



ADVANCING EXCELLENCE IN SEXUAL
AND GENDER MINORITY HEALTH

Health Disparities Among Sexual Minority People

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NATIONAL LGBT HEALTH
EDUCATION CENTER

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MEDICAL SCHOOL

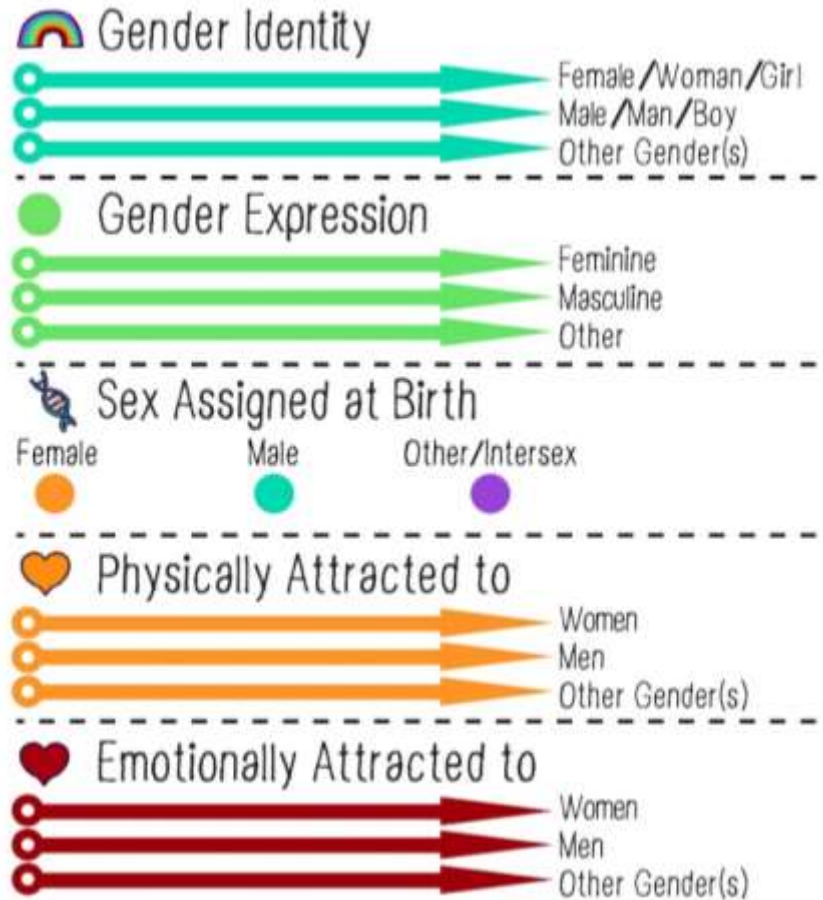
No Disclosures



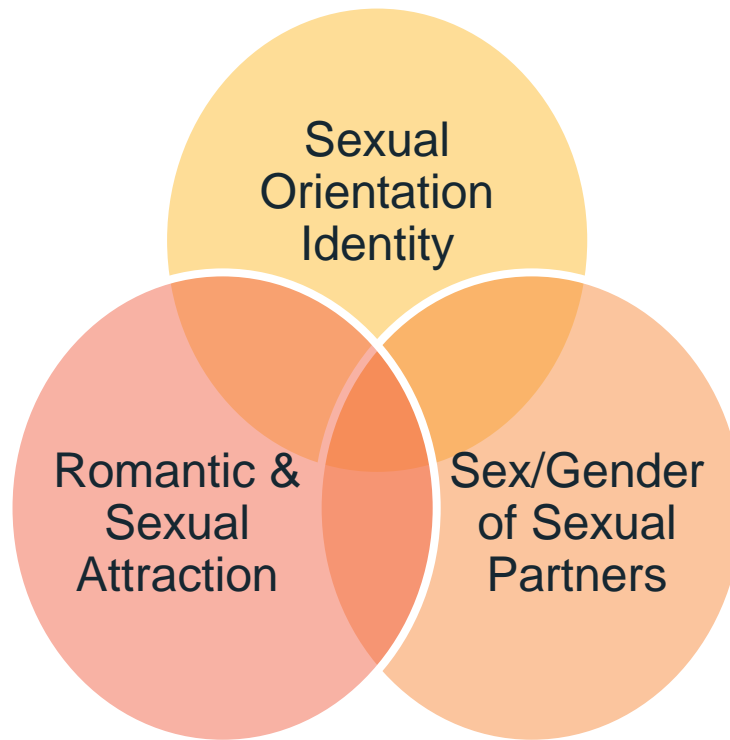
Data

- Some data group sexual AND gender minority persons
- This is a broad overview;
 - There are specific data for many social determinants of health, health behavior, and health conditions

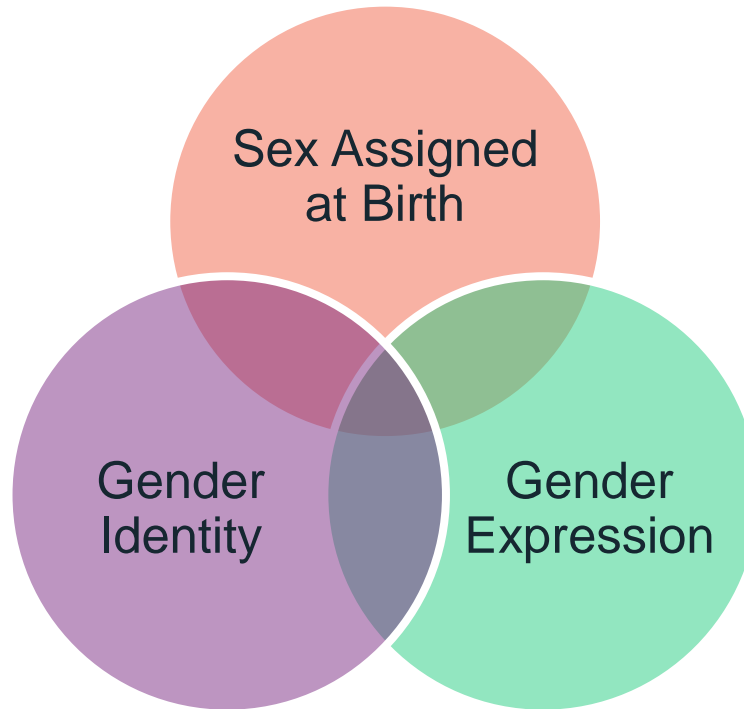
Terminology 101



Identity, Attraction, Behavior



Sex, Gender, Expression





How Many?



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Perception

Just your best guess, what percent of Americans today would you say are gay or lesbian?

All numbers are in percentages

| | Mean | Less than 5% | 5% to <10% | 10% to <15% | 15% to <20% | 20% to 25% | More than 25% | No opin. |
|-------|------|--------------|------------|-------------|-------------|------------|---------------|----------|
| 2015 | 23 | 9 | 11 | 14 | 7 | 20 | 33 | 6 |
| 2011 | 25 | 4 | 9 | 17 | 9 | 17 | 35 | 8 |
| 2002* | | | | | | | | |
| Men | 21 | 8 | 11 | 16 | 9 | 15 | 25 | 16 |
| Women | 22 | 7 | 14 | 12 | 7 | 17 | 24 | 19 |

*Asked of a half sample with wording, with separate questions:

Just your best guess, what percent of men in the United States today would you say are homosexual or gay?

