

1. Concept of Reproductive Health

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Topics in the module

- What is Reproductive Health.
- Concept and importance of reproductive health in relation to public health (promotion, prevention, protection, control point of view)



Definition of Reproductive Health

- Reproductive health is a state of complete physical, mental and social well-being, and not merely the absence of reproductive disease or infirmity. (*International Conference on Population and Development, Programme of Action, 1994.*)
- Reproductive health deals with the reproductive processes, functions and system at all stages of life.



The definition suggests that reproductive health encompasses:

- the ability to reproduce
- freedom to control reproduction
- the ability to go through pregnancy and childbirth safely, with successful maternal and infant survival and outcomes
- the ability to obtain information about and access to safe, effective and affordable methods of family planning
- the ability to have a satisfying, safe sex life, free from fear of pregnancy and disease
- the ability to minimize gynecologic disease and risk throughout all stages of life



Reproductive Health (1)

- This definition of reproductive health encompasses some key characteristics that make reproductive and sexual health unique compared to other fields of health. Reproductive health extends into the years before and beyond the years of reproduction, not just the time of reproduction. It also acknowledges gender roles, and the respect and protection of human rights. Along with the consensus on a definition the conference recognized that access to reproductive health care needs to be assured for people around the world.
- *Source: Global Policy Committee of the World Health Organization, 2 May 1994; and the WHO Position paper on Health, Population and Development, Cairo 5-13 September 1994. Available at http://www.who.int/topics/reproductive_health/en/*



Reproductive Health (2)

- Reproductive health includes sexual health, the purpose of which is the enhancement of life and personal relations, and not merely counselling and care related to reproduction and sexually transmitted diseases."
- The International Conference on Population and Development Programme of Action states that "reproductive health ... implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.



Reproductive Health (3)

There are certain implicit rights of both men and women:

- **to be informed** of safe, effective, affordable and acceptable methods of fertility regulation;
- **to have access** to safe, effective, affordable and acceptable methods of fertility regulation of their choice;
- **to have access** to appropriate health care services that will enable women to go through pregnancy and childbirth safely, and provide couples with the best chance of having a healthy infant.



Concepts included in RH

- Ideally, a comprehensive and lifetime view of reproductive health should include the principles listed in Slide 4
- A satisfying and safe sex life means being free from fear of unwanted pregnancy and of the risk of contracting disease.
- For demographic purposes, reproductive age is usually defined as 15 through 49. While we often focus our concerns about reproductive health on this age span in the population, the use of the phrase “all stages of life”. Reproductive health should be a lifetime goal, beyond the childbearing years.



Concepts included in RH(1)

- This means that men and women have a right to both information about and access to methods of family planning and regulation of fertility that are of their choice and not against the law. Methods of family planning available in a society should be safe, effective and affordable.
- Reproductive health should refer to events experienced by both men and women. The attention to pregnancy and childbirth in a global context usually tends to focus most attention on women's reproductive health issues.

Source: Global Health Education Consortium and collaborating partners



Importance of Reproductive Health

- Reproductive health is a human right stated in international law.
- Reproductive health plays an important role in morbidity, mortality and life expectancy.
- Reproductive health problems are the leading cause of women's ill health and mortality worldwide.

Source: International Conference on Population and Development, Programme of Action, 1994



Important Notes on Importance of RH

- There is a long history of recognizing reproductive health among the essential human rights. Acknowledgements of reproductive health from a human rights perspective are embedded in: the Universal Declaration of Human Rights, 1948; the Convention on the Elimination of All Forms of Discrimination Against Women, 1979; the Programme of Action, from the International Conference on Population and Development, Cairo 1994; and the Platform for Action at the Fourth World Conference on Women, Beijing 1995.

Source: International Conference on Population and Development, Programme of Action, 1994



RH incorporates following concepts

- the right to health in general
- the right to reproductive choice
- the right to receive reproductive health services
- the right of men and women to marry and found a family
- the right of individuals to make reproductive decisions free of discrimination, coercion and violence
- the right of the family to special protection and sometimes, concepts of special rights in relation to motherhood and childhood (pre- and post-natal care)

Source: International Conference on Population and Development, Programme of Action, 1994



Importance of RH concepts

- Other essential human rights are those that permit women to realize their dignity economically, socially, and culturally. The ICPD Programme of Action states.... "The empowerment and autonomy of women is a highly important end in itself. In addition, it is essential for the achievement of sustainable development.
- Evidence shows that population and development programmes are most effective when... steps are taken to improve the status of women, including their access to secure livelihoods and economic resources, and full participation in public life."

