

# REAL AIDS PREVENTION PROJECT (RAPP)

## Good Evidence – Risk Reduction

### INTERVENTION DESCRIPTION

#### Target Population

- Sexually active, low-income women of reproductive age in inner city communities

#### Goal of Intervention

- Increase positive community norms and attitudes concerning condom use
- Increase women's condom use behaviors with main partners and other sex partners

#### Brief Description

*Real AIDS Prevention Project (RAPP)* is a community-level intervention that mobilizes the networks of community volunteers, organizations, and business. The intervention consists of 5 main components: conducting community outreach using peer networkers; having one-on-one, safer sex discussions based on the participants' stage of readiness to change; distributing printed stories about community members and safer sex decisions (role model stories); obtaining program support from community organizations and businesses (community networking); and sponsoring small group activities in communities, such as safer-sex discussion parties and workshops conducted by outreach specialists. The role model stories describe how women in the local community overcome barriers or have learned from experience about the need to use condoms, and how they have progressed to more consistent condom use. The role model stories are distributed through flyers, brochures, posters, and newsletters. The community contacts, activities, and materials provide tailored prevention messages and encourage behavior change to increase condom use among women.

#### Theoretical Basis

- Transtheoretical Model of Behavior Change
- Social Learning Theory
- Diffusion of Innovation Model

#### Intervention Duration

- On-going

#### Intervention Setting

- Small businesses, neighborhood organizations, social agencies, on the street, and in other community settings

#### Deliverer

- Trained outreach specialists, a network of peer community volunteers, and a full-time coordinator supervising the peer network

### Delivery Methods

- Discussions
- Outreach
- Printed materials
- Role model stories
- Risk reduction supplies (condoms)
- Safer-sex parties
- Workshops

### INTERVENTION PACKAGE INFORMATION

In August 2013, the Centers for Disease Control and Prevention's Division of HIV/AIDS Prevention (DHAP) **announced** that in accordance with its High Impact Prevention approach, DHAP will focus its behavioral intervention portfolio on interventions that are cost-effective, scalable and prioritize prevention for persons living with HIV and those persons at highest risk for acquiring HIV. **Real AIDS Prevention Program (RAPP) will no longer be funded by DHAP** for diffusion, adoption, and implementation.

### EVALUATION STUDY AND RESULTS

The original evaluation was conducted in Pittsburgh, PA, West Philadelphia, PA, and Portland, OR between 1993 and 1996.

#### Key Intervention Effect

- Reduced proportion of participants who reported never using condoms with main partner

#### Study Sample

The total study sample of 3,722 women is characterized by the following:

- 73% black or African American, 28% other
- 100% female
- Mean age of 25
- 37% completed less than a high school education

#### Recruitment Settings

Restaurants, shops, bars, community agencies, bus stops, residential areas, and parks

#### Eligibility Criteria

The eligible *communities* were ones with high rates of drug use and STDs, containing 1,000 to 4,000 eligible women (see below), with few or no HIV prevention activities. Intervention communities were first identified and then matched communities were selected. *Women* were eligible for assessment if they were aged 15 through 34 years who have been sexually active in the past 30 days.

#### Assignment Method

Four pairs of communities were assigned to 1 of 2 groups: RAPP Intervention (4 communities) or Comparison (4 communities). Matched comparison communities were selected based on the same criteria used for selecting intervention communities and geographical distance to limit possible contamination. Census data

were also used to ensure the pairs of communities were comparable in age distribution, racial composition, and economic status.

### Comparison Group

Comparison communities received HIV prevention activities that were already in place, which were few if any.

### Relevant Outcomes Measured and Follow-up Time

- Sex behaviors by partner type (including condom use during most recent sex, frequency of condom use, and consistent condom use in past 30 days) were measured yearly during the 2-year intervention period.

### Participant Retention

Not applicable due to cross-sectional samples<sup>1</sup>

### Significant Findings

- Intervention communities showed a significant decrease in the proportion of women who reported never using condoms with main partners relative to the comparison communities ( $p = .03$ ).

### Considerations

- This intervention fails to meet the best-evidence criteria because the significant intervention effect was based on an exposure analysis. The analysis was restricted to 64% of women in the intervention communities who reported exposure to the intervention and 79% of women in the comparison communities who reported no intervention exposure. Additionally, a one-tailed test was used.

<sup>1</sup> The evaluation did not follow a cohort of participants across time, but selected a different representative sample of community members at each assessment.

## REFERENCES AND CONTACT INFORMATION

Lauby, J. L., Smith, P. J., Stark, M., Person, B., & Adams, J. (2000). [A community-level HIV prevention intervention for inner-city women: Results of the women and infants demonstration projects](#). *American Journal of Public Health, 90*, 216-222.

**Dr. Lauby** has retired from the Public Health Management Corporation (PHMC). **At this time there is no current contact information for this intervention.**

