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All-cause hospitalisation according to demographic group in people living with HIV in the current ART era: Recent findings from a cohort study in the UK

SHORT TITLE: Hospitalisation by demographic group in PLHIV

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Abstract

Objective: We investigated differences in all-cause hospitalisation between key demographic groups among people with HIV in the UK in the current ART era.

Design/Methods: We used data from the Royal Free HIV Cohort study between 2007 and 2018. Individuals were classified into five groups: men who have sex with men (MSM), Black African men who have sex with women (MSW), MSW of other ethnicity, Black African women and women of other ethnicity. We studied hospitalisations during the first year after HIV diagnosis (Analysis-A) separately from those more than one year after diagnosis (Analysis-B). In Analysis-A, time to first hospitalisation was assessed using Cox regression adjusted for age and diagnosis date. In Analysis-B, subsequent hospitalisation rate was assessed using Poisson regression, accounting for repeated hospitalisation within individuals, adjusted for age, calendar year, time since diagnosis.

Results: The hospitalisation rate was 30.7/100 person-years in the first year after diagnosis and 2.7/100 person-years subsequently; 52% and 13% hospitalisations respectively were AIDS-related. Compared to MSM, MSW and women were at much higher risk of hospitalisation during the first year [aHR (95%CI): 2.7 (1.7-4.3), 3.0 (2.0-4.4), 2.0 (1.3-2.9), 3.0 (2.0-4.5) for Black African MSW; other ethnicity MSW; Black African women; other ethnicity women respectively, Analysis-A] and remained at increased risk subsequently [corresponding aIRR (95% CI): 1.7 (1.2-2.4), 2.1 (1.5-2.8), 1.5 (1.1-1.9), 1.7 (1.2-2.3), Analysis-B].

Conclusions: In this setting with universal healthcare, substantial variation exists in hospitalisation risk across demographic groups, both in early and subsequent periods after HIV diagnosis, highlighting the need for targeted interventions.

KEYWORDS (MeSH terms): HIV, Acquired Immunodeficiency Syndrome, Hospitalization, Gender Identity, Sexual Behaviour, Ethnic Groups

Introduction

In the recent ART era, non-AIDS comorbidities and age-related factors increasingly contribute to morbidity in people living with HIV (PLHIV) [1-3].

Hospitalisation is an important outcome that captures AIDS and non-AIDS morbidity, as well as being a significant component of healthcare costs. However, there is little research on current rates and predictors of hospitalisation among PLHIV in high-income countries. Previous studies suggest that there are disparities in hospitalisation risk according to gender [4-8] and ethnicity [6,9,10] but findings are not consistent across studies or settings [11-17], which may reflect variations in the sociodemographic profile of the HIV epidemic. The majority of the literature comes from the US, a setting without universal access to HIV care and treatment. Furthermore, only two studies included data beyond 2010 [7,8]. In addition, when examining demographic variation in hospitalisation, most previous studies did not differentiate between men who have sex with men (MSM) and other men, and none considered sex and ethnicity concurrently. Therefore, differences in hospitalisation risk across key affected demographic groups were not directly identified.

This study investigated all-cause hospitalisation in PLHIV in the Royal Free HIV Cohort study (RFHCS), London, from the period 2007 to 2018, assessing variation between key demographic groups defined by gender, sexual orientation and ethnicity. The results could help to inform interventions targeting high-risk groups to reduce hospitalisations and associated costs in PLHIV.

Materials and Methods

Study participants and design

The RFHCS is an observational cohort study of HIV-positive individuals attending the Royal Free Hospital, London, UK, for outpatient HIV care. HIV-diagnosed patients were included in the present study if they had at least one outpatient clinic visit, defined as either a CD4 count or viral load measurement, between 1 January 2007 and 31 January 2018. Ethical approval for the RFHCS was obtained from the London South East Research Ethics Committee (REC reference 19/LO/0091).

Information on hospitalisations is collected routinely through annual clinical record reviews and includes hospitalisations that occurred at the Royal Free Hospital. Internal validation of a subset of study participants has shown that this represents around 80% of all hospitalisations that occurred in individuals (data not shown). Hospitalisations were defined as overnight hospital stays. The information collected was admission and discharge dates and cause for each hospitalisation categorised as AIDS and/or non-AIDS related.

We studied hospitalisations that occurred during the first year after HIV diagnosis (Analysis A) separately from those that occurred more than one year after diagnosis (Analysis B), as admission risk is particularly high around the time of diagnosis [18] (textbox). Individuals could be included in both Analysis A and Analysis B with different baselines. Analysis A considered only an individual's first hospitalisation during the first year after diagnosis, whereas Analysis B considered all hospitalisations occurring more than one year after diagnosis, with multiple hospitalisation from individuals included. Individuals in Analysis A

were followed from their date of diagnosis until the first of: date of hospitalisation; death; one year post diagnosis; last clinic visit up to 31 January 2018. Individuals in Analysis B were followed from their first clinic attendance after 1 January 2007 that was more than one year after diagnosis, until the last of: date of death; last clinic visit or last hospitalisation up to 31 January 2018. If an individual had a date of death recorded more than one year after their last clinic visit or last hospitalisation, this last visit was defined as the end of follow-up instead of their date of death.

Individuals were excluded from Analysis A if they did not have a clinic visit within 3 months of diagnosis to exclude those that tested for HIV at the Royal Free, but chose to attend a different clinic for their care (n=6). We also excluded people who acquired HIV through injection drug use (n=20 in Analysis A; n=137 in Analysis B). This group had a particularly high hospitalisation rate (72.7 per 100 person-years in Analysis A; 9.1 per 100 person-years in Analysis B) and represented a small proportion of the clinic population (<5% and were almost exclusively male).

