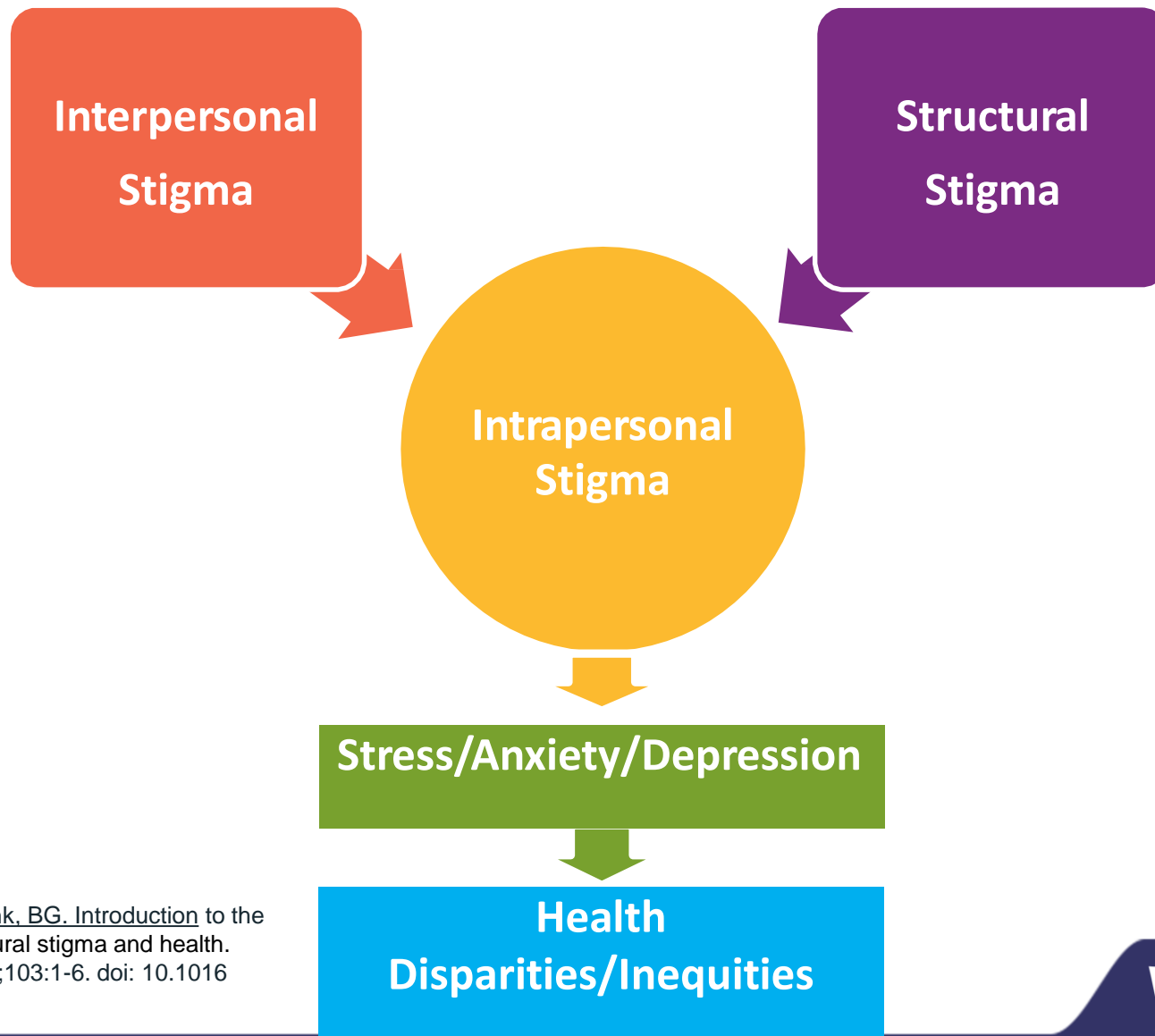


LGBTQ+ Health Challenges



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Stigma, Discrimination and Health