Source: International Conference on Population and Development, Programme of Action, 1994



United Nations Millennium Development Goals

- Goal 3. Promote gender equality & empower women
- Goal 4. Reduce child mortality
- Goal 5. Improve maternal health
- Goal 6. Combat HIV/AIDS, malaria & other diseases



United Nations Millennium Development Goals (1)

- Goal 1 Eradicate extreme poverty and hunger
 - Goal 2 Achieve universal primary education, and
 - Goal 7 Ensure environmental sustainability.
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- These goals bear an indisputably close relationship to reproductive health and health overall.



Program Components of Reproductive Health

The 1994 International Conference on Population and Development's Programmed of Action called upon all countries to strive to make reproductive health accessible to their populations by 2015.

- Safe Motherhood
- Family Planning
- Sexually Transmitted Infections, HIV and AIDS
- Gender-Based Violence



Global Indicators of Reproductive Health

- Fertility
- Life Expectancy
- Perinatal Mortality
- Low birth weight
- Maternal Mortality



Fertility

- Fertility is a measure of the average number of births women in a society have.
- Fertility influences the rate of natural growth of a population. It is impacted by couples' ability to control reproduction and by infant survival.
- To replace itself, a population must have a fertility rate of 2.1 children per woman.



Life Expectancy

- Life expectancy is the number of years a newborn baby can expect to live if current mortality trends continue.
- It is a common indicator of the overall health and socio-economic wellbeing of a society.
- Life expectancy is heavily influenced by infant and maternal mortality.



Factors affecting the Life Expectancy

- Life expectancy is a measure commonly used, in a summary way, to reflect the overall health of a society measured in years.
- Other factors that noticeably affect life expectancy are poverty, environmental and occupational exposures, individual risk factors such as smoking, obesity, access to health care, and disease spread, such as AIDS.



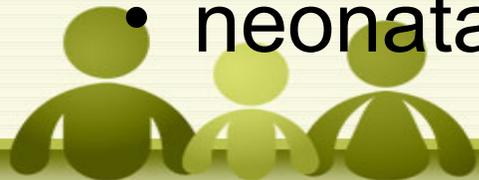
Perinatal Mortality

- Perinatal mortality is a significant indicator of the health status of pregnant women and their newborns.
- Perinatal deaths are infant deaths that occur within the first week of life and stillbirths.
- Perinatal mortality is directly impacted by:
 - maternal health
 - maternal nutritional status or deficiencies
 - quality of obstetric care received.



Causes of Perinatal Mortality

- poor maternal health or nutritional status
- inadequate care during pregnancy
- poor management of complications during pregnancy or delivery
- preterm birth
- unsanitary delivery
- maternal infections, such as malaria or syphilis
- neonatal tetanus



Low Birth Weight

- Low birth weight is infant weight of less than 2500 grams (5 lbs. 8 oz.) at birth.
- 20 million low birth weight infants are born each year around the world.
- 96% of low birth weight infants are born in developing countries.



Causes of Under Birth Weight

- preterm delivery (<37 weeks)
- restricted fetal growth
- poor socioeconomic conditions
- maternal malnutrition, toxic exposures
- maternal malaria, HIV, syphilis



Maternal Mortality

- Maternal mortality refers to the death of a woman that is directly related to the reproductive process.
- The death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and the site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management, but not from accidental or incidental causes.

Source: Tenth International Classification of Diseases



Maternal Mortality - Global

- Maternal mortality is the leading cause of death among women in the childbearing years.
- There were an estimated 529,000 maternal deaths worldwide in 2000.
- Maternal mortality reflects disparities in access to reproductive health care between wealthy and poor, and inequities within countries suffered by vulnerable populations and minorities.

