

# Where is “S” in SRHR?

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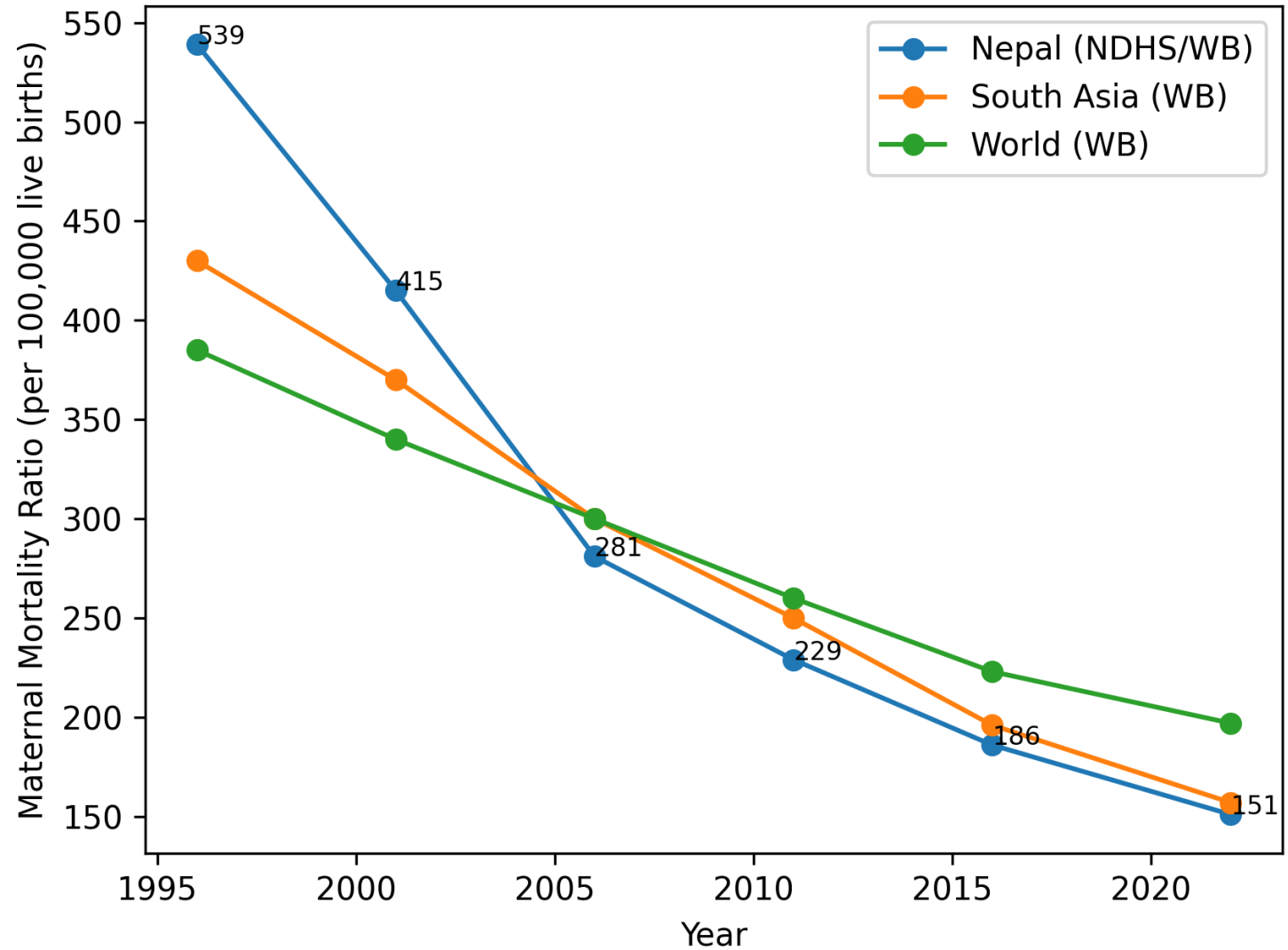
Maharajganj Medical Campus, IOM TU

