

# Youth-Focused Voluntary Counseling & Testing

A decorative horizontal bar consisting of a series of vertical rectangular segments in various colors including black, blue, light blue, teal, yellow, and dark blue, arranged in a slightly wavy pattern.

An Opportunity for  
Maximizing Prevention in  
Mozambique



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# Issue: Voluntary Counseling & Testing (VCT) in Resource Poor Settings

- VCT is an important intervention
  - Provides entry into HIV care & support
  - Opportunity to increase awareness & knowledge of HIV
    - Increase prevention practices
- Need to target vulnerable populations
  - Youth
    - Chance to teach prevention methods such as condom use and abstinence
  - Women



## Setting: Mozambique

- HIV seroprevalence rate (15-49 yrs, 2002)
  - National: 13% (population 15 million)
  - Manica Province, Central Region: 19% (population 800,000)
  - Sofala Province, Central Region: 27% (population 1.5 million)
- Due to the high seroprevalence rate in the Central Region, the MOH is expanding HIV services including VCT



# VCT Services in Mozambique

- Began in May, 2001 in Maputo
- Manica Province
  - First opened in Chimoio, October 2001
  - Today 7 sites
- Sofala Province
  - First opened in Beira, December 2001
  - Today 10 sites
- First Year of VCT in Central Region:
  - ~300 tested per month at high-volume sites
    - 65% of clients <24 years old
    - 75% of clients male





# Youth-Friendly Health Centers (YFHCs)

- 10 YFHCs in Central Region
  - Began in 2000
  - Targets 10-24 year olds
- 20 trained Peer Educators in each center
  - Provide counseling on reproductive health and HIV/AIDS/STIs
- Outreach & mobilization in the community
- Nurses provide reproductive health care for young people



# Youth VCT Services

- Situated within YFHCs, working in conjunction with Peer Educators/Activists for education & mobilization
- Opened 5 in Central Region, 2003
- Offer post-test clubs
- Counseling focuses on safer sex, including abstinence
- Include female counselors and activists to increase participation of young women.



# Methods for this Analysis

- 3 Youth & 3 General VCT centers chosen for comparison
  - Youth and General VCT pairs in same health unit/catchment area
  - 2 pairs in Sofala, 1 pair in Manica
  - Period of analysis = January-May 2004
  - Pregnant women excluded from analysis
- Data from questionnaire obtained from all people tested at VCT sites
  - Questionnaires administered by VCT counselors
  - Completed before HIV test results available



# Lessons Learned: Characteristics of All Clients Tested (see Table 1)

- At Youth VCT
  - Total tested = 1,294
  - Average age = 17 (SD 3.2)
  - 37% women
- At General VCT sites
  - Total tested = 3,054
  - Average age: 26 (SD 11.4)
  - 39% women

# Table 1: Comparison of characteristics of Clients Tested at VCT vs. Youth VCT

	Youth VCT	General VCT	p-value
Total Tested	1294	3054	
Female	473 (37%)	1194 (39%)	0.12
Average age (yrs)	17	26	<0.001
Age by category (yrs)			
≤ 9	10 (1%)	97(3%)	<0.001 ( $\chi^2$ trend)
10-24	1266 (98%)	1667(55%)	
25-49	15 (1%)	1026 (34%)	
≥ 50	0	130 (4%)	



# Characteristics of Clients tested, Age Group 10-24 yrs (see Table 2)

- At Youth VCT
  - Total tested = 1,266
  - Average age = 17 (SD = .08)
    - 255 in age group 10-14
- At General VCT sites
  - Total tested = 1,667
  - Average age = 19 (SD = .06)
    - 31 in age group 10-14

## Table 2: Comparing Demographics of Age Group 10-24 years old

	Youth VCT	General VCT	P-value
Total in group	1,266	1,667	
Average age	17	19	<0.001
Age by category			
10-14	225 (18%)	31 (2%)	<0.001
15-19 (%)	861 (68%)	933 (56%)	( $X^2$ trend)
20-24 (%)	180 (14%)	703 (42%)	
Female	461 (36%)	570 (34%)	.20
Education			
None	31 (2%)	86 (5%)	0.11
Primary	565 (45%)	660 (40%)	( $X^2$ trend)
Secondary	599 (47%)	772 (46%)	
> Secondary	71 (6%)	148 (9%)	



