

**Contributing to Building Leadership
Development Scenarios at the Service of HIV
and AIDS - Free Communities: A Matter of
Social Responsibility**

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Where we are? 

Porto – Seia e Gouveia – Coimbra

Setúbal – Lisboa - Funchal



Portuguese Fast Track Cities State of Art

10 Portuguese cities have signed the Paris Declaration

Almada, Amadora, Loures, Odivelas, **Oeiras**, Portimão and Sintra joining Cascais, **Lisbon** and **Oporto**

Portugal has been a pioneer in the AIDS response since the outset of the epidemic



Background

Numerous developments have occurred towards achieving the 90-90-90 targets. Among other initiatives, community-based programs and projects simplify the screening of hard-to-reach populations and contribute to the achievement of the first 90.

Indication for timely initiation of ART for reactive and confirmed cases makes the achievement of the second 90 easier and the free provision of ART contributes to achieving the last 90 – the suppression of viral load.

Health promotion and education also play a key role in developing healthy, sustainable and happy citizens and societies, helping to reinforce people's behavioral aspects.



Method

The model presented herein is based on the **Peer Education Methodology**

These peers receive **rigorous and up-to-date training** and information from the NGO, **involving the medical and scientific community** and conveying credible knowledge – **thereby empowering them**



Results

Results were obtained through questionnaires carried out in 2017 and 2018 in actions developed in the cities of OPorto, Coimbra, Seia and Gouveia, Lisbon, Setúbal, and Funchal

In the **prevention area**, **1,285 leaders were trained**

There were **3,772 sessions and awareness campaigns** for health education and promotion and prevention of risk factors, **covering 16,256 participants**



Results

A total of 11,280 condoms were distributed together with 21,000 flyers, and 14,860 pre- and post-test counselling sessions were made available while carrying out screening within the context of the community.

In the field of early diagnosis, 14,860 quick-result tests were performed, and 52 reactive cases were signaled and forwarded to referral Hospitals.



Nesta história só não se infectaram com o vírus da SIDA os que usaram preservativo.

PROTEGE-TE

O Pedro dormiu com a Maria, que andava com o Fernando, que dormiu com a Verónica, que dormiu com o Alexandre, que dormiu com o Zé, que dormiu com a Helena, que dormiu com o João, que andava com a Cristina e com o Diogo, a Cristina dormiu com o Afonso e o Diogo com a Margarida, que andava com o Tomás, que dormiu com a Conceição, que por sua vez dormiu com o Nuno, que dormiu com a Antónia, que andava com o Sérgio, que também andava com o Maria, que teve um caso com o Gonçalo, que era casado com a Madalena, que dormia com o Miguel, que dormiu com a Joana, que anda contigo.

USA PRESERVATIVO



Results

PrEP was initiated in 55 people

Regarding the treatment and control of HIV infection and related comorbidities, 1,297 people living with HIV were monitored and received biopsychosocial/legal support

Significant improvements were also achieved at the level of health literacy, active citizenship, and the adoption of healthier and more responsible and supportive behaviors and attitudes



Conclusion

Evidence regarding the qualification and empowerment of leaders trained in the various scenarios validates the implemented model where the peer education methodology is implemented.

The success of this work is anchored in the contributions and participation of shared leadership as well as in the commitment of local partners who believe in the model as a way towards the sustainable development of their territories.



Conclusion

However, its impact also depends on a wide range of factors. Therefore, in the current Fast-Track Cities context, the resources of local agents that are still scarce and dependent on State support should be reinforced, within the framework of public policies, so that this development process in the short- and medium-term allows for the building of scenarios that will largely contribute to the achievement of the 90-90-90.





Thanks !
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