

Dear all,

This year's annual public health report focuses on sexual and reproductive health, particularly that of young people. While we have made significant progress in reducing teenage conceptions and have developed a variety of sexual health projects and services for young people, there is clearly much more to do as too many of our young people still experience poor sexual and reproductive health.

Prevention is so important. Young people tell us that they want a holistic approach to discussing their welfare and to be able to get that from an adult they trust. We will continue to improve young people's access to tailored information and support parents to have open conversations with their children as they grow up.

We will support frontline staff working with children and young people in schools, colleges, the voluntary sector and primary care to develop essential skills and attributes for talking about health issues with young people. Key areas to cover are: gender equality and healthy ways of relating, emotional wellbeing and self-

esteem, resisting peer pressure, online safety and managing risk (such as alcohol and drugs or abusive behaviours).

Schools in particular are a place where children and young people develop their knowledge, skills, attitudes and understanding about health. A strong Personal, Social and Health Education (PSHE) programme should link through to a whole school approach to promoting sexual health and wellbeing. We will continue to support schools in working towards this through our 'Healthy Schools' programme.

We continue to transform our sexual and reproductive services, here in Haringey and with partners across London, with newly designed services opening in 2017.

This wide range of services will incorporate technologies (including self-testing and online booking) making sure that residents are able to access services most appropriate to their needs.



Recommendations

1. Continue to engage and train public sector staff to have open and honest conversations with parents, carers and young people
2. Schools should have strong PSHE programmes within a whole school approach to promoting healthy relationships, sexual health and wellbeing
3. Continue to co-produce with young people ways to communicate about relationships and sexual health
4. Continue to modernise sexual and reproductive health services, with residents, clinicians and partners

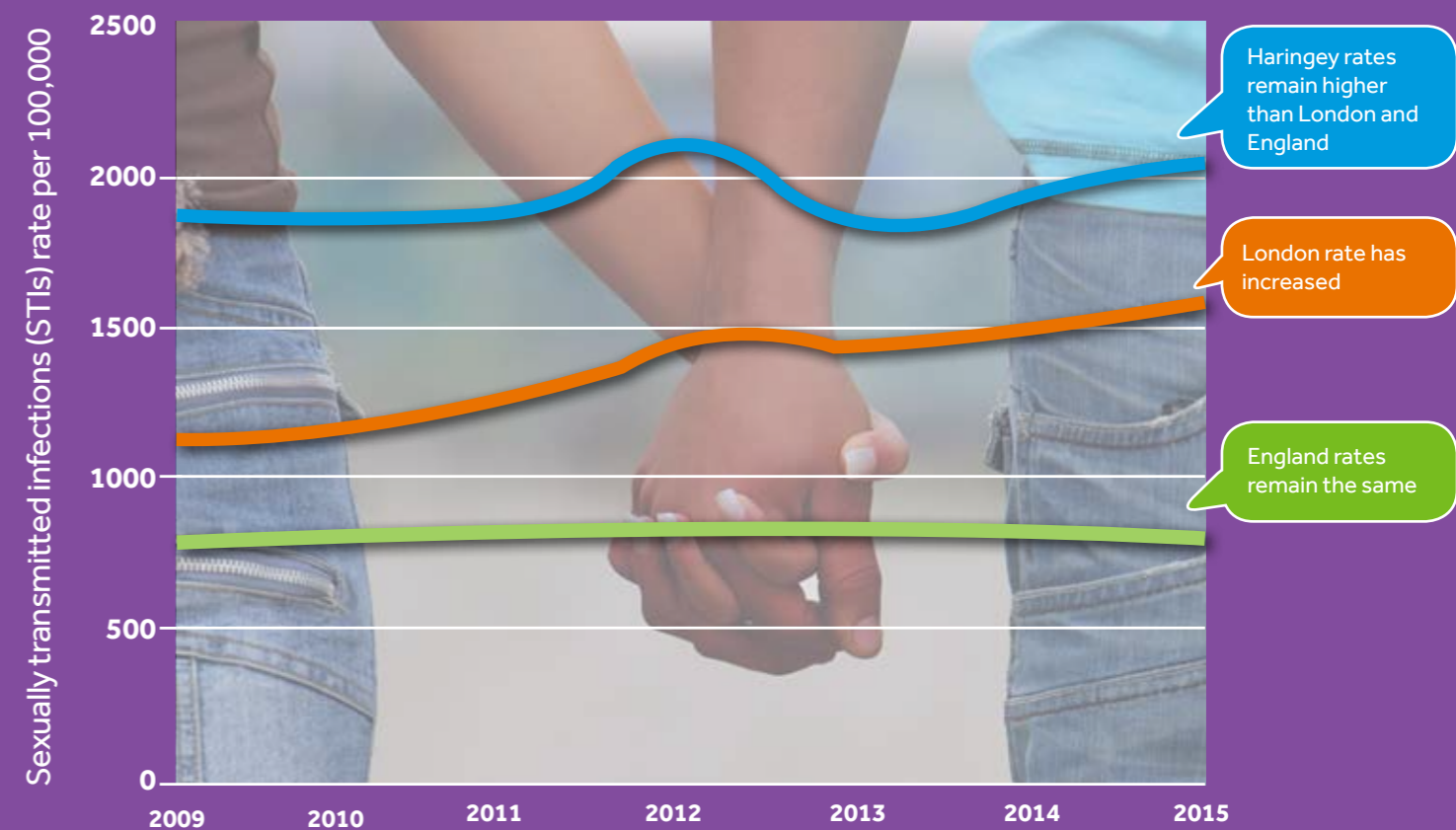
I would like to hear your stories, thoughts or ideas on how as a community we can promote good sexual health particularly among young people. Please contact me at jeanelle.degruchy@haringey.gov.uk

