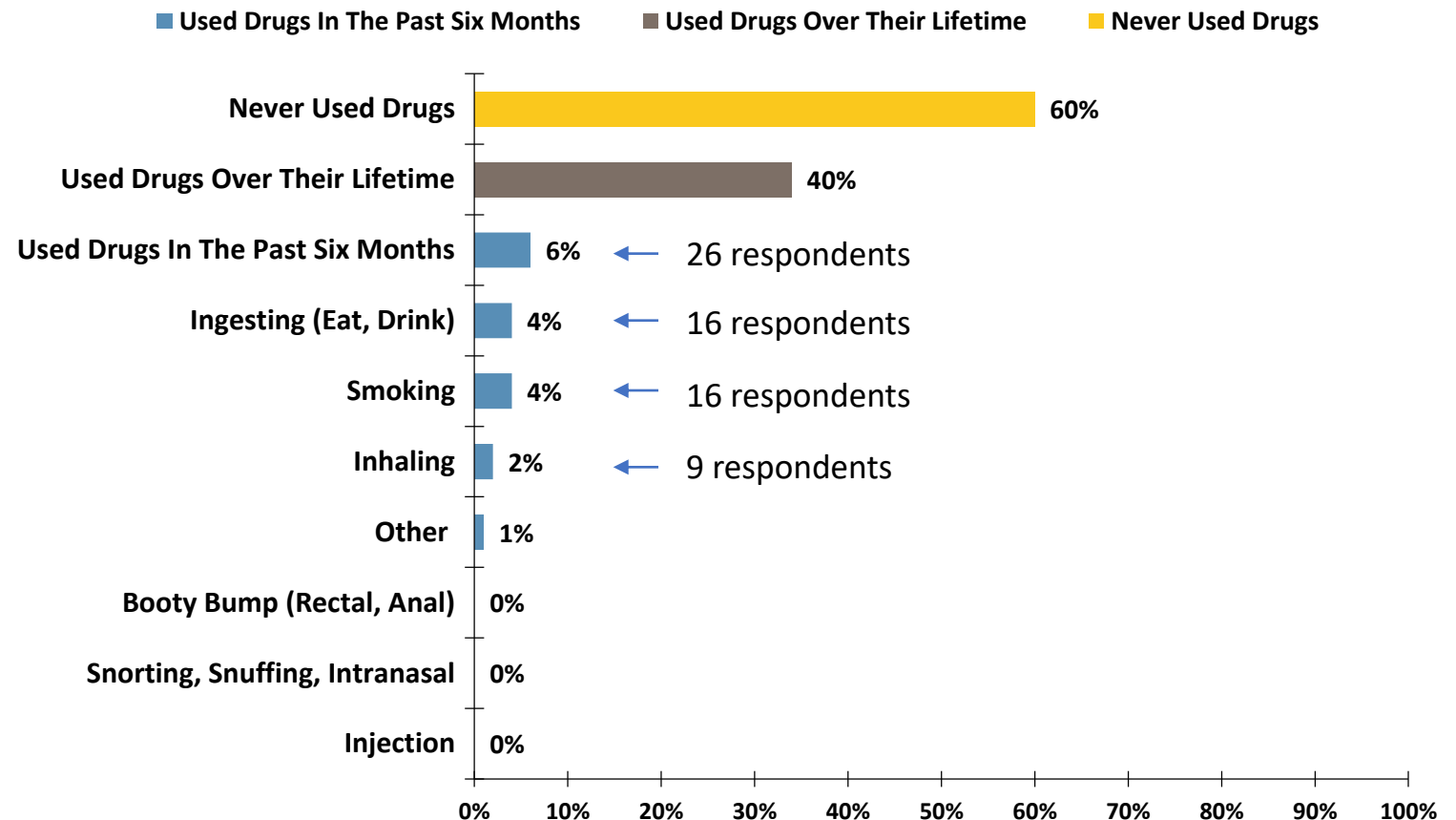
# Ingesting, Smoking and Inhaling are Common Ways Respondents Used Drugs (Including Tobacco) in the Past Six Months

## All Respondents (N = 405)

- Sixteen respondents (4%) report ingesting or smoking\* drugs in the past six months.
- Nine respondents (2%) report inhaling drugs in the last six months.
- No one reported snorting, booty bumping, or injecting any drugs.

\*Smoking can refer to both inhaling or not inhaling cigarette smoke.

## How Recreational Drugs Were Used in the Past Six Months



Sample Size = 405

Q8: How have you used recreational drugs in the past six months? (Multiple Response)

# Education, Income, and Age Correlated with Differences in Reported Lifetime Drug Use

- Those with an associate's degree are more likely to report having used drugs in their lifetimes (44%) compared to those with a high school degree (25%) or those with a college degree (31%).
- Upper income respondents are more likely to report having used drugs in their lifetimes (42%) compared to those with a lower income (25%).
- Respondents between 35-54 years of age are more likely to report having used drugs in their lifetimes (43%) compared to those 18-34 years of age (30%) and those 55+ (29%).

Q5: In your lifetime, have you ever used recreational drugs?

Q6: Have you used recreational drugs in the last 6 months?

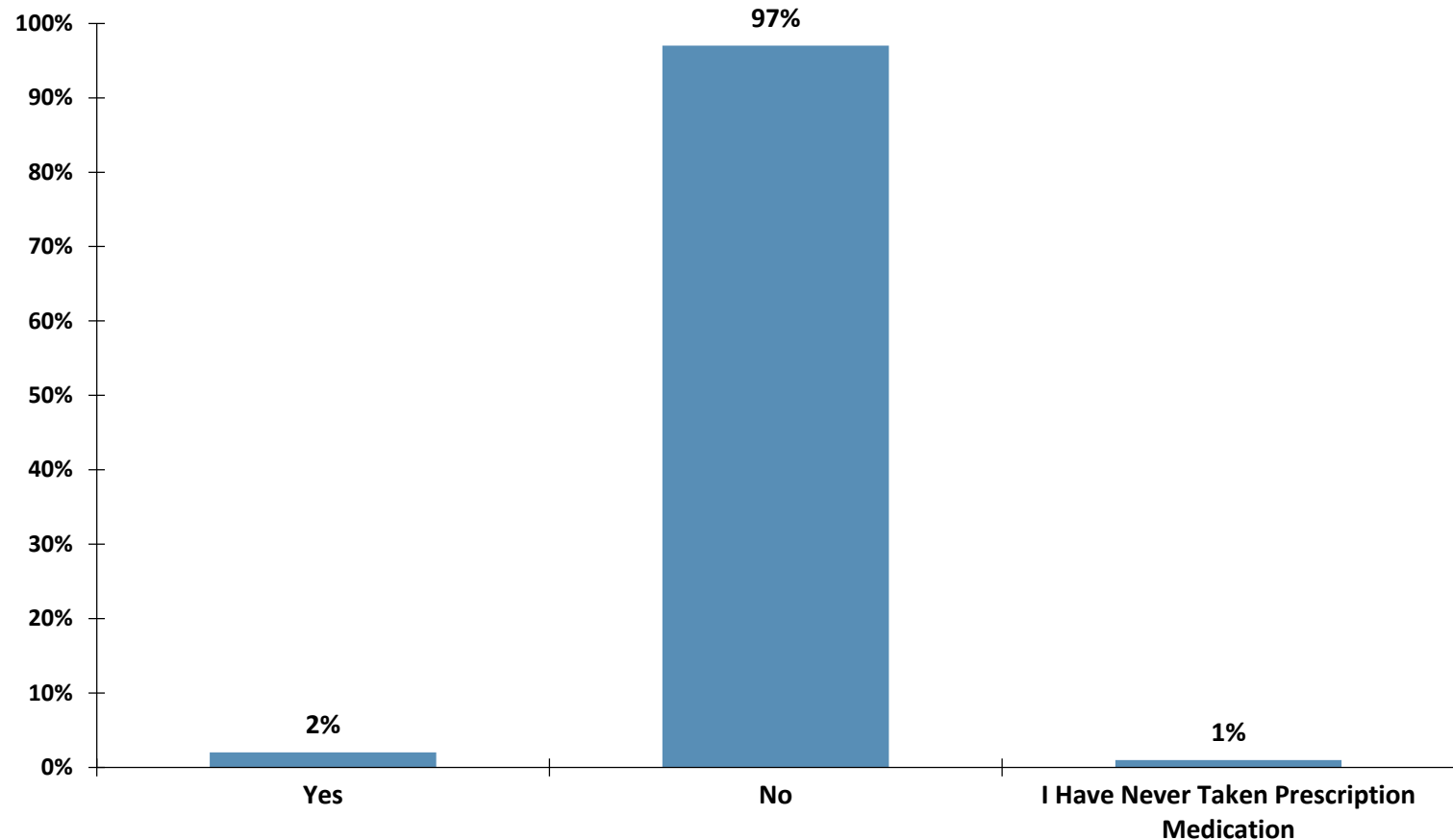
Q7: Have you used any of the following recreational drugs in the last six months?

# Very Few Respondents Have Taken More Medication Than Prescribed

## All Respondents (N = 405)

- Only seven respondents (2%) report they are taking medication more often than prescribed.

### Have You Taken Medication More Often Than Prescribed?



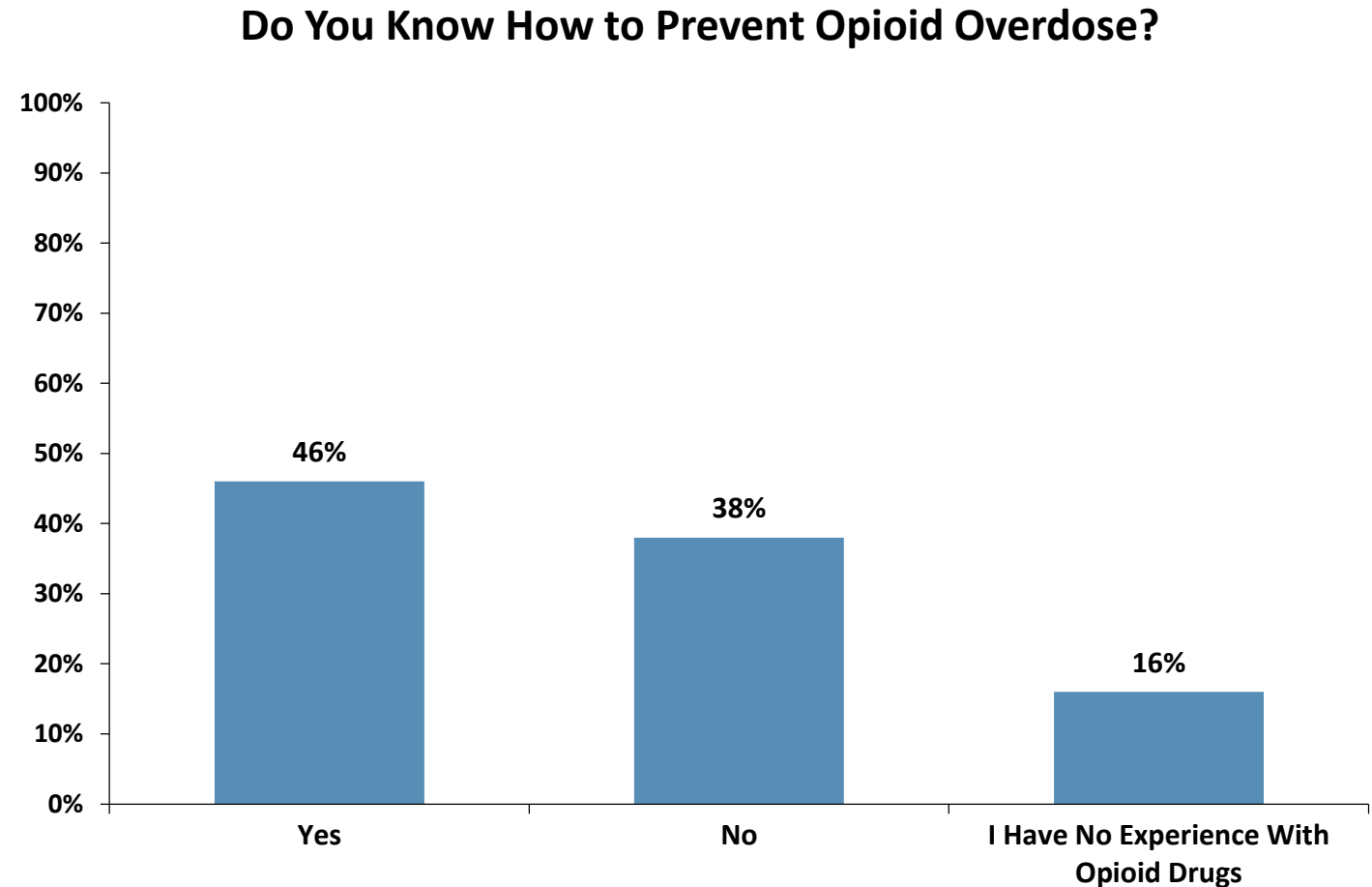
Sample Size = 405

Q12: Have you taken medication prescribed to you more often than it is prescribed?

# Half of Respondents Report Knowing How to Prevent Opioid Overdose

## All Respondents (N = 405)

- Nearly half of respondents (46%) reported they are aware of how to prevent an opioid overdose.



Sample Size = 405

Q13: Do you know how to prevent opioid overdose with prescription and recreational opioid use?

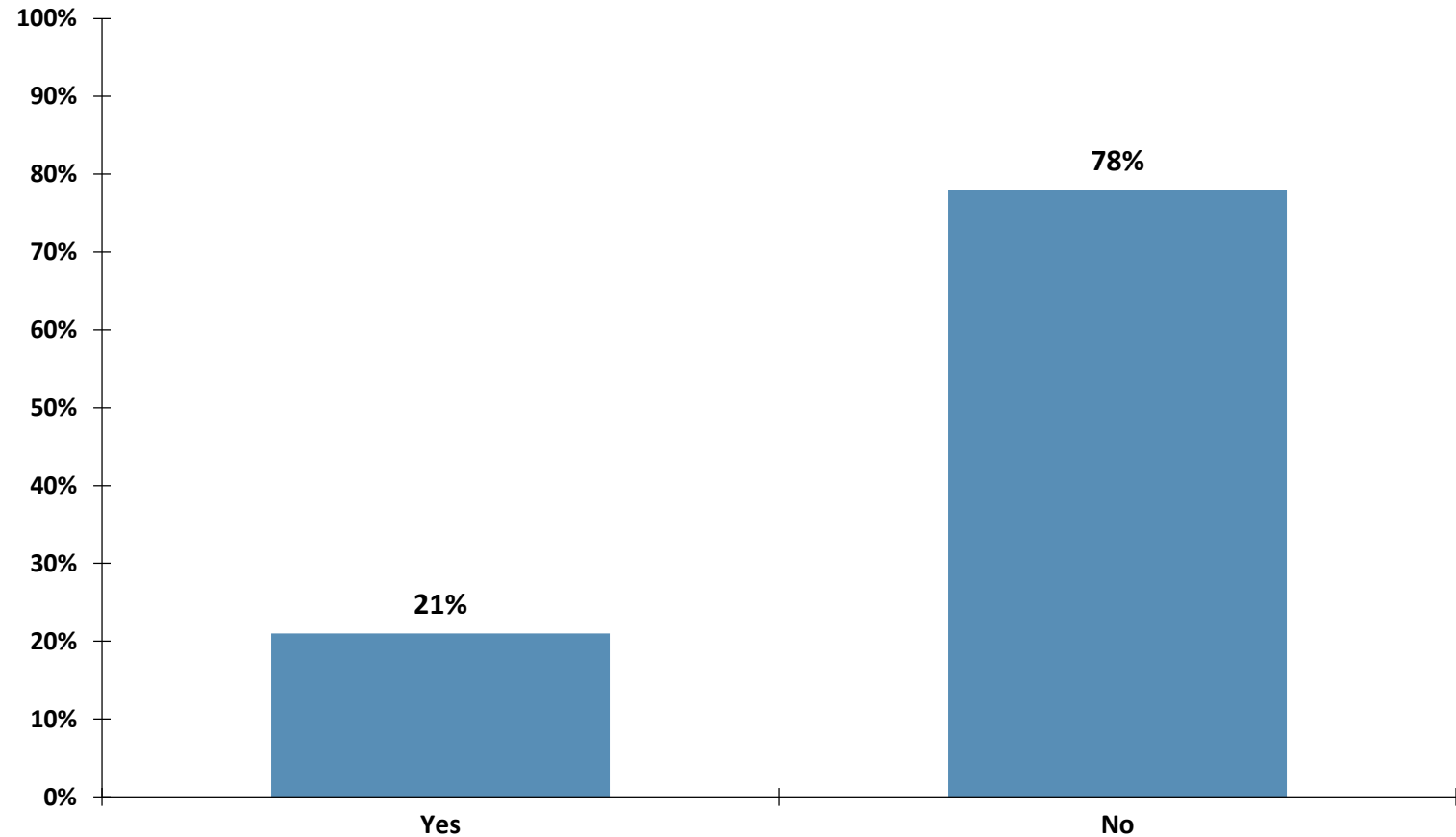
# Mental Health and Suicidal Ideation

# About One in Five Respondents Have Been Diagnosed with a Mental Health Condition

## All Respondents (N = 405)

- One in five respondents have been diagnosed with some type of mental health condition.
- Women (28%) are more likely than men (13%) to be diagnosed with a mental health condition.

