Immunological and virological response to antiretroviral treatment in migrant and native men and women in Western Europe; is benefit equal for all?

## The Migrants Working Group on behalf of COHERE in EuroCoord

Running title: Immuno-virological response to cART in migrants.

**Keywords:** HIV; Combination Antiretroviral Therapy, Immuno-virological Response; Migrants; Sex.

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## ABSTRACT

**Objective:** To evaluate differences in immune-virological response to combination antiretroviral therapy (cART) in migrant and native men and women within a European collaboration of HIV cohorts (COHERE) in EuroCoord, 2004-2013.

**Methods:** Migrants were defined as those with geographical origin (GO) different to reporting country (NAT) and grouped as originating from Western Europe and Western Countries (WEWC), Eastern Europe (EE), North Africa & the Middle East (NAME), Sub-Saharan Africa (SSA), Latin America (LA), Caribbean (CRB) and Asia/Oceania (ASIA/OCE). CD4-cell counts were modelled using piecewise linear mixed-effects models with 2 slopes whereas models to estimate sub-distribution hazard ratios (sHR) were used for time to virological response (VR) (ie. time from cART initiation to the first of two successive HIV-RNA<400 copies/mL).

**Results**: Of 32,817 individuals, 25,799 (78.6%) were men. The percentage of migrants was higher in women (48.9%) than in men (21.2%) and migrants from SSA accounted for the largest migrant group (29.9% in men and 63.3% in women). Migrant men and women from SSA started at lower CD4-cell counts than NAT which remained lower over time. VR was  $\geq$ 85% at 12 months for all groups except CRB women (77.7%). Compared to NAT men and women, lower VR was experienced by NAME [sHR 0.91 (95% CI 0.86-0.97)] and SSA [0.88 (0.82-0.95)] men and CRB [0.77 (0.67-0.89)] women, respectively.

**Conclusions:** Immune-virological response to cART in Western Europe varies by GO and sex of patients. ART benefits are not equal for all, underlining that efforts need to prioritize those most in need.

### INTRODUCTION

Globally, migrants have higher rates of late HIV presentation than native populations [1-2] but whereas those from high-income settings had similar proportions of late HIV presentation, migrants from middle and low-income settings were more likely to present late [2]. Consequently, median CD4 cell-count at combination antiretroviral therapy (cART) initiation is lower in most migrant groups [3]. Less is known about the immunological and virological responses to cART by specific Geographical Origin (GO). Available data largely refer to Sub-Saharan Africans and Latin-Americans, with less data from other migrant groups [4-6]. Understanding the heterogeneity in immune-virological response to cART across HIV-positive populations in Europe is essential to improve the continuum of care, maximize population impact of cART and minimize secondary HIV transmissions. We aimed to evaluate differences in immunological and virological response to cART in HIV-positive men and women according to GO within COHERE from 2004 to 2013.

#### METHODS

### Study population

Data were merged in COHERE (www.cohere.org) in EuroCoord (www.EuroCoord.net) in 2013, comprising 40 observational cohorts and cohort collaborations of HIV-positive individuals from 32 countries. We excluded cohorts and individuals with missing GO data and infected through routes other than injecting drug use or sexual intercourse. Eligible individuals were antiretroviral-naïve patients recruited from 1<sup>st</sup> January 1997, 18-74 years old at enrolment who initiated cART from 1<sup>st</sup> January 2004. Patients had to have both CD4<sup>+</sup> T-cell count and HIV-RNA measurements within the last 6 months prior to cART initiation and at least two CD4+ T-cell counts and HIV-RNA measurements while on cART. Individuals with viral load <1,000 copies/mL at of cART initiation were excluded.

Migrants were defined by having GO different to the reporting country and grouped in Western Europe and Western Countries (WEWC), Eastern Europe (EE), North Africa and Middle East (NAME), Sub-Saharan Africa (SSA), Latin America (LA), Caribbean (CRB) and Asia/Oceania (ASIA/OCE).

## **Statistical analysis**

Trends in CD4<sup>+</sup> T-cell counts were modelled using piecewise linear mixed-effects models with 2 slopes and change point at month 6 based on exploratory analyses. We defined time to virological response (VR) as time from cART initiation to the first of two successive HIV-RNA<400 copies/mL. , We calculated cumulative incidence of VR and used proportional hazards models on the sub-distribution hazard to estimate sub-distribution hazard ratios (sHR) for VR by GO, treating deaths before VR as competing events.

