

# 2019 Pierce County Sexual Health Educator Update

October 9, 2019

Tacoma-Pierce County Health Department

# Agenda

- Housekeeping and introductions.
- How to talk to teens about consent.
  - Mason Culbertson & Carlyn Sampson, Rebuilding Hope! Sexual Assault Center for Pierce County
- STD trends in Pierce County.
  - Jason Carr, Health Department
- Local STD resources for students & de-stigmatizing discussions about sexual health.
  - LaShawn Jones, Health Department
- Evaluation.

# Objectives

- Feel equipped to discuss consent with middle and high school students.
- Know about current STD trends for teenagers in Pierce County.
- Know about local STD testing and other related resources for students.
- Learn tactics to normalize discussions about sexual health.

# Consent 101

Rebuilding Hope! Sexual Assault Center for Pierce County  
Carlyn Sampson & Mason Culbertson

<https://prezi.com/view/lc2uetwwe8S7fff1RtDi/>

# STD Trends in Pierce County

Jason Carr, Epidemiologist  
Tacoma-Pierce County Health Department

# Sex Among 12<sup>th</sup> Graders

Question	Male	Female
Ever had sex?	49%	46%
Age at first sex?		
12 or younger	5%	2%
13-14	8%	6%
15-16	27%	28%
17 or older	10%	10%
Ever used a condom?	24%	22%

Source: Healthy Youth Survey, Washington State Department of Health, 2018.

# STD/HIV Incidence, Pierce County and Washington, 2018

Disease	Pierce County		Washington	
	Cases	Rate	Cases	Rate
Chlamydia	5,946	681.7	34,754	467.9
Gonorrhea	1,923	220.5	11,215	151.0
Early syphilis	66	7.6	809	10.9
HIV	61	7.0	401	5.4
Herpes simplex	482	55.3	1,612	21.7

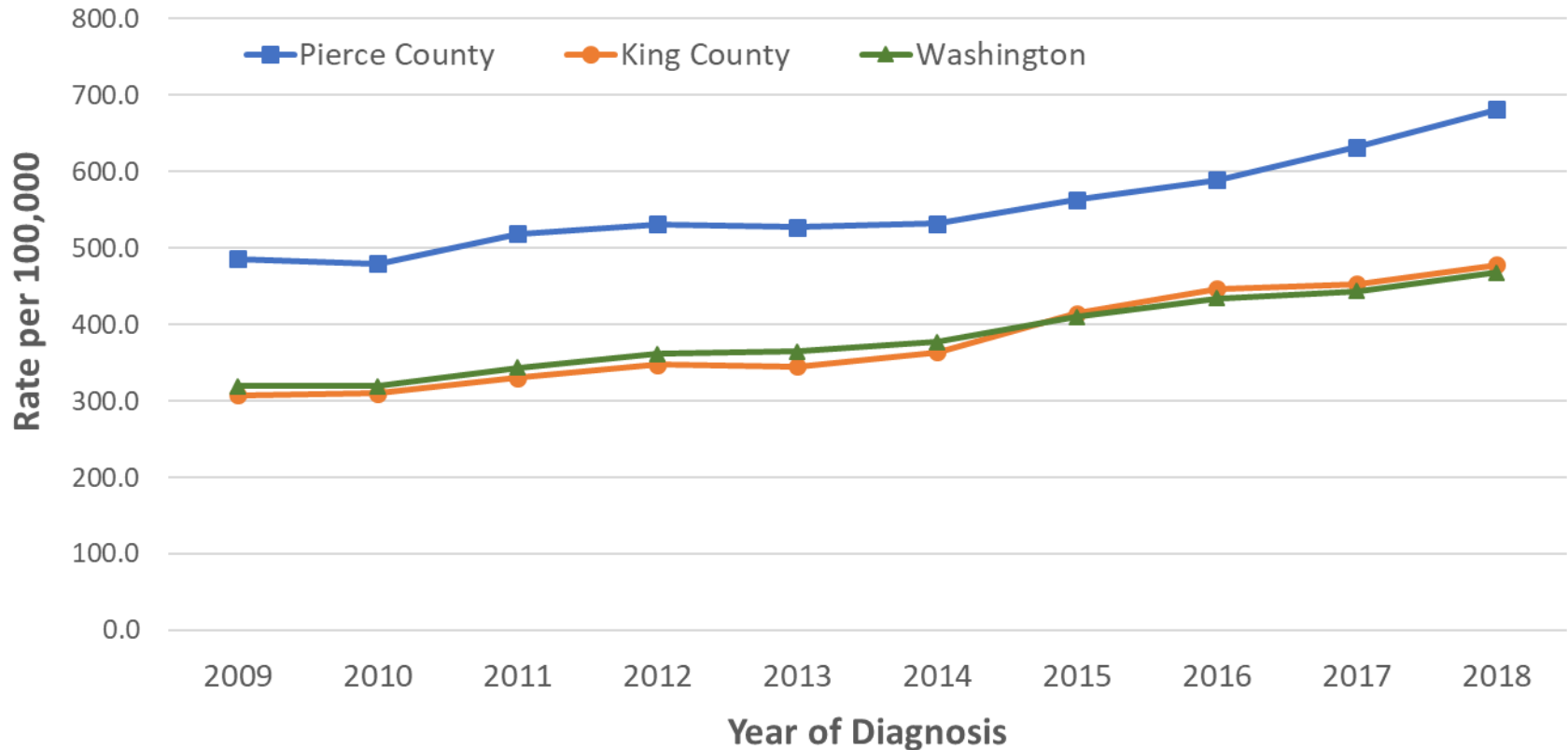
Source: Washington State Department of Health, April 1, 2019.

