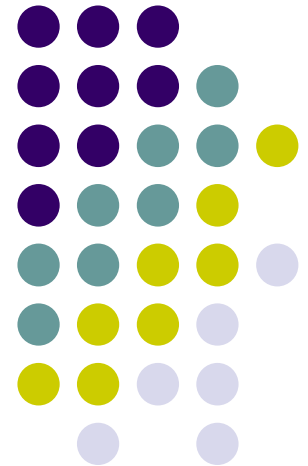


# Reproductive Health

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2023



# Objectives / Learning outcomes

- To define reproductive health and challenges
- To describe the global initiatives
- To define the WHO indicators for global monitoring of RH
- To describe the achievements

# Introduction

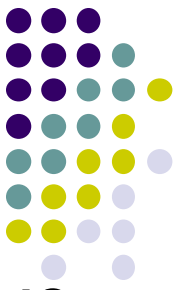
- Good sexual and reproductive health is a state of complete physical, mental and social wellbeing in all matters relating to sexuality and the reproductive system.
- All individuals have a right to make decisions governing their body and to access services that support that right

# Definition

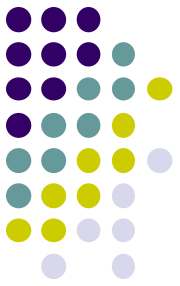


- RH is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity, in all matters relating to the reproductive system and to its functions and processes
- RH therefore implies that people are able to have a satisfying and safe sex life and they have the capability to reproduce and the freedom to decide if when and how to do so.

# Cont



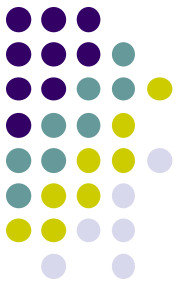
- A comprehensive definition is proposed to cover sexual health, sexual rights, reproductive health and reproductive rights needs of all individuals
- To address issues such as violence, stigma and respect for bodily autonomy, which profoundly affect individuals' psychological, emotional and social well-being
- To address neglected groups in the society



# Cross cutting principles

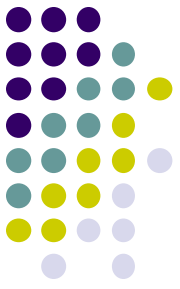
- **Equity to access-** (socioeconomic status, geographic location, ethnicity, education or gender)
- **Quality of care** (safe, effective, timely, efficient, integrated, equitable and people-centred manner, based on care standards and treatment guidelines, perceptions of care, affordability and acceptability)
- **Accountability** (Transparency at all levels of health care)

# Reproductive Health



- A new concept introduced in 1994
- Initiated in Cairo at the International Conference on Population & development (ICPD) conference with participation of 179 countries including Sri Lanka
- Emphasized linkages between Health, Population and development
- Highlighted the importance of health care from birth to death

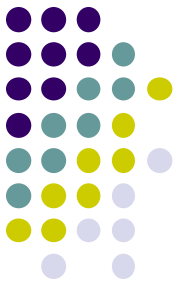
# RH ( cont)



- Both men and women to be informed
- Have access to safe, effective, affordable and acceptable methods of fertility regulation of their choice
- Right to access to appropriate health care services
- Enable women to go safely through pregnancy and child birth

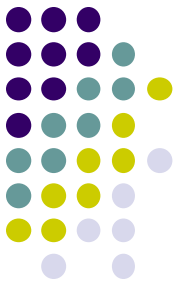


# Components of Reproductive Health



- Family Planning
- Infertility
- Issues related to incidence of abortion
- Maternal care
- Infant and child survival
- Responsible sexual and reproductive behaviour
- Adolescent health

