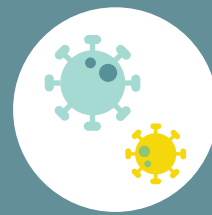


2022

Sexual and Reproductive Health Needs Assessment

Isle of Wight



Executive Summary

Introduction: Why do we need a Sexual and Reproductive Health Needs Assessment?

The World Health Organization (WHO) defines sexual health as a state of physical, emotional, mental, and social wellbeing in relation to sexuality and not just the absence of disease, dysfunction, or infirmity¹. Good sexual and reproductive health is a key Public Health priority. This joint HNA reflects the

partnership between the Hampshire and Isle of Wight Public Health Teams and our commitment to collaborate to improve sexual and reproductive health across the whole system, to ensure that our residents have access to effective, efficient, and equitable services.

Aims, Scope and Methodology: How we conducted our HNA

A health needs assessment (HNA) is a systematic method for reviewing the health issues facing a population, leading to agreed priorities and resource allocation that will improve health outcomes and reduce inequalities. The aims of this HNA are to understand the current sexual and reproductive health needs of Hampshire and Isle of Wight residents. As part of our HNA we used current quantitative data and listened to our residents to understand current lived experiences to help shape future priorities for Hampshire and Isle of Wight. This is to ensure that the sexual and reproductive health needs of Hampshire and Isle of Wight residents are included in all future commissioning, service planning and provision across

the whole system. This HNA adopts an inequalities lens to explore variation in outcomes across the Hampshire and Isle of Wight system. Health inequalities are not caused by one single issue, but a complex mix of environmental and social factors which play out in a local area, or place – this means that together we all have a critical role to play in reducing health inequalities. The role of this HNA is to inform and aid Hampshire County Council, the Isle of Wight Council and all system partners to work towards improving the sexual and reproductive health and reducing health inequalities for Hampshire and Isle of Wight residents (excluding the cities of Portsmouth and Southampton).

Findings: What are our key findings?

Key sexual health findings on the Isle of Wight

1. The STI testing rate is declining. Since 2018 the STI rate per 100,000 has decreased year on year. In 2021, the figure was 1,656.4 per 100,000, compared to 3,380.7 per 100,000 in 2018.
2. The proportion of 15 to 24-year-olds screened for Chlamydia decreased from 26.6% in 2019 to 12.3% in 2020. A further decrease happened from 2020 to 2021 to 9.3%.
3. Diagnostic rates for syphilis and gonorrhoea are low.
4. HIV prevalence and testing coverage are both low, with such low numbers of diagnoses it is difficult to interpret data on late HIV diagnoses.

Key reproductive health trends on the Isle of Wight

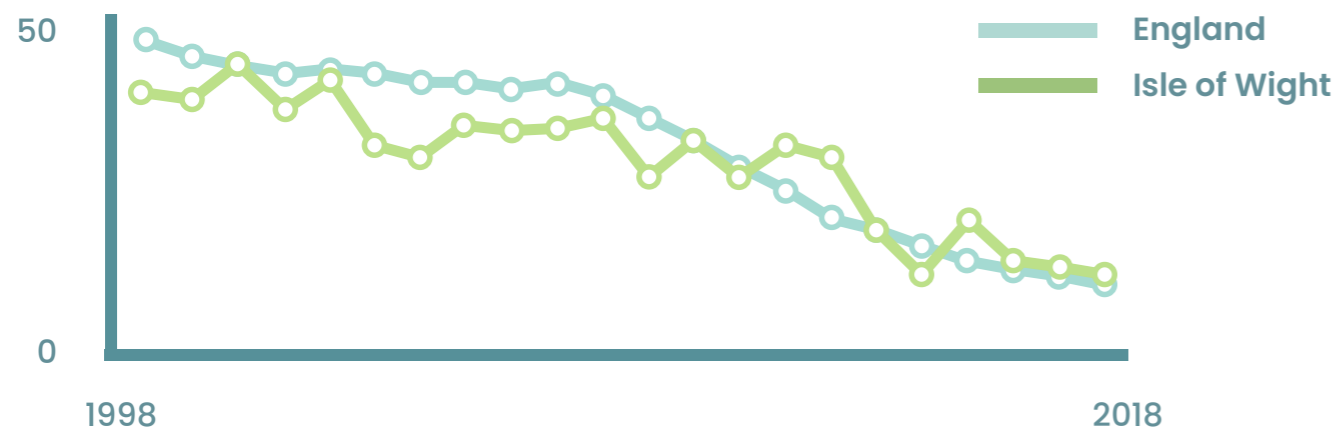
1. Prescription of Long-Acting Reversible Contraceptives (LARC) has declined over time. The total prescribed LARC (excluding injections) was 47.6 per 1,000 in 2020, compared to the highest prescribing rate of 85.9 per 1,000 in 2018.
2. The biggest changes have been observed in SRH Services, rather than GP Services. In 2019 77% of LARC prescriptions were from the GP, compared to 50.4% in 2018. Out of the women accessing SRH services (under 25 and over 25) a high percentage are choosing LARC, significantly higher than England.
3. In line with national trends, the crude birth rate for the Island has decreased since 2013. In 2020 the number of live births rate per 1,000 was 7.1 compared to 9.3 per 1,000 in 2013
4. The Isle of Wight had an under 18 conception rate of 14.3 per 1,000 in 2020, which is statistically similar to the England rate of 13.0 per 1,000. This rate relates to 29 under 18 conceptions in 2020, down from a peak of 104 in 2002.
5. The total abortion rate has increased over time. The total abortion rate was 15.5 per 1,000 in 2021 compared to 10.7 per 1,000 in 2012. The highest abortion rate can be observed in the 25-29 age group.