# Reason to get HIV Test among those age 10-24 yrs

## ■ Reason to get an HIV test differ between sites

### – Youth VCT:

- Self-perceived risky behavior = 67%
- Sick = 11%
- Want more counseling = 10%

### – General VCT

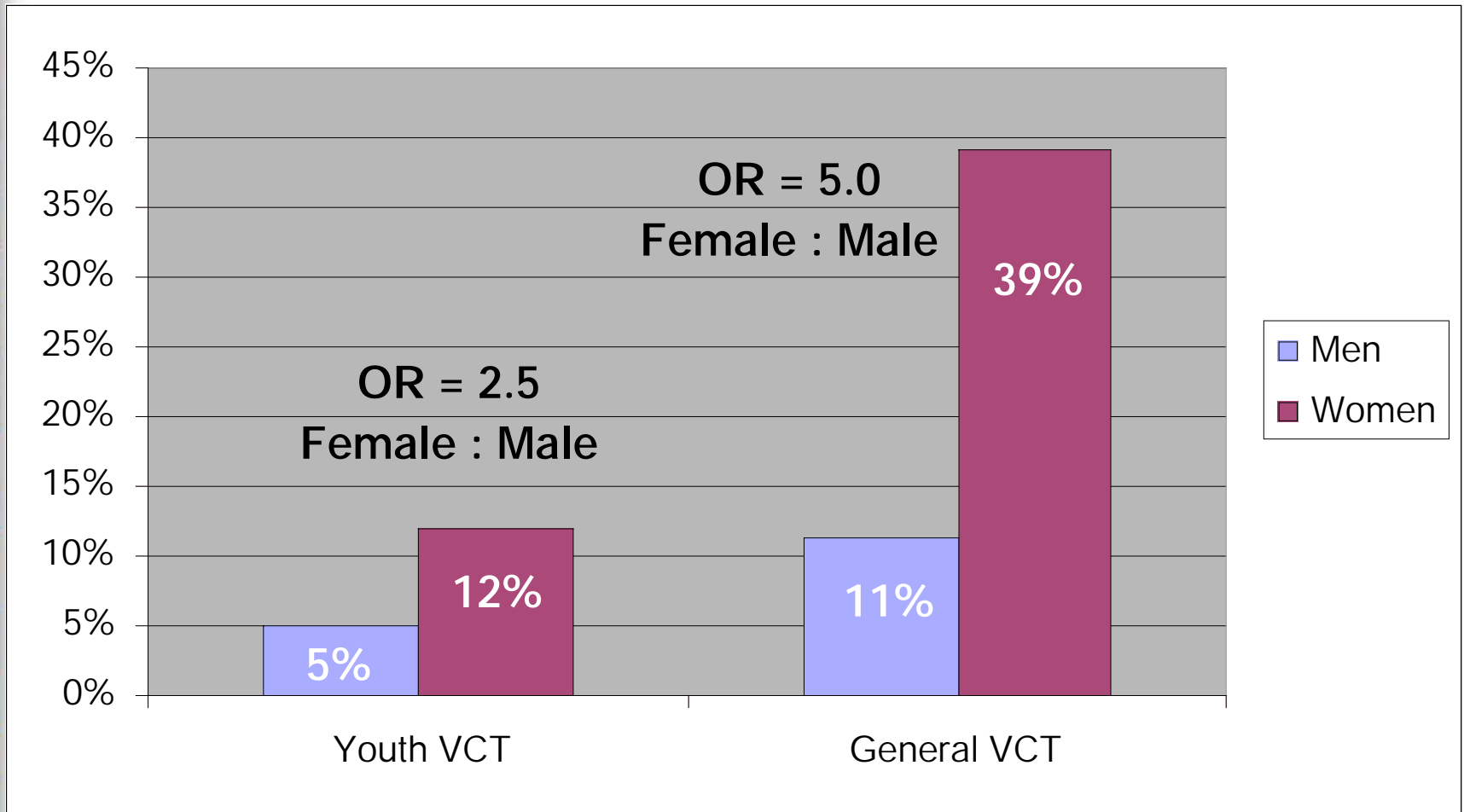
- Self-perceived risky behavior = 38%
- Distrust of partner = 36%
- Sick = 15%



