



# SCOTLAND EDUCATION PROJECT REPORT

2022/2023

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# ABOUT US

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The Fertility Education Project was formed in Scotland in 2012 and was the first of its kind in the UK.

The project provides free and impartial advice and information to young people across Scotland. The project creates awareness by providing information to a range of organisations including colleges, universities, voluntary organisations, GPs, sexual health clinics and many more.

Infertility can have a devastating effect on young people's lives and even with treatment, success is not guaranteed.

In Scotland, this project is funded by the Scottish government to provide fertility information and education in Scotland.



## PROJECT AIMS

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- to provide fertility information and education in universities, to GPs and in the workplace to ensure that people are better informed on all aspects of fertility issues, including how to take care of their fertility, and how and when it declines
- to raise awareness among young people at university of fertility issues, and to educate them about the issues that can impact fertility, such as sexually transmitted diseases – and lifestyle choices
- to reduce the incidence of fertility problems through improved outcomes in terms of sexual health and lifestyle
- to alleviate the effect on those already affected by this illness through information, self-help and support by providing information events throughout Scotland



Starting a family may be the last thing on your mind at the moment, but choices you make now can affect your fertility in the future. Knowledge can make all the difference.

#Fertilityfuture

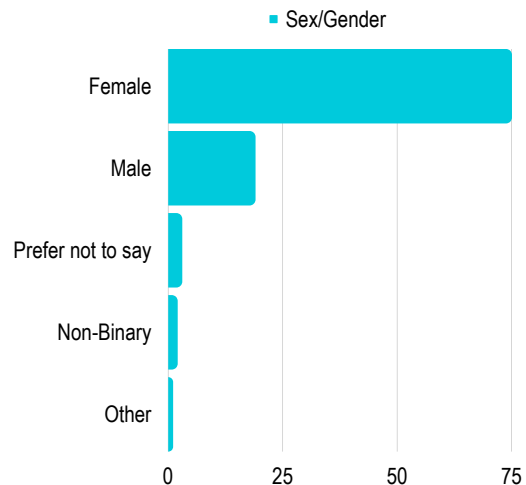
# 2022-23 QUESTIONNAIRE RESULTS



In 2022-23 Scotland staff attended 60 events and gathered 3,037 questionnaires. In our questionnaire we asked about their knowledge of factors affecting fertility and whether they would consider their fertility in the future after their chat with us.

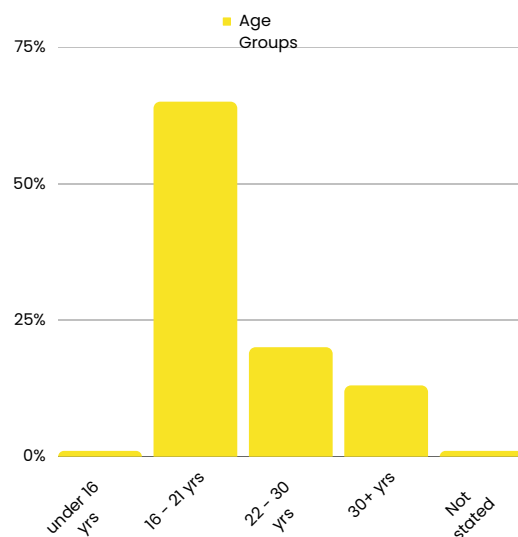
## Sex/Gender

75% Female  
19% Male  
3% Prefer not to say  
2% Non-Binary  
1% Other



## Age Groups

65% 16 - 21 yrs  
20% 22 - 30 yrs  
13% 30+ yrs  
1% Under 16 yrs  
1% Not stated

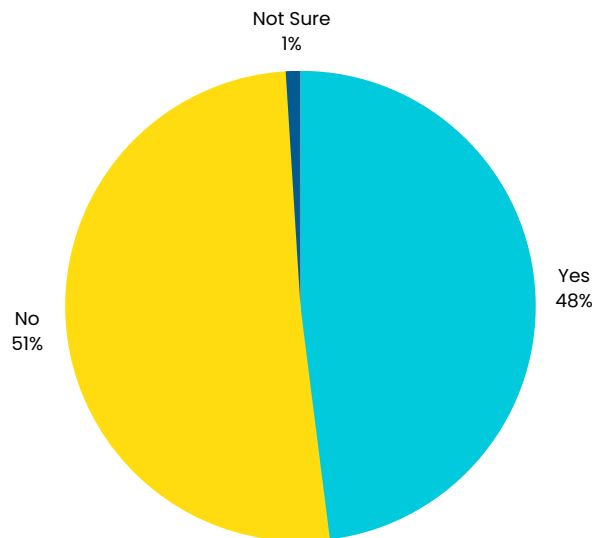




## Prior Awareness

Prior to talking to us, 51% (1,537) of respondents stated in their questionnaire that they were not aware of lifestyle factors that may affect their future fertility.