# Progress and Challenges

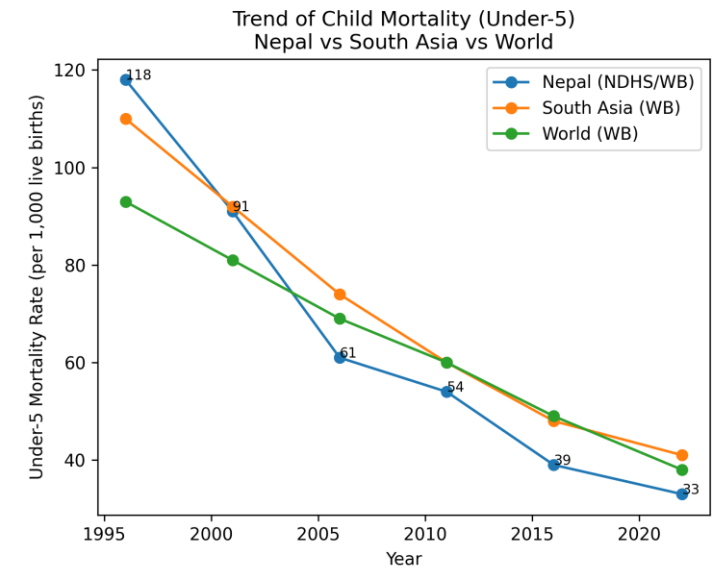
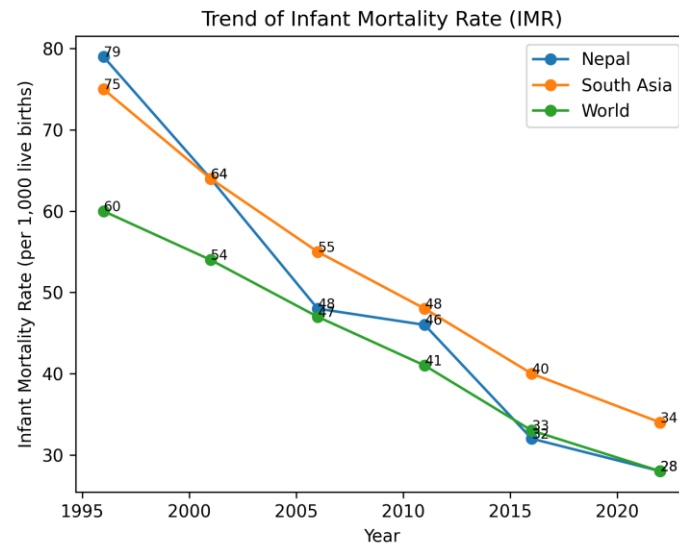
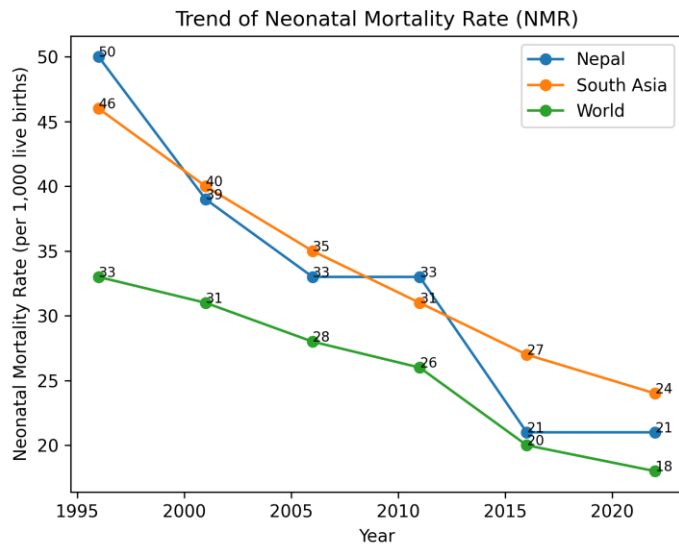
# Maternal Health

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Trend of Maternal Mortality Ratio (MMR)  
Nepal vs South Asia vs World

