

Are you (still) being served? Sexual health as we age

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What year did same sex marriages become legal in England?

- ▶ 2006
- ▶ 2014
- ▶ 1998

The Marriage (Same Sex Couples) Act 2013 came into force in March 2014 in England and Wales

The Marriage and Civil Partnership (Scotland) Act 2014 came into force December 2014

How long after unprotected sex/ contraceptive failure can the 'morning after pill' be taken?

- ▶ Within 12 hours
- ▶ Within 24 hours
- ▶ Within 3 days

Levonelle can be taken up to 3 days (72 hours). Available free through Plan B in pharmacies, at sexual health clinics, most NHS walk-in centres, A&E departments, some GPs, or can be bought over the counter in pharmacies

ellaOne can be taken up to 5 days after unprotected sex and is available only with a prescription

An IUD can be fitted up to 5 days afterwards at sexual health and contraception clinics or by specially trained doctors/nurses in GP practices

Which age group saw the biggest rise in rates of sexually transmitted infections (STIs) over the last 4 years?

(2011-2015, England)

- ▶ 15-19
- ▶ 25-34
- ▶ 65+

Between 2011-2015, rates of all STIs in the 65+ age group went **up by 22.5%** compared to:

15-19 years	-19.3% fall
20-24 years	-8.7% fall
25-34 years	+22.2% rise
35-44 years	+17.9% rise
45-64 years	+16.2% rise

Approximately how many people are living with HIV in the UK?

- ▶ 4,700
- ▶ 51,300
- ▶ 103,100

The number of people newly diagnosed with HIV in the UK in 2014 was 6,151

85,489 people in the UK received HIV care in 2014

An estimated further 17,611 people are HIV+ but don't know their status

www.gov.uk/government/statistics/hiv-annual-data-tables

What proportion of men between 40-70 experience erectile dysfunction?

(unable to get or keep an erection suitable for sexual intercourse or other sexual activity)

- ▶ A quarter (1 in 4)
- ▶ Half (1 in 2)
- ▶ Three quarters (3 out of 4)

Most men with ED have a combination of psychological and physical causes, with one affecting the other

ED more likely in people who smoke, are overweight and/or are not active enough

Many men put off getting help for at least 2 years

Can be an early warning sign of future heart problems - seeing a doctor for treatment soon after ED starts may prevent a future heart problem from occurring

How long does the contraceptive implant last for?

- ▶ 1 Month
- ▶ 1 Year
- ▶ 3 Years

The contraceptive implant is a small flexible tube about 4cm long that's inserted under the skin of your upper arm (by a trained professional, such as a doctor or nurse)

Lasts for 3 years - useful for women who find it difficult to take a pill at the same time every day

One of 4 methods of Long-Acting Reversible Contraception (LARCs) - others are IUD, IUS and contraceptive injection

More than 99.9% effective (Fewer than one in 1,000 will get pregnant)

Approximately what % of people in the UK who are HIV+ are unaware that they have the virus?

- ▶ 7%
- ▶ 17%
- ▶ 27%

This means over 17,500 people in the UK are HIV+ but do not know their status

Risk of passing on the virus much higher with someone who is unaware of status than with someone who is HIV+, knows status and is on effective treatment

What percentage of unplanned pregnancies are in the 30 and over age group?

- ▶ 10%
- ▶ 25%
- ▶ 40%

Age profile of unplanned pregnancies



Many reasons for unplanned pregnancies - contraceptive failure, lack of knowledge or confidence in using contraception, availability of contraception, coercion or pressure in a relationship, rape

How many people in the North East are diagnosed HIV positive?

▶ 1,602

▶ 49

▶ 820

135 people were newly diagnosed with HIV in the North East in 2014

As treatment for HIV improves, people are living longer with the infection, so a greater proportion of people living with HIV in the region are 45 years and over

52% of new cases diagnosed 'late' or 'very late'¹ = significantly worse health outcomes