## Diagnosed With Some Type of Mental Health Condition



Sample Size = 405

Q14: Have you ever been diagnosed with any type of mental health disorder?

# One in Five Respondents Have Thought About Harming Themselves

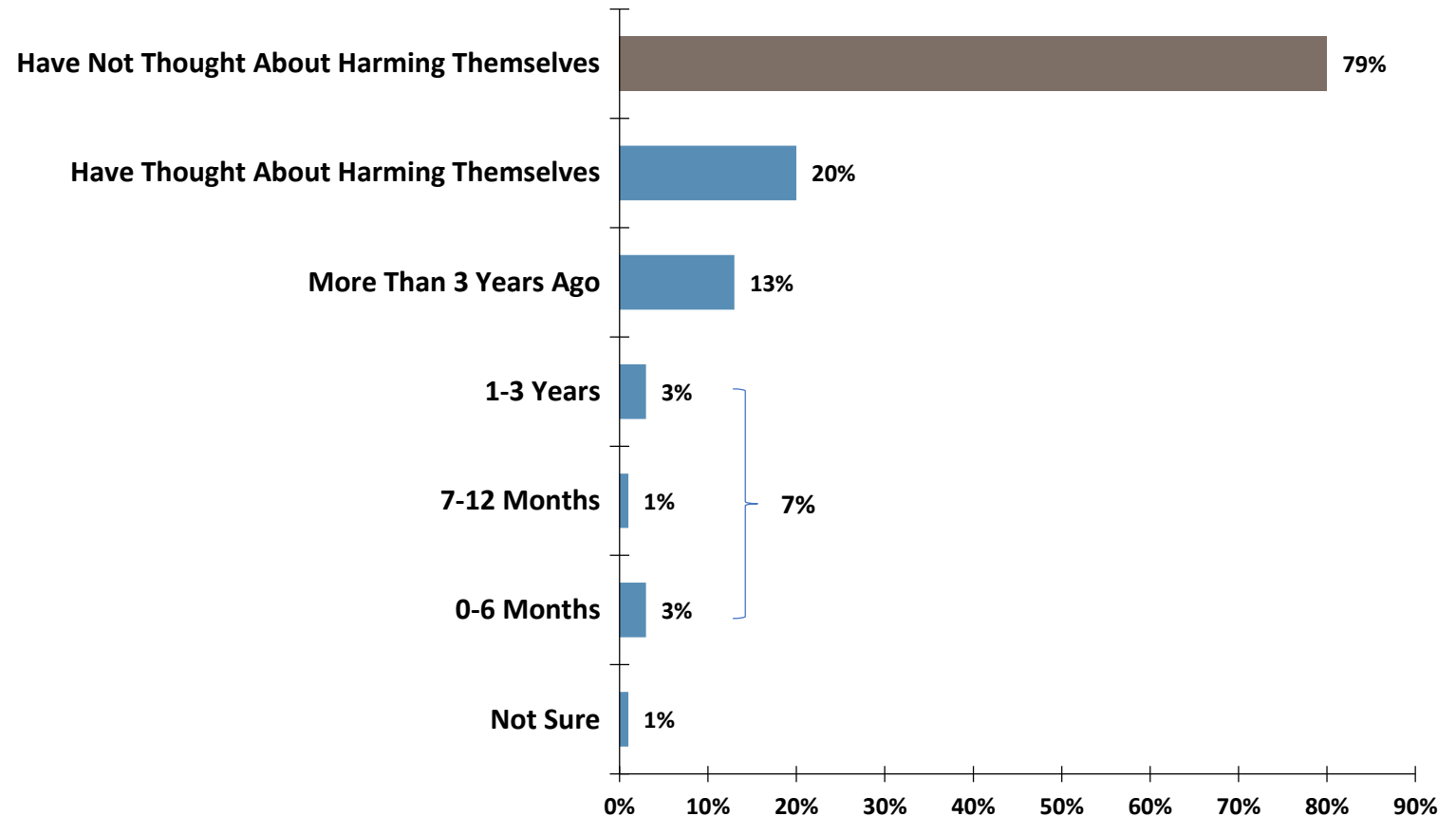
## All Respondents (N = 405)

- In total, 20% have considered harming themselves at some point in their life.
- Two-thirds of those who have considered harming themselves (52 respondents - 13% of the entire sample) report it has been more than three years since they have considered harming themselves.
- 27 respondents (7%) have considered harming themselves in the past three years, including 13 respondents (3%) who have considered harming themselves in the past six months.

## Respondents Who Have Considered Harming Themselves (N = 82)

- Those making less than \$10,000 are more likely to have recently (0-6 months) wanted to harm themselves (19%) than those making \$10,000 - \$24,999 (4%) and those making \$25,000 or more (1%).

## When Was the Last Time You Felt You Might Harm Yourself?



Sample Size = 405

Q15: At any point in your life, have you ever felt like you might want to harm yourself?

Q16: How long ago was the last time you felt you might harm yourself?

# Sexual Activity

## Overview

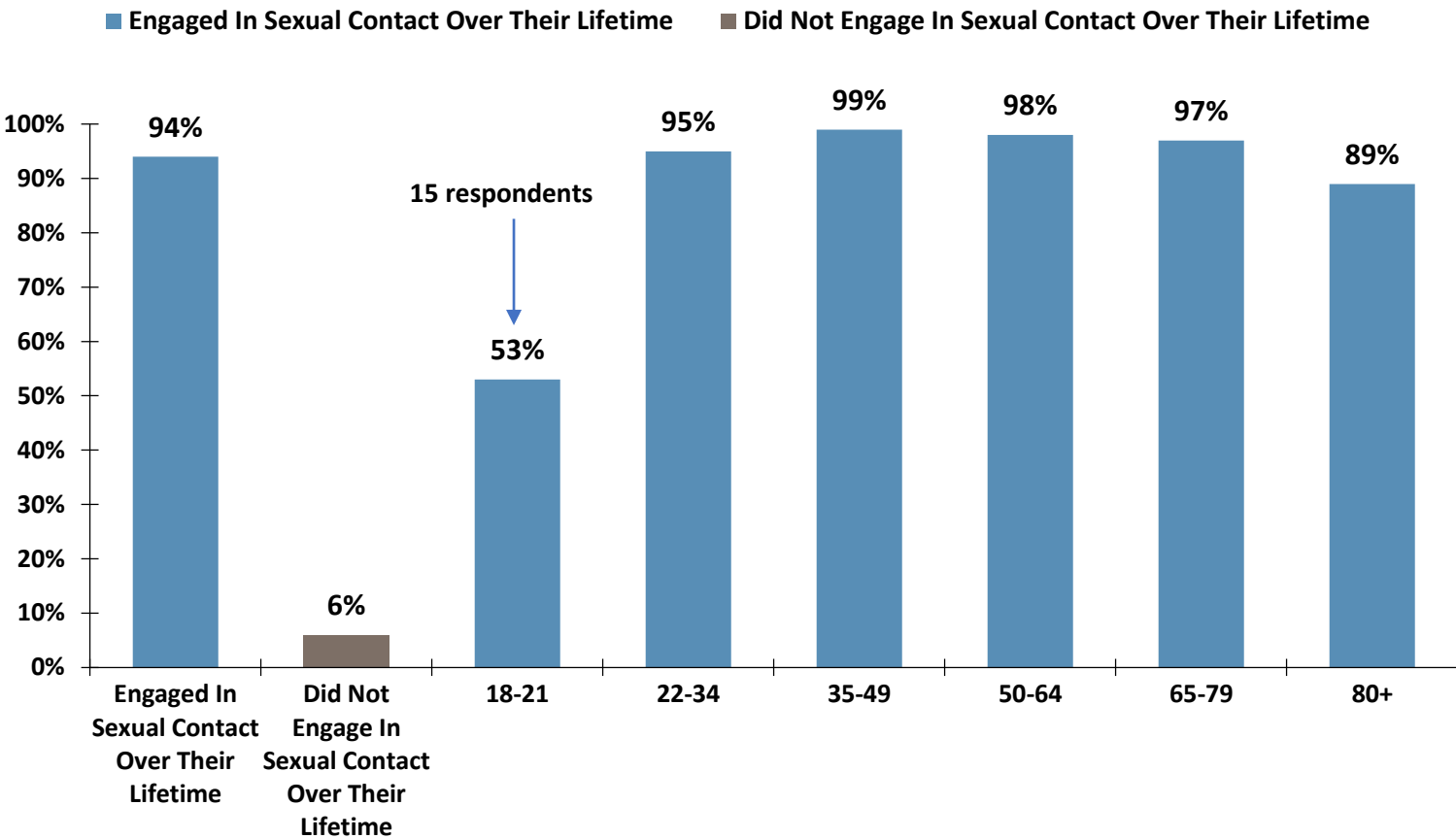


# Fewer Respondents Between 18-21 Years Old Have Engaged in Sexual Contact Over Their Lifetimes Than Older Respondents

Respondents Who Have Engaged in Sexual Contact Over Their Lifetime by Age

## All Respondents (N = 405)

- Ninety-four percent of respondents have engaged in sexual contact over their lifetimes.
- Fifteen of the 28 respondents (53%) between 18 and 21 years old have engaged in sexual contact over their lifetimes.
- Almost all respondents age 22 or older have engaged in sexual contact over their lifetimes.



Sample Size = 405

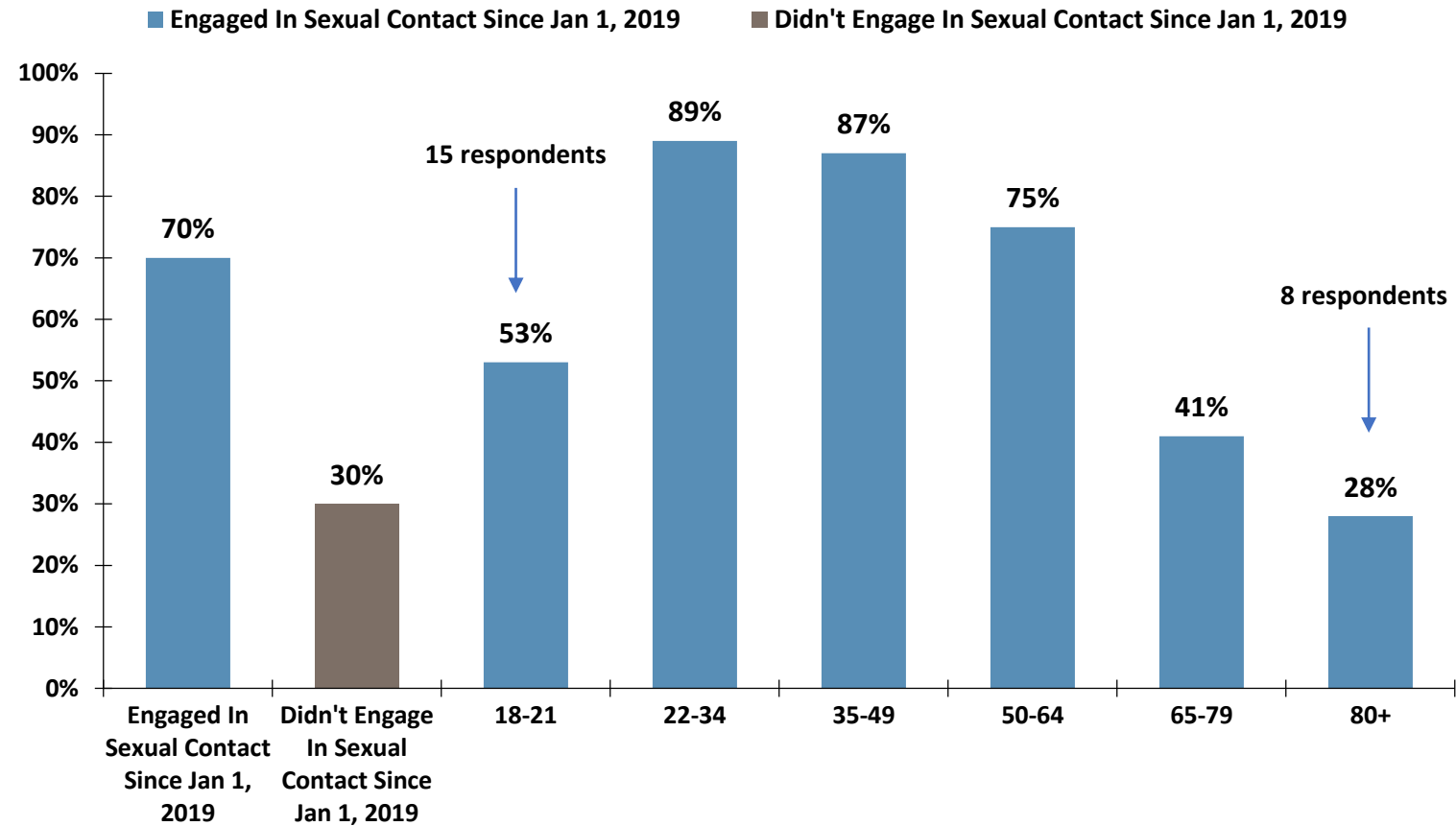
Q21: Have you engaged in any type of sexual contact with another person in your lifetime?  
Q24: Have you engaged in sexual contact since January 1<sup>st</sup>, 2019?

# Most Respondents Who Have Engaged in Sexual Contact Over the Last Two Years are Between 22 and 64 Years Old

## All Respondents (N = 405)

- Seven in 10 (70%) respondents have engaged in sexual contact since Jan 1, 2019.
- Fifteen of the 28 respondents (53%) between 18 and 21 years old have engaged in sexual contact since Jan 1, 2019.
- Most respondents (89%|87%|75%) between 22 and 64 years old have engaged in sexual contact since Jan 1, 2019.
- Forty-one percent of respondents between 65-79 years old have engaged in sexual contact since Jan 1, 2019.
- Only eight respondents (28%) 80 years and older have engaged in sexual contact since Jan 1, 2019.

## Respondents Who Have Engaged in Sexual Contact Since Jan 1, 2019 by Age



Sample Size = 405

Q21: Have you engaged in any type of sexual contact with another person in your lifetime?

Q24: Have you engaged in sexual contact since January 1<sup>st</sup>, 2019?

# Those With Higher Incomes and Those Living in Southwest Wyoming are More Likely to Have Had Sexual Contact in the Past Two Years

- Those respondents making \$75,000 or more (88%) were more likely to engage in sexual contact over the past two years than those making \$25,000 - \$74,999 (72%) and those making less than \$25,000 (66%).
- Those in the Southwest region of the state are more likely to have engaged in sexual contact over the past two years (86%) than those in the Northwest region (66%).

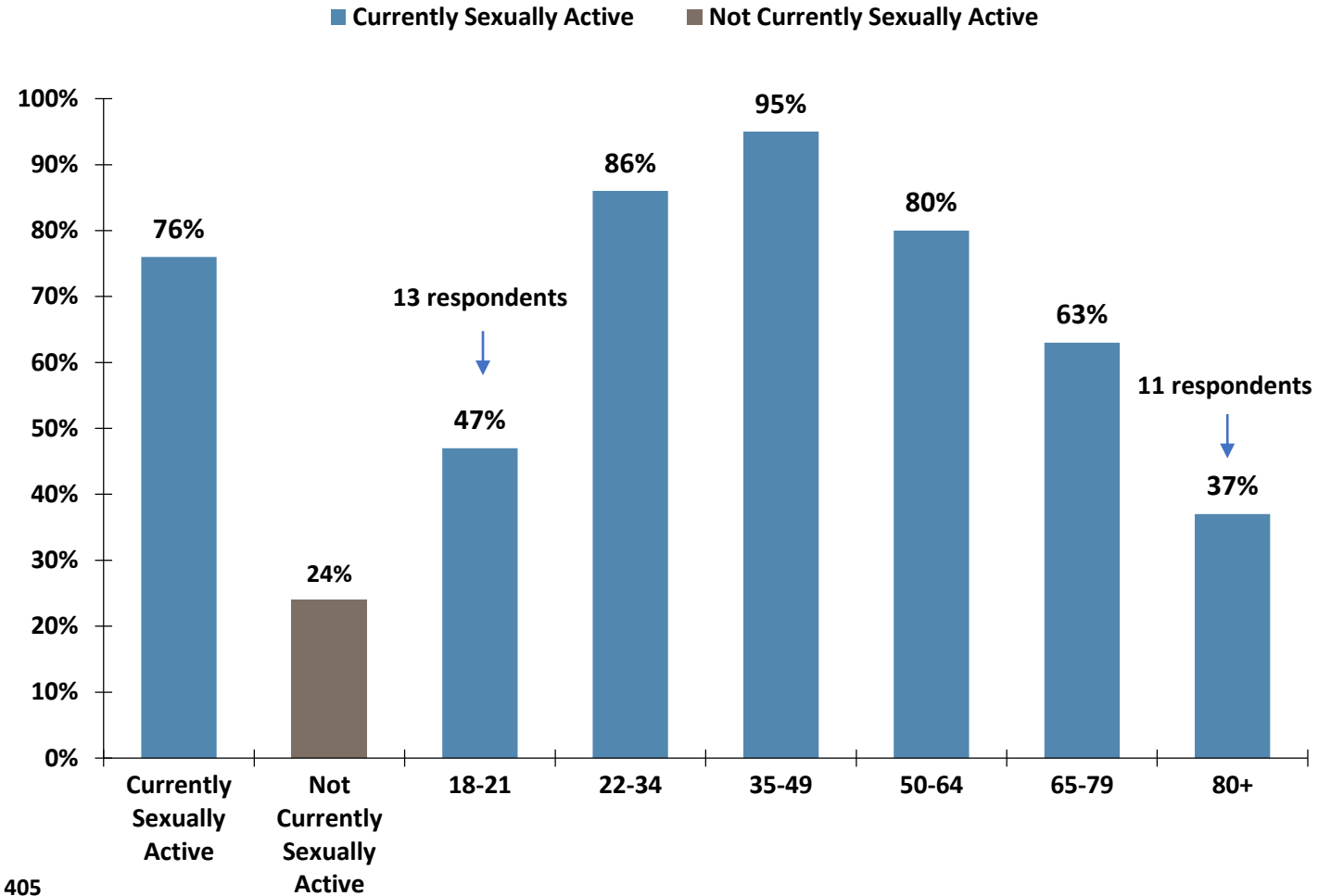
Q24: Have you engaged in any type of sexual contact since January 1, 2019?

