Voices of Health
A survey of LGBTQ health in Minnesota
Rainbow Health Initiative advances health equity for all LGBTQ people by:

- Delivering essential resources to improve community health.
- Expanding access and availability to culturally competent care.
  - Improving the health of the LGBTQ community.
- Ensuring that LGBTQ health is part of the public dialogue.
2012 Methods

- Convenience sample
- Paper and online
- 1,867 collected
  - 1,669 were complete
Limitations

• Sample Sizes

• Location Question

• Socioeconomic Status

• Alcohol & Exercise Question Design
Demographics
Sexual Orientation

- Straight: 0.4%
- Other: 5.5%
- Queer: 13.4%
- Bisexual: 18.1%
- Lesbian: 28.9%
- Gay: 33.8%

n=1,140
Gender Identity

- No Answer: 0.5%
- Intersex: 0.4%
- Previously Identified as Transgender: 0.7%
- Genderqueer/Gender Nonconforming: 3.3%
- Transgender Male: 4.0%
- Transgender Female: 1.9%
- Cisgender Male: 35.0%
- Cisgender Female: 54.0%

n=1,113
Age

- 25-49: 55%
- 18-24: 33%
- 50+: 12%

n = 1,139
Race & Sexual Orientation

- **Straight**: 0.5% & 0.0%
- **Other**: 5.2% & 6.9%
- **Queer**: 14.1% & 9.5%
- **Bisexual**: 17.7% & 20.1%
- **Lesbian**: 30.3% & 21.2%
- **Gay**: 32.1% & 42.3%

n=1,144

[Logo: RAINBOW Health Initiative]
Education

- High School or Less: 10.4%
- Some College, Associates, or Technical Degree: 38.1%
- Graduated College or Graduate Degree: 51.5%

n=1,140
Attitudes About Health
In your opinion, what are the top 3 LGBT health issues that need more resources?

- HIV/AIDS
- Other STDs, Including HPV
- Illicit Drug Use (Cocaine, Meth, etc.)
- Tobacco Use and/or Second Hand Smoke Exposure
- Alcohol Use
- Access To Health Care
- Healthy Eating
- Active Living/Exercising

- Competence Of Health Care Providers Regarding LGBTQ Issues
- Mental Health Issues
- Obesity/Overweight Related Health Consequences
- Bullying
- Suicide
- Elder Care
- Other_____________
Sequestration & HIV/AIDS

• **8,610 Americans living with HIV/AIDS** will lose access to the AIDS Drug Assistance Program (ADAP)
  – **5,540 people of color** will lose access to ADAP services.

• **1,530** fewer households will receive permanent housing and **1,640** fewer households will receive short-term assistance to prevent homelessness.

• **280** AIDS research grants will go unfunded, including **31** specifically funding AIDS vaccine research.

• Over **$39.3 million** will be cut from state and local HIV prevention efforts funded by the Centers for Disease Control and Prevention (CDC)
In your opinion, what are the barriers to eating fruits and vegetables?

- Fruit/Vegetable Expense: 56.5%
- Not Enough Time to Prepare Fruits/Vegetables: 33.9%
- Don't Know How to Prepare Fruits/Vegetables: 11.4%
- Fruit/Vegetable Quality and Availability: 17.2%
- Don't Like Taste of Fruits/Vegetables: 8.3%
- Other Barriers: 5.1%

n=1,325

RAINFOREST Health Initiative
In your opinion, what are the barriers to getting a satisfactory amount of exercise?

- Not Enough Time: 62.3%
- Not Enough Motivation: 50.8%
- Not Enough Energy: 34.4%
- No Safe and Convenient Place: 13.6%
- Other Barriers: 6.7%
- Not Enough Support: 6.0%

n=1,325

RAINFOREST Health Initiative
Attitudes About Tobacco

• 59.7% don’t know that LGBTQ people smoke at higher rates

• 53.1% say “Pride celebrations should be smoke-free events”

• 46.5% say “There is too little emphasis on smoking as a health issues in the LGBTQ community”
Individual Health
Smoking

30.8% vs. 16.1%

LGBTQ people are smoking at twice the state average
LGBTQ Youth & Smoking

16 Year Old Boys

- Lesbian/Gay/Bisexual: 9.8%
- Mostly Heterosexual: 10.2%
- Heterosexual: 4.3%

16 Year Old Girls

- Lesbian/Gay/Bisexual: 38.7%
- Mostly Heterosexual: 15.9%
- Heterosexual: 5.7%

Data represents % of study respondents who reported smoking at least weekly. Not all responses included sexual orientation, so percentages do not add up to 100. Source: Austin et al, 2004

Source: American Lung Association “Smoking out a Deadly Threat”
Binge Drinking
39.9% vs. 28.7%

(Hennepin County SHAPE Survey)
Health Conditions

• **Depression:** 41.3%
  – 2x rate of non-LGBTQ (23.2%)

• **Anxiety:** 37%
  – >2x rate of non-LGBTQ (16%)
Experiences with Healthcare
Rates of Insurance

• 20.9% are *Uninsured*
Out to Doctor

“I don’t want my doctor to know because I fear they will treat me different.”
How competent do you feel that your doctor/healthcare provider is about LGBTQ health issues?

Very competent: 33%

Somewhat competent: 31.6%

Not at all competent: 7.9%

N/A, I don’t have a healthcare provider: 7.7%
Poor Quality Care

1 in 4 LGBTQ people received poor quality care because of their identity.
Poor Quality Care & Identity

- Other: 32.6%
- Queer: 43.2%
- Bisexual: 17%
- Lesbian: 26.8%
- Gay: 22.3%
Poor Quality Care & Identity

- Cisgender: 24.5%
- Transgender: 44.0%

RAINBOW Health Initiative
Discrimination & Care

• **17.4%** have been discriminated against because of their identity
Advancing Health Equity

• Data collection
• Accessing federally funded health care
• Supporting population-specific public health programs
Data collection

When we collect data on sexual orientation and gender identity...

• **Health care providers** become aware of LGBTQ-specific health concerns
• **Public health programs** can design culturally competent interventions
• **LGBTQ people** can advocate for their health
Advancing Health Equity

- Data collection
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Accessing federally funded health care

Removing transgender exclusions from Medicaid will...
- Allow trans people to access medically necessary care
- Save money
- Set a strong example for states

States can implement Trans-Inclusive Health Coverage through:
- Public accommodations laws
- Prohibition on unfair trade practices in insurance
- Grants of discretionary authority to insurance regulators
Advancing Health Equity

- Data collection
- Accessing federally funded health care
- Supporting population-specific public health programs
Supporting population-specific public health programs

LGBTQ communities are a population experiencing health disparities. This should mean...

- **Recognition** of LGBTQ communities within the Office of Minority Health and Health Equity
- **Inclusion** of LGBTQ as a “priority population” in grant making
- **Support** for LGBTQ leadership within public health