Portugal

Epidemiological Fact Sheets

on HIV/AIDS and Sexually Transmitted Infections



2002 Update







World Health Organization

Estimated number of people living with HIV/AIDS

In 2001 and during the first quarter of 2002, UNAIDS and WHO worked closely with national governments and research institutions to recalculate current estimates on people living with HIV/AIDS. These calculations are based on the previously published estimates for 1997 and 1999 and recent trends in HIV/AIDS surveillance in various populations. A methodology developed in collaboration with an international group of experts was used to calculate the new estimates on prevalence and incidence of HIV and AIDS deaths, as well as the number of children infected through mother-to-child transmission of HIV. Different approaches were used to estimate HIV prevalence in countries with low-level, concentrated or generalized epidemics. The current estimates do not claim to be an exact count of infections. Rather, they use a methodology that has thus far proved accurate in producing estimates which give a good indication of the magnitude of the epidemic in individual countries. However, these estimates are constantly being revised as countries improve their surveillance systems and collect more information.

Adults in this report are defined as women and men aged 15 to 49. This age range covers people in their most sexually active years. While the risk of HIV infection obviously continues beyond the age of 50, the vast majority of those who engage in substantial risk behaviours are likely to be infected by this age. The 15 to 49 range was used as the denominator in calculating adult HIV prevalence.

Estimated number of adults and children living with HIV/AIDS, end of 2001

These estimates include all people with HIV infection, whether or not they have developed symptoms of AIDS, alive at the end of 2001:

Adults and children	27,000		
Adults (15-49)	26,000	Adult rate (%)	0.5
Women (15-49)	5,100		
Children (0-15)	350		

Estimated number of deaths due to AIDS

Estimated number of adults and children who died of AIDS during 2001:

Deaths in 2001

Estimated number of orphans

Estimated number of children who have lost their mother or father or both parents to AIDS and who were alive and under age 15 at the end of 2001:

1.000

Current living orphans

UNAIDS/WHO Working Group on Global HIV/AIDS and STI Surveillance

Global Surveillance of HIV/AIDS and sexually transmitted infections (STIs) is a joint effort of WHO and UNAIDS. The UNAIDS/WHO Working Group on Global HIV/AIDS and STI Surveillance, initiated in November 1996, guides respective activities. The primary objective of the Working Group is to strengthen national, regional and global structures and networks for improved monitoring and surveillance of HIV/AIDS and STIs. For this purpose, the Working Group collaborates closely with national AIDS programmes and a number of national and international experts and institutions. The goal of this collaboration is to compile the best information available and to improve the quality of data needed for informed decision-making and planning at national, regional, and global levels. The Epidemiological Fact Sheets are one of the products of this close and fruitful collaboration across the globe.

Within this framework, the Fact Sheets collate the most recent country-specific data on HIV/AIDS prevalence and incidence, together with information on behaviours (e.g. casual sex and condom use) which can spur or stem the transmission of HIV.

Not unexpectedly, information on all of the agreedupon indicators was not available for many countries in 2001. However, these updated Fact Sheets do contain a wealth of information which allows identification of strengths in currently existing programmes and comparisons between countries and regions. The Fact Sheets may also be instrumental in identifying potential partners when planning and implementing improved surveillance systems.

The fact sheets can be only as good as information made available to the UNAIDS/WHO Working Group on Global HIV/AIDS and STI Surveillance. Therefore, the Working Group would like to encourage all programme managers as well as national and international experts to communicate additional information to them whenever such information becomes available. The Working Group also welcomes any suggestions for additional indicators or information proven to be useful in national or international decision-making and planning.

Assessment of the epidemiological situation (2002)

The HIV/AIDS Surveillance System in Portugal started in 1985 and some cases were identified retrospectively. At the beginning of the epidemic, notifications were predominantly of AIDS cases but gradually clinicians reported cases in all stages of disease progression.

Portugal has both HIV 1 and HIV 2 circulating in the general population, and notified AIDS cases due to HIV 11 are 94.6% and cases attributed to HIV 2 are 3.9% of the total; dually infected AIDS cases (1.4%) have been reported.

