



***Phaphama Community Alcohol (A
COMMUNITY-BASED PREVENTION
INTERVENTION FOR SOUTH
AFRICANS WITH ALCOHOL
ASSOCIATED HIV RISKS)***

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**Social Aspects of HIV/AIDS and Health Research
Programme,**

Human Sciences Research Council

Cape Town, South Africa

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Alcohol use is related to sexual risks in southern Africa

A review of 33 studies: consistent association between quantities of alcohol consumed, attending alcohol serving establishments, and sexual risks (Kalichman, Simbayi et al., 2007, *Prevention Science*)



**Men and women
who drink at
informal bars
(shebeens)
demonstrate
high risk for HIV
infection**



**85% of new sex partners in Cape Town
townships are met at shebeens** (Weir et al.,
2003, *AIDS*)

52% men and 20% women who drink in shebeens meet sex partners there.



People who meet partners at shebeens: drink heavier, have greater sex-alcohol expectancies, multiple sex partners, less condom use. (Kalichman, Simbayi et al., 2008, *Prevention Science*)

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Behavioral risk reduction interventions are needed for alcohol drinkers in South African townships

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**Current study
used targeted
recruitment in
shebeens
within walking
distance of the
intervention
venue.**





Intervention and all assessment activities located in a community center in a racially integrating Cape Town township

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**Alcohol/HIV risk
reduction
intervention
adapted from
our risk
reduction
counseling
intervention
used in STI
clinics**





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Adapted for use in a single 3-hour small group workshop

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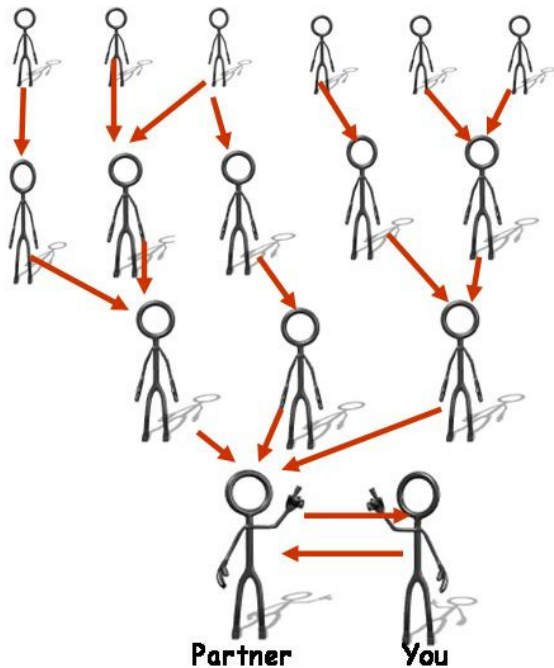
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Education

When you have sex, you can get an STI your partner's past partners and all their partners



How can you tell if someone has HIV-AIDS?

You can only get HIV from....



Unprotected Sex




Infected Blood



Infected Mother - to - Child

Destigmatization



People who have HIV-AIDS are just like you and me

You cannot get HIV from...

 <p>Kissing</p>	 <p>Touching</p>
 <p>Toilets</p>	 <p>Insects</p>
 <p>Food</p>	 <p>Sharing Utensils</p>

What are your triggers?