For an update on recommendations from previous Annual Public Health Reports, please see: www.haringey.gov.uk/social-care-and-health/health/annual-public-health-reports

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Annual Public Health Report 2016/17

Sexual health matters



Trend in sexually transmitted infections

Haringey London England

Source: Public Health Outcomes Framework (2016)

Our changing sexual and reproductive lives

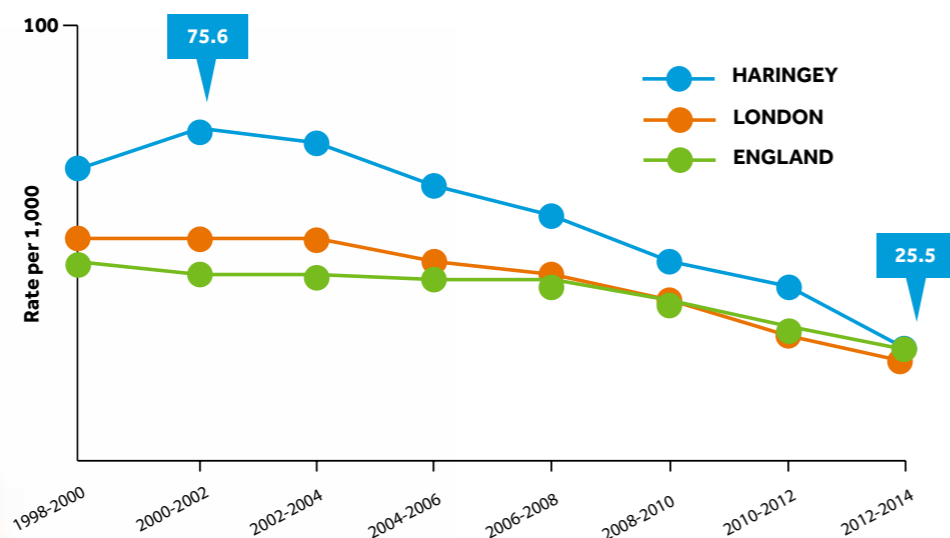
Our sexual and reproductive health is a key element in our health and wellbeing. Sexual behaviour is fluid and, in the UK, has changed in surprising ways over the last few decades. A key national survey of sexual attitudes and lifestyles¹ conducted every 10 years shows on average over the past two decades there has been a decrease in how often people say they have sex. There was an increase in the number of opposite-sex partners, women now report almost the same number of sexual partners as men. And more people report same sex experience, whereas one in 25 women reported a same sex experience in 1990/1, one in six now do (16%); the proportion of men remained roughly the same at 7%.

Most young people today are having their first sexual intercourse just before 17 years – the same as young people ten years ago. Overall there has been a drop in 'risky' behaviours such as drinking, drug use, smoking and youth crime.