The overall incidence of AIDS has risen until 2000 as well as the annual number of reported deaths. The HIV/AIDS epidemic shows a mixed pattern, with the proportion of AIDS cases decreasing in IDU cases and with a noticeable increase in cases attributed to heterosexual contact. Trend analysis of surveillance data reflects the diversity of the HIV/AIDS situation in the country, but young adults are most affected.

Country Information

Population pyramid, 2001



Indicators	Year	Estimate	Source
Total Population (thousands)	2001	10,033	UNPOP
Population Aged 15-49 (thousands)	2001	5,089	UNPOP
Annual Population Growth	1995-2000	0.2	UNPOP
% of Urban Population	2000	64	UNPOP
Average Annual Growth Rate of Urban Population	1995-2000	2.7	UNPOP
GNI Per Capita (US\$)	1999	11,030	World Bank
GNI Per Capita Average Annual Growth Rate	1999	2.8	World Bank
Per Capita Expenditure of Health	1997	803	World Bank
% of Government Budget Spent on Health Care	1998	12.2	WHO
Total Adult Literacy Rate	1997	91	UNESCO
Adult Male Literacy Rate	1997	94	UNESCO
Adult Female Literacy Rate	1997	88	UNESCO
Male Primary School Enrolment Ratio	1995	130.6	UNESCO
Female Primary School Enrolment Ratio	1995	124.4	UNESCO
Male Secondary School Enrolment Ratio	1995	105.8	UNESCO
Female Secondary School Enrolment Ratio	1995	115.9	UNESCO
Crude Birth Rate (births per 1,000 pop.)	1995-2000	11	UNPOP
Crude Death Rate (deaths per 1,000 pop.)	1995-2000	11	UNPOP
Maternal Mortality Rate (per 100,000 live births)	1995	12	WHO
Life Expectancy at Birth	1995-2000	75	UNPOP
Total Fertility Rate	1995-2000	1.5	UNPOP
Infant Mortality Rate (per 1,000 live births)	1995-2000	7	UNPOP
Under 5 Mortality Rate	1995-2000	8	UNPOP

For consistency reasons the data used in the above table are taken from official UN publications.

Contact address:

UNAIDS/WHO Working Group on Global HIV/AIDS and STI Surveillance 20, Avenue Appia CH - 1211 Geneva 27 Switzerland Fax: +41-22-791-4834 email: HIV-AIDS@who.int

http://www.who.int http://www.unaids.org

HIV prevalence in different populations

This section contains information about HIV prevalence in different populations. The data reported in the tables below are mainly based on the HIV database maintained by the United States Bureau of the Census where data from different sources, including national reports, scientific publications and international conferences are compiled. To provide a simple overview of the current situation and trends over time, summary data are given by population group, geographical area (Major Urban Areas versus Outside Major Urban Areas), and year of survey. Studies conducted in the same year are aggregated and the median prevalence rates (in percentages) are given for each of the categories. The maximum and minimum prevalence rates observed, as well as the total number of surveys/sentinel sites, are provided with the median, to give an overview of the diversity of HIV-prevalence results in a given population within the country. Data by sentinel site or specific study from which the medians were calculated are printed at the end of this fact sheet.

The differentiation between the two geographical areas Major Urban Areas and Outside Major Urban Areas is not based on strict criteria, such as the number of inhabitants. For most countries, Major Urban Areas were considered to be the capital city and - where applicable - other metropolitan areas with similar socio-economic patterns. The term Outside Major Urban Areas considers that most sentinel sites are not located in strictly rural areas, even if they are located in somewhat rural districts.

