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Introduction to Health Disparities

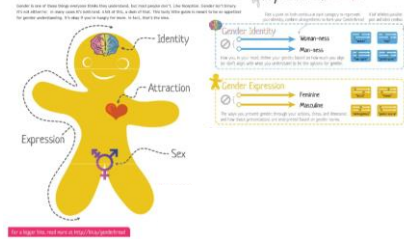
What is gender expression?

- How you demonstrate gender through the ways you **act**, **dress**, **behave**, and **interact** with people
 - Intended or unintentional
 - Changes day to day
- Determined by traditional **gender roles**
 - Qualifies in appearance, behavior, emotions, thoughts suitable (expected?) according to the rules and expectations of a given society
 - Masculine and feminine

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The Genderbread Person v3.3



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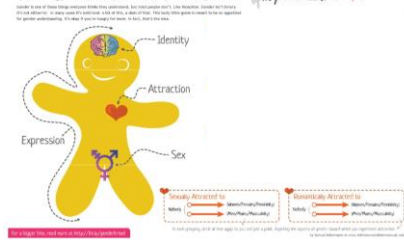
What is sexual orientation?

- The romantic or erotic attraction to the opposite gender, one's own gender, or more than one gender
- Three dimensions
 - Attraction, behavior, and identity
- Behavior versus identity (WSW, MSM, MSWM)
- Sexual Minorities

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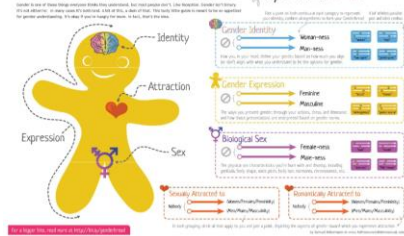
What about LGBT?

- LGB (lesbian, gay, bisexual) are **sexual orientations**
- T (transgender) is a **gender identity**
- LGBT: because most research groups these categories together

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The Genderbread Person v3.3



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So what?

- Different health concerns by identities
- Historical contexts and marginalization
- "Otherness" combined with other dimensions
 - Race, ethnicity, SES, age, region
- Sexual orientation and gender exist on a normal spectrum of human identity
- Healthy People 2020 initiative includes the goal of improving the health, safety, and well-being of lesbian, gay, bisexual, and transgender (LGBT) persons

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How many people?

- CDC's 2014 Behavioral Risk Factor Surveillance System
 - Representative within each state
 - 0.6% gender minorities (1.4 million people)
 - Nine million sexual minorities
- CDC's 2015 National Health Interview Survey
 - Nationally representative
 - 97.6% identified as straight
 - 1.6% identified as gay or lesbian
 - 0.8% identified as bisexual
- Meerwijk & Sevelius, 2017
 - Meta-regression analysis
 - 390 transgender people per 100,000
 - Almost 1 million people

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Health of Sexual Minorities

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Disparities

- Broad-ranging, with differences identified for various health conditions
 - asthma, diabetes, cardiovascular disease, or disability
- Health behaviors
 - smoking and heavy drinking
- Health care access and service utilization
- Across these outcomes, sexual minorities tend to fare worse than their non-minority counterparts

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REPORT BRIEF | MARCH 2011

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The Health of Lesbian, Gay, Bisexual, and Transgender People

Building a Foundation for Better Understanding

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Specifics

- Smoking
- Alcohol use
- Stress
- Health care access and medical care
- Cancer screenings
- STIs and HIV
- Overweight and obesity

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National Health Interview Survey (2015)

Table 2. Selected health-related behavior indicators of U.S. adults, by sexual orientation and sex: United States, 2015