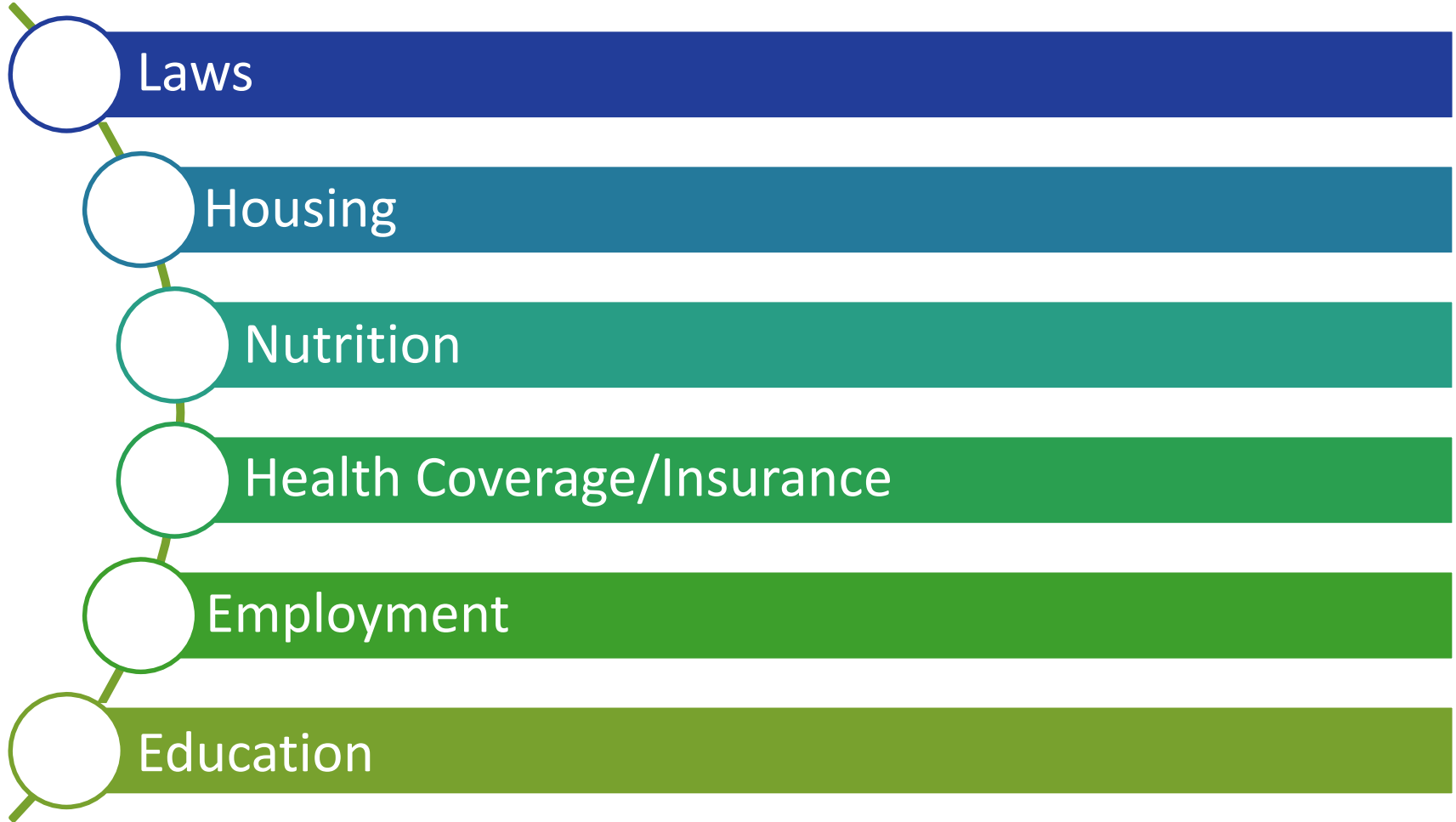


Hatzenbuehler, ML, Link, BG. Introduction to the special issue on structural stigma and health. Soc Sci Med 2014 Feb;103:1-6. doi: 10.1016