Crucial to focus on increasing testing to facilitate earlier diagnosis

¹'Late diagnosis' = CD4 count <350 cells/mm³

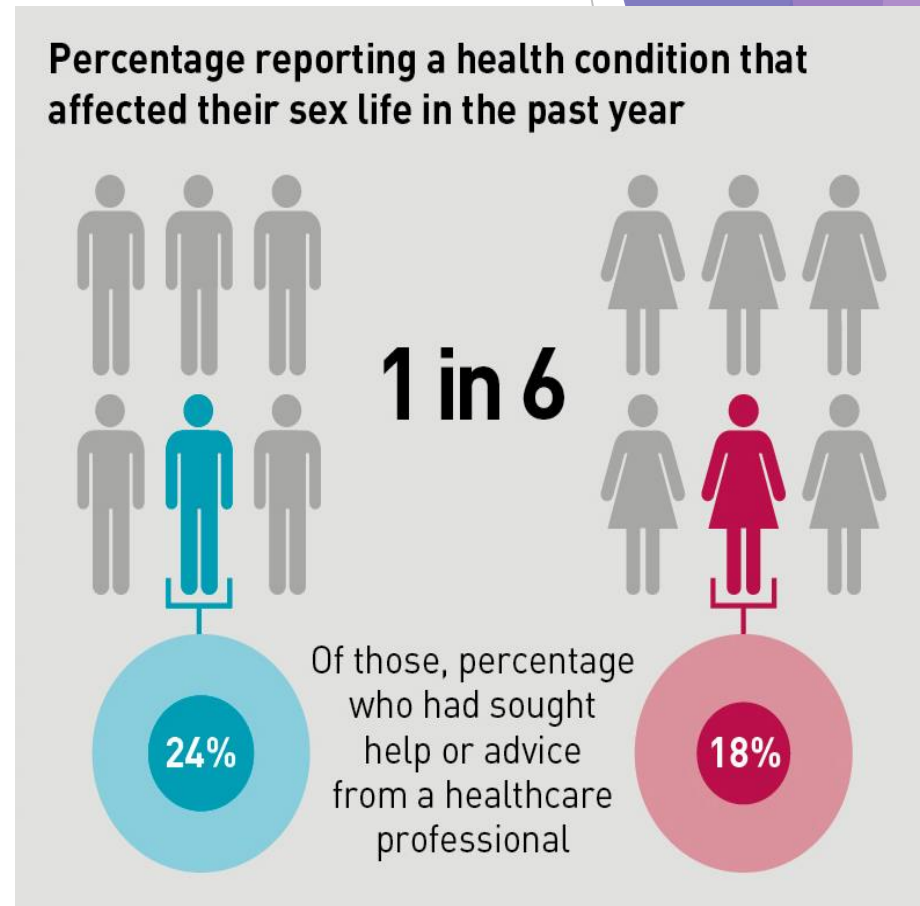
'Very late diagnosis' = CD4 count <200 cells/mm³

What proportion of people reported a health condition that affected their sex life in the past year?

- ▶ 1 in 20
- ▶ 1 in 10
- ▶ 1 in 6

Many do not seek help or advice, nor discuss difficulties

Data from 'Natsal-3' - the National Survey of Sexual Attitudes and Lifestyles - among the largest and most detailed scientific studies of sexual behaviour in the world



What is the average age for menopause to start?

- ▶ 52 years
- ▶ 46 years
- ▶ 55 years

Many common menopausal symptoms can have a significant impact on sex and relationships including:

- ▶ reduced sex drive (libido)
- ▶ vaginal dryness and discomfort during sex
- ▶ low mood or anxiety

A range of treatments is available - not just HRT

Specialist advice available via GP

Maintaining a healthy weight and staying fit and strong can improve some menopausal symptoms

What percentage of 60-year-old women will complain about vaginal dryness?

- ▶ 35%
- ▶ 50%
- ▶ 70%

Vaginal dryness is a common but treatable problem that many women experience at some point in their lives

Can cause irritation, discomfort, itchiness or a burning sensation and discomfort during sex

Treatment options available, either self-help or via GP or sexual health clinic, including:

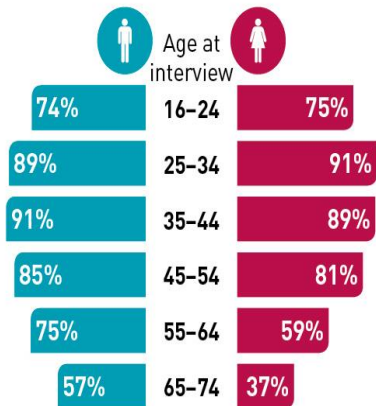
- ▶ lubricants (water-based or silicone-based - available to buy in pharmacies without a prescription or free from sexual health clinics and GPs)
- ▶ vaginal moisturisers
- ▶ vaginal oestrogen
- ▶ hormone replacement therapy (HRT)

www.nhs.uk/livewell/menopause

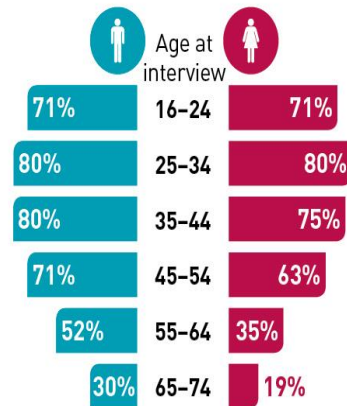
Still being served...