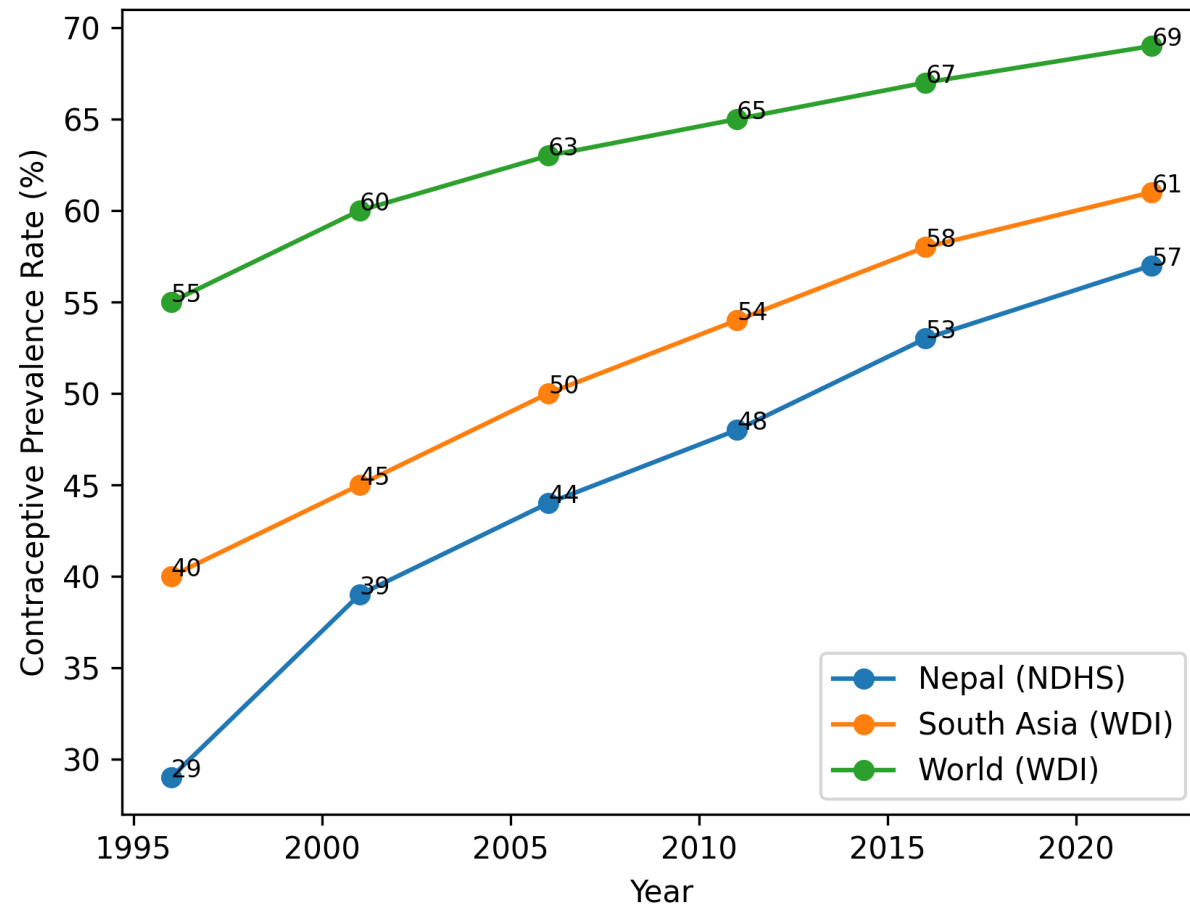


# Child Health status

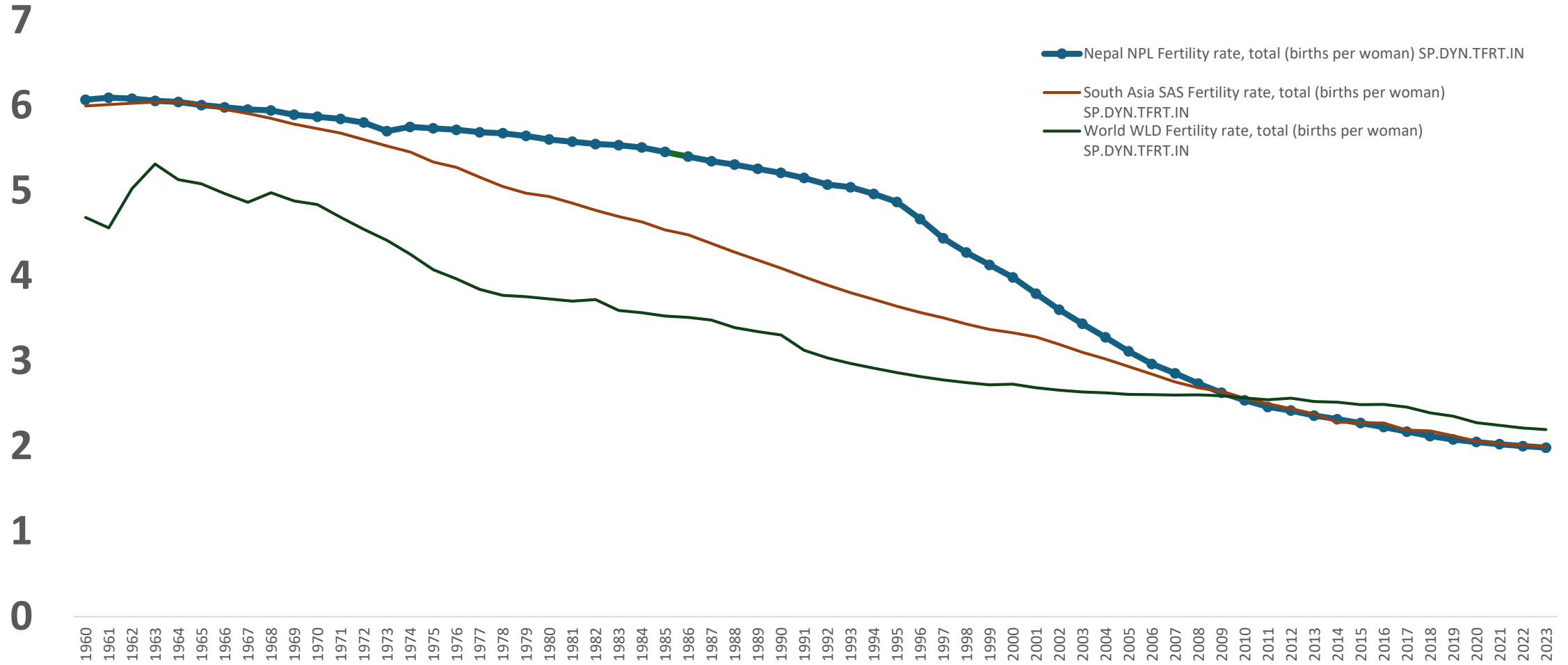


CPR

Trend of Contraceptive Prevalence Rate (Modern Methods)  
Nepal vs South Asia vs World