# Chlamydia vs. Gonorrhea

Characteristic	Chlamydia	Gonorrhea
<b>Infectious agent</b>	<i>Chlamydia trachomatis</i>	<i>Neisseria gonorrhoeae</i>
<b>Transmission</b>	Sexual or perinatal	
<b>Incubation period</b>	7-14 days (or longer)	2-7 days (or longer)
<b>Signs and symptoms</b>	Male: Itching, burning, milky/watery discharge, swelling Female: Above plus abdominal pain, vaginal bleeding with intercourse	
<b>Complications</b>	Pelvic inflammatory disease, ectopic pregnancy, infertility, chronic pelvic pain	
<b>Treatment</b>	Broad spectrum antibiotics	Dual antibiotic therapy
<b>Screening recommendation</b>	Annual for sexually active women under 25	



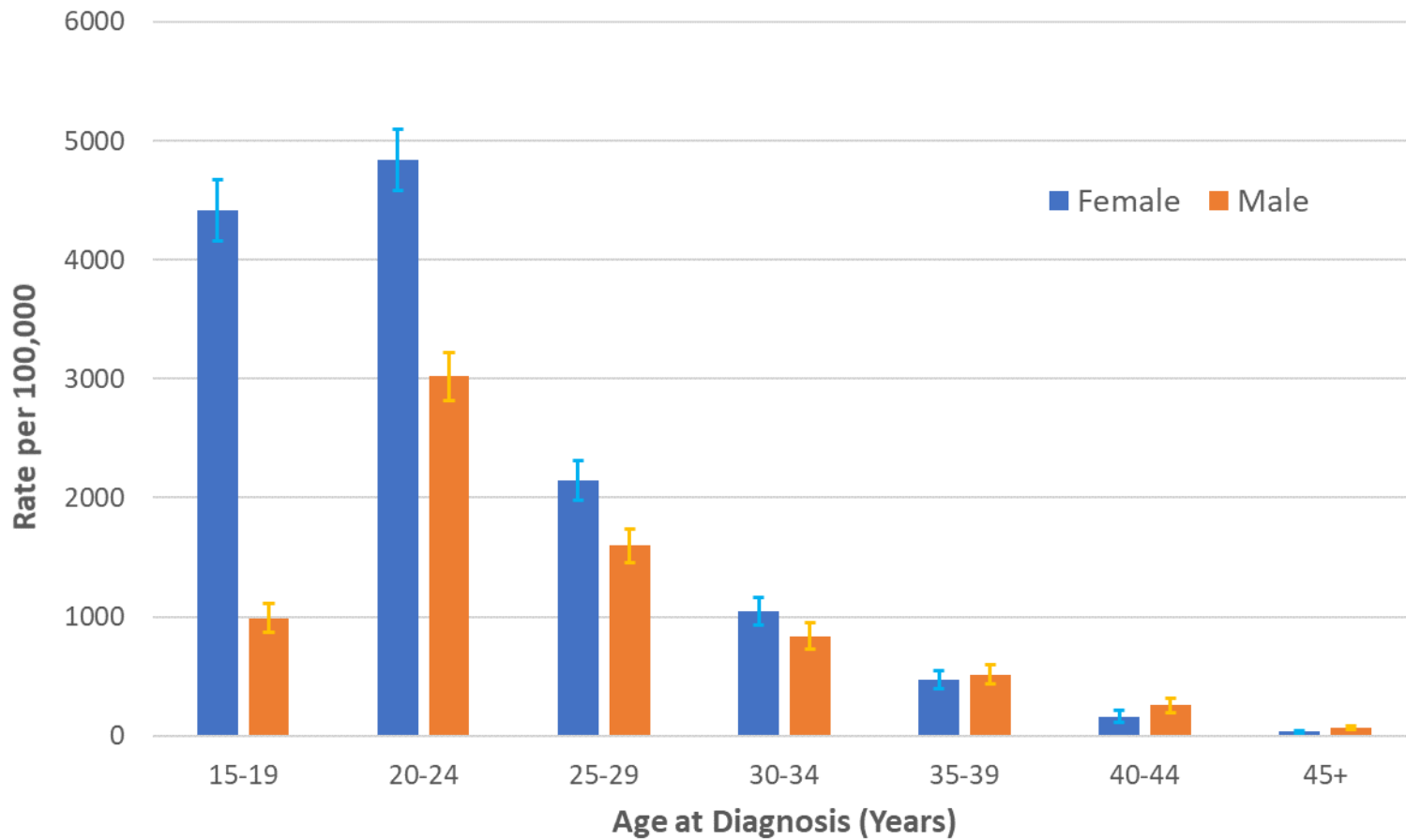
# Chlamydia Incidence, Pierce and King Counties and Washington, 2009-2018