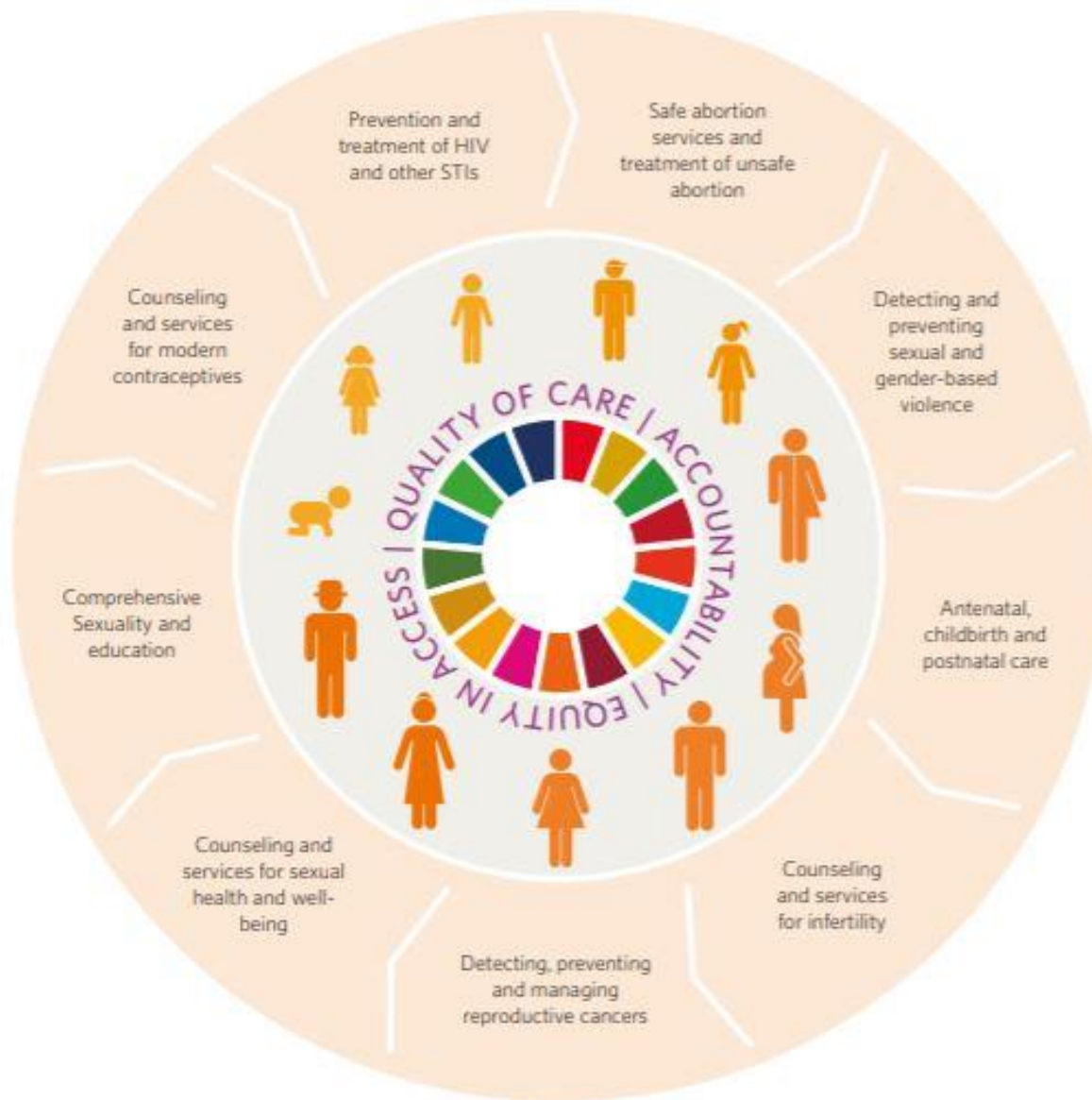
# Components of Reproductive Health – ctd.



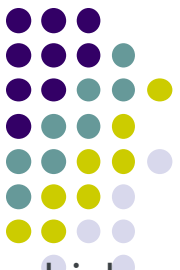
- Gender equity and gender sensitivity
- Reproductive tract infections
- STD including HIV/AIDS
- Cancers of the female reproductive system
- Menopausal problems



**Figure 1. A comprehensive definition of sexual and reproductive health and rights**



# Adolescent pregnancy



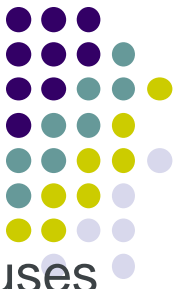
- As of 2019, adolescents aged 15–19 years in low- and middle-income countries (LMICs) had an estimated 21 million pregnancies each year, of which approximately 50% were unintended and which resulted in an estimated 12 million births
- Based on 2019 data, 55% of unintended pregnancies among adolescent girls aged 15–19 years end in abortions, which are often unsafe in LMICs .
- Adolescent mothers (aged 10–19 years) face higher risks of eclampsia, puerperal endometritis and systemic infections than women aged 20–24 years, and babies of adolescent mothers face higher risks of low birth weight, preterm birth and severe neonatal condition.
- Preventing pregnancy among adolescents and pregnancy-related mortality and morbidity are foundational to achieving positive health outcomes across the life course and imperative for achieving the Sustainable Development Goals (SDGs) related to maternal and newborn health.

