

Progressing Sexual and Reproductive Health and Rights: An Essential Global Priority

Khem B Karki
Maharajganj Medical Campus
Institute of Medicine, TU

Defining SRHR

- Sexual and reproductive health is a state of physical, emotional, mental, and social wellbeing in relation to all aspects of sexuality and reproduction, not merely the absence of disease, dysfunction, or infirmity.
- Have a right to make decisions governing their bodies and to access services that support that right.

The Guttmacher–Lancet Commission Report 2018

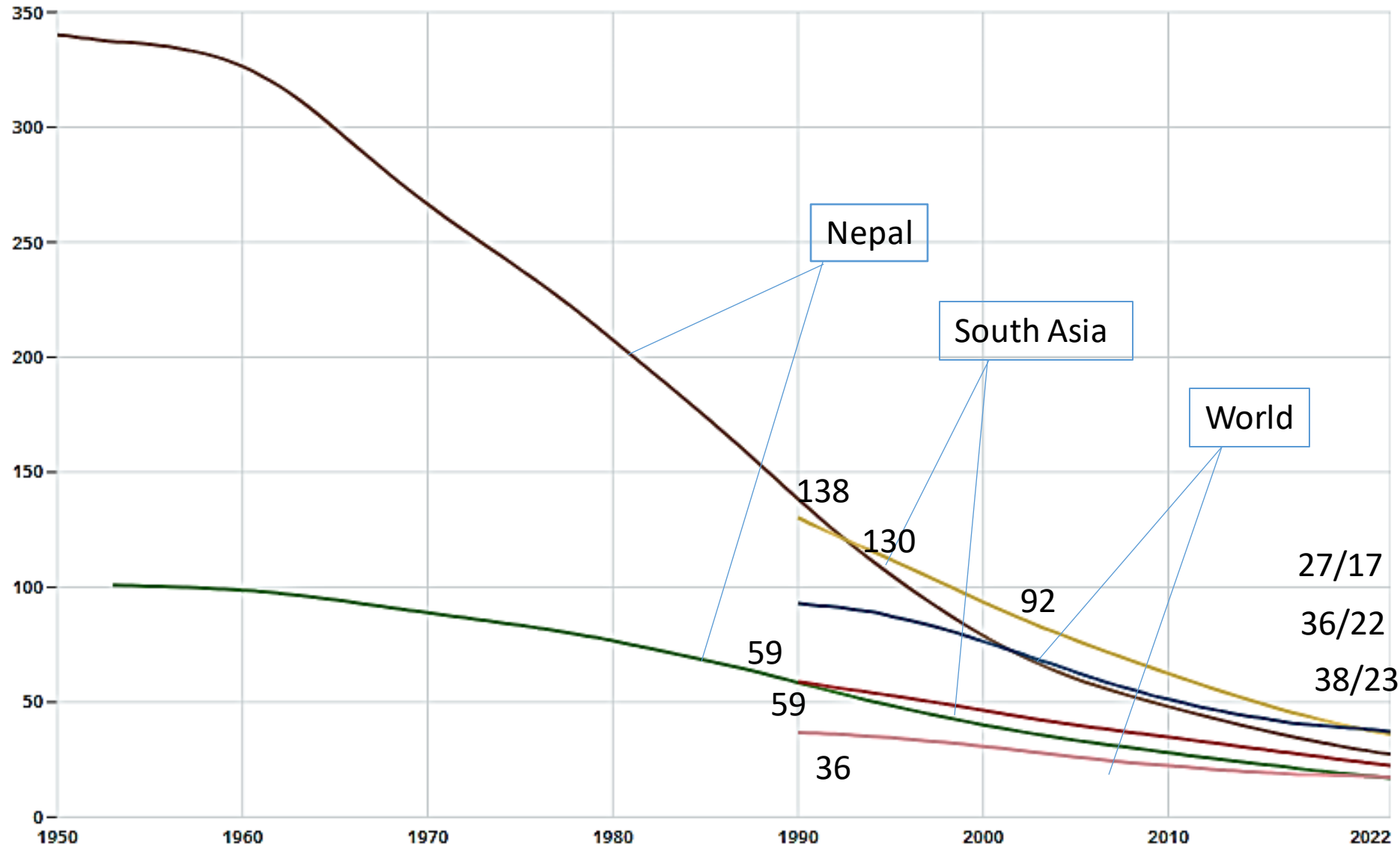
Sexual and Reproductive Rights are

- Respect to bodily integrity, privacy, and personal autonomy;
- freely define their own sexuality, including sexual orientation and gender identity and expression;
- decide whether and when to be sexually active;
- choose their sexual partners;
- have safe and pleasurable sexual experiences;
- decide whether, when, and whom to marry;
- decide whether, when, and by what means to have a child or children, and how many children to have;
- have access over their lifetimes to the information, resources, services, and support necessary to achieve all the above, free from discrimination, coercion, exploitation, and violence.

