HOLA

Best-Evidence for the Risk Reduction Chapter

POPULATION
- Immigrant Hispanic/Latino gay, bisexual, and other men who have sex with men (GBMSM) who speak Spanish
- Immigrant Hispanic/Latina transgender women (TW) who speak Spanish

KEY INTERVENTION EFFECTS
- Increased HIV testing

BRIEF DESCRIPTION
HOLA is conducted in Spanish and aims to increase HIV testing and condom use by using trained community peer navigators (Navegantes) who work within their existing social networks to increase HIV and sexually transmitted infection (STI) awareness and provide information to promote behavior change.

Navegantes are trained in:
- the impact of HIV and STIs
- HIV and STI prevention strategies
- accessing health services and HIV/STI testing
- the correct and consistent use of condoms
- factors that influence health, including cultural expectations, values, and reciprocal determinism
- effective communication and social support strategies

Navegantes are given satchels containing HIV and STI prevention supplies and materials for distribution to recruited friends within their social network. Navegantes meet monthly as a group to obtain additional project and peer support, restock satchels, and submit their activity log to document helping activities.

DURATION: 12 months
SETTING: North Carolina
STUDY YEARS: 2011 – 2018
STUDY DESIGN: Randomized controlled trial (RCT)
DELIVERERS: Trained community peer navigators (Navegantes)
DELIVERY METHODS: Condom use models, HIV/STI informational brochures, Risk reduction supplies, Videos

STUDY SAMPLE
The baseline sample of HOLA intervention participants (N = 86) was characterized by the following:
- Mean age of 29 years
- 75% persons reporting Mexico as country of origin
  - 25% persons reporting another country as country of origin
- 80% gay persons
  - 16% bisexual persons
  - 3% heterosexual persons
- 7% transgender persons

Note: Percentages may not add up to 100% due to rounding.
STRUCTURAL COMPONENTS
There are no structural components reported for this study.

KEY INTERVENTION EFFECTS (see Primary Study for all outcomes)
- HOLA participants were more likely to report HIV testing in the past 12 months at follow-up compared with waitlist control participants, (90.2% vs. 60%; Adjusted Odds Ratio* = 8.3, 95% Confidence Interval: 3.0 - 23.0).
  *Adjusted for social network clustering, baseline rates, educational attainment, and country of origin.

CONSIDERATIONS
- Condom use in the past 3 months increased for participants in both the HOLA and waitlist control groups, but there was no significant difference between the groups.

ADVERSE EVENTS
- The author did not report adverse events.

FUNDING
- National Institute of Health (grant number R01MH087339)

PRIMARY STUDY

PLEASE CONTACT STUDY AUTHOR FOR TRAINING AND INTERVENTION MATERIALS.

Contact information:
Scott D. Rhodes, PhD, MPH
Department of Social Sciences and Health Policy
Wake Forest University School of Medicine
Medical Center Boulevard
Winston-Salem, NC 27157

Email: srhodes@wakehealth.edu