



Improving health together

www.northyorkshireandYork.nhs.uk/stayinghealthy

Sexual health

Issue 2 — July/August 2007
Updated January 2009

Welcome to the updated sexual health factsheet, exploring some of the issues and contains information, news, tools and tips to support frontline practitioners in delivering effective key messages in relation to this campaign and signposts available resources.

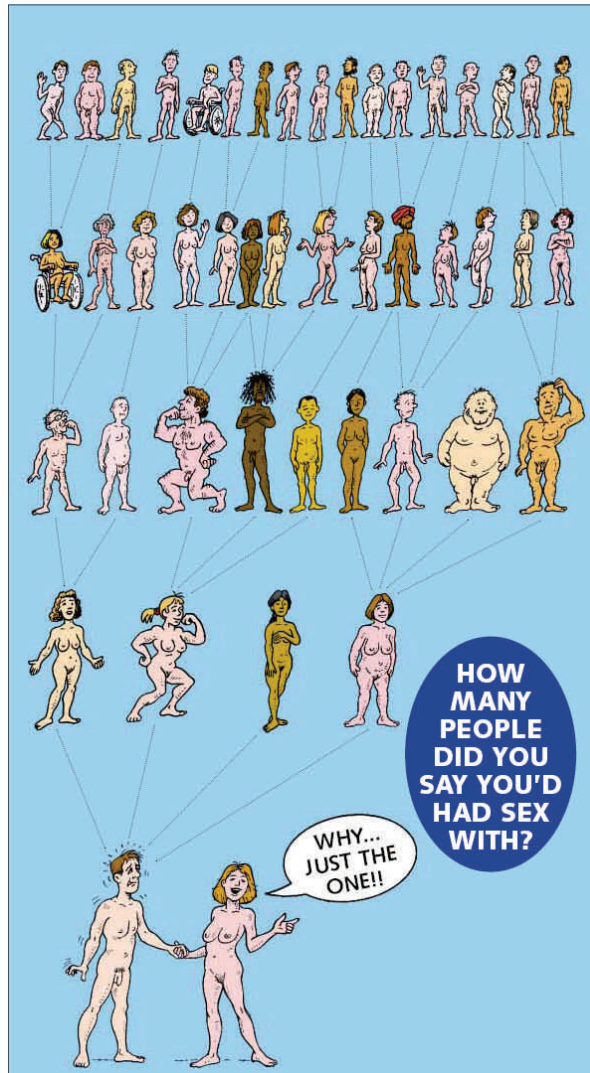
Sex is great, but sexual health in Britain is at an all time low.

The message is that the risk of picking up or passing on a sexually transmitted infection (STI) is no reason not to have sex, but it's a very good reason to be careful – and to always use a condom. Keep sex safe and fun by protecting yourself and your sexual partners with a condom. Whether he uses it, or she uses it, condoms can protect you against many STIs including HIV, and help prevent unintended pregnancy.

Condom Essential Wear

For more information visit our website at

www.northyorkshireandYork.nhs.uk



“Sexual health is an important part of physical and mental health. It is a key part of our identity as human beings together with the fundamental human rights to privacy, a family life, and living free from discrimination.

Essential elements of good sexual health are equitable relationships and sexual fulfilment with access to information and services to avoid the risk of unintended pregnancy, illness or disease.”¹

Graphic reproduced by kind permission of Bedfordshire PCT

Contraceptive Awareness Week 9-15 February 2009

Finding the perfect partner: choose what you use.

Telephone 020 7608 5256 or email caw@fpa.org.uk for a campaign pack.



January-March 2009

Free multi-agency teenage pregnancy and sexual health training for staff working with young people and teenage parents in North Yorkshire. Contact Claire Pattison on 01609 536915 for details.

Condoms are available free of charge for young people through a range of outlets. If you are not already signed up to the Condom Distribution Scheme contact Claire Mingins on 01423 859613.

Policy context

The **Teenage Pregnancy Strategy (1999)**² aims to reduce the risk of long-term social exclusion for both mother and child by halving the number of teenage conceptions and increasing the number of teenage mothers in education training or work to 60%.

The **National Strategy for Sexual Health and HIV (2001)**³ aims to:

- ◆ reduce the prevalence of undiagnosed HIV and STIs
- ◆ reduce unintended pregnancy rates
- ◆ improve health and social care for people living with HIV
- ◆ reduce the stigma associated with HIV and STIs.

Choosing Health (2004)⁴ supports modernisation of sexual health services, a media campaign to communicate the risks and more accessible services to provide better and faster prevention and treatment.



PSA targets include 48 hour access to GUM clinics, reducing the number of teenage conceptions, decreasing the rates of newly diagnosed Gonorrhoea and implementation of the Chlamydia screening programme.

