Feasibility and Efficacy of ¡Cuida te!, a Sexual Risk Reduction Program, with Mexican and Central American Youth

Kim L. Larson, RN, PhD, MPH  College of Nursing
and Sharon M. Ballard, PhD, CFLE College of Human Ecology and Brenda J. Nuncio, BS, Community Member

Background
• NC: 1 of the 5 states with the greatest increase in Latino population (US Census, 2010)
• Rural NC: Extreme poverty, social isolation and conservative view of sexuality
• Latino pregnancy rates and STI rates higher than other racial and ethnic group (NCDHHS, 2011)
• Community-based participatory research (CBPR) team implemented ¡Cuida te!, a culturally relevant, evidence-based sexual risk reduction program

Settings & Sample
• Two School-based Health Centers (SBHC)
• Boys (10), Girls (10)
• Mexican and Central American youth
• Ages 13-18 years

Intervention
• Pre-test/post-test descriptive design
• Facilitators completed ¡Cuida te! Training
• Facilitator team: school nurse-Latina community member
• Six 1-hour modules during the school day

Measurements
• Fidelity checklist
• Facilitator Process Evaluation
• Adolescent Participant Process Evaluation
• Outcome monitoring tool (T1, T2, T3)
• Focus Groups (2): to assess cultural relevance and program applicability

Objectives
• To examine:
  – the extent of program feasibility and fidelity
  – the impact of the program on sexual knowledge, skills, and attitudes
  – the cultural relevance and applicability of program content

Mean Scores on the HIV/AIDS Knowledge Scale

<table>
<thead>
<tr>
<th></th>
<th>SBHC-MS M (SD)</th>
<th>SBHC-HS M (SD)</th>
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</thead>
<tbody>
<tr>
<td>Pre-test Overall</td>
<td>7.10 (.99)</td>
<td>6.60 (.97)</td>
</tr>
<tr>
<td>Male</td>
<td>6.40 (.55)</td>
<td>6.60 (.89)</td>
</tr>
<tr>
<td>Female</td>
<td>7.80 (.83)</td>
<td>6.60 (.144)</td>
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<tr>
<td>Post-test Overall</td>
<td>7.88 (.35)</td>
<td>6.89 (.93)</td>
</tr>
<tr>
<td>Male</td>
<td>7.75 (.50)</td>
<td>7.25 (.96)</td>
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<tr>
<td>Female</td>
<td>8.00 (.00)</td>
<td>6.60 (.89)</td>
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<tr>
<td>1 month FU Overall</td>
<td>7.70 (.67)</td>
<td>6.90 (.120)</td>
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<tr>
<td>Male</td>
<td>7.40 (.48)</td>
<td>7.60 (.89)</td>
</tr>
<tr>
<td>Female</td>
<td>8.00 (.00)</td>
<td>6.20 (.10)</td>
</tr>
</tbody>
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Implications
• Provided safe environment to discuss and practice skills related to sexual health in mixed gender groups
• Community partnership commitment to CBPR
• Focus group discussions revealed importance of macro-level factors in family, school and community
• Middle school students (ages 13-15) were more “program ready” than high school students