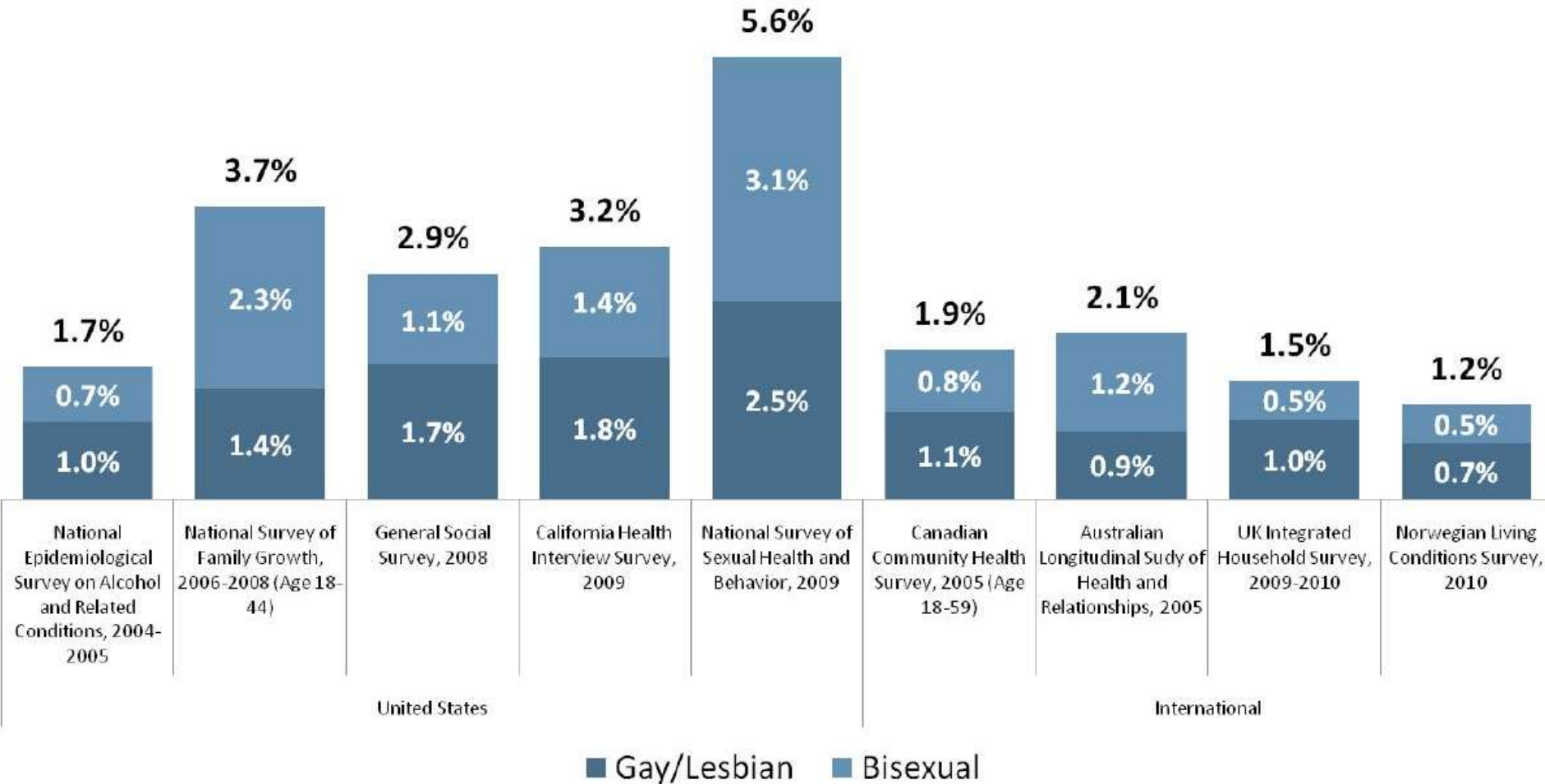
Just your best guess, what percent of women in the United States today would you say are homosexual or lesbian?

GALLUP®



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Reality

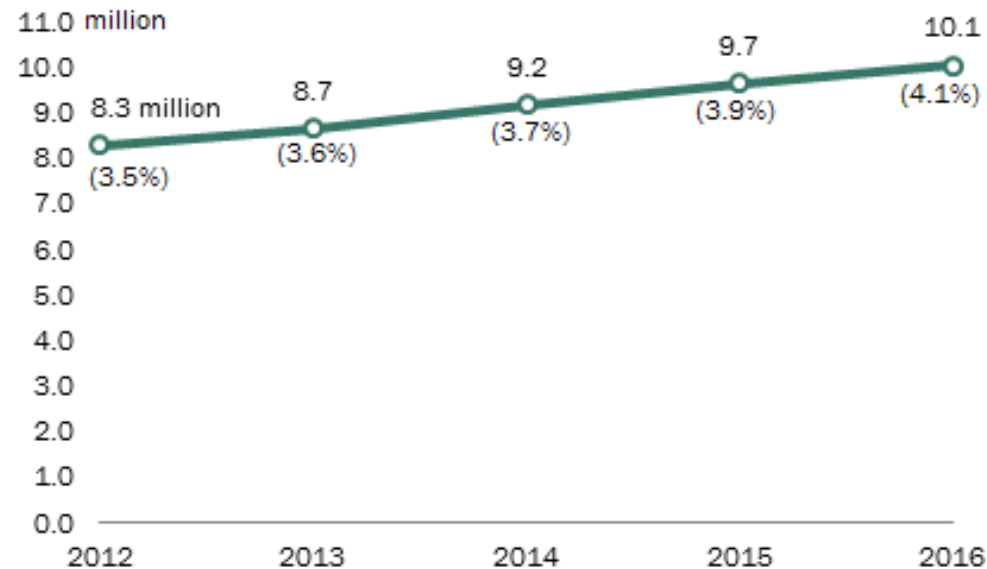


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Reality

The number of Americans identifying as LGBT is rising

Number (and %) of U.S. adults identifying as LGBT



Source: Gallup Daily tracking survey.

PEW RESEARCH CENTER

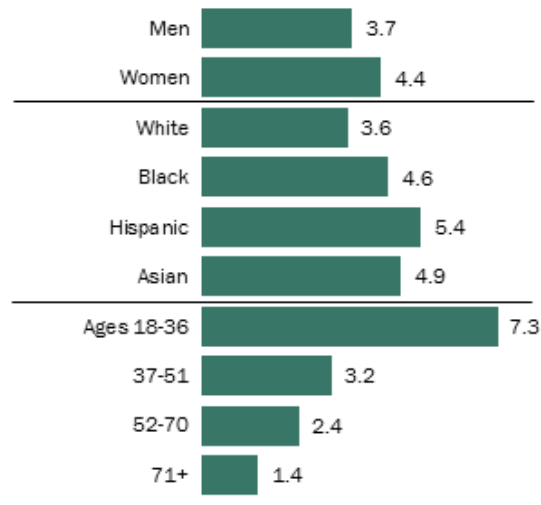


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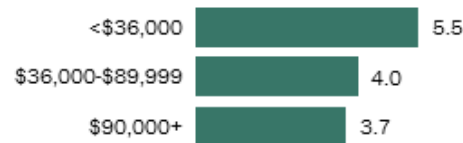
Demographic Variability

Older Americans much less likely to identify as LGBT

% of each group identifying as LGBT



Annual household income



Note: Whites, blacks and Asians include only non-Hispanics.
Hispanics are of any race.