# The Youngest and Oldest Respondents are Not as Likely to Be Sexually Active

## All Respondents (N = 405)

- About three quarters of respondents are currently sexually active (76%).
- Thirteen of the 28 respondents (47%) between 18 and 21 years old are currently sexually active.
- Most respondents (86%|95%|80%) between 22 and 64 years old are currently sexually active.
- Sixty-three percent of respondents between 65-79 years are currently sexually active.
- Only 11 respondents (37%) 80 years and older are currently sexually active.

## Respondents That Are Currently Sexually Active by Age



Q27: Which option best describes how often you use condoms to prevent STIs?

Note\*: There was no question that asked respondents if they were currently sexually active. Currently sexually active status was based on those respondents who did not answer "I'm not currently sexually active" in Q27.

# The Majority of Respondents Do Not Use Online Dating Services; Those Who Do, However, Meet in Person with Potential Partners

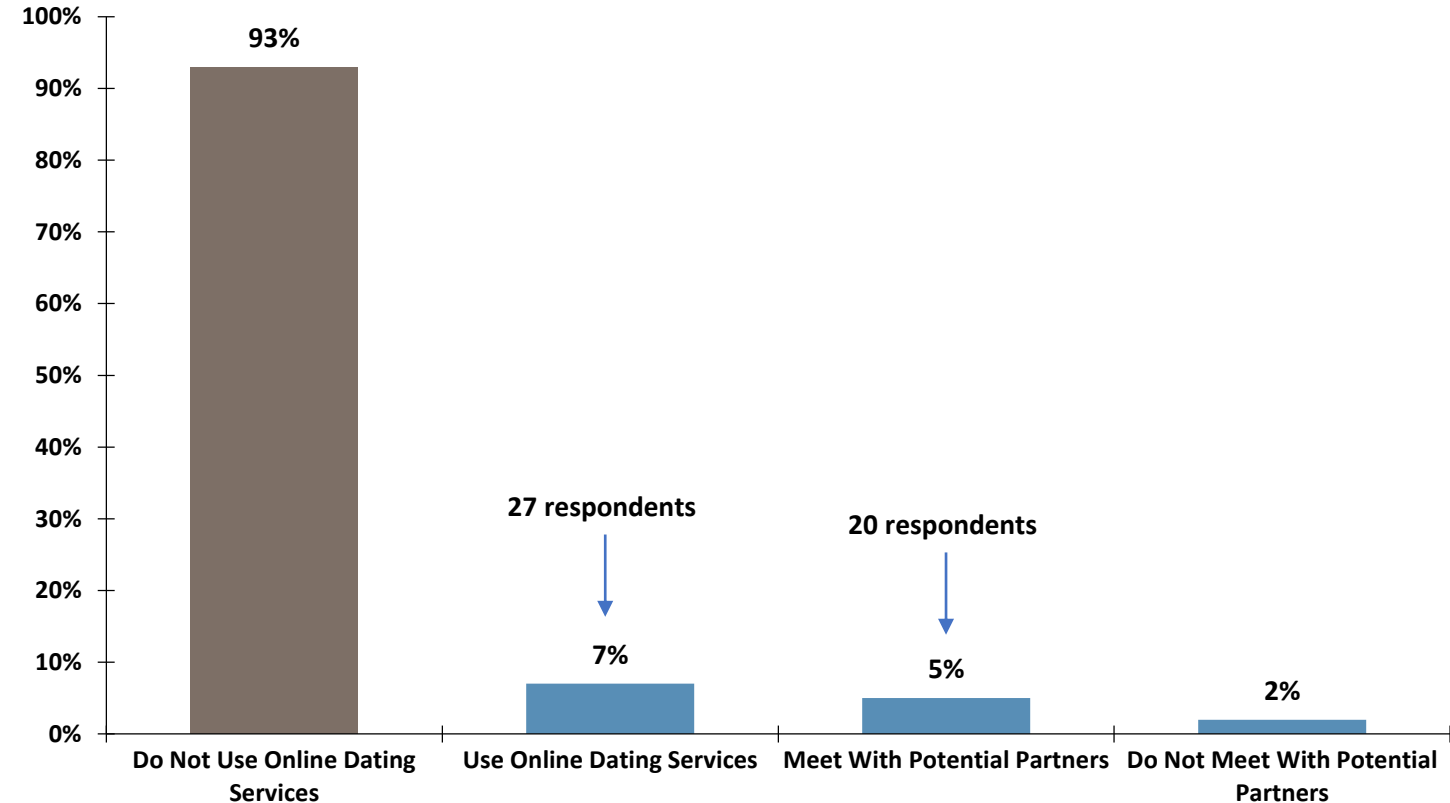
## All Respondents (N = 405)

- Twenty-seven respondents (7%) use online dating services.

## Respondents Who Use Online Dating Services

- Twenty of these respondents (5% of all respondents) are meeting with potential partners.
- Respondents 18-34 (14%) are more likely to use online dating sites compared to those 35-54 years of age (6%) and those respondents who are 55+ (2%).

## Meeting in Person with Potential Online Dating Partners



Sample Size = 405

Q25: Do you use online dating sites or apps to find partners for romantic relationships and/or sexual contact?

Q26: Do you ever meet in person with potential partners(s) you met on these online sites or apps?

# Sexual Activity

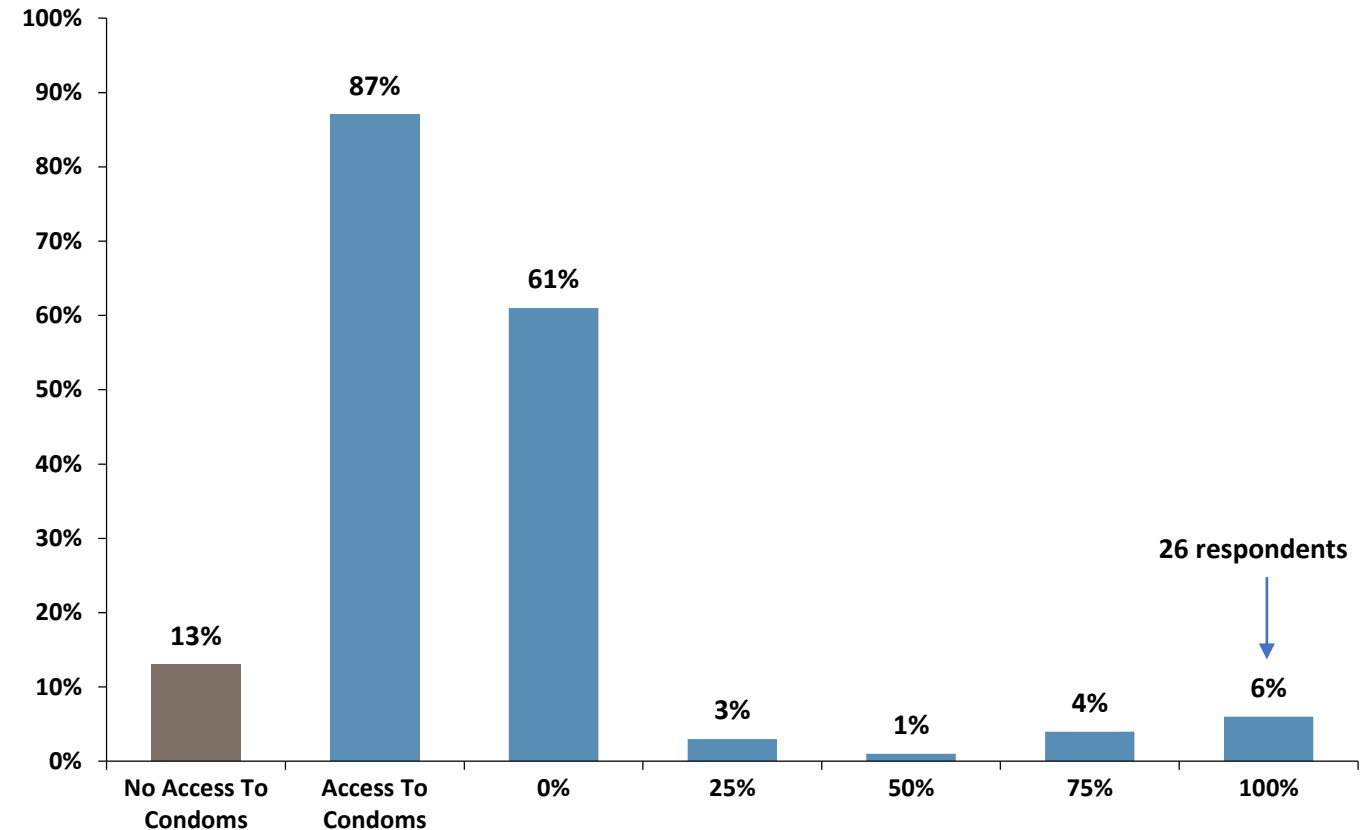
## Sexual Harm Reduction Strategies

# Access to Condoms is Almost Universal, But Most Respondents are Not Using Them

## All Respondents (N = 405)

- More than eight in 10 (87%) of respondents indicated they have access to condoms.
- Six in 10 of respondents (61%) are not currently using condoms.
- Twenty-six respondents (6%) are using condoms 100% of the time.
- Respondents who make \$75,000+ per year are more likely to never use a condom (84%) than those making \$25,000 - \$74,999 (64%) and those making less than \$25,000 (36%).
- Respondents between 35-54 years old (76%) are more likely to never use a condom than those 18-34 years of age (53%) and those 55+ (55%) respondents.

## Percentage of Time Using Condoms to Prevent STIs



Sample Size = 405

Q28: Do you have access to condoms to prevent STIs?

Q27: Which option best represents how often you use condoms to prevent STIs?

# Few Respondents Have Been Tested for STIs Since Their Last Sexual Partner

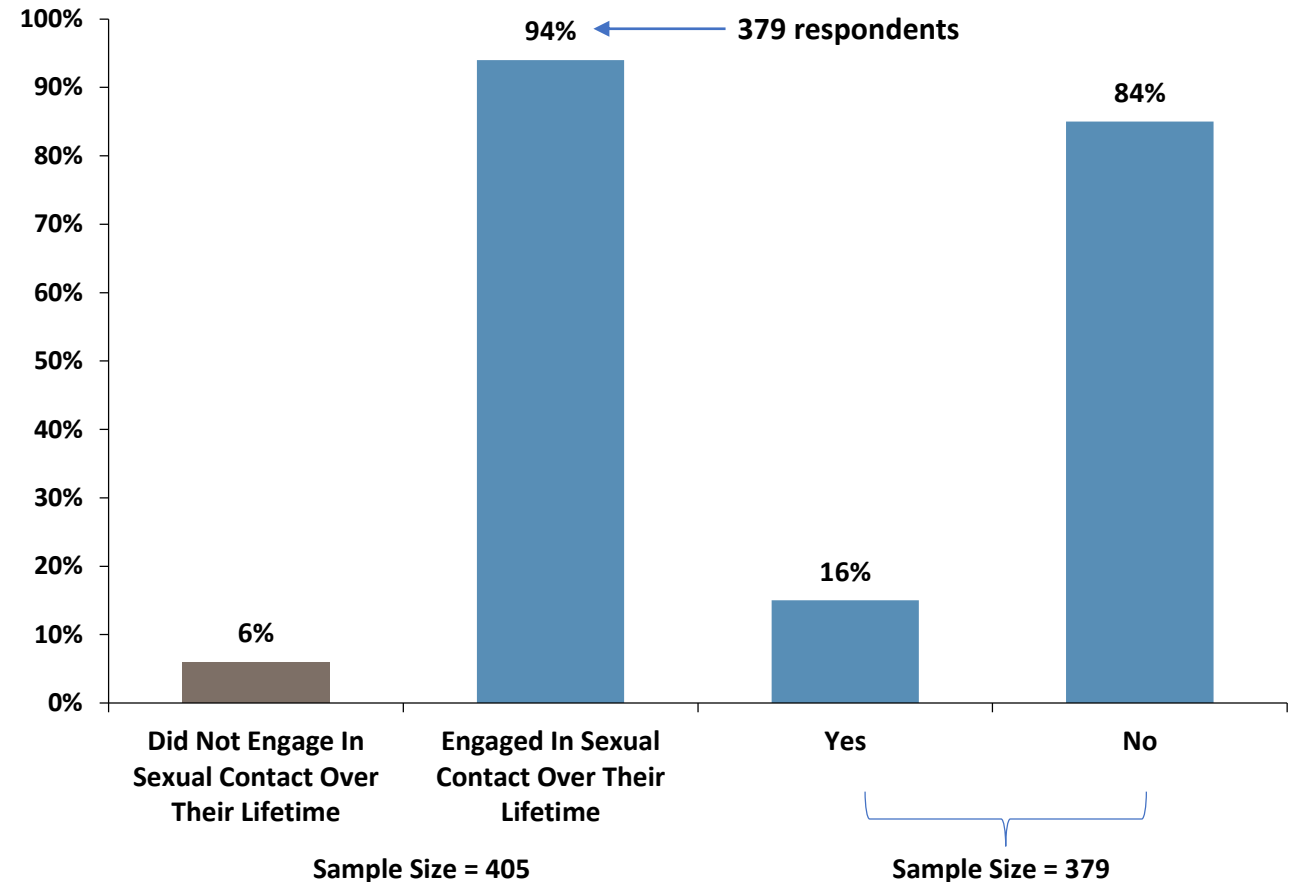
## All Respondents (N = 405)

- 94% of respondents have engaged in sexual contact over their lifetimes.

## Respondents Who Engaged in Sexual Contact Over Their Lifetimes (N = 379)

- Over eight in 10 of these respondents have not been tested for STIs since their last sexual partner.
- Women are more likely than men to have been tested for STIs (22% vs. 8%).
- Respondents 18-34 years of age are more likely than older respondents to have been tested (30% vs. 10%).

## Have You Been Tested for STIs Since Your Last Sexual Partner?



Q21: Have you engaged in any type of sexual contact with another person in your lifetime?

Q32: Have you been tested for STIs since your last sexual partner?

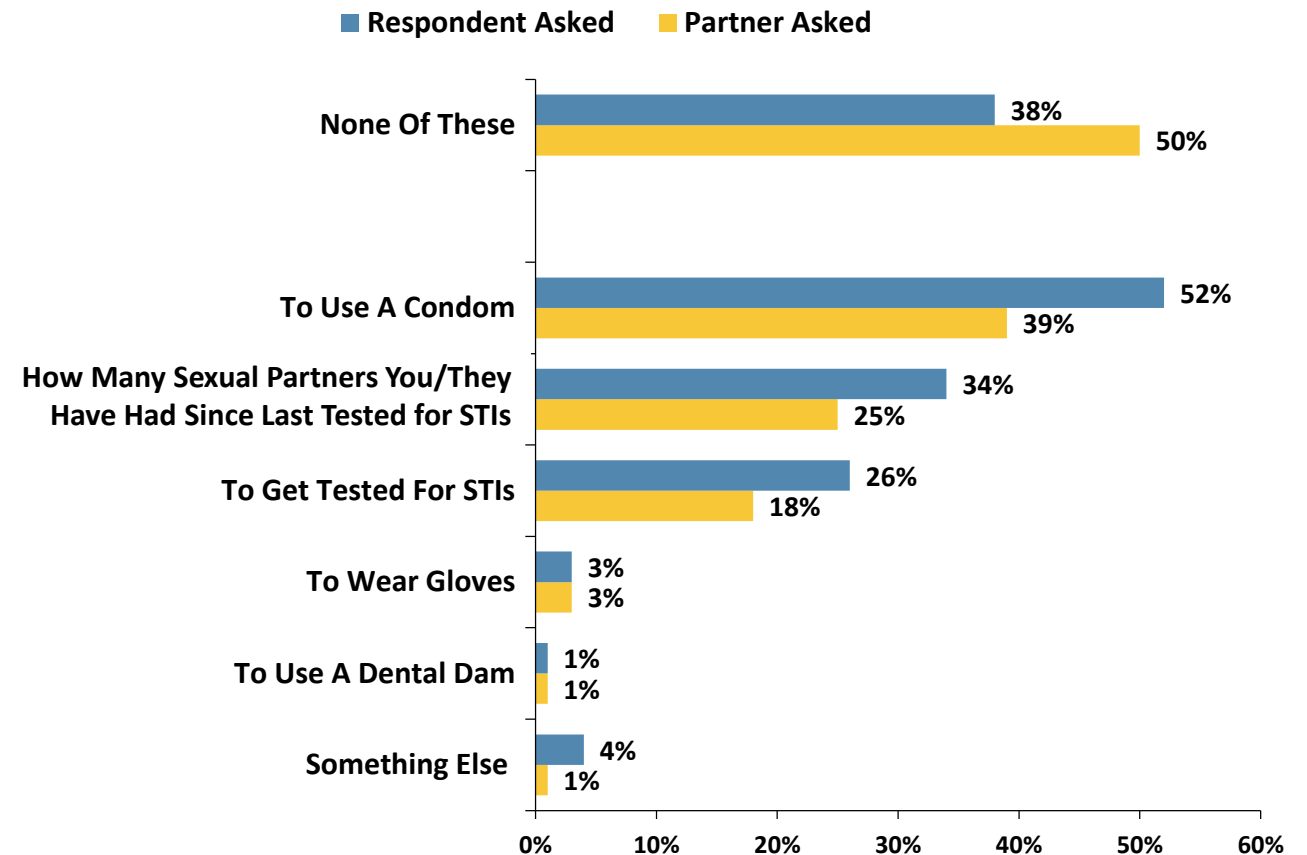


# Half of Respondents Have Asked Their Partners to Use Condoms to Prevent STIs

## Respondents Who Engaged in Sexual Contact Over Their Lifetimes (N = 379)

- Almost four in 10 respondents (38%) are not communicating with their sexual partners on how to prevent STIs. One-half of respondents (50%) report their partner is not asking them anything to prevent exposure to STIs.
- Most respondents are not discussing STI prevention with their partners. Those who did discuss STI prevention most commonly discussed condom use, followed by number of partners and STI testing.