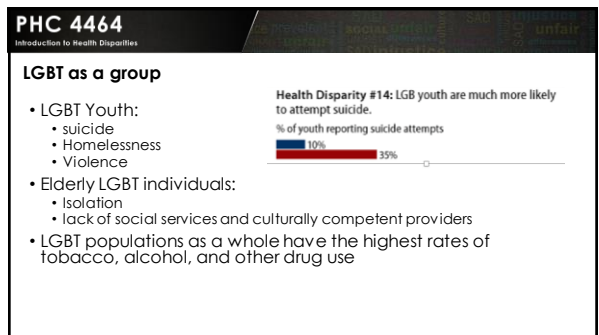
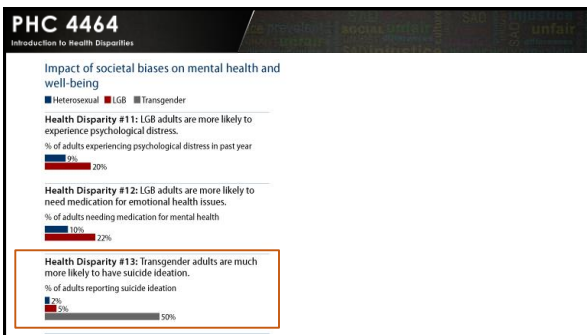
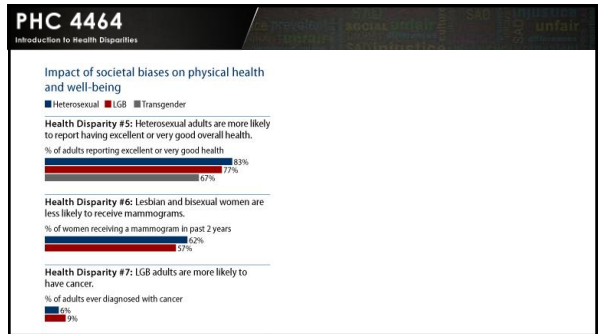
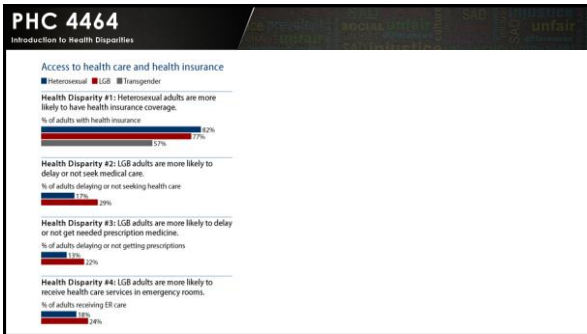
| Selected health-related behavior indicator | Both sexes | | |
|---|--------------------------|-----------------------|-------------|
| | Gay/lesbian ^a | Straight ^b | Bisexual |
| Ages 18 and over | | | |
| Current cigarette smoker ^c | 18.4 (2.08) | 14.9 (0.30) | 24.9 (3.52) |
| At least one heavy drinking day in the past year ^d | 33.6 (2.65) | 23.3 (0.38) | 47.1 (4.38) |
| Met federal guidelines for aerobic physical activity ^e | 53.2 (2.78) | 48.9 (0.44) | 53.6 (4.53) |

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National Health Interview Survey (2015)

Table 3. Selected health status indicators of U.S. adults, by sexual orientation and sex: United States, 2015

| Selected health status indicator | Both sexes | | |
|---|--------------------------|-----------------------|-------------|
| | Gay/lesbian ^a | Straight ^b | Bisexual |
| Ages 18 and over | | | |
| Health status described as excellent or very good | 65.2 (2.65) | 60.4 (0.41) | 48.1 (4.26) |
| Experienced serious psychological distress in past 30 days ^f | 4.3 (1.05) | 3.4 (0.14) | 14.5 (3.05) |
| Chase ^g | 28.4 (2.55) | 30.5 (0.39) | 43.9 (4.52) |



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Health of gender minorities

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Disparities

- Significant access issues
 - Refusal of care (19%)
 - Harassment and violence in medical settings (28%)
 - Lack of provider knowledge (50%)

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TRANS PEOPLE ARE MORE LIKELY TO REPORT LACKING ANY HEALTH INSURANCE.

- Black Transgender Respondents **31%**
- All Transgender Respondents **19%**
- White Transgender Respondents **17%**
- General Population **15%**

SOME TRANS PEOPLE POSTPONE SEEKING MEDICAL CARE DUE TO:



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Psychological Distress and Attempted Suicide

- **Thirty-nine percent (39%)** of respondents experienced serious psychological distress in the month before completing the survey (based on the Kessler 6 Psychological Distress Scale), compared with only 5% of the U.S. population.
- **Forty percent (40%)** have attempted suicide *in their lifetime*, nearly nine times the rate in the U.S. population (4.6%).
- **Seven percent (7%)** attempted suicide *in the past year*—nearly twelve times the rate in the U.S. population (0.6%).

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HIV

- Respondents were living with HIV (1.4%) at nearly five times the rate in the U.S. population (0.3%).
- HIV rates were higher among transgender women (3.4%), especially transgender women of color. **Nearly one in five (19%) Black transgender women were living with HIV**, and American Indian (4.6%) and Latina (4.4%) women also reported higher rates.

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Health outcomes

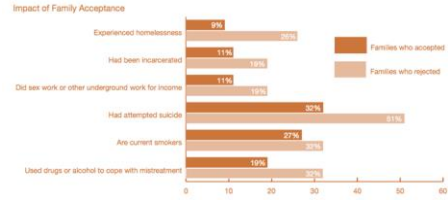
- Transgender individuals have a high prevalence of
 - Smoking
 - Substance use
 - HIV/STIs



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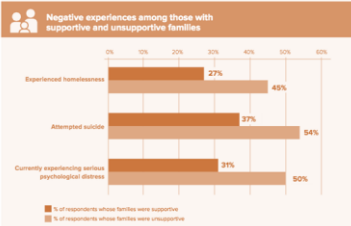
Impact of Family Acceptance



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Impact of Family Acceptance



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Continuing Issues in LGB(T) Health

- Nationally representative data on LGBT Americans
- Prevention of violence and homicide
- Resiliency in LGBT communities
- LGBT parenting issues throughout the life course
- Elder health and well-being
- Exploration of sexual/gender identity among youth
- Recognition of transgender health needs as medically necessary

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