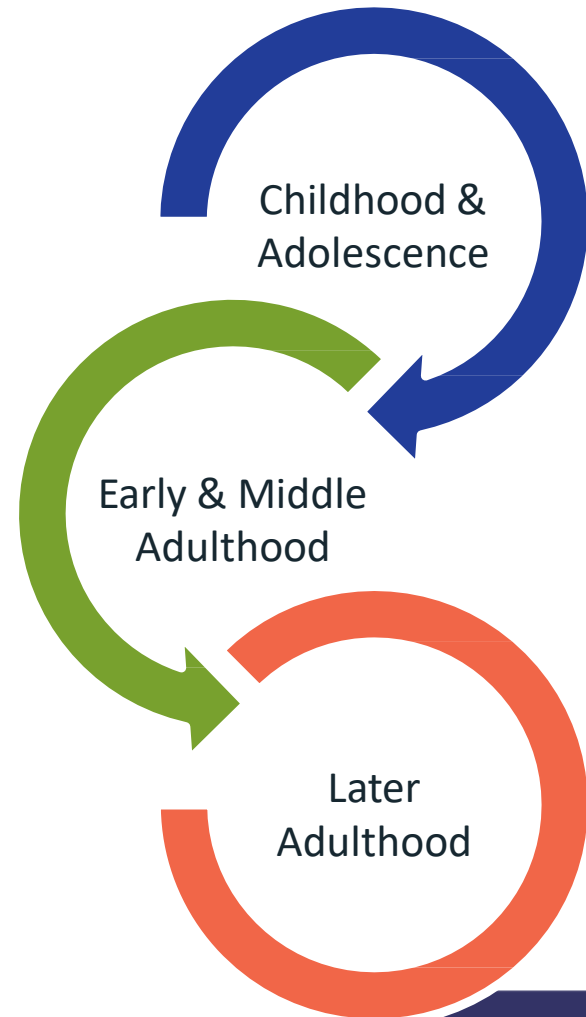
Effects of Stigma on Health

- Bockting reported in 2013 that 33.2% of transgender people (s = 1,093) reported anxiety, 44% had symptoms of clinical depression, and 27.5% experienced somatization. Mental stress was highly correlated with experience of social stigma for both transgender women and men.
- Enacted and anticipated stigma resulted in approximately a 40% increase in delaying needed urgent and preventive care in a sample of 2,578 transmasculine people. Reisner et. al. 2015

Structural Stigma and Health



Health Issues Throughout the Life Course



Health Disparities for LGBT People Throughout the Life Course

- ❑ On average, LGBTQ persons appear to experience more mood and anxiety disorders, more depression, and an elevated risk for suicide compared with the general population
- ❑ LGBT people are frequently the targets of stigma, discrimination, and violence
- ❑ HIV/AIDS exacts a severe toll on men who have sex with men, especially African American MSM
- ❑ It is estimated that HIV prevalence may be 19.2% among transgender women, and over 50% among transgender women of color in some urban settings (Herbst et al AIDS Behavior 2008, Baral et al Lancet 2013)

LGBT Disparities: Healthy People 2020

- LGBT youth
 - 2 to 3 times more likely to attempt suicide.
 - More likely to be homeless (20-40% are LGBT)
 - Risk of HIV, STD's
- MSM are at higher risk of HIV/STDs, especially among communities of color
- LGBT populations have the highest rates of tobacco, alcohol, and other drug use
- Lesbians are less likely to get preventive services for cancer

LGBT Disparities: Healthy People 2020

- Transgender individuals experience a high prevalence of HIV/STDs, violence victimization, mental health issues, and suicide
 - They are also less likely to have health insurance than cisgender or LGB individuals.
- Elderly LGBT individuals face additional barriers to health because of isolation, fewer family supports, and a lack of social and support services

A Black Gay Man

“A gay man has to deal with homophobia. A black man has to deal with racism. But a black gay man will have to deal with homophobia and racism (often at the same time). It is often the case that he will face racism inside the LGBT community and homophobia in the black community.”



See more at: <http://www.equality-network.org/our-work/intersectional/#sthash.uUMCTvIX.dpuf>

Vulnerability to Poverty

- While children generally have higher rates of poverty than adults, children of LGB parents are especially vulnerable to poverty
 - African American children in gay male households have the highest poverty rate (52.3%) of any children in any household type
 - the rate for children living with lesbian couples is 37.7%
- Transgender respondents to the National Transgender Discrimination Survey (NTDS) were 4 times more likely than the general population to have a household income of less than \$10,000

Cancer Prevention for Lesbians and Bisexual Women: Cervical Cancer & Breast Cancer

