



VIDA PURA:

RESULTS FROM A PILOT RANDOMIZED TRIAL OF
SCREENING AND BRIEF INTERVENTION WITH
LATINO DAY LABORERS

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ACKNOWLEDGMENTS



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Community Partner: Casa Latina Day Labor Worker Center

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BACKGROUND

- Latino immigrant men face many challenges in adapting to life in the US which can result in unhealthy coping behavior such as unhealthy alcohol use
- Unlikely to receive SBI in health care settings due to limited access and linguistic/cultural barriers to health care
- Is culturally-adapted SBI feasible and effective for Latino day laborers?

CULTURAL ADAPTATION PROCESS

1. Gathering information to identify sources of mismatch between the original intervention and target population (conducted in 2012)
 - Interviews with Latino day laborers (N = 18)
 - Interviews with social service providers working with Latino immigrant men (N = 13)
2. Preliminary adaptation design
 - Vida PURA
3. Pilot test preliminary design (*Vida PURA I* conducted in 2013)
4. Refine intervention as needed
5. Conduct a trial to determine its efficacy (*Vida PURA II* conducted in 2015 - 2016)

VIDA PURA

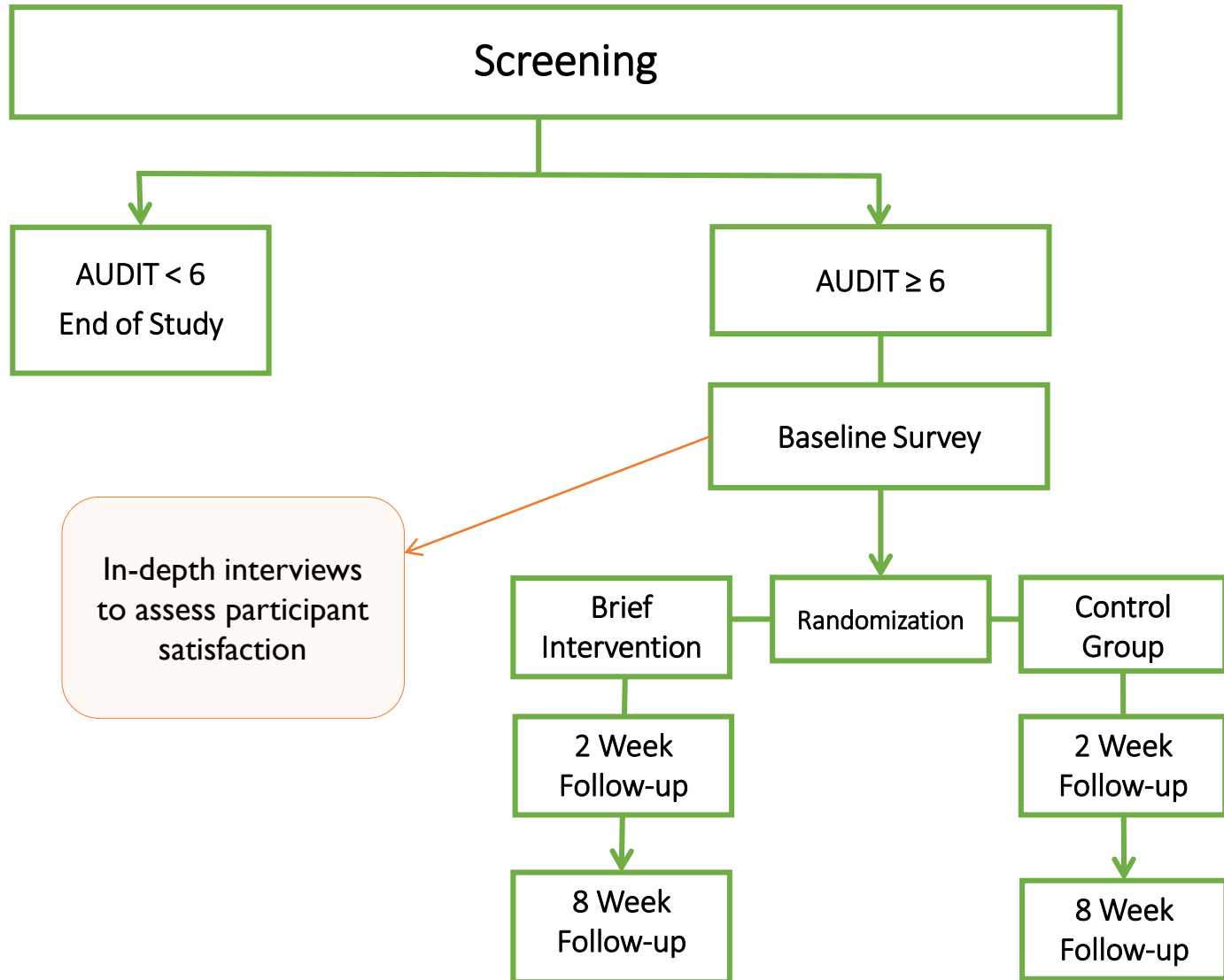
Retained Core Elements of Brief Intervention

