

HoMBReS: HOMBRES MANTENIENDO BIENESTAR Y RELACIONES SALUDABLES

(Men Maintaining Wellbeing and Healthy Relationships)

Best Evidence – Risk Reduction

INTERVENTION DESCRIPTION

Target Population

- Recently immigrated, sexually active heterosexual Latino men in rural areas

Goals of Intervention

- Increase condom use
- Increase HIV testing
- Enhance the determinants of prevention behaviors

Brief Description

HoMBReS is a community-level intervention developed for a rural Latino soccer league. Teams, comprised of 20 to 25 players, each elects one opinion leader who is trained as a lay health adviser, known as a *Navegante* or navigator. *Navegantes* complete 16 hours of training in 4 sessions. Session 1 is focused on providing an overview of *HoMBReS* including the purpose, the roles and responsibilities of *Navegantes*, and how to use the *HoMBReS* Resource Manuals and risk-reduction materials. Session 2 provides information about common STI, correct HIV prevention information, and how to distinguish facts from misperceptions. In this session, *Navegantes* learn how to model correct HIV prevention behavior through activities focused on proper condom use and how to share HIV prevention resources and information with their teammates. The remaining 2 sessions focus on the specific roles and responsibilities of being a *Navegante* and how to evaluate program progress through activity logs and team member interviews. After completing the training, the *Navegantes* work to improve their community's health (1) as lay health advisers providing HIV/STI information, condoms, and referrals and increasing condom use skills, (2) as opinion leaders bolstering positive attitudes and reframing negative attitudes about what it means to be a Latino man and changing sexual health attitudes and norms, and (3) as community advocates for environmental change bringing the community voice to health service agencies. *Navegantes* hold monthly meetings to plan, coordinate, and evaluate their ongoing activities.

Theoretical Basis

- Empowerment Education
- Social Cognitive Theory

Intervention Duration

- Four 4-hour training sessions for *Navegantes* over two consecutive weekends
- Ongoing diffusion of HIV prevention information and materials through *Navegantes*-delivered activities

Intervention Setting(s)

- Local restaurants, Latino soccer team communities

Deliverer

- Facilitators for the *Navegante* training and *Navegantes* as lay health advisers to soccer teammates

Delivery Methods

- Navegante training
 - Demonstration
 - Discussion
 - Exercises
 - Lecture
 - Printed materials
- Demonstration
- One-on-one discussion
- Printed materials
- Resource manual
- Risk reduction supplies (condoms, lubricant)

INTERVENTION PACKAGE INFORMATION

The intervention package and training are available through [Sociometrics](#) under the name [HoMBReS](#).

EVALUATION STUDY AND RESULTS

The original evaluation was conducted in rural central North Carolina between 2003 and 2007.

Key Intervention Effects

- Increased consistent condom use

Study Sample

The analytic study sample of 222 men from 30 randomly selected soccer teams is characterized by the following:

- 100% Hispanic/Latino (61% originally from Mexico; 14% from El Salvador; 7% from Guatemala; 6% from Honduras; 6% from other areas; 2% from Colombia)
- 100% male
- 100% heterosexual
- Mean age of 30, range 18-71 years
- 53% completed 8 or fewer years of education
- Mean length of time in the U.S. = 9 years

Recruitment Settings

Local soccer teams in rural central North Carolina

Eligibility Criteria

- Teams were eligible if they belonged to *Liga Hispana de Fútbol* de North Carolina.
- Participants were eligible to be trained as *Navegantes* if they were nominated by teammates as having lay health advisor characteristics (good judgment, sound advice, caring listener, and discreet), self-identified as

Latino or Hispanic, worked as migrant or seasonal farm workers, were members of North Carolina Hispanic Soccer League, were 18 years of age or older, and had some Spanish language literacy.

- Teammates were eligible for assessment if they self-identified as Latino or Hispanic and were 18 years of age or older.

Assignment Method

Of the 89 soccer teams in the multi-county soccer league, 15 teams were randomly selected from the southern region to comprise the intervention group and 15 teams were randomly selected from the northern region to comprise the comparison group. One person from each team was selected to be trained as a *Navegante* from those nominated and ranked by team members. Teammates were randomly selected from each team (114 from control teams and 108 from intervention teams) to participate in the follow-up assessment.

Comparison Group

Wait list control

Relevant Outcomes Measured and Follow-up Time

Sex behavior (including consistent condom use in past 30 days) was measured at 18-months post-*Navegante* training.

Participant Retention

- HoMBReS intervention
 - 81%* retained at 18 months post-*Navegante* training
- Wait list Control
 - 80%* retained at 18 months post-*Navegante* training

Significant Findings

- Intervention teammates were more likely than comparison teammates to report consistent condom use (always used a condom for vaginal sex)* in past 30 days at 18-months post-*Navegante* training (OR = 2.3, 95% CI = 1.2, 4.3, p = .01).

Considerations

- The intervention fails to meet the best-evidence criteria due to not adjusting for cluster assignment of regions to the study arms.
- Teammates in the intervention soccer teams were also significantly more likely to report HIV testing than teammates in the wait list control soccer teams at 18-months post-*Navegante* training (OR = 2.5, 95% CI = 1.5, 4.3, p = .001).
- All participants were self-identified as heterosexual; however, 6 participants (3%) reported having had sex with men in the past year.
- Although the soccer teams were not independently randomized to the study groups, all participants were from similar rural communities, and within the Northern and Southern regions, each team was randomly selected for study inclusion. In addition, there were no differences identified between intervention and comparison groups at baseline on a variety of variables including: age, country of origin, educational attainment, and accompaniment status, income, amount of money sent home, employment status, HIV and STI knowledge, sexual behaviors, masculinity and acculturation.*

COMPENDIUM OF EVIDENCE-BASED INTERVENTIONS AND BEST PRACTICES FOR HIV PREVENTION

- A four-session small group intervention adapted from HoMBReS was tested in a randomized control trial against a cancer prevention comparison group to increase condom use and HIV testing among heterosexual active immigrant Latino men.
 - At the 3-month assessment, intervention participants reported significantly higher consistent condom use with all partners during vaginal/anal sex than comparison participants (AOR = 3.52, 95% CI = 1.29, 9.63, baseline adjusted; AOR = 11.2, 95% CI = 1.07, 6.34, BL & covariates adjusted).*
 - However, this finding did not meet PRS Best or Good Evidence criteria because missing data beyond attrition for the consistent condom use outcome exceeded 20%.*

*Information obtained from author

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