## Communication with Sexual Partners to Prevent Exposure to STIs



Sample Size = 379

Q22: Have you ever asked your sexual contact partner(s) any of the following to prevent exposure to STIs? (Multiple Response)

Q23: Has a sexual partner ever asked you to use any of the following to prevent exposure to STIs? (Multiple Response)

# Age and Gender Affect How Respondents Communicate With Their Partners

- Women are more likely than men to ask their partner the following:
  - To get tested for STIs: women (31%) vs. men (22%).
  - How many partners they've had since they were last tested for STIs: women (39%) vs. men (29%).
  - To use a condom: women (62%) vs. men (41%).
- Respondents between 18-55 years old are more likely than those who are 55+ to ask their partner the following:
  - To get tested for STIs: 18-55 (37%) vs 55+ (10%).
  - How many partners they've had since they were last tested for STIs: 18-55 (46%) vs. 55+ (15%).
  - To use a condom: 18-55 (63%) vs. 55+ (25%).

# Sexual Activity

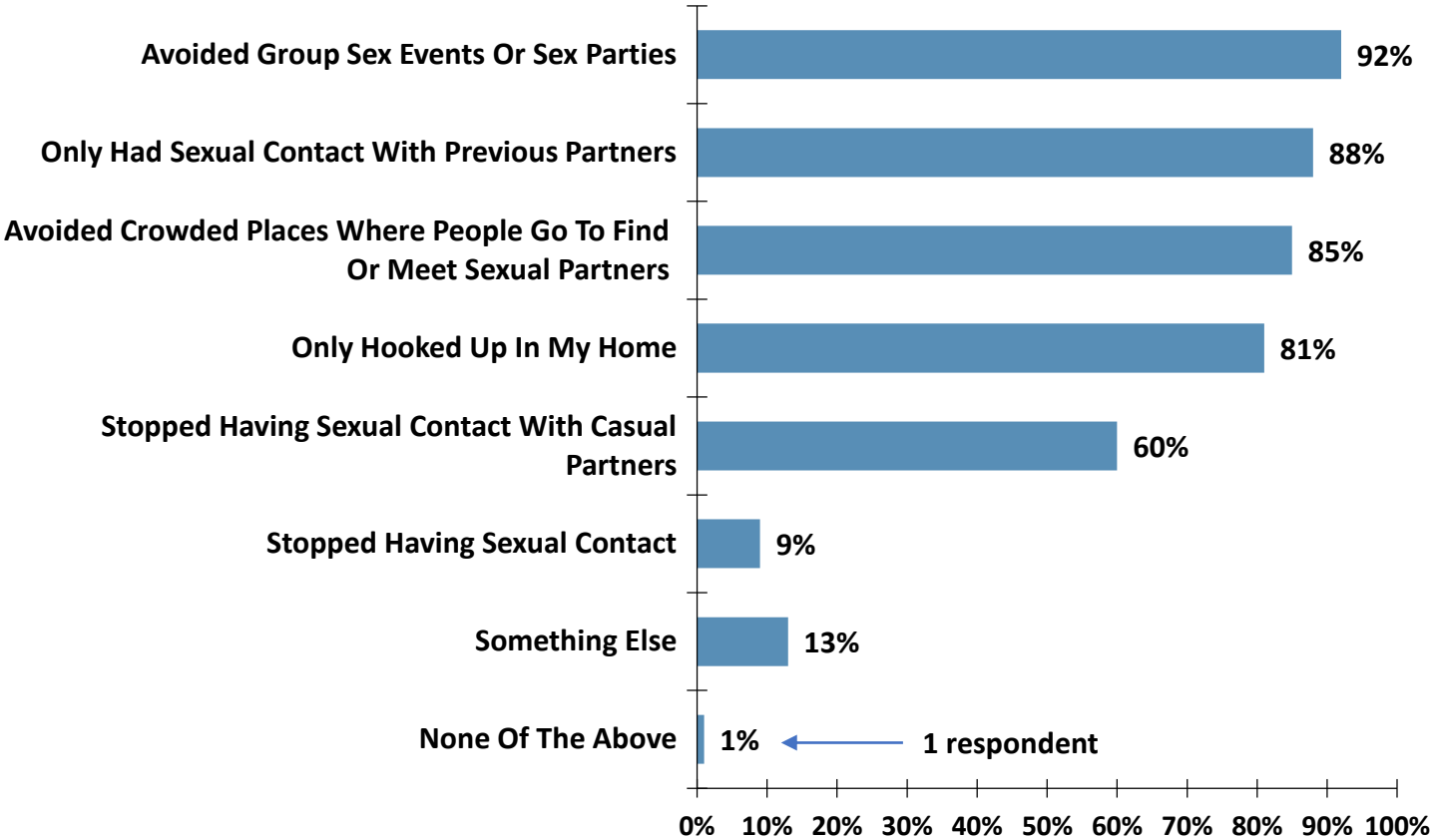
COVID-19  
Harm  
Reduction  
Strategies

# Respondents Report They are Taking Measures to Prevent Exposure to COVID-19 When Having Sex or Finding Sex Partners

Since January 1, 2019, Have You Done Any of the Following to Limit your Exposure to COVID-19?

## Respondents Who Have Engaged in Sexual Contact Since January 1, 2019 (N = 286)

- Virtually all respondents report they are taking measures to prevent COVID-19 exposure through sexual encounters, including 9% who report they've stopped having sex altogether.
- Those with a graduate degree were less likely (44%) than those with lower education attainment levels (61% - 67%) to stop having sexual contact with casual partners.



Sample Size = 286

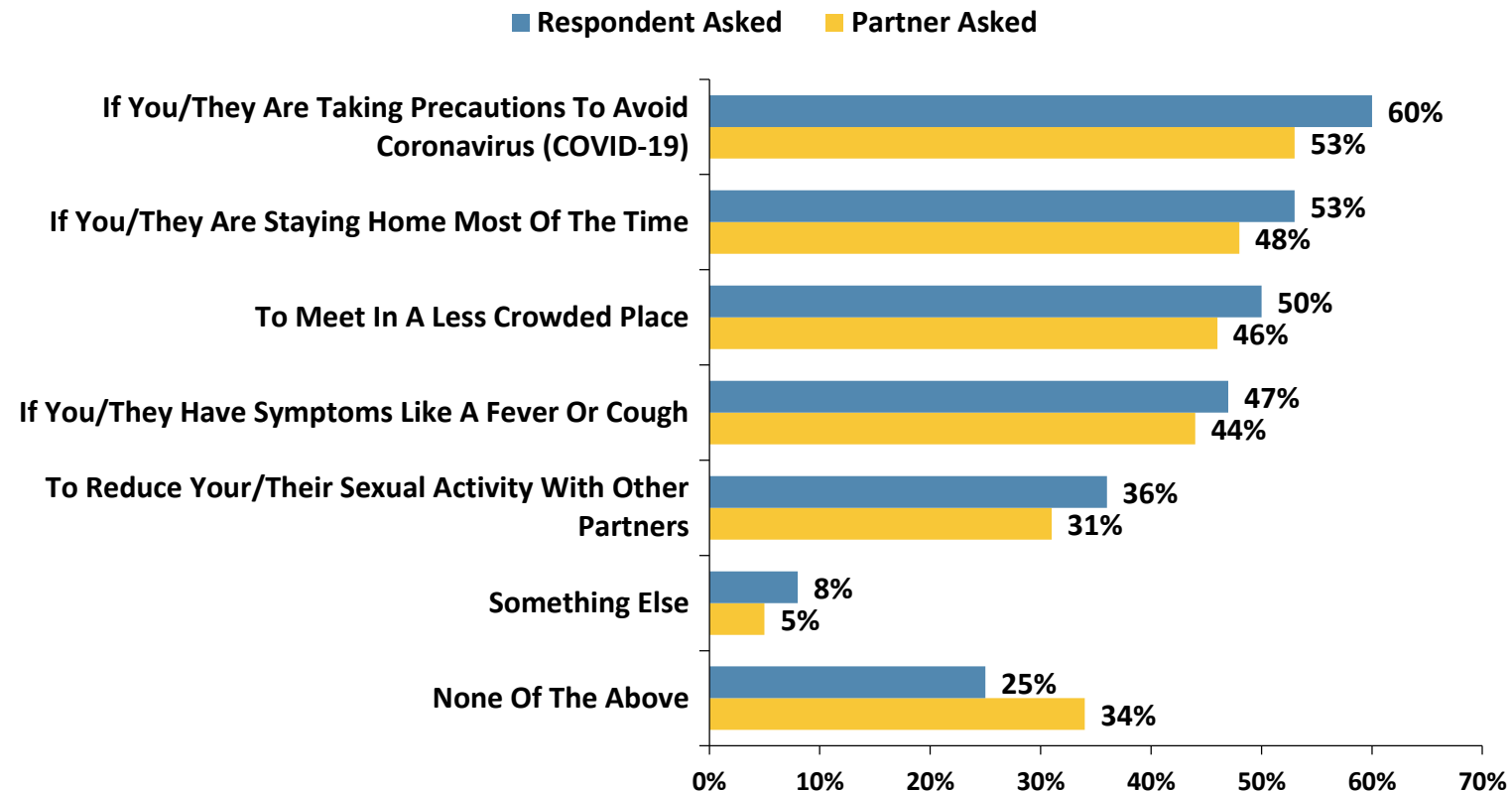
Q47: Since January 1, 2019, have you done any of the following to limit your exposure to COVID-19? (Multiple Response)

# Most Respondents are Talking to Their Sexual Partners About COVID-19

## Respondents Who Have Had Sexual Contact Since January 1, 2019 (N = 286)

- Six in 10 respondents (60%) have asked their partner if they are taking precautions to avoid COVID-19.
  - Over one-half of respondents (53%) have been asked by their partner to take precautions to avoid COVID-19.
- One-quarter of respondents (25%) have not asked their partner to take any precautions.
  - One-third of respondents (34%) have not been asked by their partner to take any precautions.

## Communication with Sexual Contact Partner(s) About COVID-19 Precautions



Sample Size = 286

Q48: Have you ever asked your sexual partner(s) any of the following to limit your exposure to COVID-19? (Multiple Response)

Q49: Has a sexual partner(s) asked you any of the following to limit your exposure to COVID-19? (Multiple Response)

# Gender and Urbanicity Affect How Respondents Communicate with Their Partners About Limiting Exposure to COVID-19

- Women are more likely than men to ask their partner the following:
  - If they have symptoms of COVID-19: women (59%) vs. men (39%).
  - To reduce sexual activity with other partners: women (45%) vs. men (29%).
  - To meet in less crowded places: women (60%) vs. men (45%).
- Urban residents are more likely than non-urban residents to ask their partner the following:
  - If they have symptoms of COVID-19: urban (57%) vs. non-urban (40%).
  - If they are taking precautions to avoid COVID-19: urban (68%) vs. non-urban (57%).

Q48: Have you ever asked your sexual partner(s) any of the following to limit your exposure to COVID-19? **(Multiple Response)**

Q49: Has a sexual partner(s) asked you any of the following to limit your exposure to COVID-19? **(Multiple Response)**

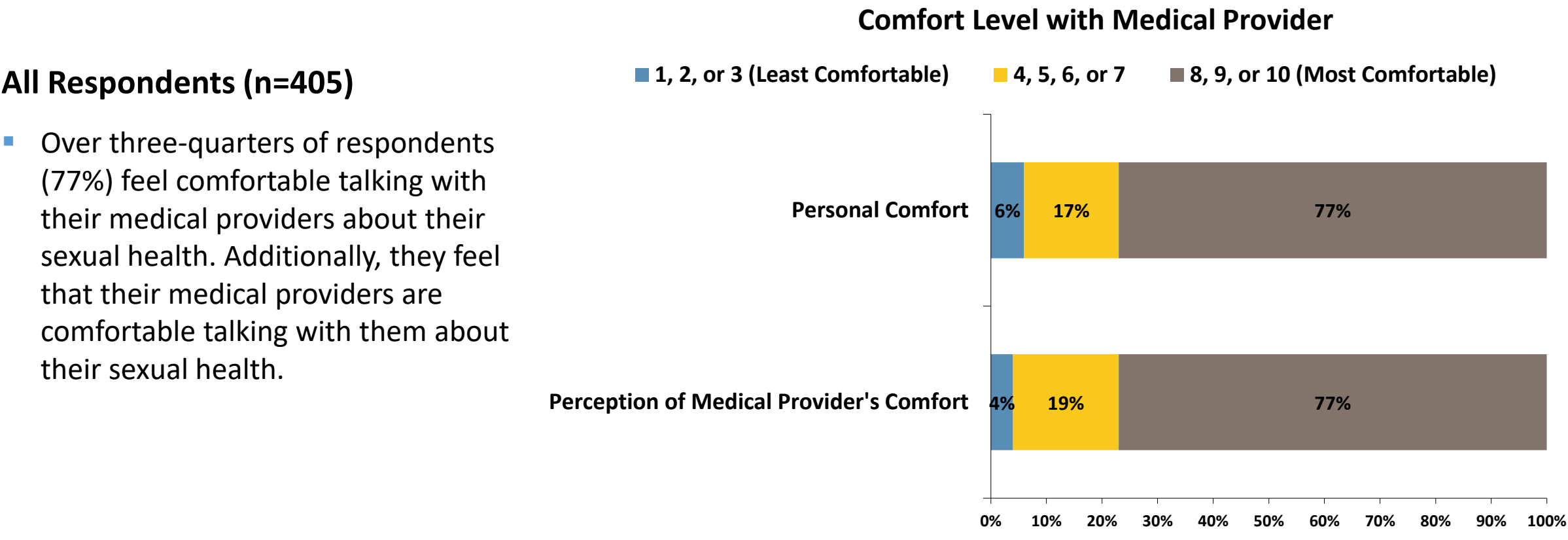
# Chapter 3

## Communication with Medical Providers

# Most Respondents Report They are Generally Comfortable Talking with Their Medical Providers About Their Sexual Health

## All Respondents (n=405)

- Over three-quarters of respondents (77%) feel comfortable talking with their medical providers about their sexual health. Additionally, they feel that their medical providers are comfortable talking with them about their sexual health.



Sample Size = 405

Q19: On a ten-point scale, how comfortable are you talking to your medical provider about your sexual health?  
Q20: On a ten-point scale, how would you say your medical provider is talking to you about your sexual health?

