Youth Prevention Activities in Western Kenya: The Families Matter Program

Kim S. Miller¹, Hilde Vandenhoudt²
¹Centers for Disease Control and Prevention;
²Institute of Tropical Medicine

The findings and conclusions in this presentation are those of the authors and do not represent the views of the Centers for Disease Control and Prevention.
Overview

- Background
- Youth Intervention Program with Family Component
- Adaptation and Implementation of Families Matter
- Report of Families Matter Evaluation
- Challenges for Scale-Up
Background

- **2001: Youth needs assessment in Nyanza**
  - Early sexual exposure and negative peer pressure
  - Poor communication between adults and adolescents
  - Lack of access to information and youth friendly services

- **2004: Cross-sectional Baseline survey in Asembo**
  - Sexual debut by age 13 among adolescents: 14%
  - Women, 15-19 years: 8.5% HIV+
Youth Intervention Program

**Level**
- Adolescent
- Family
- Community

**Intervention**
- HIV/life skills training
- Families Matter
- Youth Friendly services

**Target behaviors**
- Delay sexual debut
- Know HIV status
- Reduce number of partners
- Condom use

**Impact**
- Pregnancy
- STIs
- HIV
Families Matter!

- Adapted from Parents Matter! RCT in the US*
  - RCT not Pre-Post Follow-up with no comparison group
  - Enhanced, Brief and Control Arm
  - Higher levels of parent and pre-adolescent reports of communication for participants in enhanced arm
  - Higher levels of parent and pre-adolescent reports of comfort and confidence to communicate about sexuality for participants in the enhanced intervention arm
  - Subgroup analyses of participants attending all five sessions of the enhanced compared to those completing brief or control arm session had lower relative risk

- Parents/guardians of children ages 9-12 years

- 5 sessions delivered over 5 consecutive weeks; 3 hour sessions

- Groups of 12-18 parents; facilitated by a male and a female facilitator

- Child attends 5th session

Adolescents engage in risky behaviors that expose them to sexually transmitted diseases, including HIV.
Parents don’t talk with their adolescents about sex.
Parents don’t monitor children closely.

Parents participate in buddy system.

Provide information on parents’ role in shaping children’s values and beliefs.

Provide information on the importance of parents being their children’s sex educator and having their own message about sex.

Provide information, examples, and opportunities to practice talking to children about sex.

Provide information, examples, and opportunities to practice positive parenting strategies.

Provide information on adolescent sexual risk behavior and negative consequences.

Linked parents with a “buddy”

Delivered information on youth sex risk, communication strategies, and positive parenting practices.

Provided practice opportunities to improve communication and parenting skills.

Provided information on parents’ role in teaching their children about sex and shaping their children’s values.

Increased awareness of parents’ role in monitoring their children and helping them avoid sexual risks.

Increased understanding of the importance of addressing sex risk at an early age.

Improved parental attitudes toward discussing sex with children.

Helped parents clarify own values concerning children’s sexual behavior.

Increased monitoring, supervision, and relationship-building skills.

Improved communication skills.

Increased knowledge of communication strategies.

Increased awareness and knowledge of youth development, sexual risks and consequences.

Increased support for parents.

Increased self-efficacy to engage children in effective discussions about sexual issues.

Increased confidence to monitor and supervise children and build positive relationships.

Enhanced general parenting efficacy.

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Enhanced general parenting efficacy.

Earlier communication with children.
Increase in the quality and frequency of parent-child communication.
Conveyance of parental values and expectations.
Higher levels of parental monitoring.
Provision of supportive and structured environments.
Strengthened parent-child relationships.

Improved safe sex knowledge, attitudes, norms, and self-efficacy.
Decrease in problem behaviors and increase in general competencies.

Decrease STD and HIV incidence rates.

Increased support for parents.

