

The need for research in the health field, particularly in sexual and reproductive health and rights



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Outline

- ✓ Key importance of research in health field
- ✓ Health: a system approach
- ✓ Globalization and health
- ✓ Health as an agenda in SDGs
 - Health challenges for SDGs: facts and figures
- ✓ *SRHR as an agenda in SDGs*
 - SRHR challenges for SDGs: facts and figures
 - Evaluating 25 years ASRHR outcomes following ICPD
 - COVID-19 and key ASRHR issues
- ✓ Key complexities in health field today
- ✓ Priority research in health field





Key importance of research in health

a) Health field in general

- ✓ Expanding our knowledge base
- ✓ Finding answers to things which are unknown
- ✓ Adapting with effects of societal changes on population health

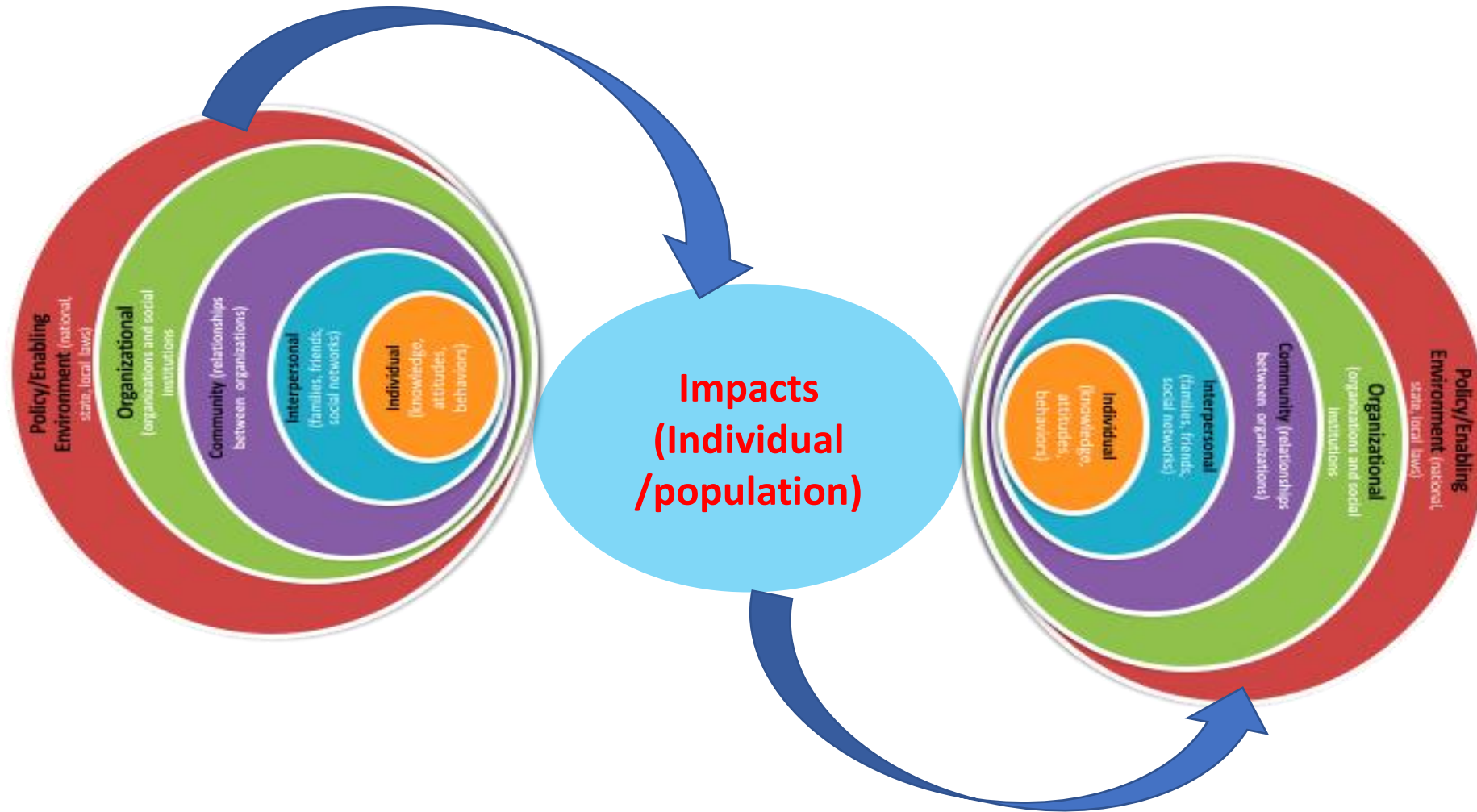
b) Clinical health

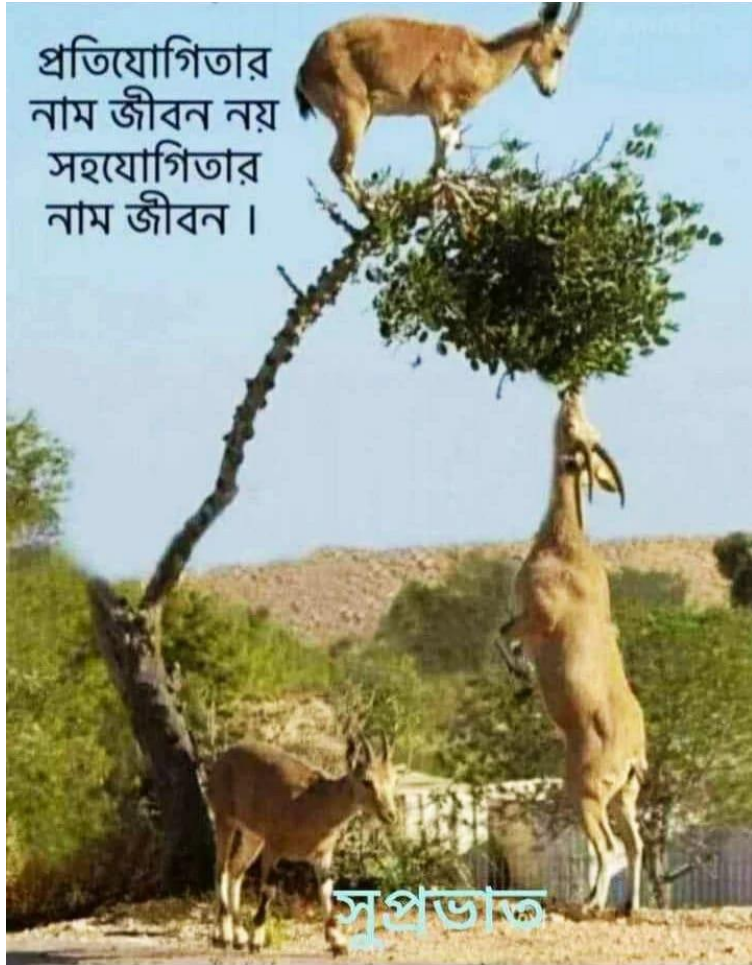
- ✓ Generating solid information for practicing evidence-based medicine
Innovating advanced diagnostic and treatment technologies
Assessing outcome of care

c) Global (public) health

- ✓ Generating evidence for politicians, policymakers, programme planners and mass-population
- ✓ Assessing outcome of public health interventions
- ✓ Assessing value of invested-resources against outcomes
- ✓ Identifying effects of social ecological factors on health & vice versa

Socio-ecological model: impacts of social factors on health and vice versa





Why research?

Possible implicit opinions of the image

- i) Not competition but cooperation...
- ii) Gender discrimination...
- iii) May be a mutual agreement ...