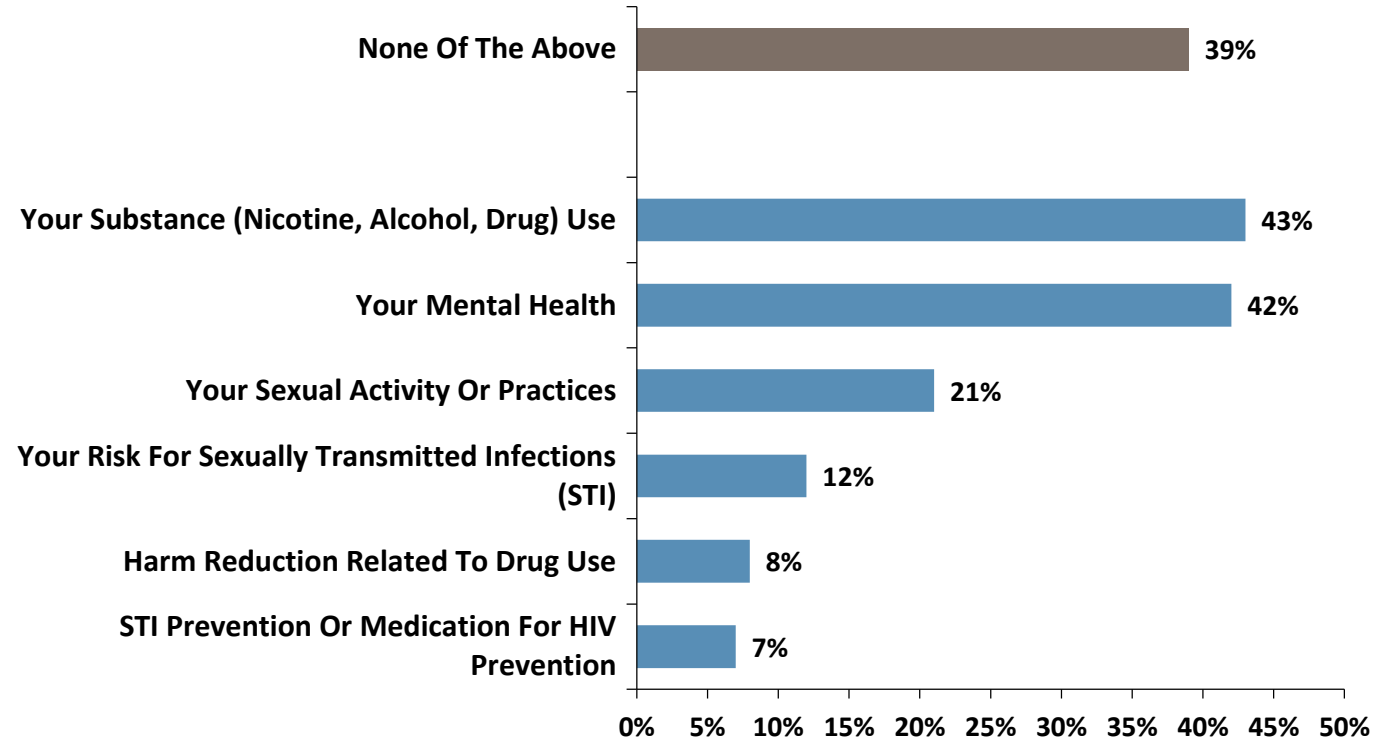


# Respondents Report Their Medical Providers are Not Talking About Sex

## All Respondents (n=405)

- About four in 10 respondents (39%) report their medical provider does not talk about anything related to their mental health, sexual habits, or substance use.
- Another four in 10 respondents report their medical provider is talking to them about their substance use (43%) or mental health (42%).
- Although three in four respondents report they and their medical provider are comfortable talking about sexual health, few report their medical providers are talking about their sexual practices – only one in five respondents (21%) report their medical provider talks about their sexual activity or practices, while just one in eight (12%) report they discuss their risk for STIs, and just 7% discuss STI prevention or medication for HIV prevention.

### Medical Provider Talking Points



Sample Size = 405

Q1: When you last saw a medical provider, did they talk about any of the following? (Multiple Response)

# Subgroup Differences Pertaining to Conversations Doctors Have with Their Patients

- Respondents making less than \$25,000 are more likely to talk to their doctors about sexual activities and practices (34%) than those making \$25,000 - \$74,999 (15%) and those making \$75,000 or more (21%).
- Women are more likely than men to report talking about the following:
  - Mental health: women (52%) vs. men (32%).
  - Sexual activity and practices: women (27%) vs. men (16%).
  - Mental health, sexual activities and health, and substance use: women (66%) vs. men (54%).
- Respondents between 18-34 are more likely than older respondents to report talking about the following:
  - Sexual activities: 18-34 (38%) vs. 35-44 (19%) and 55+ (10%).
  - Risk for STIs: 18-34 (26%) vs. 35-44 (8%) and 55+ (3%).
  - Substance use: 18-34 (57%) vs. 35-44 (41%) and 55+ (34%).
- Urban respondents are more likely than non-urban to report talking about the following:
  - Substance use: urban (49%) vs. non-urban (37%).
  - Mental health, sexual activities and health, and substance use: urban (68%) vs. non-urban (54%).

Q1: When you last saw a medical provider, did they talk about any of the following? **(Multiple Response)**

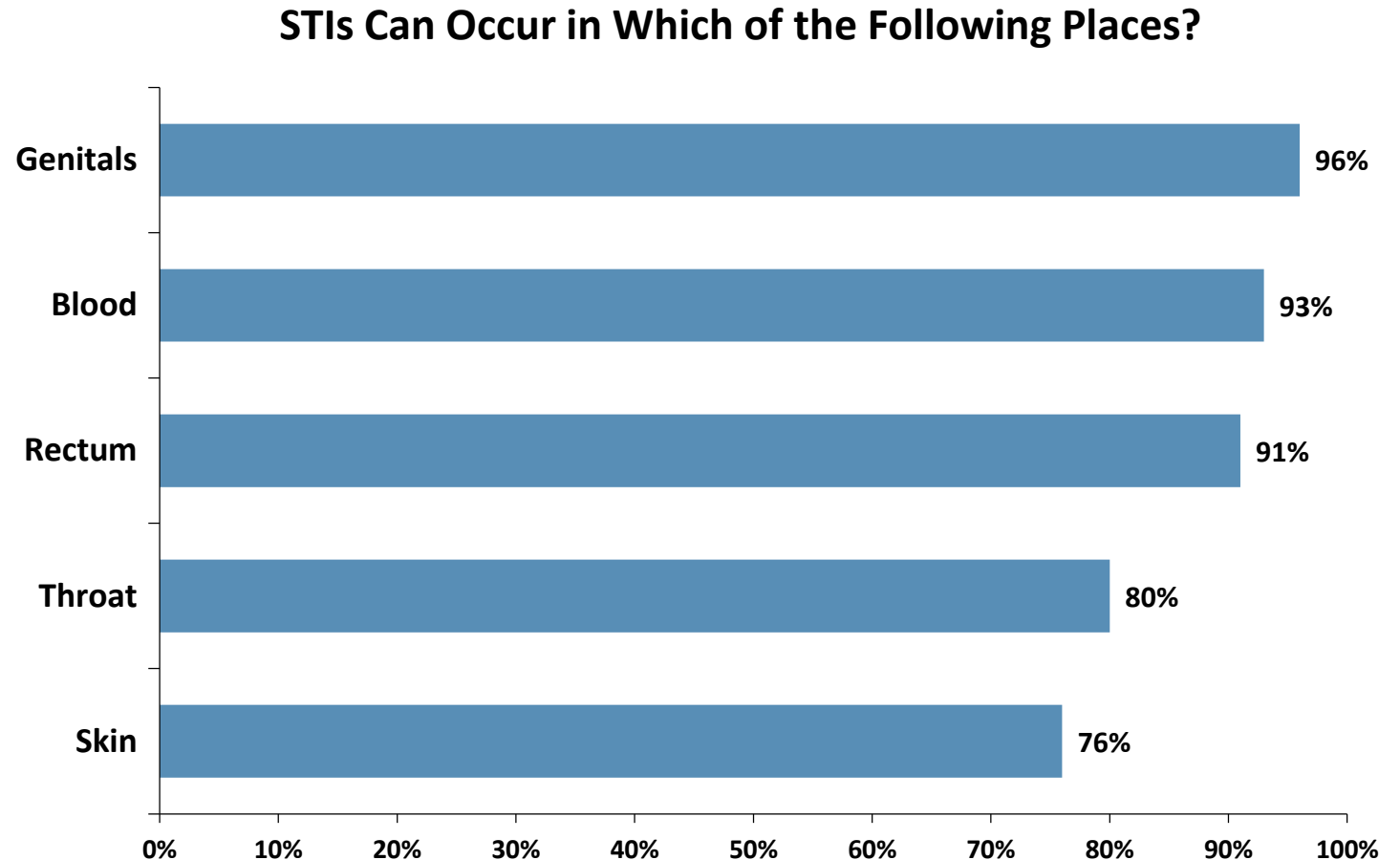
# Chapter 4

## Knowledge about STI Transmission

# Most Respondents are Knowledgeable About Where STIs Can Occur

## All Respondents (N = 405)

- Respondents were asked in which of five areas STIs can occur, and their responses show a strong knowledge of where they can occur:
  - At least nine in 10 respondents (96%|93%|91%) are aware that STI infections can occur in the genitals, blood or rectum
  - About eight in 10 report that STIs can occur in the throat (80%) or on the skin (76%).



Sample Size = 405

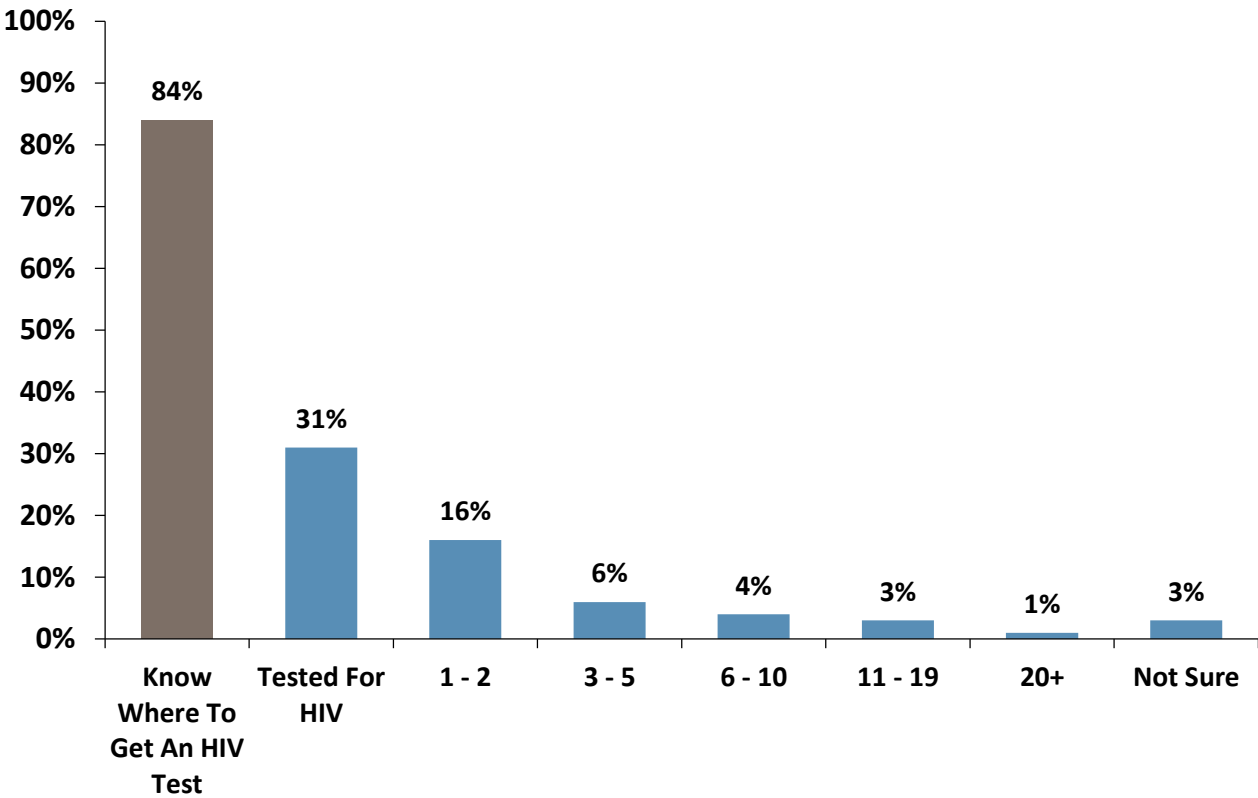
Q18: To the best of your knowledge, can STIs occur in the following places? (Multiple Response)

# Most Respondents Know Where to Go to Get an HIV Test

## All Respondents (N = 221)

- Eight in 10 respondents (84%) report knowing where to go to get an HIV test.
- About three in 10 respondents (31%) have been tested for HIV.
  - About half of those have been tested just 1-2 times.

Times Tested for HIV Over Their Lifetime



Sample Size = 221

\*Added Questions  
(only 221 respondents)

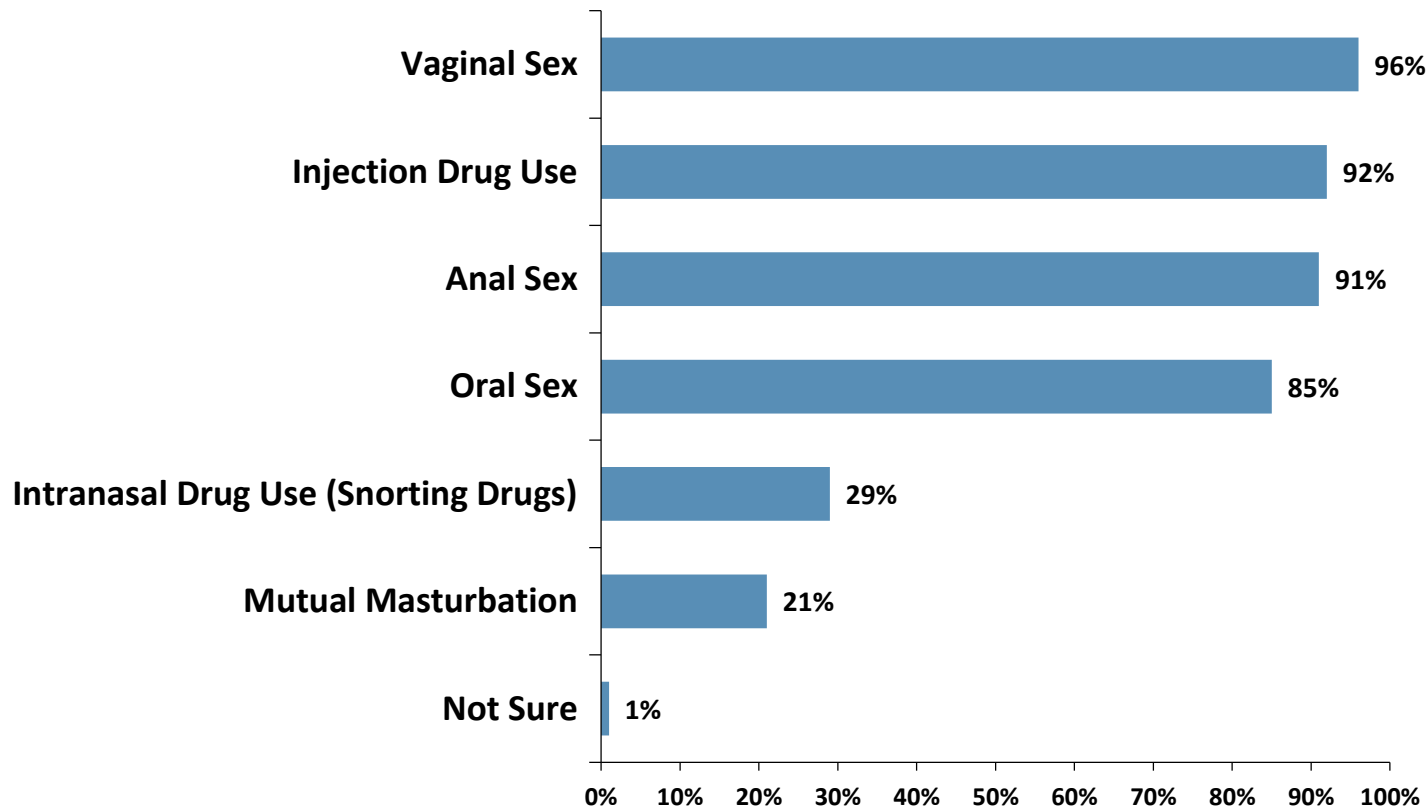
- Q50A: At any time in your life, have you ever been tested for HIV?
- Q50B: About how many times have you been tested for HIV over the course of your lifetime?
- Q50D: If you wanted to get tested for HIV over the next few months, would you know where to get an HIV test?

# Most Respondents are Knowledgeable About How HIV, Hepatitis, and STIs are Transmitted

## All Respondents (N = 405)

- The vast majority of respondents are aware that HIV, Hepatitis, and STIs can be transmitted via vaginal sex, injection drug use, and anal sex.
- About one in five (21%) of respondents believe mutual masturbation can transmit HIV, Hepatitis, and STIs.