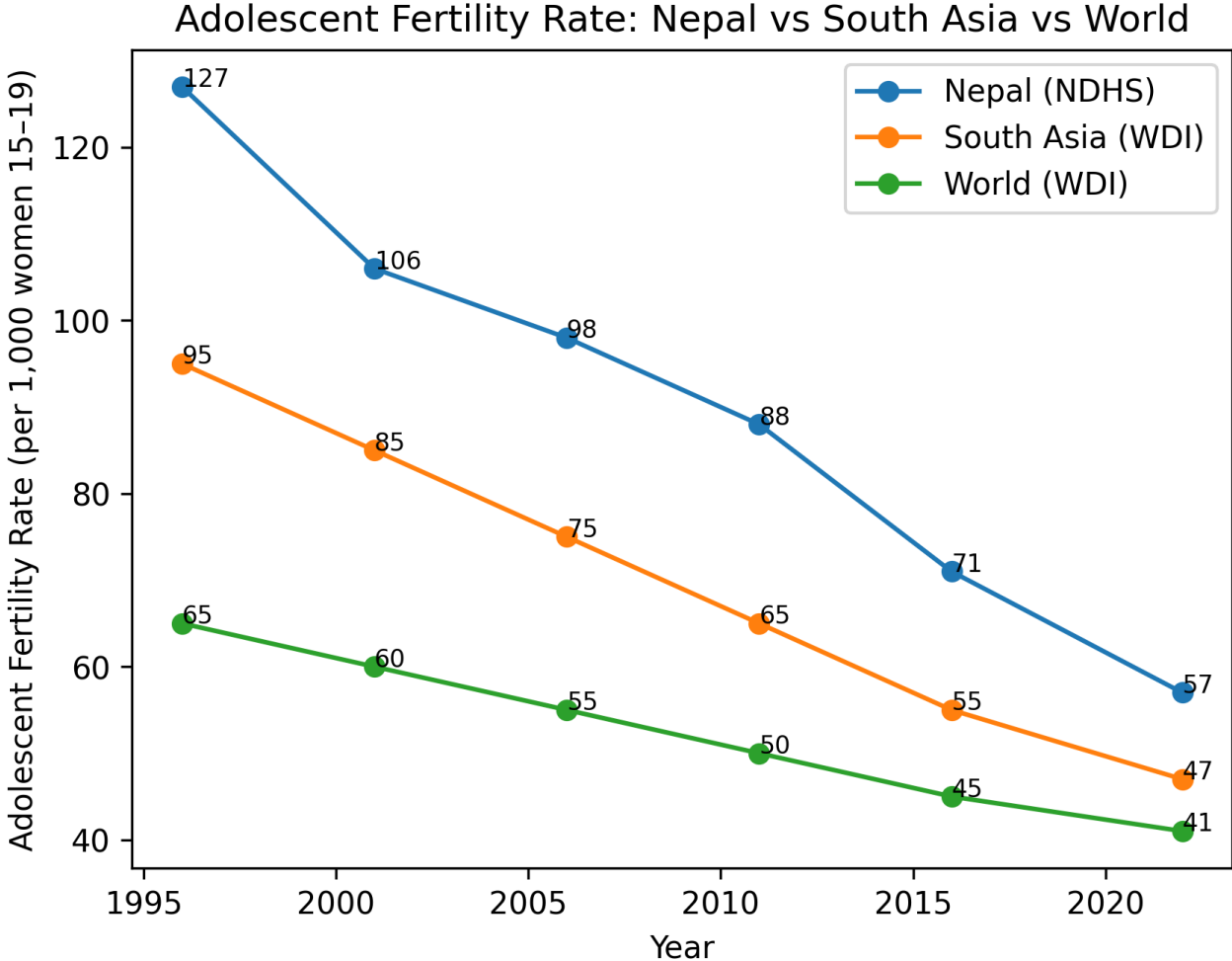


## Fertility Rate at Birth (births per woman) - Nepal



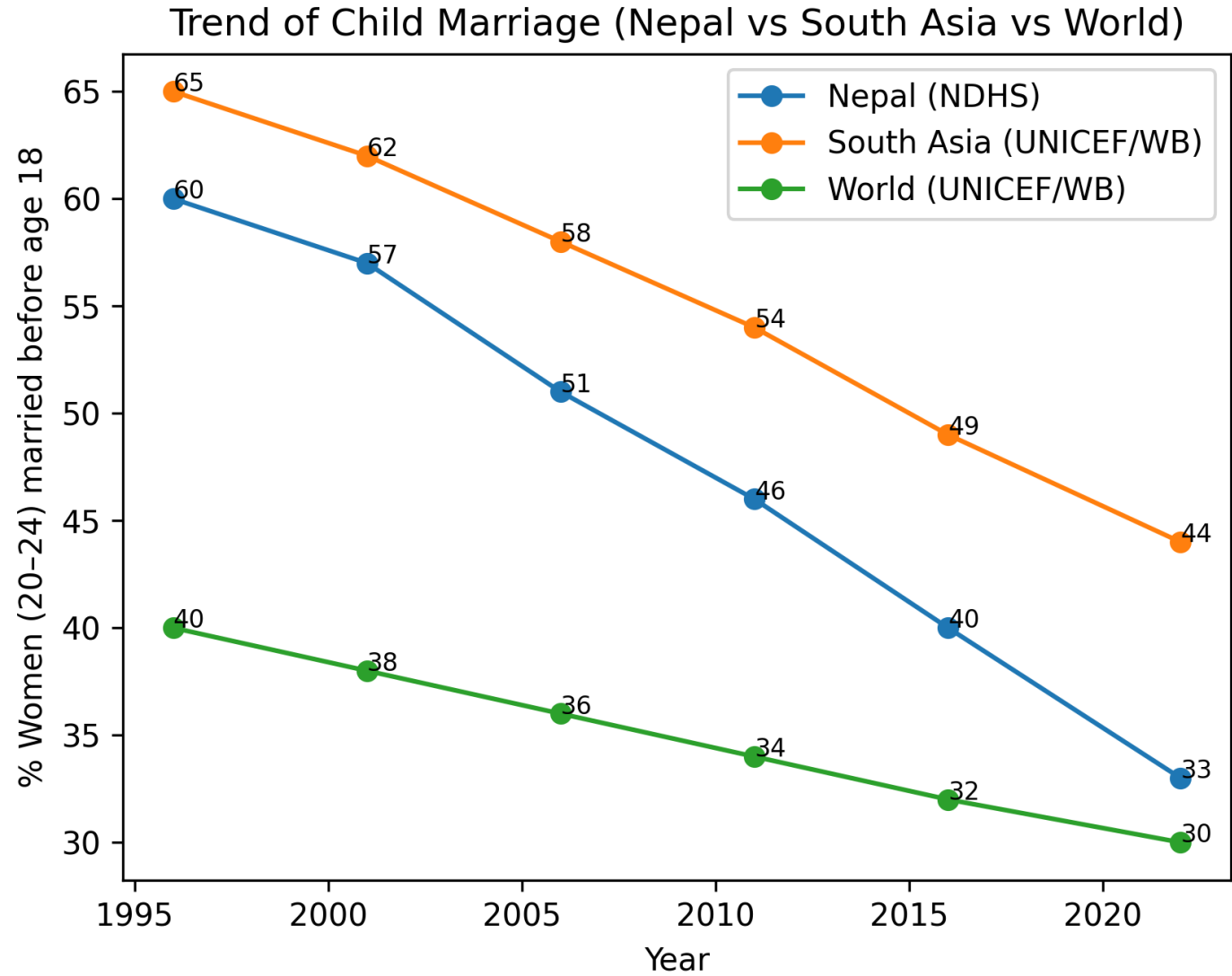


# Adolescent Health



Source: Nepal Demographic and Health Survey (1996-2022); World Bank World Development Indicators (SP.ADO.TFRT)

