

A Sexual Health Approach to Addressing STI Prevention and Care

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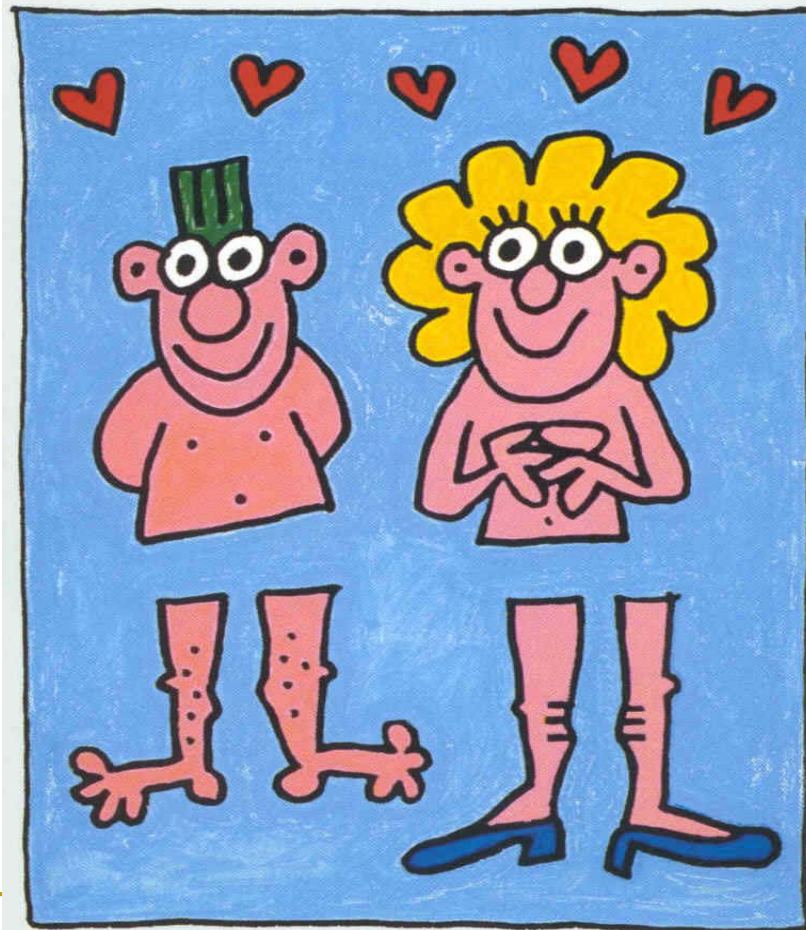
**Program in
Human Sexuality**

UNIVERSITY OF MINNESOTA

Meeting the Challenge: A Public Health Imperative

- 20 million STI infections/year
 - Economic burden – 16 Billion including HIV
 - Enormous health disparities
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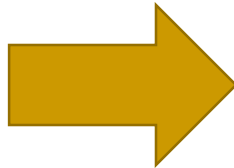
De-sexualized STI Prevention



SAFE-SEX

Needed Paradigm Shift

Morbidity and a
stigmatizing, fear
based-approach



Integrated sexual
health promotion
approach

Satcher, D., Hook III, E.W., & **Coleman, E.** (2015). Sexual health in America: A framework for improving patient care and public health. *Journal of the American Medical Association*, 314(8), 765-766.
doi:0.1001/jama.2015.6831

Ford, J., Ivankovich, M. B., Douglas, J., Elders, J., Satcher, D., Barclay, L., Hook III, E. W., & **Coleman, E.** (2017). The need to promote sexual health in America: A new vision for public health action. *Sexually Transmitted Diseases*, 44(10), 579-585. doi:10.1097/OLQ.0000000000000660

What is Sexual Health?