## HIV, Hepatitis, and STIs Can Be Transmitted by Which of the Following?



Sample Size = 405

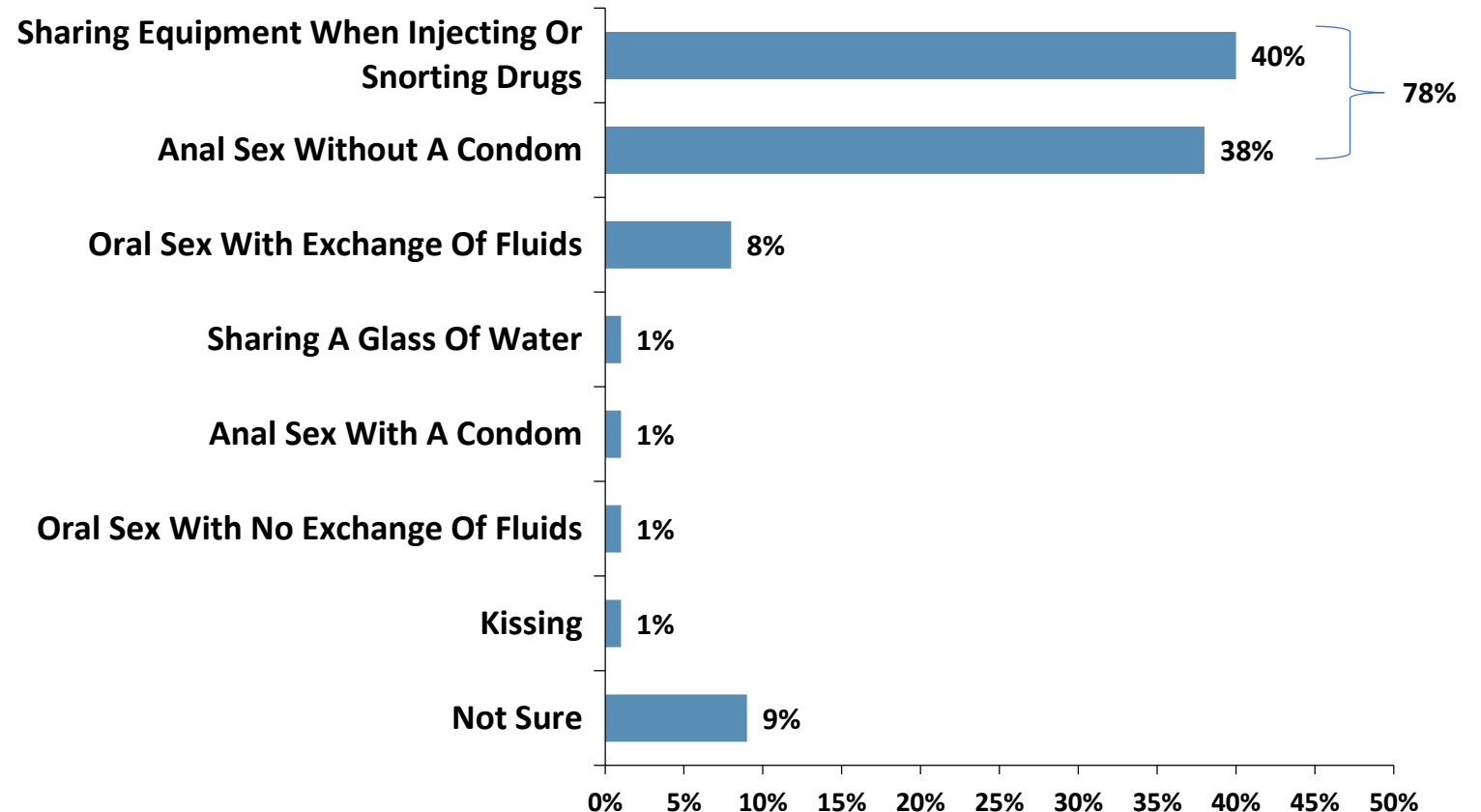
Q17: To the best of your knowledge, can HIV, hepatitis, and/or STDs be transmitted by...? (Multiple Response)

# Respondents are Generally Knowledgeable About Which Activities are Most Likely to Transmit HIV

## All Respondents (N = 405)

- About three in four respondents (78%) believe that sharing equipment when injecting or snorting drugs (40%) and anal sex without a condom (38%) are the most likely ways for HIV to be transmitted.
- About one in 10 (9%) are not sure which activity is most likely to transmit HIV.

## Which Activity is the Most Likely to Transmit HIV?



Sample Size = 405

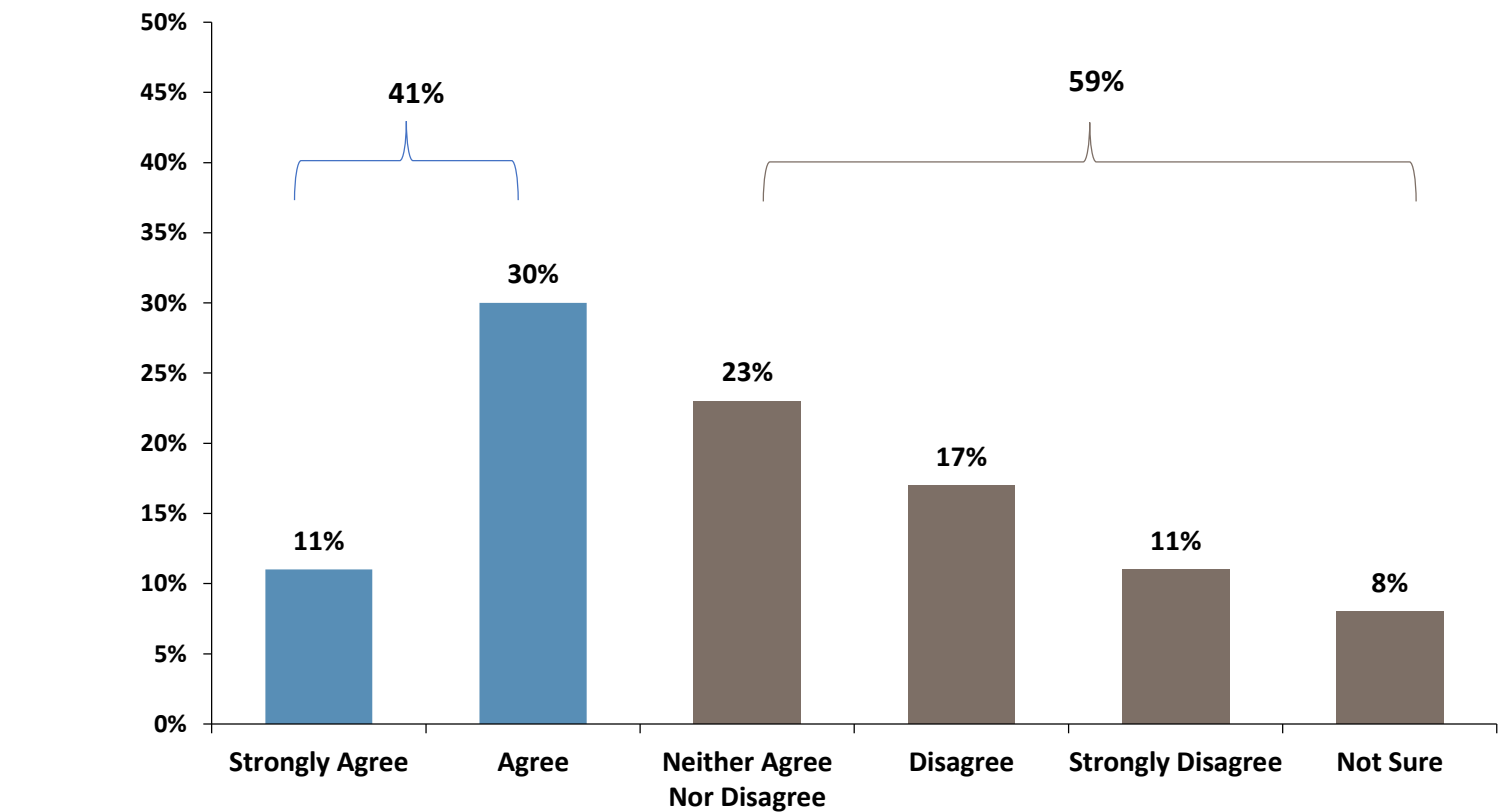
Q34: Of these activities, which is the most likely to transmit HIV?

# Respondents are Divided as to Whether They Believe HIV Treatment Makes People Less Likely to Transmit the HIV Virus

## I Believe that HIV Treatment Makes People Less Likely to Transmit the HIV Virus

### All Respondents (N = 405)

- About four in 10 respondents (41%) agree that HIV treatment makes people less likely to transmit the HIV virus, with about one in 10 (11%) agreeing strongly with this statement.
- About six in 10 (59%) are neutral or do not agree with the statement.



Sample Size = 405

Q35b: I believe that HIV treatment makes people less likely to transmit the HIV virus. Do you...

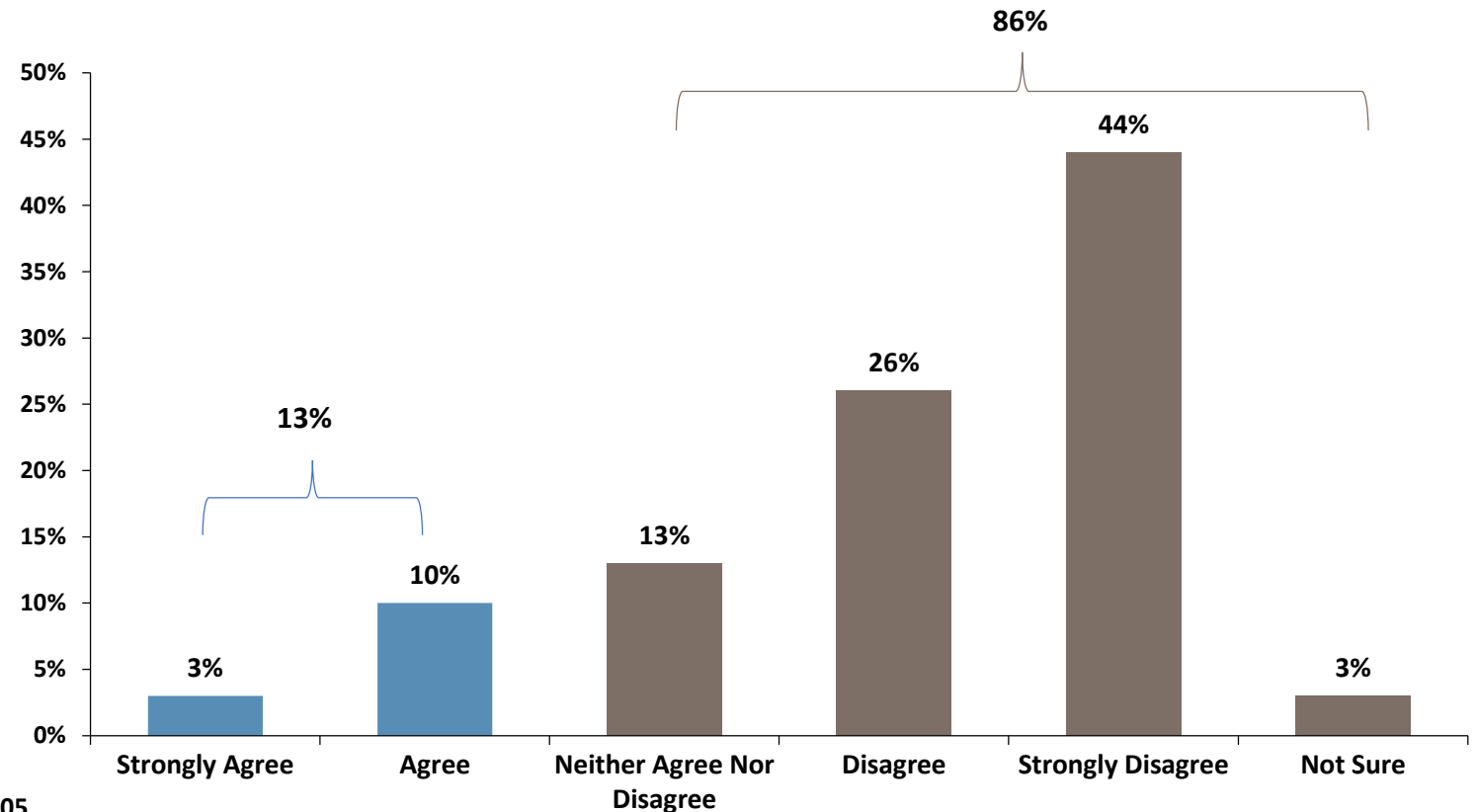


# A Majority of Respondents Would Not Feel Comfortable Having Sex with Someone Who Has HIV and is Receiving Treatment

**I Would Feel Safe Having Sex with Someone with HIV As Long As They are Receiving Treatment and Have Reduced Their Viral Load to a Point Where it is Undetectable**

## All Respondents (N = 405)

- About one in nine (13%) agree that they would feel safe in this situation.
- Almost nine out of 10 (86%) of respondents do not feel safe in this situation.



Sample Size = 405

Q35a: I would feel safe having sex with someone who is HIV-positive as long as they are receiving treatment and have reduced their viral load to a point where it is undetectable. Do you...

# Chapter 5

## Awareness of Harm Reduction Programs

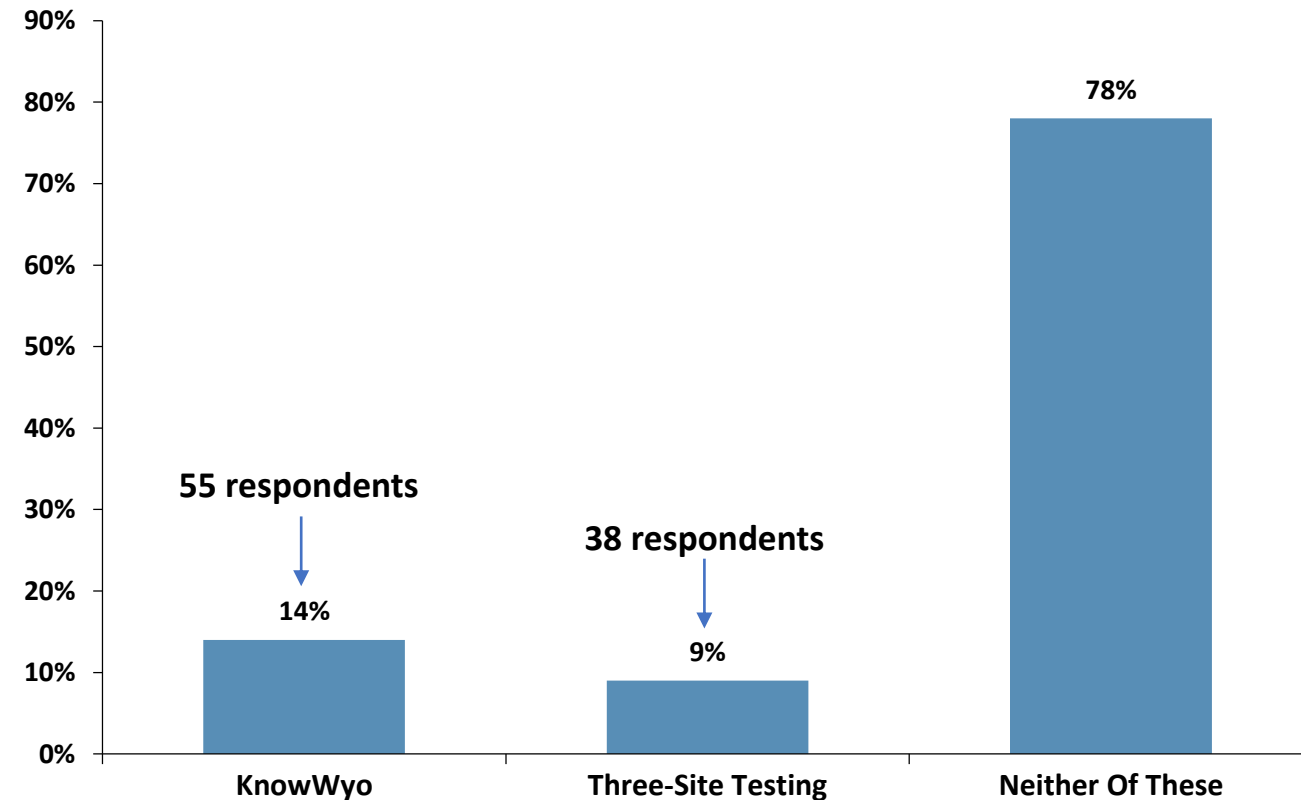
Awareness of  
WY Programs

# A Majority of Respondents Have No Awareness of KnoWyo and Three-Site Testing

## All Respondents (N = 405)

- About one in eight respondents (14%) have heard of the KnoWyo program (a partnership between the Wyoming Department of Health and the CDC offering free condoms and low-cost testing for STIs).
- About one in 12 respondents (9%) have heard of three-site testing (testing the genitals, pharynx and rectum for STIs).
- Almost eight in 10 of respondents (78%) have not heard of KnoWyo or three-site testing.
- Urban respondents (20%) are more likely than non-urban residents (8%) to have heard of the KnoWyo program.
- Respondents between 18-55 years old (18%) are more likely than those 55+ (6%) to have heard of KnoWyo.

## Awareness of KnoWyo/Three-Site Testing for STIs



Sample Size = 405

Q29: Have you heard of the KnoWyo program?

Q33: Have you heard of Three-Site testing for STIs?