# Abortion



- Abortion is a common health intervention. It is safe when carried out using a method recommended by WHO, appropriate to the pregnancy duration and by someone with the necessary skills.
- Six out of 10 of all unintended pregnancies end in an induced abortion.
- Around 45% of all abortions are unsafe, of which 97% take place in developing countries.
- Unsafe abortion is a leading – but preventable – cause of maternal deaths and morbidities. It can lead to physical and mental health complications and social and financial burdens for women, communities and health systems.
- Lack of access to safe, timely, affordable and respectful abortion care is a critical public health and human rights issue.

# Maternal mortality



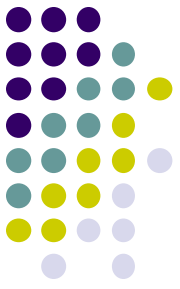
- Every day in 2020, almost 800 women died from preventable causes related to pregnancy and childbirth.
- A maternal death occurred almost every two minutes in 2020.
- Between 2000 and 2020, the maternal mortality ratio (MMR, number of maternal deaths per 100 000 live births) dropped by about 34% worldwide.
- Almost 95% of all maternal deaths occurred in low and lower middle-income countries in 2020.
- Care by skilled health professionals before, during and after childbirth can save the lives of women and newborns.

# STI



- More than 1 million sexually transmitted infections (STIs) are acquired every day worldwide, the majority of which are asymptomatic.
- Each year there are an estimated 374 million new infections with 1 of 4 curable STIs: chlamydia, gonorrhoea, syphilis and trichomoniasis.
- More than 500 million people 15–49 years are estimated to have a genital infection with herpes simplex virus (HSV or herpes)
- Human papillomavirus (HPV) infection is associated with over 311 000 cervical cancer deaths each year
- Almost 1 million pregnant women were estimated to be infected with syphilis in 2016, resulting in over 350 000 adverse birth outcomes (3).
- STIs have a direct impact on sexual and reproductive health through stigmatization, infertility, cancers and pregnancy complications and can increase the risk of HIV.
- Drug resistance is a major threat to reducing the burden of STIs worldwide

# Family planning



- Among the 1.9 billion Women of Reproductive Age group (15-49 years) worldwide in 2019, 1.1 billion have a need for family planning; of these, 842 million are using contraceptive methods, and 270 million have an unmet need for contraception
- The proportion of the need for family planning satisfied by modern methods, Sustainable Development Goals (SDG) indicator 3.7.1, has stagnated globally at around 77% from 2015 to 2020 but increased from 55% to 58% in the Africa region
- Only one contraceptive method, condoms, can prevent both a pregnancy and the transmission of sexually transmitted infections, including HIV.
- Use of contraception advances the human right of people to determine the number and spacing of their children.



# HIV/ AIDS



- HIV remains a major global public health issue, having claimed 40.4 million [32.9–51.3 million] lives so far with ongoing transmission in all countries globally; with some countries reporting increasing trends in new infections when previously on the decline.
- There were an estimated 39.0 million [33.1–45.7 million] people living with HIV at the end of 2022, two thirds of whom (25.6 million) are in the WHO African Region.
- In 2022, 630 000 [480 000–880 000] people died from HIV-related causes and 1.3 million [1.0–1.7 million] people acquired HIV.
- There is no cure for HIV infection. However, with access to effective HIV prevention, diagnosis, treatment and care, including for opportunistic infections, HIV infection has become a manageable chronic health condition, enabling people living with HIV to lead long and healthy lives.
- WHO, the Global Fund and UNAIDS all have global HIV strategies that are aligned with the SDG target 3.3 of ending the HIV epidemic by 2030.