Multivariable models were adjusted for age at cART initiation, risk group, log<sub>10</sub> HIV-RNA levels at cART initiation, pre-cART AIDS diagnosis, period of cART initiation and initial type of regimen. We also adjusted models for VR by pre-cART CD4 count. To adjust for clustering of patients within cohorts, robust methods were used to estimate standard errors. Wald tests were used to derive p-values. Statistical analyses were performed using Stata software (version 14, College Station, Texas, USA).

## RESULTS

#### Study population characteristics

Of 32,817 individuals included, , 78.6% (n=25,799) were men. The percentage of migrants was higher in women (48.9%) than in men (21.2%) and migrants from SSA accounted for the largest migrant group (29.9% of men and 63.3% of women) followed by LA (29.0%) and WEWC (13.8%) in men and LA (10.8%) and CRB (6.6%) in women (Table 1).

## Trends in CD4+ T-cell counts after cART

Compared to NAT, migrants from SSA started cART at lower CD4+ T-cell counts. While men from this region experienced slower short-term (0-6 months) [adjusted difference in mean CD4+ T-cell count increase/month (square root scale): -0.12, 95% CI: -0.16; -0.09, p<0.001)] and long-term (6-onwards) rates of CD4+ T-cell increases (-0.01, 95% CI: -0.01; -0.002, p=0.01), rates in women from SSA were significantly slower only over the short term (-0.10, 95% CI: -0.13; -0.06, p<0.001). Compared to NAT, both migrant men and women from LA started cART at lower CD4+ T-cell counts; whilst both men and women from LA exhibited better short-term immunological response than NAT, this was only significant in men (0.05; 95% CI: 0.02; 0.08, p=0.002) but the small number of LA women may preclude statistical significance. Migrant men and women from EE experienced faster long-term CD4+ T-cell increases compared to NAT (0.02, 95% CI: 0.003; 0.03, p=0.02 for men and 0.03, 95% CI: 0.01; 0.05, p=0.001 for women, respectively), although no significant differences were found in the CD4+ T-cell count at which cART was started in men and women from this region (Table 1 Appendix).

Figure 1 in de appendix depicts the predicted evolution of CD4+ T-cell counts by GO., given the specific distributions of confounders in each GO group (univariable graphs) and assuming common characteristics (i.e. majority profile) in all GO groups (multivariable graphs). Migrant men and women from SSA and migrant women from LA, CRB and ASIA/OCE remain with a CD4+ T-cell count≤500 cells/µl during almost all the first 60 months after starting therapy. CD4 cell count differences persisted across groups as the baseline differences were not compensated for by differential immunological responses.

## Virological response

VR was poorer in women than in men with 89.0% of women and 93.3% of men achieving VR at 12 months from cART initiation, respectively. While in men, VR at 12 months was over 90% for all groups except for migrant men from SSA and CRB, in women, it was below 90% for

NAT and most migrant groups, and particularly low in those from CRB (77.7%) (Figure 2 Appendix). Results from adjusted analyses showed that migrant men from NAME (sHR 0.91; 95% CI: 0.86 - 0.97) and SSA (sHR: 0.88; 95% CI: 0.82 - 0.95) experienced lower rates of response than NAT men as also did migrant women from CRB (sHR: 0.77; 95% CI: 0.67 - 0.89) in comparison to their NAT counterparts (Table 2).

### DISCUSSION

Our study shows that among HIV-positive patients linked to care and started on cART from 2004 to 2013 in Europe, immunological and virological responses varied significantly by geographical origin and sex. Among men, those from Sub-Saharan African had the poorest indicators in terms of CD4 cell count and viral load response. In contrast, male migrants from other Western countries and from Eastern Europe exhibited better immunological response to cART than natives. Virological suppression rates over 90% at 12 months were achieved by all male migrants apart from those from Sub-Saharan Africa and the Caribbean. Among women, viral load suppression rates at 12 months were poorer than those in men; whilst the rates in most groups were around 90%, Caribbean women had particularly low rates of 77.7%.

