



SEXUAL & REPRODUCTIVE HEALTH AWARENESS DAY

Feb 12, 2025

A critical aspect of overall health, encompassing physical, psychological, and social well-being.

KEY FOCUS AREAS

- **Sexual Health:** Preventing STIs, STDs, and addressing sexual dysfunctions.
- **Reproductive Health:** Fertility, family planning, and childbearing.

WHY IT MATTERS?

STI Statistics:

Over 1 million new infections occur daily, yet most are preventable.

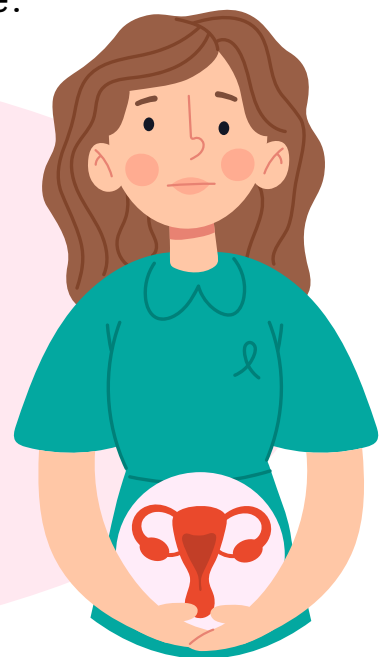
Infertility Facts:

- **Global Impact:** 48 million couples & 186 million individuals face infertility issues (WHO report).
- **Sperm Count Decline:** Dropped 51.6% between 1973 and 2018.
- **PCOS Impact:** Responsible for 25–30% of infertility cases.

Sexual and reproductive well-being form an important part of one's overall health, just like physical health, mental health, financial health, etc. Being a complex and rich experience, human sexuality cannot be labelled into a few categories; it encompasses issues related to sexually transmitted infections (STIs) and STDs, and sexual dysfunctions. On the other hand, reproductive health covers childbearing, fertility, proper family planning, etc.

Today, it is believed that more than a million people contract an STI. But the bigger issue is that these STIs are mostly preventable. To help people across all levels of society understand the importance of sexual and reproductive health, and to encourage preventative action and safe practices, it is crucial to spread awareness for the same.

For women who are sexually active, getting cervical screenings (**Pap smears**) done every year is a very good practice. These tests should be done irrespective of you facing any symptoms, a majority of STIs won't show any signs

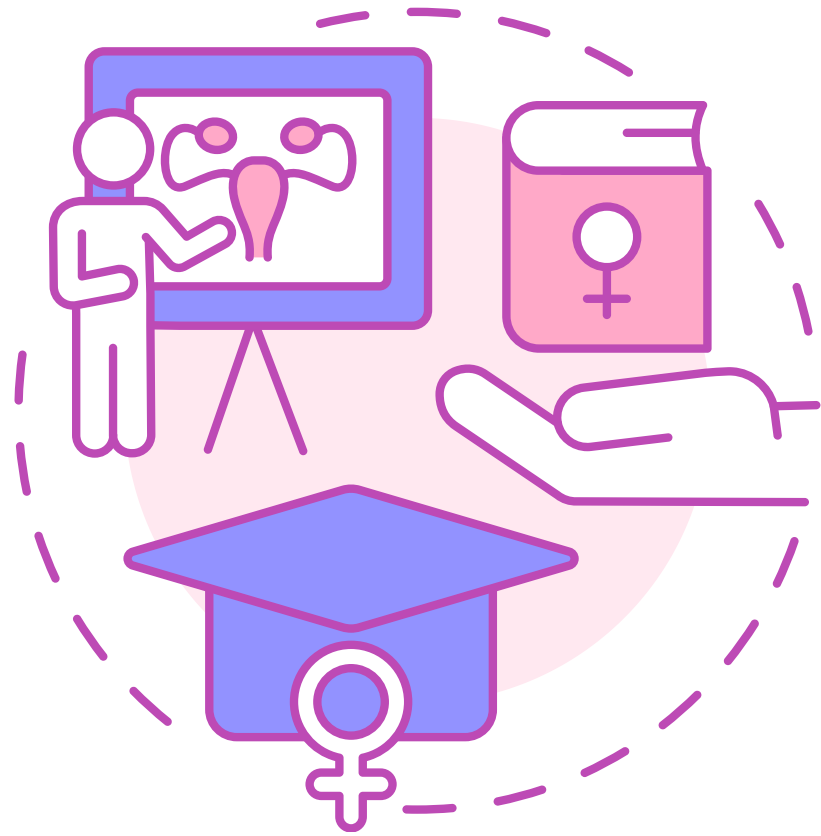


The scope of sexual and reproductive health awareness is not limited to STDs, family planning, contraceptives, and safe sex practices. It includes related physical, psychological, emotional, and social well-being as well, which is why sexual and reproductive health awareness and rights are a part of basic human rights that everyone deserves.

This day also helps in learning about the use of various forms of contraception, how to protect oneself from STIs, and how to have a healthy and comfortable sexual life.

Reaching out regarding issues related to sexual health may feel uncomfortable but maintaining your health, sexual health in particular is necessary. The goal of this day is to reduce stigma and raise awareness about health issues related to sexual and reproductive health, educate how to reduce the incidence of sexually transmitted infections, how to utilize essential healthcare services

HOW TO PROMOTE SEXUAL & REPRODUCTIVE HEALTH?



- **Educate Yourself:** Learn about your body and consult experts.
- **Regular Check-ups:**
 - Annual cervical screenings (Pap smears) for women.
 - STI testing for sexually active individuals.
- **Practice Safe Sex:** Always use protection to prevent STIs.
- **Manage Stress:** Exercise, meditate, or talk to loved ones.
- **Spread Awareness:** Educate your community about the importance of sexual health.