# Few Respondents Know Where to Get STI Testing and Free Condoms Through KnowWyo

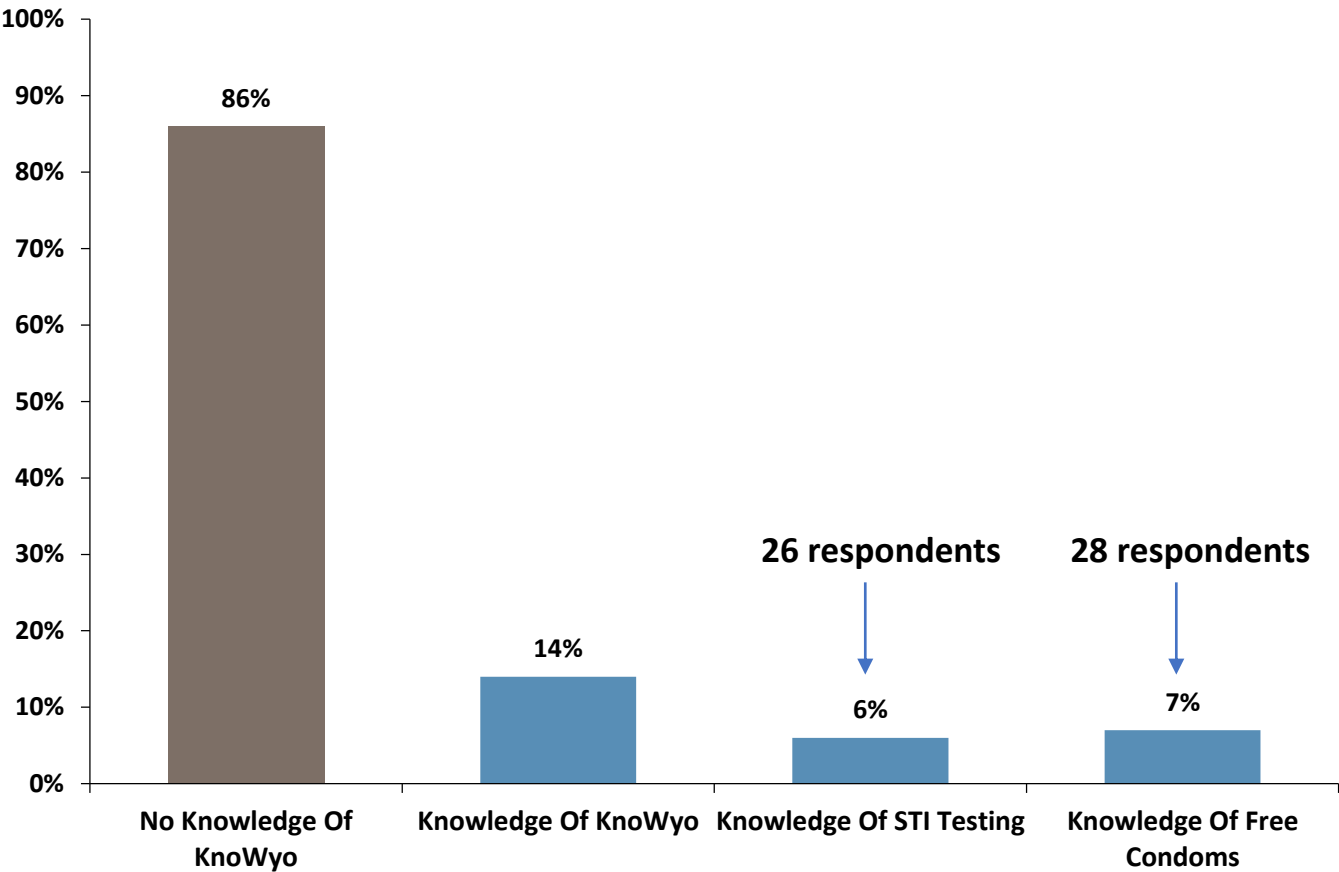
## All Respondents (N = 405)

- Even though 14% report they have heard of the KnowWyo program, only about half of these (6%| 7%) have heard of STI testing and free condoms through the KnowWyo program.

## Respondents Who Have Heard of KnowWyo (N = 55)

- Women are more likely to be knowledgeable of both program resources than men.
  - No cost STI-testing: women (8%) vs. men (5%)
  - Free condoms: women (10%) vs. men (4%).
- Respondents 18-54 years of age are more likely to be knowledgeable of both programs than those who are 55+
  - No Cost STI-Testing: 18-54 (10%) vs. 55+ (1%)
  - Free Condoms: 18-54 (11%) vs. 55+ (1%).

Knowledge of How to Get STI Testing and Condoms Through KnowWyo



Sample Size = 405

Q30: Do you know how to get free condoms through the KnowWyo program?  
Q31: Do you know how to access low or no-cost STI testing through the KnowWyo program?

Awareness of Harm  
Reduction Programs

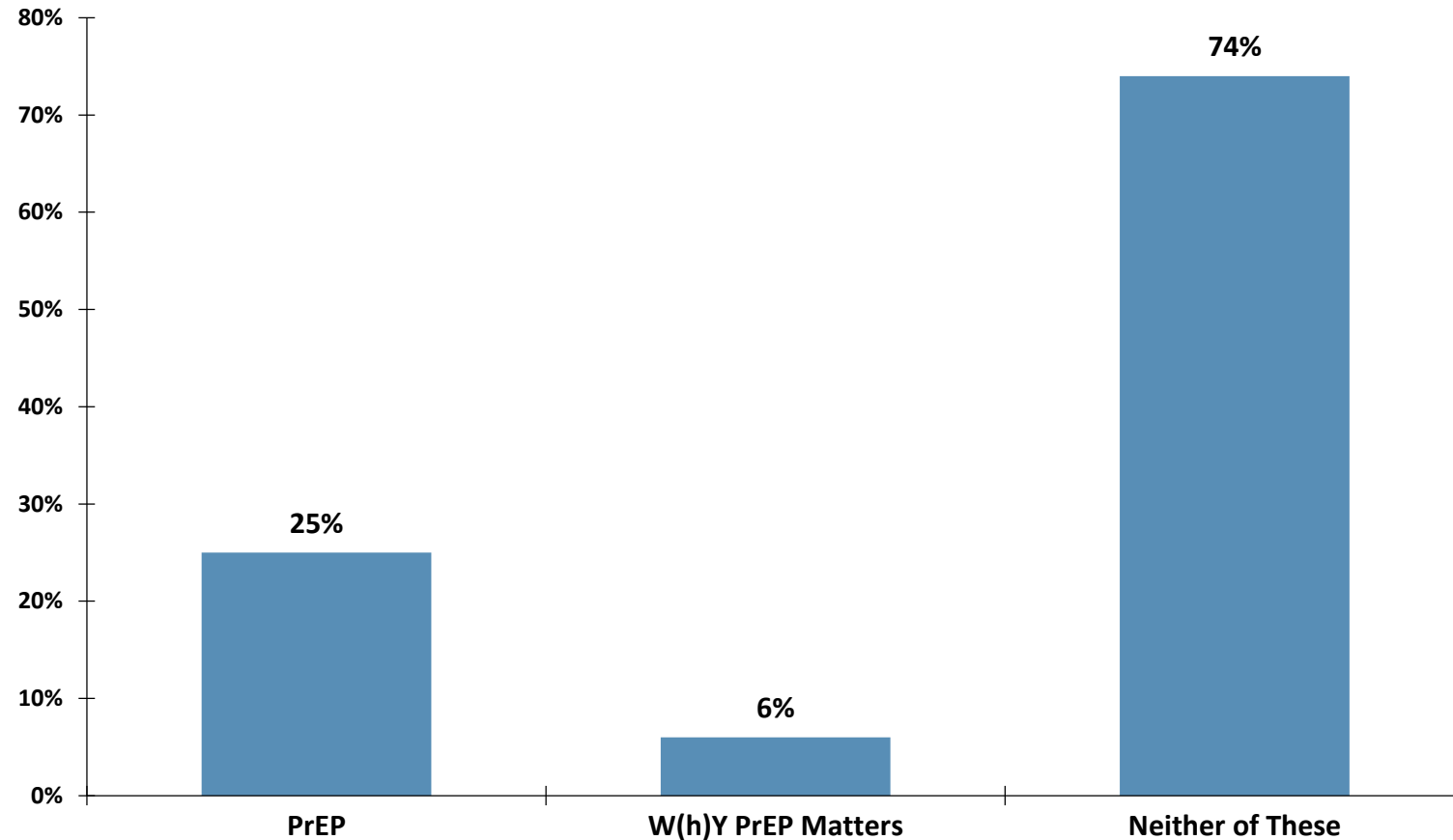
Awareness of  
PrEP/W(h)Y  
PrEP Matters

# Awareness of PrEP and W(h)Y PrEP Matters is Low

## All Respondents (N = 405)

- One in four respondents (25%) have heard of PrEP.
- About one in 20 respondents (6%) have heard of W(h)Y PrEP Matters.
- Respondents who have a bachelor's degree are more likely to have heard of PrEP (36%) as compared to those with a high school or associate's degree (19%).
- Respondents 18-55 (31%) are more likely to have heard of PrEP than those who are 55+ (15%).

## Have You Heard of PrEP/W(h)Y PrEP Matters?



Sample Size = 405

Q36: Have you heard of PrEP?

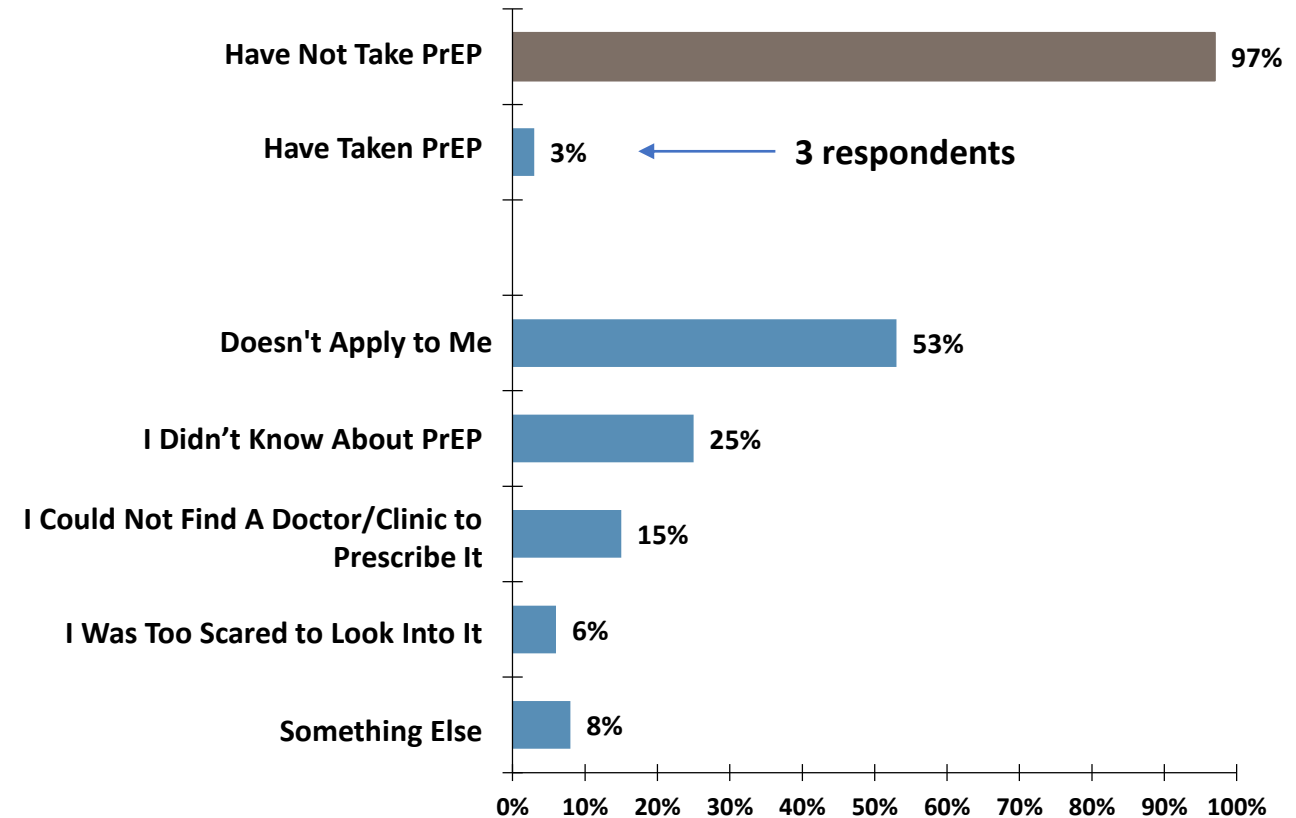
Q37: Have you heard of the W(h)Y PrEP Matters program?

# The Most Common Reason Respondents Cited for Not Taking PrEP is that it Does Not Apply to Them

## Respondents Who are Aware of PrEP or W(h)Y PrEP Matters (N = 105)

- Almost no one whom we spoke to has ever taken PrEP (3% of our total sample).
- Among those respondents who have heard of PrEP or the W(h)Y PrEP Matters program, the most common reason given for not taking PrEP is that it doesn't apply to them (53%).
- Twenty-five percent who have heard of PrEP report they didn't know about PrEP, indicating that their knowledge of PrEP is superficial at best.
- Fifteen percent report they couldn't find a doctor to prescribe PrEP.

## What Prevented You From Taking PrEP?



Sample Size = 105

Q38: Have you ever taken PrEP?

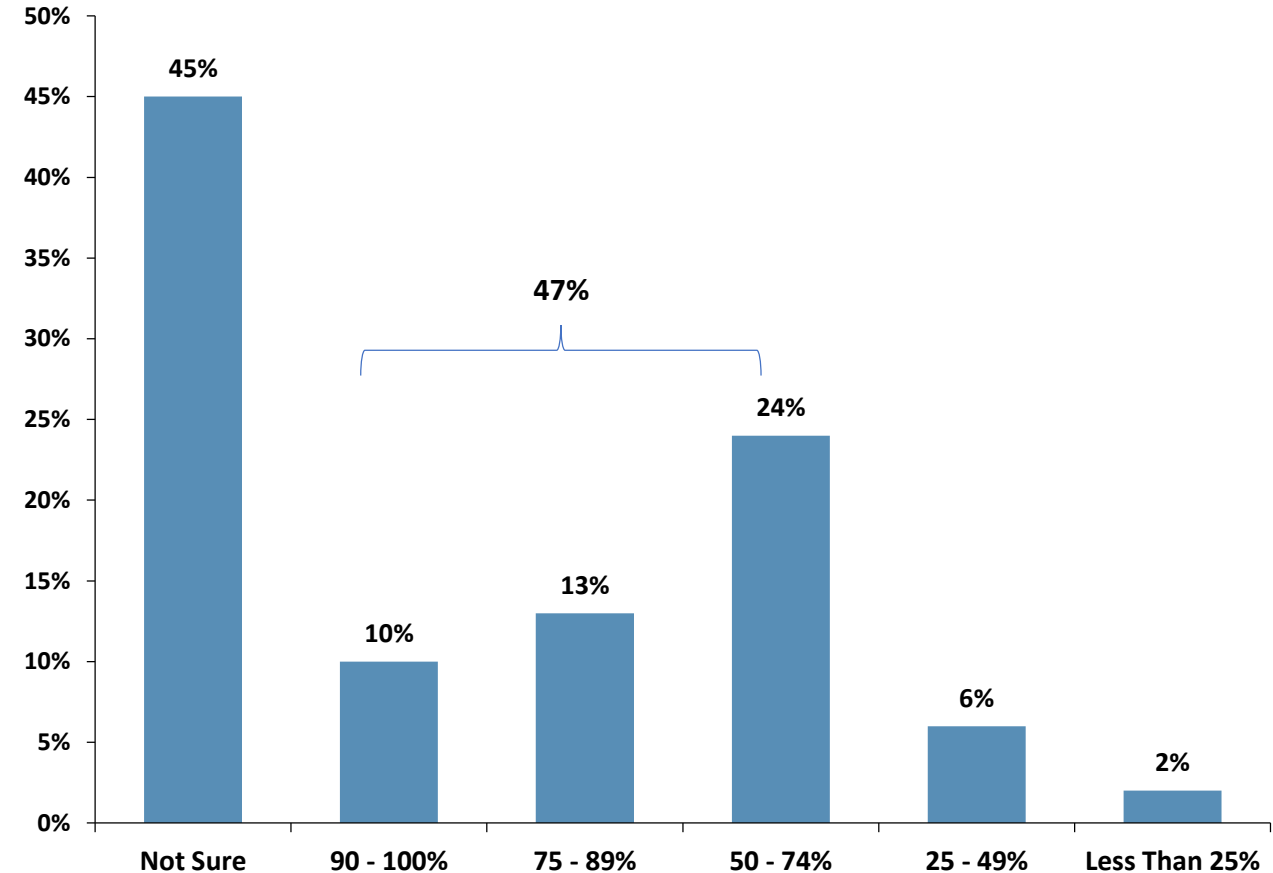
Q39: If you wanted to take PrEP and didn't, did any of the following prevent you from taking PrEP? (Multiple Response)

# Nearly Half of Respondents Who Had Heard of PrEP are Not Sure How Effective PrEP is at Preventing HIV Infection

If Taken As Prescribed, How Effective is PrEP at Preventing HIV Infection?

## Respondents Who are Aware of PrEP (N = 105)

- Nearly one-half of respondents (45%) who have heard of PrEP or the W(h)y PrEP Matters program do not know how effective PrEP is at preventing HIV infection.
- Another half (47%) report PrEP is at least 50% effective, including just 10% who report it is 90%-100% effective.
- Female respondents (18%) are more likely than male respondents (3%) to report PrEP is between 90% and 100% effective at preventing HIV infection.



Sample Size = 105

Q40: If taken as prescribed, how effective is PrEP at preventing HIV infection?