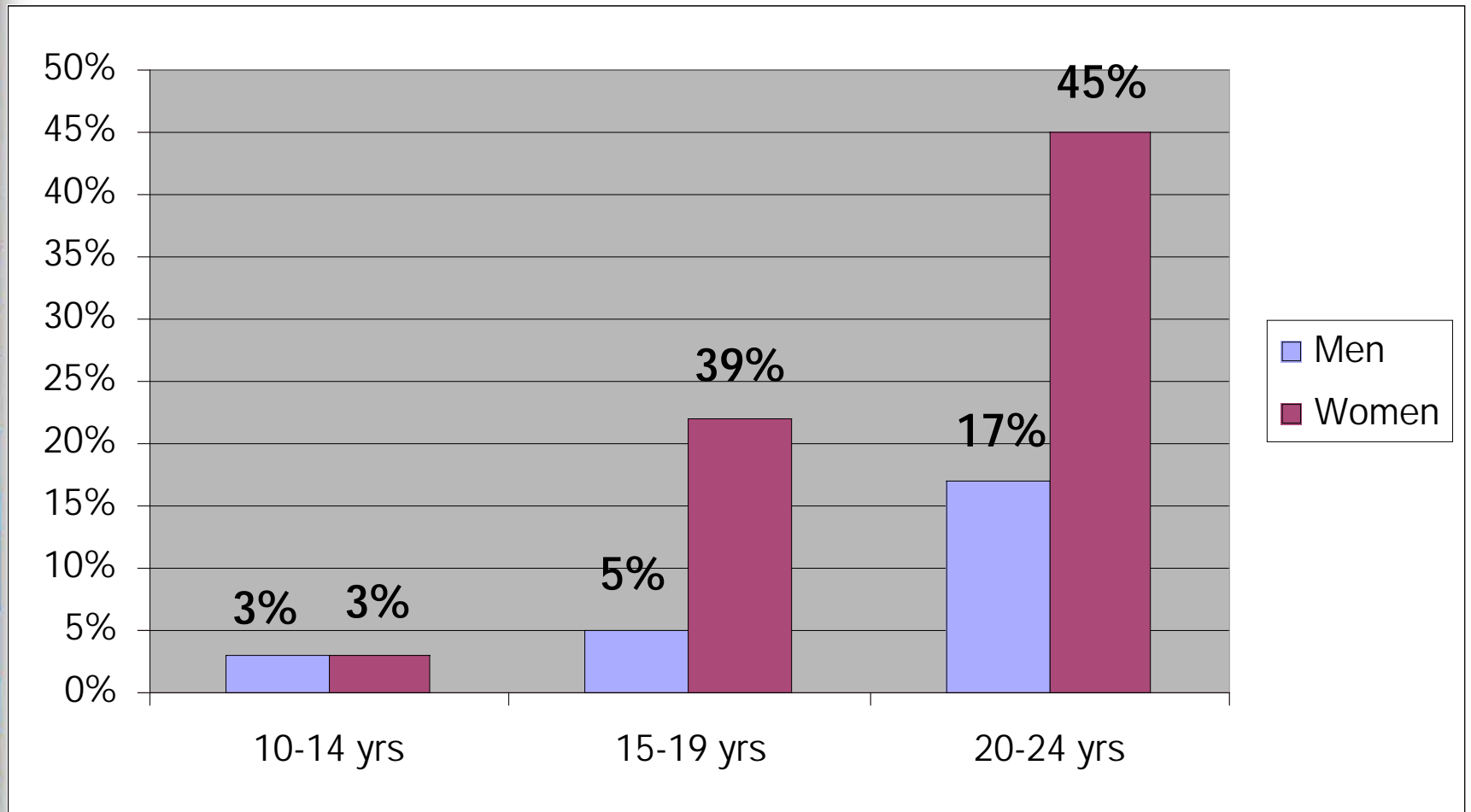
# HIV Seroprevalence, 10-24 year olds

- Total seroprevalence at youth VCT less than general VCT sites
  - 7.6% vs. 20.8%, OR = 0.6 (95% CI 0.5-0.6)
- Women with higher seroprevalence compared with men (see Chart 1):
  - Overall: 27% vs. 9%, OR = 3.8 (95% CI = 3.1-4.7)
  - Youth VCTs: 12% vs. 5%, OR = 2.5 (95% CI 1.7-3.8)
  - General VCTs: 39% vs. 11%, OR= 5.0 (95% CI 3.9-6.4)
- Higher age groups with higher seroprevalence (see Chart 2):
  - 10-14 yrs = 3%; 15-19 yrs = 11%; 20-24 yrs = 27%
  - $p < .001$  ( $X^2$  test for trend)

# Chart 1: Comparison of HIV seroprevalence by Gender and Testing Center



## Chart 2: Comparison of HIV seroprevalence by Age and Gender





# Multivariate Analyses

- In multivariate analyses, higher HIV seroprevalence significantly associated with (see Table 3):