Different types of sex with people of the opposite-sex, past year

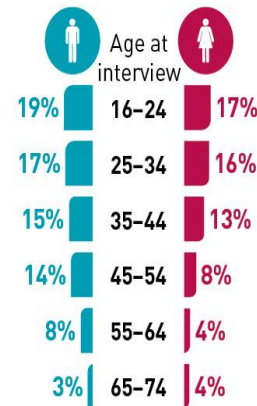
Vaginal sex



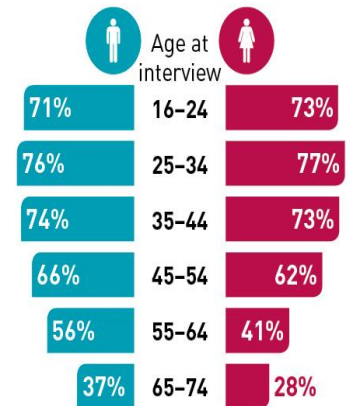
Given/received oral sex



Anal sex



Other genital contact



Top Tips

- ▶ Use the briefing [Sexual health - why it is a workplace issue](#) (available on BHAWA website)
- ▶ Find out where your local services are and who may be available in your area to provide training
- ▶ Ensure information re sexual health is included in referral / signposting information for health advocates
- ▶ Ensure health advocates receive training and updates re sexual health
- ▶ Normalise sexual health as an important health issue
- ▶ Consider and highlight the links between sexual health and other health issues, such as mental health, drugs and alcohol, diet and physical activity

Key campaigns

- ▶ Sexual health week - 12-18 September 2016

This year's focus on sexually transmitted infections (STIs)

www.fpa.org.uk/campaigns/sexual-health-week

- ▶ HIV testing week 21-27 November 2016
- ▶ World AIDS Day - 1st December
- ▶ IDAHOT - International Day Against Homophobia and Transphobia - 17th May

Sexual Health Week - every September

www.fpa.org.uk

2016 campaign is 12-18 Sept - focus on STIs (sexually transmitted infections)

Information and campaign materials

Reliable and accurate information about sexual health and all the different methods of contraception as well as many other sexual health topics

Ideas:

- 💡 Put up displays
- 💡 Provide local service information
- 💡 Hold quizzes with staff teams
- 💡 Invite speakers from local services
- 💡 Hold screening events for chlamydia and gonorrhoea (under-25s)

The screenshot shows the FPA website's 'Sexual Health Week' page. At the top, there is a navigation bar with links for 'Login', 'Register', 'Email updates', 'Press', 'Northern Ireland', 'About us', 'Contact', 'Basket', and 'Donate now'. A search bar is also present. Below the navigation, the main heading is 'Sexual Health Week'. The page content includes a description of the campaign, a section for 'Sexual Health Week 2016' with details about the dates and focus on STIs, and a section for 'Sexual Health Week 2015' with a thank you message. A 'Shop with us' section on the right features a book 'My Body, My Rules' for £2.99. Below that are 'Quick shop links' and 'FPA Pleasure' products. A grid at the bottom displays 'All Sexual Health Weeks' from 2012 to 2015, each with a small icon and title.

National HIV testing week - 19th-26th November 2016

www.startswithme.org.uk

National campaign aiming to increase testing, particularly amongst higher-risk groups:

- MSM (men who have sex with men)
- African communities living in England

Aims to increase proportion of those living with HIV who know their status so they can access treatment and reduce onward transmission



Home testing for HIV (NE Region)

www.test.hiv

Free self-sampling HIV test kits

Targeting higher-risk groups

- MSM (men who have sex with men)
- Black African communities
- Those involved in sex work
- Sexual partners of the above groups

Promote awareness of the site and availability of self-sampling tests

Promote awareness of local services where HIV testing and testing for other STIs is available

Challenge stigma and assumptions

The screenshot shows the homepage of test.hiv. At the top, there is a navigation bar with the logo and links for 'Get Tested', 'About', 'The Test', 'FAQs', and 'Contact'. Social media icons for Twitter, Facebook, and Google+ are also present. A large orange banner contains the text: 'Around 20% of the estimated 100,000 people living with HIV in the UK remain undiagnosed.' Below this, a white box with an orange border contains the text: 'Free self-sampling HIV test kits are available in many areas of the country — enter your details below to check your eligibility:'. This is followed by a form with two input fields: 'Your Age:' and 'Postcode:', and a 'Go' button with a right-pointing arrow. Below the form, there is an 'About TestHIV' section with a 'Translate A&S' button. To the right, it states 'Proudly operated from Yorkshire by Preventx and MESMAC as the Nationally commissioned provider of HIV home-sampling screening.' Logos for MESMAC, WITH ME, and Preventx Integrated Diagnostics are shown. A small text block asks 'Did you know? Other free STI screening such as chlamydia tests are available in some regions via our sister site free.sti.me.' At the bottom, a footer contains a security notice: 'Secure | Page generated in 7ms with 1 data queries and 0.008s of session data. | Terms, Conditions & Privacy | Copyright © 2016 Preventx Limited'.


