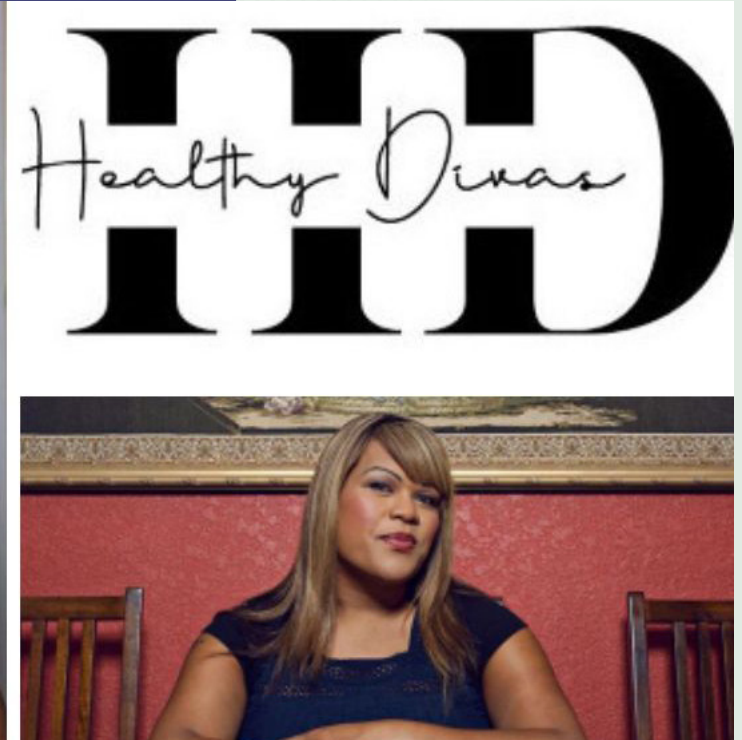


## The University of California – San Francisco Expands Healthy Divas Program and Launches New Learning Center



The Healthy Divas program is an intervention tailored to transgender women.

“ Healthy Divas is an empowerment program where participants share with counselors their trans experience and how they see themselves and the impact it has on their health.”

**Matthew Beld, Program and Data Manager, UCSF PRC**

Transgender women face many health challenges and are less likely to receive competent health care because of a lack of social support and experiences of discrimination and provider lack of knowledge in clinical settings.<sup>1</sup> Many times, gender-related discrimination leads to avoiding or delaying care resulting in negative health outcomes. Lack of social support can lead to isolation and reduced access to social resources. Transgender women are disproportionately affected by HIV, with estimates of HIV occurrence approximately 45 times greater than any other population in the United States.<sup>2</sup> The prevalence of HIV is even higher among Black and Latina transgender women.<sup>3</sup>

The University of California–San Francisco Prevention Research Center (UCSF PRC) works with community-based organizations (CBOs), clinics, and other stakeholders to improve public health by addressing leading causes of preventable illness and improving health outcomes for transgender women experiencing substantial and preventable health disparities. To promote health equity, UCSF PRC works to better understand and address the social, structural, psychological, and mental health factors that drive the HIV epidemic.

UCSF PRC's [Healthy Divas program](#) is an evidence-informed intervention to improve health outcomes among transgender women. It is a peer-led program that provides the resources, support, and skills building for all women of trans experience. It provides them with the support to identify and accomplish their individualized health care goals related to affirming care, medical care, and mental health support.





The impact this intervention has on the lives of women of trans experience is truly inspiration...”

**Breonna McCree, Center of Excellence for Transgender Health Director of Community Engagement, UCSF PRC**

## CAL-PEP IMPLEMENTS HEALTHY DIVAS

The California Prostitutes Education Project (Cal-PEP) is a CBO that provides health education and support services to people at highest risk for HIV and AIDS in the Bay Area of California. Cal-PEP adopted Healthy Divas and trained a team to implement the intervention for local transgender women. Cal-PEP was responsible for recruiting participants for Healthy Divas and ran the individual counseling sessions and group workshop.

## EXPANDING THE HEALTHY DIVAS PROGRAM TO A WIDER AUDIENCE

Healthy Divas was originally designed to engage transgender women with HIV in care and treatment. After Cal-PEP implemented Healthy Divas, feedback from staff and participants led to the expansion of the program allowing transgender women to participate in the program regardless of HIV status. Counselors at Cal-PEP described an increase in effectiveness of the program after the expansion. Additionally, participants felt more comfortable seeking the intervention out because there was less perceived stigma than pursuing a program focused solely on individuals with HIV-positive status.

Following the expansion of the Healthy Divas program, additional CBOs across California reached out to the UCSF PRC to see if they would be suitable sites to implement the Healthy Divas intervention.

## TOOLS TO CREATE A HEALTHY DIVAS PROGRAM

The increased interest from other CBOs led the UCSF PRC team to develop the [Healthy Divas Learning Center](#), a series of resources and materials designed to build CBO capacity for implementing the Healthy Divas program. The Healthy Divas Learning Center gives CBOs the tools they need to assess their organization and begin to work towards successfully starting a Healthy Divas program.

The Learning Center covers basic information about Healthy Divas as well as information related to the stages of preparing, implementing, and sustaining the Healthy Divas program. The Learning Center guides CBOs in obtaining grant funding, recruitment and promotion, intervention delivery, and program evaluation. The Learning Center also offers community resource guides, training slides, and a [manual](#) that serves as a road map of information for peer counselors to deliver sessions to participants. The Healthy Divas Learning Center houses tools and intervention guides specifically for trans women.

## References

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### Learn more!

UCSF PRC is one of 26 PRCs supported by the Centers for Disease Control and Prevention for the 2019-2024 funding cycle. Visit the [UCSF PRC website](#) to learn more about their work. Visit the [PRC Program website](#) and explore the [Pathway to Practice Resource Center](#) to learn more about the work of the PRCs, or email us at [prcprogram@cdc.gov](mailto:prcprogram@cdc.gov) for more information.

## TO FIND OUT MORE ABOUT THE PRC PROGRAM AND OUR ONGOING PROJECTS

Visit our website at [www.cdc.gov/prc](http://www.cdc.gov/prc) and explore the [Pathway to Practice \(P2P\) Resource Center](#) for details on past and current projects.