¹ Sexual health (who.int)

Prevention

1. Effective prevention requires a whole system life course approach. Sexual health promotion should be inclusive and promote sexual self-efficacy based on a sex positive approach. Greater understanding is needed to understand groups at increased risk of poor sexual and reproductive health on the Island.
2. RSE is most effective when the education (and wider) workforce receives evidence-based training. Hampshire and Isle of Wight children and young people tell us that they want better, more inclusive RSE.

Under 18s conception rate per 1,000 for the Isle of Wight



Access to Sexual and Reproductive Health Services

1. Equalities data is not systematically and routinely collected by all commissioned Sexual and Reproductive Health Services.
2. There is high acceptability of online sexual and reproductive health services for Isle of Wight residents. There is high acceptability of online sexual and reproductive health services. However, there may be people at higher risk of poor sexual and reproductive health that are digitally excluded, therefore a range of service models are needed to ensure equitable access.
3. The quantitative data used in this Health Needs Assessment reflects the demand on sexual and reproductive health services, however it does not reflect unmet need for Hampshire and Isle of Wight residents.
4. COVID-19 disrupted access to contraceptive services.

Isle of Wight Voices

1. Isle of Wight residents tell us that they want services that that are designed around their lives. Walk in clinics, evening and weekend openings are what people want from sexual and reproductive health services.
2. We have an engaged wider workforce in Hampshire and Isle of Wight who all contribute to supporting our residents to improve sexual and reproductive health outcomes. However, there is a need to ensure that our workforce is supported to gain knowledge and skills and to come together as a network to share good practice. There is also a need for training around LGBTQ+ Sexual and Reproductive Health
3. Stigma perceived or enacted, affects access to sexual and reproductive health services for some LGBTQ+ people and for some young parents.

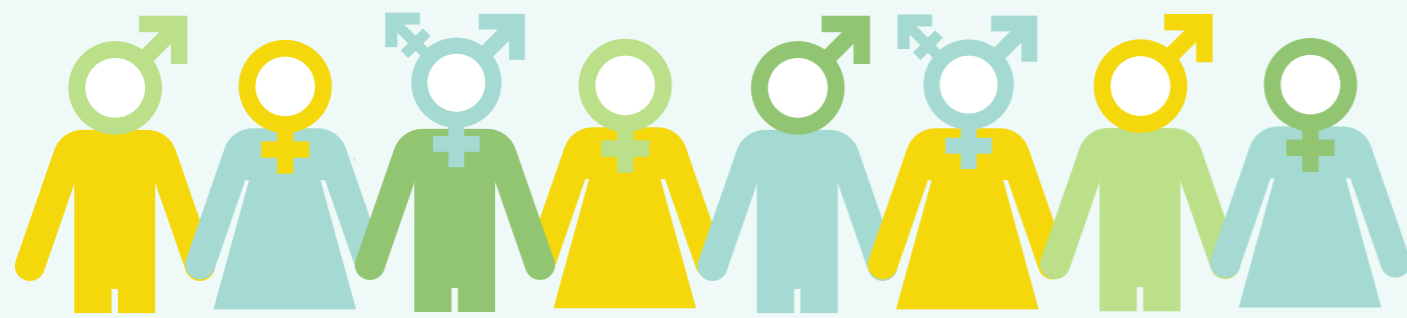
Effective prevention requires a whole system life course approach