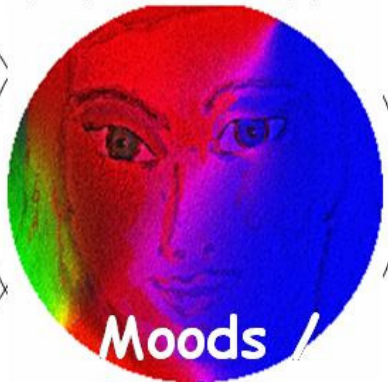
People / Partners



Place



Substances



Moods / Feelings

Tikkop
Sam

wynkop
los
Sally

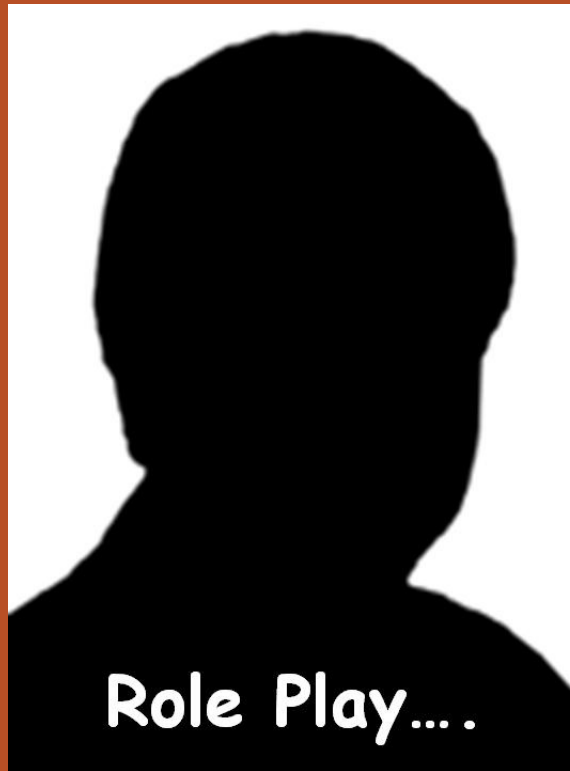
Drank
Smaak

- o OuGAT se Yard
- o Meet →
- * Sally -dang drink
- * Sam kom in → Sien haar hart time
- Saet lekker aand
- * Sally sien Sam - Sam - Geld - koop
- het beere - Entertain Sally
- * Sit - firm - beew
- * Gecels burte... Sally het Non karre - Sam betrek
- * TAKE AWAY
- * irisy - Beer Trek nou...
- * Begin te Vry - In die Mood!!!
- Sam = hyperactief...
- Mandela Park

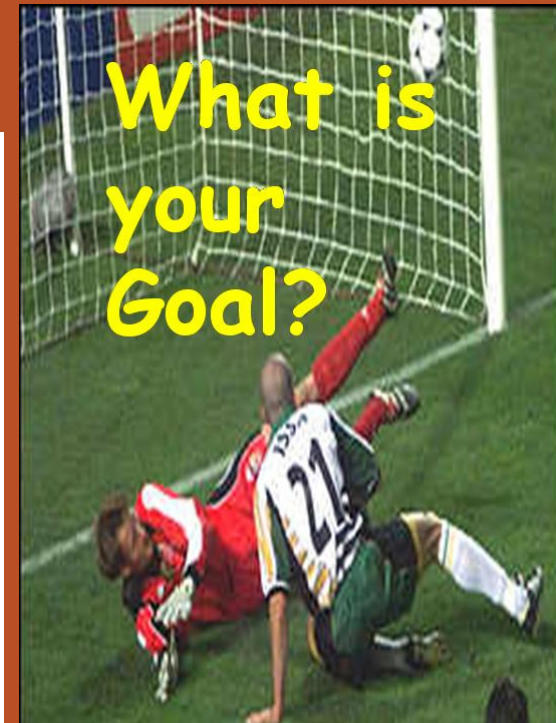
= SEX!!

Behavioral Skills Building

What about talking with your partner about condoms?



Role Play....



How to Use a Male Condom

Latex is Best!

