

County Durham Sexual Health Strategy

Helen Riddell

Lucy Wilkins

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Better for everyone



Background and Context

- Sexual and Reproductive Health is a fundamental public health issue
- Local authorities have a mandated responsibility to provide open access services to meet the needs of their populations
- Having a Sexual Health Strategy supports DCC's legal duty
- Aims to reduce health inequalities for County Durham residents
- Carried out a 6-week public consultation
- Focus groups with key stakeholders
- Workshops with targeted and vulnerable groups
- Range of questionnaires to target audiences



Priority Area 1: RSHE across the lifecourse

- Support the delivery of Relationship Education in primary schools.
- Support the delivery of Relationship, Sex and Health Education in secondary schools.
- Targeted support to identified vulnerable communities.
- Support for parents and carers to have age-appropriate conversations with children and young people about healthy relationships and sexual health



Priority Area 2: Teenage Conceptions, Pregnancy and Support for Young Parents

- Deliver a range of sexual health promotion and health promotion campaigns targeting young people and vulnerable groups.
- Provide interventions for young parents that help prevent repeat unplanned pregnancies.
- Support young parents back into education, employment and/or training.



Priority Area 3: Contraception

- Understand the decline in the use of Long Acting Reversible Contraception (LARC) and aim to improve the take up by women across the system including primary care.
- Further develop County Durham's condom distribution scheme.
- Support Community Pharmacies with the delivery of enhanced contraception services in line with other local and national services.
- Develop a workforce that has the knowledge and skills to deliver the right support/services at the right time.
- Work collaboratively with maternity services and wider partners to further develop a postnatal contraception pathway.



Priority Area 4: Sexually Transmitted Infections and HIV

- Introduce a Sexual Health Oversight Group to tackle emerging issues and promote prevention interventions.
- Reduce the stigma associated with HIV and STI's through awareness raising campaigns and education programmes.
- Improve the uptake of HIV prevention programmes.
- Continue to support Community Pharmacies to deliver contraception services and support.
- Increase the opportunity to access screening in community-based settings.
- Deliver an effective National Chlamydia Screening Programme across County Durham.



Priority Area 5: Reproductive Health

- Reduce the rate of repeat termination of pregnancies.
- Reduce the rate of smoking at time of delivery.
- Increase the access to and uptake of the HPV vaccination programme.
- Increase the inclusive support to adults including healthy relationships, contraception, menopause, and sexual dysfunction.



Next Steps

- Develop a multi-agency implementation plan
- Continue to utilise the Approach to Wellbeing
- Regularly review progress
- Report annually

