



**Did you know** that a new report released in July by UNAIDS shows that there is a clear path that ends AIDS. The report, ‘*The Path that Ends AIDS*’ (<https://www.unaids.org/en/resources/documents/2023/global-aids-update-2023>), highlights that the countries and leaders who are already following the path are achieving extraordinary results.

Botswana, Eswatini, Rwanda, Tanzania and Zimbabwe have already achieved the “95-95-95” targets. That means 95% of the people who are living with HIV knowing their HIV status, 95% of the people who know that they are living with HIV being on lifesaving antiretroviral (ARV) treatment, and 95% of people who are on treatment being virally suppressed. A further 16 other countries, eight of them in sub-Saharan Africa, are also close to doing so.

*MATRAM reps were at the table at the recent International Grandmothers Gathering in Mozambique (October 2023).*

**MATRAM (Movement for Accessing Treatment in Mozambique)** has been working towards this goal for their country for many years. Their focus has always been, and continues to be, mobilization of community members, political leaders, and people living with HIV (PLWH) to access and optimize their anti-retroviral (ARV) treatment. MATRAM’s programs focus on educating PLWH, caregivers, families, and friends on HIV treatment and adherence. Poor adherence to ARV treatment is associated with less effective viral suppression, which not only risks the immediate health of the individual, but also risks creating permanent treatment resistance. It has now been realized that a PLWH with viral suppression is no longer at risk of contaminating others. (<http://matram.org.mz/carga-viral/>) MATRAM relies on a cascade approach to carrying out their community work, ensuring the trickling down of information and skills from one level of a community structure to the next. Over 100 community members have been trained and they are, in turn, responsible for training community volunteers who then go door-to-door to teach treatment literacy and prevention. This approach creates a widened base of community members with knowledge, expertise, and skills.

The strategies used by MATRAM and indicated proudly on their website, <http://matram.org.mz/>, show their focus and their familiarity with what is needed after all these years of working for these goals.

- Advocate for rapid and affordable ARV treatment to reach all those who need it, especially those living in rural areas
- Advocate for all HIV and AIDS prevention, care, and mitigation programs to include support for and/or linkage to an ARV treatment program
- Empower organizations and communities to provide care for PLWH, by training them in “treatment literacy”, including the importance of home visits and nutrition
- Contribute to the establishment of protocols that regulate the administration of ARV treatment in Mozambique
- Empower communities and families living with HIV and AIDS to understand and provide appropriate patient care, including improving diet by introducing nutritional alternatives

In 2022, an estimated:

- 39.0 million people globally were living with HIV
- 29.8 million people were accessing antiretroviral therapy
- 1.3 million people became newly infected with HIV
- 630 000 people died from AIDS-related illnesses

Information from: [New report from UNAIDS shows that AIDS can be ended by 2030 and outlines the path to get there | UNAIDS](#) and <https://www.facebook.com/MatramMozambiqueTreatmentAccessMovement>.

