


TRAINING FOR THE HEALTH SECTOR
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**INTRODUCTION TO
REPRODUCTIVE HEALTH AND THE
ENVIRONMENT**

Training Module 1
Children's Environmental Health
Public Health and the Environment
World Health Organization
www.who.int/ceh
WHO/HSE/PHE/EPE/11.01.10

 **World Health
Organization**

November 2011

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<<NOTE TO USER: Please add details of the date, time, place and sponsorship of the meeting for which you are using this presentation in the space indicated.>>

<<NOTE TO USER: This is a large set of slides from which the presenter should select the most relevant ones to use in a specific presentation. These slides cover many facets of the issue. Present only those slides that apply most directly to the local situation in the region or country.>>

<<NOTE TO USER: This module presents several examples of risk factors that affect reproductive health. You can find more detailed information in other modules of the training package that deal with specific risk factors, such as lead, mercury, pesticides, persistent organic pollutants, endocrine disruptors, occupational exposures; or disease outcomes, such as developmental origins of disease, reproductive effects, neurodevelopmental effects, immune effects, respiratory effects, and others.>>

<<NOTE TO USER: For more information on reproductive health, please visit the website of the Department of Reproductive Health and Research at WHO:
www.who.int/reproductivehealth/en/>>

LEARNING OBJECTIVES

After this presentation individuals should be able to understand, recognize, and know:

- ❖ **Basic components of reproductive health**
- ❖ **Basic hormone and endocrine functions**
- ❖ **Reproductive physiology**
- ❖ **Importance of environmental exposures on reproductive health endpoints**

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<<READ SLIDE.>>

According to the formal definition by the World Health Organization (WHO), *health is more than absence of illness. It is a state of complete physical, mental and social well-being.* Similarly, reproductive health also *represents a state of complete physical, mental and social well-being, and not merely the absence of reproductive diseases or alterations.*

This presentation will introduce you to the basics of reproductive health and the important role that the environment plays in influencing the health of individuals.

Refs:

- WHO. Department of Reproductive Health and Research, Partner Brief. Geneva, Switzerland, *World Health Organization*, 2009. WHO/RHR/09.02. Available at whqlibdoc.who.int/hq/2009/WHO_RHR_09.02_eng.pdf – accessed 15 June 2011
- WHO. Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference. New York, United States of America, *World Health Organization*, 1946.

OUTLINE

- ❖ The concept of reproductive health
- ❖ The role of hormones and the endocrine system
- ❖ Review of the female reproductive system
- ❖ Review of the male reproductive system
- ❖ Role of environmental contaminants on reproductive health
- ❖ Introduction to endocrine disruptors

<<READ SLIDE.>>

<<NOTE TO USER: You may decide to delete certain parts of the presentation depending on time. Please correct the outline accordingly.>>

<<NOTE TO USER: If your audience is already familiar with the reproductive system, you may skip the introductory basic slides (slides 14 to 39), and go directly to the section on the role of environmental contaminants on reproductive health (slide 40 and onwards).>>

SECTIONS OF MODULE 1

- ❖ **Section 1:** Introduction to reproductive health
- ❖ **Section 2:** Biology and physiology of the reproductive systems
- ❖ **Section 3:** Environmental exposures and reproductive health



WHO



WHO



WHO

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<<READ SLIDE.>>

<<NOTE TO USER: Due to the amount of information presented in this introductory module, it will be divided into three sections. Each section is important for a thorough understanding of the fundamentals of reproductive health and the environment. However, you may decide to delete certain parts of the sections depending on time and relevance to the region or country.>>

Images: WHO

SECTION 1: Introduction to reproductive health



WHO

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<<READ SLIDE.>>

Section 1 will introduce the foundations of reproductive health according to the definitions of the WHO.

Image: WHO

1. REPRODUCTIVE HEALTH

- ❖ Reproductive processes, functions, and systems at all stages of life
- ❖ Freedom to make decisions regarding a healthy sex life
- ❖ Access to appropriate reproductive health services



www.who.int/reproductivehealth/publications/general/hrp_brochure.pdf

...for both
men and
women!



whqlibdoc.who.int/hq/2009/WHO_RHR_09.02_eng.pdf

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The WHO defines reproductive health as *a state of complete physical, mental and social well-being, and not merely the absence of reproductive disease or infirmity*. Reproductive health involves all of the reproductive processes, functions and systems at all stages of human life. This definition 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. Men and women have the right to be informed and to have access to safe, effective, affordable and acceptable methods of family planning of their choice that are not against the law. Furthermore, men and women should have access to appropriate health care services that will enable women to go safely through pregnancy and childbirth, as well as to provide couples with the best chance of having a healthy infant.

Reproductive health is a universal concern, but is of special importance for women particularly during the reproductive years. However, men also demand specific reproductive health needs and have particular responsibilities in terms of women's reproductive health because of their decision-making powers in some reproductive health matters. Reproductive health is a fundamental component of an individual's overall health status and a central determinant of quality of life.

Refs:

- UNDP/UNFPA/WHO/World Bank. Social science methods for research on reproductive health topics. Geneva, Switzerland, *UNDP/UNFPA/WHO/World Bank Special Programme on Research, Development, and Training in Human Reproduction*, 2006. Available at whqlibdoc.who.int/hq/1999/WHO_RHR_HRP_SOC_99.1.pdf -accessed 22 June 2010.
- United Nations Population Information Network (POPIN). Guidelines on reproductive health. Geneva, Switzerland, *United Nations Population Information Network (POPIN)*, 2002. Available at www.un.org/popin/unfpa/taskforce/guide/iatfreph.gdl.html - accessed 22 June 2010.