Pierce County	486	479	519	531	528	532	563	589	632	682
King County	308	310	330	348	345	364	415	447	453	478
Washington	319	319	344	362	365	377	410	434	444	468

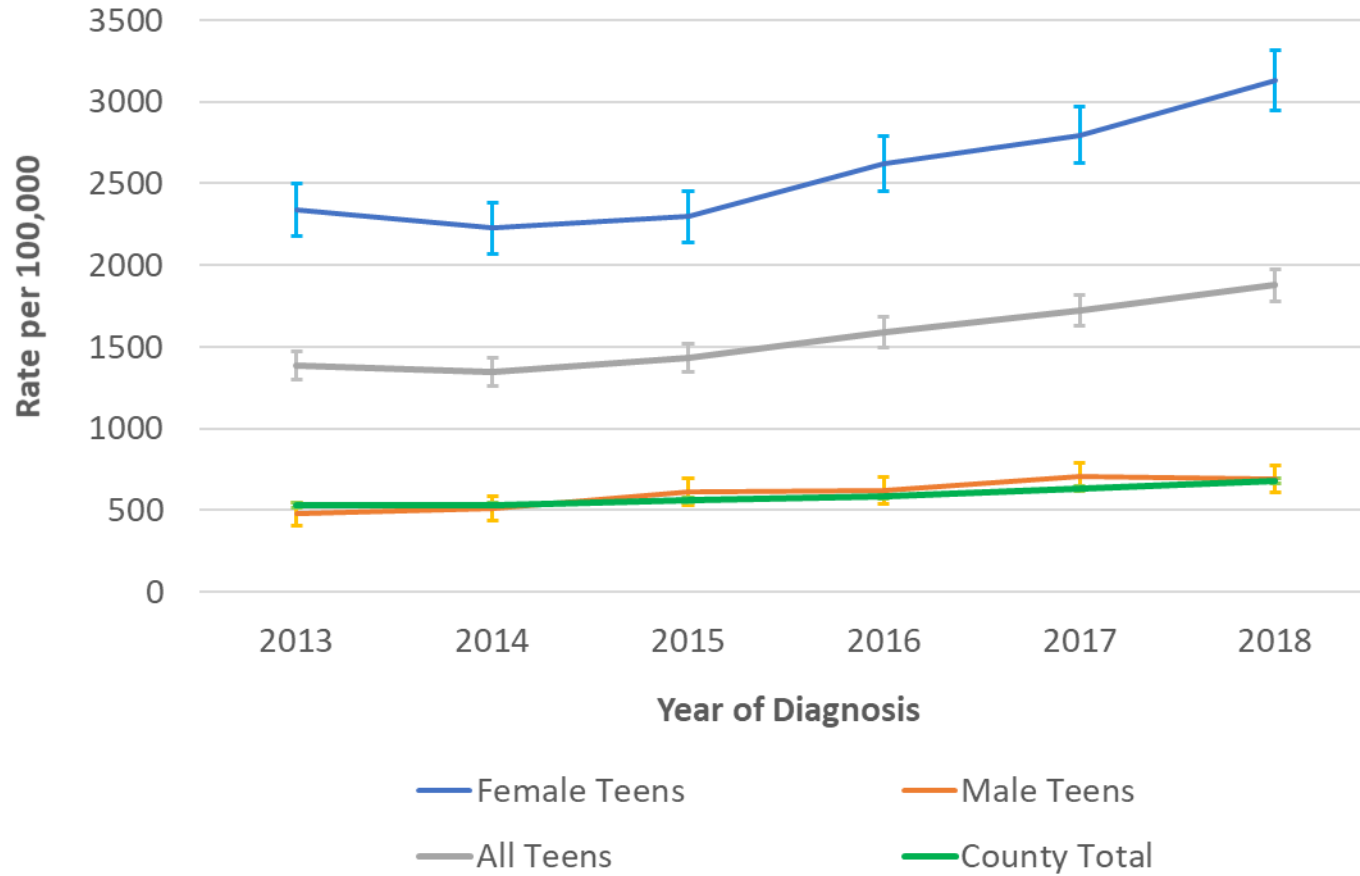
Source: Washington State Department of Health, April 1, 2019.