NEPAL AND SOUTH ASIA AND WORLD - UNDER-FIVE MORTALITY RATE AND NEONATAL MORTALITY RATE - TOTAL

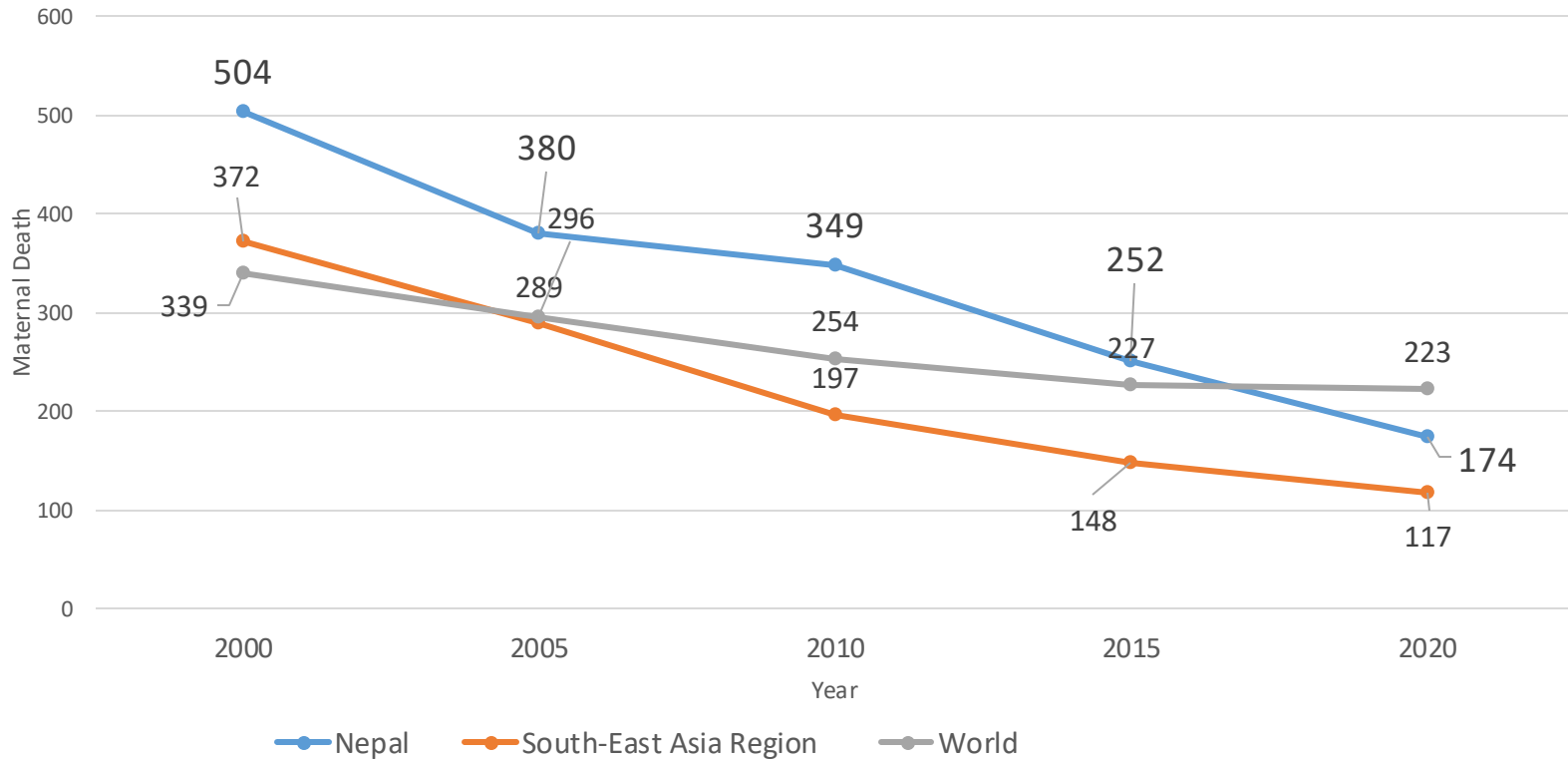
Deaths per 1,000 live births

Estimation model: B3 - BNUR



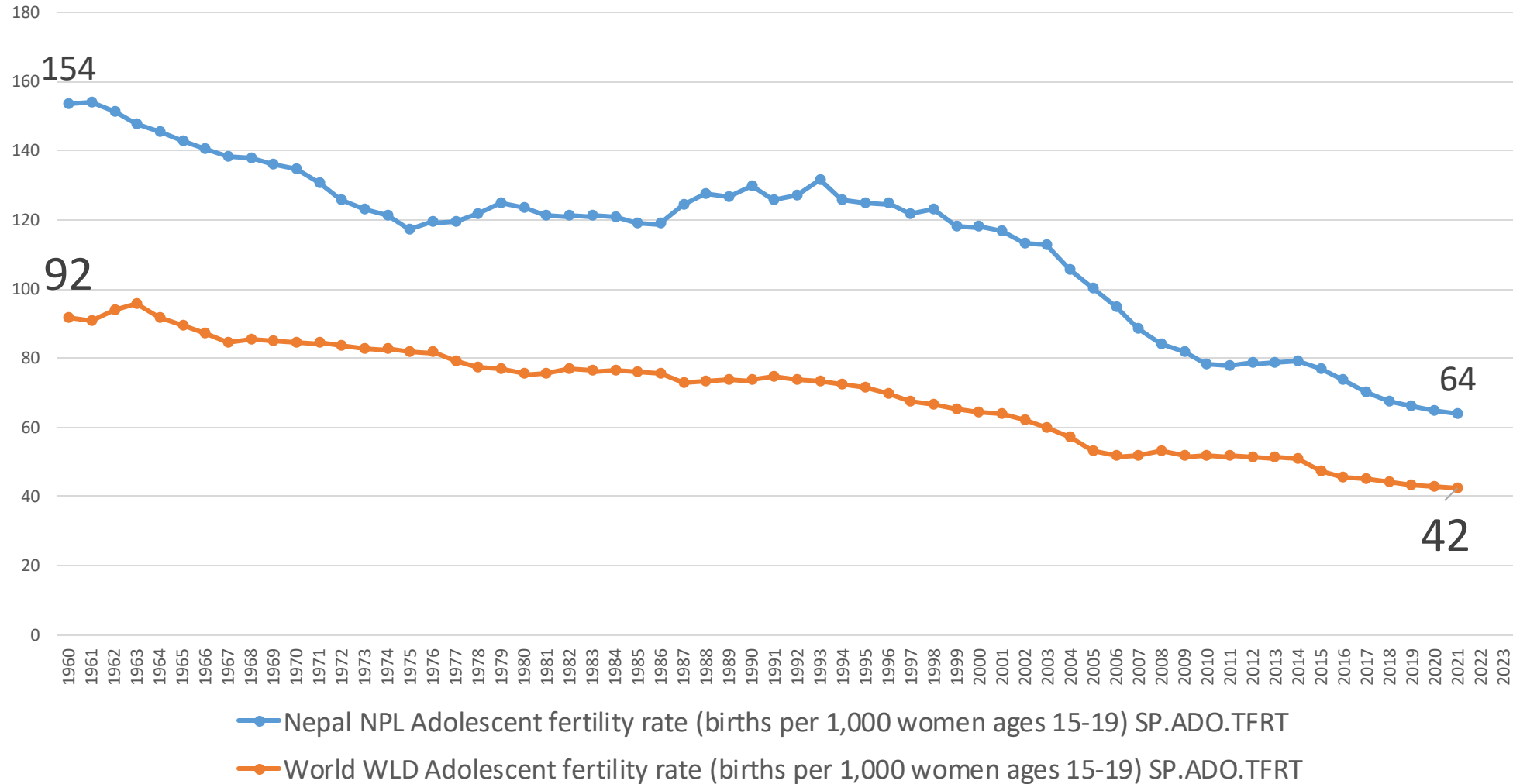