➤ *Research is for making empirical evidence*

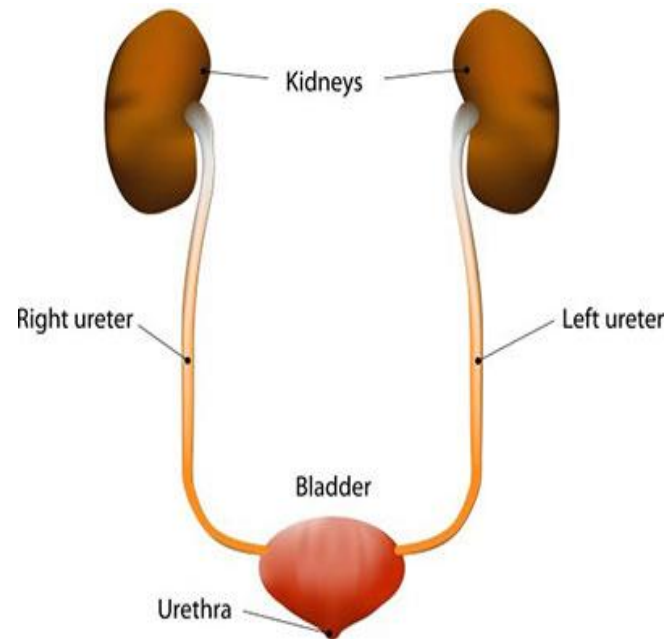
Health system and health is more complex than this image – why?

Health: a system approach

What is a system?

“A system can be understood as an organization of **parts** and their **interconnections** that come together for a defined **purpose**”.^[1]

Exam: urinary system





*Accordingly, a health system can be redefined as – a complex organization of all **actors** and **interrelations** among them that come together **with primary objective** of ensuring health of the citizen, (in order to enhance health and economic development of a country and the globe as a whole).*

Health system components



1) Actors / stakeholders of a health system

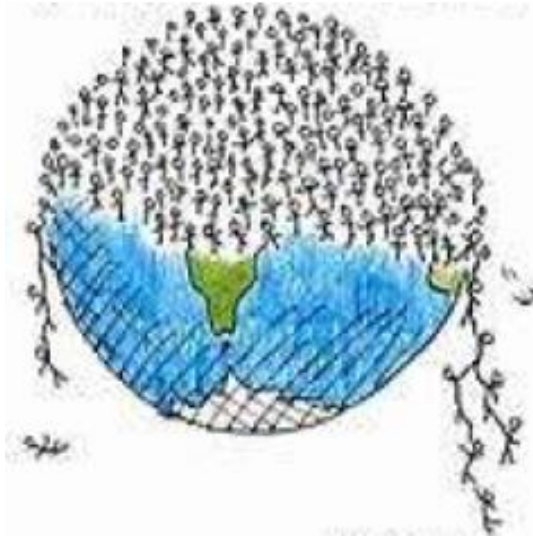
Patients, health administrators, professionals, providers, insurance companies, pharmaceuticals, drug venders, traditional healers ...

2) Meaning of 'interconnections' in the health system:

Compliance, collaboration and coordination among all actors for effective functioning of their roles

3) Purpose and goals of the health system

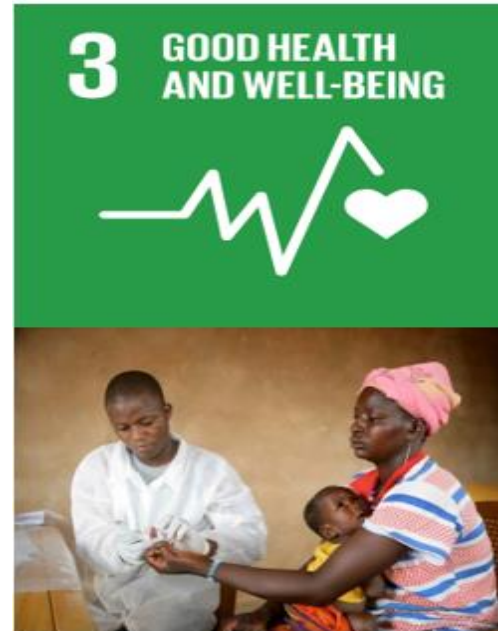
- ✓ *Improving the health of the population*
- ✓ *Responding to people's expectations*
- ✓ *Preventing catastrophic health expenditures*
- ✓ *Efficiency (technical and allocative)*