- 

1 Carefully open the latex condom package. Don't use your teeth, scissors, or sharp nails.
- 

2 For increased sensation, place a small amount of water-based lubricant in the tip of the condom before placing it on the penis.
- 

3 Pinch the tip of the condom to remove any air from the tip. Pinching the tip leaves a reservoir for semen to collect.
- 

4 After the penis is erect, place the condom on the tip (head) of the penis and roll the condom to the base of the penis.
- 

5 Perform "the act," whether it be oral, anal, or vaginal sex. Depending on what you're doing, you may want to hold onto the base of the condom in order to avoid slippage or breakage.
- 

6 After ejaculating (cumming), hold the base of the condom and withdraw from your partner. Depending on what you're doing, you may want to hold onto the base of the condom in order to avoid slippage or breakage.
- 

7 Remove the condom from the penis. Be careful that semen doesn't spill out.
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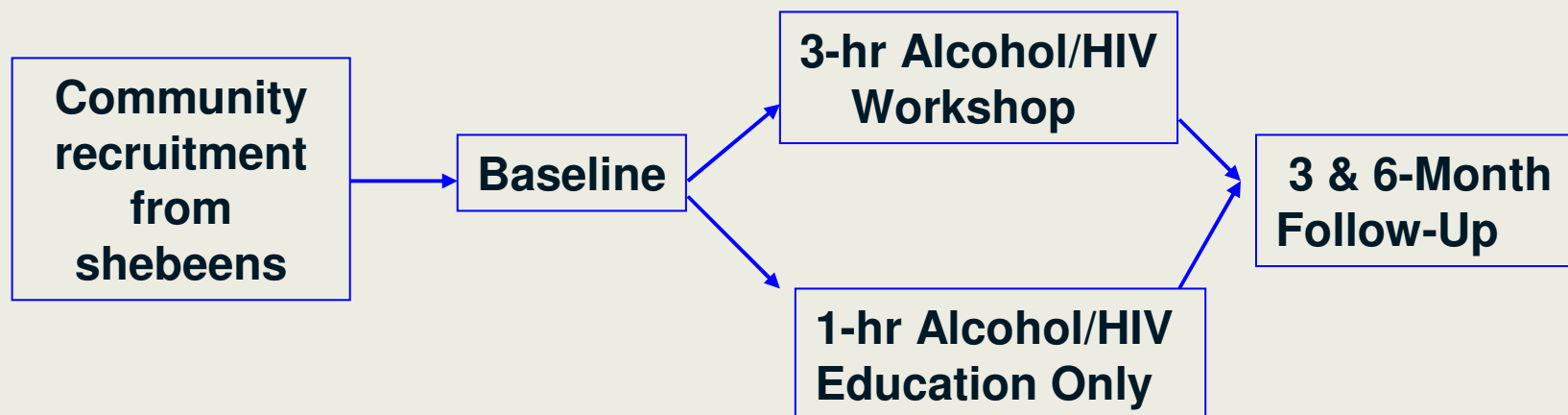
8 Wrap the condom in a tissue and dispose of it where others will not handle it. Don't flush it down the toilet.
- 