Source: United Nations Inter-agency Group for Child Mortality Estimation (2023).

Maternal Mortality Ratio per 100,000 Population



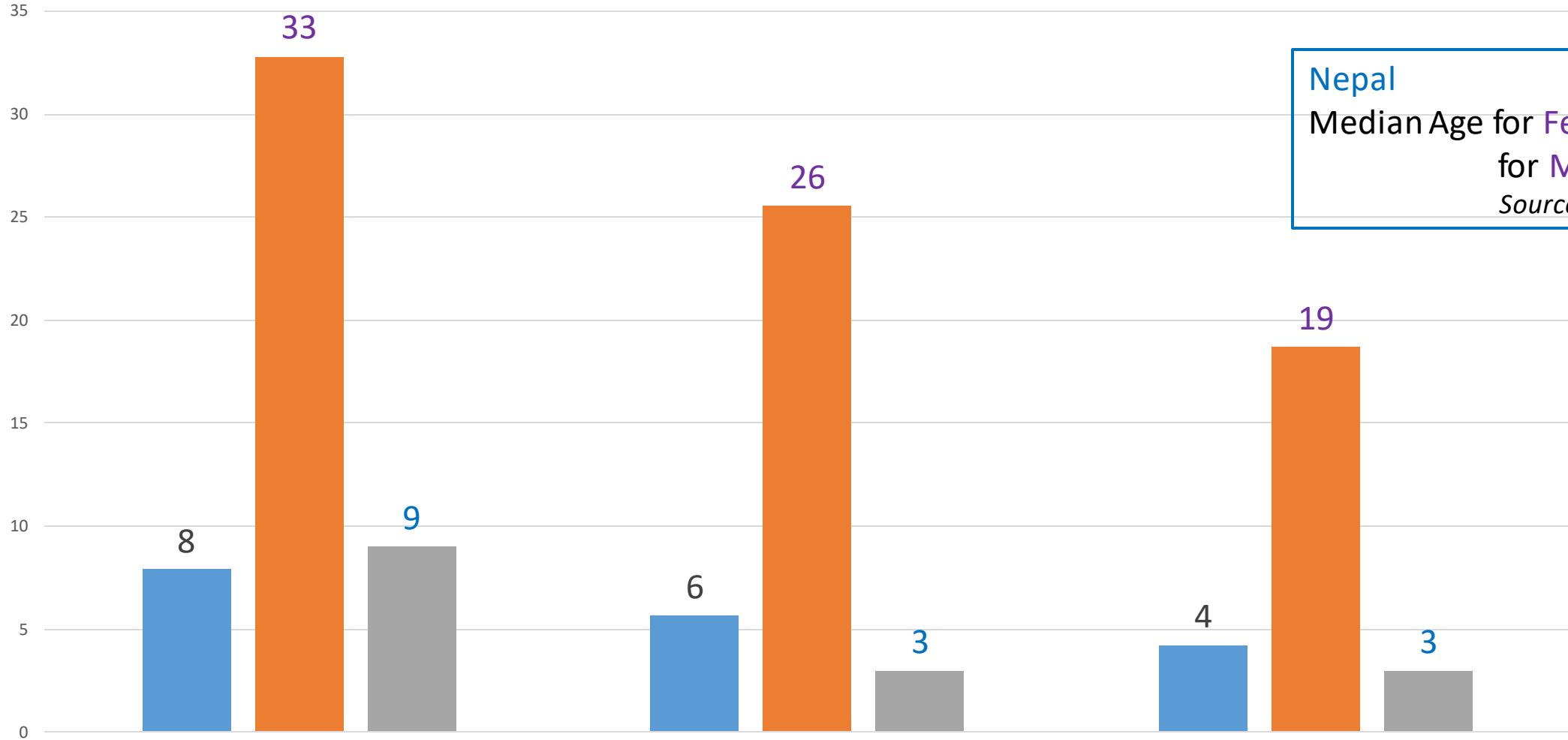
Source: Trends in maternal mortality 2000 to 2020 Estimates by WHO, UNICEF, UNFPA, World Bank Group and UNDESA/Population Division, 2023

