



A complete resource for reproductive and sexual health.



Let's talk about sexual health.

Sexual health is a state of well-being in relation to sexuality across the life span that involves physical, emotional, mental, social, and spiritual dimensions. Sexual health is an intrinsic element of human health and is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction, that is free of coercion, fear, discrimination, stigma, shame, and violence. It includes: the ability to understand the benefits, risks, and responsibilities of sexual behavior; the prevention and care of disease and other adverse outcomes; and the possibility of fulfilling sexual relationships.

Visit our website at www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/reproductive-and-sexual-health.aspx to find tools on:

- Sexual Health and Responsibility Program (SHARP)
- Contraception and Family Planning
- HIV and STI-Free Living
- Clinical and Programmatic Guidance
- Reestablishing Intimacy After an Injury

To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION

For more information on your local resources, contact:

YOUR LOVE. YOUR HEALTH. OUR HELP.



Reproductive and Sexual Health Overview



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Sexuality and Health.

Intimacy and responsible sex can be wonderful; thoughtful decisions and planning can help make these experiences positive. Engaging in risky sexual behavior can result in sexually transmitted infections (STIs), like HIV, or unintended pregnancies. Also, military life can complicate efforts to establish and maintain relationships and intimacy or to reconnect with those we love. That's why the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center works to promote healthy relationships and prevent the occurrence of STIs and unplanned pregnancies among Sailors and Marines. We offer practical tools, educational resources and prevention strategies that can help you reconnect and remain sexually and reproductively healthy.

Protect yourself.

It's important to practice safe sex for your health. Risky sexual behavior has serious consequences in the Navy and Marine Corps. Between 1985 and 2013, at least 6,000 active duty Sailors and Marines were infected with HIV.^{1,2} In 2013, over 5,000 cases of chlamydia, gonorrhea or syphilis were diagnosed among active duty Sailors and Marines.³ In 2008, only half of unmarried, active duty men in the Navy and Marine Corps reported using a condom the last time they had sex.⁴ In addition, only one in three unmarried, active duty women said a condom was used during recent intercourse. Condoms can be used along with other forms of birth control to reduce the risk of an unintended pregnancy and prevent STIs.

In 2012, only two of three enlisted Navy women said her last pregnancy while in the Navy was planned.⁵ Of those who experienced an unplanned pregnancy, half said that they were not using any form of birth control when the pregnancy occurred. Among the women who were using contraception at the time of their unplanned pregnancy, about half were using birth control pills. Oral contraceptives can be an effective method to prevent unintended pregnancy, when used

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correctly. However, other available contraceptive methods, such as IUDs and hormonal implants, are even more reliable and effective.

Be sexually healthy.

The good news is that STIs, HIV and unplanned pregnancies are mostly preventable if you practice safe sex. The following options can reduce your risk:

- ▶ Get vaccinated against Human Papillomavirus (HPV).
- ▶ Say no to sex or delay sex until another time in your life.
- ▶ Establish and be faithful in a long-term, mutually-monogamous relationship.
- ▶ Talk with your doctor about the most effective contraception options for your lifestyle and needs.
- ▶ Use your chosen contraceptive option correctly.
- ▶ Use condoms correctly and every time.
- ▶ Talk with your doctor about routine screening for early detection of HIV, chlamydia and other STIs.
- ▶ Use a buddy system when going out to prevent alcohol and sex related incidents.

Sometimes, unplanned things happen.

Sometimes, unplanned things do happen. **Act fast** within 72 hours:

- ▶ If you think your birth control might not have worked, emergency contraceptive pills can prevent a pregnancy from occurring.
- ▶ If you think you may have been exposed to HIV, HIV post-exposure prophylaxis can reduce the risk of infection.

For assistance regarding your sexual health, contact your health care provider or visit your military treatment facility.

¹ AFHSC Medical Surveillance Monthly Report. 2011;18(8).

² NMCPHC NBIMC. HIV Seroconversion Data. 2013.

³ NMCPHC EpiData Center. Sexually Transmitted Infections Annual Report 2013.

⁴ Bray R et al. 2008 DoD Survey of Health Related Behaviors Among Active Duty Military Personnel.

⁵ NPRT. 2012 Pregnancy and Parenthood Survey.

