

# RAP\* Time



## RURAL CENTER *for* AIDS/STD PREVENTION

A JOINT PROJECT OF  
INDIANA UNIVERSITY, UNIVERSITY OF COLORADO,  
AND UNIVERSITY OF KENTUCKY

\*Rural AIDS/STD prevention. rap (rap) v. *Slang*. To talk freely and openly

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## Students participating daily in sports had greater risk for STDs and pregnancy

Nationwide, over three-quarters of middle schools offer the opportunity to their students to participate in at least one sport. Nine out of ten high schools afford their students a chance to participate in sports. About one in six and one five of middle school and high school students, respectively, participate in sports.

Prior studies suggest that student athletes may be less likely than non-athletes to engage in sexual behavior. However, little research has examined sexual risk among athletes in early adolescence.

This study explored whether daily participation in sports is associated with sexual behaviors among middle school and high school students.

### Methodology

Data were collected in the spring of 2005 in 14 middle schools and 12 high schools (grades 6-12) in Los Angeles public schools. The schools had high rates of STDs and pregnancy. The sample was 10,487 students.

A self-administered questionnaire (English and Spanish versions) assessed the following variables: demographic and socioeconomic factors, sports participation, sexual

behavior, expectation for intercourse and maternal relationship satisfaction.

### Outcomes of the Study

Slightly more than half (55.5%) of participants were female and three-quarters (74.1%) were Latino. 13.3% were black with 2.1% white. The majority (64%) received free or reduced-fee lunch.

Major findings include:

- One-third (43% male, 25% female) participated in sports daily.
- Sports were more common in middle school (37%) than high school (30%).
- More black students participated in sports than white students (42% vs. 33%).
- The odds of ever having had sexual intercourse were greater among daily sports participants than among non-participants.
- Daily sport participants had elevated odds of having engaged in oral sex and having used a condom at last sex.
- More males than females (35% vs. 27%) had had intercourse, had oral sex (30% vs. 22%) and had used condoms at last sex (72% vs. 62%).
- High school students more often

reported intercourse (47% vs. 9%) and oral sex (40% vs. 8%), but not condom use.

- The relationship between daily sports participation and sexual activity was greater for middle school students than for high school students.
- Few differences were found in examining gender as a moderator.
- Maternal relationship quality had no moderating effect on sexual behavior.

### Implications for Prevention

This study found, overall, that students as young as middle school age who participate in sports daily may have an elevated risk for STDs and unintended pregnancy. Biological and social determinants may help explain why athletes are more likely to have had sex than non-athletes.

HIV prevention specialists should educate adolescent athletes, particularly middle school students, about sexual risk reduction.

### SOURCE:

Habel, M. A., et al. (2010). Daily participation in sports and students' sexual activity. *Perspectives on Sexual and Reproductive Health*, 42, 244-250.

## Deaf students displayed low levels of HIV knowledge

Deaf youth who use American Sign Language may be at risk for HIV. Many sources of HIV information, such as radio and TV, are not accessible to these adolescents. This study assessed HIV knowledge and its predictors of a sample of deaf high school students ( $n=700$ ) in the United States.

Findings showed that overall HIV knowledge was low. The mean numbers of questions correct was 7.2 on a 14-item test. Knowledge scores were strongly related to receiving HIV information at school. Several factors were found to be positively related to HIV knowledge: being in a higher school grade, being of White race/ethnicity, having a father who was a college graduate, signing with siblings, having an adult who was comfortable talking about sex, and enjoying deaf and hearing cultures.

This study found that deaf students are in need of linguistically and culturally accessible HIV prevention education within the school curriculum.

SOURCE: Goldstein, M. F., et al. (2010). What do deaf high school students know about HIV? *AIDS Education and Prevention*, 22, 523-537.

## Expanding HAART use potentially a cost-effective strategy

High direct medical costs associated with HIV infection has become a major global health problem. Treatment with HAART has a therapeutic benefit with potential to prevent HIV transmission.

This study utilized a mathematical model describing transmission of HIV, integrated with a microsimulation describing the clinical and economic course of HIV.

The primary outcome was the incremental net benefit of expanding treatment with HAART from 50% to 75% of clinically eligible individuals in British Columbia. Direct medical costs included medications, physician visits, and laboratory tests.

Over 30 years, the HAART expansion scenario was associated with a net benefit of US\$ 900 million.

The researchers concluded that increasing the HAART treatment rate from 50 to 75% of clinically eligible persons in British Columbia appears to be a cost-effective strategy, which is consistent with public health objectives.

SOURCE: Johnston, K., M., et al. (2010). Expanding access to HAART: A cost effective approach for treating and preventing HIV. *AIDS*, 22, 1929-1935.

## Rate of HIV diagnosis in nonmetropolitan areas in 2008 was 9.8

From the 37 states with confidential reporting, 3,392 persons in nonmetropolitan areas (50,000 or less) were diagnosed with HIV infection, a rate of 9.8 per 100,000 population. In this area, 53%, 35%, and 10% of HIV diagnoses were among Black, White and Hispanic persons. About 2/3s of the new diagnoses were from male-to-male sexual contact with 15% heterosexual and 10% injection drug use.

SOURCE: CDC (2010). HIV Surveillance in Urban and Nonurban areas. <http://www.cdc.gov/hiv/topics/surveillance/resources/slides/urban-nonurban/index.htm>

## Anal cancer vaccine approved

The U. S. Food and Drug Administration recently approved the vaccine Gardasil for the prevention of anal cancer and associated precancerous lesions caused by HPV types 6, 11, and 18 in persons ages 9 through 26. In the US, about 5,300 people are diagnosed each year with anal cancer.

SOURCE: FDA. (2010, December 10). FD: Gardasil approved to prevent anal cancer. [www.fda.gov/NewsEvents](http://www.fda.gov/NewsEvents).

**RAP\* Time** is a monthly AIDS/STD prevention bulletin published by the Rural Center for AIDS/STD Prevention (RCAP) at Indiana University, Bloomington. RCAP is a joint project of Indiana University, University of Colorado, and University of Kentucky. The major focus of RCAP is the promotion of HIV/STD prevention in rural America, with the goal of reducing HIV/STD incidence.

The opinions expressed here do not necessarily represent those of the cooperating universities.

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