Education and Treatment in Human Sexuality: the Training of Health Professionals

Report of a WHO Meeting

Technical Report Series
572



World Health Organization, Geneva 1975

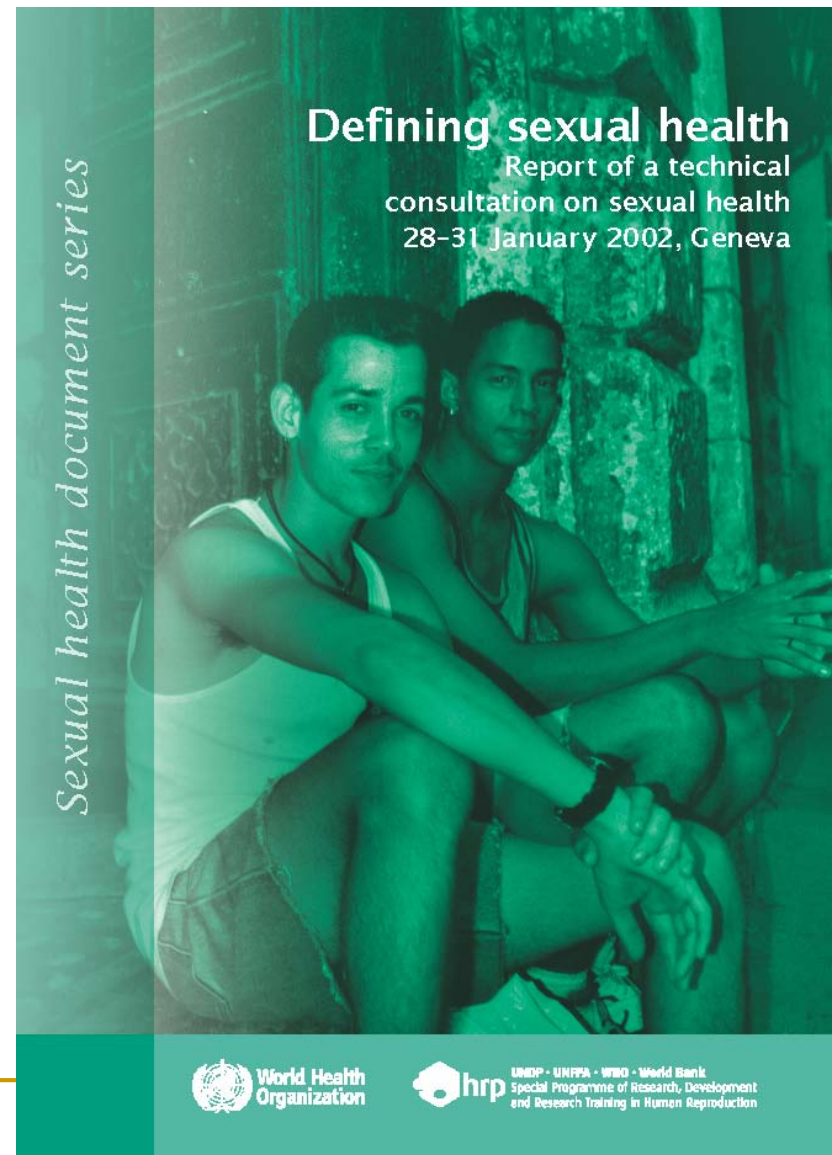
Sexual Health

Sexual health is the **integration** of the somatic, emotional, intellectual and social aspects of sexual being, in ways that are **positively enriching** and that enhance personality, communication and **love**.

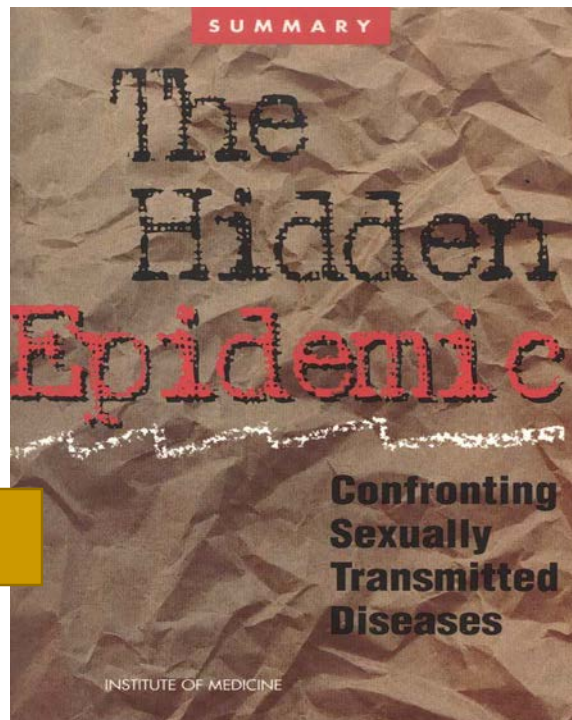
Fundamental to this concept are the
right to sexual information and the
right to pleasure.

WHO Definition (2002; 2006)

- ❑ state of physical, emotional, mental, and social well-being related to sexuality
- ❑ not merely absence of disease, dysfunction, or infirmity.
- ❑ requires a **positive and respectful approach to sexual relationships**, as well as **possibility of having pleasurable & safe sexual experiences**, free of coercion, discrimination, and violence.
- ❑ For sexual health to be attained and maintained, the **sexual rights of all persons must be respected, protected, and fulfilled.**