There were 65 individuals who were diagnosed with HIV while hospitalised, and we included these hospitalisations as outcomes in analysis A. In these cases, the date of admission was set to the date of HIV diagnosis, also defined as the start of follow-up. Hospitalisations related to pregnancy and childbirth (n=1 in Analysis A; n=21 in Analysis B) were excluded to restrict the analyses to hospitalisations related to illness and injuries. This also allowed for a more meaningful comparison of rates between women and men.

	Analysis A: 1st year post diagnosis	Analysis B: >1 year post diagnosis
Inclusion criteria	Newly diagnosed with HIV at Royal Free between 1 Jan '07 – 31 Jan '18	Attended the Royal Free between 1 Jan '07 – 31 Jan '18 and diagnosed with HIV for > 1 year
Exclusion criteria	<ul style="list-style-type: none"> HIV infected via injection drug use No clinic visits within 3 months of diagnosis 	HIV infected via injection drug use
Baseline	Date of HIV diagnosis	First clinic visit after 1 Jan '07 that is >1 year post HIV diagnosis
End of follow-up	First of: <ul style="list-style-type: none"> Hospitalisation One year post diagnosis Last clinic visit up to 31 Jan '18 Death 	Last of: <ul style="list-style-type: none"> Last clinic visit up to 31 Jan '18 Last hospitalisation up to 31 Jan '18 Death
Outcome	1 st Hospitalisation (any cause)	Hospitalisations (any cause; multiple events per patient allowed)

Demographic group

The main exposure of interest was demographic group, combining gender, sexual orientation and ethnicity. Individuals were classified into five mutually exclusive categories: men who have sex with men (MSM); Black African men who have sex with women (MSW); MSW of

other ethnicity; Black African women; women of other ethnicity. This categorisation is used by Public Health England (PHE) to define the main affected demographic groups of PLHIV in the UK [19]. Gender was self-defined using a binary classification, sexual orientation was derived using the proxy of reported mode of HIV acquisition and ethnicity was self-reported. In our categorisation, “other ethnicity” includes white; Black Caribbean and other Black that is not Black African ethnicity; mixed; Indian sub-continent; other Asian Chinese; other/unknown.

Statistical methods

In Analysis A we assessed the unadjusted and adjusted association between demographic group and time to first hospitalisation during the first year after diagnosis using Cox proportional hazards regression. The multivariable analysis was adjusted for age at HIV diagnosis and year of HIV diagnosis. In a secondary analysis, we additionally adjusted for the CD4 count at diagnosis to assess the extent to which level of immunosuppression at diagnosis may account for any observed differences in hospitalisation between demographic groups.

In Analysis B, we used Poisson regression with Generalised Estimating Equations (GEE) to assess unadjusted and adjusted associations between demographic group and rate of hospitalisation from one year after diagnosis. We assumed a first order autoregressive working correlation structure in our GEE model to account for the repeated hospitalisations from individuals. We adjusted for time updated current age, current calendar year and current time since diagnosis in the multivariable model. Similar to analysis A, in a secondary analysis, we additionally adjusted for CD4 count at diagnosis to investigate whether level of immunosuppression at diagnosis accounted for long-term differences in hospitalisation between key demographic groups. We also alternatively adjusted for CD4 at baseline both because CD4 at diagnosis was missing for a large proportion of individuals (28-35% across demographic groups), and also to investigate its impact on the differences between groups.

We used SAS (version 9.4) for all statistical analyses and the ggplot2 package in R (RStudio version 1.2.1335) to create the figures.

Sensitivity analyses

We assessed the composite endpoint of hospitalisation or death in both Analysis A and Analysis B.

We used zero-inflated Poisson and zero-inflated negative binomial models as alternative approaches to model the count of hospitalisations in Analysis B. All sensitivity analyses were consistent with results of the main analysis (data not shown).

Results

Analysis A: First year after HIV diagnosis

In Analysis A, 951 study participants were newly diagnosed with HIV during the study period (Table 1a). A total of 434 (46%) individuals were MSM, 81 (9%) were Black African MSW, 146 (15%) were MSW of other ethnicity, 176 (19%) were Black African women and 114 (12%) women of other ethnicity. MSW had a higher median age at diagnosis compared to MSM and women. Black African MSW were more likely to be diagnosed earlier in the period compared to the other groups. Just over half of MSM were born in the UK, compared

to less than 5% of Black African individuals, just under half of 'other ethnicity MSW', and about a third of 'other ethnicity women. Women and MSW had a much lower median CD4 count at diagnosis, compared to MSM. Women had a lower median viral load at baseline compared to MSM and MSW. The majority of MSM, MSW and women started ART within 3 months of diagnosis.

There were 9 deaths (<1%) during the first year after HIV diagnosis and 213 (22 of individuals%) hospitalisations (Table 2a). Overall, 52% of hospitalisations had at least one AIDS-related cause. MSW had a higher proportion of AIDS-related admissions compared to women and MSM.

The overall rate of hospitalisation in the first year after diagnosis was 30.7 per 100 person-years. The rate varied from 15.5/100 person-years in MSM to 52.8/100 person-years in other ethnicity MSW (Figure 1a). The Kaplan Meier estimate of hospitalisation risk by one year from diagnosis was 23.0% (20.2%-25.7%). This percentage was highest in other ethnicity MSW (36.2%; 28.3%-44.1%), followed by Black African MSW (34.8%; 24.1%-45.4%), other ethnicity women (34.2%; 25.3%-43.0%), Black African women (23.9%; 17.5%-30.3%), and MSM (13.0%; 9.8%-16.2%).