9 Wash your hands with soap and water.



Interactive and skills focused

Study Design Overview



PARTICIPANTS

**117 men, 236
women recruited
from shebeens
who drank in
previous month**



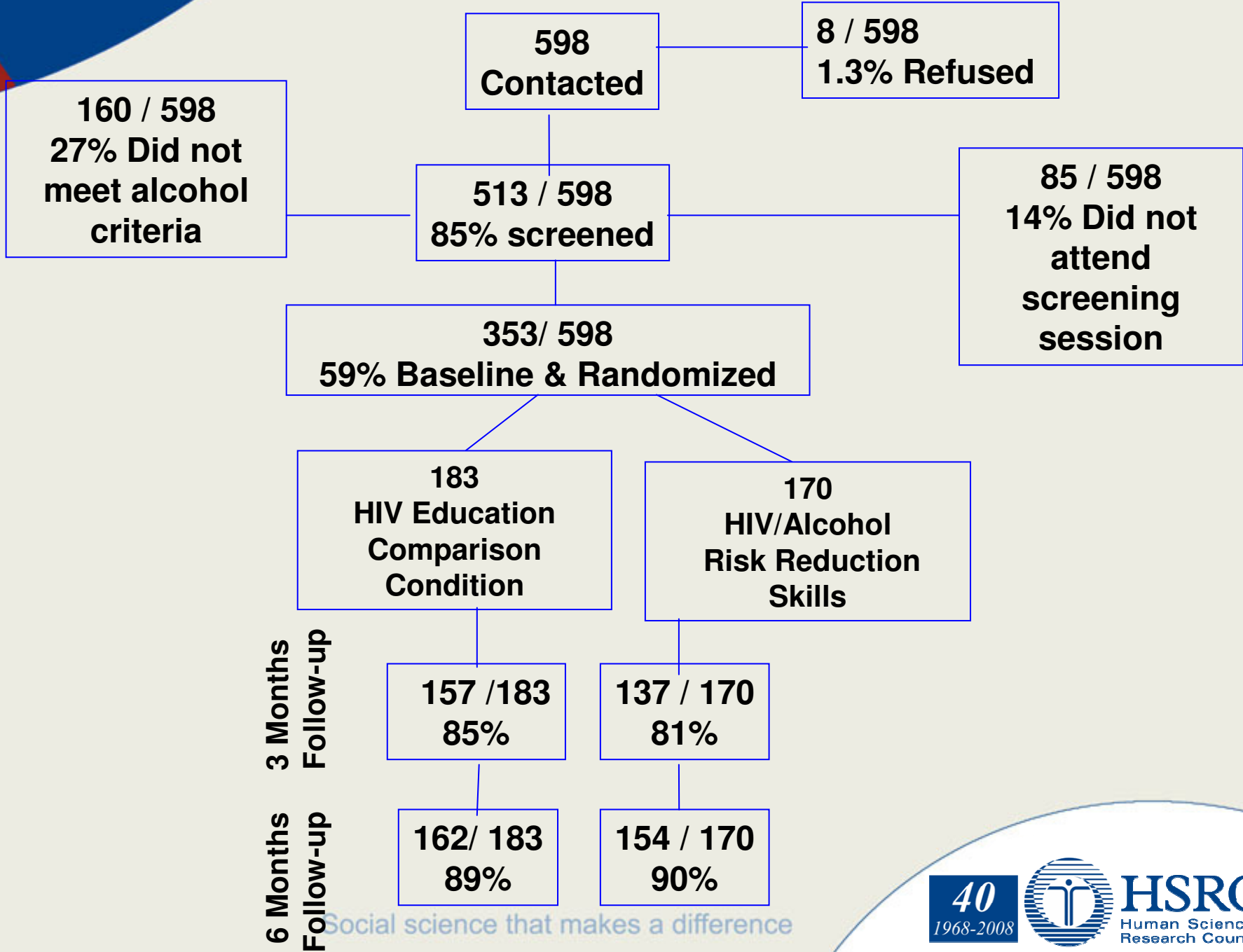
- **272 (77%) were Black/African**
- **Mean age 34**
- **Mean education 9 years**
- **84% unemployed**
- **Mean AUDIT score 14.5 (SD = 8.4)**
- **71% AUDIT scores \geq 8**
- **18% had been diagnosed with an STI**