NHS Operating Framework (2006)⁵, sexual health and access to GUM clinics, one of six priorities for action by 2008 – everyone referred to a GUM clinic should be able to have an appointment within 48 hours.

The White Paper '**Our health, our care, our say**' (2006)⁶, focuses on prevention and the delivery of services closer to communities.

PCTs should aim to commission a full range of services which provide different levels of sexual health care in a variety of settings. The management of STIs should be developed and expanded in community settings and in general practice.



Progress and Priorities—working together for high quality sexual health. **Review of the National Strategy for Sexual Health and HIV**⁷ outlines what has been achieved and addresses the key barriers which have impeded implementation. Recommends a wide-ranging set of actions to drive further improvements.

Review of Sex and Relationship Education in Schools. A review by the External Steering Group.⁸

Recommendations to improve the quality and consistency of sex and relationship education provided by schools.

Teenage pregnancy

North Yorkshire and York teenage pregnancy co-ordinators offer a programme to support pregnant teenagers and teenage parents. This includes targeted work in high conception rate areas and with hard to reach groups and young people at risk of early pregnancy, for example care leavers, young offenders. They promote effective sex and relationships education through schools, and the use of long acting reversible contraception.

A range of training is available including:

- ◆ basic sexual health awareness
- ◆ delaying early sex (a programme supporting young people to delay early sexual activity)
- ◆ Speakeasy, a court to give parents and carers the confidence to talk to their children about SRE issues.

'Mums 2B' – an antenatal programme for young mums and dads to be, with programmes to support pregnant teenagers including information on housing and benefits, return to education and training, as well as practical advice on looking after baby.

York Young People's service and North Yorkshire 4Youth services offer sexual health and relationships education in informal settings providing 'Drop Ins' offering condoms, pregnancy testing, Chlamydia screening and sign posting.

YPSHOT (Young People's Sexual Health Outreach Team) and the School Health Nurses offer drop ins at most secondary schools and colleges to ensure quick and easy access to sexual health services. Mystery shoppers ensure that services remain young people friendly.

For more information contact the Teenage Pregnancy Co-ordinators, Amanda Gaines (York) 01904 554337 or amanda.gaines@york.gov.uk and Carly Walker (North Yorkshire) 01609 536910 or carly.walker@northyorks.gov.uk.

Chlamydia Screening

Chlamydia is the most common STI in the UK – about 1 in 10 sexually active young people who are tested have Chlamydia. In Yorkshire and the Humber region, 211 men and 246 women per 100,000 have tested positive, the highest rate outside London. Most people have no signs or symptoms and don't know they've got it, and if left untreated it can cause long term complications. Chlamydia affects both men and women, and those who are gay or bisexual are also at risk. The test is a simple urine sample and treatment is free. Screening tests are available in the Selby and York area (Yorscreen on 01904 725440) and in Hambleton and Richmondshire screening is available through the Have I Got It Chlamydia Screening Programme – for more information contact the website www.haveigotit.org. Screening will be introduced to other parts of North Yorkshire in 2009.

Practical tips for general sexual health promotion

Adapted from information available from the DH website - *Effective Sexual health promotion, June 2003*⁷.

Familiarise yourself with the full range of local sexual health services – this will help you to refer patients/clients on to specialist services. Having referral numbers for rape crisis, survivors and abuse services may also help if anyone discloses this information to you.

Give out written information whenever possible as people won't remember what you've said – credit card sized leaflets are particularly useful.

Displaying posters with positive images gives a strong signal that you are supporting sexual health in a positive and practical way.

Make free condoms available – join the condom distribution scheme if you have not already done so. Consider offering a variety of types of condoms as well as lubricants.

Don't make assumptions – not everyone is heterosexual, or sexually active. Using the term 'partner' makes it clear you are not assuming anything about people's sexual choices.

Leave supplies of information out where people can see it and pick it up easily and discreetly.

Keep up to date – it takes time and effort to come to an understanding about sex, sexuality and sexual health – information and training are available from a variety of sources.

Sexual health involves emotional health and well-being – there may be ways of giving people the opportunity to talk about their feelings, but be careful not to offer yourself as a counsellor or therapist unless this is a specific area of your work.

Other issues may impact on sexual health – do you give the opportunity to discuss the impact of, for example, radical surgery or chronic back pain on your patient's sexual health?

Look after your own sexual health – this may include:

- ◆ talking about emotions and seeking support if we are having a difficult time
- ◆ gaining confidence and developing assertiveness skills to say 'no'
- ◆ getting regular check-ups and doing self-examination for breast or testicular lumps
- ◆ giving ourselves a treat – reminding ourselves that we are precious, special and worth taking care of, and not only attending to the needs of others.

If we look after ourselves in these ways this will help us be an excellent role model to others.