In unadjusted Cox regression analysis (Table 3), compared to MSM, the hazard of hospitalisation was around three times higher in Black African MSW, other ethnicity MSW, and women, and about twofold higher in Black African women. After adjustment for age and date of diagnosis, the associations were marginally attenuated in the MSW groups only. Table 3 also shows adjusted associations of age, date of diagnosis and CD4 count with hospitalisation. Older age at diagnosis was associated with hospitalisation. There was a weaker U-shaped association between date of diagnosis and hospitalisation, with some evidence of an increased hazard of hospitalisation in individuals diagnosed between 2010 and 2012 compared to earlier and later years. Lower CD4 count at diagnosis was strongly associated with higher hazard of hospitalisation; this was apparent for CD4 categories less than 200/mm³.

In a model additionally adjusted for CD4 count at diagnosis, hazard ratios (95% CI) were 1.4 (0.8-2.3); 2.0 (1.3-2.9); 1.3 (0.8-1.9); 2.1 (1.3-3.2); for Black African MSW, other ethnicity MSW, Black African women and other ethnicity women respectively. This suggests that late diagnosis explains a significant part of the differences across key demographic groups in hospitalisation in the first year, but it does not appear to fully explain the elevated risk for other ethnicity MSW and other ethnicity women in particular.

Analysis B: >1 year after HIV diagnosis

A total of 4,207 individuals were included in Analysis B (Table 1b). Most individuals entered follow-up in 2007-2009. MSM had a higher median baseline and nadir CD4 count compared to women and MSW. Overall, about two thirds of participants were virally suppressed and 75% were on ART at baseline, with the highest percentage observed for Black African MSW. Overall, 26% of participants had a prior AIDS diagnosis; this proportion was lowest in MSM and highest in Black African individuals. Black African and other ethnicity MSW were about twice as likely to have a prior non-AIDS diagnosis compared to MSM and women. CD4 count at diagnosis was available for 2,847 (68%) individuals.

Median follow-up was 7.6 years. There were 149 deaths (3.5%) during follow-up (Table 2b). Overall, 533 of 4,207 people (13%) were hospitalised at least once and 772 hospitalisations occurred overall. The large majority of hospitalisations in all groups were non-AIDS-related. Despite this, other ethnicity MSW had a considerably higher proportion of AIDS-related hospitalisations than other demographic groups. Of those individuals who were hospitalised, 72% had one hospitalisation, 25% had two or three hospitalisations, 2.6% were hospitalised four or five times and <1% more than five.

The overall crude rate of hospitalisation for this period was 2.7 per 100 person-years, considerably lower than the overall rate of 30.7 during the first year after diagnosis. This rate was highest in other ethnicity MSW, followed by Black African MSW, other ethnicity women, Black African women and MSM (Figure 1b).

Overall, the association of demographic group with hospitalisation was weaker than that seen in the first year after diagnosis (Table 4). Compared to MSM, the unadjusted rate of hospitalisation in each of the other groups was 1.4-to-twofold higher. This association was not attenuated after adjustment for current age, calendar year and years since diagnosis.

Being over 65 years of age and earlier calendar year were strongly associated with a higher rate of hospitalisation in the period from one year post diagnosis. CD4 count at diagnosis was also associated with hospitalisation in this period; this was driven by the higher rate among those with missing CD4 count.

In the secondary analysis, after additionally adjusting for CD4 count at diagnosis, incidence rate ratios (IRR) (95% CI) were 1.6 (1.1-2.3); 2.0 (1.5-2.7); 1.5 (1.1-1.9); 1.6 (1.2-2.2) for Black African MSW, other ethnicity MSW, Black African women and other ethnicity women respectively. This suggests that the elevated risk of hospitalisation in the period from one year post diagnosis that was apparent for MSW and women groups compared to MSM could not be explained by differences in CD4 at diagnosis.

Alternatively adjusting for CD4 at baseline, alongside age, calendar year and time since diagnosis, further attenuated the association with demographic group but the rate remained elevated in other ethnicity MSW and women (IRRs (95% CI): 1.3 (0.9-1.8); 1.8 (1.3-2.4); 1.1 (0.8-1.5); 1.5 (1.1-2.1) for Black African MSW, other ethnicity MSW, Black African women and other ethnicity women respectively).

Discussion

To our knowledge, this is the first study to investigate the association between demographic group and all-cause hospitalisation in PLHIV in the recent ART era in the UK. Black African and other ethnicity MSW and women were at higher risk of hospitalisation compared to MSM during the first year after diagnosis and, to a lesser extent, in the subsequent stages of the infection. In these four demographic groups the rate of hospitalisation was about 10/15-fold higher during the first year after diagnosis compared to the subsequent period, while in MSM it was about 7-fold higher, compared to the subsequent period.

Overall, our results provide evidence of substantial variation across key demographic groups in hospitalisation risk among PLHIV in a setting with universal free access to healthcare. This highlights the need for differentiated care and targeted interventions to close gaps

between key groups in terms of long-term health outcomes. There was a higher proportion of AIDS-related admissions during the first year after diagnosis that was particularly high in MSW. Hospitalisations more than one year after diagnosis were predominantly caused by non-AIDS conditions, however, MSW still had a higher proportion of AIDS-related admissions than other groups, corroborated by a lower median CD4 count in this group.