The wider workforce want supporting to gain knowledge and skills with **LGBTQ+** sexual and reproductive health **inclusive training**

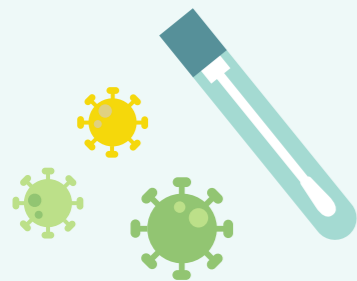
Relationships and Sex education (RSE)

is most effective when the wider workforce received evidence-based training. Hampshire and Isle of Wight children and young people tell us they want **better, more inclusive RSE.**



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New STIs were diagnosed in residents of the Isle of Wight in 2021



More men than women are diagnosed with a new STI in the Isle of Wight (55.5% men)

46.4%

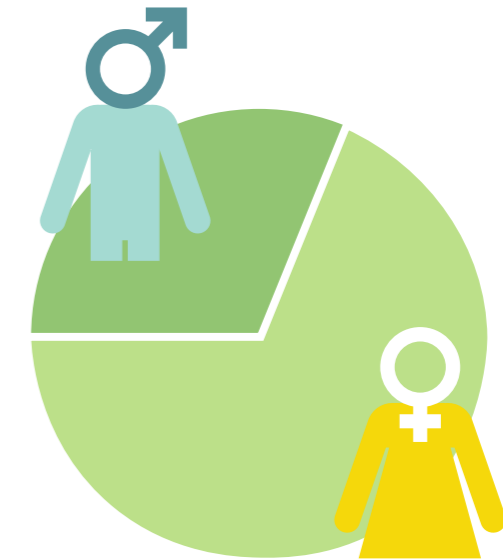
of diagnoses of new STIs in Isle of Wight residents were in young people **aged 15 to 24** compared to 45.7% in England



A high percentage (58.3%) of women accessing sexual and reproductive health services are choosing a **Long Acting Reversible Contraceptive (LARC)**, this is significantly higher than England

Of Isle of Wight residents attending the Sexual Health Service and using online service,

69% were recorded as female



The rates of **under 18 conceptions** are decreasing although are not significantly different to England

The total **abortion rate has slowly increased** over time, with highest rate observed in the **25-29** age group.



Sexual and Reproductive Health Needs Assessment

Recommendations

Achieving good sexual and reproductive health for all our residents is complex and requires a whole system approach. This SHNA has shown that there are variations in need for services and interventions for different individuals, groups, and communities across the life course. These recommendations

reflect our commitment to work together across the whole system, to ensure that our residents have access to effective, efficient, and equitable services to improve outcomes and reduce inequalities to support good sexual and reproductive health for all Hampshire and Isle of Wight residents.



Recommendations for the Isle of Wight

Theme: Working together

Work collaboratively as a Sexual and Reproductive Health system to ensure our services meet needs to improve population outcomes. Share data, intelligence, and insight with system partners.

Rationale: We need to design, plan, monitor and evaluate services and population outcomes together. We need to ensure that equalities data is systematically and routinely collected by all commissioned Sexual and Reproductive Health Services.

Outcome: Improve sexual and health outcomes for Hampshire and Isle of Wight residents by using a Population Health Management (PHM) approach to understand demand and unmet need.

Establish a single Sexual and Reproductive Health Network across Hampshire and Isle of Wight to bring together all partners as a whole system.

Rationale: A whole system approach is required to work strategically together to improve sexual and reproductive health for our populations.

Outcome: Improve system working to prioritise prevention to improve sexual and reproduce health.

Work as a system to support and promote Sexual and Reproductive Health Workforce Training.

Rationale: A confident and trained workforce can support prevention at different levels with the system. Support our wider workforce to access evidence-based sexual and reproductive health training as appropriate.

Outcome: Improved training for the wider Public Health workforce to embed preventative practice to



Theme: Prioritising Prevention

Whole system approach to Sexual Health promotion to prioritise prevention.

Rationale: A Hampshire and Isle of Wight approach to Sexual Health Promotion to ensure that campaigns and interventions meet the unique needs of groups at higher risk and our communities.

Ensure that the Sexual Health Promotion service uses data and intelligence to focus interventions in areas of need and with higher risk groups.

Promote a sex and identity positive approach and sexual self-efficacy for all.

Outcome: Improve health literacy to ensure good sexual and reproductive health.

