

# Y&H Public Health Taster Day – Sexual Health

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## **World Health Organisation definition – sexual health**

"a state of physical, emotional, mental and social well-being in relation to sexuality; it is **not merely the absence of disease**, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled."

# A life course approach – across the domains of public health

#### **Health Protection**

e.g. Sexually transmitted infections (STI) & HIV surveillance to inform system improvement & service planning, responding to outbreaks

#### Health Improvement

e.g. advice & support around sexual health and positive sexual relationships/ well-being, preventing unplanned pregnancy, preventing STIs

#### **Health Care**

e.g. vaccinations for infections that can be transmitted through sexual contact, HIV treatment & care

Across all domains – a focus on inequality – some individuals and groups more at risk of negative outcomes or a lack of access

#### Sexual, reproductive health and HIV across the life course







Babies and Children Adolescents and young adults 13-24 years

Middle years 25-50 years

Later years 50+

Health and wellbeing and relationships education

Sexual and reproductive health information, advice and support

Sexual health counselling

Menstrual health (including symptom management with contraception)

**HPV** vaccination (Schools)

Cervical screening

Preventing unplanned pregnancy - contraception (including emergency contraception)

Abortion care

Antenatal screening - HIV, Hepatitis B and syphilis

Early menopause and perimenopause Perimenopause and menopause

STI testing and treatment

HPV vaccination (MSM)

Hepatitis A and B vaccination

Congenital syphilis treatment

HIV prevention (including PEP and PrEP)

HIV testing

HIV treatment and care

## Partnerships & system working – local, regional & national level