  - Increasing age
  - Female gender
  - Lower education
  - Testing at general VCT site

Table 3: Multivariate analysis, Relationship between HIV Status and Characteristics of Clients, Age Group 10-24 years old

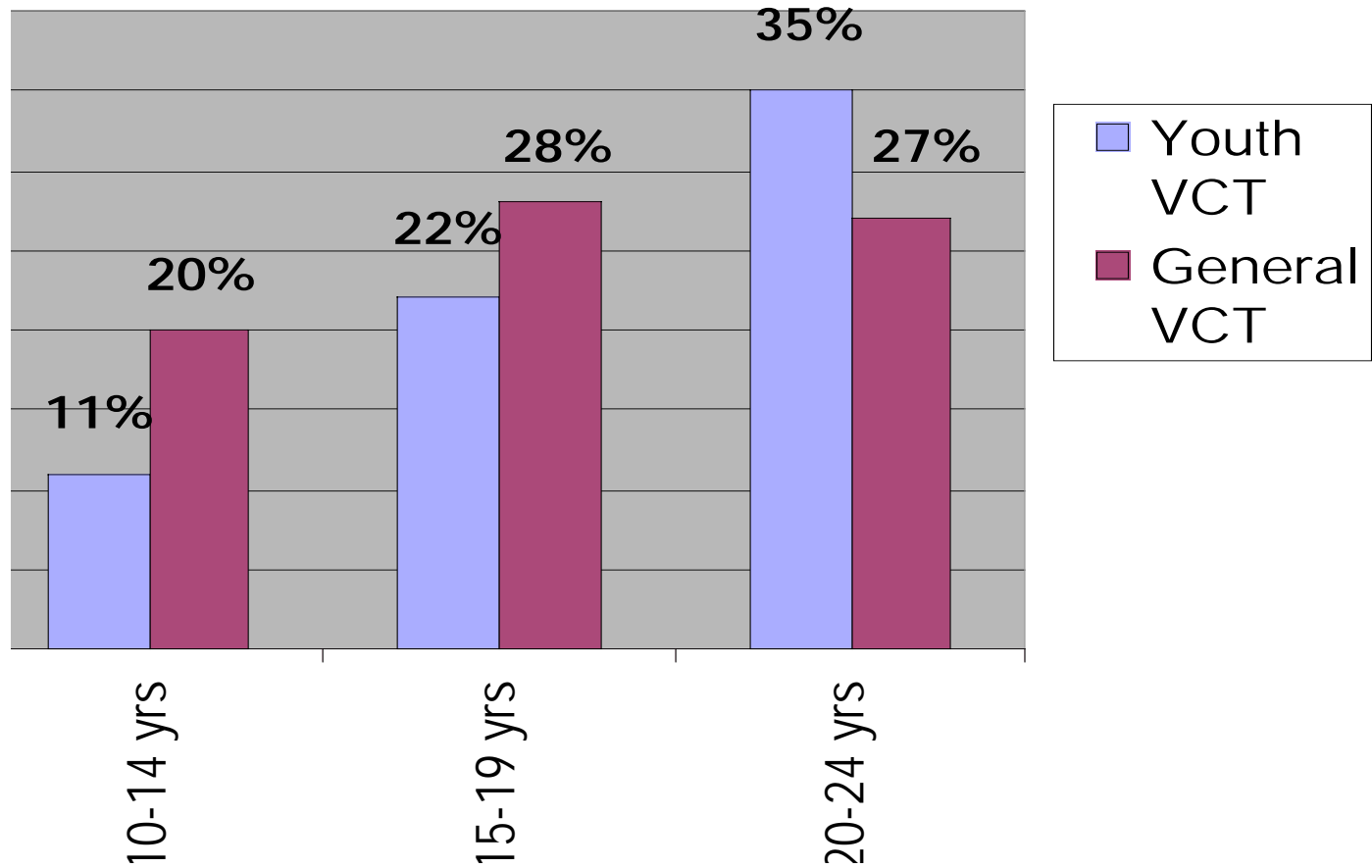
	OR for HIV+ test result	95% CI	p-value
Age by category			
10-14 (Reference)	--	--	--
15-19 (%)	4.5	2.1-9.4	<.001
20-24 (%)	12.2	5.8-26.2	<.001
Female (Reference = Male)	3.4	2.7-4.3	<.001
Education			
None	12.4	5.9-26.2	<.001
Primary	6.5	3.4-12.3	<.001
Secondary	3.0	1.6-5.8	.001
> Secondary (Reference)	--	--	
Testing at General VCT (Reference = Youth VCT)	1.4	1.2-1.6	<.001



