National Women and Girls HIV/AIDS Awareness Day 2026

#NWGHAAD highlights an often-overlooked population: women and girls. Of note, Black women in the South see higher HIV rates.

March 9, 2026 By Trent Straube

Tuesday, March 10, marks the 21st annual National Women and Girls HIV/AIDS Awareness Day (#NWGHAAD) 2026. The day is observed in March as part of Women's History Month, during which HIV-related events and campaigns take place to "shed light on the impact of HIV and AIDS on women and girls and to show support for those at risk of and living with HIV," notes the Office on Women's Health, a division of the Department of Health & Human Services, which spearheads NWGHAAD.



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A post shared by Black AIDS Institute (@blackaids)

Under the Trump administration and the leadership of Health Secretary Robert F. Kennedy Jr., the Office of Women's Health has not updated its web page about this year's HIV awareness day; the site still features last year's information and theme.

Nonetheless, HIV organizations, health care providers, advocates and everyday citizens are promoting #NWGHAAD. Search the hashtag on social media and you'll find events and campaigns. We've embedded several posts throughout this story as examples.

Under Trump/MAGA control, our federal government no longer acknowledges National Women & Girls HIV/AIDS Awareness Day. We observe this day under protest because we refuse to let it be erased in pursuit of a patriarchal agenda that devalues the health and autonomy of women and girls. #ItsStillNWGHAAD

[image or embed]

— CHLP: Center for HIV Law & Policy (@hivlawandpolicy.bsky.social) March 10, 2026 at 10:03 AM

The Well Project (@thewellprojecthiv.bsky.social) and Positive Women's Network - USA: Joint Statement for National Women and Girls HIV/AIDS Awareness Day #NWGHAAD www.thewellproject.org/news-press/n... #HIV

[image or embed]

— TAGHIVscience (@taghivscience.bsky.social) March 9, 2026 at 3:20 PM

For sharable infographics and data, check out AIDSVu.org, which also presents interactive maps based on HIV-related statistics. According to AIDSVu's tool kit for NWGHAAD:

> Women living with HIV are often underrepresented in conversations about HIV, despite accounting for 19% of new HIV diagnoses in 2023.
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> Black women are particularly impacted by HIV, representing nearly half of all new HIV diagnoses among women but only 13% of all women in 2023. The HIV epidemic also has a disproportionate impact on women in certain parts of the country; in 2023, new HIV diagnoses rates among women in the South were nearly twice as high as those in other regions of the U.S.
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> Despite women accounting for about one fifth of new HIV diagnoses in 2023, women only comprised 9% of PrEP users in 2024, demonstrating a significant unmet need for PrEP. This NWGHAAD, we recognize the importance of connecting women to HIV prevention, testing, treatment and care as we continue to make progress toward ending the HIV epidemic.

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A post shared by Gilead Sciences (@gileadsciences)

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A post shared by Health People (@healthpeopleorg)

“On National Women and Girls HIV/AIDS Awareness Day, it’s essential that we bring attention to the fact that women and girls are disproportionately impacted by the HIV epidemic in the U.S.,” said Bithiah Lafontant, head of enterprise communications at ViiV Healthcare, an HIV-focused pharmaceutical company, in a statement. “We must prioritize eliminating disparities in care, and at ViiV Healthcare, we proudly work hand-in-hand with community partners to ensure that critical resources and innovative medicines like long-acting treatment and prevention options reach those who need them most, as we work toward shaping a future free from HIV.”

Check out the POZ Basics on HIV and Women to learn more about this topic. It notes that:

> Fortunately, women respond as well as men to antiretroviral treatment, and many can benefit from pre-exposure prophylaxis (PrEP) to prevent HIV acquisition....
>
> With good care and prompt treatment, women with HIV can live long, healthy lives. An estimated 90% of women living with HIV in the U.S. have been tested and know their status. According to the CDC [Centers for Disease Control and Prevention], 82% of women diagnosed with HIV in 2023 were linked to care within one month and 70% achieved viral suppression within six months—both a bit lower than the rates for the newly diagnosed population as a

whole....

Compared with their HIV-negative peers, women living with HIV are at greater risk for other health conditions, such as cardiovascular disease, liver disease and bone loss. To lower your risk, eat a healthy diet, get enough exercise, curb unhealthy habits, such as smoking or drinking too much and see your health care providers regularly. It's important to discuss not only HIV treatment but also your overall health, sexual health and concerns about aging.

Many women at risk for or living with HIV face additional challenges, including poverty, lack of health insurance, homelessness, violence, incarceration and criminalization related to their HIV status. Dealing with HIV and related stigma can increase stress and lead to depression and anxiety.



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For related articles on POZ.com, click #Women. You'll find articles such as our current cover story, "A Voice for the Ages," a profile on long-term HIV survivor Sherri Lewis, 71, who recounts the journey of a lifetime—from Top 40 pop singer to wise storyteller. And you'll find an opinion piece titled "A New Language of Prevention Is Required to Address New Realities of HIV," about the "Risk to Reasons" HIV initiative, which offers a language that speaks to Black women.

Click here to learn more about 2026 HIV and AIDS awareness days and for a printable poster.



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