■ HIV sentinel surveillance

Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Pregnant women																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Sex workers																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Injecting drug users																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
STI patients, Males/both & females																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Men who have sex with men																

Additional data

Group	Area	1987 1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999 2000	2001
Blood donors														
Group	Area	1987 1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999 2000	2001
Tuberculosis patients														

UNAIDS/WHO Epidemiological Fact Sheet

Maps of HIV sentinel sites

Mapping the geographical distribution of HIV sentinel sites for different population groups may assist in interpreting both the national coverage of the HIV surveillance system as well in explaining differences in levels and trends of prevalence. The UNAIDS/WHO Working Group on Global HIV/AIDS and STI Surveillance, in collaboration with the WHO Public Health Mapping Team, Communicable Diseases, is producing maps showing the location and HIV prevalence of HIV sentinel sites in relation to population density, major urban areas and communication routes.

Trends in antenatal sentinel surveillance for higher prevalence countries, or in prevalence among selected populations for countries with concentrated epidemics, are a new addition. These will be presented for those countries where sufficient data exist.

The boundaries and names shown and the designations used on the map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement. WHO 2002, all rights reserved.

Reported AIDS cases

AIDS	AIDS cases by year of reporting																				
1979	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
				0	0	18	30	47	109	154	226	246	384	465	610	693	897	893	874	1010	1123
2001	Total	Unk																			

Sex

AIDS cases by age and sex

9.5

10.2

6.5

6.2

2.6

3.9

Age

20-24

25-29

30-34

35-39

40-44

45-49

50-54

<97 1997 1998 1999 2000 2001 Unkn. Total

22.1

16.1

9.8

21.5

2.6

3.8

100.0

39.0

17.8

14.0

1010 1123

%

21.6

4.4

0.4

0.2

22.4

16.6

8710 100.0

0.7

0.2

0.2

1.4

10.2

0.5

100.0

0.2

1.2

> 0.5

2.7

0.4

0.2

2.6

14.0

4.7

3.4

2.5

4.4

100.0 0.0

0.0

75.0

0.0

0.0

0.0

0.0

0.0

0.0

0.0

0.0

8.0

> 0.4

> 0.0

> 0.0 25.0

Date of last report: 3-May-2002 Following WHO and UNAIDS recommendations, AIDS case reporting is carried out in most countries. Data from individual AIDS cases are aggregated at the national level and sent to WHO. However, case reports come from surveillance systems of varying quality. Reporting

All All rates vary substantially from country to country and low reporting rates 0-4 are common in developing countries due to weaknesses in the health 5-9 care and epidemiological systems. In addition, countries use different 10-14 AIDS case definitions. A main disadvantage of AIDS case reporting is 15-19 that it only provides information on transmission patterns and levels of 20-24 infection approximately 5-10 years in the past, limiting its usefulness for 25-29 monitoring recent HIV infections. 30-34 35-39 Despite these caveats, AIDS case reporting remains an important 40-44 advocacy tool and is useful in estimating the burden of HIV-related 45-49 morbidity as well as for short-term planning of health care services. AIDS 50-54 case reports also provide information on the demographic and 55-59 geographic characteristics of the affected population and on the relative importance of the various exposure risks. In some situations, AIDS 60+ NS reports can be used to estimate earlier HIV infection patterns using backcalculation. AIDS case reports and AIDS deaths have been dramatically All Male reduced in industrialized countries with the introduction of HAART 0-4 (Highly Active Anti-Retroviral Therapy). 5-9 10-14 AIDS cases by mode of transmission 15-19

Hetero: Heterosexual contacts

Homo/Bi: Homosexual contacts between men. IDU: Injecting drug use. This transmission category also includes cases in which other high-risk behaviours were reported, in addition to injection

of drugs Blood: Blood and blood products

Perinatal: Vertical transmission during pregnancy, birth or breastfeeding NS: Not specified/unknown