# Chlamydia Incidence by Gender and Age, Pierce County, 2018



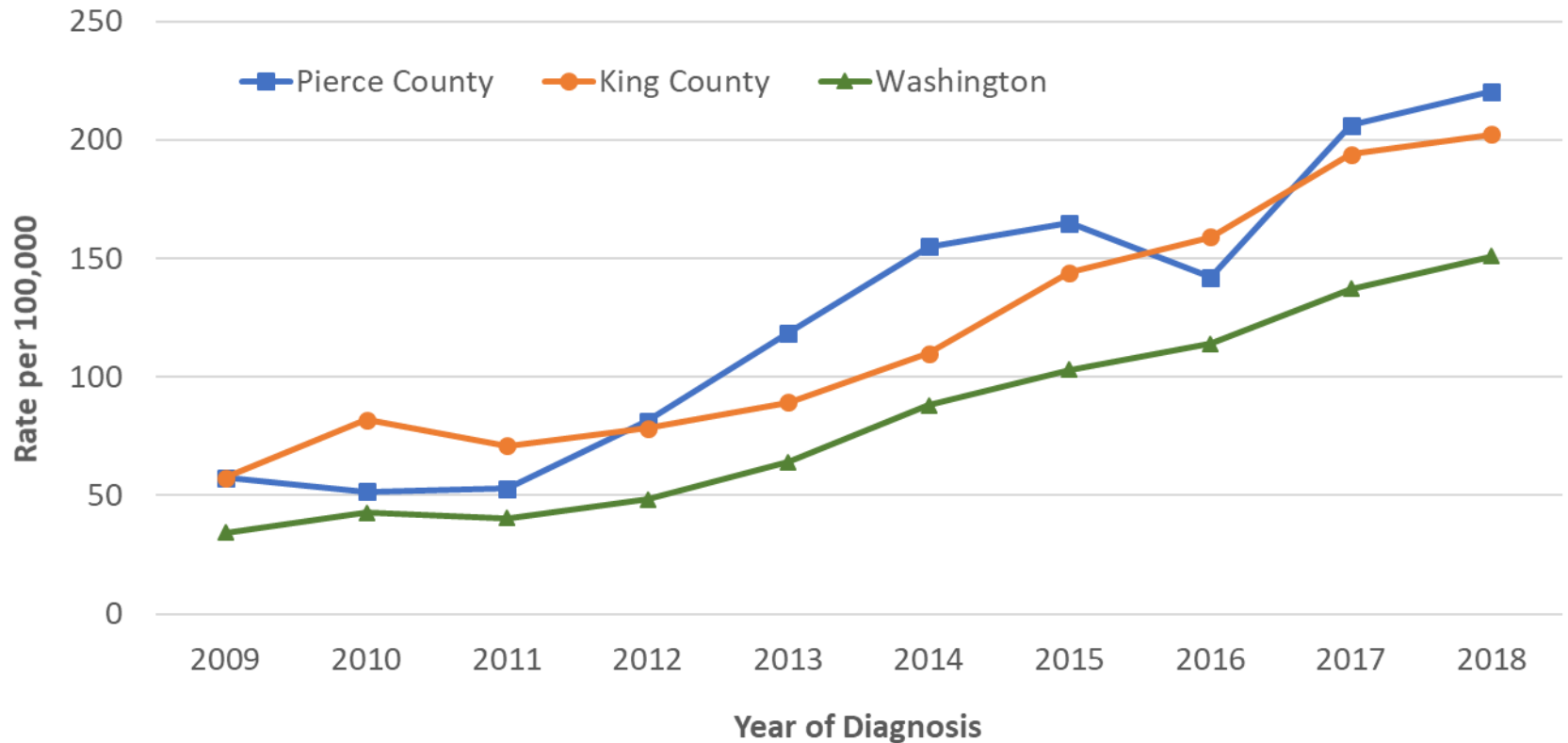
Source: Washington State Department of Health, Sept. 16, 2019.

# Teen Chlamydia Rates, Pierce County, 2013-2018



Source: Washington State Department of Health, Sept. 16, 2019.