Adolescent Fertility Rate per 1000 Birth



Source: <https://data.worldbank.org/indicator/SP.ADO.TFRT>

% of Child Marriage as of May 2023



Nepal

South Asia

World

■ Married by 15(Female)

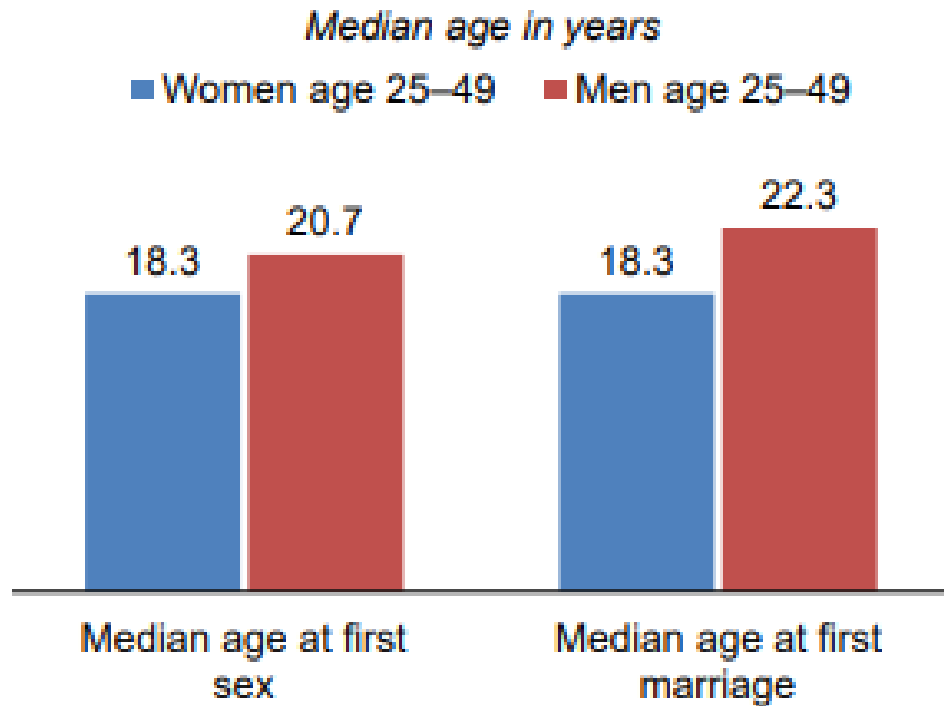
■ Married by 18(Female)

■ Married by 18 (Male)

Source: [data.unicef.org]

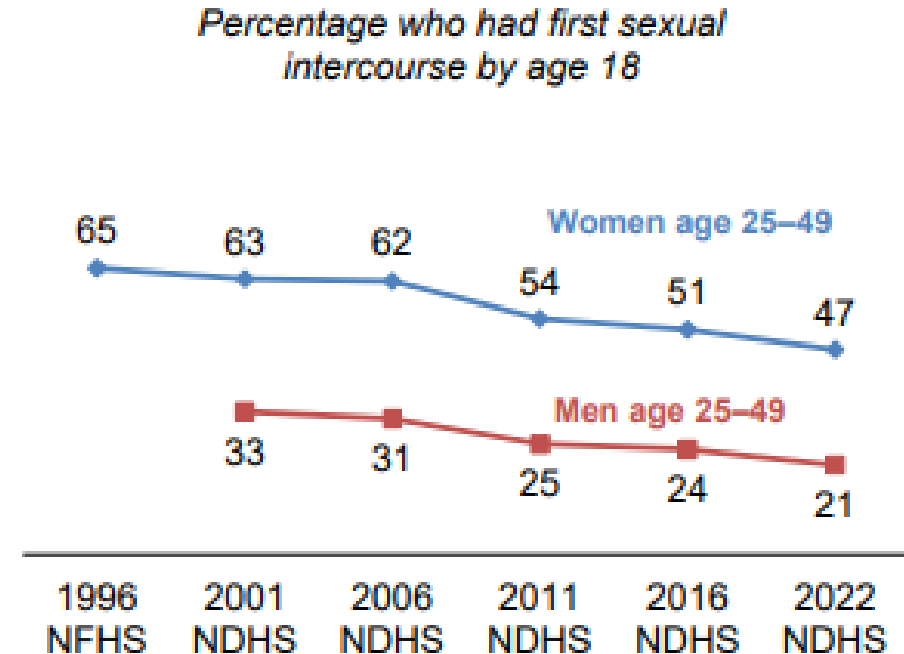
Sexual Activities [Nepal]