Improve uptake of STI testing.

Reduce stigma and improve sexual self-efficacy.

Work towards zero HIV transmission by adopting a whole Sexual and Reproductive Health system approach to improve access to community HIV testing and HIV PrEP for higher risk groups and communities.

Rationale: Hampshire has high rates of late HIV diagnosis, with variation between districts.

Isle of Wight has low numbers of late diagnosis but also has low HIV testing coverage.

Working with communities can reduce stigma and increase knowledge of HIV prevention.

Outcome: Increase HIV testing coverage and PrEP uptake to reduce rates of late HIV diagnosis in Hampshire and Isle of Wight.



Work together to ensure that Hampshire and Isle of Wight young people have access to effective, age appropriate, evidence-based Relationship and Sex Education.

Rationale: All young people can make informed and responsible decisions, understand issues around consent, healthy relationships, and are aware of how to look after their

sexual and reproductive health throughout their life course. RSE is most effective when the education staff (and wider) workforce receive evidence-based training and when home and school are involved.

Outcome: Reduce rate of under 18 conceptions and STI new diagnosis in young people.

Theme: Improving Access to Services and Reducing Health Inequalities

Improve community access to LARC.

Rationale: Women require contraceptive care designed around their needs and our residents have told us that access in the community and with their GP is important. We need to work with partners towards a Women's Health Hub Model to ensure services meet the needs of Hampshire and Isle of Wight women.

Focus on increasing LARC prescribed activity in Hampshire districts with lower activity than Hampshire average.

Outcome: Improve uptake of LARC and reduce unplanned pregnancies.

Improve access to STI testing for groups at higher risk of poor sexual health.

Rationale: Improving uptake and increasing the frequency of STI testing for Hampshire and Isle of Wight residents. Ensure a range of STI testing options based on local need including online self-sampling, in-person attendance at specialist clinics or community pharmacies, primary care and outreach services.

Improve uptake of STI testing for men by ensuring effective sexual health promotion to address knowledge and barriers to testing.

Outcome: Reduce STIs.

Ensure that the Chlamydia Screening Programme promotes the benefits of regular testing and improves accessibility for testing for young people.

Rationale: Improving the uptake of Chlamydia Screening for Hampshire and Isle of Wight young people to reduce the health harm caused by untreated chlamydia infection.

Outcome: Improve the Chlamydia Diagnostic Rate and proportion screened to reduce diagnoses and reinfections in under 25s.



Theme: Improving Access to Services and Reducing Health Inequalities

Ensure that the commissioned Sexual Health Service specialist clinic models (ROSE, SHIELD, TULIP and Xtra) are inclusive and continue to meet the needs of these groups.

Rationale: The Integrated Sexual Health Service provider to undertake this review to understand barriers, to reduce the stigma associated with accessing sexual and reproductive health services.

Ensuring a person-centred approach to improve health and wellbeing, reduce stigma, empower people, to increase their uptake of sexual and reproductive health services.

Outcome: Improve access to sexual and reproductive health services for marginalised and higher risk groups to reduce health inequalities.

Ensure that all services supporting Sexual and Reproductive Health are inclusive and meet the needs of Inclusion Health Groups and those at higher risk of poorer outcomes.

Rationale: Ensuring that no one is left behind in Hampshire and Isle of Wight. Our sexual and reproductive health services will meet the needs of all our residents.

Outcome: Reduce health inequalities and improve sexual and reproductive health for Hampshire and Isle of Wight residents.

Work with system partners to ensure that the Psychosexual Counselling Service meets both the sexual health and non-sexual health needs of Hampshire and Isle of Wight Residents.

Rationale: Improving access to Psychosexual Counselling to ensure equity to meet the needs of Hampshire and Isle of Wight residents.

Outcome: Improve sexual health and wellbeing and sexual self-efficacy.

Ensuring access to contraception is included when planning for and responding to situations in which access to services may be lost or disrupted for longer periods of time.

Rationale: COVID-19 disrupted access to contraceptive services.

Outcome: Improve system resilience to ensure access to contraception to reduce unplanned pregnancies.

Theme: Isle of Wight Voices

Ensure that all partners in the system continue to listen to and coproduce with our residents to meet community needs to improve sexual and reproductive health outcomes for all.

Rationale: Improving outcomes by ensuring that our local communities, community and

voluntary sector organisations and commissioned services work together to plan, design, develop, deliver and evaluate our sexual and reproductive health services.

Outcome: Improved sexual and reproductive health services to meet the needs of our communities.



