



# NMCPHC Health Promotion Toolbox

## April – Sexual Health

### Know Your Numbers!

- **19 million.** Each year, there are approximately 19 million new sexually transmitted infections (STI) in the United States. There are many diseases transmitted sexually. You can't usually tell if person has a disease just by looking at them. Many people infected with a sexually transmitted disease often do not even know they have it.
- **Every 4 Days.** Over the past decade, another sailor or marine has been diagnosed with **HIV** about every 4 days. Since 1985 over 6000 active duty Sailors and Marines have been infected with HIV. Of these, about 500 are still on active duty. Over 1,000,000 Americans are infected with HIV. Many don't know it. You can't tell if a person has HIV infection just by looking at them.
- **8000.** **Chlamydia** infection is the most commonly reported sexually transmitted infection in the U.S. and among active duty Sailors and Marines. About 3 million new cases of Chlamydia occur each year in the U.S. Over 8000 Sailors and Marines are infected every year. Women and men who have Chlamydia it *often have no symptoms*. They often do not know they have the infection. In women, untreated Chlamydia infection may lead to pelvic inflammatory disease, chronic pelvic pain, ectopic pregnancies, and infertility. You can't tell if a person has Chlamydia just by looking at them.
- **45% Unplanned.** **Unplanned pregnancies** happen in the Navy as well as society. About half (45%) of Navy enlisted women say her last pregnancy while in the Navy was unplanned. Many of these couples were not using any form of birth control when they got pregnant. Some women said they weren't using birth control because they were not "sexually active" - but something unexpected happened. Of those who were using birth control, most were on the pill. Some ran out of pills and some were between birth



control methods. What's your plan? Please talk with your Navy health care provider about family planning.

- **99%.** The most effective forms of reversible birth control, other than having no sex, are intrauterine devices (like **Paragard** and **Mirena**) and the hormonal implant **Nexplanon**. These are over 99% effective. In general, IUDs and implants are low maintenance for doctors and users; discreet; provide continuous contraception for 3-12 years; safe for most women, including teens and HIV positive women; safe for women who have had a cesarean section, STIs, PID, ectopic pregnancy and for non-monogamous women; well tolerated by adolescents and most women who have never had a baby; enjoy very high user satisfaction; enjoy very high user continuation rates; cost-saving when compared to oral contraceptive pills; enjoy easy placement and removal; enable rapid return to fertility after removal.
  - **80-98%.** Using a latex male **condom** correctly and every time significantly reduces the risk of getting HIV and Chlamydia. “Typical” condom use reduced the chance of pregnancy by 80% - “perfect” use (using it correctly and every time) reduces the risk of pregnancy by 98%. Condoms also reduce the risk of getting some other STIs.
  - **72 hours.** The **Emergency contraceptive pill** (ECP) taken within 72 hours of sex reduces your risk of a pregnancy by 75% or more (they are more effective if taken earlier than 72 hours). The ECP “Plan B One-Step” is available for free from any Navy clinic and may be purchased over the counter in retail pharmacies. If the sexual encounter happened more than 72 hours ago but less than 5 days, there are two other options available – a pill called “Ella” and the copper intrauterine device – but both require a prescription.
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