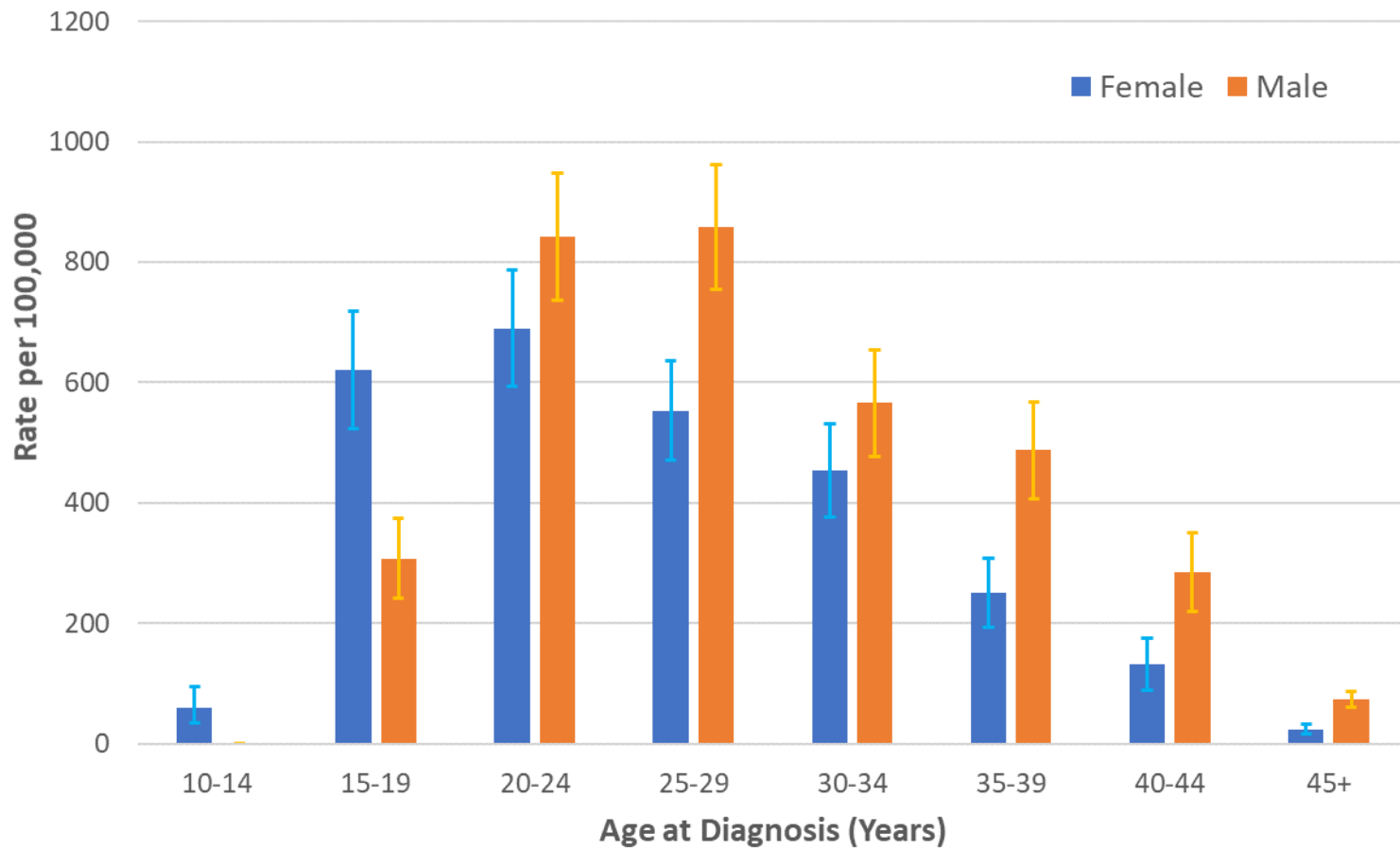
# Gonorrhea Incidence, Pierce and King Counties and Washington, 2009-2018



Pierce County	57	52	53	81	119	155	165	142	206	221
King County	57	82	71	78	89	110	144	159	194	202
Washington	34	43	40	48	64	88	103	114	137	151