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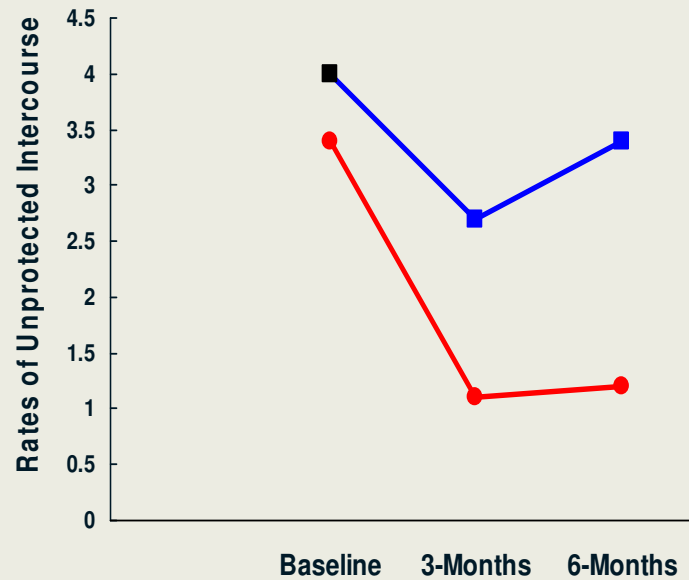
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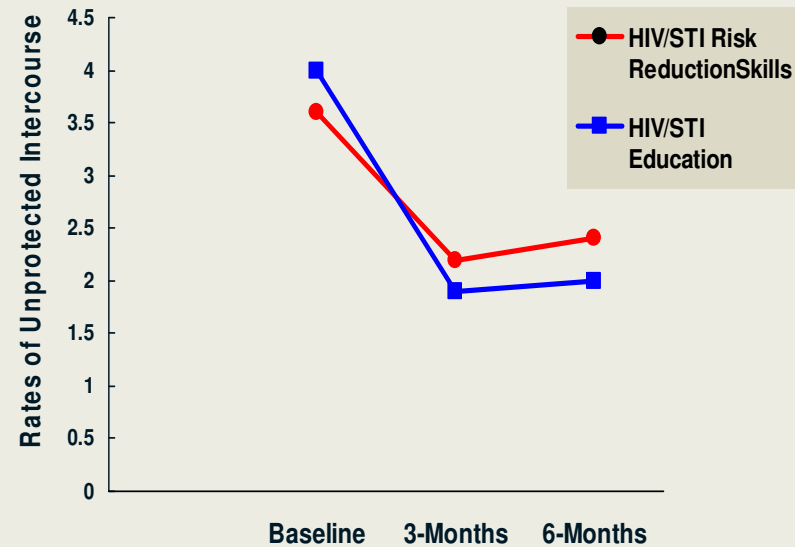
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Unprotected Intercourse in past month