- ❑ Rates of cervical cancer are as high for lesbians and bisexual women as for heterosexual women
- ❑ Studies have found that lesbians have significantly lower cervical cancer screening rates (Charlton, J Adolesc Health, 2011).
- ❑ A recent study from NYC indicates that lesbian/bisexual women over 40 are significantly less likely to have had a mammogram than heterosexual women (2013, Empire State Pride Agenda Foundation)
- ❑ Educational programs should emphasize the need for women who exclusively have sex with women, and bisexual women, should be screened according to usual guidelines

Transgender Men and Cervical Cancer Screening

- ❑ The majority of transgender men do not undergo gender affirmation surgery and still retain a cervix if a total hysterectomy is not performed.
 - Cancers of female natal reproductive organs are still possible in these individuals, and cervical cancer has been documented in male transgender patients.
- ❑ Transgender men with a cervix should follow the same screening guidelines as natal females.
 - Pap tests can be difficult for transgender men for a number of reasons.
- ❑ Sensitivity to these unique barriers is important while still emphasizing the importance of regular screening

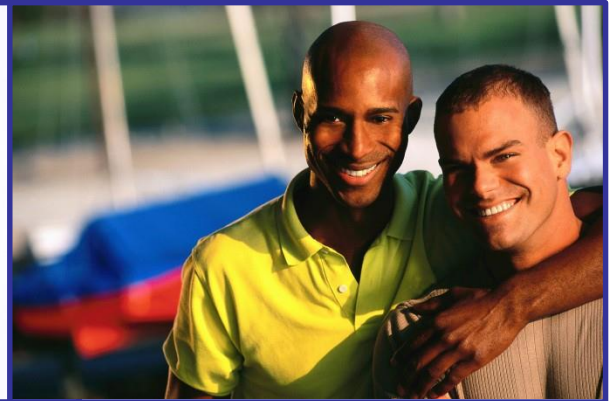
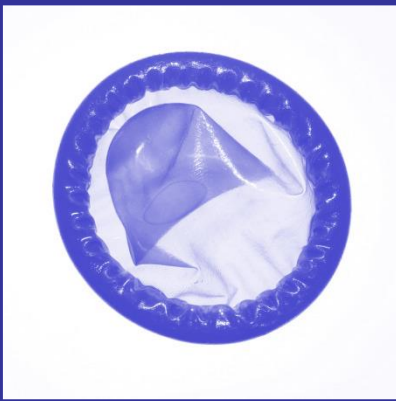
Special Concerns: Barriers to Transgender Care

- Body dysphoria and internalized stigma
- Provider discomfort and lack of basic knowledge
- Lack of clinical research/medical literature/training in medical schools
- Extensive negative experience with health care
- Medicalization and pathologizing of experience – judgmental, patronizing, and humiliating treatment
- Insensitive intake forms and office environment contribute to and alienating process

Provider ignorance and discrimination limits access to care.

Proportion of Physicians Discussing Topics with HIV-Positive Patients

Adherence to ART	84%
Condom use	16%
HIV transmission and/or risk reduction	14%



Ask Screen Intervene

(*AmJPublicHealth.* 2004;94:1186-92)

Discomfort as a Barrier

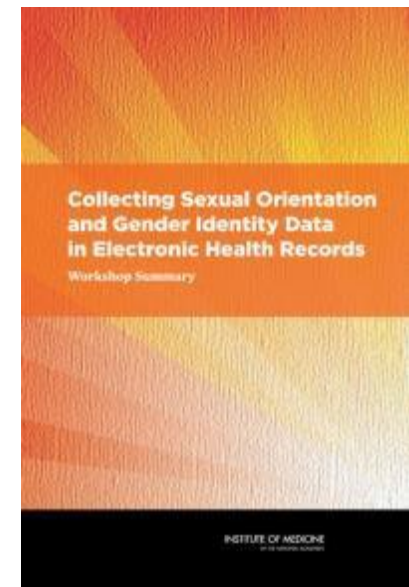
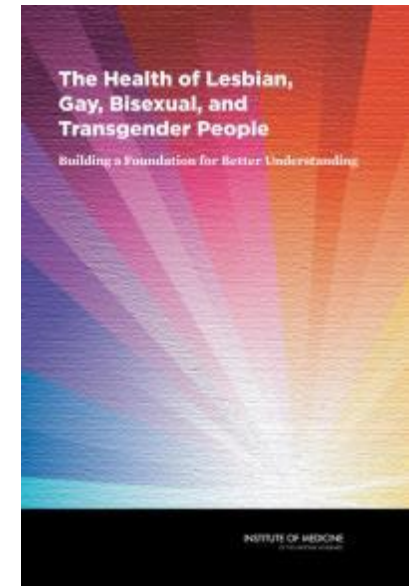
“Ironically, it may require greater intimacy to discuss sex than to engage in it.”