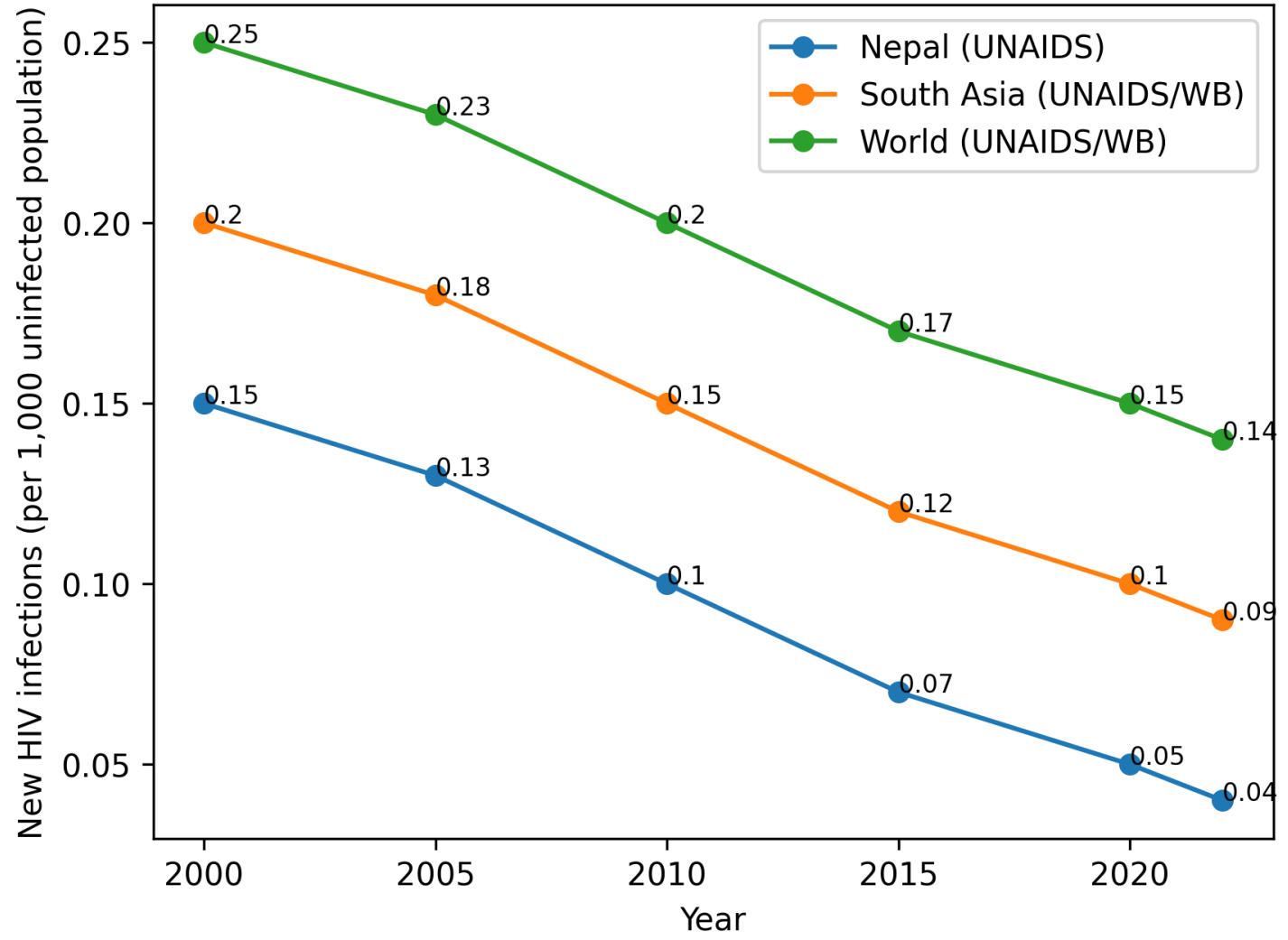
# Child Marriage



Source: Nepal Demographic and Health Survey (1996-2022); UNICEF & World Bank estimates

