



## **International Congress on Economics, Management and Business Studies**

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### **HYGIENIC RISK FACTORS FOR THE SPREAD OF AIDS AMONG THE POPULATION**

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#### **Introduction**

Modern epidemiological data indicate that the spread of human immunodeficiency virus (HIV) infection is determined not only by individual behavioral factors, but also directly influenced by socio-hygienic conditions, sanitation levels, access to healthcare services, and the effectiveness of preventive measures. According to the World Health Organization, in 2023 more than 39 million people worldwide were living with HIV, and approximately 1.3 million new cases are reported annually.

AIDS remains one of the most pressing issues in the modern global healthcare system. HIV infection is primarily transmitted through blood, sexual contact, and vertical transmission. However, hygienic and social conditions play a decisive role in the widespread dissemination of the infection. In the classical epidemiological model, the “agent–host–environment” triad is fundamental, and the environmental component is shaped largely by hygienic factors.

#### **Objective of the study**

To conduct a comprehensive analysis of hygienic risk factors influencing the spread of AIDS among the population based on scientific literature, and to evaluate their epidemiological significance.



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### **Main part**

Non-compliance with sterilization and disinfection protocols, particularly during invasive procedures (injections, blood transfusions), significantly increases the risk of HIV transmission. According to WHO data, in certain regions, unsafe injection practices have accounted for up to 5–10% of HIV transmission cases.

Unprotected sexual contact, insufficient hygienic knowledge, and low levels of sexual education have been identified as key determinants. Epidemiological studies show that in populations with low condom use, HIV prevalence is 2–3 times higher.

High population density, migration processes, urbanization, and poverty have been identified as factors accelerating the spread of infection. According to UNAIDS reports, HIV incidence rates are significantly higher in low-income groups compared to high-income populations.

Limited access to healthcare services, along with insufficient testing and screening programs, complicates early detection and contributes to hidden transmission.

Failure to use single-use syringes and the sharing of needles is considered one of the highest-risk transmission routes. Some studies indicate that infection prevalence in this group may reach 20–40%.

It is appropriate to consider hygienic risk factors at two levels: micro-level (individual behavior, personal hygiene) and macro-level (healthcare system, sanitation policy). Contemporary research demonstrates that individual preventive measures alone are insufficient; a systemic approach is required.

### **Conclusion**

Hygienic factors are significant determinants in the spread of HIV/AIDS, exerting a complex impact at both individual and community levels. Strengthening



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sterilization and infection control in healthcare facilities, as well as implementing safe injection practices, can significantly reduce transmission rates.

Improving public hygienic literacy and expanding sexual education programs are among the most effective preventive strategies. Strengthening healthcare systems and expanding screening and early diagnostic programs are essential for controlling the hidden epidemic.

Effective control of AIDS requires systematic management of hygienic factors and integration of classical preventive measures with modern epidemiological strategies.

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