There are several possible reasons for the observed differences between the groups. The higher rates of hospitalisation in MSW and women compared to MSM and the increased number of AIDS-related admissions during the first year after HIV diagnosis in these groups may be partially explained by a higher proportion of individuals that are diagnosed late. In the UK, late diagnosis is more common among heterosexual individuals compared to MSM, and among individuals with Black African ethnicity compared to white [20]. In our analysis, adjustment for CD4 count at diagnosis explained an important part of the differences between the groups in hospitalisation during the first year after diagnosis, showing that late diagnosis was a major factor in the variation in early admissions. CD4 count at diagnosis did not explain the ongoing but smaller variation in hospitalisation risk between demographic groups in the subsequent period. This suggests that factors additional to late diagnosis play a role in demographic variation in admissions.

Another reason for differences in hospitalisation risk between gender and ethnicity groups could be differences in socioeconomic disadvantage and poverty; these factors may be linked to increased risk of several non-AIDS related conditions. In the UK there is universal free access to healthcare (including HIV diagnosis, antiretroviral therapy, hospital consultations), which might be expected to reduce socioeconomic inequalities that could lead to differences in risk of hospitalisation. Nevertheless, socioeconomic status was shown by previous studies in settings with universal health care to be an important factor in determining virological outcomes [21] and hospitalisation risk [4]. Structural barriers to care such as stigma and lower engagement and retention in care in MSW and women [22] could also be a possible explanation, if health problems are less likely to be addressed before they necessitate hospital admission. Low engagement in care and health service utilisation might be particularly relevant for the higher risk of hospitalisation in MSW as there is evidence that HIV-positive heterosexual men may face particularly challenging barriers when seeking help and accessing services [23-25].

Some of the differences in hospitalisation between men and women might be explained by differences in the prevalence of behavioural factors such as smoking or alcohol consumption, which are risk factors for a number of health conditions. Biological differences, e.g. related to reproduction or the hormonal system, that predispose women or men to some conditions may also play a role. However, this is not likely to be a major reason for the differences observed in this population, which were particularly marked between MSM and MSW.

The demographics of the HIV-positive population and the key groups affected differ across high-income settings. In the UK, the population of PLHIV includes a high proportion of women and MSW that migrated from Sub-Saharan Africa. There is evidence from both Europe and North America that MSM have more favourable ART outcomes (being more likely to achieve viral suppression and have higher CD4 counts, and less likely to experience

non-adherence and viral rebound) compared to women and heterosexual men, and that people of white ethnicity have more favourable treatment outcomes compared to people of Black and other minority ethnicity [21,26-32]. Several US studies and one Canadian study also found evidence that HIV-positive women [4-7,9,33] and Black, Hispanic and other minority individuals [6-10,34,35] are at higher risk of hospitalisation than men and people of white ethnicity respectively. However, these findings were not consistent across all studies. Other US studies [11-15], one French study [16], and one that combined data from France and Brazil [17], did not find a statistically significant association between gender and hospitalisation. Several other US studies did not find an association between ethnicity and hospitalisation in PLHIV [11,14,15]. However, in our analysis we found hospitalisation risk to be higher in MSW than in women, and higher in 'other ethnicity' MSW and women compared to Black African MSW and women.

It should be noted that among those newly diagnosed in Analysis A, MSM were less likely to be on ART within 3 months after diagnosis and also had a higher median CD4 count at diagnosis. The British HIV Association's (BHIVA) guidelines recommended ART initiation for individuals with CD4 counts ≥ 350 cells/ μ l until they were revised in 2015 to recommend ART initiation regardless of CD4 count [36]. Despite this later ART initiation, MSM still had a lower hospitalisation rate than the other demographic groups likely in part due to the higher CD4 count in this group.

Unlike previous studies, we used a classification that combined gender, sexual orientation and ethnicity, which enabled us to directly compare risk across key demographic groups. We found strong evidence that MSW have a considerably higher risk of hospitalisation compared to MSM. Three US studies investigated differences in hospitalisation between MSM and individuals who acquired HIV via heterosexual contact (both men and women) [6,7,13]; one found a significantly lower rate in MSM after adjustment for other factors (including age; gender; ethnicity; CD4; viral load; hepatitis serostatus; ART use; insurance; calendar year) [7].

There are some limitations to this study. We used a binary categorisation of gender as it was recorded clinically. We used the PHE categorisation of the main affected demographic groups, in which three key groups – MSM, Black African MSW and Black African women are defined, which make up the majority of individuals living with HIV. However, the remaining two 'other ethnicity' categories of MSW and women are heterogeneous groups; we did not have sufficient power to compare all the different ethnicity categories within these. When we separated these two 'other ethnicity' groups into 'white' and 'other non-white' ethnicity, we found hospitalisation risk tended to be lower for the former group, albeit still elevated compared to MSM (Supplementary Figure 1, <http://links.lww.com/QAD/B899>). Another limitation is that we were only able to consider hospitalisations that occurred at the Royal Free hospital, which results in some underestimation of the true rates. In an internal validation of a subset of study participants using more complete hospitalisation data that identified hospitalisations at other hospitals, we found that about 80% of all hospitalisations identified occurred at the Royal Free, and that MSM were somewhat more likely to be admitted to hospitals other than the Royal Free compared to 'non-MSM' individuals. If the estimated

ascertainment bias found in that sub-study applied equally to the ‘non-MSM’ groups in our whole study population, the incidence rate ratios comparing MSW and women to MSM would be 13% lower than we estimated. Even after accounting for this potential bias, there would still be substantial differences in the rate of hospitalisation between demographic groups, in later periods of follow-up. We do not think such biases would operate to the same extent in Analysis A as individuals were more likely to be hospitalised for AIDS-related causes during that period, for which they are more likely to be hospitalised at the Royal Free Hospital, where they also receive HIV outpatient care. In addition, differences between demographic groups were much larger in analysis A, and the effect of any differential bias is likely to be very small. We could only consider the cause of hospitalisation in the broad categories of AIDS and non-AIDS related. Furthermore, results are based on a single clinic; however, we believe the groups defined to be broadly representative of those in the UK as a whole. We did not have data on socioeconomic factors, and so were unable to assess the extent to which these may account for the differences in hospitalisation risk between demographic groups.