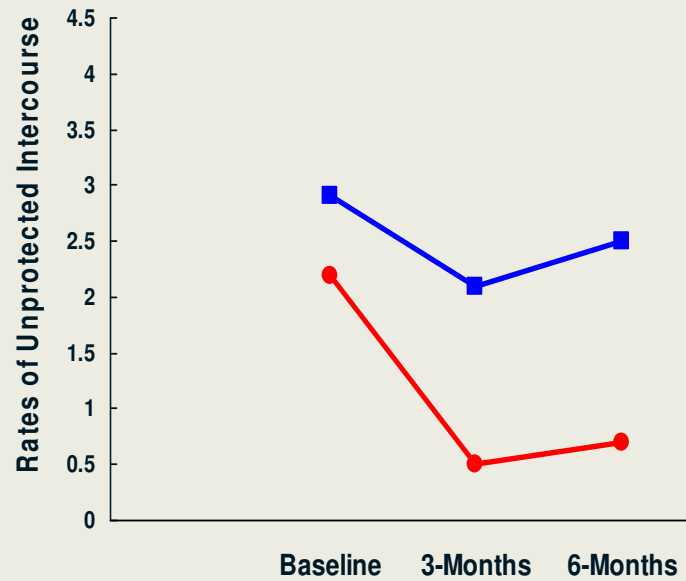


Lighter Drinkers
AUDIT < 8

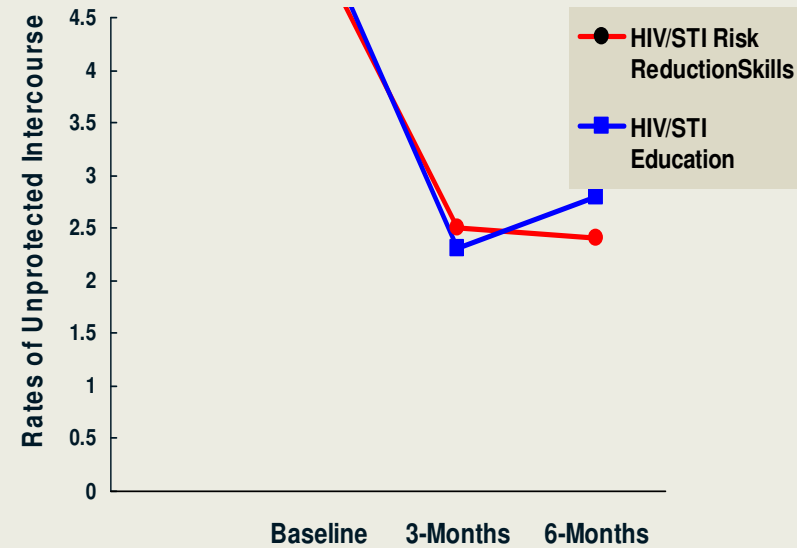


Heavier Drinkers
AUDIT ≥ 8

Alcohol Use Before Sex in past month