# HIV

Trend of New HIV Infections  
Nepal vs South Asia vs World

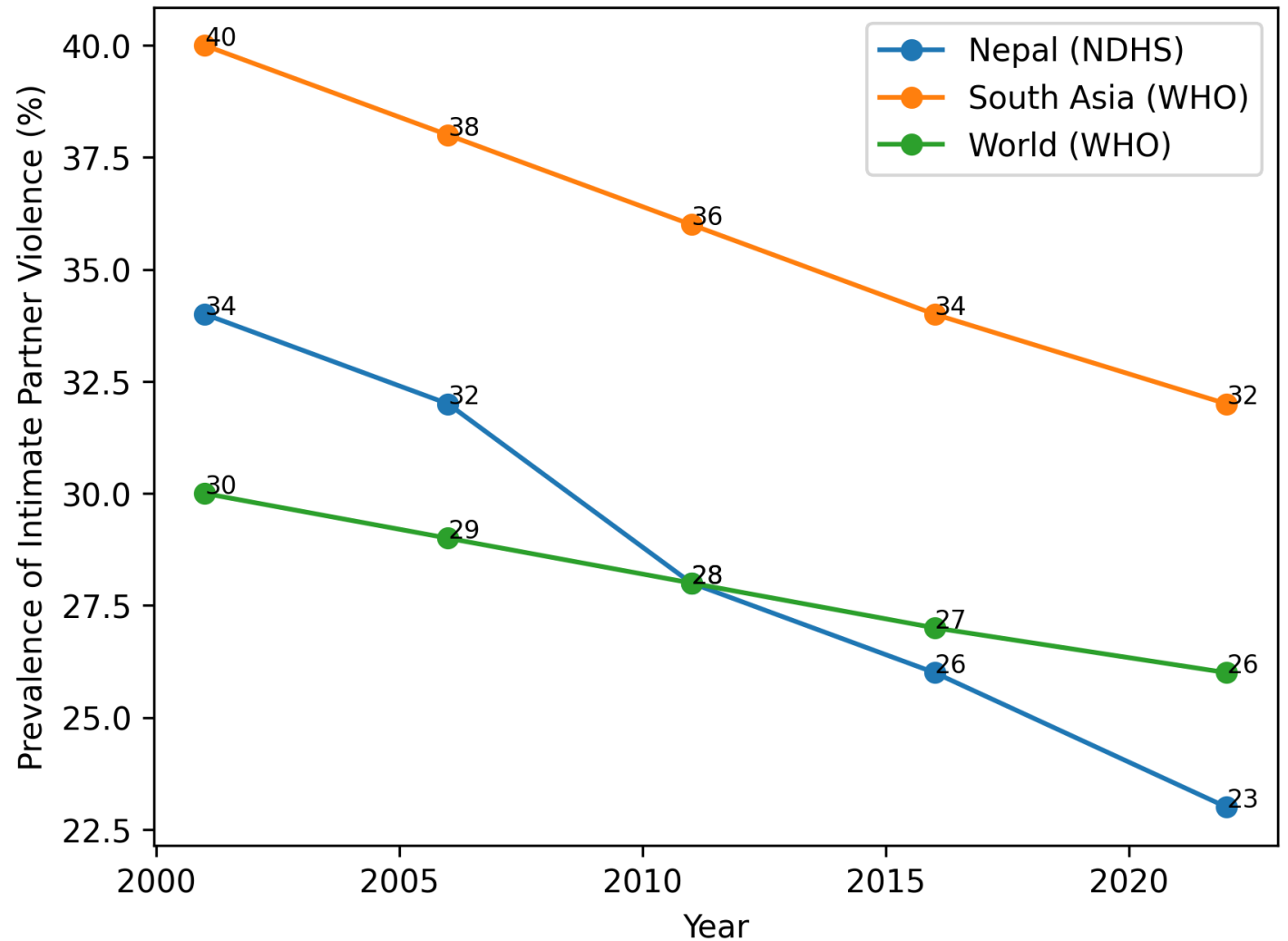


Source: UNAIDS (Global AIDS Update); World Bank World Development Indicators

# Intimate Partner Violence

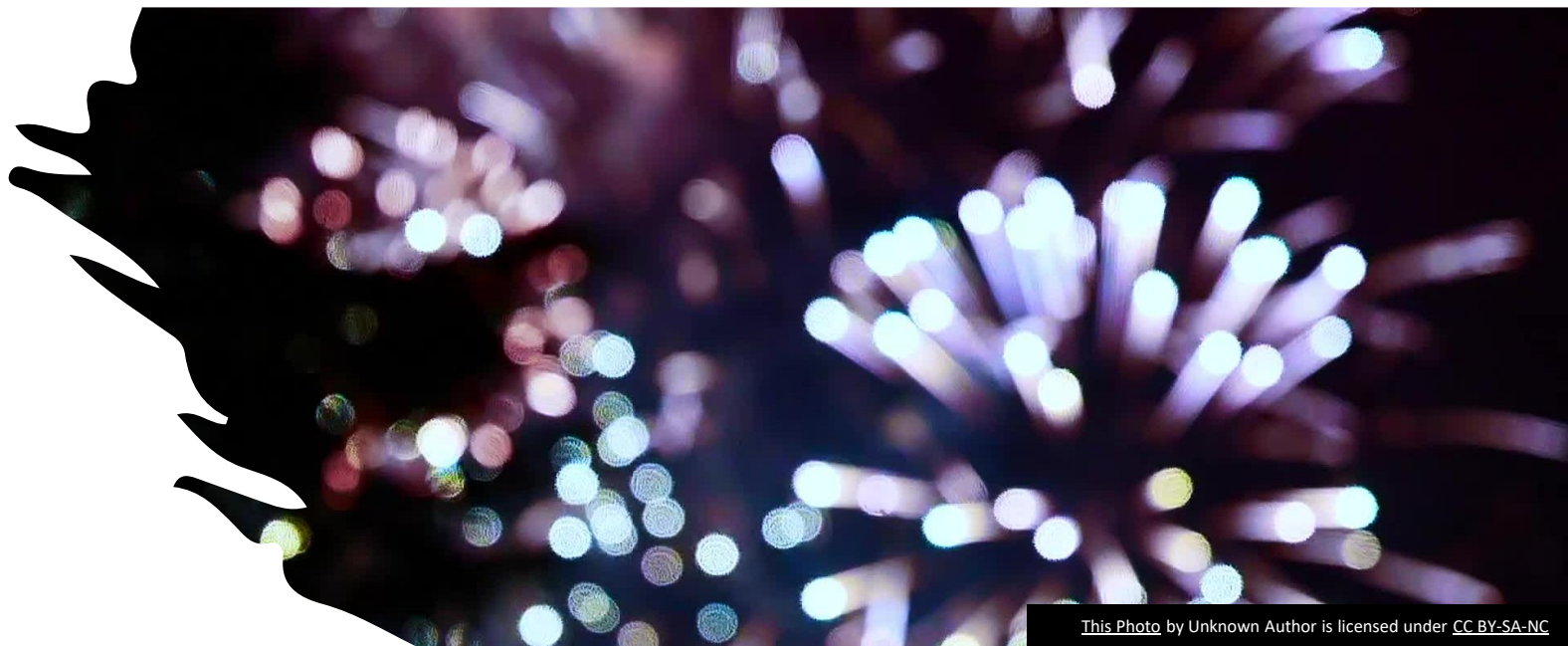
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Trend of Intimate Partner Violence  
Nepal vs South Asia vs World



Source: Nepal Demographic and Health Survey; WHO Global Estimates of Violence Against Women

Salute to all, who  
contributed for  
these achievements  
!