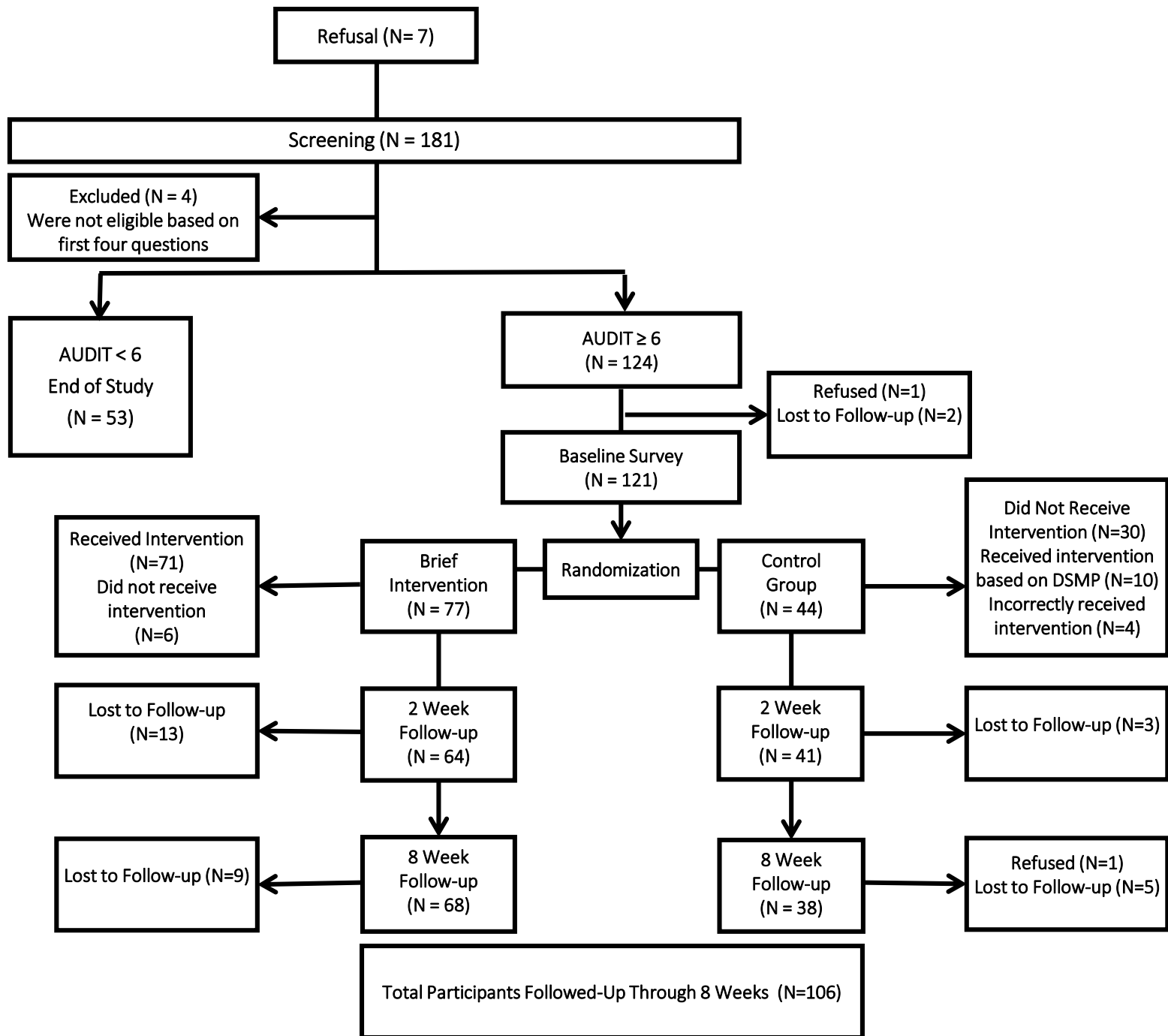
- Provide personalized feedback about drinking behavior and how it compares to NIAAA guidelines
- Use Motivational Interviewing to assess readiness to change, discuss pros and cons of drinking, elicit desired changes, support and encourage behavior change
- Negotiate a plan/goal, identify strategies and offer referral information.