Our results are consistent with the poorer virological and/or immunological responses in Sub-Saharan African migrants reported by others [4-6]. This study demonstrates that this pattern is observed for both men and women. Staehelin et al described poorer self-reported adherence in Sub-Saharan African migrants than in people from other origins [4]. Van Beckhoven et al have recently reported that viral load suppression on cART was also poorer in migrants from Sub-Saharan Africa compared to Belgian natives, the former group also having poorer retention in care [6]. Less data are available for HIV-positive migrants from Latin-America but our results are consistent with those reported by Monge et al of Latin-American migrants in Spain [5]. The worrying sub-optimal virological responses to cART observed in Caribbean

women suggest poor engagement to care as well as adherence to cART and is consistent with previous COHERE findings highlighting a high rate of all-cause mortality in these women [7].

Although most migrant groups have difficulties accessing HIV-related services in European countries, not all of them face the same hardships [8-9]. Hernando et al reported that, compared to native populations, late HIV diagnosis in European surveillance data is not more common in those from Western, Eastern and Central Europe, nor in those from Australia, New Zealand or North-America [2]. This likely highlights how economic and social disadvantage shapes the type and number of barriers to accessing HIV testing and care. Legal barriers also exist despite all public health recommendations [10-11] and scientific evidence [12-13] supporting universal access to HIV testing and treatment, this is still denied to undocumented migrants in some European countries [9, 8,14]. Migrants are thought to have poorer adherence secondary to socio-economic reasons [15]. Whereas this has previously been shown for some groups of migrants, our data illustrate that this cannot be generalized for all migrant groups..

We have not been able to adjust for socio-economic status. Data on administrative/legal status for migrants populations in COHERE are not collected. Viral clade and sub-type data were not available for this analysis but the CASCADE Collaboration in EuroCoord has found no clinically relevant differences in either immunological or virological response to cART by HIV-1 subtype [15].

Our results have important implications for clinical management and policy changes regarding earlier HIV testing and cART entitlement; they can help clinicians be alert to particular groups, especially women, who will require extra support with their treatments. Finally, many of the inequalities detected in this study are avoidable by all-inclusive policies which scale up HIV testing and access to cART for all persons living with HIV in Europe.

7

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9

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# **Table 1.** Socio-demographic and clinical characteristics at start of cART according to geographical origin, in men and in women in COHERE

## Men: n=25,799 (78.6%)

	NAT		WEWC		EE		NAME		SSA		LA		CRB	ASIA/OC	E
	20,340 (78	3.8)	751 (2.9)		342 (1.3)		482 (1.9)		1,632 (6.3	)	1,586 (6.	1)	290 (1.1)	376 (1.5)	
Age, years															
Median (IQR)	39 (33 – 46)		40 (32 – 46)		34 (29 – 40)		38 (33 – 44)		38 (32 – 44)		34 (29 – 41)		40 (34 – 47)	35 (30 – 43)	
Transmission category															
Sex between men	14,623 (71	1.9)	549 (73.1)		210 (61.4)		195 (40.5)		180 (11.0)		1,252 (78	8.9)	129 (44.5)	263 (69.9	)
Sex between men and women	4,260 (20.9)		142 (18.9)		60 (17.5)		231 (47.9)		1,427 (87.4)		316 (19.9)		156 (53.8)	89 (23.7)	
Injecting drug use	1,457 (7.2)		60 (8.0)		72 (21.0)		56 (11.6)		25 (1.5)		18 (1.1)		5 (1.7)	24 (6.4)	
CD4+ T cell count (cells/ul)															
Median (IQR)	277	(180	260	(140	272	(190	240	(136	221	(117	253	(148	210	250	(150
	- 364)		- 350)		- 355)		- 334)		– 314)		- 336)		(90 – 295)	- 345)	
<200	5,895 (29.	0)	255 (34.0)		94 (27.5)		186 (38.6)		698 (42.8)		555 (35.0	))	130 (44.8)	130 (34.6	5)
200-350	8,798 (43.	2)	313 (41.7)		160 (46.8)		189 (39.2)		654 (40.1)		689 (43.4	l)	124 (42.8)	160 (42.5	)
>350	5,647 (27.8)		183 (24.4)		88 (25.7)		107 (22.2) 280 (17.2)			342 (21.6)		36 (12.4)	(12.4) 86 (22.9)		
Log10 HIV-RNA (copies/ml)															
Median (IQR)	4.9 (4.5 –	5.4)	4.9 (4.4 – 5	5.4)	4.8 (4.4 –	5.3)	4.9 (4.5 – 5	.4)	4.9 (4.4 –	5.3)	4.8 (4.4 -	- 5.2)	4.9 (4.4 – 5.3)	4.8 (4.3 –	- 5.2)
<4	2,147 (10.	6)	73 (9.7)		38 (11.1)		50 (10.4)		220 (13.5)		171 (10.8	3)	38 (13.1)	43 (11.4)	
4 – 5	9,271 (45.	6)	364 (48.5)		170 (49.7)		222 (46.1)		731 (44.8)		797 (50.2	2)	137 (47.2)	203 (54.0	)
>5	8,922 (43.9)		314 (41.8)		134 (39.2)		210 (43.6)		681 (41.7)		618 (39.0)		115 (39.7)	130 (34.6	5)
Pre-cART AIDS diagnosis															
No	15,552 (76	6.5)	516 (68.7)		250 (73.1)		336 (69.7)		1,243 (76.	2)	1,295 (81	.6)	229 (79.0)	280 (74.5	)
Yes	2,620 (12.	9)	104 (13.8)		33 (9.6)		77 (16.0)		366 (22.4)		243 (15.3	3)	57 (19.7)	57 (15.2)	
Unknown	2,168 (10.	7)	131 (17.4)		59 (17.2)		69 (14.3)		23 (1.4)		48 (3.0)		4 (1.4)	39 (10.4)	
Period of cART initiation															
2004-2008	10,305 (50	).7)	387 (51.5)		135 (39.5)		255 (52.9)		941 (57.7)		781 (49.2	2)	201 (69.3)	170 (45.2	2)
2009-2013	10,035 (49	9.3)	364 (48.5)		207 (60.5)		227 (47.1)		691 (42.3)		805 (50.8	3)	89 (30.7)	206 (54.8	)
Type of cART regimen															
NNRTI-based	10,628 (52	2.2)	431 (57.4)		181 (52.9)		246 (51.0)		866 (53.1)		976 (61.5	5)	183 (63.1)	237 (63.0	)
PI-based	6,315 (31.	0)	195 (26.0)		108 (31.6)		152 (31.5)		567 (34.7)		335 (21.1		73 (25.2)	100 (26.6	
Other	3,397 (16.	7)	125 (16.6)		53 (15.5)		84 (17.4)		199 (12.2)		275 (17.3	3)	34 (11.7)	39 (10.4)	