													.02			•••	•	
Sex	Trans. Group	<97	1997	1998	1999	2000	2001	Unkn.	Total	%		55-59 60+	90 125	16 25	17 29	20 20	30 30	19 46
All	All	3879	893	874	1010	1123	931	0	8710	100.0		NS	123	23	7	20	5	2
	Hetero	1024	211	245	275	329	334	0	2418	27.8	Female	All	616	127	143	180	205	146
	Homo/Bi	977	101	68	79	76	60	0	1361	15.6		0-4	22	2	0	9	4	1
	IDU	1551	543	537	616	683	503	0	4433	50.9		5-9	3	0	0	2	1	0
	Blood	101	5	2	6	3	2	0	119	1.4		10-14	2	0	0	0	0	1
	Perinatal	46	2	0	12	8	1	0	69	0.8		20-24	91	15	20	27	4 24	21
	Other knowr	50	3	1	2	3	1	0	60	0.7		25-29	149	31	36	43	55	39
	Unknown	130	28	21	20	21	30	0	250	29		30-34	118	26	23	27	39	19
	onikilown				20	21			200	2.0		35-39	77	24	26	21	29	21
Male	All	3259	766	731	830	918	785	0	7289	100.0		40-44	4/	9	9	18 14	14 13	1/ g
	Hetero	771	173	174	208	226	245	0	1797	24.7		40-49 50-54	22	4	8	4	7	3
	Homo/Bi	977	101	68	79	76	60	0	1361	18.7		55-59	17	5	5	2	4	3
	IDU	1264	463	468	523	589	452	0	3759	51.6		60+	25	4	7	6	11	10
	Blood	63	3	2	1	2	2	0	73	1.0		NS	2	0	1	2	0	0
	Perinatal	23	0	0	4	3	0	0	30	0.4	NS	All	4	0	0	0	0	0
	Other knowr	50	3	1	2	3	1	0	60	0.8		0-4	0	0	0	0	0	0
	Unknown	111	23	18	13	19	25	0	209	2.9		5-9 10-14	0	0	0	0	0	0
Femal	All	616	127	143	180	205	146	0	1417	100.0		15-19	0	0	0	0	0	0
	Hetero	251	38	71	67	103	89	0	619	43.7		20-24	1	0	0	0	0	0
		285	80	69	93	94	51	0	672	47.4		25-29	3	0	0	0	0	0
	Blood	38	2	0	5	1	0	0	46	3.2		30-34	0	0	0	0	0	0
	Porinatal	23	2	0	8	5	1	0	30	2.8		35-39	0	0	0	0	0	0
	Other known	20	2	0	0	0	0	0	0	2.0		45-49	0	0	0	0	0	0
		10	0 E	2	7	0	0 F	0	41	0.0		50-54	0	0	0	0	0	0
	UNKNOWN	19	5	3	1	2	5	U	41	2.9		55-59	0	0	0	0	0	0
NS	All	4	0	0	0	0	0	0	4	100.0		60+	0	0	0	0	0	0
	Hetero	2	0	0	0	0	0	0	2	50.0		N5	U	0	0	0	0	0
	IDU	2	0	0	0	0	0	0	2	50.0								
	Blood	0	0	0	0	0	0	0	0	0.0								
	Perinatal	0	0	0	0	0	0	0	0	0.0								
	Other knowr	0	0	0	0	0	0	0	0	0.0								
	Unknown	0	0	0	0	0	0	0	0	0.0								

Curable Sexually Transmitted Infections (STIs)

The predominant mode of transmission of both HIV and other STIs is sexual intercourse. Measures for preventing sexual transmission of HIV and STI are the same, as are the target audiences for interventions. In addition, strong evidence supports several biological mechanisms through which STI facilitate HIV transmission by increasing both HIV infectiousness and HIV susceptibility. Also significant is the observation of a sharp decline in the concentration of HIV in genital secretions when the infection is treated. Monitoring trends in STI can provide valuable information on the sexual transmission of HIV as well as the impact of behavioural interventions, such as promotion of condom use.

Clinical services offering STI care are an important access point for people at high risk for both AIDS and STIs, not only for diagnosis and treatment but also for information and education. Therefore, control and prevention of STIs have been recognized as a major strategy in the prevention of HIV infection and ultimately AIDS. One of the cornerstones of STI control is adequate management of patiens with symptomatic STIs. Ths includes diagnosis, treatment and individual health education and counselling on disease prevention and partner notification. Consequently, monitoring different components of STI control can also provide information on HIV prevention within a country.