The decrease in teenage pregnancy in the UK and Haringey is really great news, as we know that teenage pregnancy results in poorer outcomes for both mother and baby. We believe a change in girls' life ambitions, along with better sex education, shifts in young people's sexual and risk-taking behaviour and improved access to sexual health services (with condoms, long acting methods of contraception (LARC), and free over the counter emergency contraception) have all contributed.



Trend in teenage pregnancy: England, London and Haringey (1998-2014).



Source: Public Health Outcomes Framework, 2016

Sexual ill health remains a challenge

Unfortunately Haringey continues to have high levels of sexual ill health. As the graph on this report's cover shows, our rate of sexually transmitted infections (STIs) is higher than both London and England. There is more information and infographics about this in our JSNA².

Although the proportion of men having sex with men has not changed over time, we know that there has been an increase in risky behaviour over the last few years resulting in a rise in sexually transmitted infections. Locally, the risk of HIV infection in men who have sex with men, as well as in the Black African community, remains higher than the general population.

Young people in Haringey have an overall rate of STIs which is considerably higher than England's. Of those young people diagnosed with an STI, 15% go on to be reinfected within 12 months. For a number of years there has been a national focus on raising awareness of chlamydia among young people and promoting testing. One in four 15-24 year olds in Haringey were screened for chlamydia in 2015, the results of which showed that we have a higher infection rate than the England average.

Supporting young people's sexual and reproductive lives

Sexual health means more than avoiding pregnancy or infections. It means respecting each other and taking responsibility for your sexual health as well as your partner's. It means having the confidence and skills to ask for the sex that makes you feel good.

The national survey of sexual attitudes and lifestyles highlighted that 70% of young people do not feel that they know enough about sex and want better information. Despite wanting more input from parents – with boys wanting to talk to their fathers and girls to their mothers – only 3% of boys got information from their father and 14% of girls from their mother. Many young people remain reliant on friends and their first sexual partner to guide them.

In our local school survey, young people said they found sex and relationship lessons useful. However they did not appear to know very basic information regarding sexually transmitted infections.

Age-appropriate education and support to build people's knowledge and resilience is vitally important. Education and support helps young people to have healthy relationships, enables them to make informed decisions and to protect themselves, and provides information on how to access services when they need them.

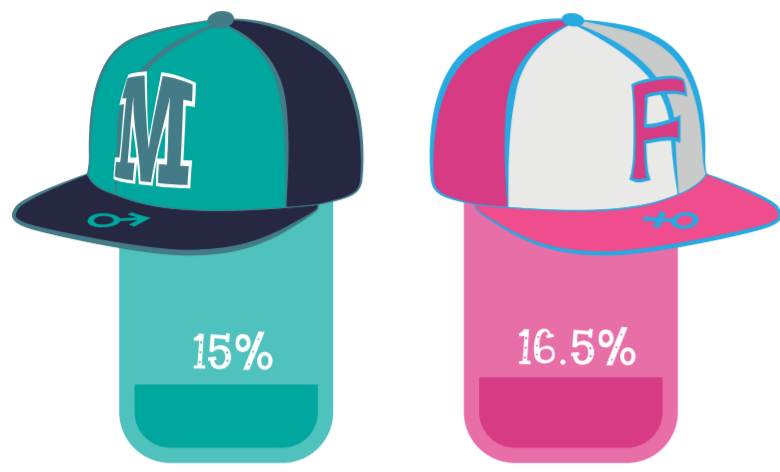
¹ www.natsal.ac.uk/media/2102/natsal-infographic.pdf

² <http://www.haringey.gov.uk/social-care-and-health/health/joint-strategic-needs-assessment-jsna>

