



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

National Action Plan

on STIs, HIV and
Sexual Health

Goals

Cornerstones action plan



Sexuality education



Prevention
and control
of STI



Prevention
and control
of HIV

Prevention of
unwanted
pregnancies



Prevention of
unacceptable sexual
behaviour and
sexual violence



Surveillance and monitoring



Vision

In the Netherlands, a positive approach to sexuality and broad sexuality education are seen as the foundation for sexually healthy living. Attention is paid to encouraging sexually healthy choices and sexually healthy relationships, as well as for preventing and reducing problems related to sexual health. The negative effects on health and welfare of the transmission of STIs and HIV, sexual violence and unwanted pregnancies are limited as far as possible.

Values related to sexual health (personal autonomy, resilience, respect and understanding of reciprocity) and sexuality education are central; proper and integrated assistance and care for sexual health are assured.

Strategic goals

Strategic goal 1

Residents of the Netherlands are well informed and capable of making choices about their sexual health, aiming for sex that is pleasant, voluntary and safe, protected against STIs and HIV, sexual violence and unwanted pregnancies.

Strategic goal 2

Residents of the Netherlands have access to appropriate, affordable health facilities, care, advice, support and protection if they need help or have problems related to their sexual health, including STIs and HIV.



The basis: Sexuality education

Goals

Sexuality education is assured in the longer term in all types of education.

More and more children and young people, including vulnerable groups, are able to find reliable information online and elsewhere about sexual health in the broadest sense, and receive evidence-based sexuality education that is appropriate for their phase of development.

More and more children and young people, including vulnerable groups, are making healthy sexuality choices. This is how we are working on cutting down on occurrences of STI and HIV, unacceptable sexual behaviour and unwanted pregnancies and encouraging respectful, safe and healthy behaviour.



Prevention and control of STI

Goals

Development of an effective strategy for reducing the burden of chlamydia.

Halving the number of new syphilis infections to less than 500 per year (2016: 1,000).

Halving the number of new gonorrhoea infections (2016: 10,000).

Reducing the number of acute HBV and HCV infections to zero.

Broad acceptance within society of sexual diversity and chronic STIs.



Prevention and control of hiv

Goals

The number of AIDS deaths in the Netherlands will be zero.

The number of new HIV diagnoses made annually will have been at least halved (2015: 900).

In the Netherlands, 95% of people with HIV will know their HIV status, 95% of them will be receiving treatment and 95% of them will have an undetectable viral load.

People with HIV who have a high level of risk will have the best possible protection against HBV and HCV.

Of the people who have a suppressed viral load, 90% will have a good quality of life, including less stigmatisation and discrimination. Testing for HIV and treatment of HIV will have been normalised.



Prevention of unwanted pregnancies

Goals

Evidence-based information and counselling about contraception is available and accessible, for vulnerable groups as well.

All forms of suitable, reliable contraception are easily available, again for the most vulnerable groups as well.

The number of unwanted pregnancies has fallen thanks to effective use of suitable and reliable contraception.



Preventing unacceptable sexual conduct and sexual violence

Goals

Treating each other with respect is a point that receives structural attention in all types of education and it is embedded in general, positive information about sexuality.

Current and future professionals in the care sector are receiving structural training about a healthy sexual development and the prevention of unacceptable sexual behavior within their target groups.

Good interventions are available that are being implemented appropriately for all groups that run extra risks.

Awareness of the harmful effects of stereotypical gender norms has been increased.



Surveillance and monitoring

Goals

Availability of:

Up-to-date, reliable figures about STIs, HIV and sexual health in order to reinforce policy for prevention and control.

Up-to-date, reliable figures about the implementation of recognised interventions in sexuality education, prevention of sexual violence, unwanted pregnancies, STIs and HIV.

Explanations and the significance of the current figures for STIs, HIV and sexual health.

More information

rivm.nl/sti

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