Source: Gallup Daily tracking survey, 2016.

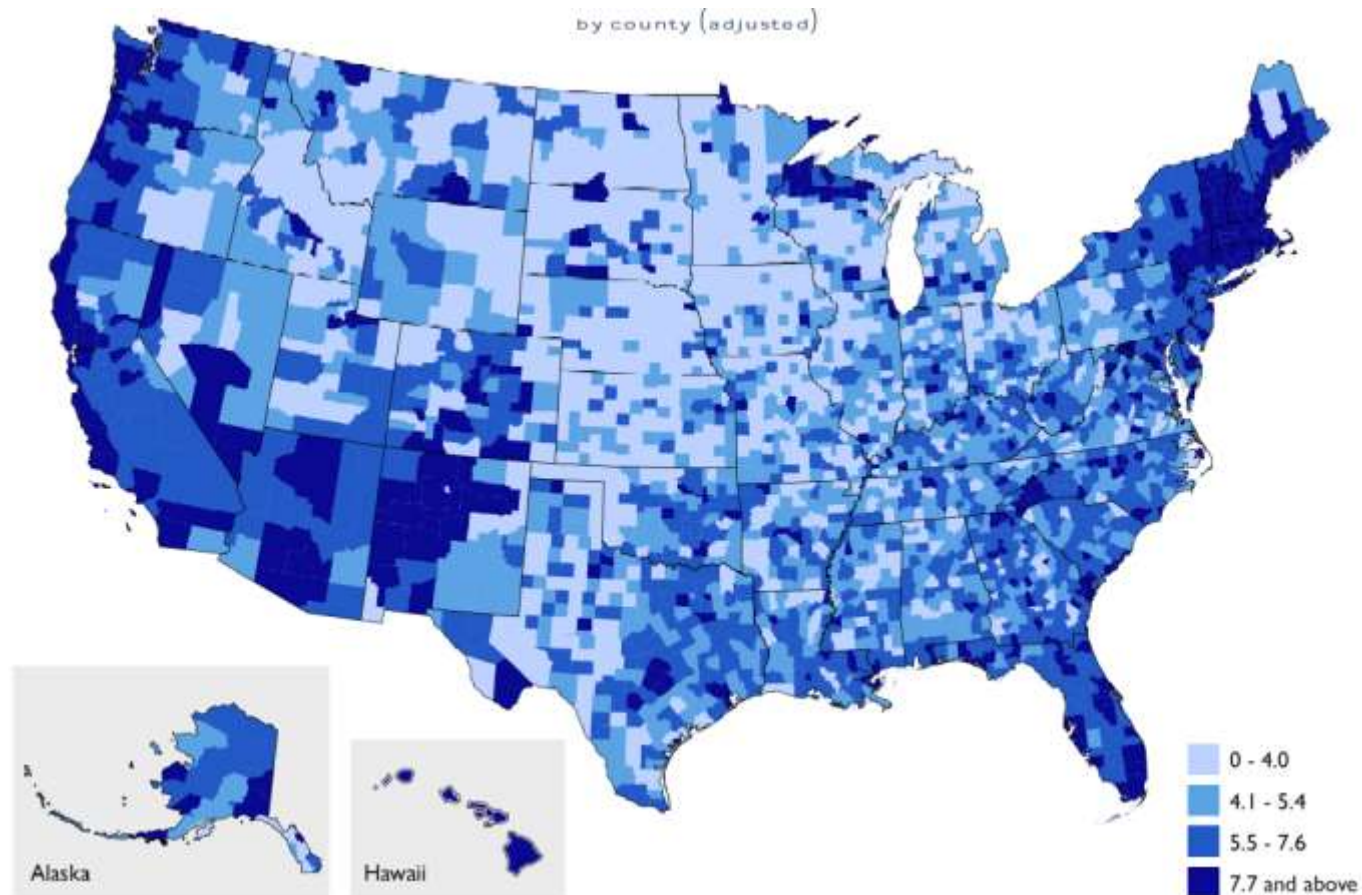
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2010 Census

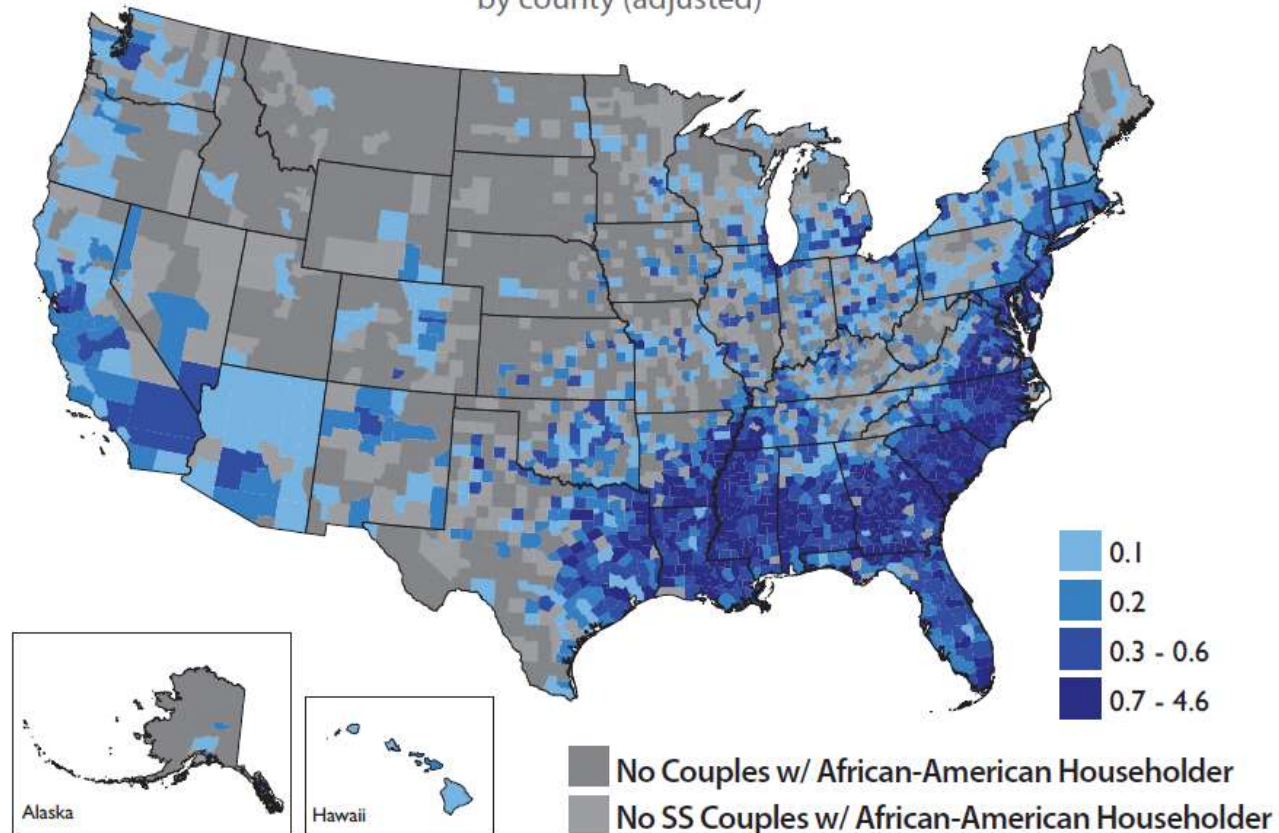
Same-Sex Households (per 1000)