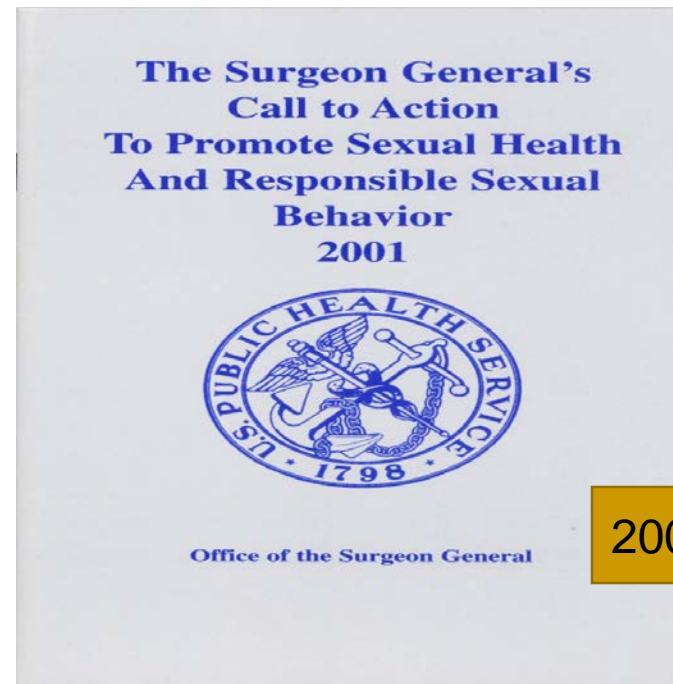


Impact of Sexual Health on Public Health



1997

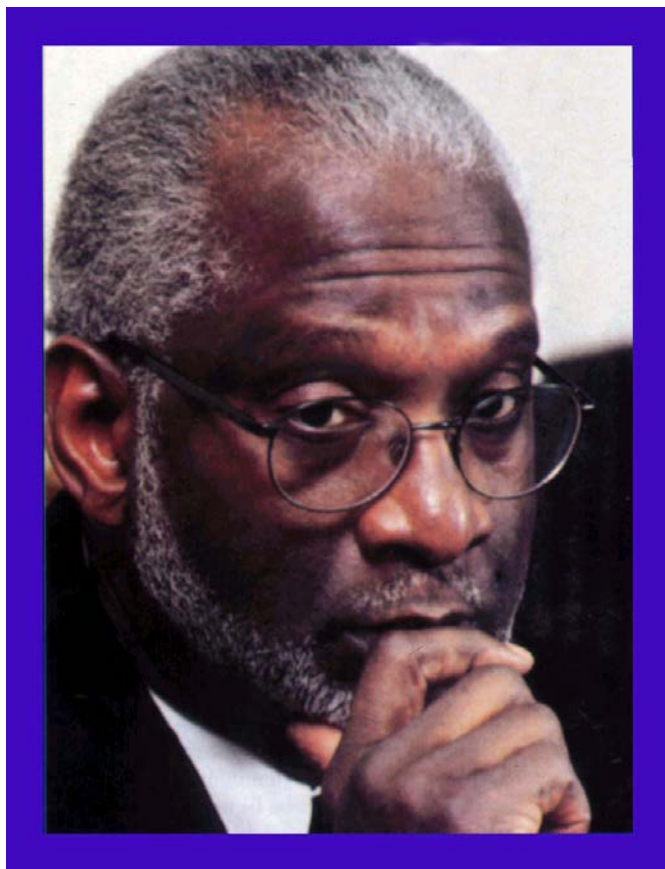
--“STDs are hidden epidemics of tremendous health and economic consequences in the U.S. **They are hidden from public view because many Americans are reluctant to address sexual health issues in an open way...**”



2001

--Sexual health an essential component of overall individual health; major impact on overall health of communities --
Primary goal: stimulate respectful, thoughtful, mature discussion in our communities and homes about sexuality.

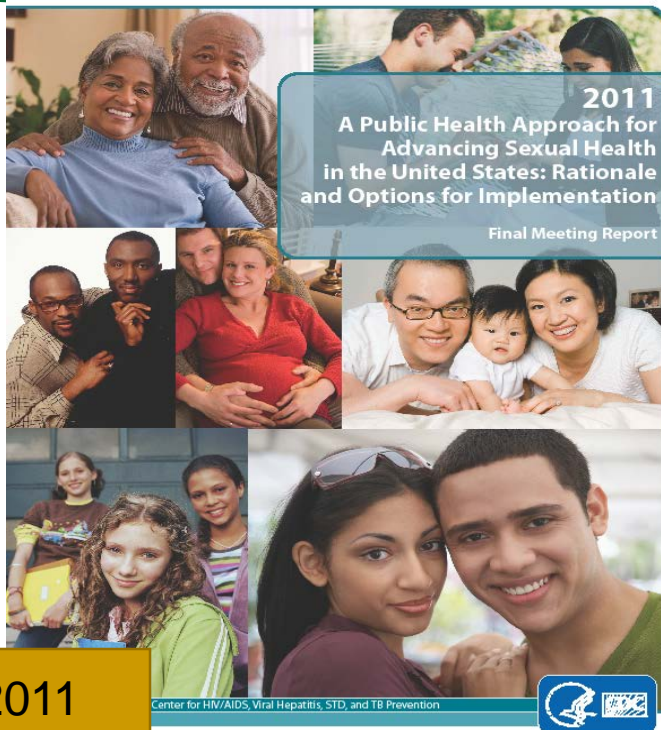
**The Surgeon General's
Call to Action
To Promote Sexual Health
And Responsible Sexual
Behavior
2001**



Office of the Surgeon General

June 28, 2001

CDC Efforts to Address Sexual Health



2013. Ivankovich.
Public Health Reports.

Potential Benefits

- Conclusion: SH framework is broad, positive, inclusive, empowering
- Provides opportunity to communicate, normalize and destigmatize SH, leverage partners, synergize (with other "health" approaches)

- Engage new and diverse partners
- Normalize conversations
- Reduce stigma, fear, and discrimination
- Enhance the efficiency and effectiveness of prevention messaging and services