# Condom Use at Last Sexual Relation

- Proportion using condom at last sex = 26%
  - By type of partner ( $p < .001$ ):
    - Regular partner = 19%
    - Occasional partner = 30%
  - By site ( $p < .001$ ):
    - Youth VCT = 23%
    - General VCT = 28%
  - By gender ( $p < .001$ ):
    - Female = 28%
    - Male = 37%
  - By age group ( $p = .001$  for trend):
    - 10-14 yrs\* = 12% \*57% "missing" values (very young people not asked?)
    - 15-19 yrs = 25%
    - 20-24 yrs = 29%
  - By result of HIV test ( $p < .001$ ):
    - Positive = 16%
    - Negative = 28%

# Chart 3: Reported Condom Use at Last Sexual Relation, by Age and Site of Testing



\* 57% non-respondents in 10-14 yrs age group



# Conclusions:

- Youth VCT and General VCT attract different people for HIV testing
  - Youth VCT testing more clients than General VCT in age group 10-14 yrs
  - General VCT testing more clients in age group 15-24 yrs
  - Reason for getting HIV test differs among sites:
    - Youth VCT: most because of self-perceived risky behavior, want more counseling
    - General VCT: many because distrust partners




# Conclusions:

- Higher HIV seroprevalence rate associated with:
  - Testing at General VCT vs. Youth VCT
  - Increasing age
  - Female gender
  - Lower education
- Lower rates of condoms use associated with:
  - Lower age
  - Male gender
  - Sex with regular partner
  - Testing at Youth VCT



# Recommendations:

- Youth VCT provides an opportunity for prevention efforts to focus on an at-risk group
  - Lower HIV prevalence than general VCT
  - Lower age of clients
- Prevention efforts should include:
  - Targeted educational information
    - Condom use
    - Delay of sexual onset
    - Abstinence
  - Activities to attract young women
  - Support of general education



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