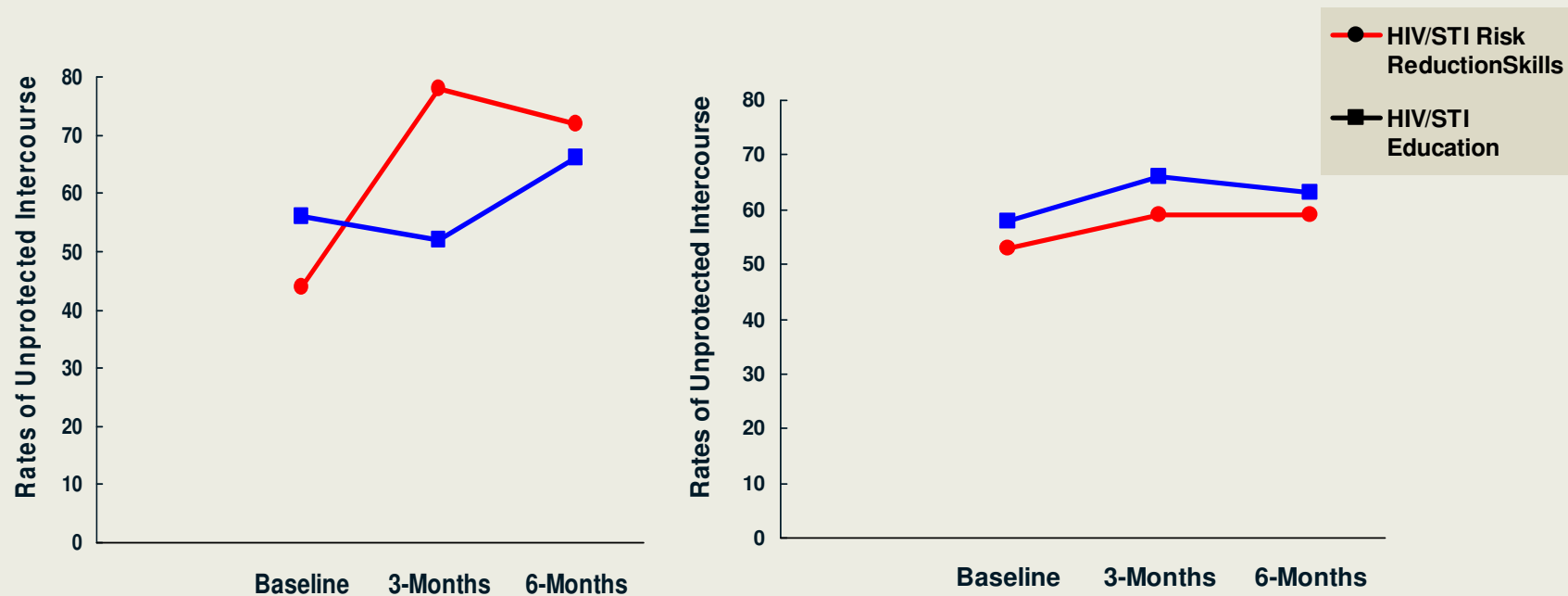


Lighter Drinkers
AUDIT < 8



Heavier Drinkers
AUDIT ≥ 8

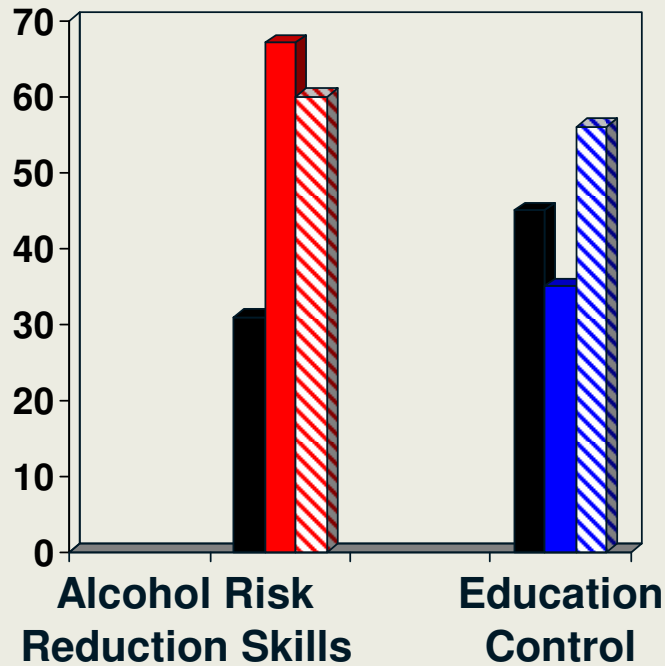
Percent Intercourse Protected by Condoms in past month



