

Sexual Health



HEALTH & WELLBEING IN YORK

Sexual health in the city of York

In 2014 a comprehensive Sexual Health needs assessment was completed: (https://www.york.gov.uk/info/20144/public_health_campaigns/987/sexual_health).

This highlighted that city of York residents experience good sexual health compared to many other areas. However there are a number of key local issues and challenges that the needs assessment highlighted for the city of York:

- There are higher rates of genital herpes than the England average
- In York, Chlamydia is the most commonly diagnosed sexually transmitted infection (STI) in the local population followed by genital warts
- Gonorrhoea is found mainly in the male population
- Under 18 conception rates have fallen steadily.



Summary

Local data:

- The teenage conception rate in York is maintaining a downward trend and is below both the England and regional (Yorkshire and Humber) rate
- Since 1998 we have seen an overall reduction in the rate of teenage conceptions by 41.6%
- However 39.1% of teenage conceptions still end in termination
- In York in 2014 there were 1,536 Chlamydia infections detected per 100,000 young people aged 15-24 years. The current national target is a detection rate of 2,300 per 100,000
- Diagnosed HIV prevalence per 1,000 population aged between 15 and 59 was 0.7 in York compared to the England average of 2.1.

Provision of Specialist Sexual Health services in the city of York

In April 2013 public health responsibility transferred from the NHS Primary Care Trusts to local authorities. Part of this transfer in York included the commissioning of comprehensive sexual health services which include HIV prevention, sexual health promotion and open access genitourinary medicine and contraceptive services for all age groups.

Between April 2013 and January 2015 a comprehensive re-procurement process took place which involved an extensive engagement and consultation exercises. This resulted in the development of a new 'Integrated Sexual Health Service model' for the city of York.

York Teaching Hospitals NHS Foundation Trust won the contract and on 1 July 2015 the new integrated service opened. For more information regarding this service go to: <https://www.yorsexualhealth.org.uk>

The three key elements of this service are:

- **Specialist Sexual Health Service** – which provides a confidential; open access sexual health advice and contraception services including testing and treatment for sexual transmitted infection (STI). This service includes Chlamydia testing, a sexual health counselling service, condom distribution, sexual health information, outreach for vulnerable young people, training, clinical leadership and responding to sexual health outbreaks and incidents.
- **Community Outreach Sexual Health Service for Most at Risk populations** – which targets interventions at groups at high risk of exposure to human immunodeficiency virus (HIV) and other STIs. The most at risk groups include men who have sex with men (MSM), black African communities, people misusing drugs and sex workers. Other vulnerable groups are lesbian, gay, transgender and questioning (LGBTQ) adults and young people.
- **Support Service for People Living with HIV (PLWH)** – which supports PLWH to develop an understanding of how their condition affects their lives and how to cope with the issues and symptoms it presents. The service supports individuals to develop effective self-management techniques which allow individuals to improve their health related behaviours and outcomes. This service also supports people in preventing onward transmission and increase the quality of life for those diagnosed with HIV, their partners and families.



Services available in York

Sexual health clinics are available across York as follows:

- Monkgate Health Centre
- Wenlock Terrace Surgery
- University of York
- Acomb Front Street Surgery
- York College
- Askham Bryan College.

For more information on clinics and virtual clinics available across York go to: <https://www.yorsexualhealth.org.uk/clinics-and-services> There is a central booking line (01904 721111) which is open 9am until 5pm Monday to Thursday and 9am to 4pm on Fridays.

29 Castlegate offers free and confidential information, support, advice and counselling to young adults aged 16 to 25 who live in the city of York. This includes some sexual health services:

- free condoms
- pregnancy tests
- chlamydia screening
- support and information.

For more information visit <http://29castlegate.org>



Free and confidential services
across North Yorkshire and York

The Public Health Outcomes framework (2012) contains three specific indicators for sexual health:

- Under 18 conceptions
- Chlamydia diagnoses in the 15-24 age range
- Late diagnoses of HIV.

Under 18 Conceptions

Some young people are more at risk of having an unwanted pregnancy or becoming a young father than others. These include young people who are looked after or care leavers, those with conduct disorders or mental health problems and young people who have experienced sexual abuse or sexual exploitation. (Hadley 2015)

Inequalities in Under 18 Conceptions

Children of teenage parents and their children are at risk of experiencing a range of negative outcomes.

