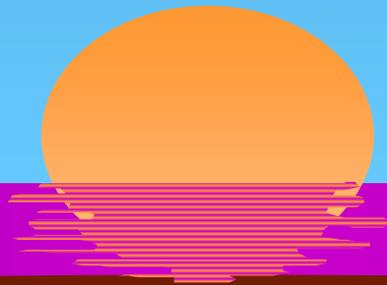


Reproductive Health



What is Reproductive Health

RH is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system

- ◆ *Implies a satisfying and safe sex life*
- ◆ *Capability to reproduce, and capability to decide if, when and how often*
- ◆ *To be informed and to have access to safe, effective, affordable and acceptable methods of FP*
- ◆ *Safe pregnancy, child birth, and a healthy infant*
- ◆ *Sexual health which is not merely related to care and counselling but the enhancement of life and personal relationships*
- ◆ *Life cycle approach*



--ICPD, Cairo

Some Principles

- ◆ All humans are born free and equal in dignity and rights
- ◆ Human beings are at the centre of concerns for sustainable development
- ◆ Advancing gender equality and equity and empowerment of women, and the elimination of all kinds of violence against women



Some Principles (contd.....)

- ◆ Everyone has the right to the enjoyment of the highest attainable standard of physical and mental health
- ◆ Everyone has the right to education, with particular attention to women and the girl child
- ◆ Economic growth should be broad based offering equal opportunities to all people



The Reproductive Health Approach

- People have the ability to reproduce and regulate their fertility
- Women are able to go through pregnancy and childbirth safely
- The outcome of pregnancy is successful in terms of maternal and infant survival and well-being
- Couples are able to have sexual relations free from the fear of pregnancy and of contracting disease



An essential package of services

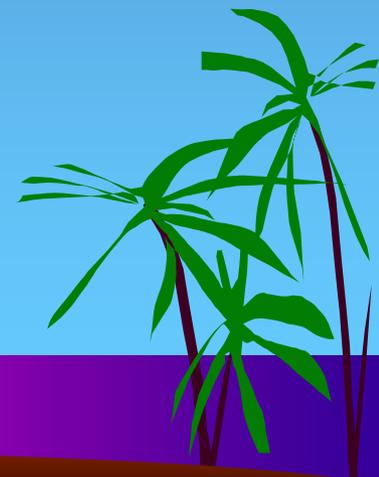
Which includes.....

- Prevention and Management of unwanted pregnancy including safe abortion
- Services to promote safe motherhood
- Nutritional services of vulnerable groups
- Prevention and care of reproductive tract infections and sexually transmitted infections, including HIV
- Reproductive health services for adolescents
- Health, sexuality and gender information, education and counselling
- Establishment of effective referral systems



Where service providers must..

- ◆ Respect human rights
- ◆ Meet individual needs
- ◆ Be gender sensitive
- ◆ Understand sexuality
- ◆ Provide care throughout the life cycle
- ◆ Ensure quality of care



FP and RH approaches compared

RH

- ♦ Women are intrinsically valuable
- ♦ Women's Health is of genuine concern
- ♦ RH is seen in the context of the social, economic and political situation
- ♦ Women's health is not only defined by access and availability but QoC as well

FP/MCH

- ♦ Women are tools thro' which pop control objectives can be achieved
- ♦ Control women to control population
- ♦ The most important aspect of women's health is pregnancy, child bearing and fertility



FP and RCH compared (contd)

RH

- ◆ Goal - To improve women's health
- ◆ Individuals have the rights and social responsibility to decide
- ◆ Improving women's status and quality of programmes will reduce fertility

FP/MCH

- ◆ Goal - Demographic reduction
- ◆ Demographic goals of the country are more important than an individuals rights
- ◆ Population control will reduce fertility



Some Important RH concerns in India

- ◆ Unwanted pregnancies
- ◆ Contraception as well as infertility
- ◆ Unsafe abortions; sex selective abortion
- ◆ Maternal morbidity and mortality
- ◆ Cancers
- ◆ RTI/STI and HIV/AIDS
- ◆ Concern for adolescent health