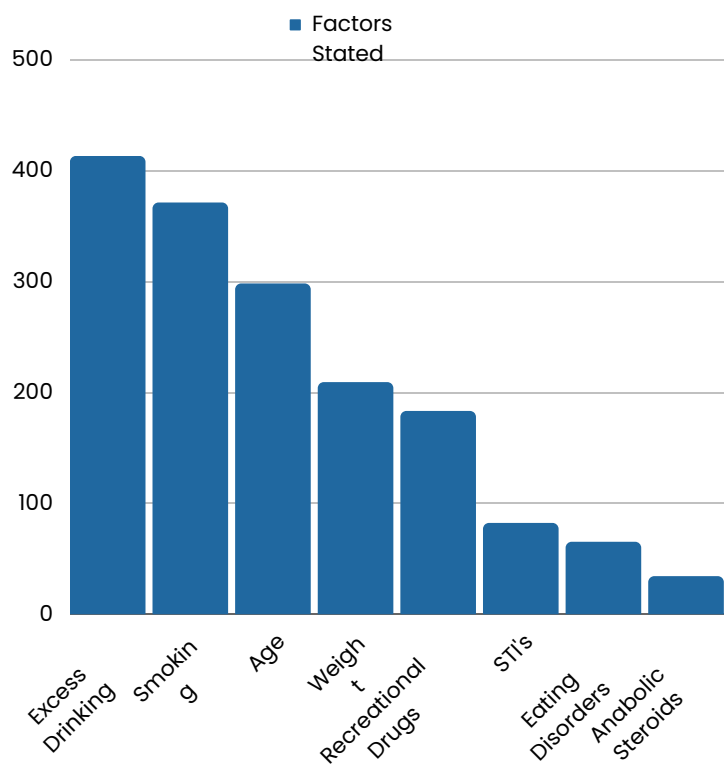
51% Not aware  
48% Yes aware  
1% Not sure



## Factors Stated

Out of the 3037 participants, 54% (1,655) were aware of some of the eight factors that can affect their fertility in the future.

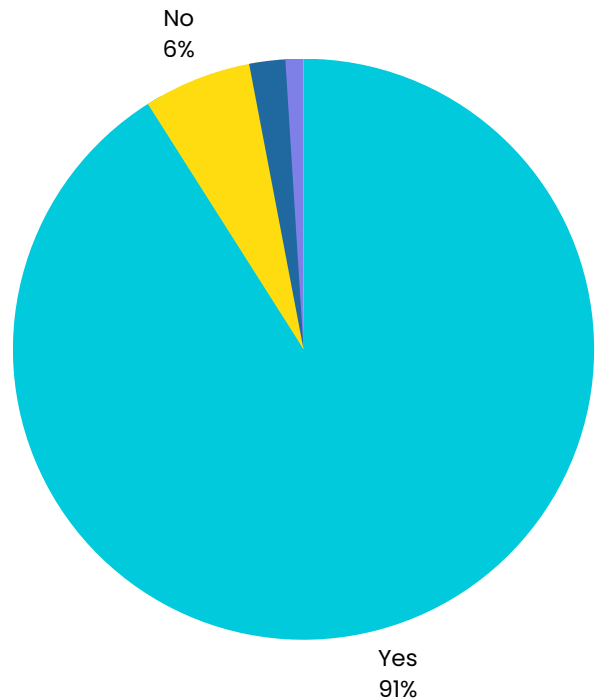
Excess Drinking - 413  
Smoking - 371  
Age - 298  
Weight - 209  
Recreational Drugs - 183  
STI's - 82  
Eating Disorders - 65  
Anabolic Steroids - 34



## Fertility Future

In our final question, we asked students whether they would give more thought to factors that can affect their fertility in the future. 91% (2,773) of participants stated 'yes'.

91% Yes  
6% No  
2% Not applicable  
1% Maybe/I don't want children



## Questionnaire Summary

- 3,037 Questionnaires Completed
- 75% of respondents were female
- 65% of respondents were aged 16 - 21 years
- 54% had prior awareness of factors affecting fertility
- 413 of the Respondents stated alcohol as a factor affecting fertility
- 91% stated they would give their fertility consideration in the future



## **Comments**

'I didn't realize how certain things can affect your fertility as much as they do.'

**'I wasn't aware that being overweight could stop you from getting pregnant.'**

'I knew about the smoking and the weight and drinking and how that can affect pregnancy'

**'I knew that weight and age and smoking were big deals I heard that my mum had issues because of smoking'**

'I was aware that eating disorders have a big effect on fertility and not many people know about it.'

**'My daughter has PCOS- I've struggled to find support and info, today's visit had good info'**

'Consuming too much alcohol or being overweight can contribute to future fertility'

**'Age makes your fertility go down'**

'I knew about the weight and eating disorder stuff because I'm in treatment for anorexia'

**'I knew about age and consumption of drugs and alcohol may impact it, but that's about it.'**

'Steroids - with working in the gym industry I was aware that taking steroids can extremely affect sperm production etc.'

**'I heard about STIs reducing fertility, also I know people who couldn't conceive because of their age.'**



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