

Rotherham Sexual Health Strategy (Refresh 2019 – 2021) Summary

This strategy refresh sets out Rotherham’s vision, ambitions and addresses the priorities for sexual health over the next three years to improve sexual health and wellbeing and reduce inequalities.

The World Health Organisation (2004) defined Sexual Health as: ‘a state of physical, mental and social wellbeing in relation to sexuality: it is not merely the absence of disease, dysfunction or infirmity’.

Sexual health includes access to sexually transmitted infection testing and treatment, contraception and includes healthy, safe relationships, consent and resilience.

Sexual health is concentrated in many vulnerable and marginalised communities and improving sexual and reproductive health will address the differences in sexual health outcomes.

Strategic Ambitions

1. Improving sexual health

- Reduce repeat infections
- Improve admissions due to complications of sexually transmitted infections (STIs)

2. Improving reproductive health

- Continue to minimise unplanned pregnancies and repeat abortions
- Ensure that all, especially those at risk of exclusion from routine service provision, can access a full range of contraception

3. Focusing on vulnerable groups

- Address the needs of the more vulnerable and at risk groups whilst meeting universal needs of people across the lifecycle
- Develop health promotion focused on, for example, those with a learning difficulty

4. Building on successful service planning and commissioning

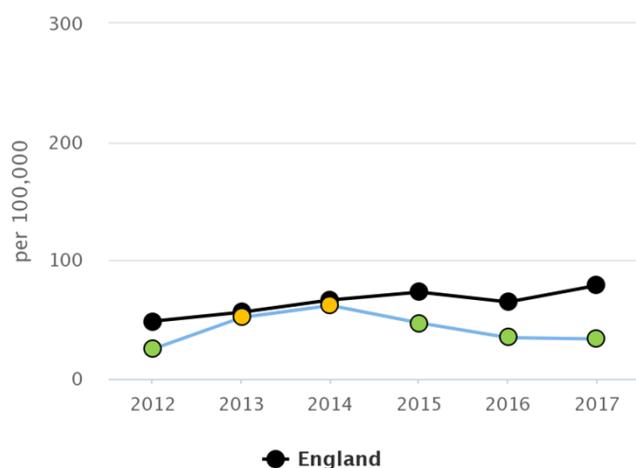
- Ensure provision of integrated services that are evidence based, value for money, informed by sexual health needs

Improving Sexual Health

Rotherham has significantly improved in relation to STI diagnosis since 2013 when the rate was 951.4 per 100,000 population. The 2017, Public Health England profiles show:

- STI diagnosis of 581.4 per 100,000 population (compared to 743 per 100,000 population in England)
- 58% of diagnoses of new STIs were in young people aged 15-24 (compared to 50% of diagnoses of new STIs in young people aged 15-24 in England)
- Rate of chlamydia detection per 100,000 young people aged 15-24 was 2,010 (compared to a rate of 1,882 in England)

Rotherham has also shown significant improvement in the rates of gonorrhoea, a marker of high levels of risky sexual activity, with rates falling from 51.9 per 100,000 in 2013 to 33.6 per 100,000 in 2017

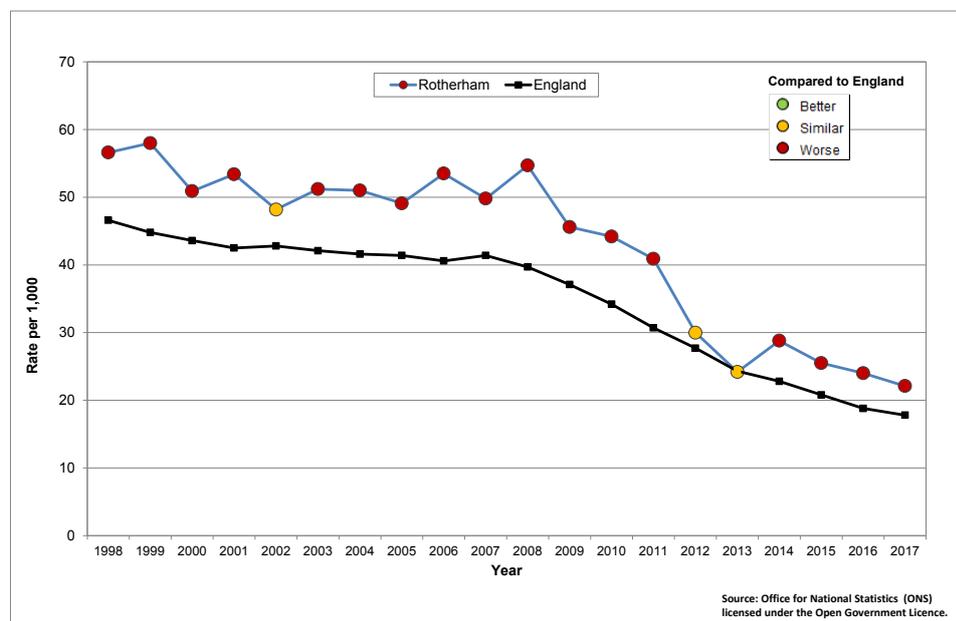


Priorities:

- STI diagnoses in young people:
58% of diagnoses in Rotherham in 2017 in young people aged 15-24.
Young people are also more likely to become re-infected with STIs.
- Pelvic Inflammatory Disease (PID) admissions:
PID admission rate in Rotherham, at 542.8 per 100,000, is much higher than the rate in England (242.4 per 100,000) and Yorkshire and Humber (264.7 per 100,000).
PID can be a complication of some STIs especially chlamydia so screening and treatment of this infection is a priority.