# Cervical cancer



- Cervical cancer is the fourth most common cancer among women globally, with an estimated 604 000 new cases and 342 000 deaths in 2020. About 90% of the new cases and deaths worldwide in 2020 occurred in low- and middle-income countries (1).
- Two human papillomavirus (HPV) types (16 and 18) are responsible for nearly 50% of high grade cervical pre-cancers
- HPV is mainly transmitted through sexual contact and most people are infected with HPV shortly after the onset of sexual activity. More than 90% of them clear the infection eventually.
- Women living with HIV are 6 times more likely to develop cervical cancer compared to women without HIV.
- Vaccination against HPV and screening and treatment of pre-cancer lesions is a cost-effective way to prevent cervical cancer.
- Cervical cancer can be cured if diagnosed at an early stage and treated promptly.
- Comprehensive cervical cancer control includes primary prevention (vaccination against HPV), secondary prevention (screening and treatment of pre-cancerous lesions), tertiary prevention (diagnosis and treatment of invasive cervical cancer) and palliative care.

# Responding to the challenge Global Actions



## 1) ICPD Programme of Action:

"All countries should strive to make accessible through the primary health-care systems, reproductive health to all individuals of appropriate ages as soon as possible and no later than the year 2015"

## 2) The WHO Global Reproductive Health Strategy 2010

## 3) MDG Goal 5 new target

"to achieve universal access to reproductive health by 2015 ..."

# Global RH strategy – WHO

## 5 core elements



- Improving antenatal, delivery, postpartum and newborn care
- Providing high quality services for family planning including infertility services
- Eliminating unsafe abortion
- Combating sexually transmitted infections including HIV, RTI, cervical cancer and other gynaecological morbidities
- Promoting sexual health



**Table 2: Proposed essential SRHR interventions as part of a comprehensive approach to SRHR (Starrs and others, 2018)**

- Comprehensive sexuality education (in and out of school);
- Counselling and services for a range of modern contraceptives, with a defined minimum number of types of methods;
- Antenatal, childbirth and postnatal care, including emergency obstetric and newborn care;
- Safe abortion services and treatment of the complications of unsafe abortion;
- Prevention and treatment of HIV infection and other STIs;
- Prevention of, detection of, immediate services for and referrals for cases of sexual and gender-based violence;
- Prevention, detection and management of reproductive cancers, especially cervical cancer;
- Information, counselling and services for subfertility and infertility;
- Information, counselling and services for sexual health and well-being.

# Sustainable Development Goals

- In September 2015, a summit of heads of state adopted the Sustainable Development Goals (SDGs).
- The goals will chart out a universal, holistic framework to help set the world on a path towards sustainable development
  - by addressing all three dimensions of economic development, social inclusion, and environmental sustainability
  - A set of 17 Sustainable Development Goals and 169 accompanying targets has been proposed by the Open Working Group on the SDGs.



Table 1.