Reported STI syndromes

Syndrome	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	Total	Unk
Urethral discharge														
Genital Ulcer														
Vaginal discharge														
Lower Abdominal Pain														
Neonatal conjunctivitis														
Data of last report:														·

Date of last report:

Incidence of urethral discharge, men

	Year	Area	Age Group	Rate	N=
Comments:					
Sources:					

Syphilis prevalence, women

Percent of blood samples taken from women aged 15-24 that test positive for syphilis during routine screening at selected antenatal clinics.

Year	Area	Age Group	Rate	N=

Comments Sources:

Estimated size of populations at increased risk of HIV infection

	Year	Area	High estimate	Low estimate
Number of female sex workers				
Number of injecting drug users				
Number of men who have sex with men				
Comments: Sources:				

Health service and care indicators

HIV prevention strategies depend on the twin efforts of care and support for those living with HIV or AIDS, and targeted prevention for all people at risk or vulnerable to the infection. It is difficult to capture such a large range of activities with one or just a few indicators. However, a set of well-established health care indicators may help to identify general strengths and weaknesses of health systems. Specific indicators, such as access to testing and blood screening for HIV, help to measure the capacity of health services to repsond to HIV/AIDS - related issues.

Access to health care

Indicators	Year	Estimate	Source
% of population with access to health services - total:			
% of population with access to health services - urban:			
% of population with access to health services - rural:			
Contraceptive prevalence rate (%):	1990-1999	66	UNICEF/UNPOP
Percentage of contraceptive users using condoms:			
% of births attended by skilled health personnel:	1998	99.7	WHO
% of 1-yr-old children fully immunized - DPT:	1998	97	WHO/UNICEF
% of 1-yr-old children fully imunized - Measles:	1998	96	WHO/UNICEF
% of ANC clinics where HIV testing is available:			
% of PLWHA who have access to ARV:			

Number of people living with HIV/AIDS (PLWHA) receiving highly active antiretroviral therapy (HAART)

	1995	1996	1997	1998	1999	2000	2001	Total	Unk
People initiating HAART therapy									

Coverage of HIV Voluntary Counselling and Testing (VCT)

Number of functioning VCT sites per 100,000 population aged 15-49.

Year	Area	N=	Rate

Comments:

Sources:

Knowledge and behaviour

In most countries the HIV epidemic is driven by behaviours (e.g.: multiple sexual partners, injecting drug use) that expose individuals to the risk of infection. Information on knowledge and on the level and intensity of risk behaviour related to HIV/AIDS is essential in identifying populations most at risk for HIV infection and in better understanding the dynamics of the epidemic. It is also critical information in assessing changes over time as a result of prevention efforts. One of the main goals of the 2nd generation HIV surveillance systems is the promotion of a standard set of indicators defined in the National Guide (Source: National AIDS Programmes, A Guide to Monitoring and Evaluatoin, UNAIDS/00.17) and regular behavioural surveys in order to monitor trends in behaviours and to target interventions.

The indicators on knowledge and misconceptions are an important prerequisite for prevention programmes to focus on increasing people's knowledge about sexual transmission, and, to overcome the misconceptions that act as a disincentive to behaviour change. Indicators on sexual behaviour and the promotion of safer sexual behaviour are at the core of AIDS programmes, particularly with young people who are not yet sexually active or are embarking on their sexual lives, and who are more amenable to behavioural change than adults. Finally, higher risk male-male sex reports on unprotected anal intercourse, the highest risk behaviour for HIV among men who have sex with men.

Knowledge of HIV prevention methods

Proportion of people citing correctly at least two acceptable ways of protection from HIV infection.

Year	Area	Age Group	Male	Female	All

Comments:			
Sources:			

Misconception about AIDS (no incorrect beliefs)

Proportion of people who correctly reject the two most common local misconceptions about AIDS transmission or prevention, and who know that a healthy looking person can transmit AIDS

Year	Area	Age Group	Male	Female	All

Comments: Sources:

Median age at first sexual experience

The age by which one half of young men or young women aged 15-24 have had penetrative sex (median age) of all young people surveyed.