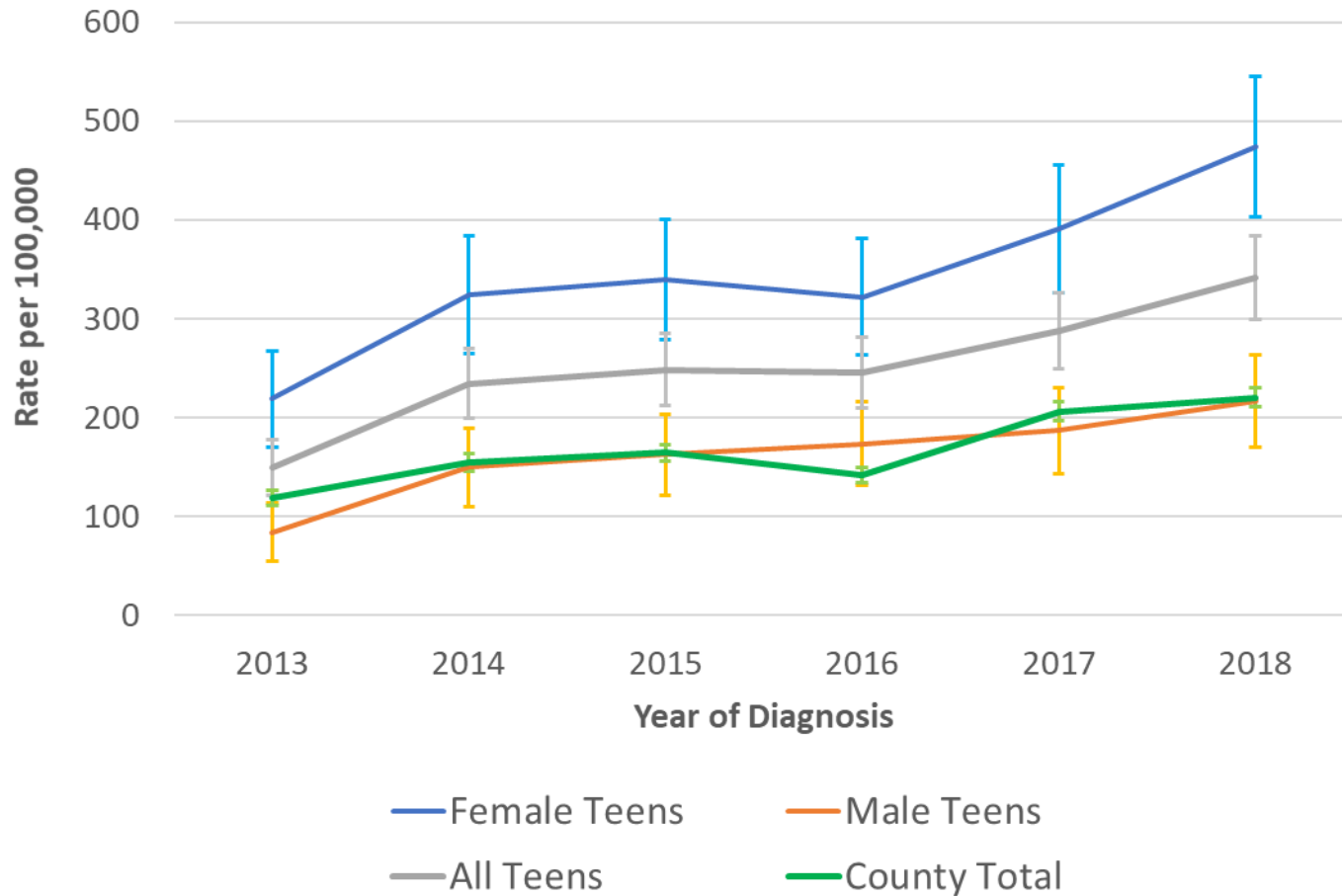
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# Gonorrhea Incidence by Gender and Age, Pierce County, 2018