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2010 Census

Same-sex Couples with an African-American Householder
per 1,000 Households
by county (adjusted)



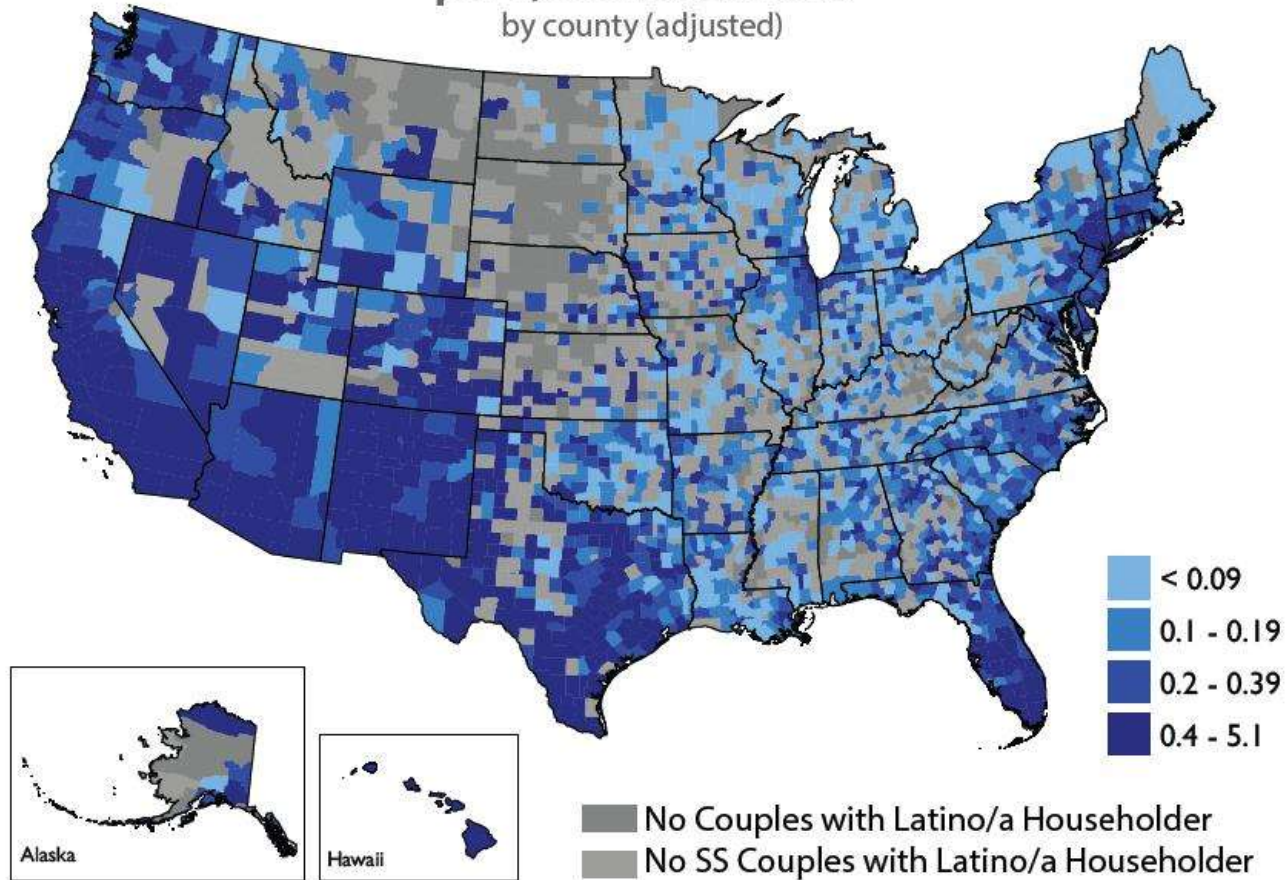
SOURCE: U.S. Census 2010 data (adjusted, see Data and Methodology section)



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2010 Census

Same-sex Couples with a Latino/a Householder
per 1,000 Households
by county (adjusted)



SOURCE: U.S. Census 2010 data (adjusted, see Data and Methodology section)



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ADVOCACY

SUPPORT US

STAY INFORMED

Do you want:



increased funding for
community services



fair congressional
districts



better enforcement
of civil rights

**The Census counts. So do you.
Queer the Census 2020**

<https://www.thetaskforce.org/queerthecensus.html>



United States

Male
42%



Female
58%

LGBT Gender Ratio

25%

Percentage with Income <\$24k

4.5%

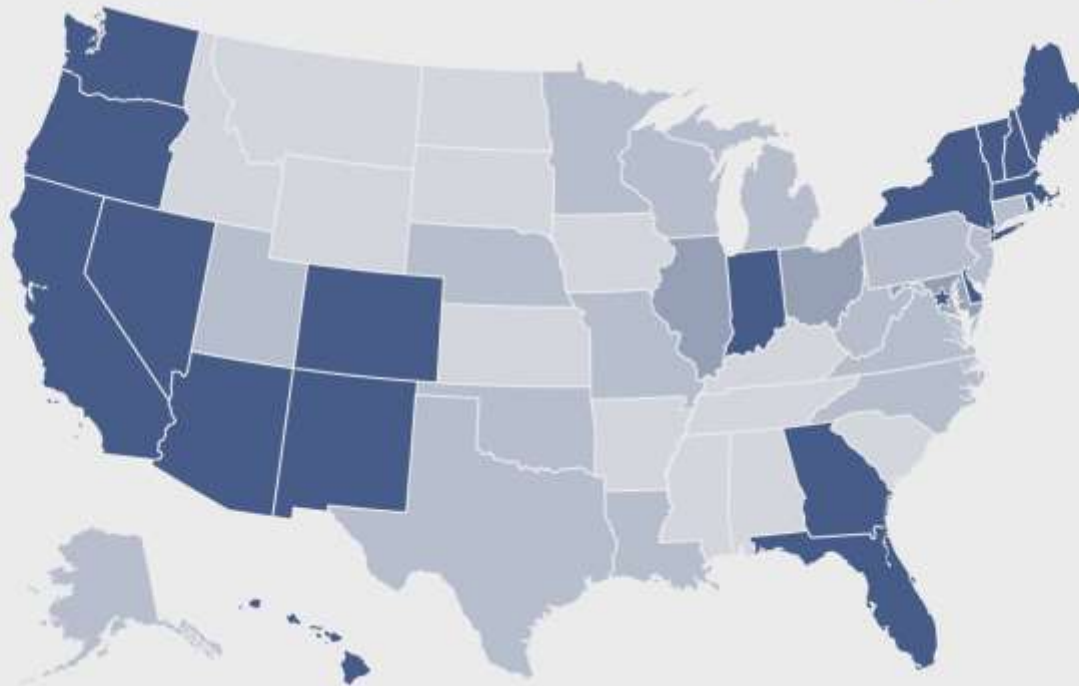
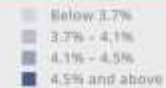
LGBT percentage of population