Adapted Aspects to meet needs of Target Population

- Intervention delivery and content (*promotores*)
- Setting (day labor worker center)
- Referral (low-cost Spanish speaking services)

Vida PURA II Study Design: Pilot Randomized Control Trial





PROMOTORES

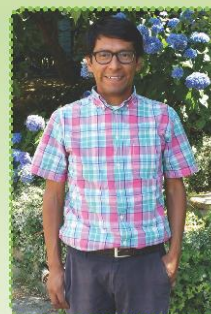
- Experience with counseling or health education
- Experience working with Latinos
- Could build rapport easily
- Warmth, non-judgmental
- Organized, detail-oriented
- Spoke Spanish



Llamado a Voluntarios!!!

¿Le gustaria participar en un estudio de investigacion sobre el consumo de alcohol en los Hombres Inmigrantes Latinos?

Conectece con nosotros



Roger



Ivonne

Los días **Martes y Miércoles** desde las **7** de la **mañana**.

Para llenar encuestas y hacer seguimientos en

Casa Latina

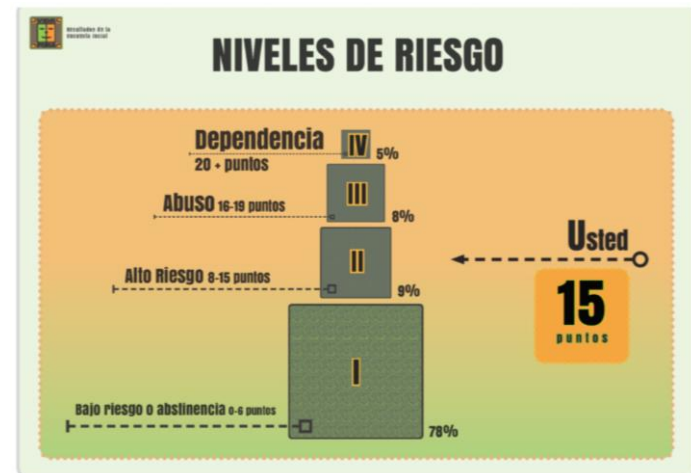
Vida PURA teléfono: 206.221.3647



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PERSONALIZED FEEDBACK REPORT

Promotores provide personalized feedback on drinking compared to daily and weekly low-risk guidelines set by the National Institute on Alcohol and Alcoholism (NIAAA)



BRIEF INTERVENTION

MOTIVOS PARA TOMAR

- Me relaja
- Me siento con mas confianza
- Me gusta
- Me anima
- olvido mis preocupaciones

CONSECUENCIAS DE TOMAR

- Dejo de hacer lo que se espera de mi
- gasto mucho dinero
- Me siento Inteliz
- No como correctamente
- Tomo riesgos tontos

Icons: celebrar, vida mis preocupaciones, hablo mejor inglés, me relaja, social skills, alcohol, stress, home, health, work, car.

Promotores use motivational interviewing to discuss pros and cons of drinking and elicit desired changes.

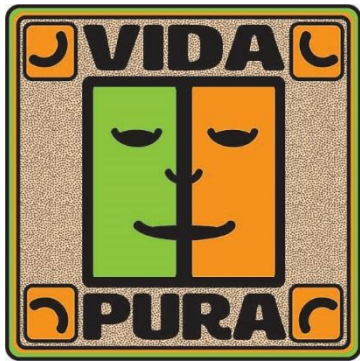
Negotiate a plan for change, if the participants want to.

Identify strategies and offer referral to low cost Spanish speaking services.

¿LISTO PARA EL CAMBIO ?