In summary, among PLHIV in the UK in the modern ART era, Black African and other ethnicity MSW and women have considerably higher rates of hospitalisation than MSM. Although this variation is most marked during the first year after diagnosis, it persists in the subsequent period. Among those hospitalised, MSW are more likely to be admitted for AIDS-related causes than MSM and women, both in the early and subsequent periods after diagnosis. Further research is needed on reasons for these variations in clinical outcomes including investigations into causal relationships to establish whether targeted interventions are needed.

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Contributions from authors

All authors contributed to the study concept. S.R analysed the data and wrote the draft manuscript. C.S. and F.L supervised the data analysis and interpretation of the data. All authors contributed to subsequent drafts and approved the final article for submission.

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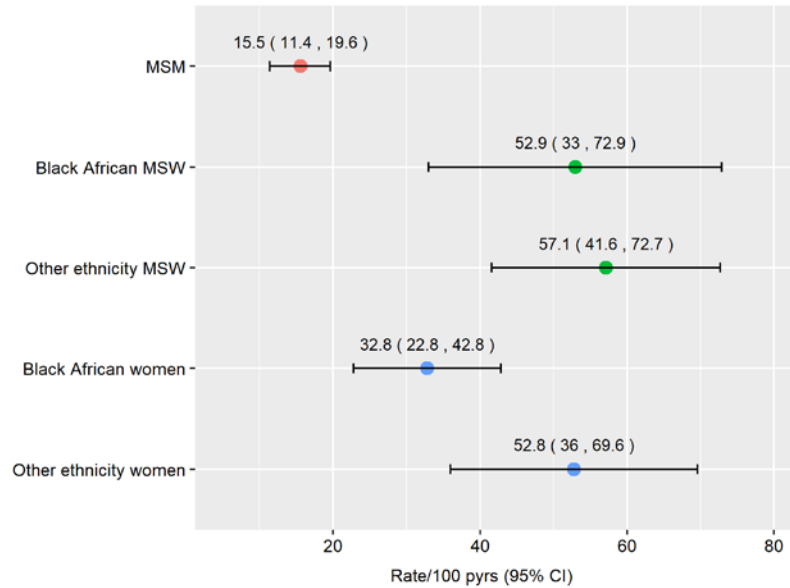
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Figure 1: Crude rates of hospitalisation and 95% confidence intervals according to demographic group in Analysis A (first year after HIV diagnosis; Figure 1a) and Analysis B (>1 year after HIV diagnosis; Figure 1b). Pyrs=person-years; CI=confidence interval; MSM=men who have sex with men; MSW=men who have sex with women.

a.)



b.)

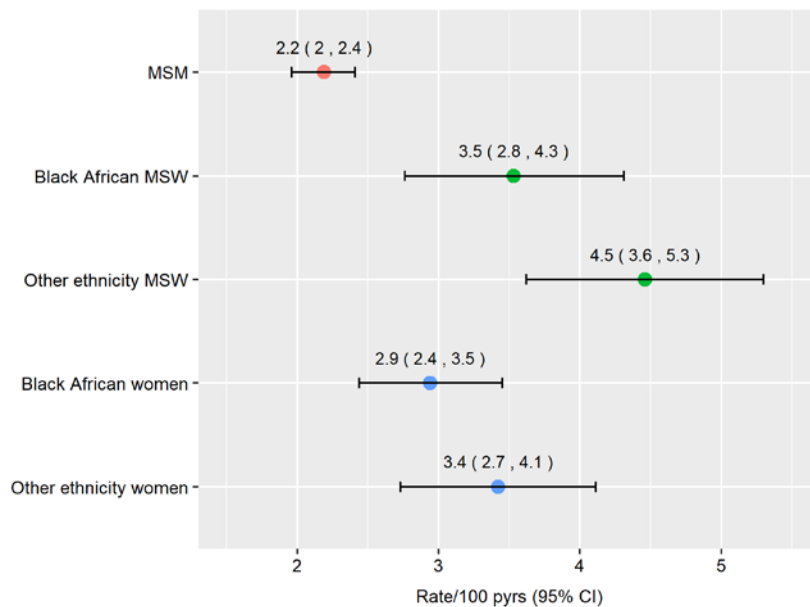


Table 1: Baseline characteristics of study participants in Analysis A and Analysis B; IQR=interquartile range; MSM= men who have sex with men; MSW=men who have sex with women; ART=antiretroviral therapy.