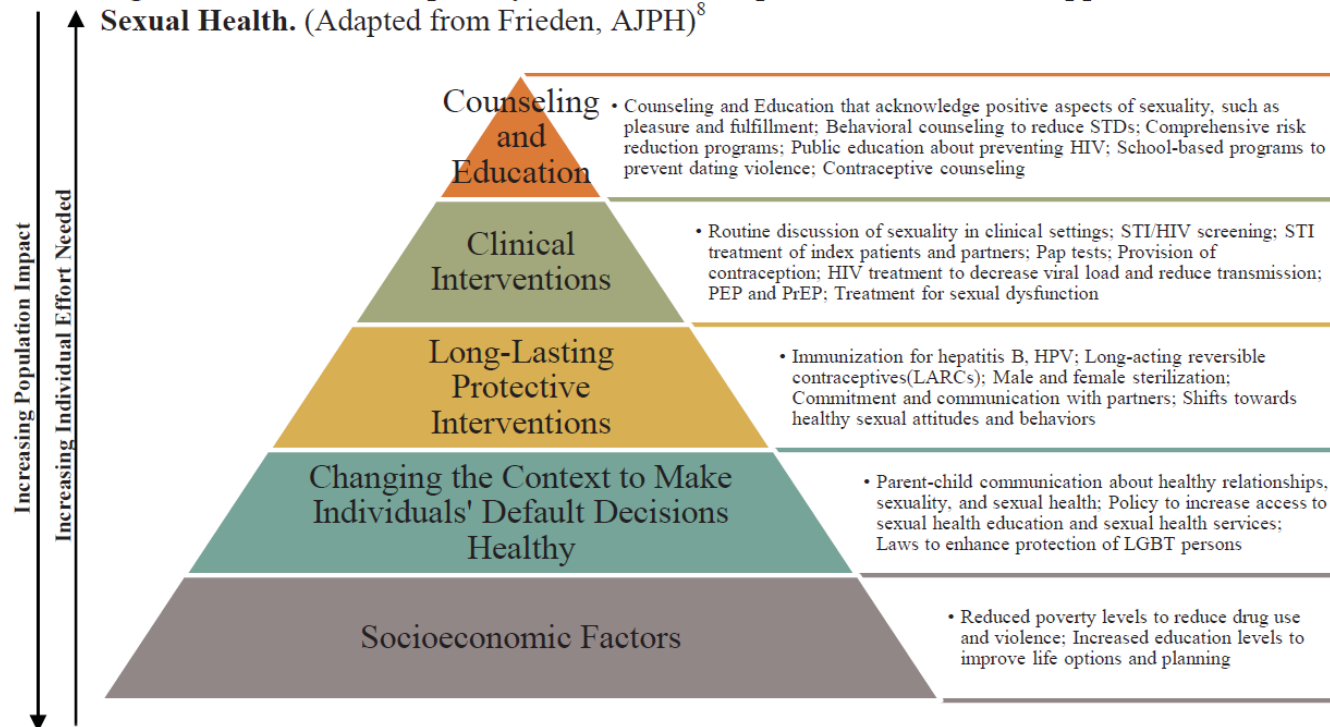
Viewpoint

August 25, 2015

Sexual Health in America Improving Patient Care and Public Health

David Satcher, MD, PhD¹; Edward W. Hook III, MD²; Eli Coleman, PhD³

Figure 1. The Health Impact Pyramid and Examples of Public Health Approaches to Address Sexual Health. (Adapted from Frieden, AJPH)⁸



Sexually Transmitted Diseases

JOURNAL OF THE AMERICAN SEXUALLY TRANSMITTED DISEASES ASSOCIATION

The Need to Promote Sexual Health in America: A New Vision for Public Health Action.

Ford, Jessie V. MS; Ivankovich, Megan B. MPH; Douglas, John M. Jr MD; Hook, Edward W. III MD; Barclay, Lynn BA; Elders, Joycelyn MD; Satcher, David MD, PhD; Coleman, Eli PhD

A Sexual Health Framework

- Converse explicitly about sexuality
 - Focus on positive and respectful relationships
 - Address stigma, discrimination, prejudice, health disparities and equity
 - Acknowledgement of sexual health as an element in overall health
 - Emphasis on wellness
 - An integrated approach to prevention
-