Figure 4.2 Median age at first sex and first marriage



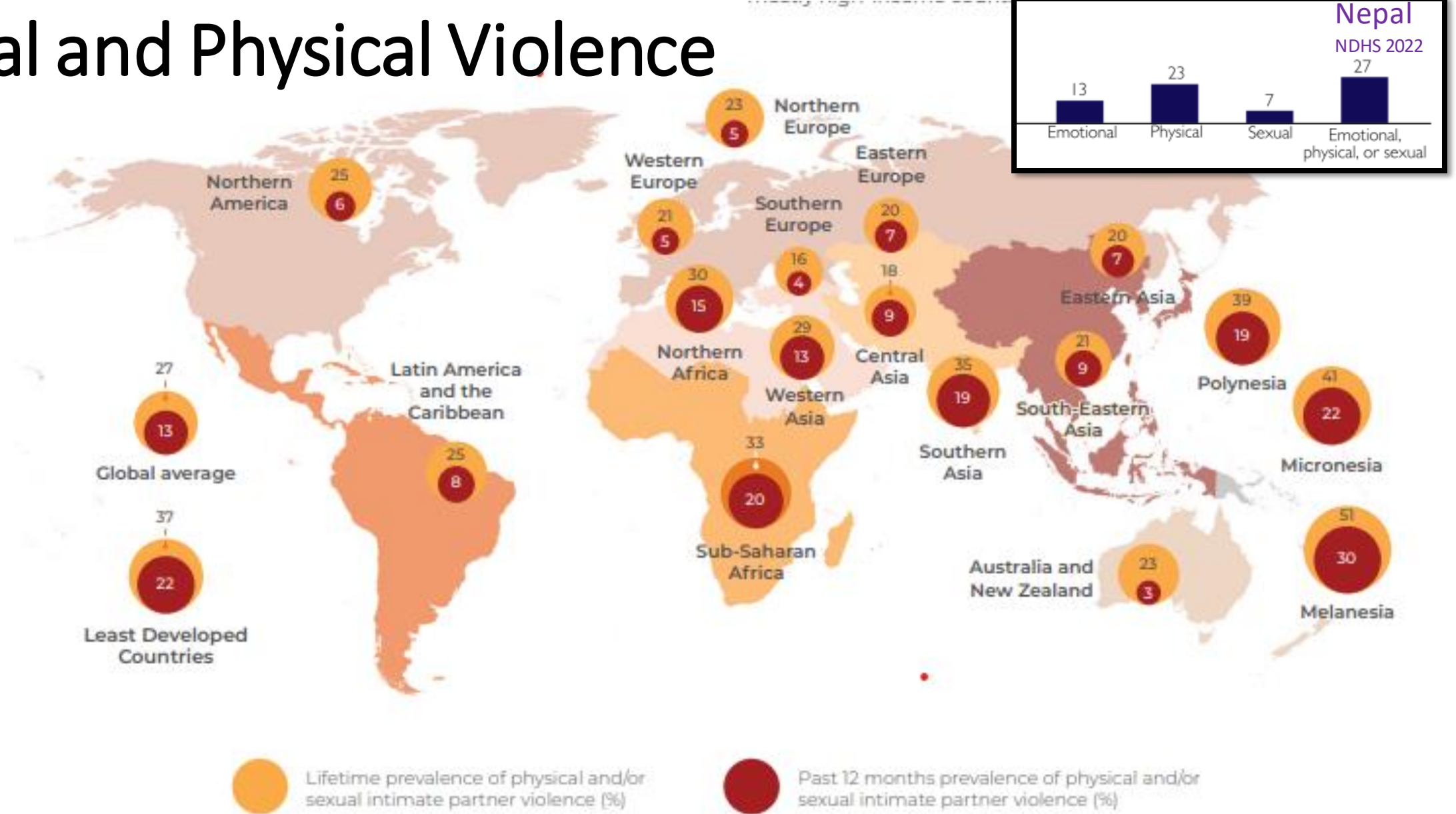
Unmarried Female : 2.6%

Figure 4.3 Trends in early sexual intercourse



Unmarried Male : 30.5%

Sexual and Physical Violence



Source : Violence against women prevalence estimates, 2018: global, regional and national prevalence estimates for intimate partner violence against women and global and regional prevalence estimates for non-partner sexual violence against women. Geneva: World Health Organization; 2021. Licence: CC BY-NC-SA 3.0 IGO.