Key facts and statistics

Teenage pregnancy under 18s conception rates

	1998 baseline			2006		
	Quarterly rate/1,000	No of conceptions	% leading to abortion	Quarterly rate/1,000	No of conceptions	% leading to abortion
York	34.0	100	44.0	39.2	126	48
North Yorks	36.6	366	47.0	25.1	300	50
England	46.6	41,089	42.4	40.6	39,170	49

Source: Office for National Statistics Aug 2008

The table shows the quarterly rate of under 18 conceptions per 1,000. This is lower than the national average and falling in North Yorkshire, but not in York. The percentage of conceptions leading to abortion has increased slightly.

Sexually transmitted infections

The numbers of new STI diagnoses is rising – the UK figures below demonstrate the increase in rates of STIs diagnosed in GUM between 1996 and 2007.

STI	1996	2007
Chlamydia	35,840	121,986
Syphilis	137	2,680
Gonorrhoea	12,579	18,710
Genital warts	64,178	89,838
Herpes	16,811	26,062

Source: www.hpa.org.uk

HIV

- ◆ One third of those infected with HIV are unaware of their status.
- ◆ Around 73,000 cases of HIV have been reported since the early 1980s.
- ◆ 16,102 people with HIV have died since the early 1980s.
- ◆ An estimated 7,800 people were newly diagnosed in 2006.
- ◆ In 2006, it was estimated that 21,600 of people living with HIV did not know about their infection.
- ◆ The largest proportional increase of residents accessing HIV-related care between 2005 and 2006 was in Yorkshire and The Humber - 21% to 2,475 in 2006.
- ◆ By 2006 men having sex with men accounted for up to three quarters of UK acquired HIV infections, and remain the behavioural group at greatest risk of acquiring HIV in the UK.

HPA



Websites

Condom Essential Wear

www.condomessentialwear.co.uk
Info on local sexual health services.



Department of Health:

www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/Sexualhealth/index.htm



family planning association

www.fpa.org.uk

Their purpose is to enable people to make informed choices about sex and to enjoy sexual health.



The Centre for HIV and Sexual Health

www.sexualhealthsheffield.nhs.uk/index.php



Specific objectives include reducing unintended teenage pregnancies, prevention of HIV and other STIs, the promotion of positive and mutually satisfying relationships and the provision of excellent Sex and Relationships Education.

RU Thinking About It?

www.ruthinking.co.uk

Useful website aimed at young people. Free leaflets advertising the website and Sexwise helpline can be obtained from your local teenage pregnancy co-ordinator.



National Chlamydia Screening Programme

www.chlamydia-screening.nhs.uk/

Chlamydia screening services, care guidance and recommendations, data findings by PCT and links to useful documents and resources.



National Library for Health

Clinical Knowledge Summaries

Clinical Knowledge Summaries

www.cks.library.nhs.uk/

Practical & reliable information about common conditions which helps healthcare professionals make evidence-based decisions about the healthcare of their patients.

Sexual Health Professional

Sexual Health Professional

www.sexualhealthprofessional.org.uk/home/index

Gives information about current campaigns and publications.

YorOK

www.yor-ok.org.uk/

York Children's Trust. Information and advice for children, young people and parents.



gimi.co.uk

www.gimi.co.uk

Information and advice for 13-19 year



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Order your free resources

These are the resources recommended by your Public Health team for use with the Sexual Health campaign.



Condom Essential Wear

www.condomessentialwear.co.uk/
Department of Health Tel: 0300 123 1002 www.orderline.dh.gov.uk to find out about their full range of campaign materials available.

fpa

The fpa provides a free campaign pack for Contraceptive Awareness Week in February and Sexual Health Week in August with posters, leaflets and briefings. Requests are met on a first come first served basis.

For a pack call 020 7608 5256 or email caw@fpa.org.uk.



Hepatitis C

Leaflet and poster from DH Publications orderline

Tel: 0300 123 1002 or online at

www.orderline.dh.gov.uk/

Z-cards containing information on sexual health and relationships, together with details of local services are available from the Teenage Pregnancy Co-ordinators, Amanda Gaines (York) 01904 554337, amanda.gaines@york.gov.uk and Carly Walker (North Yorkshire) 01609 536910, carly.walker@northyorks.gov.uk.

References

1. Department of Health, July 2001, *The National Strategy for Sexual Health and HIV*
2. Social Exclusion Unit, 1999, *Teenage Pregnancy Strategy*
3. Department of Health, 2004, *Choosing Health: Making Healthy Choices Easier*
4. Department of Health, 2006, *The NHS in England: the operating framework for 2007/08*
5. Department of Health, 2006, *Our health, our care, our say: a new direction for community services*
6. Department of Health, 2003, *Effective Sexual Health Promotion*
7. Medical Foundation for AIDS & Sexual Health, 2008, *Progress and Priorities—Working together for high quality sexual health.*
8. Sex and Relationships Education Review Group, 2008, *Review of Sex and Relationship Education in Schools.*

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