# Now, where is 'S'

- SRHR is broken into four key components:
- Sexual and
- Reproductive Health & Rights
  - Sexual Rights
  - Reproductive Rights

## Sexual –S

- Sexual health (holistic well-being)
- Sexual rights (autonomy, freedom, dignity)
- Sexual pleasure (increasingly recognized in modern frameworks)

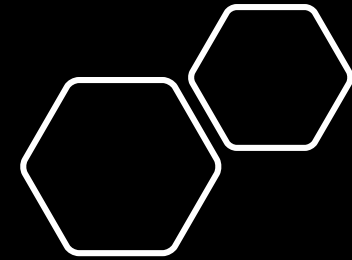
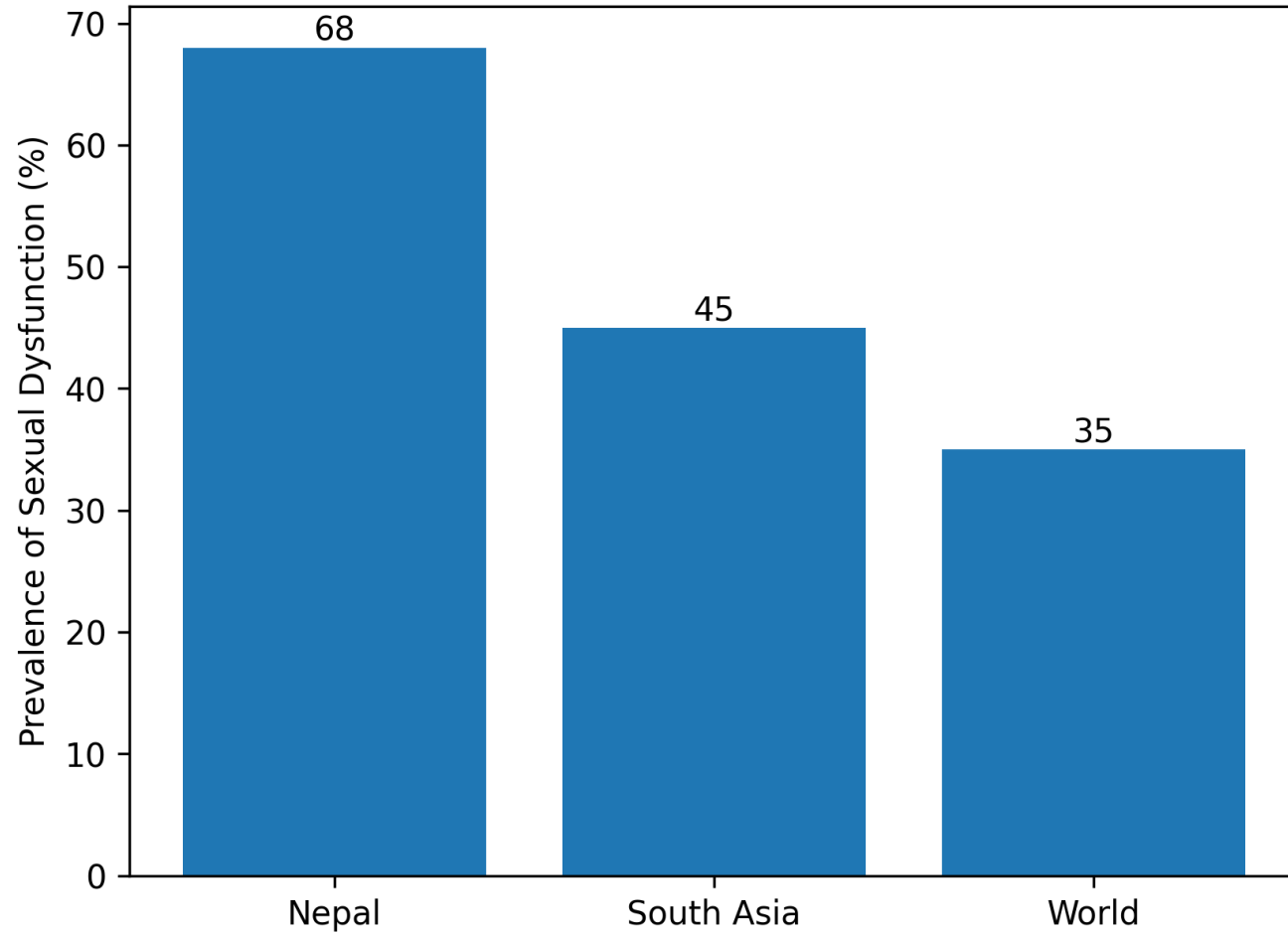
# Nepal Context: “Where is the S?”