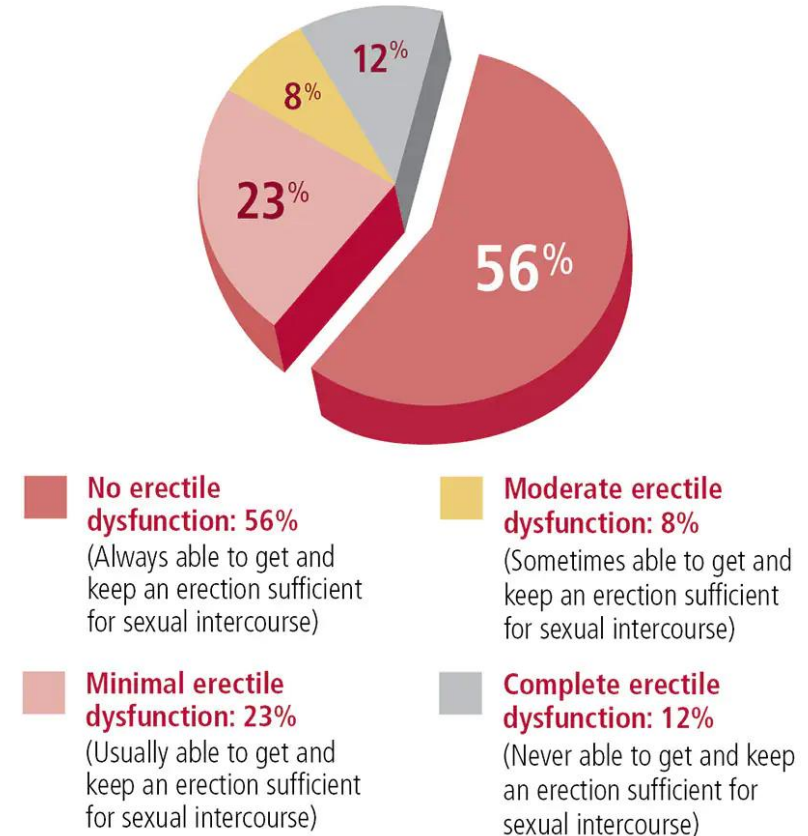
Sexual Dysfunctions among Women

- Based on the results of the meta-analysis (21 eligible studies), the pooled prevalence estimated at **50.75% (41.73–59.78)**.
- The prevalence of
 - pain during sexual relations : **39%**
 - disorders in arousal : **48%**
 - sexual desire : **51%**
 - Lubrication : **38%**
 - orgasm and : **41%**
 - sexual satisfaction : **35%**

Alidost F, Pakzad R, Dolatian M, Abdi F. Sexual dysfunction among women of reproductive age: A systematic review and meta-analysis. *Int J Reprod Biomed.* 2021 Jun 23;19(5):421-432. doi: 10.18502/ijrm.v19i5.9251. PMID: 34278195; PMCID: PMC8261092.

Overall occurrence of ED

The Massachusetts Male Aging Study, which followed 1,700 men between the ages of 40 and 70 near Boston, found that 43% of men in this age group had some degree of erectile dysfunction.

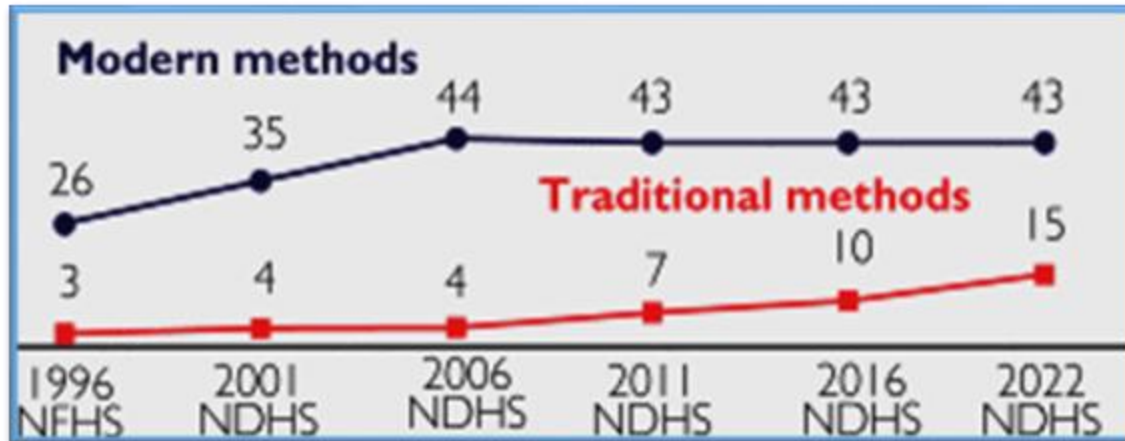


Adapted from Kleinman KP, et al. "A new surrogate variable for erectile dysfunction status in the Massachusetts Male Aging Study," *Journal of Clinical Epidemiology* (Jan. 2000), Vol. 53, pp. 71–78, with permission from Elsevier Science.