The Hidden Epidemic
Institute of Medicine, 1997

Ask Screen Intervene

Institute of Medicine Reports

- *The Health of LGBT People: Building a Foundation for Better Understanding* (2011): “Data on sexual orientation and gender identity should be collected in electronic health records.”
- *Collecting SOGI Data in Electronic Health Records* (2012): “...data collection should start now to better understand the health care issues experienced by LGBT people.”



Collecting Demographic Data on Sexual Orientation (Example)

<p>1. Which of the categories best describes your current annual income? Please check the correct category:</p> <p><input type="checkbox"/> <\$10,000</p> <p><input type="checkbox"/> \$10,000–14,999</p> <p><input type="checkbox"/> \$15,000–19,999</p> <p><input type="checkbox"/> \$20,000–29,999</p> <p><input type="checkbox"/> \$30,000–49,999</p> <p><input type="checkbox"/> \$50,000–79,999</p> <p><input type="checkbox"/> Over \$80,000</p>	<p>2. Employment Status:</p> <p><input type="checkbox"/> Employed full time</p> <p><input type="checkbox"/> Employed part time</p> <p><input type="checkbox"/> Student full time</p> <p><input type="checkbox"/> Student part time</p> <p><input type="checkbox"/> Retired</p> <p><input type="checkbox"/> Other _____</p>	<p>3. Racial Group(s):</p> <p><input type="checkbox"/> African American/Black</p> <p><input type="checkbox"/> Asian</p> <p><input type="checkbox"/> Caucasian</p> <p><input type="checkbox"/> Multi racial</p> <p><input type="checkbox"/> Native American/Alaskan Native/Inuit</p> <p><input type="checkbox"/> Pacific Islander</p> <p><input type="checkbox"/> Other _____</p>	<p>4. Ethnicity:</p> <p><input type="checkbox"/> Hispanic/Latino/Latina</p> <p><input type="checkbox"/> Not Hispanic/Latino/Latina</p> <p>5. Country of Birth:</p> <p><input type="checkbox"/> USA</p> <p><input type="checkbox"/> Other _____</p>
<p>6. Language(s):</p> <p><input type="checkbox"/> English</p> <p><input type="checkbox"/> Español</p> <p><input type="checkbox"/> Français</p> <p><input type="checkbox"/> Português</p> <p><input type="checkbox"/> Русский</p>	<p>7. Do you think of yourself as:</p> <p><input type="checkbox"/> Lesbian, gay, or homosexual</p> <p><input type="checkbox"/> Straight or heterosexual</p> <p><input type="checkbox"/> Bisexual</p> <p><input type="checkbox"/> Something Else</p> <p><input type="checkbox"/> Don't know</p>	<p>8. Marital Status:</p> <p><input type="checkbox"/> Married</p> <p><input type="checkbox"/> Partnered</p> <p><input type="checkbox"/> Single</p> <p><input type="checkbox"/> Divorced</p> <p><input type="checkbox"/> Other _____</p> <p>8. Veteran Status:</p> <p><input type="checkbox"/> Veteran</p> <p><input type="checkbox"/> Not a veteran</p>	<p>1. Referral Source:</p> <p><input type="checkbox"/> Self</p> <p><input type="checkbox"/> Friend or Family Member</p> <p><input type="checkbox"/> Health Provider</p> <p><input type="checkbox"/> Emergency Room</p> <p><input type="checkbox"/> Ad/Internet/Media/Outreach Worker/School</p> <p><input type="checkbox"/> Other _____</p>