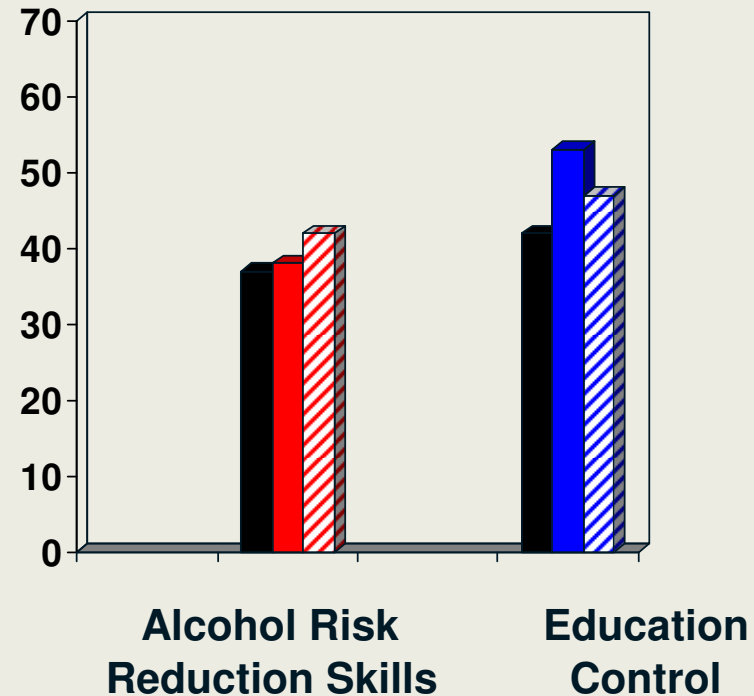
Lighter Drinkers
AUDIT < 8

Heavier Drinkers
AUDIT ≥ 8

100% Condom Use in past month

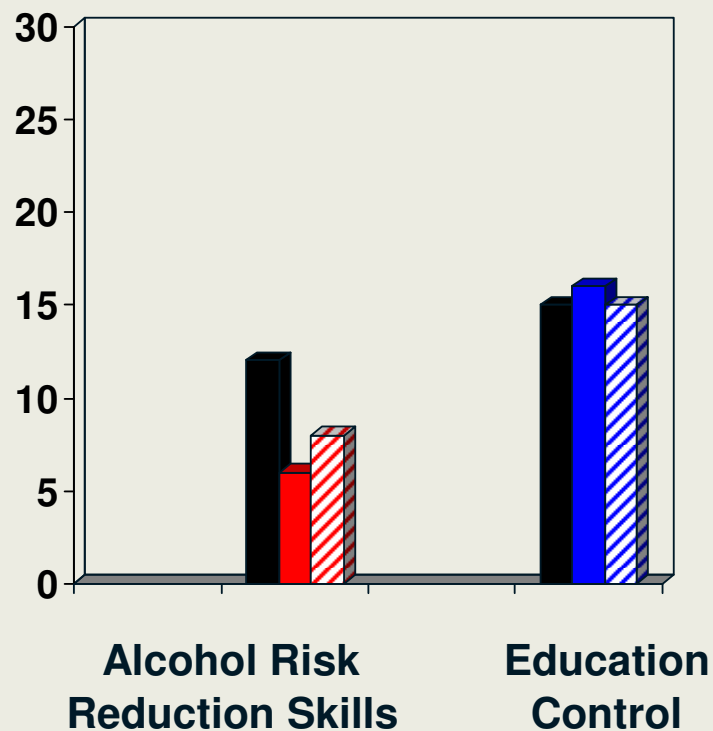


**Lighter Drinkers
AUDIT < 8**

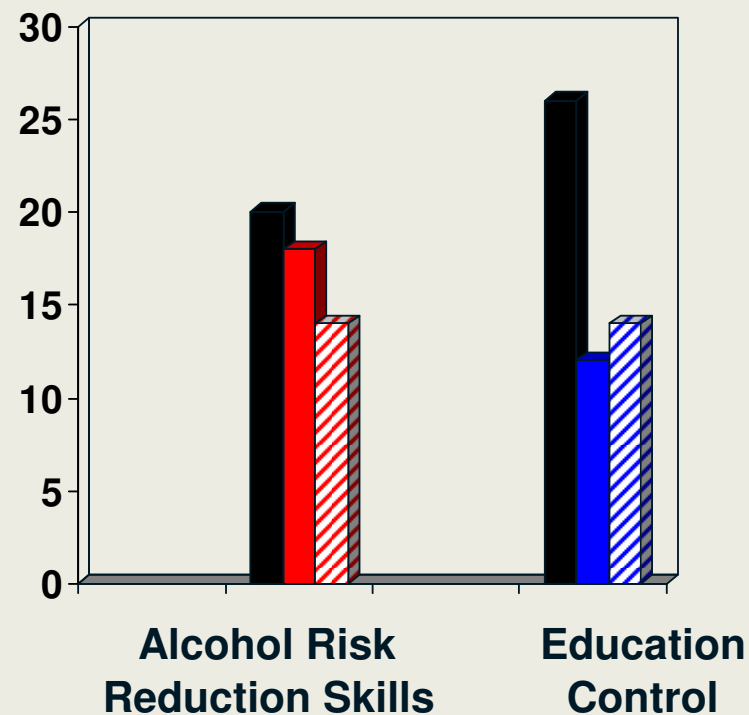


**Heavier Drinkers
AUDIT ≥ 8**

2+ Sex Partners in past 3-months



Lighter Drinkers
AUDIT < 8



Heavier Drinkers
AUDIT ≥ 8

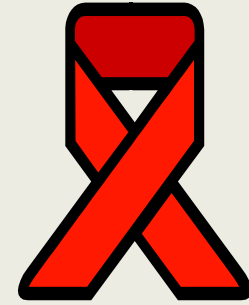
Conclusions

Alcohol is associated with HIV transmission risks in South Africa.

Skills building models for HIV risk reduction are translatable and effective in South Africa

Brief and effective risk reduction interventions are needed for South Africans who drink and practice sexual risk behaviors.

We are currently testing a multi-level intervention for men who drink at shebeens, their social networks, and the shebeen environment.



THANK YOU

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