29%

Percentage with Children

AREA SELECTION

LGBT Proportion of Population: United States





generations

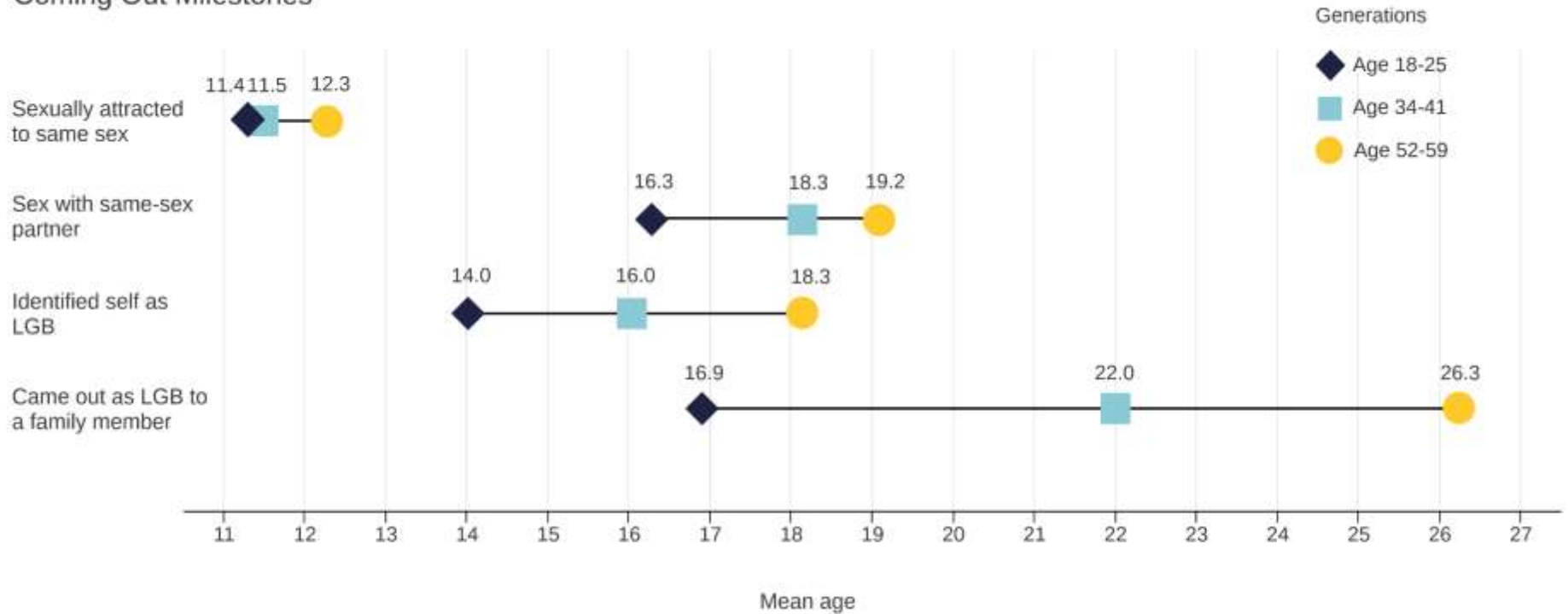
A Study of the Life and Health of LGB People in a Changing Society



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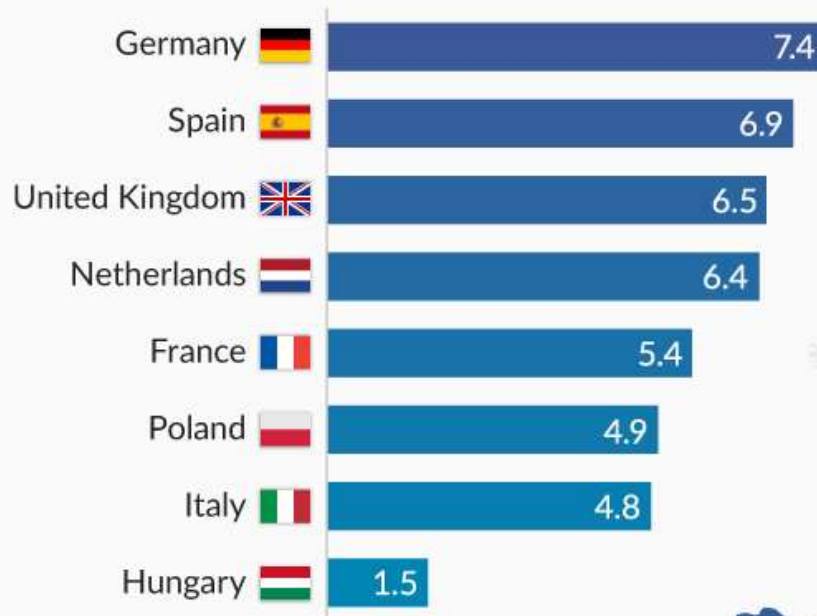
Generational Differences