Globalization and Health

- ✓ Demographic transition
 - Overpopulation (7.8 billion), life expectancy; elderly population, youth dominance (demographic trap), migration etc.*
- ✓ Nutritional transition
- ✓ Economic transition
- ✓ Technological transition
- ✓ Information and communication exchange
- ✓ Cultural transition
- ✓ Globalisation of diseases with epidemiological transition
- ✓ Health system reforms
- ✓ Global responses to health: MDGs followed by SDGs –2030

Health as an agenda in SDGs



SDG 3: Ensure healthy lives and promote well-being for all

- ✓ SDG 3 is linked directly or indirectly to other 16 SDGs

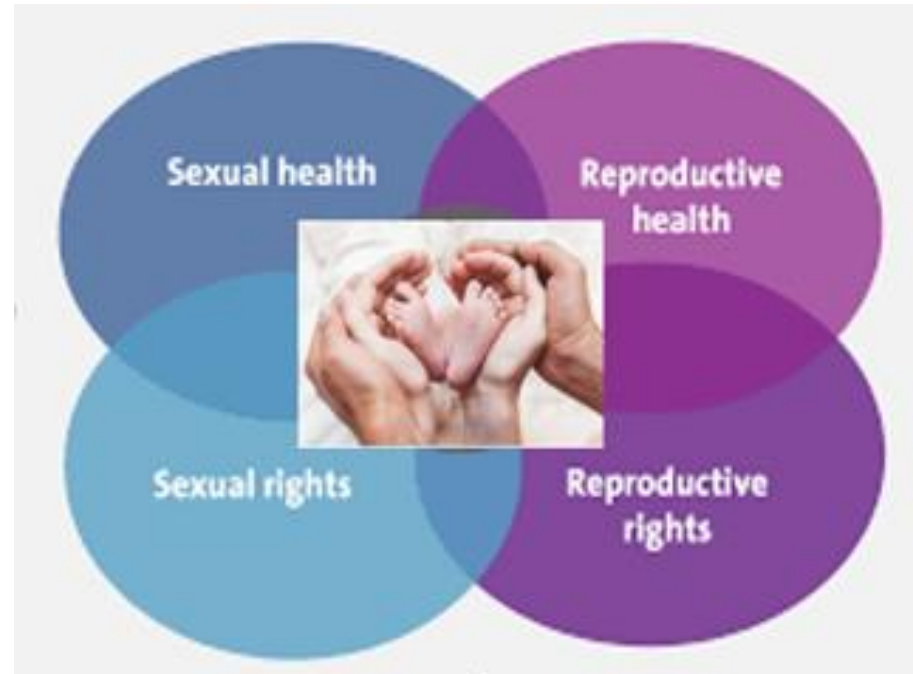
Health challenges for SDGs

Key facts and figures [3]

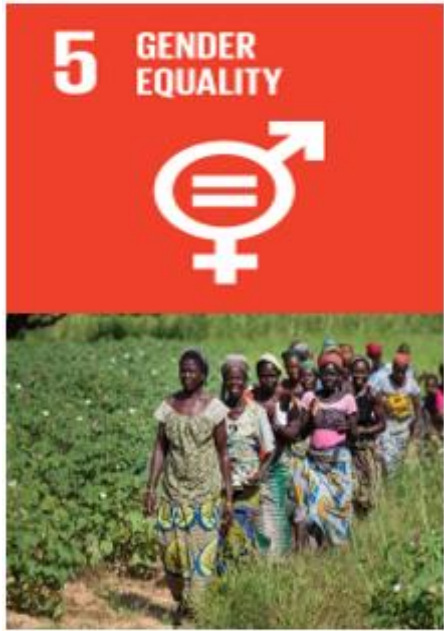
- ✓ **>1.6 billion** people live in fragile settings without basic health services
- ✓ By 2017, **>15 million** people living with HIV were waiting for ART
- ✓ Every **2 seconds** someone aged 30 - 70 years dies prematurely from NCDs
- ✓ **7 million** people die yearly due to polluted air
- ✓ **>1 in 3** women experiences *physical or sexual violence resulting in short- and long-term social and health consequences*