- SRHR has historically focused on **reproductive outcomes**.
- Sexual health has been **neglected due to**
  - Cultural stigma and silence
  - Lack of policy prioritization
  - Neglect of **men’s sexual health**
  - Limited services and awareness
  - Weak data systems

# S as a Public Health Concern

- Linked with:
  - Mental health
  - Chronic diseases
  - Quality of life
- Identifies key challenges:
  - STIs/HIV risks
  - Youth service gaps
  - Gender inequality
  - Rural disparities
  - Sexual violence

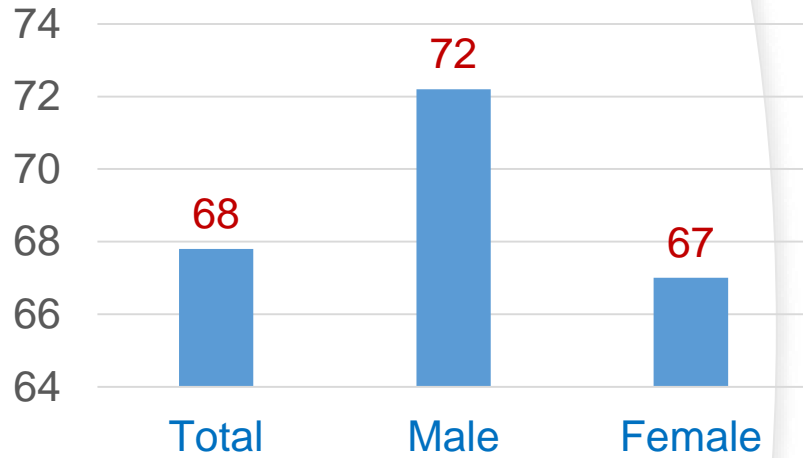
Prevalence of Sexual Dysfunction: Nepal vs South Asia vs World



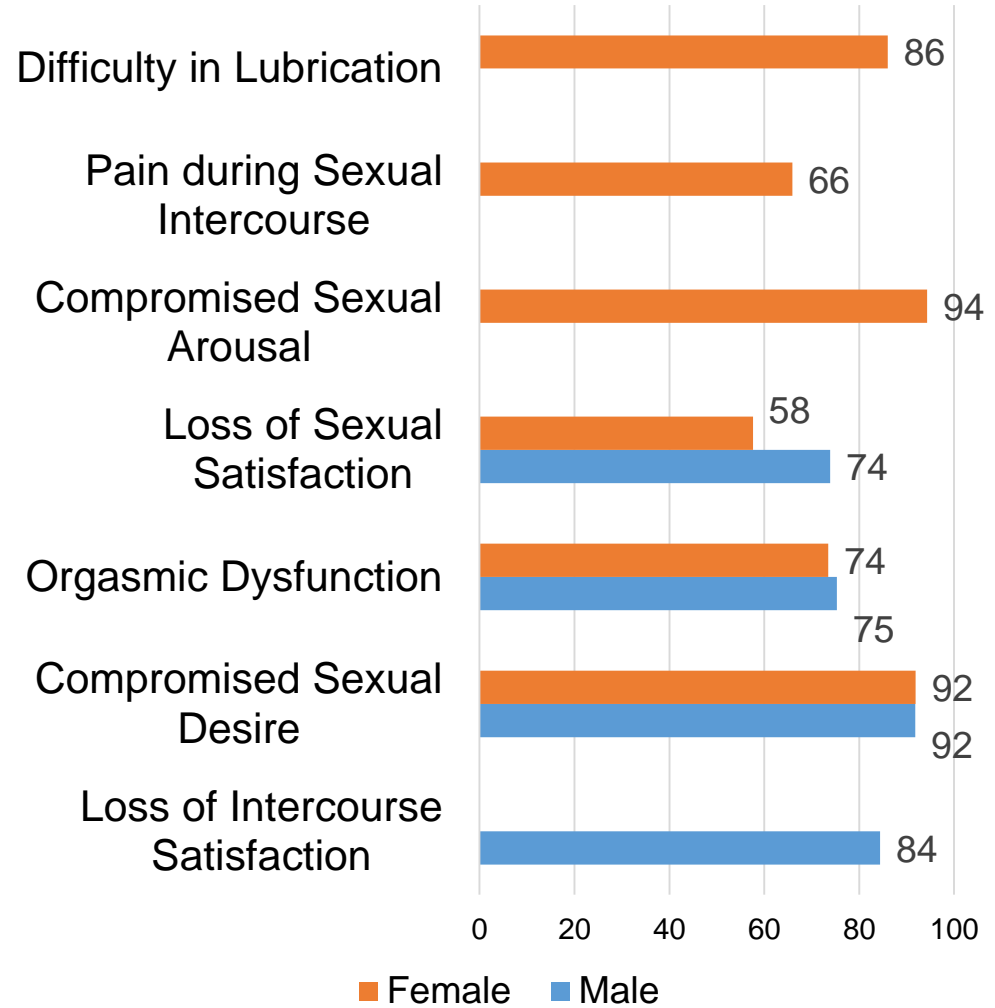
Source: National Sexual Dysfunction Study (Nepal, ~2024); WHO and global literature estimates



### Overall Sexual Dysfunction



### Sexual Dysfunctions by Domains



# Risk Factors for Sexual dysfunctions

- Early marriage
- NCDs
- Mental Health
- Lifestyle factors
- Reveals care-seeking barriers (stigma, informal care)
- ? Spousal separation

# How can we improve on “S” ?

- Data-driven advocacy
- Policy engagement
- Public dialogue
- Emphasis on:
  - Moving beyond **risk-based reproductive focus**
  - Recognizing sexuality as **central to human dignity and well-being**

# Overall ,

To improve “S”, have a SEX,

- S= **S**leep well
- E= **E**at well
- X= e**X**ercise well

**Thank you !**