

Young Peoples' Views on the Condom Card Scheme and Provision of Sexual Health Information, Services and Advice in Cwm Taf Morgannwg



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Background

- The condom card (C-Card) scheme has been an important initiative in the Cwm Taf Morgannwg University Health Board area (CTMUHB) since 2008. Aiming to enhance access to sexual health advice and free condoms for young people aged 13 to 25, whilst also serving as a vital gateway to integrated sexual health (ISH) clinical services. Although C-Card schemes have been evaluated and NICE¹ quality standards are in place, the landscape of sexual health services and the ways in which young people seek health information have changed significantly in recent years, influenced in part by the lasting effects of the COVID-19 pandemic and the rise of online social media platforms.
- Data confirms that just 42% of young people in the CTMUHB area (aged 15 to 16) reported using a condom at their last episode of sexual intercourse². This data, combined with high rates of sexually transmitted infections and increasing termination of pregnancy procedures³ within our health board area and nationally, highlight a public health concern.
- Paradoxically, engagement with the CTM C-Card scheme has also declined.
- It is therefore crucial to seek young people's views to fully understand the issues affecting engagement in order to co-produce effective solutions.

Aim










This aim of this service evaluation is to understand –

- Does the current C-Card and wider service provision meet the needs of young people?
- If not, why not? How can information, services and advice be improved?

Methodology

- This service evaluation employs a mixed methods approach.
- Survey data is being analysed using both quantitative methods for closed-ended questions and qualitative thematic analysis for open ended responses.
- Focus group data is being analysed through qualitative thematic analysis to identify key themes and insights.

Preliminary Results

-  9 Focus Groups; 4 x secondary schools; 3 x colleges; 2 x youth groups
-  166 online survey responses -
-  29.52% (n=49) had never heard of the C-Card scheme
-  33.33% (n=33) would prefer to access condoms at a Community Pharmacy
-  33.73% (n=56) were not aware of any other sexual health support services
-  40.19% (n=43) felt there no barriers to accessing the C-Card scheme in CTM
-  51.39% (n=74) would prefer to book a sexual health clinic appointment online
-  34.90% (n=52) would prefer to access sexual health care at their GP Practice
-  62.65% (n=104) believe that healthy and unhealthy relationships are the most important RSE topic

COM-B



Emerging Themes

- Preliminary survey and focus group findings are undergoing analysis through the COM-B (Capability, Opportunity, Motivation – Behaviour) framework. This is providing valuable insights into the factors influencing young people's engagement. Emerging themes have been identified as –
- General lack of awareness of the C-Card scheme and wider sexual health support services.
- Absence of online appointment booking options, highlighting a gap in service accessibility and convenience.
- Limited C-Card collection points in preferred outlets.
- Insufficient time allocated for Relationships and Sexuality education (RSE) in schools.
- Persistent stigma and embarrassment act as barriers to accessing care.

Next Steps

- Work is ongoing to finalise our data analysis and develop targeted recommendations to enhance awareness and accessibility of sexual health information, services and advice for young people in CTM.

References

¹ Quality statement 3: Condom distribution schemes | Sexual health | Quality standards | NICE
² School Health Research Network
³ Sexual health annual report 2023

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