Sexual Health Matters in Haringey

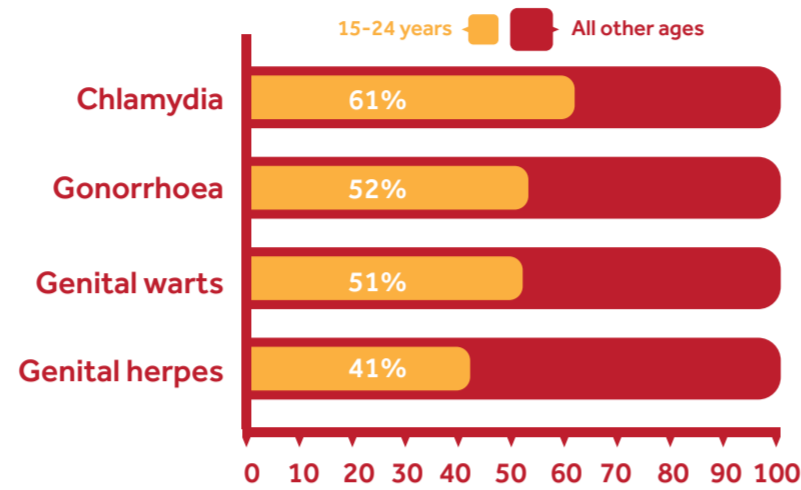
Certain areas have higher rates of Sexually Transmitted Infections (STIs) than others. However, sexual health is something that affects everybody, no matter where you live you should get tested and use condoms.