Coming Out Milestones



Europe's LGBT population mapped

% of the population identifying as LGBT in selected countries in 2016



@StatistaCharts Source: Dalia

indy100

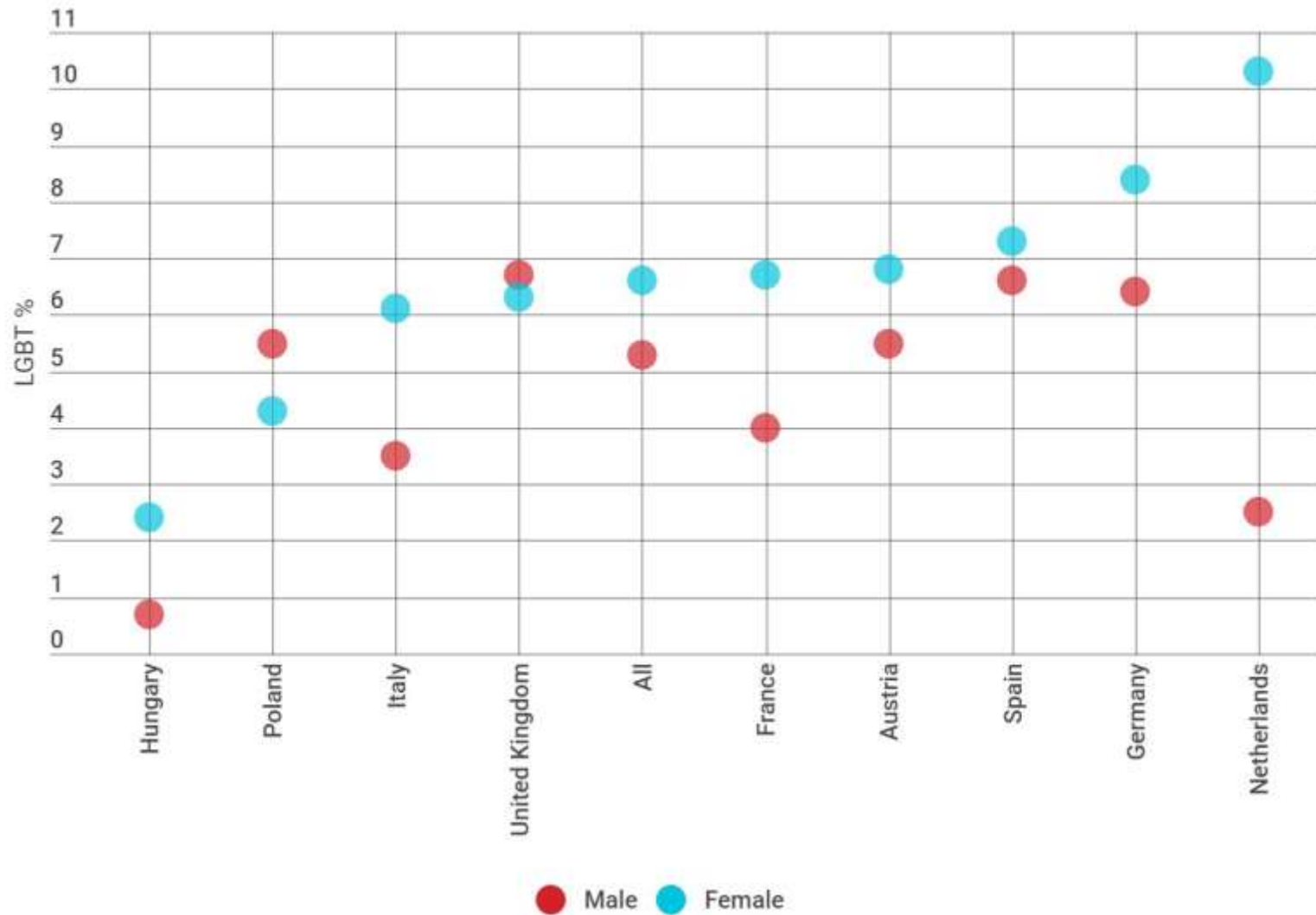
The INDEPENDENT

statista

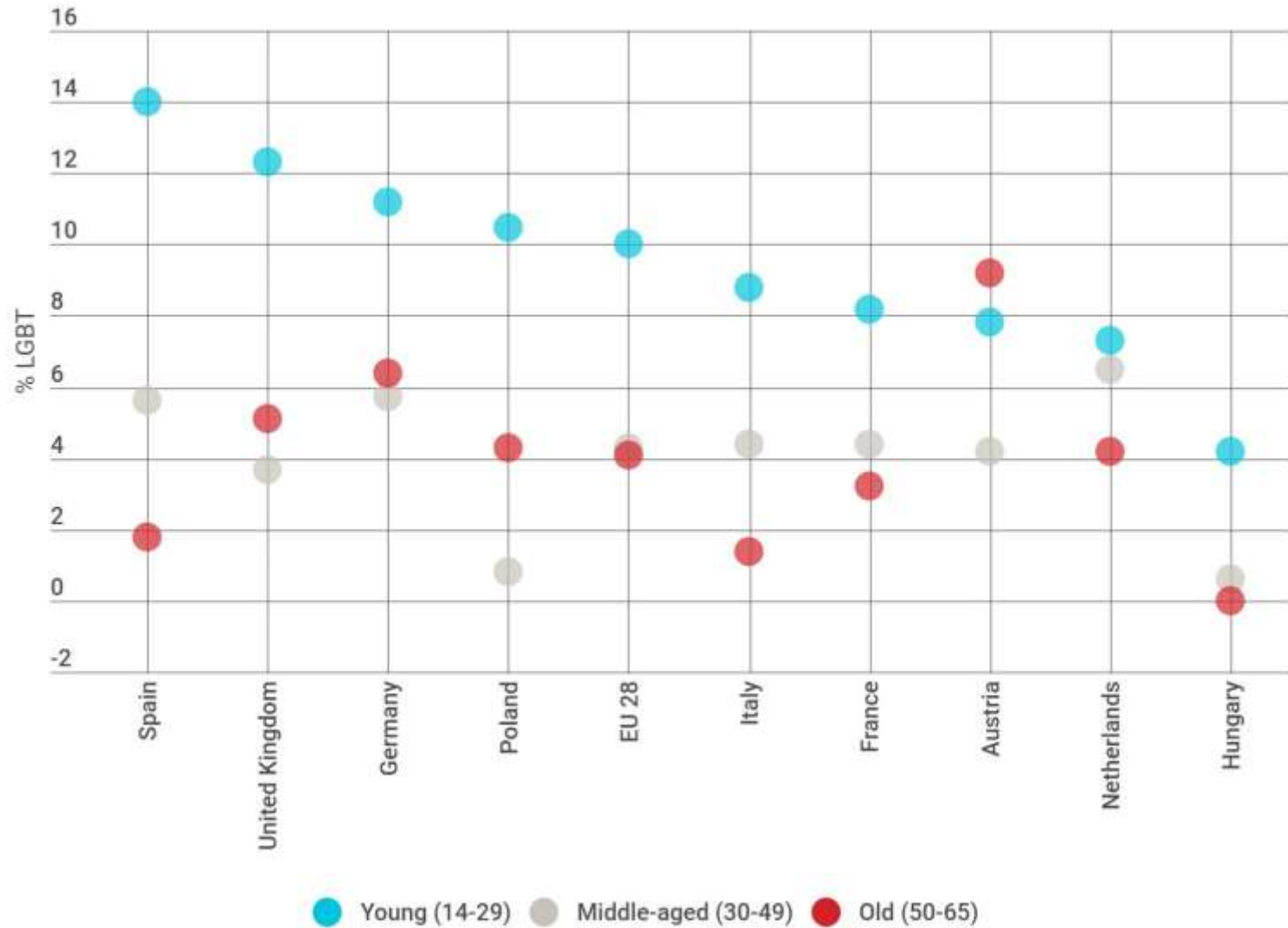


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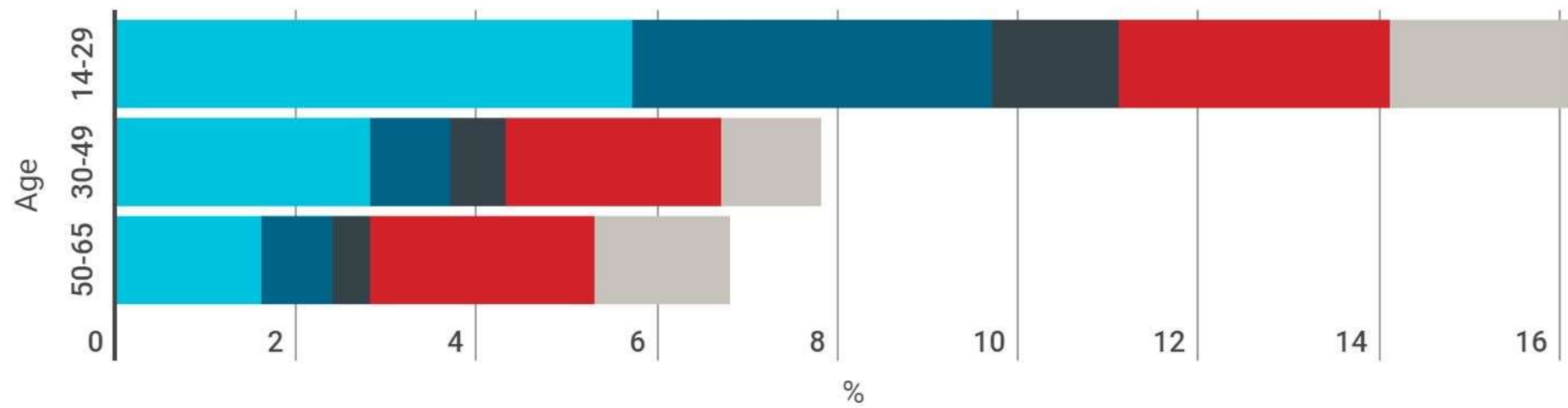
"Do you identify as lesbian, gay, bisexual or transgender?"