	MSM	Black African MSW	Other ethnicity MSW	Black African women	Other ethnicity women
TABLE 1.A. ANALYSIS A: FIRST YEAR AFTER HIV DIAGNOSIS					
N (total = 951)	434	81	146	176	114
Date of diagnosis					
2007-2009	181 (42%)	42 (52%)	45 (31%)	80 (45%)	42 (37%)
2010-2012	124 (29%)	25 (31%)	39 (27%)	47 (27%)	42 (37%)
2013-2018	129 (30%)	14 (17%)	62 (42%)	49 (28%)	30 (26%)
Age in years					
Median (IQR)	38 (31-46)	43 (35-49)	43 (34-51)	39 (33-45)	37 (29-46)
<=35	176 (41%)	19 (23%)	40 (27%)	56 (32%)	49 (43%)
36-50	181 (42%)	46 (57%)	63 (43%)	99 (56%)	44 (37%)
51-65	67 (15%)	13 (16%)	38 (26%)	20 (11%)	18 (16%)
>65	10 (2%)	3 (4%)	5 (3%)	1 (0.6%)	3 (3%)
Born in the UK (missing= 173)	206 (56%)	3 (4%)	48 (48%)	6 (4%)	27 (30%)
CD4 count in cells/μl					
Median (IQR)	435 (252-625)	215 (39-361)	244 (53-545)	238 (105-368)	264 (94-445)
>800	43 (10%)	1 (1%)	5 (4%)	4 (2%)	6 (6%)
500-800	123 (29%)	8 (11%)	36 (26%)	18 (11%)	16 (15%)
350-499	87 (21%)	11 (14%)	15 (11%)	27 (16%)	23 (21%)
200-349	86 (21%)	20 (26%)	19 (14%)	46 (27%)	24 (22%)
50-199	47 (11%)	16 (21%)	32 (23%)	53 (32%)	22 (20%)
<50	32 (8%)	20 (26%)	33 (24%)	20 (12%)	18 (17%)
Median viral load (IQR) in log copies/ml	4.79 (4.15-5.38)	4.74 (3.95-5.53)	4.91 (3.93-5.55)	4.54 (3.48-5.20)	4.57 (3.63-5.50)
On ART within 3 months after diagnosis	268 (62%)	67 (83%)	113 (77%)	142 (81%)	84 (74%)
	MSM	Black African MSW	Other ethnicity MSW	Black African women	Other ethnicity women
TABLE 1.B. ANALYSIS B: >1 YEAR AFTER HIV DIAGNOSIS					
N (total = 4,207)	2,361	331	423	667	425
Baseline date					
2007-2009	1,653 (70%)	223 (67%)	220 (52%)	434 (65%)	261 (61%)
2010-2012	331 (14%)	59 (18%)	84 (20%)	108 (16%)	76 (18%)
2013-2018	377 (16%)	49 (15%)	119 (28%)	125 (19%)	88 (21%)
Age in years					
Median (IQR)	41 (35-47)	44 (38-49)	44 (36-51)	39 (34-45)	39 (33-46)

<=35	560 (24%)	47 (14%)	93 (22%)	190 (28%)	140 (33%)
36-50	1,413 (60%)	212 (64%)	211 (50%)	404 (61%)	226 (53%)
51-65	353 (15%)	62 (19%)	97 (23%)	66 (10%)	52 (12%)
>65	35 (1%)	10 (3%)	22 (5%)	7 (1%)	7 (2%)
Born in the UK (missing = 1,538)	825 (58%)	8 (3%)	117 (44%)	15 (3%)	79 (30%)
CD4 count at baseline in cells/ μ l					
Median (IQR)	536 (389-734)	381 (230-533)	435 (292-676)	426 (275-587)	464 (287-646)
>800	436 (19%)	20 (6%)	57 (14%)	48 (7%)	53 (13%)
500-800	865 (37%)	79 (24%)	101 (25%)	202 (31%)	127 (31%)
350-499	554 (24%)	78 (24%)	105 (26%)	165 (26%)	99 (24%)
200-349	337 (15%)	82 (25%)	87 (21%)	139 (21%)	79 (19%)
50-199	109 (5%)	46 (14%)	52 (13%)	68 (11%)	42 (10%)
<50	21 (1%)	18 (6%)	6 (1%)	25 (4%)	11 (3%)
CD4 count at diagnosis in cells/ μ l					
Median (IQR)					
>800	410 (240-601)	171 (63-326)	260 (54-487)	228 (90-385)	270 (97-490)
500-800	151 (6%)	4 (1%)	14 (3%)	13 (2%)	17 (4%)
350-499	437 (19%)	22 (7%)	59 (14%)	58 (9%)	50 (12%)
200-349	334 (14%)	27 (8%)	43 (10%)	75 (11%)	41 (10%)
50-199	323 (14%)	52 (16%)	55 (13%)	120 (18%)	57 (13%)
<50	189 (8%)	80 (24%)	61 (14%)	135 (20%)	67 (16%)
missing	122 (5%)	47 (14%)	69 (16%)	82 (12%)	43 (10%)
	805 (34%)	99 (30%)	122 (29%)	184 (28%)	150 (35%)
Median CD4 nadir (IQR), in cells/ μ l	250 (130-415)	140 (42-279)	194 (56-371)	187 (68-331)	199 (77-360)
Viral suppression (<= 50 copies/mL)	1,569 (66%)	229 (69%)	275 (65%)	423 (63%)	288 (68%)
	MSM	Black African MSW	Other ethnicity MSW	Black African women	Other ethnicity women
Years since diagnosis Median					
>1-5 years	5.9	4.5	3.9	4.1	4.8
>5-10 years	1,069 (45%)	180 (54%)	240 (57%)	380 (57%)	216 (51%)
10-20 years	513 (22%)	91 (27%)	92 (22%)	177 (27%)	114 (27%)
> 20 years	652 (28%)	59 (18%)	69 (16%)	106 (16%)	84 (20%)
	127 (5%)	1 (0.3%)	22 (5%)	4 (0.6%)	11 (3%)
Ever taken ART	1,837 (78%)	289 (87%)	334 (79%)	569 (85%)	342 (80%)
Currently on ART	1,732 (73%)	276 (83%)	320 (76%)	513 (77%)	307 (72%)
Years since first started ART					
Median (IQR ^a)					

