

## Integrating Sexual & Reproductive Health in Local Government Health & Wellbeing

This resource has been designed to support the Mornington Peninsula Shire to integrate and align sexual and reproductive health promotion and activities within its Municipal Health and Wellbeing Plan and annual Action Plans as relevant.

### Your Plan



WHISE has conducted an analysis of your Municipal Health and Wellbeing Plan and identified the following leverage points as potential opportunities to align and integrate sexual and reproductive health:

**Strategic Objective 3.1 - A healthy and self-determined community where everyone feels valued, supported and safe.**

**3.1.5** Support and participate in local and regional programs to improve sexual and reproductive health.

### Potential actions



WHISE has identified the following as potential actions for implementation, in order for the Mornington Peninsula Shire to integrate and align sexual and reproductive health within its Municipal Health and Wellbeing Plan:

**3.1.5** Deliver or promote activities, policies or initiatives that aim to prevent sexual violence and/or reproductive coercion, such as workforce capacity building, public forums or the annual 16 Days of Activism campaign.

Host an informational event for parents and caregivers in your area to support them to discuss respectful relationships and healthy sexuality to their children and adolescents, or support schools in your area to be part of the Critical Friends Network.

Promote the Sexual and Reproductive Health Hubs at Monash Health Community and Peninsula Health to local residents to ensure access to services, or collaborate with stakeholders to provide capacity-building for local doctors and nurses to build their knowledge, skills and confidence in delivering sexual and reproductive health services, i.e. host a training workshop on long-acting reversible contraception or STI testing.

Deliver targeted health promotion campaigns to promote STI and BBV testing among high-prevalence groups to reduce risk of chronic illness, promote HPV vaccination to newly arrived communities, or promote self-collection for cervical screening to under-screened populations.

Engage in efforts to promote community health literacy regarding reproductive health issues including pelvic pain, endometriosis, polycystic ovary syndrome and menopause, to encourage access to help-seeking and health services.

## What is SRH?



“**Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.**

**Sexual health requires a positive and respectful approach to sexuality and sexual relationships...”**

~ **World Health Organization**

## What does SRH include?

Sexual and reproductive health incorporates a range of issues and services, including but not limited to:

- ✓ Respectful relationships and prevention of gender-based violence
- ✓ Cervical screening
- ✓ Vaccinations
- ✓ Contraception
- ✓ Sexually transmissible infections
- ✓ Blood borne viruses
- ✓ Fertility and pregnancy
- ✓ Chronic reproductive health issues
  - Endometriosis
  - Polycystic ovary syndrome (PCOS)
- ✓ Menopause
- ✓ Menstruation
- ✓ Abortion

## Local data analysis



Sexual and reproductive health outcomes vary considerably across the Southern Metropolitan Region. While there are complex factors that contribute to health and wellbeing outcomes, one of the main social determinants of sexual and reproductive health outcomes is the availability of affordable, high-quality and accessible services.

A comprehensive report of available sexual and reproductive health data for each local government area is available via the [Victorian Women's Health Atlas](#).

**However, at a high-level, residents of the Mornington Peninsula Shire require:**



Increased access to doctors and pharmacists who will prescribe and dispense medical abortion, as access to these services is lower than the Victorian average.



Increased access to long-acting reversible contraception through healthcare providers, as Implanon and IUD uptake is lower than the Victoria average.

The development of this resource is part of the implementation of WHISE's four-year regional sexual and reproductive health strategy, [Good Health Down South 2021 - 2025](#) and Year Three and Four Action Plan (Action 2.2).

## Who is WHISE?



[Women's Health in the South East](#) (WHISE) is an intersectional feminist health promotion agency working in the Southern Metropolitan Region to promote gender equity, prevent violence against women, improve sexual and reproductive health, and mental health and wellbeing.

## Contact



For more information on WHISE's work in sexual and reproductive health, or for support to integrate sexual and reproductive health in your Municipal Health and Wellbeing Plan and annual Action Plans, please contact WHISE's Sexual and Reproductive Health Lead, Laura Riccardi via email: [lrccardi@whise.org.au](mailto:lrccardi@whise.org.au).