Year	Area	Age Group	Male	Female	All

Comments: Sources:

Higher risk sex in the last year (adults)

Proportion of adult respondents who have had sex with a non-regular (non-marital, non-cohabiting) partner in the last 12 months, of all adult respondents reporting sexual activity in the last 12 months.

Year Area		Age Group	Male	Female	All

Comments:
Sources:

Young people having multiple partners in last year (youth)

Proportion of respondents who have had sex with more than one partner in the last 12 months.

Y	Year	Area	Age Group	Male	Female	All

Comments Sources:

Knowledge and behaviour Condom use in last higher risk sex (adults) The percentage of adult respondents who say they used a condom the last time they had sex with a non-regular (nonmarital, non-cohabiting) partner, of those who have had sex with such a partner in the last 12 months. All Year Age Group Male Female Area Comments Sources Young people using a condom during premarital sex (youth) Proportion of young single people who used a condom at last sex. Age Group Male Female All Year Area Comments: Sources: Commercial sex in the last year Proportion of men reporting sex with a sex worker in the last 12 months. All Age Group Rate Year Area Comments Sources: Reported condom use in commercial sex Proportion of men reporting condom use the last time they had sex with a sex worker, of those who report having had sex with a sex worker in the last 12 months. All Year Area Age Group Rate Comments: Sources Higher risk male-male sex in the last year The percentage of men who have had anal sex with more than one male partner in the last 6 months, of all men surveyed who have had sex with a male partner. Age Group Rate All Year Area Comments Sources: Injecting drug users sharing equipment at last injection nationwide Percentage of injecting drug users active in the last month who report sharing injecting equipment the last time they injected drugs. All Year Area Age Group Rate

Comments: Sources:

Prevention Indicators

Male and female condoms are the only technology available that can prevent sexual transmission of HIV and other STIs. Persons exposing themselves to the risk of sexual transmission of HIV should have consistent access to high quality condoms. AIDS Programs implement activities to increase both availability of and access to condoms. These activities should be monitored and have resources directed to problem areas. The indicator below highlights the availability of condoms. However, even if condoms are widely available, this does not mean that individuals can or do access them.

Condom availability nationwide

Total number of condoms available for distribution nationwide during the preceding 12 months, divided by the total population aged 15-49.

Year	Ν	Rate	
Comments:			
Sources:			
Prevention of mother-to-child transmission	on (MTCT) nationw	<u>ide</u>	
Percentage of women who were counselled during offer of testing and received their test results, of al years.	antenatal care for the Il women who were pre	ir most recent pregnancy, acce egnant at any time in the preced	epted an ding two

	Year	Ν	Rate	
Comments:				

Sources:

Blood safety programs aim to ensure that the majority of blood units are screened for HIV and other infectious agents. This indicator gives an idea of the overall percentage of blood units that have been screened to high enough standards that they can confidently be declared free of HIV.

Screening of blood transfusions nationwide

Percentage of blood units transfused in the last 12 months that have been adequately screened for HIV according to national or WHO guidelines.

	Year	Ν	Rate	
Comments:				

Sources:

12 - Portugal

Sources

Data presented in this Epidemiological Fact Sheet come from several different sources, including global, regional and country reports, published documents and articles, posters and presentations at international conferences, and estimates produced by UNAIDS, WHO and other United Nations agencies. This section contains a list of the more relevant sources used for the preparation of the Fact Sheet. Where available, it also lists selected national Web sites where additional information on HIV/AIDS and STI are presented and regularly updated. However, UNAIDS and WHO do not warrant that the information in these sites is complete and correct and shall not be liable whatsoever for any damages incurred as a result of their use.

Websites:

Annex: HIV Surveillance by site

Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Pregnant women																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Sex workers																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Injecting drug users																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
STI patients, Males/both & females																
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Men having sex with men																

Additional data

Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Blood donors																
Group	Area	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Tuberculosis patients																