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Evaluation Outcome Measures

**POSITIVE PARENTING**
- Parent-Child Relationship
- Positive Reinforcement
- Parental Monitoring

**SEXUALITY COMMUNICATIONS DISCUSSIONS**
- Sexuality Education Topics
- Sexual Risk Reduction Topics
- Skill, Comfort and Confidence (Responsiveness)

Both Parent and Child reports for each measure
Study Design and Analysis Plan

- **Assessments**
  - Baseline
  - 3 months post intervention
  - 12 and 24 months following post intervention assessment

- **Baseline and 12 month**

- **Median scores and interquartile range**

- **Parent and child reports of**
  - Parenting practices (3 measures)
  - Sexuality communication topics (2 measures)
  - Sexual communication responsiveness (1 measure)

- **Paired sign ranks test**
Participants

- 403 parent-child dyads at Baseline
- 375 parents attended intervention
- 350 parent-child dyads at post Assessment
- 321 parent-child dyads at 12 month post assessment
Child Demographics

<table>
<thead>
<tr>
<th></th>
<th>n (%)</th>
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<tbody>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>161 (50%)</td>
</tr>
<tr>
<td>Male</td>
<td>160 (50%)</td>
</tr>
<tr>
<td>Currently attending school</td>
<td>318 (99%)</td>
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<tr>
<td>Median age</td>
<td>12 years</td>
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## Caretaker Demographics

<table>
<thead>
<tr>
<th>Gender</th>
<th>n (%)</th>
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<tbody>
<tr>
<td>Female</td>
<td>290 (91)</td>
</tr>
<tr>
<td>Male</td>
<td>31 (9)</td>
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<table>
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<tr>
<th>Relationship to Target Child</th>
<th>n (%)</th>
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<tbody>
<tr>
<td>Biological parent</td>
<td>252 (78)</td>
</tr>
<tr>
<td>Grandparent</td>
<td>31 (10)</td>
</tr>
<tr>
<td>Step parent</td>
<td>17 (5)</td>
</tr>
<tr>
<td>Adopted parent</td>
<td>11 (3)</td>
</tr>
<tr>
<td>Sibling</td>
<td>5 (2)</td>
</tr>
<tr>
<td>Aunt/Uncle</td>
<td>3 (1)</td>
</tr>
<tr>
<td>Other</td>
<td>2 (1)</td>
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</table>
## Caretaker Demographics con’t.

<table>
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<tr>
<th>Level of Education</th>
<th>n  (%)</th>
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<tbody>
<tr>
<td>No formal education</td>
<td>46 (14%)</td>
</tr>
<tr>
<td>Primary incomplete</td>
<td>80 (25%)</td>
</tr>
<tr>
<td>Primary complete</td>
<td>131 (41%)</td>
</tr>
<tr>
<td>Secondary</td>
<td>64 (20%)</td>
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</table>

<table>
<thead>
<tr>
<th>Marital status</th>
<th>n  (%)</th>
</tr>
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<tbody>
<tr>
<td>Widowed</td>
<td>75 (23%)</td>
</tr>
<tr>
<td>Never married</td>
<td>3 (1%)</td>
</tr>
<tr>
<td>Currently married</td>
<td>243 (76%)</td>
</tr>
<tr>
<td>Polygamous marriage</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>80 (33%)</td>
</tr>
<tr>
<td>No</td>
<td>163 (67%)</td>
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## Evaluation Outcome Results

### POSITIVE PARENTING

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<th>Changes from Baseline to 12 month (% Improvement)</th>
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<tr>
<td>Parent-Child Relationship: Significant increase in Child report (52%)</td>
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<tr>
<td>Parental Monitoring: Significant increase in Parent (61%) and Child Report (62%)</td>
</tr>
<tr>
<td>Positive Reinforcement: Significant increase in Parent (41%) and Child Report (49%)</td>
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### SEX COMMUNICATIONS

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<th>Changes from Baseline to 12 month (% Improvement)</th>
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<tr>
<td>Sexuality Education Topics: Significant increase in Parent (83%) and Child Report (65%)</td>
</tr>
<tr>
<td>Sexual Risk Reduction Topics: Significant increase in Parent (82%) and Child Report (78%)</td>
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<tr>
<td>Skill, Comfort and Confidence (Responsiveness): Significant increase in Parent (49%) and Child Report (64%)</td>
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P-value <0.001
Challenges

- Fidelity to materials and methods
- Selection of facilitators
- Training facilitators
- Involvement of community
- Involving hard to reach populations
- Sustainability over the long term (post-PEPFAR)
Asembo, Kenya

Research Team:
Hilde Vandenhoudt
Fred Ochieng
Julliet Ochura
Walter Odera
Phylis Mboi
Chris Obongo
Gillian Njika

Field Team:
Jack Owuor
Lillian Otin
Mary Obado
James Ogonji
Richard Abong’o
and
The families of Asembo!