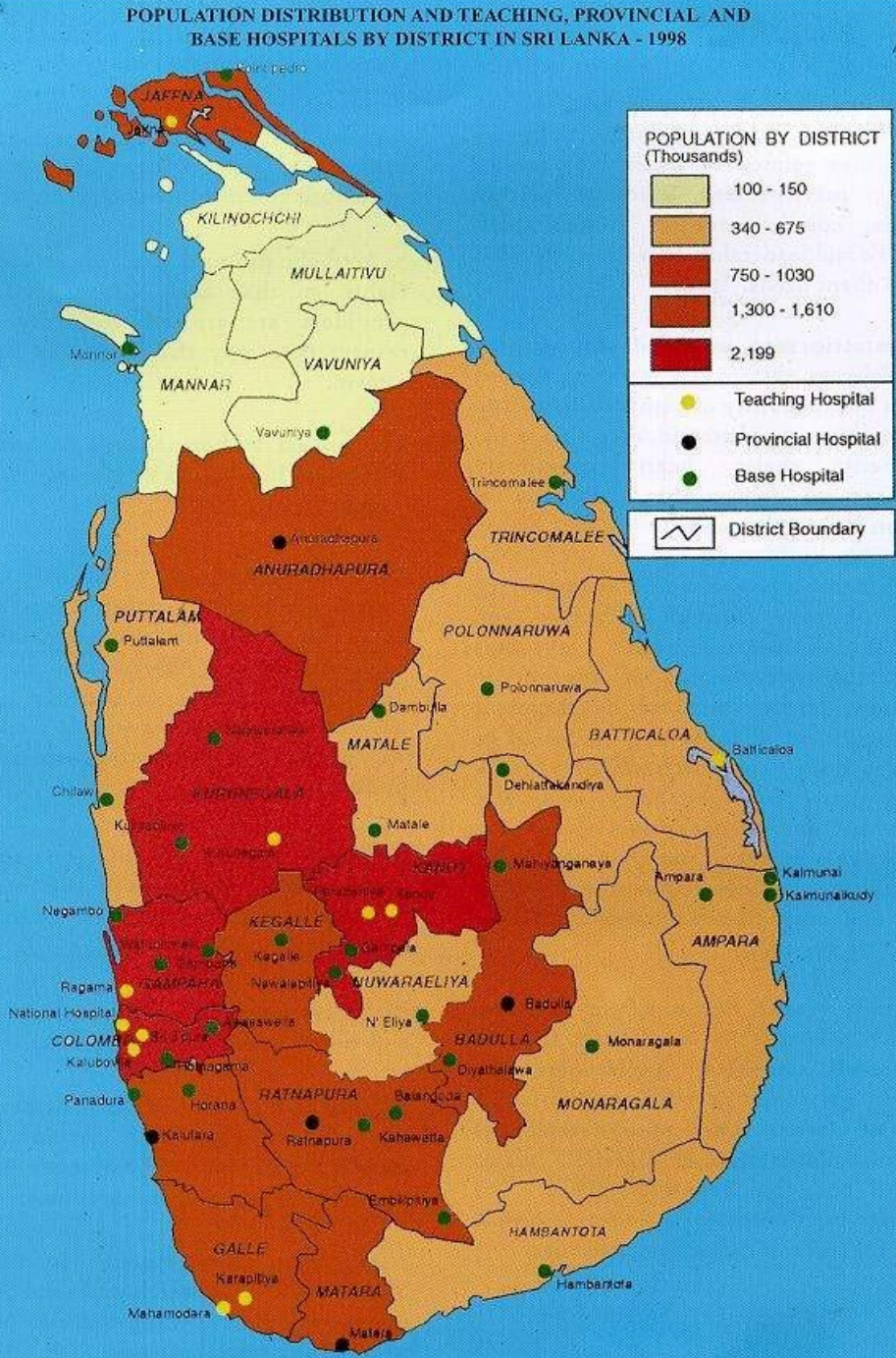
## Key SRHR and UHC targets in the SDGs

	<b>3.1</b>	By 2030, <b>reduce the global maternal mortality ratio</b> to less than 70 per 100,000 live births
	<b>3.2</b>	By 2030, <b>end preventable deaths of newborns and children under 5 years of age</b> , with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births
	<b>3.3</b>	By 2030, <b>end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases</b>
	<b>3.7</b>	By 2030, <b>ensure universal access to sexual and reproductive health-care services</b> , including for family planning, information and education, and the integration of reproductive health into national strategies and programmes
	<b>3.8</b>	<b>Achieve universal health coverage</b> , including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all
	<b>5.2</b>	<b>Eliminate all forms of violence against all women and girls</b> in the public and private spheres, including trafficking and sexual and other types of exploitation
	<b>5.3</b>	<b>Eliminate all harmful practices</b> , such as child, early and forced marriage and female genital mutilation
	<b>5.6</b>	Ensure <b>universal access to sexual and reproductive health and reproductive rights</b> as agreed in accordance with the Programme of Action of the International Conference on Population and Development and the Beijing Platform for Action and the outcome documents of their review conferences

Unlike the MDGs, the SDGs explicitly recognize sexual and reproductive health as being essential to health, development and women's empowerment.