World AIDS Day (1st December)

www.eyesopenart.org

Eyes Open is a multi-agency Regional Group who work together to promote HIV awareness and Worlds AIDS Day

Ideas:

-  Attend the Eyes Open World AIDS Day Conference on 24th November
-  Arrange to host the HIV Awareness Quilt in your workplace to raise awareness and start discussions
-  Take red ribbon selfies to challenge stigma and raise awareness
-  Submit an entry to the Paske Award for a sexual health campaign delivered in your workplace
-  Enter competitions as a staff team to raise awareness of HIV
-  Link in with workshops and other events, such as vigils and quizzes



2016
SAVE THE DATE

EYES OPEN
Positive about HIV

World AIDS Day
TWILIGHT CONFERENCE

5.00pm – 9.00pm






Thursday 24 November 2016

**Hero's Club, St. James' Park Conference Suite,
Newcastle upon Tyne**

The regional steering group **EYES OPEN** who raise awareness of HIV and World AIDS Day are proud to announce the date of their forthcoming conference

Speakers and presentations to be confirmed

Further details available on www.eyesopenart.com



The regional steering group **EYES OPEN** are supported by Blue Sky Trust, MESMAC, Newcastle upon Tyne Hospitals NHS Trust, Newcastle City Council, North Tyneside Council, Northumbria Healthcare NHS Trust, Northumberland County Council, Shine and Sunderland City Council.



Eyes Open – Positive about HIV

Paske Award 2016 - HIV Awareness Campaign of the Year

The Paske Award will be presented at this year's WAD Conference on Thursday 24th November 2016

Nominations can be submitted from:
Northumberland North Tyneside
Newcastle Sunderland



The Paske Award will be awarded to the most innovative awareness-raising campaign, project or piece of work aimed at reducing stigma around HIV. Campaigns can be organised and run by individuals, community groups, friendship groups, school classes, school year or even a whole school. The campaign could take many forms, for example:

Information stall/event
Media Campaign
Production of a resource or leaflet
Social Media
Fashion Show

Drama
Music
Art
Poetry/ Writing
Cookery/cake sale

See www.eyesopenart.com for further details

Useful contacts

Newcastle

Mark Hedley, Sexual Health Promotion Specialist and C-Card Co-ordinator,
Mark.hedley@nuth.nhs.uk 0191 229 2951

Harriet Yudkin, Health Improvement Practitioner,
Harriet.yudkin@newcastle.gov.uk 0191 211 5527 (Mon, Tues, Wed and alternate Thursdays)

North Tyneside

Jane Cook, Health Promotion Specialist Sexual Health and C-Card Coordinator
Jane.cook@northumbria-healthcare.nhs.uk 0191 297 9838
(Tuesday, Wednesday and Thursday only)

Northumberland

Jane Telfer, Health Improvement Specialist (Teenage Pregnancy & Sexual Health)
jane.telfer@nhct.nhs.uk 01670 532006 / 819049

Useful websites

Newcastle Sexual Health Training Programme
www.newcastle.gov.uk/sexualhealthtraining

Wide range of courses available on many different sexual health issues. Contact Harriet Yudkin for more information.

www.fpa.org.uk - reliable, up-to-date information on methods of contraception, STIs and sexual health campaigns

www.nat.org.uk - excellent source of information and resources about HIV

www.lesbisexyandhealthy.co.uk Sexual health information for lesbian and bisexual women

www.mesmacnortheast.com Gay/bisexual men's health project- advice and information and support **0191 233 1333**

www.fpa.org.uk/sexual-health-week/pleasure-principle/sexual-wellbeing-as-you-get-older

www.fpa.org.uk/sites/default/files/people-over-50-relationships-and-sexual-health.pdf (leaflet pdf)

www.sda.uk.net/ Sexual Advice Association (formerly Sexual Dysfunction Association)

www.nhs.uk/Livewell/Goodsex Information and advice including on sexual dysfunction, sex during and after menopause, sex as you age

Any questions?