A Structural Approach to Prevention

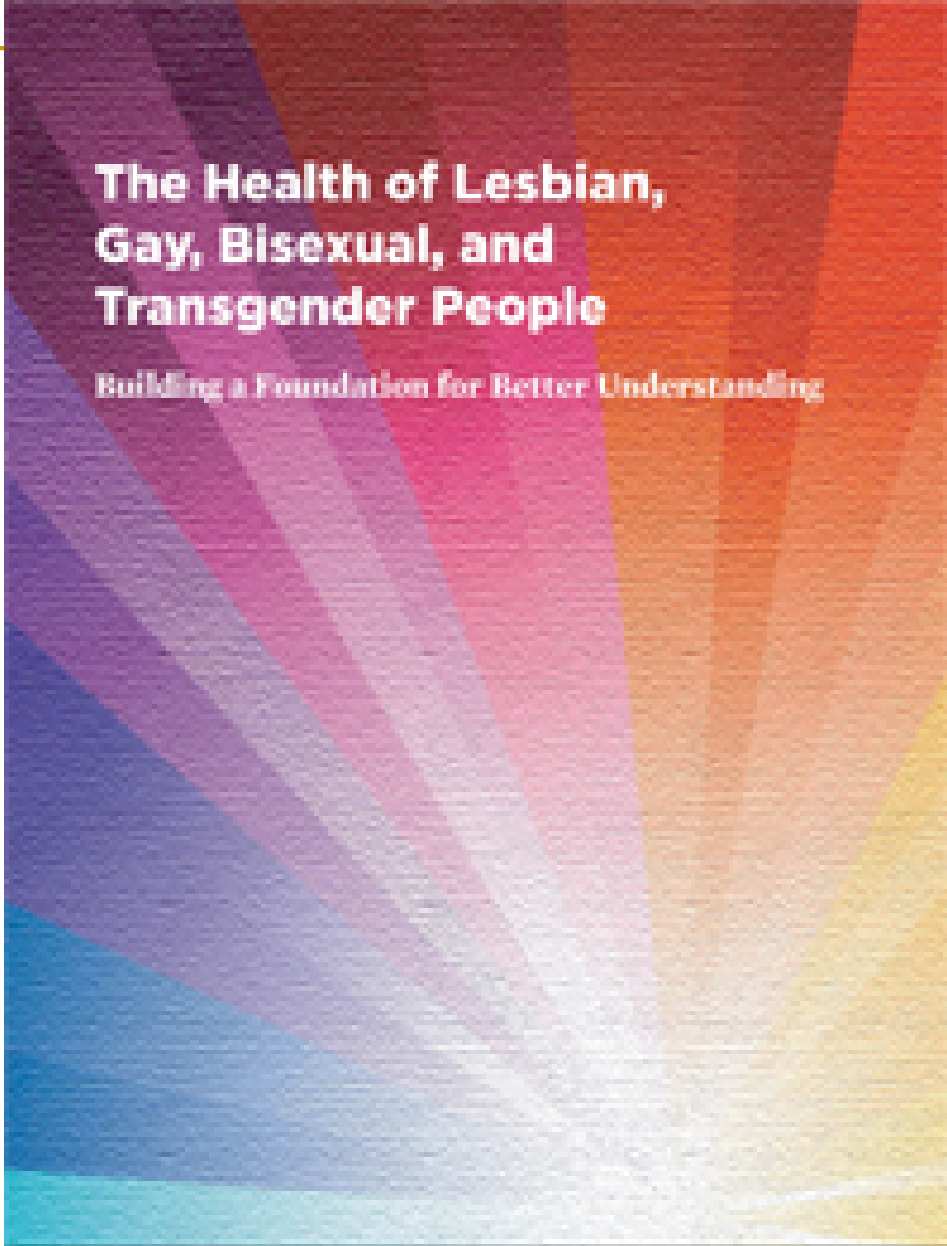
- Poverty
 - Racism
 - Heterosexism, Homophobia, Transphobia
 - Cultures uncomfortable talking about sex except in joking
 - Lack of sexuality education
-

Sexual Citizenship

- This framing makes a whole lot of people with non-conforming sexualities, different genders (beyond the binary), sex workers, people living with HIV/AIDS, etc. – full citizens with full claims to resources, recognition and to representation.
-

A Structural Problem

- Societies fail to recognize that the most vulnerable sexual and gender minorities are disproportionately denied health care – or avoid it - because of its heterosexism and prejudice – and lack of political resolve to care for those at risk.
- There is institutionalized discrimination.
- There is a a societal perspective that sex is only for procreation, not for pleasure or health - this creates barriers for sexual health for sexual and gender minorities who do not procreate.
- Unfortunately in many cases, moralism rather than scientific information dictates public policy.



The Health of Lesbian, Gay, Bisexual, and Transgender People

Building a Foundation for Better Understanding

Epidemiology of Compulsive Sexual Behavior

- Of 2,325 adults (18-50) $\bar{X}=34$
- 8.6% met clinical criteria (35 or more on CSBI)
- 10.3% of men
- 7% of women
- Dickenson, Gleason, Miner & Coleman (2018). Prevalence of Distress Associated with Difficulty Controlling Sexual Urges Feelings, and Behavior in the United States, JAMA Network Open, 1(7), 1-10.

Addressing the “Syndemic” Responding with a Systematic Approach

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VIEWPOINT

Sexual Health in America Improving Patient Care and Public Health

JAMA Published online June 18, 2015

Figure 1. The Health Impact Pyramid and Examples of Public Health Approaches to Address Sexual Health. (Adapted from Frieden, AJPH)⁸