POPULATION DISTRIBUTION AND TEACHING, PROVINCIAL AND BASE HOSPITALS BY DISTRICT IN SRI LANKA - 1998



# SRI LANKA

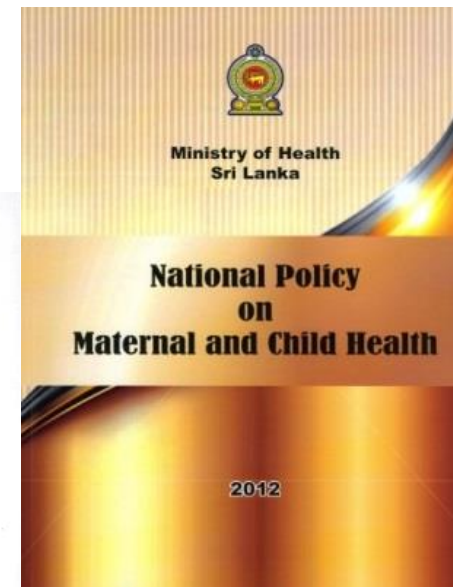
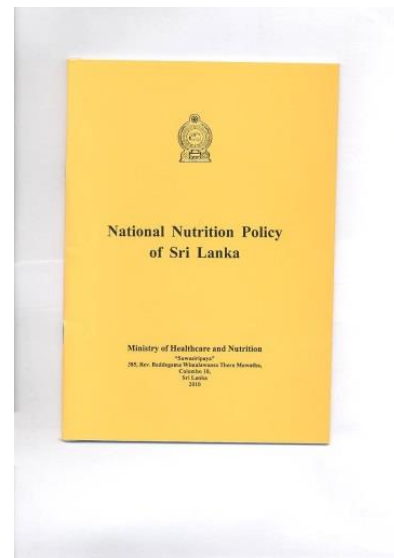
Population  
**20.27 million (2012)**



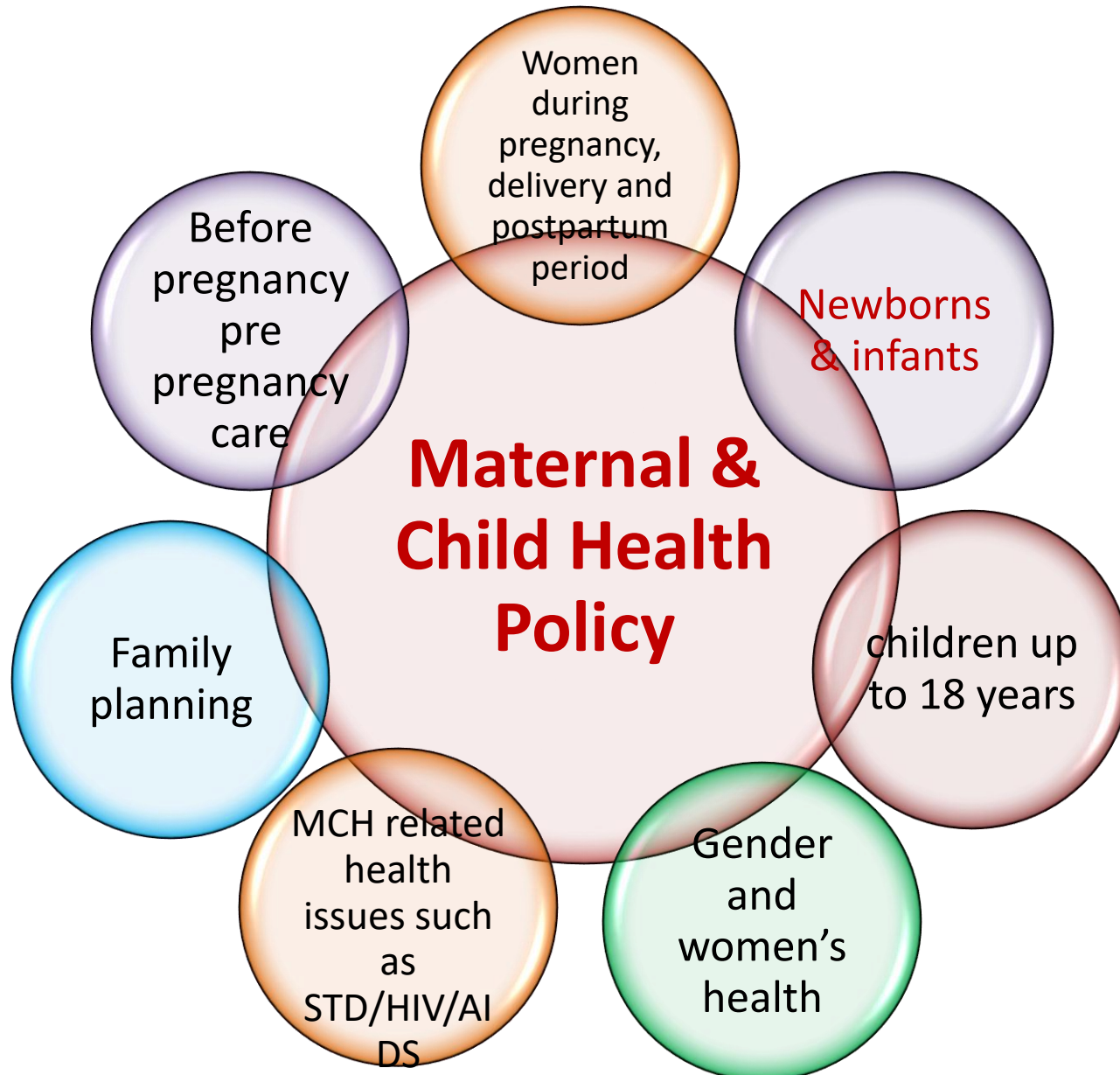
Women in the reproductive  
 age group (15-49yrs)  
**47.8%**

