

SEXUAL HEALTH

SEXUAL BEHAVIOURS ARE CHANGING

NATSAL

The most detailed scientific study of sexual attitudes and lifestyles tells us about sexual behaviour in Britain



Younger age at first sexual intercourse



More same sex experiences



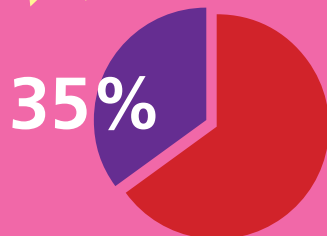
People more comfortable with their own and others' sexuality



SEXUALLY TRANSMITTED INFECTIONS (STIs) – A LARGE LOCAL DIFFICULTY



Brighton & Hove ranked **16** out of 326 local authorities in England for high rates of STIs

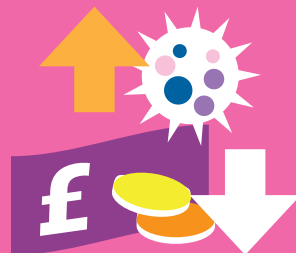


35% of infections are in 15-24 year olds



59%

of **male** infections are in men who have sex with men



£

Rates are higher in more deprived areas



Rates are highest in people with a black ethnicity

CHLAMYDIA

It is the most common sexually transmitted infection

Untreated chlamydia can cause pelvic inflammatory disease, ectopic pregnancy and infertility



Around **2-3%** of young adults are infected but most don't know because in **80%** of cases there are no symptoms



[Compare STI rates in Brighton & Hove with other local authorities across the country](#)

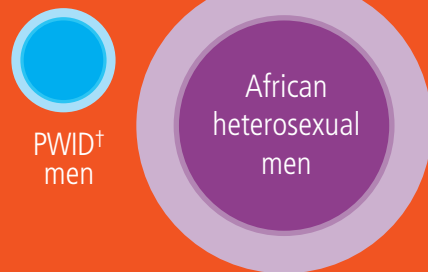


HIV: A NATIONAL AND LOCAL ISSUE



Other heterosexual men

Other heterosexual women

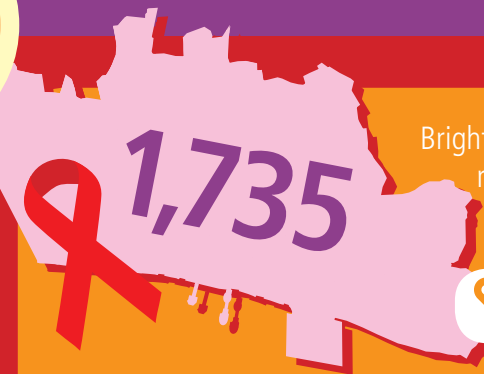


HIV in the UK 2014



Virally suppressed*
Diagnosed population
All living with HIV

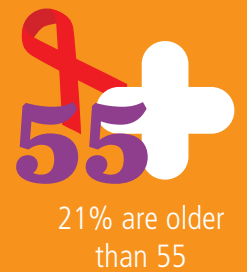
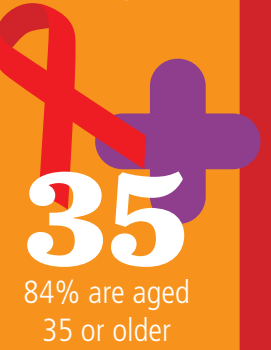
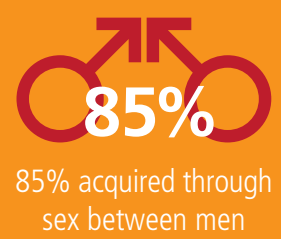
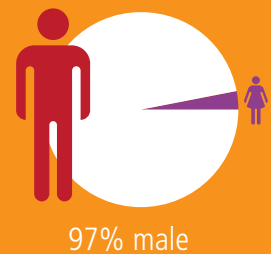
* this means that the virus is reduced to a very low level in the blood
† Person who injects drugs



Brighton & Hove has the highest rates of HIV outside London. In 2014, 1,735 residents of Brighton & Hove received treatment for HIV



Of those who have acquired HIV...



People with HIV can expect a normal lifespan if diagnosed promptly



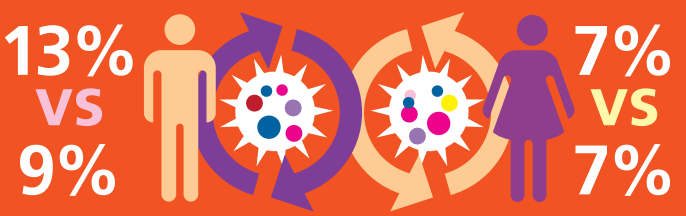
But 1/4 of people with HIV don't know they have it



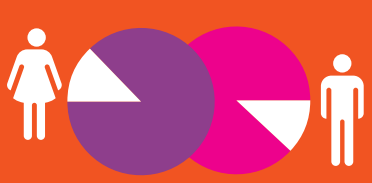
29% vs 42%

In Brighton & Hove fewer (29%) people are diagnosed late compared to England (42%)