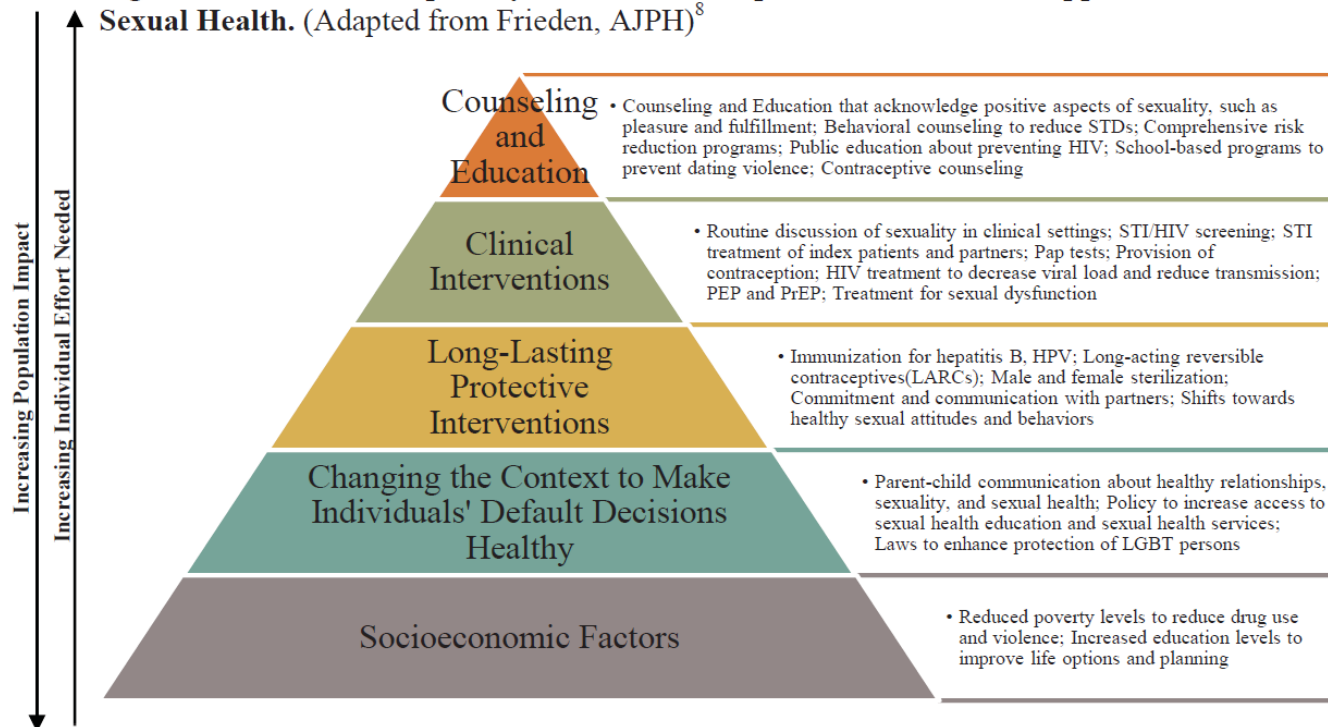


Figure 2. Sexual Health Across The Lifespan

During pregnancy, the health goals and needs of the fetus are almost inseparable from factors associated with maternal behavior, health, and well-being (e.g., maternal HIV and STI testing and treatment to prevent vertical transmission), making early and adequate prenatal care important.

Sexual curiosity is a normal and healthy part of early childhood development. During childhood, children tend to be fascinated with their bodies and gender roles are consolidated. Families are important models for healthy relationships and intimacy as well as conduits of information, in conjunction with health care professionals. Parental communication, as well as family and community attitudes and values, may shape the way in which youth perceive themselves and approach sexual relationships. All children should be protected from bullying, abuse, discrimination, and violence.

Adolescence is a time of great physical, emotional, mental, and social development that is strongly influenced by social environment and resources available to the adolescent. Important milestones may include the establishment of one's identity, experimentation with dating and long-term romantic relationships, rise in sexual desire and activity, and the development of meaningful relationships with peers, which can have a great influence on attitudes and decisions about sex, sexuality, and reproduction. Adolescence is likewise a period of greatest risk for STI acquisition, unplanned pregnancy and other adverse outcomes of sexual contact. Developmentally, adolescence and emerging adulthood can provide a prime opportunity for setting the course for life-long engagement in safe, positive, pleasurable and healthy sexual behavior, for exploring and developing relationships, and for learning the health-seeking skills necessary for appropriate engagement with health care services.

Sexual health is an important part of life for all adults, whether or not they are sexually active. It may include sexual decision-making, marriage and other longer-term commitment to a partner, divorce, contraceptive use, deciding if and when to have children, dealing with infertility, pregnancy, and childbirth, reducing the risk of contracting STIs and HIV/AIDS, and dealing with conditions and diseases that affect sexual health. Body image, self-esteem, and sexual self-esteem are important as well. Marriage and other stable, committed relationships have been associated with reduced rates of adverse outcomes related to sexual behavior.

Sexuality continues to be an important focus for older adults as people are living longer and remaining sexually active later in life—a result of changing attitudes towards sexuality and the advancement of sexual therapies. Relationship transitions (e.g., separation, divorce, widowhood) and new sexual encounters are not uncommon in aging cohorts. Physiologic and emotional changes, increasing rates of cancers of the reproductive tract and other sites associated with STIs, violence, and other chronic conditions may also affect sexual functioning.