0-1 year	4.9 (1.3-9.7)	3.6 (1.2-7.6)	3.1 (1.0-7.7)	3.1 (1.0-6.7)	3.5 (1.1-7.8)
>1-5 years	276 (15%)	45 (16%)	67 (20%)	120 (21%)	67 (20%)
>5-10 years	650 (35%)	135 (47%)	140 (42%)	247 (43%)	137 (40%)
10-20 years	506 (28%)	71 (25%)	71 (21%)	151 (27%)	98 (29%)
>20 years	392 (21%)	38 (13%)	53 (16%)	51 (9%)	39 (11%)
	13 (1%)	0 (0%)	3 (0.9%)	0 (0%)	1 (0.3%)
Prior AIDS diagnosis	506 (21%)	119 (36%)	127 (30%)	221 (33%)	101 (24%)
Prior non-AIDS diagnoses					
Myocardial infarction	21 (0.9%)	2 (0.6%)	3 (0.7%)	1 (0.1%)	1 (0.2%)
Stroke	12 (0.5%)	13 (3.9%)	7 (1.7%)	8 (1.2%)	5 (1.2%)
Diabetes	56 (2.4%)	30 (9.1%)	32 (7.6%)	27 (4.0%)	12 (2.8%)
Coronary revascularisation	20 (0.8%)	2 (0.6%)	3 (0.7%)	1 (0.1%)	1 (0.2%)
Renal failure/dialysis	13 (0.6%)	15 (4.5%)	11 (2.6%)	15 (2.2%)	6 (1.4%)
Liver cirrhosis	21 (0.9%)	4 (1.2%)	9 (2.1%)	3 (0.4%)	4 (0.9%)
Osteoporosis	12 (0.5%)	1 (0.3%)	6 (1.4%)	8 (1.2%)	5 (1.2%)
Cancer	29 (1.2%)	8 (2.4%)	6 (1.4%)	5 (0.7%)	6 (1.4%)
Any of the above	151 (6.4%)	61 (18.4%)	65 (15.4%)	55 (8.2%)	33 (7.8%)

Table 2: Outcomes of individuals in Analysis A and Analysis B. ^a up to three causes could be recorded for a single hospitalisation. MSM=Men who have sex with men; MSW=men who have sex with women

	MSM	Black African MSW	Other ethnicity MSW	Black African women	Other ethnicity women
TABLE 2.A. ANALYSIS A: FIRST YEAR AFTER HIV DIAGNOSIS					
Number of deaths during follow-up	2 (0.46%)	3 (0.9%)	2 (0.5%)	0 (0%)	2 (0.5%)
Hospitalisations during follow-up^a	55 (13%)	27 (33%)	52 (36%)	41 (23%)	38 (33%)
% with at least one AIDS-related cause	28 (51%)	16 (59%)	29 (56%)	21 (51%)	16 (42%)
% with at least one non-AIDS-related cause	33 (57%)	12 (44%)	28 (54%)	23 (56%)	24 (63%)
TABLE 2.B. ANALYSIS B: >1 YEAR AFTER HIV DIAGNOSIS					
Follow-up time in years, median (IQR)	8.2 (3.2-10.6)	7.7 (3.7-10.5)	5.5 (2.2-10.2)	7.7 (2.4-10.6)	7.0 (2.8-10.5)
Number of deaths during follow-up (%)	85 (3.6%)	15 (4.5%)	17 (4.0%)	19 (2.8%)	13 (3.1%)
Hospitalisations during follow-up^a	359	80	109	130	94
% with at least one AIDS-related cause	29 (8%)	10 (13%)	29 (27%)	21 (16%)	10 (11%)
% with at least one non-AIDS-related cause	327 (91%)	63 (79%)	87 (80%)	122 (94%)	92 (98%)
Number of persons hospitalised before baseline (%)	439 (19%)	99 (30%)	115 (27%)	201 (30%)	118 (28%)
Number of persons hospitalised during FU	253 (11%)	51 (15%)	69 (16%)	95 (14%)	65 (15%)
0 hospitalisations	2,108 (89%)	280 (85%)	354 (84%)	572 (86%)	360 (85%)
1 hospitalisation		35 (11%)	45 (11%)	72 (11%)	46 (11%)
2-3 hospitalisations	186 (8%)	15 (4.5%)	21 (5%)	19 (3%)	16 (4%)
4-5 hospitalisations	61 (3%)	0 (0%)	3 (0.7%)	4 (0.6%)	3 (0.7%)
>5 hospitalisations	4 (0.2%)	1 (0.3%)	0 (0%)	0 (0%)	0 (0%)
	2 (0.1%)				

Table 3: Associations of demographic group and covariates with hazard of hospitalisation in Analysis A (first year after HIV diagnosis). PY=person-years of observation; HR=hazard ratio; CI=confidence interval; MSM=men who have sex with men; MSW=men who have sex with women; ^aadjusted for demographic group, age at diagnosis and date of diagnosis.

