

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

Rhodes, S. D., Alonzo, J., Mann-Jackson, L., Song, E. Y., Tanner, A. E., Garcia, M., Smart, B. D., Baker, L. S., Eng, E., & Reboussin, B. A. (2020). [A peer navigation intervention to prevent HIV among mixed immigrant status Latinx GBMSM and transgender women in the United States: outcomes, perspectives and implications for PrEP uptake](#). *Health Education Research*, 35(3), 165-178. doi: 10.1093/her/cyaa010

PLEASE CONTACT STUDY AUTHOR FOR TRAINING AND INTERVENTION MATERIALS.

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