

## Sexual & Reproductive Health Messages for Workplaces

### Your handy sexual health calendar!

**January**

Cervical Cancer Prevention Week - Resources at Jo's Trust

**February**

LGBT History Month - Resources at [LGBTHistory.Org](http://LGBTHistory.Org)

**March**

Ovarian Cancer Awareness Month - Resources at [Target Ovarian Cancer](http://TargetOvarianCancer)

Endometriosis Awareness Month - Resources at [Endometriosis UK](http://EndometriosisUK)

**June**

Cervical Screening Awareness Week - Resources at Jo's Trust

**July**

Northern Pride Festival - Information at [NorthernPrideFestival](http://NorthernPrideFestival)

**September**

Sexual Health Week - Resources at [Family Planning Association \(FPA\)](http://FamilyPlanningAssociation)

**November**

National HIV Testing Week - Resources at [Terrence Higgins Trust \(THT\)](http://TerrenceHigginsTrust)

**December**

World Aids Day - Resources at [National Aids Trust \(NAT\)](http://NationalAidsTrust)

# Sexual & Reproductive Health Messages for Workplaces

## What can a workplace do to help?

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*Provide information about having good sexual & reproductive health*

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- Preventing STIs / Preventing the harm from STIs / Using Condoms
  - How to get tested and where to seek support
  - Contraception choices and planned pregnancy
  - Menopause
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*Raise awareness about the key sexually transmitted infections*

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- Chlamydia
  - Gonorrhoea
  - Syphilis
  - HIV
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*Understand your workforce*

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- Population groups and targeting your messages
- Chlamydia has the greatest impact in the 15-24yr age group
- Menopause usually occurs between 45 and 55 years of age. In the UK, the average age for a woman to reach the menopause is 51. However, around 1 in 100 women experience the menopause before 40 years of age.
- Sexually active gay, bisexual and other men who have sex with men are at higher risk of contracting STIs.

## Sexual & Reproductive Health Messages for Workplaces

### Ready to use messages to fuel your campaigns!

#### Sexually Transmitted Infections

- Many people with sexually transmitted infections (STIs) do not get symptoms, so it's worth getting tested even if you feel fine.
- If you think you have an STI, the earlier you're tested, the sooner treatment can be given if it's needed.
- An STI can be passed from one person to another through sexual contact, including vaginal, anal and oral sex. You can get or pass on an STI whoever you're having sex with.
- STIs can pass between men and women, and from women to women and men to men.
- Many STIs can be cured with antibiotics. Some, such as [HIV](#), have no cure, but can be treated to prevent them getting worse.
- You cannot tell by looking at someone (including yourself) whether they have an infection, so it's important to get a check-up if you have had unprotected sex or think you might be at risk.
- Many people do not notice symptoms when they have an STI, including most women with chlamydia. If it's left untreated, chlamydia can affect your ability to get pregnant.
- Gonorrhoea can also affect fertility. Around 50% of women and 10% of men with gonorrhoea do not have symptoms.
- STIs disproportionately affect young people.
- North East residents aged between 15 and 24 years accounted for 63% of all new STI diagnoses in 2017.
- The number of new STIs diagnosed in North East residents rose by 2% between 2016 and 2017. Rises were seen in the numbers of most of the 5 major STIs:
  - syphilis increased by 29%
  - gonorrhoea by 3%
  - chlamydia by 6%
  - genital herpes by 4%
- Key Messages
- Health promotion and education remain vital for STI prevention

## Sexual & Reproductive Health Messages for Workplaces

### HIV & AIDS

- There have been dramatic developments in the diagnosis and treatment of HIV and AIDS, with HIV now being transformed from a fatal illness to a chronic manageable condition.
- Today people treated for HIV can expect a normal lifespan; however, this relies on the early diagnosis of the infection.
- In 2016 there were 142 new diagnoses of HIV in the North East; this number was higher than the previous three years (average of 125 new diagnoses 2013-2015)
- Public Health England (PHE) and 89 local authorities across the country, including all 12 in the North East, have for the first time introduced free home sampling kits for HIV.  
With the kit, a person can take a simple finger prick blood test and post it to a laboratory for testing. Results will be received within five days followed by support and treatment from a confidential clinical service if required.
- Kit can be requested from [www.test.hiv](http://www.test.hiv) \***check re eligibility**
- In December 2017 NHS England announced the launch of a large-scale clinical trial paving the way for full rollout of PREP, a drug that is being trialled to evaluate how effective it is in preventing the transmission of HIV

### Reproductive Choice

- One third of births are unplanned or ambivalent and of those that are planned only a minority of women consider preconception health. A pregnancy being unplanned or the absence of preconception preparation in spite of planning present a greater risk of negative consequences for both mother, infant and child.
- In contrast not being able to achieve a pregnancy when desired has far reaching impacts on women's mental health with 90% of infertile women regularly experience feelings of depression and 42% report having suicidal thoughts.
- 78% of all women actively trying to prevent or achieve pregnancy at any one time
- Preconception health (particularly weight and nutrition) addressed together with contraception throughout the life course is likely to be most effective.
- Long-acting reversible contraceptives (**LARC**) prescription are available from GPs and Sexual Health Services
- Obesity is a significant preconception risk factor which can negatively impact mother, foetus and the health of the child across their life course.