Use of Contraception

Location	CPR 2019	mCPR 2019	Unmet Need
World	51.9%	47.7%	8.3%
South Asia	44.3%	39.6%	9.3%
Nepal	37%	32.9%	19.5%

Nepal



Haakenstad, A., Angelino, O., Irvine, C.M.S., Bhutta, Z.A., Bienhoff, K., Bintz, C., Causey, K., Dirac, M.A., Fullman, N., Gakidou, E., Glucksman, T., Hay, S.I., Henry, N.J., Martopullo, I., Mokdad, A.H., Mumford, J.E., Lim, S.S., Murray, C.J.L., Lozano, R., 2022. **Measuring contraceptive method mix, prevalence, and demand satisfied by age and marital status in 204 countries and territories, 1970–2019: a systematic analysis for the Global Burden of Disease Study 2019.** *The Lancet* 400, 295–327. [https://doi.org/10.1016/S0140-6736\(22\)00936-9](https://doi.org/10.1016/S0140-6736(22)00936-9)

Abortion

- About **44%** of all pregnancies worldwide are unintended, and some **56%** of unintended pregnancies end in an induced abortion

Starrs et al., 2018)

*Starrs, A.M., Ezeh, A.C., Barker, G., Basu, A., Bertrand, J.T., Blum, R., Coll-Seck, A.M., Grover, A., Laski, L., Roa, M., Sathar, Z.A., Say, L., Serour, G.I., Singh, S., Stenberg, K., Temmerman, M., Biddlecom, A., Popinchalk, A., Summers, C., Ashford, L.S., 2018. **Accelerate progress—sexual and reproductive health and rights for all: report of the Guttmacher–Lancet Commission**. The Lancet 391, 2642–2692. [https://doi.org/10.1016/S0140-6736\(18\)30293-9](https://doi.org/10.1016/S0140-6736(18)30293-9)*



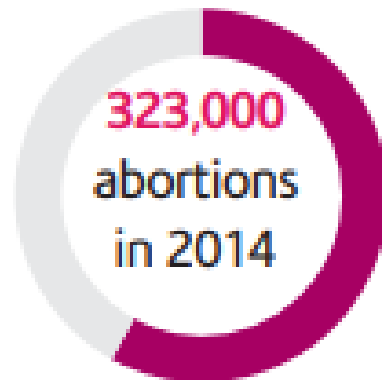
2 in 5 women of reproductive age are aware about the legalization of abortion in Nepal.³



29% of facilities that offers normal vaginal delivery services have medical abortion service and **11%** offers comprehensive abortion care service.⁴



50% of pregnancies are unintended and among them **62%** ended in abortion.⁵



It is estimated that **323,000** abortions were conducted in 2014, **58%** of them were conducted in clandestine manner.⁵

HIV and STIs

- **39.0 million** [33.1 million–45.7 million] people globally were living with HIV in 2022
- **1.3 million** [1 million–1.7 million] people became newly infected with HIV in 2022.
- **630 000** [480 000–880 000] people died from AIDS-related illnesses in 2022.
- **29.8 million** people were accessing antiretroviral therapy in 2022.
- **85.6 million** [64.8 million–113.0 million] people have become infected with HIV since the start of the epidemic.
- **40.4 million** [32.9 million–51.3 million] people have died from AIDS-related illnesses since the start of the epidemic.

Source:UNAIDS, 2022

STIs

	Women aged 15–49 years (n)	Men aged 15–49 years (n)	Total (N)
Chlamydia	69 million	63 million	131 million
Gonorrhoea	34 million	44 million	78 million
Trichomoniasis	68 million	74 million	143 million
Syphilis	3 million	3 million	6 million
Total	174 million	184 million	358 million

Data from WHO, 2016-93

Table 2: Global estimates of new cases of four curable sexually transmitted infections, 2012

	Range	Mean (unweighted)
Proportion of sexually active men aged 15–59 years who need HIV/STI prevention*	2–39%	19%
Proportion of men needing HIV/STI prevention who used condoms during the last time they had sex	13–73%	40%
Proportion of sexually active men aged 15–59 years who report having an STI or symptoms of an STI in the past year	1–17%	6%
Proportion of men reporting symptoms of an STI who seek advice or treatment†	24–89%	68%

The Guttmacher–Lancet Commission Report 2018

Reproductive Cancers

- Every year, **2.7 million women** are diagnosed with gynaecological and breast cancers worldwide, and more than **1 million** women die from these causes (mostly in low-income and middle-income countries).
- An estimated **1.1 million men** worldwide were diagnosed with prostate cancer in 2012 —the second most common cancer in men

In a Nutshell

- Only 57% of women (15–49 years) make informed decisions on sexual relations, contraception use and reproductive health care ;
- A woman dies every two minutes due to pregnancy or childbirth
- Among the 1.9 billion women of reproductive age (15–49 years), 270 million cannot access contraception;
- Disruptions in access to family planning services during the COVID-19 pandemic resulted in approximately 1.4 million unintended pregnancies and a 30% increase in reported cases of gender-based violence.