- Around three quarters of teenage pregnancies are unplanned and half end in abortion
- 15 per cent of all NEETS (Not in Education, Employment or Training) are teenage mothers or pregnant mothers
- A fifth of teenage mothers are more likely to have no qualifications by the age of 30
- They are also 22% more likely to be living in poverty

- The rate of postnatal depression is three times higher among teenage mothers
- Children of teenage mothers have a 63% increased risk of being born into poverty and are more likely to have accidents requiring admission to the Emergency Department and be admitted to and behavioural problems
- The infant mortality rate for babies born to teenage mothers is 60% higher than those born to older mothers
- They are three times more likely to smoke throughout their pregnancy and 50% less likely to breastfeed compared to other mothers (LGA 2013).



For more information on pregnancy testing go to: <https://www.yorsexualhealth.org.uk/contraception-and-pregnancy/pregnancy-and-getting-tested>

Chlamydia Diagnoses in 15-24 age range

Chlamydia is caused by the bacterium *Chlamydia trachomatis* and is the most common bacterial sexually transmitted infection in England. It is most prevalent among sexually active young people. Infection is mostly asymptomatic and if untreated, can lead to complications including pelvic inflammatory disease, ectopic pregnancy and infertility.

Inequalities in Chlamydia Diagnoses

The National Chlamydia Screening Programme was set up by the Department of Health in 2003 to reduce the prevalence of Chlamydia infection in the UK. The programme is delivered at a local level in York by YorSexualHealth. The Chlamydia screening programme is aimed at sexually active young people between the ages 15-25 and offers opportunistic screening, diagnosis and treatment. The programme also offers partner notification because it is important if you have a positive diagnosis, that your partner and/or anyone you have had unprotected sex with is also tested and treated.

In order to make Chlamydia testing more accessible and acceptable to young people, testing kits are available from a variety of outlets including postal kits from Yorsexualhealth through a request via email, GP surgeries, pharmacies, some schools, colleges and youth settings. For more information about Chlamydia and other sexually transmitted infections visit: <https://www.yorsexualhealth.org.uk/sexually-transmitted-infections-stis/chlamydia>

HIV

The human immunodeficiency virus (HIV) causes acquired immunodeficiency syndrome (AIDS) which is a condition in humans which causes progressive failure of the immune system and allows life-threatening opportunistic infections and cancers to thrive. Infection with HIV occurs via the transfer of bodily fluids including semen, blood and breast milk. HIV treatment has transformed HIV from a fatal condition to a long term condition. People diagnosed at a late stage of progression of the infection have a ten times greater risk of death within one year than those diagnosed early. Early diagnosis also facilitates risk reduction and prompt treatment (if appropriate) reduces infectivity.

Although only small diagnoses are made each year in Yorkshire and the Humber, 37.5% were classified as late diagnoses.

Inequalities in HIV

The demographic profile of people diagnosed with HIV is changing. There is an increase in new diagnoses within the white ethnic group, particularly among men who have sex with men. Diagnosed HIV prevalence per 1,000 aged between 15 and 59 was 0.7 in York compared to the England average of 2.1. For more information on HIV services in York go to: <https://www.yorsexualhealth.org.uk/sexually-transmitted-infections-stis/hiv>

Identification, early intervention and prevention

To protect yourself and your sexual partners from unwanted pregnancy and sexually transmitted infections (STIs) you should practice safer sex. Safer sex is using a reliable method of contraception protects you against unwanted pregnancy. Using a barrier method (e.g. a condom) gives protection against STIs. There are a wide variety of contraception methods and it is important that you find the right one for you. For more information visit: <https://www.yorsexualhealth.org.uk/contraception-and-pregnancy/contraception-choices>

If you have put yourself at risk of being pregnant or contracting a sexually transmitted infection you should seek specialist sexual health advice as soon as possible. Seeking help early increases the options you have regarding your pregnancy and reduces the risk of passing on an STI. Remember many STIs have no symptoms but may cause long term health and fertility problems.

<https://www.yorsexualhealth.org.uk/sexually-transmitted-infections-stis>