Health is a major challenge to reach the SDGs by 2030, which needs solid evidence-based solutions

The need for research in SRHR



SRHR as an agenda of SDGs: Goal 5 and Goal 3.7



SDG 5: Achieve gender equality and empower all women and girls

Goal 5.6 *Ensure universal access to sexual and reproductive health and rights as agreed and declared by the **International Conference on Population and Development (ICPD)***

Goal 5.9 *Adopt and strengthen sound policies and enforceable legislation for the promotion of gender equality and the empowerment of all women and girls. [3]*

Goal 3.7 *By 2030, ensure universal access to comprehensive sexual and reproductive health-care services, and the integration of reproductive health into national development agenda. [3]*

SRHR challenges for SDGs

Key facts and figures [3]

- ✓ Maternal mortality ratio (MMR) dropped by about 38% worldwide by last two decades (with a slow yearly average reduction of 3%); however, estimated 810 maternal deaths occurred everyday in 2017 from preventable causes.
- ✓ 94% of all maternal deaths occur in low and lower middle-income countries; >50% of maternal deaths occur in fragile and humanitarian settings
- ✓ Slow progress in use of family planning methods by women in needs during last two decades with a global target of 77% by 2030

Clearly, SDG for health cannot be achieved without universal sexual and reproductive healthcare.

Evaluating 25 years ASRHR outcomes following ICPD ^[4-5]

Key achievements

- ✓ Increasing international commitment and investment to improve adolescent health and well-being
- ✓ Reducing adolescent pregnancy, child marriage, and female genital mutilation

Key gaps

- ✓ There remain substantial inequalities across and within countries in indicators of adolescent health
- ✓ Intimate partner violence and reproductive cancers have worsened
- ✓ Extensive resistance due to social norms and taboos to the provision of comprehensive SRHR information and services to adolescents

COVID-19 and ASRHR issues [6-8]

The direct effects of COVID-19 on adolescents are minimal, but the indirect effects are enormous:

- ✓ Significant increase in levels of stress, anxiety and sadness including suicidal ideation
- ✓ More girls than boys of poor community are affected
- ✓ Family planning services are disrupted
- ✓ Increase in coercive and unprotected sex with consequences

Just like good science and management are needed for vaccine development and delivery, good leadership in developing science are needed for adolescent health and well-being.



The Key complexities in the health field today

- ✓ *Open health-market and commodification of health*
- ✓ *Limited resources against huge health needs*
- ✓ *Diversified health risks and diseases (beyond health field)*
- ✓ *Political competing interests*
- ✓ *Environmental pollution and global warming*
- ✓ *Natural and human-made calamities*
- ✓ *Growing global population with demographic changes*
- ✓ *Social inequity within and between countries*
- ✓ *Ongoing reforms in global health systems*
- ✓ *Challenging task of prioritising population health needs*
- ✓ *Tension between human rights, ethics and cultural values*
- ✓ ***The current pandemic is like Fuel on existing Fire***



Key solutions towards complex global health challenges-

- ✓ **Context- and priority-based public health policy making**
- ✓ **Sound strategies for efficient and cost-effective implementation and evaluation of health policies**

Then solid evidence is essential to motivate and mobilise global to local health system actors through –

Conducting credible researches involving multidisciplinary experts

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Thank You!