Images :

- UNDP/UNFPA/WHO/World Bank. *Providing the foundation for sexual and reproductive health: A record of achievement*. Geneva, Switzerland, *UNDP/UNFPA/WHO/World Bank Special Programme on Research, Development, and Research Training in Human Reproduction*, 2008. Available at www.who.int/reproductivehealth/publications/general/hrp_brochure.pdf - accessed 23 June 2010.
- WHO. Department of Reproductive Health partner brief, Geneva, Switzerland, *World Health Organization*, 2009. Available at whqlibdoc.who.int/hq/2009/WHO_RHR_09.02_eng.pdf - Accessed 23 June 2010.

REPRODUCTIVE HEALTH



www.who.int/reproductivehealth/publications/general/hrp_brochure.pdf

Right to a satisfying and safe sex life with the freedom to decide to reproduce and how often to do so

- ❖ Safe, effective, affordable access to family planning methods
- ❖ Access to appropriate reproductive health services

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The WHO's definition of reproductive health specifically highlights the importance of an individual's right to maintain their own sexual health status. Sexual health is the integration of emotional, intellectual, and social aspects of sexual being in order to positively enrich personality, communication, relationships and love. The three fundamental principles of sexual health are: 1) capacity to enjoy and control sexual and reproductive behavior; 2) freedom from shame, guilt, fear, and other psychological factors that may impair sexual relationships; and 3) freedom from organic disorder or disease that interferes with sexual and reproductive function.

Reproductive health further implies the right to satisfying and safe sex life. This includes the ability to reproduce, but also the personal freedom to decide if, when and how often to do so. Both men and women have the right to be informed and to have access to safe, effective, affordable and acceptable methods of family planning that are not against the law.

Reproductive health should also be understood in the context of healthy relationships in which there is an understanding of the balance between fulfillment and risk. Reproductive health contributes enormously to physical and psychosocial comfort and closeness between individuals. Poor reproductive health is frequently associated with disease, abuse, exploitation, unwanted pregnancy, and death.

Refs:

- UNDP/UNFPA/WHO/World Bank. Social science methods for research on reproductive health topics. Geneva, Switzerland, *UNDP/UNFPA/WHO/World Bank Special Programme on Research, Development, and Training in Human Reproduction*, 2006. Available at whqlibdoc.who.int/hq/1999/WHO_RHR_HRP_SOC_99.1.pdf -accessed 22 June 2010.
- United Nations Population Information Network (POPIN). Guidelines on reproductive health. Geneva, Switzerland, *United Nations Population Information Network (POPIN)*, 2002. Available at www.un.org/popin/unfpa/taskforce/guide/iatfreph.gdl.html - accessed 22 June 2010.
- WHO. The Reproductive Health Library (RHL), Geneva, Switzerland, *World Health Organization*, 2008. Available at apps.who.int/rhl/en/index.html - accessed 22 June 2010.

Image: UNDP/UNFPA/WHO/World Bank. Providing the foundation for sexual and reproductive health: A record of achievement. Geneva, Switzerland, UNDP/UNFPA/WHO/World Bank Special Programme on Research, Development, and Research Training in Human Reproduction, 2008. Available at www.who.int/reproductivehealth/publications/general/hrp_brochure.pdf - accessed 23 June 2010.

THE LIFE CYCLE PERSPECTIVE

- ❖ Individual reproductive health needs differ at each stage of life
- ❖ Reproductive health status may reflect cumulative effects and experiences that occurred in earlier life phases



whqlibdoc.who.int/publications/2009/9789241563567_eng.pdf

An inability to address reproductive health concerns may result in future health complications

Reproductive health is important for healthy social, economic, and human development!

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Reproductive health is a crucial feature of healthy human development and of general health. It may be a reflection of a healthy childhood, is crucial during adolescence, and sets the stage for health in adulthood and beyond the reproductive years for both men and women.

Reproductive life span does not begin with sexual development at puberty and end at menopause for a woman or when a man is no longer likely to have children. Rather, it follows throughout an individual's life cycle and remains important in many different phases of development and maturation.

At each stage of life, individual reproductive health needs may differ. However, there is a cumulative effect across the life course, and each phase has important implications for future well-being. An inability to deal with reproductive health problems at any stage in life may set the scene for later health problems. This is known as the life cycle perspective for reproductive health.

Refs:

•UNDP/UNFPA/WHO/World Bank. Social science methods for research on reproductive health topics. Geneva, Switzerland, *UNDP/UNFPA/WHO/World Bank Special Programme on Research, Development, and Training in Human Reproduction*, 2006. Available at whqlibdoc.who.int/hq/1999/WHO_RHR_HRP_SOC_99.1.pdf -accessed 22 June 2010.

•United Nations Population Information Network (POPIN). Guidelines on reproductive health. Geneva, Switzerland, *United Nations Population Information Network (POPIN)*, 2002. Available at www.un.org/popin/unfpa/taskforce/guide/iatfreph.gdl.html - accessed 22 June 2010.

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https://www.yunbaogao.cn/report/index/report?reportId=5_28627