NADA 1 2 3 4 5 6 7 8 9 10 MUY LISTO

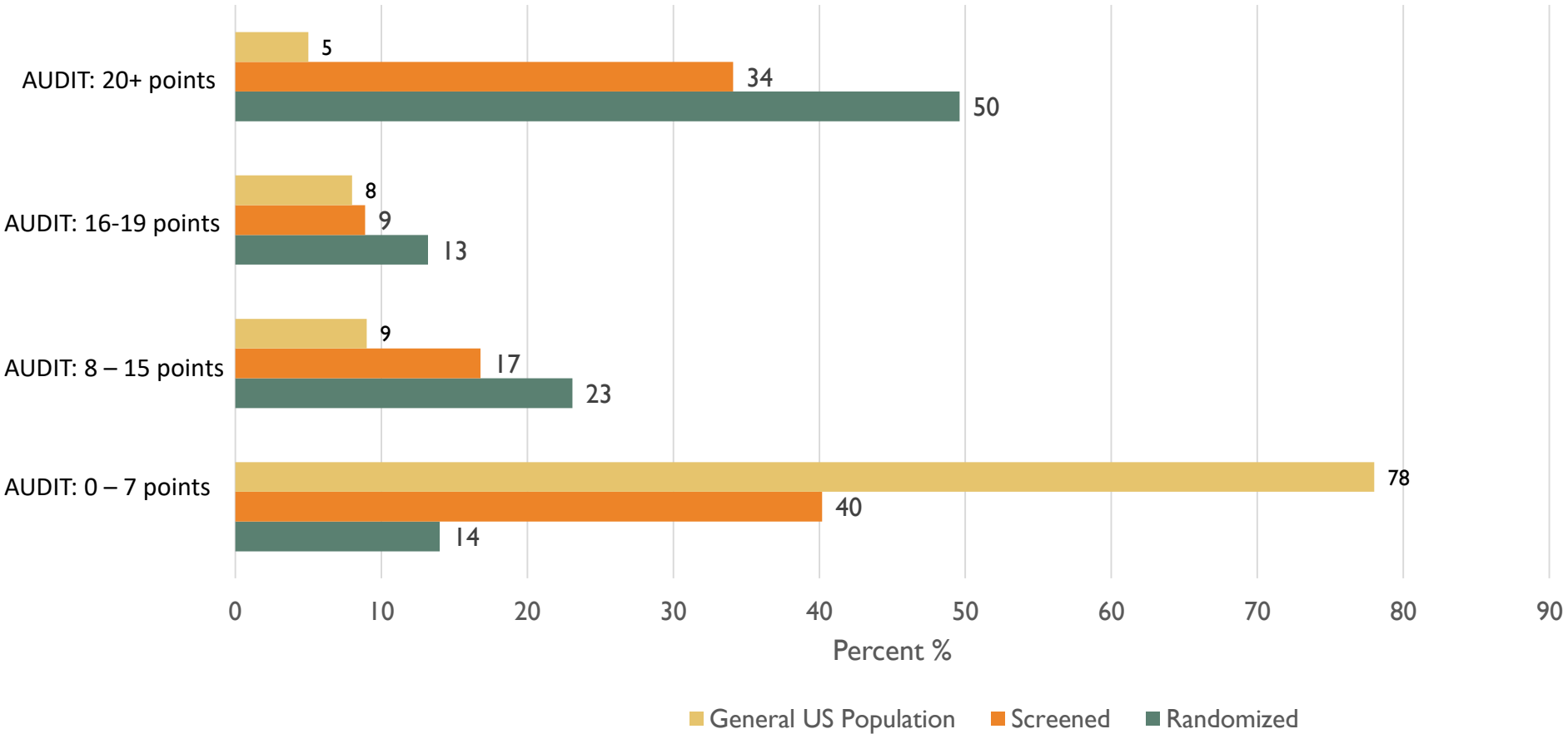
¿QUE VA A HACER?



