

STBBI NEWSLETTER

Sexually Transmitted and Blood-Borne Infections (STBBI) and Reproductive Health

saskatchewan
preventioninstitute
our goal is **healthy** children
Winter 2024



Syphilis is on the rise in Saskatchewan.

TEST. TREAT. CURE.

To learn more, visit **talksyphilis.ca**

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Welcome to the Saskatchewan Prevention Institute's Sexually Transmitted and Blood-Borne Infections (STBBI) and Reproductive Health Newsletter. The Prevention Institute is a provincial, non-profit organization with the mandate of helping all children thrive through primary prevention and the promotion of well-being. Our goal is healthy children.

This edition of the newsletter highlights new and updated Saskatchewan Prevention Institute resources, learning opportunities, and information about Sexual Health Week. National reports outlining recent data for HIV and syphilis are also featured.

New Resources - Saskatchewan Prevention Institute

Syphilis is on the rise in Saskatchewan. The Prevention Institute developed two new resources, a poster and postcard, to raise awareness about syphilis and to promote the *Let's Talk About Syphilis* website - talksyphilis.ca. The website highlights information about syphilis and congenital syphilis, symptoms, testing, and treatment. In addition, the website provides information for healthcare providers. The new resources are available for order or download using the links provided below.



Poster: <https://skprevention.ca/resource-catalogue/sexual-health/lets-talk-about-syphilis-2/>

Postcard: <https://skprevention.ca/resource-catalogue/sexual-health/lets-talk-about-syphilis/>

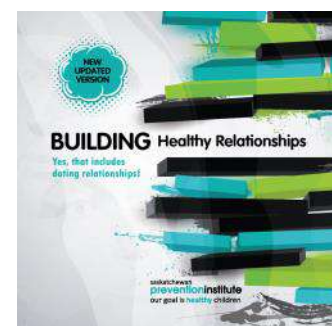
Updated Resources - Saskatchewan Prevention Institute

Building Healthy Relationships: Yes, that includes dating relationships!

Booklet, 2023

Teaching young people how to build healthy relationships provides them with valuable skills that can promote their overall health, including their sexual and reproductive health. This booklet provides information about how to build healthy relationships of any kind (e.g., friendships, relationships with family, etc.), as well as information specific to healthy dating relationships. Recent additions to the booklet include additional information about consent and communication skills. Saskatchewan adolescent perspectives were collected to inform the development of this resource.

Order or download: <https://skprevention.ca/resource-catalogue/sexual-health/building-healthy-relationships-yes-that-includes-dating-relationships/>



HIV, Pregnancy, and Tobacco Use

Poster, 2023

This poster highlights that smoking tobacco during pregnancy can increase the chances that HIV will be passed to the baby. Supports are listed to help pregnant people and those planning a pregnancy to quit or reduce their tobacco use.

Order or download: <https://skprevention.ca/resource-catalogue/pregnancy/hiv-pregnancy-and-tobacco-use-2/>



Recently Recorded Webinar

What's Hot in Pediatric Infectious Diseases?

Hosted by the Saskatchewan Prevention Institute
Presented by Dr. Athena McConnell

This webinar outlines feeding options for infants born to HIV+ birthing parents (including breastfeeding), duration of zidovudine in infants born to low-risk HIV+ birthing parents, treatment of pediatric chronic hepatitis C infection, and other relevant emerging topics.

A recording of the webinar is available at the following link: <https://skprevention.ca/event/whats-hot-in-pediatric-infectious-diseases/>.



Upcoming Learning Opportunities

The State of Nutrition During Pregnancy: Where Are We?

Hosted by the Saskatchewan Prevention Institute
Presented by Dr. Anne-Sophie Morisset
February 15, 2024, 10:00 - 11:30 a.m.

This webinar will address the importance of nutrition during pregnancy, including the concept of Developmental Origins of Health and Disease (DOHaD) and recommendations for energy, protein, fiber, and specific nutrients (e.g., folic acid, vitamin D, iron). Tools to maximize intake will also be discussed. The importance of focusing on overall dietary quality during pregnancy will be emphasized with supporting studies. Finally, barriers to healthy eating in vulnerable populations will be explored by addressing the concept of perinatal social nutrition and the development of a new intervention tool for this population.

For more information and to register, visit: <https://skprevention.ca/event/the-state-of-nutrition-during-pregnancy-where-are-we/>.

Teaching Sex-Ed: Healthy Relationships and Consent

Hosted by the Saskatchewan Prevention Institute
Presented by Diana Wark & Darren Silva
March 8, 2024, 10:00 a.m. – 11:30 a.m.

This webinar will discuss the importance of teaching healthy relationships and consent as part of comprehensive sexual health education. Diana and Darren will outline strategies to teach healthy communication and consent, and will explore methods to cultivate safe, supportive environments for learners. Trauma-informed approaches, as well as resources and activities, will be highlighted to support educators teaching healthy relationships and consent.

For more information and to register, visit: <https://skprevention.ca/event/teaching-sex-ed-healthy-relationships-and-consent/>.



Sexual Health Week

In 2024, Sexual Health Week takes place from February 12 to 16 with the theme **Sexual Health is for Everyone**.

“We all have sexual health. And just like our physical health and mental health, sexual health is an important aspect of our overall wellbeing. It’s connected to more than just pregnancy or sexually transmitted infections – sexual health includes things like how we feel about our bodies, consent, social relationships, pleasure, who we’re attracted to, and more!”

– Action Canada for Sexual Health and Rights

For more information about this year’s campaign and for related webinars and events, visit <https://www.actioncanadashr.org/campaigns/sexual-health-week-2024>.

National Publications

HIV in Canada: 2022 Surveillance Highlights

Public Health Agency of Canada

This infographic outlines rates of HIV in Canada based on reported data from 2022. Key highlights from the report include :

- 1,833 new HIV diagnoses in 2022 (24.9% increase since 2021).
- Compared to all provinces and territories, Saskatchewan had the highest rate of new HIV diagnoses at 19.0 cases per 100,000. The national rate of new HIV diagnoses was 4.7 per 100,000 population.

Infographic available at: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/hiv-2022-surveillance-highlights.html>.

Infectious Syphilis and Congenital Syphilis in Canada, 2022

Public Health Agency of Canada

This infographic outlines rates of syphilis and congenital syphilis in Canada based on reported data from 2022. Highlights from the report include:

- 13,953 cases of infectious syphilis reported in Canada (36.1 cases per 100,000 population).
- Saskatchewan reported 2,217 cases of infectious syphilis in 2022, marking a 1,444% rate increase since 2018.
- 117 cases of confirmed early congenital syphilis reported in Canada, corresponding to a rate of 31.7 cases per 100,000 live births.
- 25 cases of confirmed early congenital syphilis reported in Saskatchewan, corresponding to 175 cases per 100,000 live births.

Infographic available at: <https://www.canada.ca/content/dam/phac-aspc/documents/services/reports-publications/canada-communicable-disease-report-ccdr/monthly-issue/2023-49/issue-10-october-2023/ccdrv49i10a04a-eng.pdf>.

Feel free to distribute this newsletter to others. If someone you know is interested in receiving future editions of the newsletter, or if you have a contribution for a future newsletter, contact Jasmin at jogren@skprevention.ca.