# Women: n=7,018 (21.4%)

	NAT	WEWC	EE	NAME	SSA	LA	CRB	ASIA/OCE
	3,586 (51.1)	141 (2.0)	193 (2.7)	149 (2.1)	2,172 (30.9)	370 (5.3)	226 (3.2)	181 (2.6)
Age, years								
Median (IQR)	39 (31 – 47)	37 (30 – 46)	31 (27 – 38)	38 (29 – 46)	32 (27 – 39)	35 (29 – 42)	35 (29 – 45)	34 (30 – 41)
Transmission category								
Sex between men and women	3,124 (87.1)	116 (82.3)	169 (87.6)	147 (98.7)	2,164 (99.6)	366 (98.9)	225 (99.6)	178 (98.3)
Injecting drug use	462 (12.9)	25 (17.7)	24 (12.4)	2 (1.3)	8 (0.4)	4 (1.1)	1 (0.4)	3 (1.7)
CD4+ T cell count (cell/ul)								
Median (IQR)	257 (158 – 339)	259 (120 – 344)	244 (155 – 337)	228 (137 – 340)	240 (145 – 320)	210 (100 – 305)	239 (146 – 321)	200 (56 – 315
<200	1,225 (34.2)	53 (37.6)	76 (39.4)	68 (45.6)	809 (37.2)	170 (45.9)	89 (39.4)	90 (49.7)
200-350	1,567 (43.7)	53 (37.6)	73 (37.8)	48 (32.2)	953 (43.9)	133 (36.0)	92 (40.7)	62 (34.2)
>350	794 (22.1)	35 (24.8)	44 (22.8)	33 (22.1)	410 (18.9)	67 (18.1)	45 (19.9)	29 (16.0)
Log10 HIV-RNA (copies/ml)								
Median (IQR)	4.7 (4.1 – 5.2)	4.9 (4.4 – 5.2)	4.7 (4.1 – 5.1)	4.7 (4.1 – 5.3)	4.6 (4.1 – 5.1)	4.7 (4.2 – 5.1)	4.4 (3.9 – 5.0)	4.8 (4.2 – 5.2)
<4	711 (19.8)	21 (14.9)	42 (21.8)	31 (20.8)	487 (22.4)	73 (19.7)	62 (27.4)	30 (16.6)
4 – 5	1,656 (46.2)	66 (46.8)	93 (48.2)	67 (45.0)	1,060 (48.8)	179 (48.4)	112 (49.6)	90 (49.7)
>5	1,219 (34.0)	54 (38.3)	58 (30.0)	51 (34.2)	625 (28.8)	118 (31.9)	52 (23.0)	61 (33.7)
Pre-cART AIDS diagnosis								
No	2,729 (76.1)	99 (70.2)	117 (60.6)	110 (73.8)	1,822 (83.9)	284 (76.8)	190 (84.1)	121 (66.8)
Yes	554 (15.4)	20 (14.2)	26 (13.5)	26 (17.4)	329 (15.1)	79 (21.3)	35 (15.5)	47 (26.0)
Unknown	303 (8.4)	22 (15.6)	50 (25.9)	13 (8.7)	21 (1.0)	21 (1.9)	1 (0.4)	13 (7.2)
Period of cART initiation								
2004-2008	2,185 (60.9)	75 (53.2)	86 (44.6)	89 (59.7)	1,401 (64.5)	230 (62.2)	190 (84.1)	103 (56.9)
2009-2013	1,401 (39.1)	66 (46.8)	107 (55.4)	60 (40.3)	771 (35.5)	140 (37.8)	36 (15.9)	78 (43.1)
Type of cART regimen								
NNRTI-based	1,564 (43.6)	66 (46.8)	89 (46.1)	71 (47.6)	953 (43.9)	196 (53.0)	104 (46.0)	110 (60.8)
PI-based	1,355 (37.8)	53 (37.6)	74 (38.3)	61 (40.9)	960 (44.2)	105 (28.4)	111 (49.1)	51 (28.2)
Other	667 (18.6)	22 (15.6)	30 (15.5)	17 (11.4)	259 (11.9)	69 (18.6)	11 (4.9)	20 (11.0)