• Pregnancy

• Children

• Adolescents

• Young/Midlife Adults

• Older Adults/Seniors

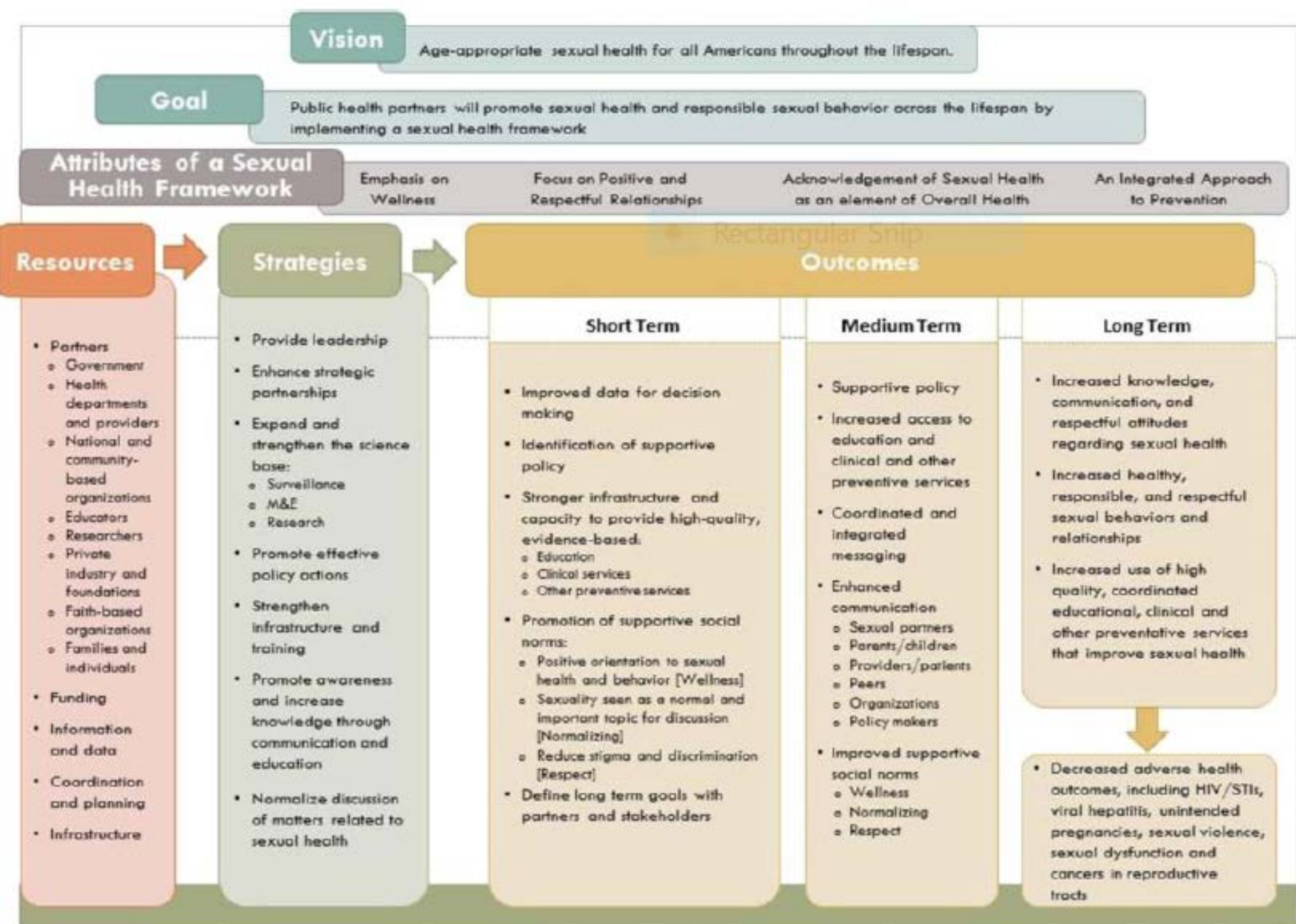


Figure 1. Sexual health model for action. This logic model depicts the approach public health partners can take to advance sexual health in the United States.

Promising Evidence

- Reduction of risk behaviors
- Increased use of prevention services
- Decreased adverse health outcomes

Hogben, Matthew, Jessie Ford, Jeffrey S. Becasen, and Kathryn F. Brown. "A systematic review of sexual health interventions for adults: narrative evidence." *Journal of sex research* 52, no. 4 (2015): 444-469.

<https://www.tandfonline.com/doi/full/10.1080/00224499.2014.973100>

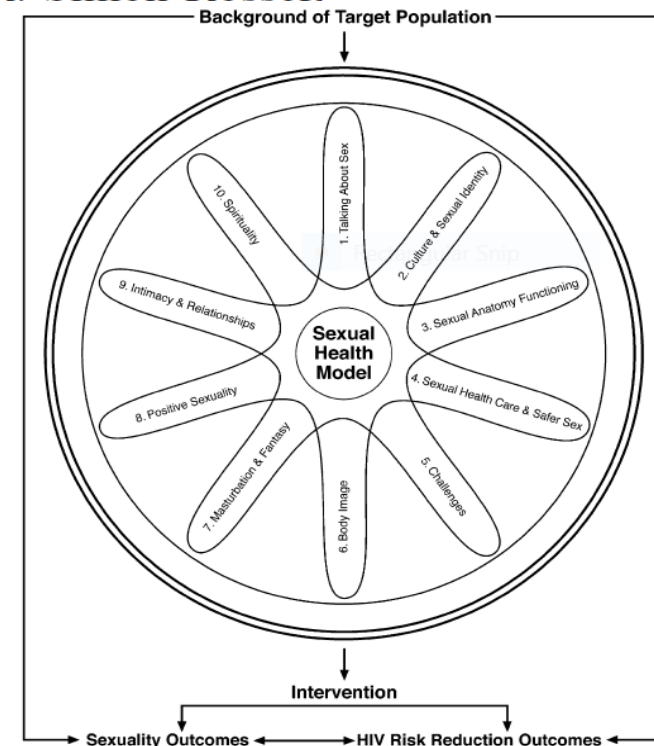
Mustanski, Brian, George J. Greene, Daniel Ryan, and Sarah W. Whitton. "Feasibility, acceptability, and initial efficacy of an online sexual health promotion program for LGBT youth: the Queer Sex Ed intervention." *The Journal of Sex Research* 52, no. 2 (2015): 220-230.