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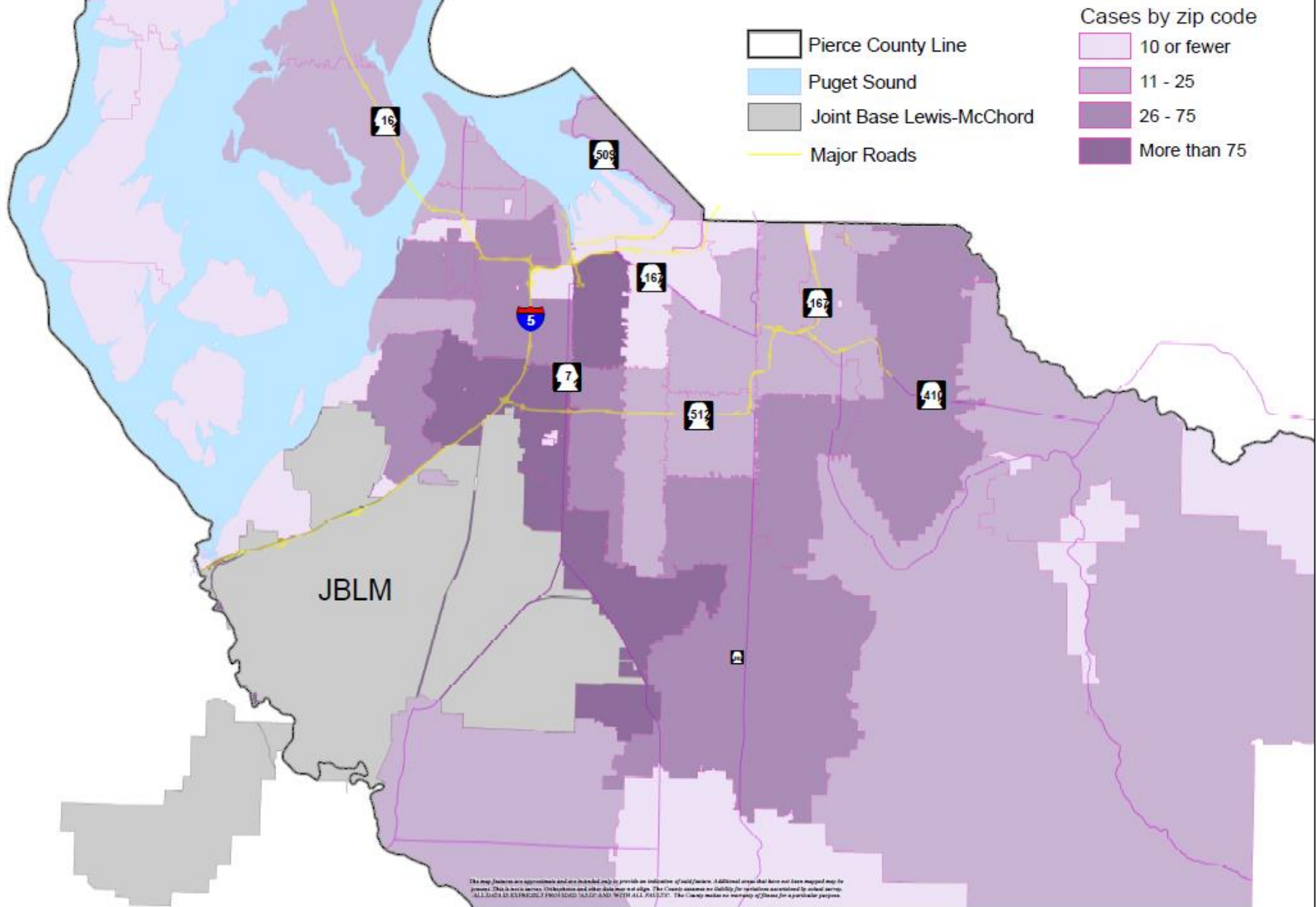
Source: Washington State Department of Health, Sept. 16, 2019.

# Underserved Populations

Sexually active and...

- Under 25.
- Lower income.
- Under-insured.
- People of color.
- Sexual minorities.
- Concurrent sexual partnerships.