NUTRITION FOR REPRODUCTIVE WELLNESS IN WOMEN

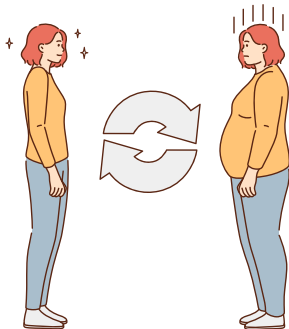
- **Good Diet:**
 - Include fiber-rich foods, whole grains, Omega-3 fatty acids, and high-quality proteins.
 - Limit processed foods, sugar, and caffeine.
- **Take Folic Acid:** 800 mcg daily supports ovulation and reduces neural tube defect risks.
- **Choose Vegetable Proteins:** Boost ovulation by reducing meat intake.

LIFESTYLE CHANGES FOR BETTER REPRODUCTIVE HEALTH



QUIT SMOKING AND ALCOHOL:

Smoking reduces sperm count and egg health. Alcohol impacts fertility in both men and women.



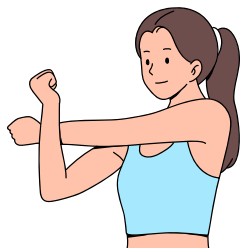
MAINTAIN A HEALTHY WEIGHT:

Overweight/underweight individuals face fertility challenges.



STAY HYDRATED:

Prevents infections and improves overall health.



EXERCISE REGULARLY:

Engage in strength training and cardio 3+ times a week.

MESSAGES TO REMEMBER

- **Reduce Stigma:** Encourage open conversations about sexual health.
- **Know Your Rights:** Sexual and reproductive health is a human right.
- **Eradicate Harmful Practices:** Advocate against female genital mutilation and unsafe abortions.

End **THE** STIGMA

HEALTHY HABITS FOR A BETTER FUTURE



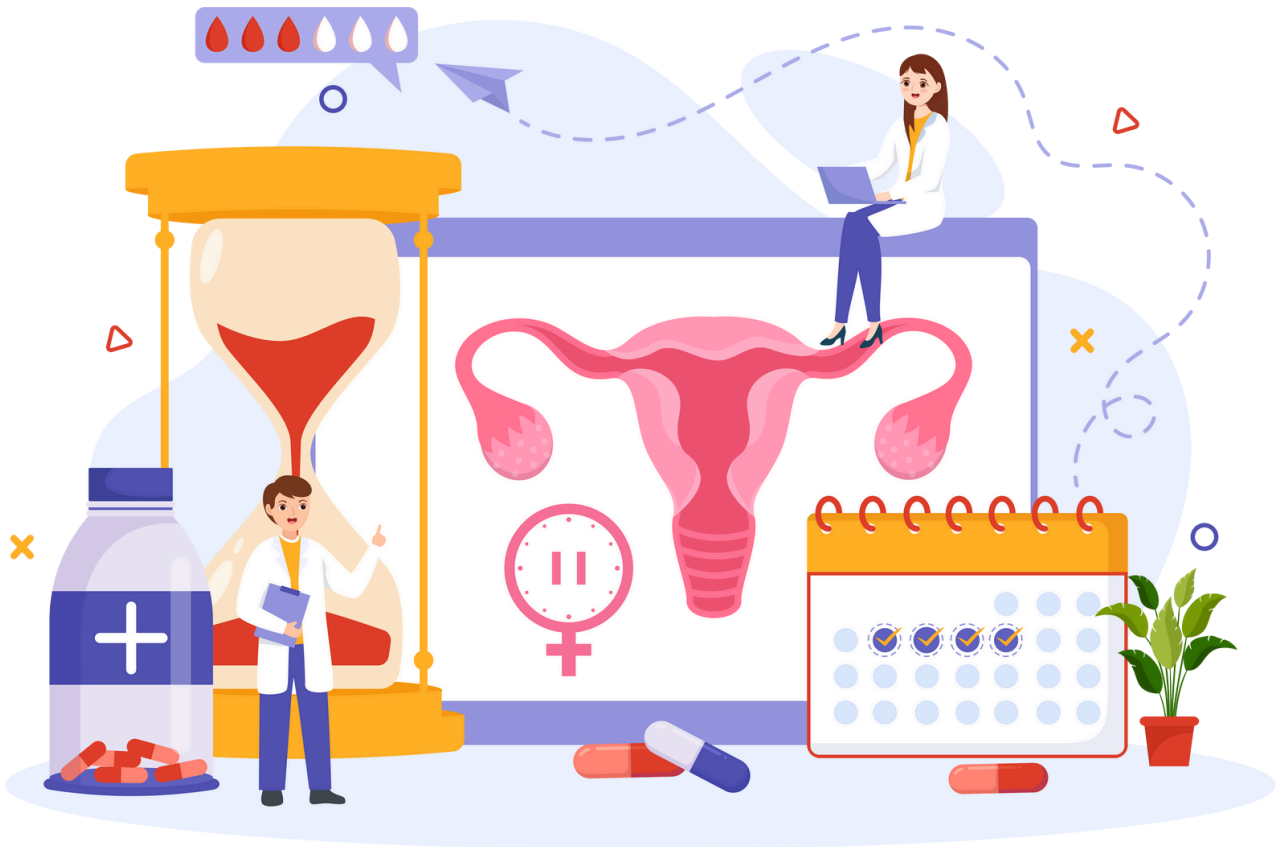
SLEEP REGULARLY:

Prioritize consistent, quality sleep



BE PROACTIVE:

Consult fertility specialists and act early on health concerns.



TAKE CONTROL OF YOUR HEALTH TODAY

- Reproductive health awareness ensures a healthier, happier life.
- Small steps now lead to significant benefits in the future.