Awareness of Harm  
Reduction Programs

Awareness of  
PEP

# Very Few Respondents Have Heard of PEP

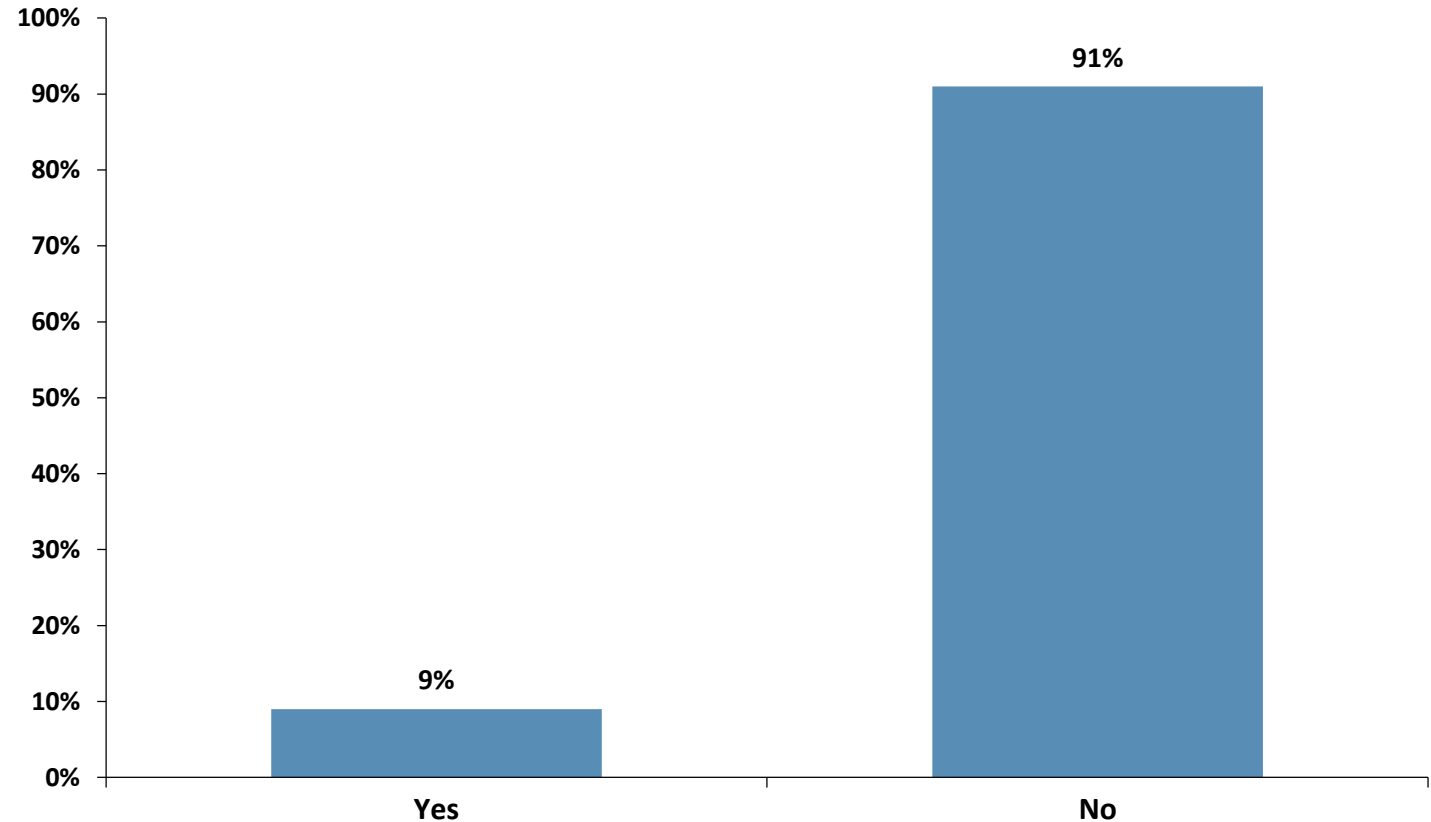
## All Respondents (N = 405)

- About one in 10 respondents (9%) have heard of PEP.

## Respondents Who Have Heard of PEP

- Those with a bachelor's degree or graduate degree (12%) are more likely than those who have an associate's degree or high school education (6%) to have heard of PEP.

## Have You Heard of Post-Exposure Prophylaxis (PEP) For HIV Prevention?



Sample Size = 405

Q41: Have you heard of PEP (Post-Exposure Prophylaxis) for HIV prevention?

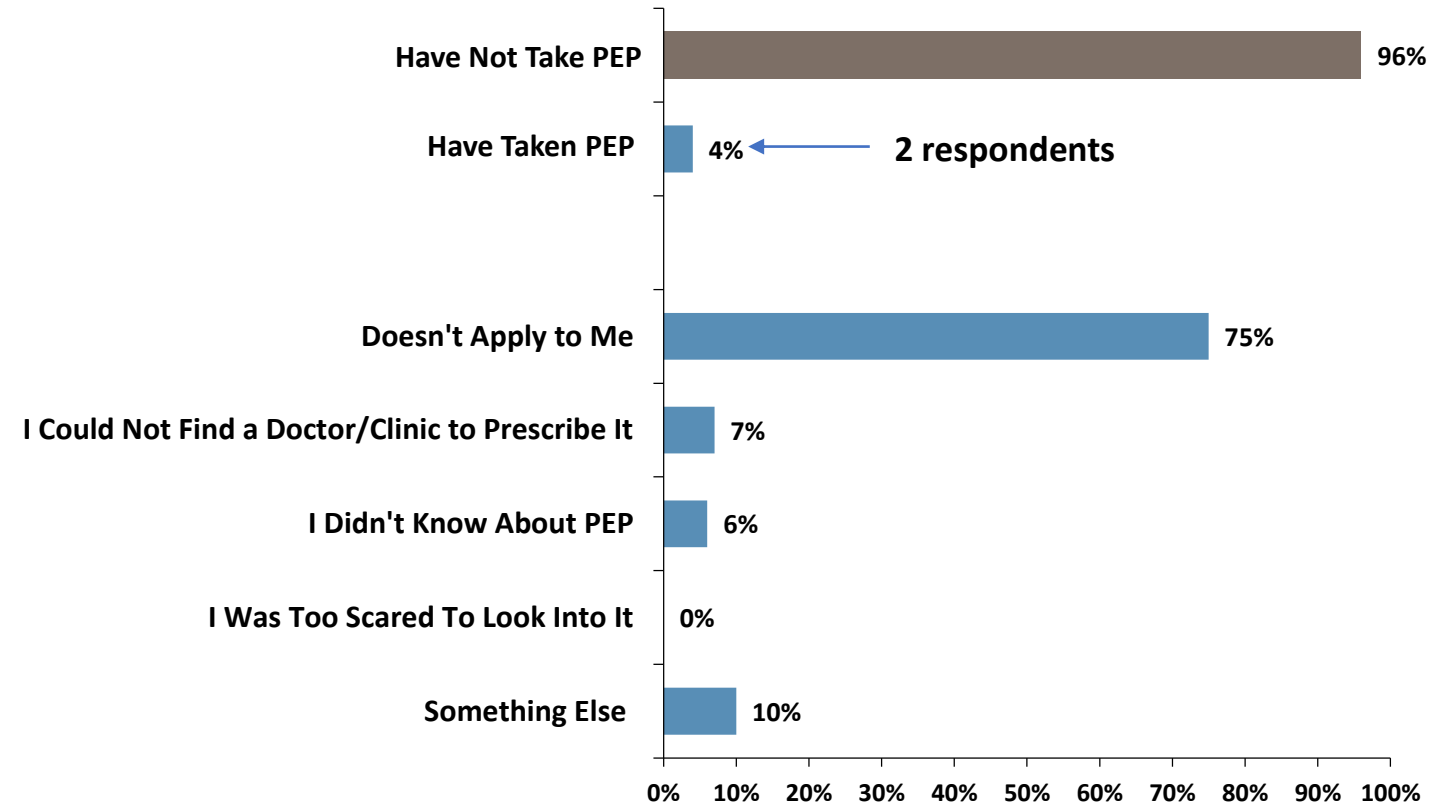
Note: PEP is the emergency provision of a course of anti-HIV medication within 72 hours of a known/suspected exposure to HIV.

# Most Respondents Who Have Heard of PEP Do Not Feel Taking It Applies to Them

## Respondents Who Have Heard of PEP (N = 36)

- Among those respondents who have heard of PEP, only two respondents (4%) have ever taken it.
- Three-quarters of respondents (75%) do not feel taking PEP applies to them.

## What Has Prevented You From Taking PEP?



Sample Size = 36

Q42: Have you ever taken PEP? (Multiple Response)

Q43: If you wanted to take PEP and didn't, did any of the following prevent you from taking PEP? (Multiple Response)

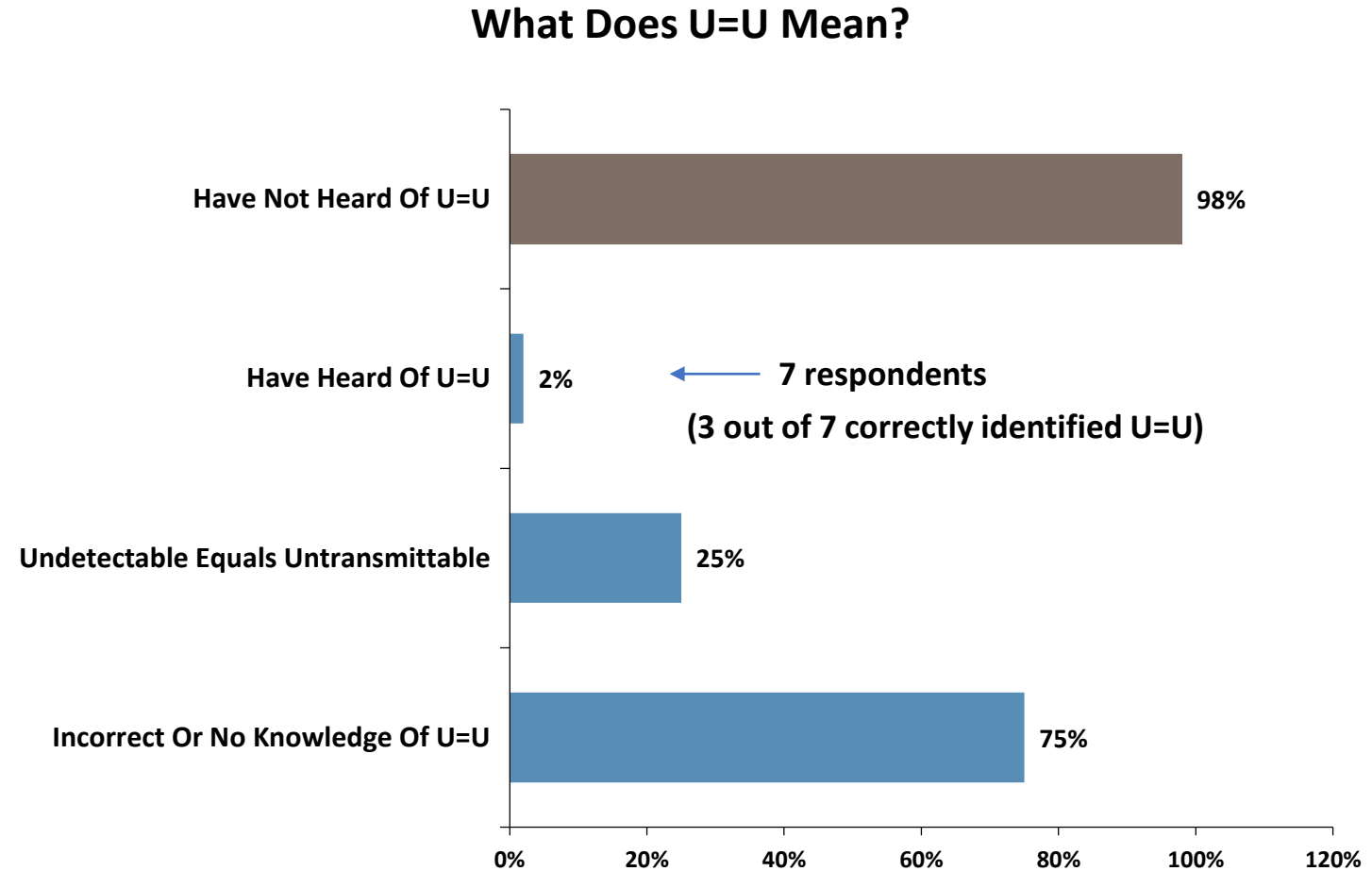
Awareness of Harm  
Reduction Programs

Awareness of  
U=U

# Almost No One Has Heard of U=U Nor Know Its Meaning

## All Respondents (N = 405)

- Only 2% of respondents have heard of U=U – but only three of the seven respondents who report they are aware of U=U can correctly say what it means.
- Those who had not heard of U=U were asked what they think it means. About one in four correctly identified the U=U meaning.



Sample Size = 405

Q44: Have you heard of U=U?

Q45: What does U=U mean?

Q46: What do you think U=U means?

# Conclusions and Recommendations

# Conclusions

It's likely that drug and alcohol use and suicidal ideation are higher than what is reported here

There is a culture of silence between patients and their healthcare providers

- Those who report experiencing drug use/alcohol use/suicidal ideation are under-represented in this study because 1) those most severely affected by these issues probably aren't likely to take a survey and 2) respondents may be reluctant to acknowledge these behaviors to someone else.
- This survey indicates that many in Wyoming are struggling with these issues, and state epidemiological data support these numbers.
  - There appears to be a strong correlation between lack of financial resources and suicidal ideation in the last six months.
- Almost all report they would be comfortable talking to their healthcare providers about their mental health, substance use, and sexual activities, but less than half report they're having conversations about these issues with their providers.
- Even fewer (about one in five) are talking to their healthcare providers about sexual issues.
- Those who are younger, women, and those living in more urban areas of the state are a bit more likely to report having these conversations.

# Conclusions

Knowledge of STI  
transmission routes  
is high

- Most are aware of how STIs, including HIV, are transmitted.
- Many, however, believe that HIV can be transmitted even if viral load is undetectable.

Knowledge of U=U and  
PrEP is low

- Almost no one in Wyoming has heard of U=U messaging.
- Few have heard of PrEP and many of those who report they have heard of PrEP state they cannot find a healthcare provider to prescribe it. Even fewer have heard of PEP.

Awareness of WDH  
programs is low

- There is only a low level of awareness of KnoWyo and Three-Site Testing programs.
- Even some of those who report they know about these programs do not seem to really know what they offer.



# Recommendations

Initiate a training program for healthcare providers around talking to patients about substance use, mental health, and sexuality

- The Wyoming Department of Health could identify top priorities from these findings and launch a quality improvement initiative.
- The Wyoming Department of Health, in collaboration with the Wyoming AETC, could establish training priorities and implement healthcare provider training programs addressing talking about sexual history, HIV prevention including PrEP/PEP/U=U, drug use and mental health screening, and STI screening and treatment.
  - Because healthcare providers seldom have a lot of time when seeing patients, handouts could be developed that patients could take home with them.
- Particular attention could be paid to men and older adults, as these groups are less likely to talk to their healthcare providers about these matters.

Initiate a campaign to encourage WY residents to talk to healthcare providers and increase awareness of WDH programs

- A public awareness campaign about Wyoming Department of Health programs could be launched to Wyoming residents at the same time as the program targeting healthcare providers is initiated.
- This could be a multi-faceted campaign alerting state residents to have conversations about these issues with their healthcare providers, as well as alerting them to available state programs around substance use, mental health, and sexual health.

# Recommendations

## Increase awareness of WDH programs

- Few know about existing WDH programs.
- Awareness of and acceptability of using these programs could be promoted.

## Increase awareness of U=U and availability of PrEP

- A U=U messaging campaign could be launched statewide, including in the populations who most need to hear this message.
- A statewide messaging campaign could reach those who most need to hear the message, as well as the general population and help reduce the stigma of HIV.
- At the same time a messaging campaign could be developed for healthcare providers so that they are better equipped to talk to patients about U=U, and to prescribe PrEP when needed.
- A statewide directory of PrEP prescribing providers could be maintained for easy access by patients seeking these services.

# Appendix

# Questions Added

- Due to the absence of questions about knowledge and usage of HIV testing services, the following questions were added to the survey on December 10<sup>th</sup>, 2020:
  - 50A: At any time in your life, have you ever been tested for HIV? (N = 221)
  - 50B: About how many times have you been tested for HIV over the course of your lifetime? (N = 221)
  - 50D: If you wanted to get tested for HIV over the next few months, would you know where to go to get an HIV test? (N = 221)

# Weighting

- Data was weighted to account for the following differences between the demographic breakout of the sample and the Wyoming population:
- There were 74 respondents (18%) between the ages of 18 and 34 vs. 25% for the census population.
- There were 206 respondents (65%) age 55+ vs. 31% for the census population.
- There were 125 respondents (17%) between 35 and 54 years old which matched the census population.

# Wyoming Census Data Websites

Wyoming Department of Health:

<https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/wyoming-behavior-risk-factor-surveillance-system-2/brfss-data-2/>

Wyoming Census:

<https://www.census.gov/quickfacts/WY?>