Increasing safer sex behaviors and voluntary HIV testing among Latina mothers and teen daughters: Pilot findings from *Hablando Claro* family-based HIV prevention intervention

Britt Rios-Ellis, PhD · Lilia Espinoza, MPH, PhD · Melawhy Garcia-Vega, MPH · Natalia Gatdula, BS

Presenter Disclosures

Lilia Espinoza, MPH, PhD

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

"No relationships to disclose"

Why focus on Latinas?

- Increasing epidemic among women and Latinas
  - Latinas comprise 11% of the U.S. female population, yet account for 14% of estimated HIV diagnoses (2009)
  - HIV v. AIDS surveillance data
- In 2006, HIV infection rate for Latinas was 4 times the rate for White women
- Women are more likely to be infected through heterosexual contact (83%)
- More than 6 in 10 new HIV infections occur among women ages 13-39

Source: CDC (2011)

Latinos in Los Angeles County

- In Los Angeles County, many Latinos first learn of their HIV serostatus when given an AIDS diagnosis[1]
- 67% of Latinos had less than 1 year between learning of their HIV and receiving an AIDS diagnosis[2]
- Latinos represent the majority of early detection failures
  - 35% of Latinos had less than 1 month before receiving their AIDS case diagnosis[2]

[1]Centers for Disease Control and Prevention, 2008
[2]Los Angeles County Department of Public Health HIV Epidemiology Program, 2003

Latina HIV Risk Factors

- Male partners
  - Latinas and heterosexual transmission
  - Male infidelity
  - Female power imbalances
    - Low-risk sexual behaviors (Hirsch *et al.*, 2002; Rice *et al.*, 2009)
    - Perception of HIV risk
    - Control of and negotiation for safer sex

HIV Risk Factors

- Interpersonal and sociocultural factors
  - Less parent-child communication on sexual behavior (Guzman *et al*, 2003)
  - Acculturation (Shedlin *et al*, 2005)
  - Stigma around HIV and testing (Diaz & Ayala, 2001)
- Socioeconomic factors (Shedlin *et al*, 2005; LA HIV Commission, 2007)
  - Immigration, poverty, lower educational levels, limited health insurance ⇨ lower access to culturally and linguistically relevant HIV services and information

Hablando Claro: Project Goal

To reduce the risk of HIV infection among Latina teens, aged 12-18 years, and their female family members by creating and strengthening a **multi-generational HIV/AIDS prevention intervention**, with particular focus on families with female immigrants who are more likely to lack access to culturally and linguistically relevant HIV/AIDS education and prevention.

Hablando Claro: Objectives

- Significant increases in:
  - intention to use condoms
  - intention to delay sexual onset or re-initiation
  - knowledge related to HIV risk-reduction
  - intention to perform HIV risk-reduction behaviors
  - self-reported sex communication between Latina intergenerational family dyads
  - the number of persons who are tested for HIV

Pilot sample

- Baseline: 396 Latina women
  - 170 adults, 226 youth
- Follow-up: 344 Latina women
  - 148 adults, 196 youth
- *Charlas:* February – August 2010
  - Two pilot phases
  - Instruments: demographics, pretest, immediate posttest
- 3-month follow-up: June – December 2010

Measures (I)

- Demographics
- Linguistic acculturation (Marín *et al.*)
  - 5 items, range: 1 (All Spanish) – 5 (All English)
  - Youth: $\alpha = 0.65$, adults: $\alpha = 0.77$
- HIV knowledge
  - 9 items, True/False
- Behaviors: HIV testing, sexual

Measures (II)

- Sexual communication – Pilot 2 data only:
  - Adults only: skills to initiate discussion with daughter (1 item)
  - By generation:
    - Frequency in communication with parent/youth
      - 4-point scale: 1 (Never) – 4 (Often)
    - Comfort in communication with parent/youth
      - 5-point scale: 1 (Very Uncomfortable) – 5 (Very Comfortable)
    - Topics: sex, STD's, HIV/AIDS, pregnancy, using condoms

Results

Demographics (I)

	Youth (n = 196)*	Adults (n = 148)*
Age, mean years (SD)	14.2 (1.8)	41.5 (6.9)
Education (n)		
Middle school	53.6% (105)	64.4% (94)
High school	43.9% (86)	21.9% (32)
College	2.6% (5)	11% (16)
Foreign-born	18.7% (36)	98.6% (145)
Median years in U.S. (Q1, Q3)	8 (0.5, 10.6)	14.4 (0.75, 19)

*Some missing in each group

Demographics (II)