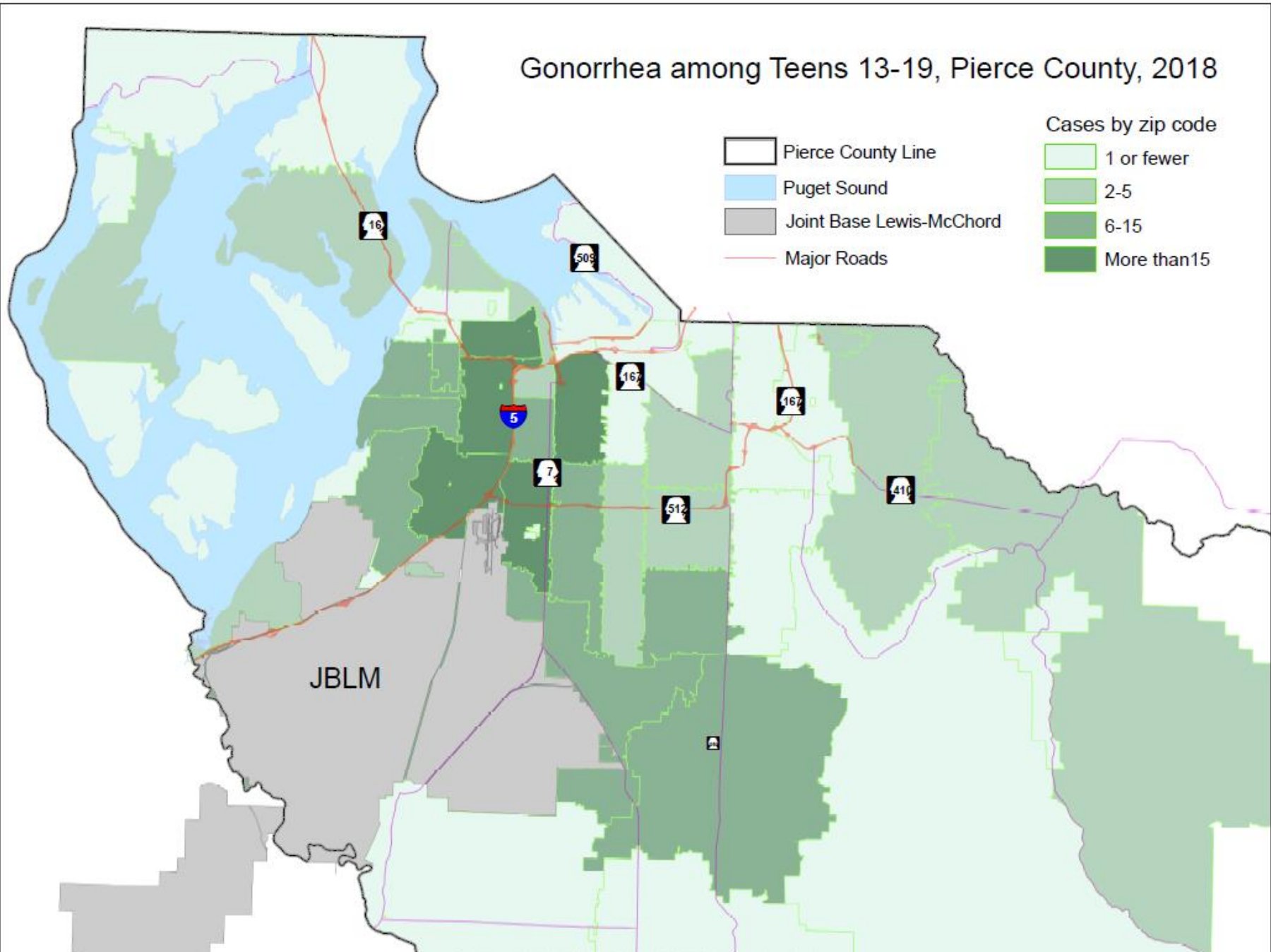
# Chlamydia among Teens 13-19, Pierce County, 2018



The map features are approximate and are included only to provide an indication of field factors. Additional areas that have not been mapped may be present. This is not a survey. Unpublished and other data may be at odds. The County assumes no liability for opinions expressed or actions taken. ALL DATA IS ESTIMATED FROM 2018 DATA AND IS NOT FINAL. The County makes no warranty of fitness for a particular purpose.



# Gonorrhea among Teens 13-19, Pierce County, 2018



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# De-stigmatizing Conversations about Sexual Health

LaShawn Jones, Disease Investigation Specialist II  
Tacoma-Pierce County Health Department

# STD Testing Recommendations

## Who should be tested?

- All sexually active individuals.
- Have symptoms such as:
  - Genital/anal itching.
  - Pain.
  - Bleeding.
  - Abnormal discharge.
  - Odor.
- Re-screening

## What sites should be tested?

- Test at all sites used for sex – pharyngeal, rectal, urethral, vaginal

# Testing Misconceptions

## People assume:

- A basic blood draw automatically means they were tested for HIV.
- Peeing in a cup for a urinalysis means they have been tested for STDs.
- Pap smears equal STD testing.
- One swab equals all site STD testing.

# Avoid Re-infection

- Abstinence.
- Mutual monogamy.
- Limit your number of sexual partners.
- Barrier methods.
- Communication with sexual partners.
- **Get yourself and new partners tested!**

# Disease Reporting

## Reportable conditions:

- Chlamydia, Gonorrhea, Syphilis, HIV, and Herpes.
- Data shows how often the disease occurs.
- Identify disease trends and track disease outbreaks.

## Health Department follow up:

- Ensure correct treatment.
- Answer questions.
- Provide accurate information.
- Provide the opportunity for sex partners to get tested and treated.

# Test Services

Are private and confidential.

Access to STD/HIV screening:

- Anyone 14 years and older can access without parental permission.
- RCW 70.24.110 Washington State Law

Cost varies widely.

# Health Department Services

Infected and/or exposed individuals.

Highest risk of sexually active population:

- Transgender
- Gay and bisexual males

Refer to Tacoma-Pierce County Health Department STD Information and Referral Line:

- (253) 798-3805





# **Any Questions?**

**Please contact:**

**LaShawn Jones**

**Public Health Consultant**

**(253) 798-2944**

**Don't forget to complete and  
return your evaluation.**

**Thank you!**