	Men			Women					
	Univariable analy	sis	Multivariable ana	lysis <sup>1</sup>	Univariable analys	sis	Multivariable analysis <sup>1</sup>		
	sHR (95% CI)	p-value	sHR (95% CI)	p-value	sHR (95% CI)	p-value	sHR (95% CI)	p-value	
NAT	1.00		1.00		1.00		1.00		
WEWC	0.98 (0.90; 1.06)	0.60	0.98 (0.87; 1.10)	0.71	0.90 (0.73; 1.11)	0.32	0.90 (0.0.74; 1.09)	0.29	
EE	1.05 (0.96; 1.15)	0.31	1.06 (0.96; 1.17)	0.24	1.17 (1.00; 1.37)	0.055	1.17 (0.98; 1.39)	0.09	
NAME	0.85 (0.76; 0.95)	0.005	0.91 (0.86; 0.97)	0.004	1.00 (0.86; 1.17)	0.98	1.00 (0.90; 1.11)	0.94	
SSA	0.80 (0.76; 0.84)	<0.001	0.88 (0.82; 0.95)	0.001	1.05 (0.98; 1.12)	0.18	1.04 (0.96; 1.12)	0.30	
LA	1.00 (0.90; 1.11)	0.98	0.95 (0.87; 1.03)	0.23	1.08 (0.95; 1.24)	0.23	1.08 (0.94; 1.25)	0.27	
CRB	0.90 (0.61; 1.32)	0.58	0.95 (0.73; 1.24)	0.71	0.79 (0.65; 0.96)	0.02	0.77 (0.67; 0.89)	<0.001	
ASIA/OCE	1.09 (0.94; 1.27)	0.24	1.07 (0.93; 1.23)	0.33	1.17 (0.95; 1.44)	0.14	1.14 (0.90; 1.45)	0.27	
Overall p-value		<0.001		<0.001		<0.001		<0.001	

**Table 2.** Time to virological response from cART initiation according to geographical origin, in men and in women

<sup>1</sup> Adjusted by transmission category (sex between men, IDU, sex between men and women), age at cART initiation, log10 HIV-RNA and CD4+ T cell count (<200, 200-350, >350) at

cART, pre-cART AIDS diagnosis, period of cART initiation (2004-2008, 2009-2013) and type of cART regimen (NNRTI, PI, other)