<https://link.springer.com/article/10.1007/s10508-009-9596-1>

The Sexual Health Model: application of a sexological approach to HIV prevention

Beatrice 'Bean' E. Robinson, Walter O. Bockting, B. R. Simon Rosser.
Michael Miner and Eli Coleman

- Applied to:
- Communities of Color (men and women)
- Immigrant Populations
- Gay and Bisexual Men
- Trans Individuals



Promising Evidence

- Sexual health interventions are enriching, complementary to disease focused and existing interventions

Becasen, Jeffrey S., Jessie Ford, and Matthew Hogben. "Sexual health interventions: A meta-analysis." *Journal of sex research* 52.4 (2015): 433-443.
<https://www.tandfonline.com/doi/full/10.1080/00224499.2014.947399>

Summary of Strategies

- Normalize conversations about sexuality
 - Reduce stigma, fear, and discrimination associated with these conditions
 - Reduce discrimination and violence among women, LGBT, communities of color
- Address sexual health as an integral part of holistic health care delivery (and wellness)
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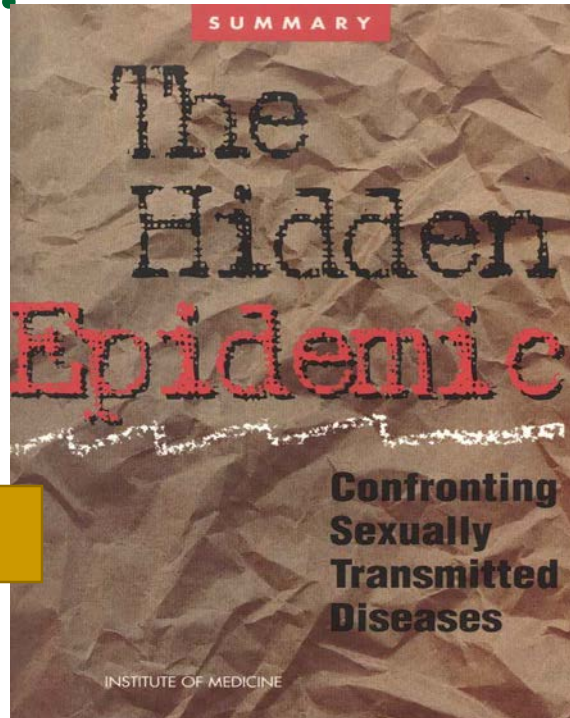
Summary of Strategies

- Partnerships in prevention programming using a similar framework
 - Provide comprehensive sexuality education for all (including professional education!)
 - Expand and fund research in sexual health strategies
-

Advantages to this approach

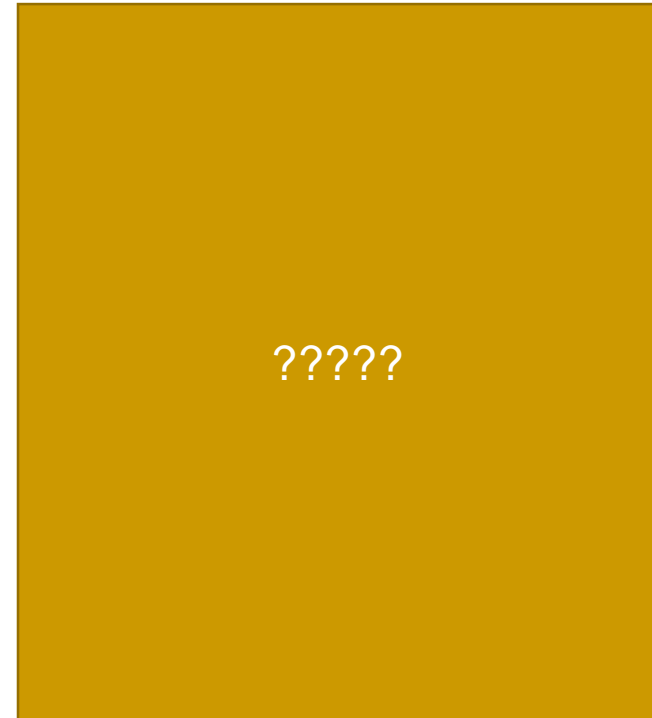
- Reduced incidence and burden of disease and health disparities and improve health equity
 - Broadening the coalition of prevention partners and strategies (cost effective)
-

How to better address STI Prevention and Care?



1997

--“STDs are hidden epidemics of tremendous health and economic consequences in the U.S. **They are hidden from public view because many Americans are reluctant to address sexual health issues in an open way...**”



--Sexual health an essential component of the strategy; major impact on overall health of communities --Primary goal: educate, reduce stigma, fear, and discrimination, help change the sexual and gender climate, normalize conversations, promote research and provide an integrated approach, .

A journey of a thousand miles

- When we sounded the call to action for the nation to more thoughtfully address sexual health and responsible sexual behavior in 2001, we didn't do so with the naïve belief that this effort would be a rapid sprint.
- Rather, I envisioned the work as being a lengthy journey similar to a relay race—extended over time and involving the contributions of many hearts, minds, and hands, so as to avoid dropping the baton.