## Sexual & Reproductive Health Messages for Workplaces

- Not all women who experience difficulty in conceiving seek help. One in seven couples find achieving pregnancy a challenge, but only 57% of these sought help.

### Teenage Pregnancy (Under 18 Conceptions)

- The under-18 conception rate in 2017 decreased, for the 10<sup>th</sup> year running, to 17.9 conceptions per 1,000 women aged 15-17 years
- The estimated number of conceptions to women under 16 years fell to 2,517 in 2017, compared with 2,821 in 2016, a decrease of 10.8%
- Despite 15-17 conceptions falling to a record low, the North East still has the highest rate of teenage pregnancies in England
- Middlesbrough has the highest rate in the region with 36.5 teenage pregnancies per 1,000
- North Tyneside has the lowest rate of teenage pregnancies with 15.4 per 1,000

### Reproductive wellbeing

- 80% of women experience reproductive health symptoms including menstrual, menopause and postnatal with impact on mental health, general wellbeing and productivity at work. These are particularly prevalent amongst the young with one third of under 25's experiencing post-natal depression
- Women report that they feel unsupported and lack knowledge about how to manage symptoms. Problems with potential long-term consequences for wellbeing are under-recognised
- Women experiencing symptoms were often reluctant to share their experiences for fear of being judged.
- Good communication and rapport that enabled honest and open dialogue was often not experienced and was necessary for good healthcare.
- Workplace adjustments could be helpful in management of symptoms. This suggests an absence of workforce training on awareness of reproductive health issues and their impact throughout the life course.

### Early Identification

- Early identification of chlamydia can reduce the risk of PID, Ectopic Pregnancy and Tubal Factor Infertility
- Young women from deprived areas with multiple partners are at highest risk.
- The number of cervical cancer diagnoses has increased by 6% in the last decade. Young women (25-29 year olds) are most at risk of developing abnormalities
- Less than 70% of women receive cervical screening in England

## Sexual & Reproductive Health Messages for Workplaces

- Coverage of screening in women is lowest in women who may already be experiencing disadvantage such as younger women, BAME groups and WSW

### Sexual & Reproductive Health Services

- You can get tested for an STI at:
  - a sexual health clinic or genitourinary medicine (GUM) clinic
  - some community contraceptive clinics
  - some sexual health services
  - some GP surgeries
  - some pharmacies can also test for chlamydia
- Find your nearest sexual & reproductive health service at [NHS Choices](#)
- Find out more about [Chlamydia](#) and where you can get a free chlamydia test
- The National Chlamydia Screening Programme (under-25s only) is a national screening programme that aims to screen the 15-24 population and treat those that are positive for chlamydia... and remember that Chlamydia is treatable.
- Chlamydia can be without symptoms and have lasting impact on health & fertility so being tested is very important.
- If someone tests positive for Chlamydia and their partner is also tested, they test positive themselves 67% of the time!
- HIV testing is usually undertaken by Sexual Health services
- Many areas run C-card projects that provide free condoms to under 19s
- Many Sexual Health Services also deliver contraceptive services – you may hear them referred to as CASH clinics
- Many GPs provide Long -acting Reversible Contraceptives (LARC)
- KEY MESSAGE - Get to know the local offer for Sexual & Reproductive health

### HIV Home Sampling

Public Health England and local authorities co-commissioned the national HIV self-sampling service in 2015 to provide a cost efficient and clinically robust remote HIV self-sampling service for sexually active individuals aged 16 years and over. The service aims in particular to increase HIV testing among the most at-risk groups, including men who have sex with men (MSM) and black African communities, as well as other individuals at increased risk of HIV.

<https://www.test.hiv/>

### Where can I find out more and access resources?

The PHE National STI Prevention Campaign – [Click Here](#)

- The Campaign Resource Centre – [Click Here](#)
- The Family Planning Association – [Click Here](#)

## Sexual & Reproductive Health Messages for Workplaces

- [Jo's Trust – Click Here](#)
- [NHS Choices – Click Here](#)
- [HIV Prevention England – Click Here](#)
- [Sexwise website](#) for downloadable information leaflets