

Mujer Saludable on the US-Mexico Border: A Promotora-led Adaptation and Expansion of a Sexual Health Education Curriculum to Address Reproductive Health Needs in Nogales, Sonora, Mexico

Final Report
September 25, 2019

The *Mujer Saludable- Promotora* project established a strong collaboration focused on its objectives as outlined in the project timeline activities and laying the groundwork for sustainability of the project. The partners, the University of Arizona - Southwest Institute for Research on Women (UA-SIROW) and El Colegio de la Frontera Norte (El COLEF), met regularly via Skype and in person at Nogales, Sonora México to discuss the project activities and roles, developing curriculum materials relevant to the Mexican context (e.g., statistics, resources), and planning. Other notable accomplishments during the project included: 1) meeting with the president of the municipal government of Nogales, Sonora on January 4, 2017, who lent his full support for the project, as well as his permission to utilize Colonia Luis Donaldo Colosio's community center to hold the sessions. 2) collaborating with the *coordinadora de centros comunitarios* (coordinator of community centers), who works with and supervises the *promotoras de desarrollo social* (social development community health workers) to identify and discuss resources and recruitment of *promotoras* for the project. Early in the project, we also worked on developing human subjects protection approval. UA-SIROW led the development of the application to the University of Arizona's Internal Review Board (UA-IRB) Human Subject's Protection Program (HSPP). El COLEF did not have an acting IRB and agreed to defer to UA-IRB. UA-IRB HSPP requires an institutional agreement form stipulating that El COLEF would defer their IRB coverage to UA-IRB. However, upon further review, El COLEF decided to form its own an ad-hoc IRB to review the documents and sign the institutional agreement form. This process took five months (UA-SIROW completed the IRB application in November 2017). With El COLEF's IRB signing the required documents for UA-SIROW to submit the completed IRB application to UA-IRB. *Promotora* training and interview data collection began upon the project application approval.

With the planning and work development ongoing, the project was set to complete the following specific objectives:

1. Conduct five key informant interviews and one focus group regarding regional reproductive health needs and access to reproductive health care to inform the adaptation and expansion of SIROW-UA's *Mujer Saludable*.

Based on interactions with community members, we eliminated the focus group and instead increased to 11-15 the number of interviews with diverse stakeholders. We developed a recruitment plan and formalized interview scripts for community leaders, health care providers, mothers of adolescent parents, and adolescent mothers to explore perceived barriers and solutions to accessing reproductive health care and how that influence adolescent pregnancy rates on the border. The data collected will inform the ongoing adaptation of the curriculum.

2. Recruit and train five *promotoras* in *Mujer Saludable-Promotora*.

Using El COLEF's expansive network of established community relationships, we identified six potential participants: two *promotoras de desarrollo social* that serve the community and four community women residing in the Colonia Luis Donaldo Colosio. The role of the *promotoras* was that of facilitation; hence, instead of training *promotoras* in the ethical conduct of human research, they received training in maintaining a safe and welcoming learning environment. Further, we anticipated that based on access to resources and training, participants would reflect diverse computer skills and literacy levels. In response to interest in learning more about the collaboration, in February 2017 the partners facilitated an informational session open to the community. Sixteen women attended, in which the partners described the project. The workshop attendees were extremely receptive to the project and commented on the impact of teen pregnancy in the community. Participants shared an interest to have mothers and daughters participate in the sessions to increase communication regarding sexual and reproductive health. At least six women confirmed that they would commit to the six training sessions, curriculum adaptation, and intervention delivery. We scheduled the training sessions upon receipt of UA-IRB approval.

3. Adapt and expand *Mujer Saludable* into *Mujer Saludable-Promotora*.

Took place during the training sessions as *promotoras* took the opportunity to provide valuable feedback and suggestions, which were incorporated in the adaptation.

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4. *Promotoras* pilot *Mujer Saludable-Promotora* with 20 participants with support from COLEF and SIROW-UA.
Approved on April 14, 2017.

5. Disseminate *Mujer Saludable-Promotora* to local stakeholders.

Completed in *Promotora* led training in May 2018, participants each received a jump drive with a full copy of the contents of the manual and resources. In addition, *Promotoras* also received materials (e.g., male and female sexual anatomy, condoms) to support future trainings.