"Do you identify as lesbian, gay, bisexual or transgender?"



"Which of the following best describes your current sexual orientation?"



- mostly heterosexual, sometimes homosexual
- equally heterosexual and homosexual
- mostly homosexual, sometimes heterosexual
- only homosexual
- asexual





THE PRIDE STUDY

MENU



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Join the first longitudinal health study of LGBTQ people today.

JOIN TODAY

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Are you a PRIDE Study iOS app user? [See what has changed.](#)

Answers that change lives.

Our community has faced adversity, but struggle after struggle, we prevail. Now, LGBTQ people must join together to improve our health. It's time for change. It's time for PRIDE!



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Experiences of Care?



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Experiences of Care

Table 1: I was refused needed health care

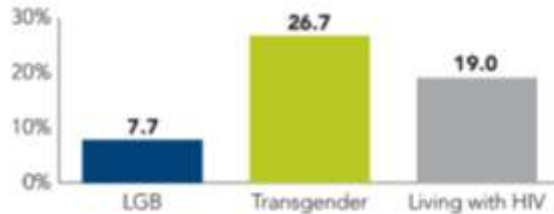


Table 2: Health care professionals refused to touch me or used excessive precautions

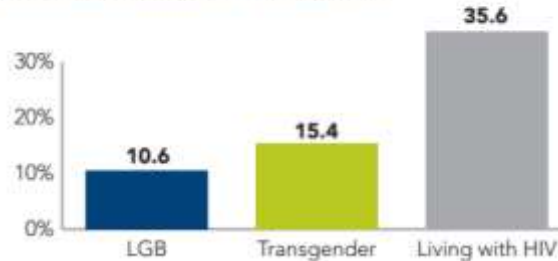


Table 3: Health care professionals used harsh or abusive language



Table 4: Health care professionals blamed me for my health status

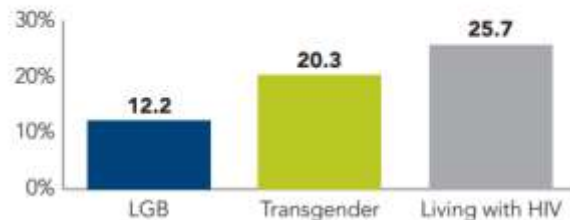
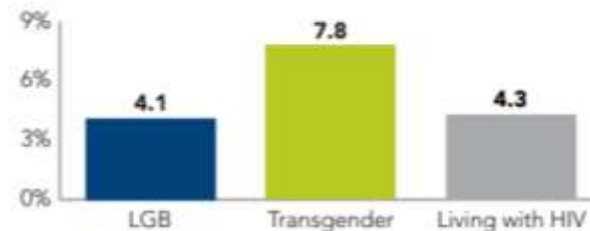


Table 5: Health care professionals were physically rough or abusive



Experiences of Care



November 2017



HARVARD
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SCHOOL OF PUBLIC HEALTH

- 16% of LGBTQ people report being personally discriminated against because they are part of the LGBTQ community when going to a doctor or health clinic;
- 22% of transgender individuals avoided doctors or health care out of concern they would be discriminated against;
- 31% say they have no regular doctor or form of health care.



Disparities?

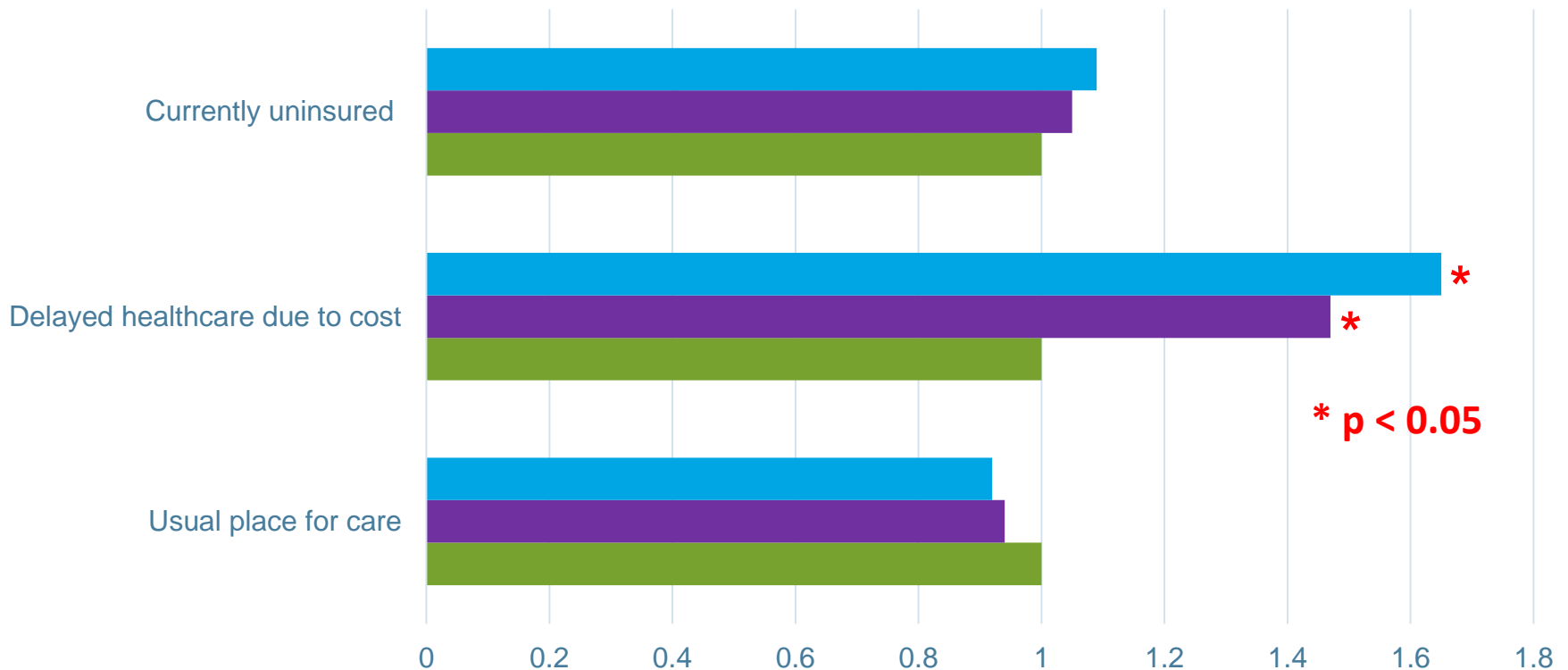


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Healthcare Access Indicators