- Approximately **73 million induced abortions** take place each year; and almost half of all abortions are unsafe
- Almost **one in three women**, across their lifetime have been subjected to physical or sexual violence by an intimate partner, or sexual violence by a non-partner
- Over **one million** sexually transmitted infections (STIs) are acquired every day
- Almost **500 million girls** and women lack access to services and products for managing their menstruation with comfort and dignity

Factors affecting SRHR

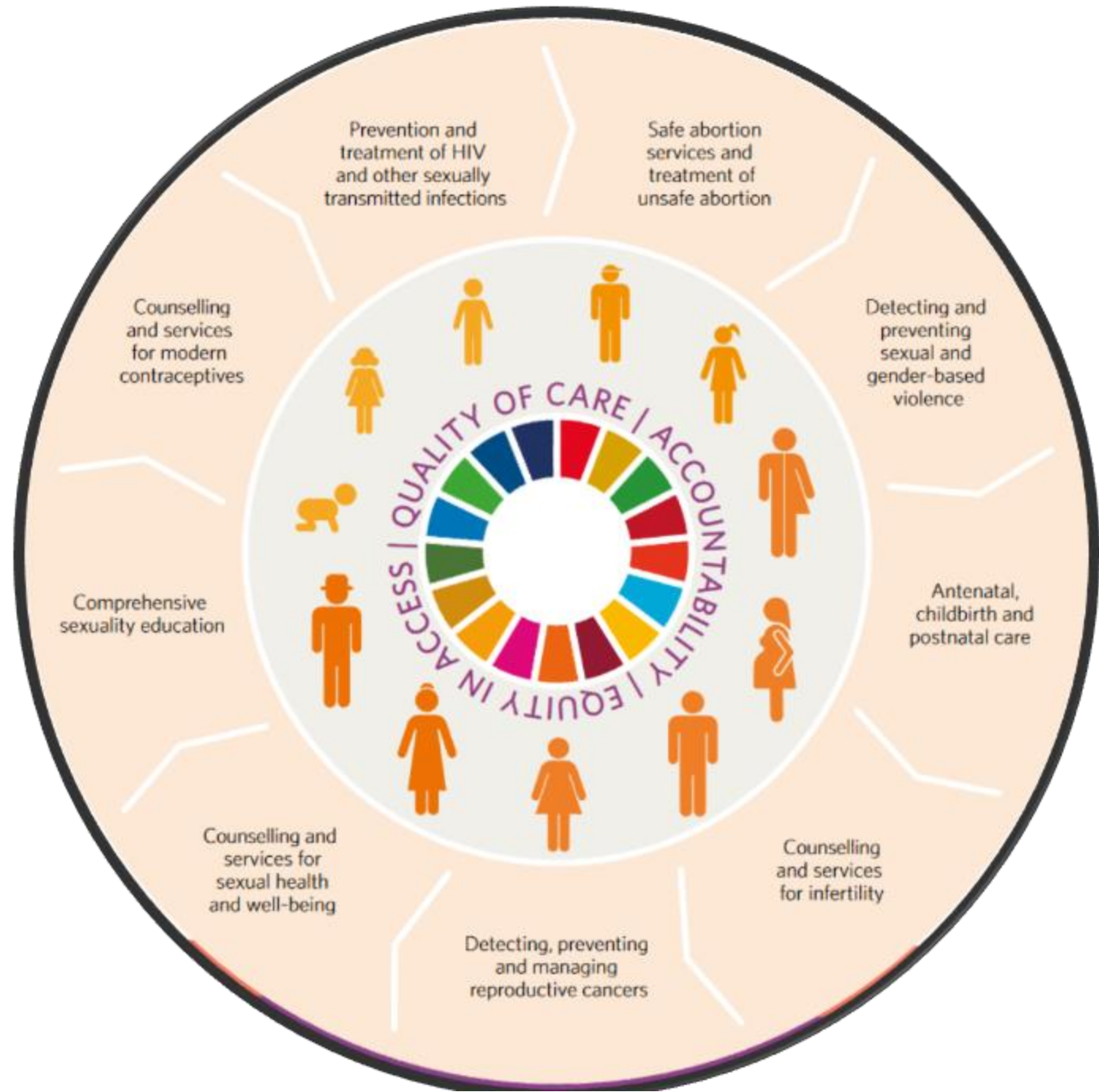
- Changes in size and compositions of population, vulnerable population
- Displacement and conflict
- Climate Change
- Socio-economic and cultural determinants
- Laws, policies and programmes affecting health and health care
- Gender norms
- Technology and innovations

Focus here !

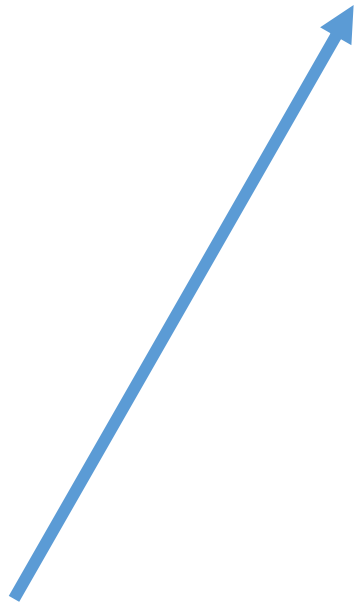
To achieve universal access to sexual and reproductive health and rights as a part of universal health coverage



Achieving SDGs



The Nairobi
Summit ICPD25



The Cairo
Summit ICPD

Thank you
so much !