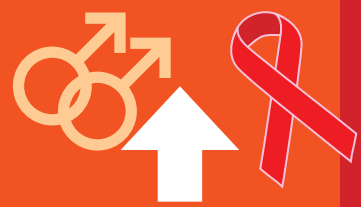
REPEAT INFECTIONS – A RECURRING PROBLEM AND MARKER OF CONTINUED RISK-TAKING BEHAVIOUR



Locally, 13% of men and 7% of women are re-infected with an STI within one year compared to 9% and 7% nationally



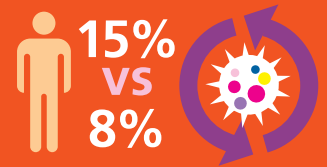
13% of women and 12% of men aged 15-19 years are re-infected with an STI within one year



Local data suggests repeat infection with gonorrhoea is highest amongst MSM living with HIV



2% repeat infection rate for gonorrhoea in women – 4% nationally

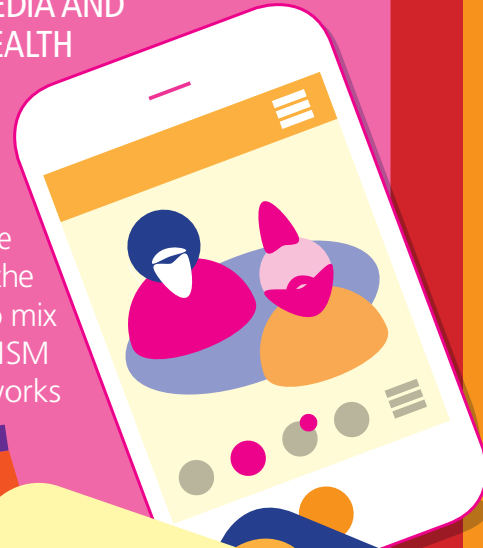


15% repeat infection rate for gonorrhoea in men – 8% nationally

SOCIAL MEDIA AND SEXUAL HEALTH



Smartphone apps have the potential to mix different MSM social networks



OUTBREAKS

In 2013 and 2014 there were increases in the number of local and national cases of both Shigella dysentery and Syphilis, mainly amongst males. THT has used on-line sites and mobile apps to deliver key prevention messages

CHEMSEX: EMERGING TREND OF DRUG USE IN SEXUALISED SETTINGS



Crystal Meth
Mephedrone
GHB / GBL



Increased arousal



Decreased inhibitions

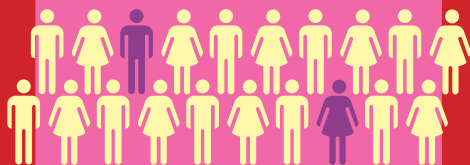


Extended sex sessions, multiple partners, injection risk, overdose, HIV, Hep, STIs, mental health crisis

Chemsex references used on popular MSM apps



Condoms still offer the best protection against HIV and STIs



92% of people attending a sexual health clinic in Brighton & Hove were offered an HIV test

National HIV Self-Sampling Service www.freetesting.hiv

HIV home testing kits are available for those most at risk of HIV. [Request a kit here](#)

ONLINE COMMUNITY OUTREACH

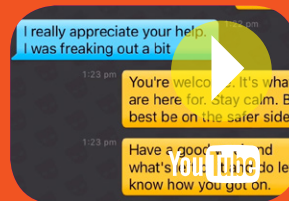
Terrence Higgins Trust working online in Brighton & Hove



Intro to digital outreach



Delivering services online



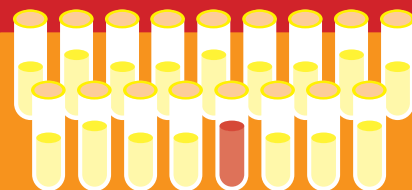
Building online engagement



Read the online community outreach report [here](#)



Who's online?
A look at men using a popular gay dating app in Brighton & Hove



In 2014, **17,000** chlamydia tests were taken by 15-24 year olds; over **1,000** were positive



Digital health promotion does not offer a quick fix



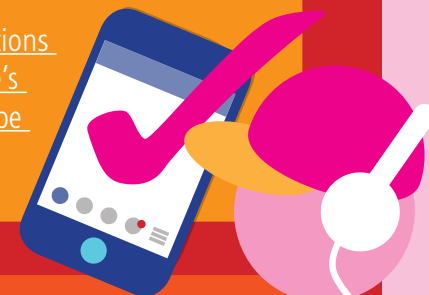
Do anti-HIV drugs stop people from becoming infected with HIV?



86%

Research shows that for men who have unsafe sex with men PrEP can reduce their risk of contracting HIV by **86%**

Interactive digital interventions can promote young people's sexual health but need to be co-designed with users



FIND OUT MORE AT:

[Sexual health & contraception services in Brighton & Hove](#)



[Sexual health information](#)



[Terrence Higgins Trust](#)



[Drug & alcohol services in Brighton & Hove](#)

