

# THE SEXUAL HEALTH DIVIDE

A 2014 survey, conducted by Kelton in collaboration with Men's Health Network, the American Sexual Health Association, HealthyWomen and Pfizer examined the impact of sexual health issues on health, happiness, and communication among 3,015 U.S. adults in committed relationships. Survey findings reveal a gap between people's belief in the importance of sexual health and their comfort in addressing it. These findings underscore a need to reduce barriers to addressing issues and improving people's sexual health outlook.

## SURVEY KEY FINDINGS

**People identify sexual health as a key part of life satisfaction, overall health and relationships.**

- 64% believe that their sex life influences their **overall satisfaction** with their lives – even more than time spent on themselves (56%) or quality of friendships (51%)
- 65% **feel happy** when their sex life is happy
- 56% **feel healthy** when their sex life is healthy
- 50% feel that sexual health problems can be **a sign of general health problems**
- 63% agree that **having sex as often as they'd like to** is important when it comes to physical intimacy

**Despite the importance of sexual health, people facing sexual health issues feel the negative impact on health and relationship satisfaction.**

- Only half of surveyed Americans (51%) facing sexual health problems **feel healthy today**
- 38% of surveyed Americans struggling with sexual health problems **are satisfied with their sex lives**
- 45% say sexual health issues in their relationship have made them **have sex less often**
- Nearly 1 in 5 (19%) **avoid sex altogether** because of the sexual health problems they face
- 46% say the **frequency of sex** is one of the aspects they'd most like to improve of their physical intimacy

**While public acceptance of sex as a cultural topic has increased, people continue to feel uncomfortable talking about sex behind closed doors.**

- Only 13% of those dissatisfied with their sex lives say that they can always be **honest with their partners** about their sexual desires or needs
- 69% have **never talked to a healthcare professional** about problems that make it hard to have or enjoy sex
- 26% say that **embarrassment** about talking to a doctor is a barrier to addressing their sexual health issues; 37% believe that this is an obstacle for their partners as well

**While people continue to expand their notions of what they can accomplish at later life stages, sexual health is different – people often fail to resolve issues and don't expect the situation to get better.**

- 46% tend to **put off addressing relationship issues** or never fully resolve them
- More than a third (41%) of those surveyed – aged as young as 40 – are **resigned to a worse sex life** in 20 years. For those who are already dissatisfied with their sex lives, that number is even higher (49% vs. 35% of those who are content with this aspect of their lives)

## ABOUT THE SURVEY

In partnership with Men's Health Network, the American Sexual Health Association, HealthyWomen and Pfizer, Kelton conducted this survey within the United States between July 16th and July 29th, 2014, among 3,015 adults (aged 40-74) who are sexually active and in committed relationships where at least one partner is experiencing at least one sexual health issue, using an e-mail invitation and an online survey. This sample included 1,503 men and 1,512 women.

## ABOUT MEN'S HEALTH NETWORK

Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. MHN is the promoter of Men's Health Month and Men's Health Week in June. Men can learn more about their health through MHN's new online resource center, [www.menshealthresourcecenter.com](http://www.menshealthresourcecenter.com). Learn more about MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow us on Twitter @MensHlthNetwork and Facebook at [www.facebook.com/menshealthnetwork](http://www.facebook.com/menshealthnetwork).



## ABOUT AMERICAN SEXUAL HEALTH ASSOCIATION

The American Sexual Health Association (ASHA) was founded in 1914, formed out of early 20th century social reform movements focused on fighting sexually transmitted infections (known then as venereal disease, or VD) and prostitution.



Nearly 100 years after its creation, ASHA remains America's nonprofit authority for sexual health information. ASHA specializes in communications outreach to the public, patients, press, providers, and policy makers by developing and delivering sensitive health information through many vehicles such as our websites, [ashasexualhealth.org](http://ashasexualhealth.org), [iwannaknow.org](http://iwannaknow.org) (for teens and young adults), [quierosaber.org](http://quierosaber.org) (in Spanish), and [nccc-online.org](http://nccc-online.org) (site of the ASHA program, National Cervical Cancer Coalition).

## ABOUT HEALTHYWOMEN

HealthyWomen (HW) is a leading nonprofit health information source for women. For nearly 25 years, women have been coming to HW for answers to their most pressing and personal health care questions. HW provides award-winning health information through a wide array of online content and print publications that are original, objective and reviewed and approved by medical experts. Its HON-certified website, [www.HealthyWomen.org](http://www.HealthyWomen.org), has been recognized by ForbesWoman as one of the "Top 100 Websites for Women" for the third year in a row and was named the top women's health website by Dr. Mehmet Oz in O, The Oprah Magazine. To learn more, visit [www.HealthyWomen.org](http://www.HealthyWomen.org).



## ABOUT PFIZER INC.

At Pfizer, we apply science and our global resources to bring therapies to people that extend and significantly improve their lives. We strive to set the standard for quality, safety and value in the discovery, development and manufacture of health care products. Our global portfolio includes medicines and vaccines as well as many of the world's best-known consumer health care products. Every day, Pfizer colleagues work across developed and emerging markets to advance wellness, prevention, treatments and cures that challenge the most feared diseases of our time. Consistent with our responsibility as one of the world's premier innovative biopharmaceutical companies, we collaborate with health care providers, governments and local communities to support and expand access to reliable, affordable health care around the world. For more than 150 years, Pfizer has worked to make a difference for all who rely on us. To learn more, please visit us at [www.pfizer.com](http://www.pfizer.com).