Improving Reproductive Health

Unplanned pregnancy in young women aged 15-17 in Rotherham has fallen by 60% between 2008 and 2017.



Evidence suggests that young people need a quality programme of sex and relationship education and access to young people friendly sexual health services. From September 2020 there will be compulsory relationship education in all primary schools and compulsory sex and relationship education in all secondary schools.

The Rotherham Voice of the Child Lifestyle Survey 2018 shows that the numbers of those sexually active young people (aged 14/15 years) who said that they did not use any contraception has actually increased from 27.5% in 2017 to 29.1% in 2018.

For those women who need to access abortion services the earlier the abortions are performed the lower the risk of complications. Early access to such services is cost-effective and an indicator of service quality.

Priorities:

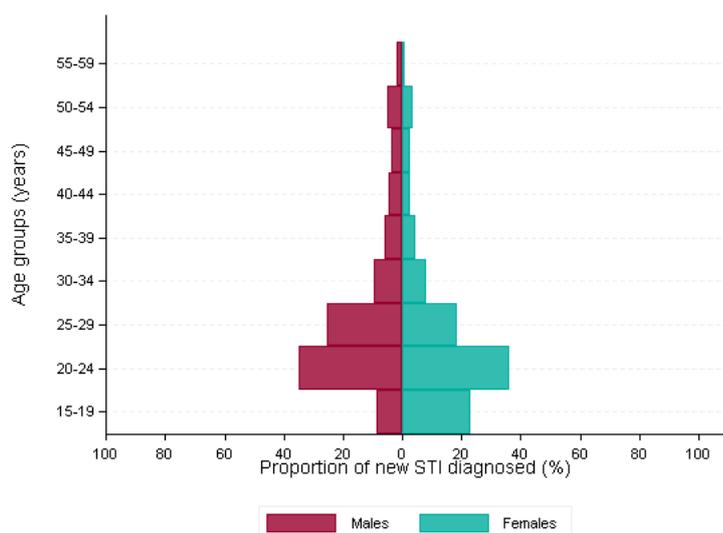
- Under 18 conception rate:
Rotherham has a relatively high rate of 24.0 per 1,000 females aged 15-17 compared to the rate of 18.8 in England and 22.0 in Yorkshire and Humber.
- Access to contraception:
There is good uptake of LARC in Rotherham but this could be improved in those women under 25
- Timely access to abortion services:
Among NHS funded abortions in Rotherham, the proportion of those under 10 weeks gestation was 71.5%, while in England the proportion was 76.6%. Whilst this shows an improvement from 2016 when the rate was 69.7% there is still room for improvement.

Focusing on Vulnerable Groups

Certain population groups are more affected by poor sexual health than others.

This strategy supports universal services for all (for example, contraceptive services for women of all ages) and promotes programmes of work to reach those identified as being at highest risk of poor sexual health outcomes such as young people under 25, vulnerable adults, gay, bisexual and men who have sex with men (MSM), black and ethnic minority groups and people living in areas of high deprivation.

For example: Proportion of new STIs by age group and gender in Rotherham: 2017



Priorities:

- 58% of diagnoses of new STIs in Rotherham in 2017 were in young people aged 15-24 years compared to 50% in England. Services, health promotion and prevention initiatives to prioritise young people.
- Prevention, diagnosis, treatment and care needs to be delivered to the general population as well as having a focus on groups and individuals with greater sexual health needs such as young people under 25, vulnerable adults such as those with ,learning difficulties, MSM, black and ethnic minority groups and people living in areas of high deprivation.

Building on Successful Service Planning and Commissioning

Rotherham has a range of well performing, evidence based commissioned services including:

- Integrated Sexual Health Service – providing contraception and STI testing and treatment (The Rotherham Foundation Trust)
- HIV and STI Prevention service (Yorkshire MESMAC)
- HIV treatment services (The Rotherham Foundation Trust)
- Primary Care enhanced contraception services (Rotherham General Practices and Pharmacies)
- Termination of Pregnancy services (The Rotherham Foundation Trust and British Pregnancy Advisory Service)



Priorities:

- Ensure provision of integrated services that are evidence based, value for money, informed by sexual health needs
- Build on the success of the commissioned services and look to promote access and understand any barriers preventing access

Key Indicators for Success

- Increased chlamydia detection rate
- Reduction in number of people presenting with HIV at a late stage
- Maintenance of continued year on year reduction in teenage unplanned pregnancy rates
- Reduction in levels of STIs
- Reduction in onward transmission of STIs
- Reduction in repeat abortions
- Increased access to contraception

Implementation and Monitoring – the action plan

The strategy highlights the vision, ambitions and priorities for sexual and reproductive health for the people of Rotherham.

It will be implemented by an action plan managed via the multi agency Rotherham Sexual Health Strategy Group.

An annual action plan will be agreed by the group, but will be kept constantly under review. The Group meets on a quarterly basis to review actions and emerging priorities.