Collecting Demographic Data on Gender Identity

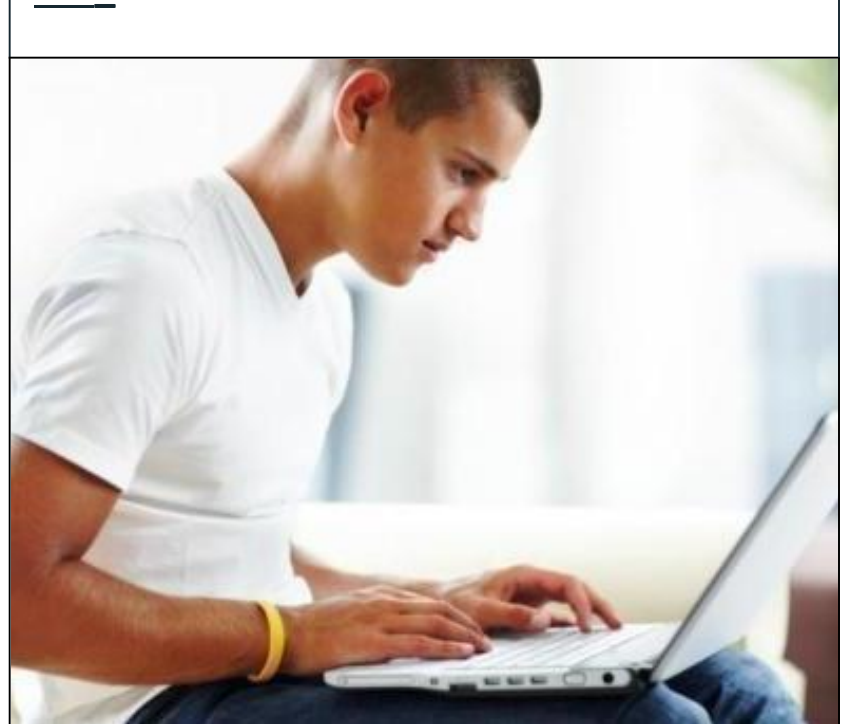
- What is your current gender identity? (check ALL that apply)

- ☐ Male
- ☐ Female
- ☐ Transgender Male/Trans Man/FTM
- ☐ Transgender Female/Trans Woman/MTF
- ☐ Gender Queer
- ☐ Additional Category (please specify)

-
- What sex were you assigned at birth? (Check One)

- ☐ Male
- ☐ Female
- ☐ Decline to Answer

- What is your preferred name and what pronouns do you use (e.g. he/him, she/her)?



Creating an LGBTQ+-friendly office] environment for patients and staff



<http://www.glbthealth.org/HAPMaterials.htm>

- ☐ Signs and health-related materials
 - Display photos/ads reflecting gender diversity
 - LGBTQ newspapers, magazines, etc.
- ☐ Single occupancy or gender neutral bathroom
- ☐ Call people by correct name/pronoun
- ☐ Post non-discrimination policy
 - Include *gender identity and expression* and *sexual orientation*
- ☐ Ensure safety in lobby and parking areas
- ☐ Patient Intake and Human Resources forms reflect agency values

Deserves the same care,
no matter
which pronoun is used.



Transgender, gay, lesbian, and bisexual people deserve the same care as everyone else. Thousands of healthcare providers in Massachusetts agree. They're working to eliminate barriers to healthcare access, so everyone can be treated well. And stay well.

The Gay, Lesbian, Bisexual and Transgender Health Access Project
MASSACHUSETTS DEPARTMENT of PUBLIC HEALTH
www.glbthealth.org

MY SON IS MY LIFE



**I know he is gay
and I don't always understand,
but that doesn't change my love for him.**

1-800-243-7692
hotline@gmhc.org
www.gmhc.org

the institute **GMHC**
FOR GAY MEN'S HEALTH GAY MEN'S HEALTH CARE

Adding Affirmative Imagery and Content to Education and Marketing Materials



In Conclusion...

- LGBTQ+ people face high levels of stigma, and stigma = barriers to care and health disparities.
- A lot can be done to make a difference. Some good measures would include:
 - Support stigma reduction programs both within LGBTQ+ communities and in the larger communities of Virginia.
 - Improve data collection on LGBTQ+ people as they access services at our local health departments
 - Provide training on how to collect SOGI data and why it is part of the VDH mission.
 - Provide training about best practices for care and services for LGBTQ+ people.
 - Do more symposiums across the state, engaging local communities and providers.
 - Tailored approaches and strategies are needed, developed in collaboration with LGBTQ+ communities across the state.