# Policy Directives

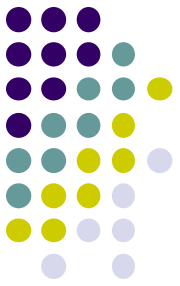
- 1977 - Population Policy
- 1992 & 1996 - National Health Policy
- 1998 – Population & Reproductive Health Policy
- 2010 - National Nutrition Policy
- 2012 – National Policy on Maternal & Child Health



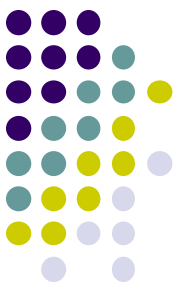
# Scope



# “ Lifespan approach “ to RH



- Birth
- Early childhood
- Adolescent
- Reproductive years and beyond



0-9

## INFANCY AND CHILDHOOD

Antenatal, childbirth, and postnatal care, including emergency obstetric and newborn care

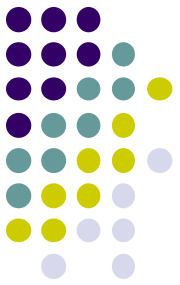
Prevention, detection, immediate services, and referrals for cases of sexual and gender-based violence

Prevention and treatment of HIV and other sexually transmitted infections

# 10-19



## ADOLESCENCE



Comprehensive sexuality education (in and out of school)

Prevention, detection, and management of reproductive cancers, especially cervical cancer

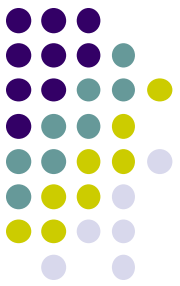
Counselling and services for a range of modern contraceptives, with a defined minimum number and types of methods

Safe abortion services and treatment of complications of unsafe abortion

Prevention, detection, immediate services, and referrals for cases of sexual and gender-based violence

Information, counselling, and services for sexual health and wellbeing

Prevention and treatment of HIV and other sexually transmitted infections



# 15-49

## REPRODUCTIVE AGE AND ADULTHOOD

Prevention, detection, and management of reproductive cancers, especially cervical cancer

Counselling and services for a range of modern contraceptives, with a defined minimum number and types of methods

Safe abortion services and treatment of complications of unsafe abortion

Information, counselling, and services for subfertility and infertility

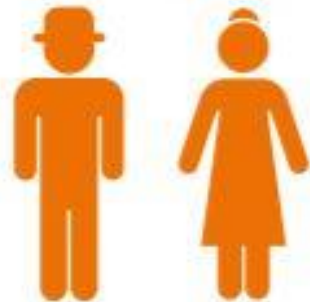
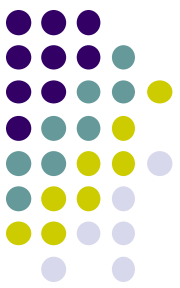
Prevention, detection, immediate services, and referrals for cases of sexual and gender-based violence

Information, counselling, and services for sexual health and wellbeing

Prevention and treatment of HIV and other sexually transmitted infections

Comprehensive sexuality education

Antenatal, Childbirth, and postnatal care



# 50 and beyond

## POST REPRODUCTIVE AGE

Prevention, detection, immediate services, and referrals for cases of sexual and gender-based violence

Information, counselling, and services for sexual health and wellbeing

Prevention and treatment of HIV and other sexually transmitted infections

Prevention, detection, and management of reproductive cancers, especially cervical cancer