16-24 year olds in Haringey reinfected with an STI within 12 months



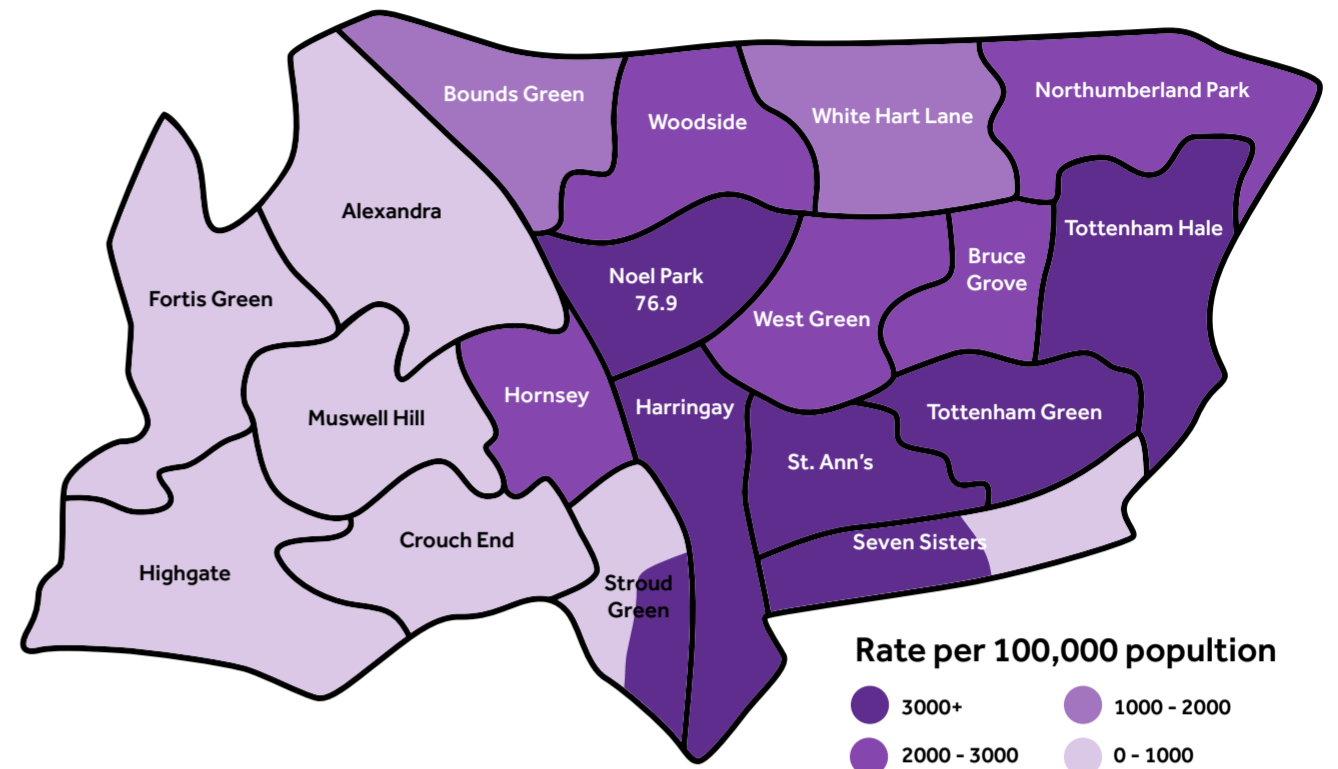
PHE, 2014

STI diagnosis in 15-24 year olds in England



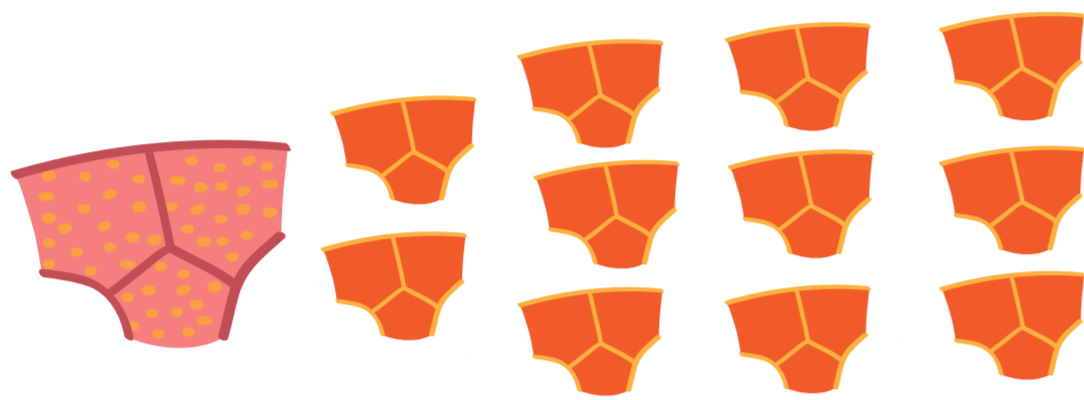
PHE, 2015

Rate of new STIs amongst 15-24 year olds in Haringey



PHE, 2015

One in 12 young people who were tested in Haringey had chlamydia



PHOF, 2014

QUIZ

- Sexually transmitted infections (STIs) always have symptoms?
 True False
- If left untreated chlamydia and gonorrhoea can cause infertility?
 True False
- You can get free condoms from sexual health clinics, pharmacies, GPs and other community services in Haringey?
 True False
- Condoms are the only contraception method which helps protect against STIs?
 True False
- In the UK young people under 25 are less likely to get chlamydia than any other age group?
 True False
- You can use the emergency hormonal contraceptive pill up to 72 hours after unprotected sex?
 True False
- You can get a result from a HIV test in as little as 60 seconds?
 True False
- There is a cure for HIV?
 True False
- There are long acting (and reversible) forms of contraception?
 True False
- The majority of young people have sex before the age of 16?
 True False

What are we doing to support young people's sexual health and wellbeing?

We need to ensure our policies and services actively promote knowledge, prevention messages and early help. We collectively need to enable our young people to have healthy sexual relationships. We are supporting this through a number of innovative local projects.

Three sexual health projects

Exposure Magazine 'Breaking Bad Habits'

Young writers from Haringey, explore important health topics, including sexual health. A reader said: 'The article has a lot of information because it includes statistics, which can make people think twice about what they are doing' Go to: www.exposure.org.uk/2016/11/mag-123/

Protect Our Women (POW)

A programme designed with young people to raise awareness amongst their peers about violence against women and girls.

Speak easy training

Helping parents and youth workers to talk to young people about sexual health. We run free training for parents and youth workers. A parent said of the speak easy course: 'I learnt that it is best to start talking about these issues when your children are young, but it is never too late to ensure that they don't have misconceptions learnt from social media or their peers.'

Three young people-friendly services in Haringey

Healthy Living Pharmacies

Free condoms, chlamydia and gonorrhoea testing and emergency hormonal contraception; there are now 31 pharmacies offering support – look out for the brightly coloured 'Come Correct' sign in the pharmacy window or see the website for more details.

New service for young people

From summer 2017 there will be a new young people's sexual health service in Haringey. For more information please see our website.

Safe talk nurses

Confidential sexual and reproductive health advice from specially trained nurses working in schools and youth settings. Email: whh-tr.SafeTalkNurses@nhs.net

Answers to Quiz

- False
- True
- True
- True
- False
- True
- True
- False
- True
- False