6. Develop and submit for publication one manuscript and one policy brief.

Completed, the draft manuscript: "Developing a Binational CBPR Partnership to Address Reproductive Health on the U.S.—Mexico Border," published in the Fall 2019, vol 13.3 of *Progress in Community Health Partnerships: Research, Education, and Action*, by the Johns Hopkins University Press.

The policy briefs, in both Spanish and English, *Mujer Saludable-Promotora: Addressing Sexual and Reproductive Health Needs to Reduce Adolescent Pregnancy on the U.S.-Mexico Border / Mujer Saludable-Promotora: Abordando las necesidades de salud sexual y reproductivo para reducir el embarazo adolescente en la Frontera México-Estados Unidos* are also attached.

Past Presentations:

Miker, M., Andrade, R., & Salerno, E. V. (accepted November 14, 2017). Educación sexual y reproductiva en Jóvenes adolescentes en Nogales Sonora-México. 56° Congreso Internacional de Americanistas, Salamanca, España. June 15-20, 2018.

Miker, M., V., E. Salerno & Andrade, R. II Congreso Internacional de Intervención Educativa, I Reunión de la Red Mexicana de Pedagogía Social. *Ponencia: Mujer Saludable* en la frontera México-Estados Unidos: Adaptación del currículo *Promotora-Educación en salud sexual y reproductiva (SSyR)* en Nogales, Sonora, México. Puebla, México. June 8-10, 2017.

Salerno, E. V., Miker, M., & Andrade, R., (2018). Diverse perceptions of accessing reproductive health care on the U.S.-Mexico border: A qualitative perspective. Poster. Society of Behavioral Medicine. New Orleans, LA. April 2018.

Salerno, E. V., Andrade, R., Miker, M., & Anaya, M. (2017). A community based participatory research-based binational collaboration to address reproductive justice and reproductive health needs on the U.S.-Mexico border. Poster. Annual Conference of the American Public Health Association (APHA). November 2017.

Salerno, E. V., Andrade, R., Miker, M., & Anaya, M. (2017). Engaging local women as community health workers to address reproductive justice and reproductive health needs on the U.S.-Mexico border. Poster. Annual Conference of the American Public Health Association (APHA). November 2017.

Most recent presentations:

Posters presented at the PIMSA 2019 Summer Institute:

Diverse Perceptions of Accessing Reproductive Health Care on the U.S.-Mexico Border: A Qualitative Perspective.
Miker, M., Salerno Valdez, E., & Andrade, R.

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Identifying and Addressing Influential Factors of Adolescent Pregnancy on the U.S.-Mexico Border: Mujer Saludable-Promotora. Salerno Valdez, E., Miker, M., & Andrade, R.

Conference proceedings selected for publication:

“Mujer Saludable en la frontera México-Estados Unidos: Adaptación del currículo Promotora-Educación en salud sexual y reproductiva (SSyR) en Nogales, Sonora, México, presentada el 2º Congreso Internacional de Intervención Educativa, celebrado en Puebla, Pue. El año pasado, ha sido seleccionada por el Comité Editorial para tal efecto para formar parte de una publicación electrónica que la UPN ha autorizado.” Letter received June 2018.

<u>Task/Objective</u>	<u>Individual(s) Responsible</u>	<u>Proposed Completion Date</u>	<u>Completed to Date</u>
IRB approval, Train students, Conduct focus group, five key informant interviews	Miker, Andrade, Valdez, graduate students	Oct -2016-Jan 2017	Approved April 14, 2017
Recruit and train <i>promotoras</i>	Miker, Andrade, Valdez, <i>promotoras</i>	Jan-April 2017	6 <i>promotoras</i> have voiced interest
Adapt and expand curriculum, build rapport	Miker, Andrade, Valdez, <i>promotoras</i>	March-June 2017	Curriculum adaptation is ongoing
<i>Promotoras</i> deliver Mujer Saludable to 20 women	Miker, Andrade, Valdez, <i>promotoras</i>	July-Sept 2017	Scheduled for May 2017
Manualize curriculum, distribute to stakeholders	Miker, Andrade, Valdez, <i>promotoras</i>	Oct-Nov 2017	May 2018
Draft manuscript, policy brief	Miker, Andrade, Valdez, <i>promotoras</i>	Dec 2017-March 2018 continuation approved to August 2018	September 25, 2019

Financial Reports

Final financial reports for COLEF and UA-SIROW are forthcoming directly from the universities.