		Events	PY	Rate /100 PY	Unadjusted		Adjusted ^a	
					HR (95% CI)	p-value	HR (95% CI)	p-value
Demographic group	MSM	55	354	15.5	1.0	<0.0001	1.0	<0.0001
	Black African MSW	27	51	52.9	2.96 (1.87, 4.70)		2.69 (1.69, 4.28)	
	Other ethnicity MSW	52	91	57.1	3.21 (2.20, 4.69)		2.98 (2.03, 4.37)	
	Black African women	41	125	32.8	1.94 (1.29, 2.90)		1.95 (1.30, 2.93)	
	Other ethnicity women	38	72	52.8	2.99 (1.98, 4.53)		2.96 (1.95, 4.48)	
Age at diagnosis (years)	<=35	49	260	18.8	1.0	<0.0001	1.0	<0.0001
	36-50	101	318	31.8	1.68 (1.19, 2.36)		1.61 (1.14, 2.28)	
	51-65	53	104	51.0	2.52 (1.71, 3.71)		2.32 (1.57, 3.45)	
	>65	10	12	83.3	3.68 (1.86, 7.26)		3.46 (1.74, 6.89)	
Date of diagnosis	2013-2018	79	286	27.6	1.0	0.0873	1.0	0.0698
	2010-2012	75	190	39.5	1.37 (0.97, 1.93)		1.47 (1.04, 2.08)	
	2007-2009	59	217	27.2	1.00 (0.71, 1.40)		1.12 (0.79, 1.58)	
CD4 count at diagnosis (cells/mm³)	>800	5	52	9.6	1.0	<0.0001	1.0	<0.0001
	500-800	11	171	6.4	0.64 (0.22, 1.83)		0.58 (0.20, 1.68)	
	350-499	15	136	11.0	1.09 (0.39, 2.99)		0.98 (0.35, 2.71)	
	200-349	25	158	15.8	1.55 (0.59, 4.06)		1.31 (0.50, 3.45)	
	50-199	75	96	78.1	6.39 (2.58, 15.80)		5.04 (2.01, 12.67)	
	<50	76	47	161.7	10.46 (4.23, 25.89)		7.57 (3.01, 19.04)	

Table 4: Associations of demographic group and covariates with incidence rate of hospitalisation in Analysis B (>1 year after HIV diagnosis). PY=person-years of observation; CI=confidence interval; IRR=incidence rate ratio; ^aadjusted for demographic group, current age, current calendar year, current years since diagnosis. MSM=men who have sex with men; MSW=men who have sex with women.

		Events	Unadjusted				Adjusted ^a	
			PY	Rate/ 100 PY	IRR (95% CI)	p-value	IRR (95% CI)	p-value
Demographic group	MSM	359	16,410	2.19	1.0	<0.0001	1.0	<0.001
	Black African MSW	80	2,265	3.53	1.62 (1.15, 2.27)		1.68 (1.19, 2.38)	
	Other ethnicity MSW	109	2,445	4.46	2.04 (1.52, 2.74)		2.06 (1.53, 2.78)	
	Black African women	130	4,418	2.94	1.35 (1.04, 1.75)		1.46 (1.13, 1.88)	
	Other ethnicity women	94	2,751	3.42	1.58 (1.16, 2.15)		1.66 (1.23, 2.25)	
Current age	<=35	88	3,181	2.77	1.0	0.0065	1.0	0.0026
	36-50	404	16,162	2.50	0.90 (0.69, 1.17)		0.93 (0.70, 1.24)	
	51-65	218	7,892	2.76	0.98 (0.74, 1.31)		1.11 (0.79, 1.56)	
	>65	62	1,054	5.88	2.08 (1.41, 3.06)		2.37 (1.56, 3.60)	
Current calendar year	2017-2018	23	2,274	1.01	1.0	<0.0001	1.0	<0.001
	2015-2016	160	5,925	2.70	2.79 (1.71, 4.54)		2.90 (1.78, 4.72)	
	2013-2014	105	5,695	1.84	1.90 (1.15, 3.12)		2.07 (1.25, 3.43)	
	2011-2012	152	5,355	2.84	2.91 (1.78, 4.77)		3.33 (2.01, 5.51)	
	2009-2010	161	4,911	3.28	3.39 (2.07, 5.55)		4.02 (2.42, 6.68)	
	2007-2008	171	4,106	4.16	4.32 (2.66, 7.02)		5.26 (3.18, 8.71)	
Current years since diagnosis	>1-5	150	4,849	3.09	1.0	0.5265	1.0	0.2908
	>5-10	199	7,753	2.57	0.83 (0.64, 1.08)		0.88 (0.67, 1.15)	
	>10-20	317	12,004	2.64	0.85 (0.66, 1.08)		1.01 (0.77, 1.32)	
	>20	106	3,684	2.88	0.92 (0.67, 1.27)		1.24 (0.86, 1.79)	
CD4 count at diagnosis (cells/mm³)	>800	33	1,290	2.56	1.0	<0.0001	1.0	<0.001
	500-800	70	4,332	1.62	0.63 (0.37, 1.08)		0.61 (0.35, 1.05)	
	350-499	88	3,778	2.33	0.91 (0.54, 1.54)		0.85 (0.51, 1.44)	
	200-349	90	4,441	2.03	0.79 (0.48, 1.32)		0.72 (0.43, 1.20)	
	50-199	96	3,886	2.47	0.97 (0.58, 1.63)		0.75 (0.44, 1.27)	
	<50	76	2,527	3.01	1.18 (0.71, 1.98)		0.92 (0.54, 1.57)	
	missing	319	8,035	3.97	1.57 (0.99, 2.49)		1.47 (0.92, 2.35)	