	Youth (n = 196)*	Adults (n = 148)*
Primary language		
Spanish	66% (128)	98.6% (146)
English	32% (62)	1.4% (2)
Both equally	2.1% (4)	0
Mean acculturation score	3.2 (0.6)	1.5 (0.5)
Uninsured	15.3% (27)	41.1% (60)

*Some missing in each group

Demographics (III)

	Youth (n = 196)*	Adults (n = 148)*
Relationship status		
Single	82.4% (159)	14.2% (21)
Married/in a relationship	17.6% (34)	85.1% (126)
Heterosexual	91.5% (173)	100% (143)

*Some missing in each group

HIV Knowledge

	Youth (n = 173)	Adults (n = 114)
Baseline	5.29	4.85
Follow-up	6.53	6.60

- HIV knowledge:
  - 9 items, True/False
- Statistically significant increases in HIV knowledge:
  - Youth = 1.24-point increase (t = -8.28, p <.0001)
  - Adults = 1.75-point increase (t = -11.26, p <.0001)

Oral Sex

	Youth (n = 196)*	Adults (n = 148)*
Baseline		
Ever had oral sex	11.5% (22)	50.7% (72)
Oral sex, past 3 months	4.8% (9)	21.8% (31)
Consistent condom use, past 3 months	33.3% (3)	10.3% (3)
Follow-up		
Oral sex, past 3 months	5.1% (10)	18.9% (28)
Consistent condom use, past 3 months	20% (2)	10.7% (3)

*Some missing in each group

Vaginal Sex

	Youth (n = 196)*	Adults (n = 148)*
Baseline		
Ever had vaginal sex	8.7% (17)	82.7% (124)
Vaginal sex, past 3 months	4.6% (9)	69.3% (104)
Consistent condom use, past 3 months	55.6% (5)	16.3% (16)
Follow-up		
Vaginal sex, past 3 months	8.7% (17)	82.7% (124)
Consistent condom use, past 3 months	47.1% (8)	21.1 (26)

*Some missing in each group

Anal Sex

	Youth (n = 196)*	Adults (n = 148)*
Baseline		
Ever had anal sex	2.7% (5)	19.1% (27)
Anal sex, past 3 months	0	2.7% (5)
Consistent condom use, past 3 months	---	75% (3)
Follow-up		
Anal sex, past 3 months	<1% (1)	3.3% (5)
Consistent condom use, past 3 months	100% (1)	20% (1)

*Some missing in each group

Number of Sexual Partners

	Youth (n = 196)*	Adults (n = 148)*
Baseline		
Median number, past 3 months	1 (1, 1)	1 (1, 1)
Follow-up		
Median number, lifetime	1 (1, 3)	1 (1, 2)
Median number, past 3 months	1 (1, 1)	1 (1, 1)

*Some missing in each group

Sexual Communication

	Baseline	Follow-up	Paired *t*-test
Youth (n=136)			
Frequency	1.96	2.30	$t = -4.92$, $p < .0001$
Comfort	2.80	3.21	$t = -3.67$, $p = .0004$
Adults (n=101)			
Frequency	2.95	3.24	$t = -3.21$, $p = .002$
Comfort	3.59	4.06	$t = -3.56$, $p = .0006$

HIV Testing Behaviors

	Youth (n = 196)*	Adults (n = 148)*
Ever tested for HIV (baseline)	8.3% (13)	76.4% (113)
Tested since *charla* (follow-up)	9.6% (15)	64.9% (96)

- No significant differences between baseline and follow-up
- Most youth (73%; n=11) and adults (86%; n=83) who reported recent HIV testing at follow-up were tested at the *charla*
- Since the *charlas*:
  - Newly tested: 11 youth, 22 adults
  - Most new testers had their first HIV test at the *charla*
    - Youth (80%; n=8), Adults (91%; n=20)

*Some missing in each group

Discussion

Conclusions

- Importance of incorporating an HIV knowledge piece
- One 3-month follow-up assessment may not be sufficient to detect any sexual behavior changes
- Free mobile HIV testing at *charla* presented an opportunity to test, especially for new testers
- Increased frequency and comfort with talking about sex-related topics

Lessons Learned

- Include more opportunities for role plays so dyads can practice positive forms of communication
- Initiate family-based activities with men and boys to fully address female risk
  - Hold equal expectations for males and females

Thank You!

For more information:
Melawhy Garcia-Vega, MPH
mgarcia13@csulb.edu

Lilia Espinoza, MPH, PhD
lespinoz@usc.edu

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LATINO COMMUNITY
HEALTH, EVALUATION & LEADERSHIP TRAINING