Vida PURA Participant Characteristics (n=121)

Characteristics	Average/Number	Range/%
Age	47.8	18 - 75
Marital Status		
Single/divorced/widowed	95	78.5
Married/living with partner	26	21.5
Living Situation		
House/apartment	69	57.0
Homeless/temporary housing	52	43.0
Education		
Elementary school or less	67	55.4
High school diploma or more	35	28.9
Some college or more	19	15.7
Weekly Salary		
\$200 or less	36	29.8
\$200 - \$300	30	24.8
\$300 - \$400	26	21.5
\$400 or more	25	20.7
Country of Origin		
Mexico	79	65.3
Other	42	34.7
Years living in US	20.2	0-52
Language		
Only Spanish	35	28.9
English and Spanish	86	71.1

VIDA PURA PARTICIPANTS: LEVELS OF RISK



Recordings with Each of Five Components of Vida PURA brief intervention protocol (n=32)

Component	N	%
1. Provided personalized feedback on alcohol use	32	100
2. Discussion of motivations and consequences of drinking	32	100
3. Assessment of readiness to change	24	75
4. Negotiation of plan or goal	19	59
5. Referral to local services	25	78
Components 1, 2 and 5	25	78

Promotores' Competence and Proficiency in Motivational Interviewing Technique (n = 32)

Summary Scores	Mean Scores	Competence Threshold	%	Proficiency Threshold	%
Technical Global	4.1	3.0	94	4.0	72
Relational Global	4.1	3.5	94	4.0	75
% Complex Reflections	48	40	66	50	44
Reflections to Questions Ratio	1.7	1.1	75	2.1	25

Intent to Treat Analysis – Model-based Least Squares Means (N = 121)

	Baseline	2 Weeks FU	8 Weeks FU	Time Effect	Int Effect
Total AUDIT					
Intervention	19.0	16.7	15.6	*	
Control	21.5	18.9	18.2		
Average	20.3	17.8	16.9		
Drinks per Drinking Day					
Intervention	2.9	1.9	1.7	*	
Control	4.5	3.6	3.8		
Average	3.7	2.8	2.8		
Drinking Days in 14 days					
Intervention	5.7	4.5	4.2	*	*
Control	7.1	5.7	6.5		
Average	6.4	5.1	5.3		
Heavy Episodic Drinking (based on AUDIT)					
Intervention	2.4	2.2	1.8	*	
Control	2.6	2.3	2.0		
Average	2.5	2.3	1.9		

Actual Intervention Received Analysis
Model-based Least Squares Means (N = 121)

	Baseline	2 Weeks FU	8 Weeks FU	Time Effect	Int Effect
Total AUDIT					
Intervention	20.5	18.2	17.1	*	
Control	18.7	16.0	15.3		
Average	19.6	17.1	16.2		
Drinks per Drinking Day					
Intervention	3.4	2.5	2.6	*	
Control	3.6	2.7	2.2		
Average	3.5	2.6	2.4		
Drinking Days in 14 days					
Intervention	6.4	5.1	4.8	*	
Control	5.8	4.7	5.4		
Average	6.1	4.9	5.1		
Heavy Episodic Drinking (based on AUDIT)					
Intervention	2.5	2.3	2.0	*	*
Control	2.3	1.9	1.6		
Average	2.4	2.1	1.8		

CONCLUSIONS

- Promotores can be trained to do brief interventions with good fidelity.
- Regular in-person, phone and text contact can result in high recruitment and retention rates.
- High levels of dependence among Latino day laborers and low uptake on referrals.
- Intervention was effective for both intervention and control group.
 - Assessment effect? Is the TLFB or survey an intervention itself?
 - Was there diffusion of the intervention into the control group?



GRACIAS

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FEATURES OF CULTURALLY ADAPTED BRIEF INTERVENTION

	Themes	Sources of (Mis)match	Cultural Adaption of BI
Group Characteristics	<ul style="list-style-type: none"> • Unhealthy drinking was common among Latino day laborers • Drinking was related to and helped relieve immigration-related stressors • Men had limited knowledge about what constitutes unhealthy drinking and how to change behavior 	<p>BI which provides personalized feedback, increases awareness, and offers culturally relevant strategies for reducing drinking</p>	<p>Format and content of BI needs to incorporate the social and cultural context of men</p>
Intervention delivery	<ul style="list-style-type: none"> • Men prefer to receive information from trusted providers in Spanish 	<p>BI provided by health care providers that cannot speak language and lack awareness of culture may be less effective</p>	<p>BI delivered by promotores in Spanish</p>
Administrative and Community Factors	<ul style="list-style-type: none"> • Men faced barriers to health and social services • Few programs provide culturally appropriate alcohol-related services • Men receptive to receiving BI in community settings 	<ul style="list-style-type: none"> • BI provided in health care settings unlikely to reach those that need it • BI needs to provide referral to truly accessible services 	<ul style="list-style-type: none"> • BI conducted at day labor worker center • BI refers men to low-cost services in Spanish



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