Menopausal and post menopausal counseling and morbidities



# 17 WHO indicators for global monitoring



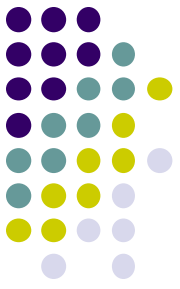
## 1. Total Fertility Rate (TFR)

- Total number of children a woman would have by the end of her reproductive period if she experienced the currently prevailing age-specific fertility rates throughout her childbearing life

## 2. Contraceptive Prevalence Rate (CPR)

- Percent of women of reproductive age (15-49) who are using (or whose partner is using) a contraceptive method at a particular point in time

# Cont



## 3. Maternal Mortality Ratio (MMR)

- Annual number of maternal deaths per 100,000 live births

## 4. Antenatal Care Coverage

- Percent of women attended at least once during pregnancy, by skilled health personnel (excluding trained or untrained traditional birth attendants), for reasons relating to pregnancy

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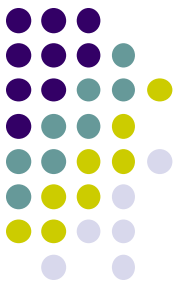
## **5. Percent of Births Attended by Skilled Health Personnel**

- Percent of births attended by skilled health personnel (excluding trained or untrained traditional birth attendants)

## **6. Availability of Basic Essential Obstetric Care**

- Number of facilities with functioning basic essential obstetric care per 500,000 population

# cont



## **7. Availability of Comprehensive Essential Obstetric Care**

- Number of facilities with functioning comprehensive essential obstetric care per 500,000 population

## **8. Perinatal Mortality Rate (PMR)**

- Number of perinatal deaths per 1,000 total births

## **9. Low Birth Weight Prevalence**

- Percent of live births that weigh less than 2,500g

# cont



## 10. Positive Syphilis Serology Prevalence in Pregnant Women

- Percent of pregnant women (15-24) attending antenatal clinics, whose blood has been screened for syphilis, with positive serology for syphilis

## 11. Prevalence of Anemia in Women

- Percent of women of reproductive age (15-49) screened for hemoglobin levels with levels 110g/l for pregnant women, and 120g/l for non-pregnant women

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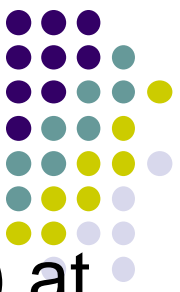
## **12. Percent of Obstetric and Gynecological Admissions Owing to Abortion**

- Percent of all cases admitted to service delivery points providing in-patient obstetric and gynecological services, which are due to abortion (spontaneous and induced, but excluding planned termination of pregnancy)

## **13. Reported Prevalence of Women with Female Genital Circumcision (FGC)**

- Percent of women interviewed in a community survey reporting having undergone FGC

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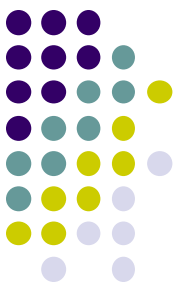


## **14. Prevalence of Infertility in Women**

- Percent of women of reproductive age (15-49) at risk of pregnancy (not pregnant, sexually active, non-contracepting, and non-lactating) who report trying for a pregnancy for two years or more

## **15. Reported Incidence of Urethritis in Men**

- Percent of men aged (15-49) interviewed in a community survey reporting episodes of urethritis in the last 12 months



## **16. HIV Prevalence among Pregnant Women**

- Percent of pregnant women (15-24) attending antenatal clinics, whose blood has been screened for HIV and who are sero-positive for HIV

## **17. Knowledge of HIV-related Prevention Practices**

- Percent of all respondents who correctly identify all three major ways of preventing the sexual transmission of HIV and who reject three major misconceptions about HIV transmission or prevention



# Achievements



- Average number of births per woman was 2.9 in 1994 and has been reduced to 2.4 in 2019
- TFR in the least developed countries decreased from 5.6 in 1994 to 3.9 in 2019
- MMR decreased from 369 per 100,000 live births in 1994 to 211 in 2017
- New HIV infections have been reduced by 40% and AIDS-related deaths by 55%
- Increased FP acceptance
- Improved testing and treatment for HIV infection and AIDS
- HPV vaccine has been introduced in over 85 countries around the world

# Unfinished agenda

AN UNFINISHED AGENDA