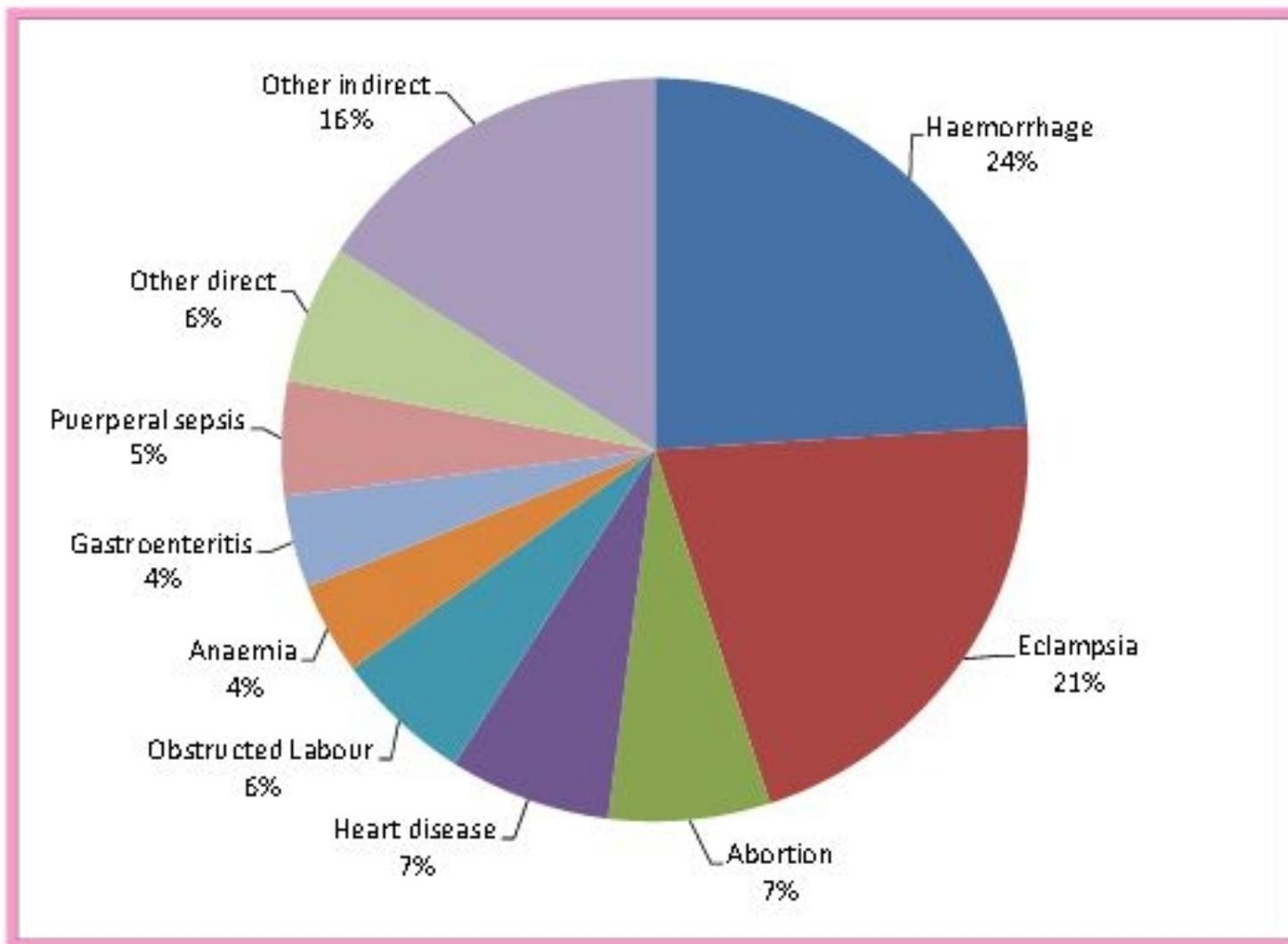


Maternal Mortality

- 99% of maternal deaths occur in developing countries.
- Africa and Asia together account for 95% of maternal deaths worldwide.
- Less than 1% of all maternal deaths occur in developed countries.
- Nepal 190/100,000 live births estimated in 2013 (WHO/UNICEF/UNFPA/WB) 229/100,000 Live births (NMMS 2008/08), 281/100,000 NDHS 2006



Figure 3: Causes of maternal deaths



Source: Nepal Mortality and Morbidity Survey 2008/09

Preventing Maternal Mortality

- 99% of maternal deaths are preventable through:
 - family planning to reduce unintended pregnancies
 - skilled attendance at deliveries
 - timely emergency care when obstetric complications arise



- Any



Any Query?