US Cis Women Ages 18-64, NHIS 2013-2014

■ Bisexual (APR) ■ Lesbian (APR) ■ Heterosexual (reference)



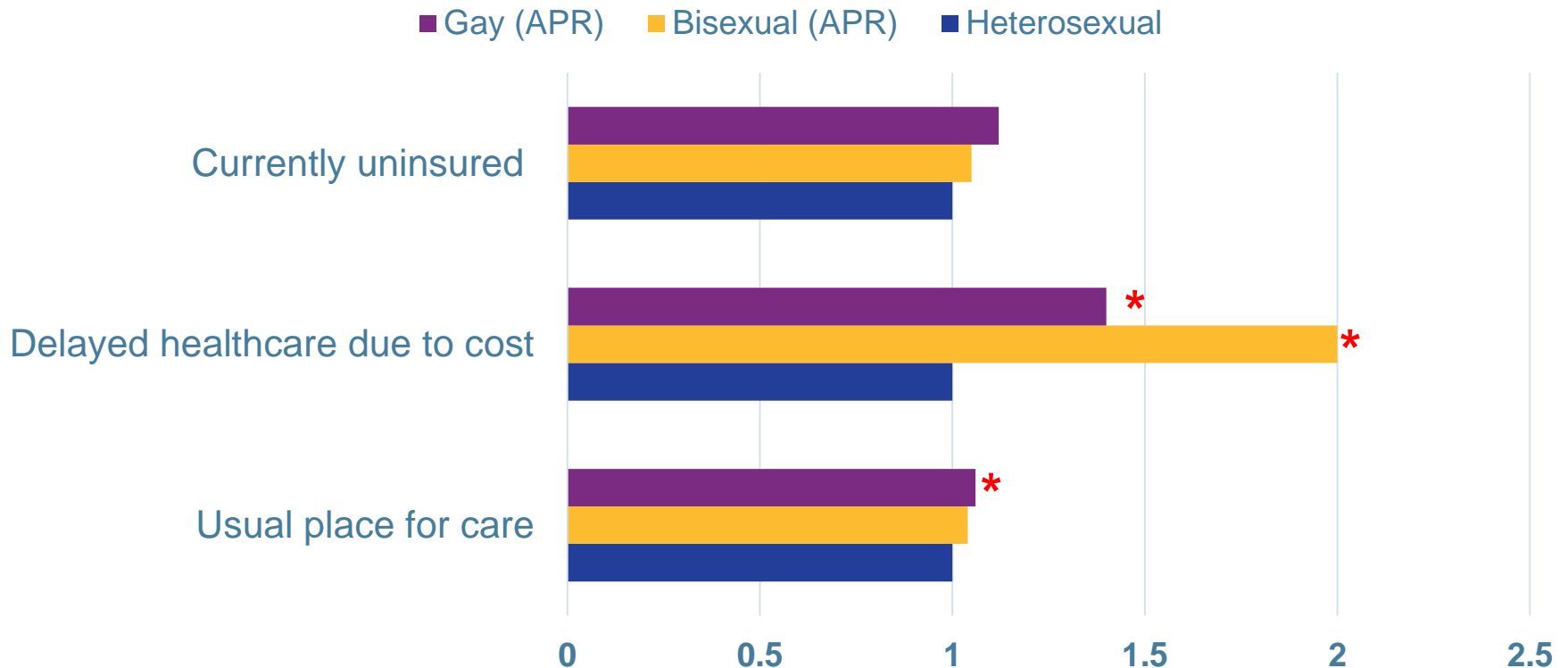
* $p < 0.05$

Jackson et al. BMC Public Health 2016; 16: 807.



Healthcare Access Indicators

US Cis Men Ages 18-64, NHIS 2013-2014



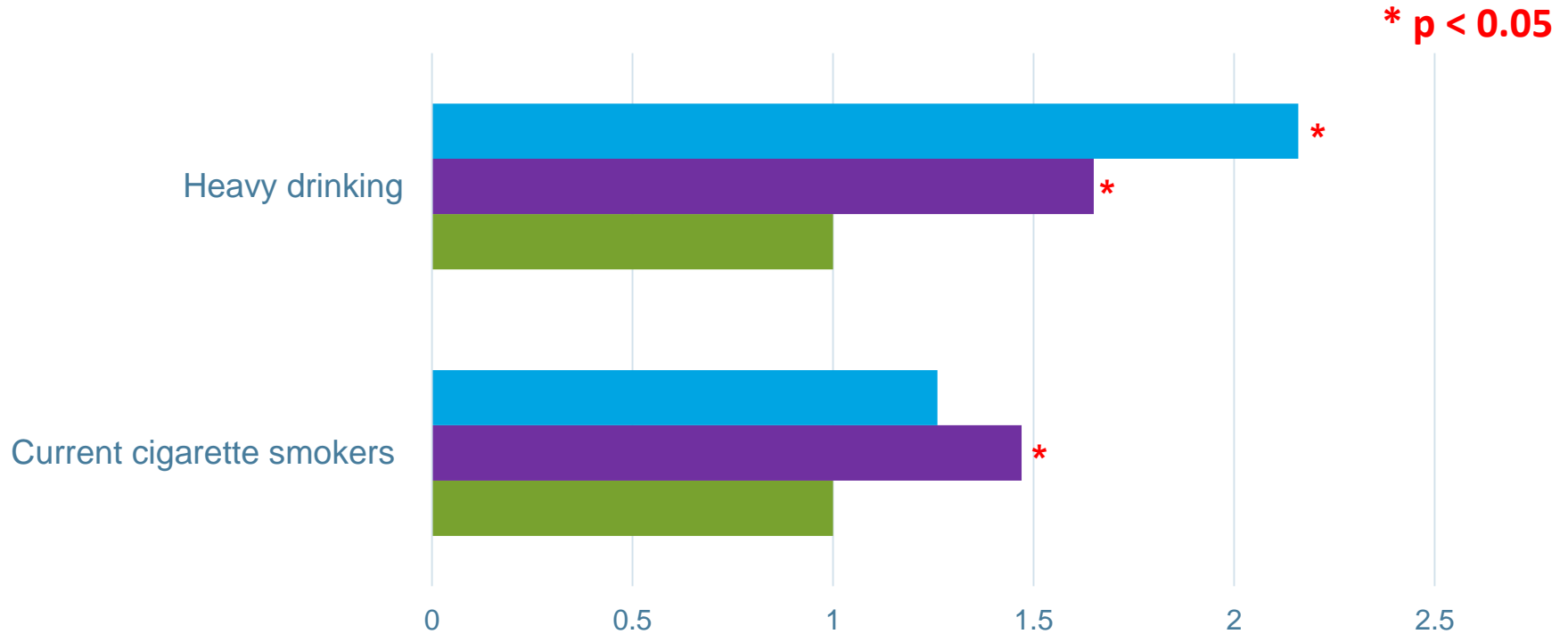
Jackson et al. BMC Public Health 2016; 16: 807.

* $p < 0.05$

Health Behavior

US Cis Women Ages 18-64, NHIS 2013-2014

■ Bisexual (%) ■ Lesbian (%) ■ Heterosexual (%)



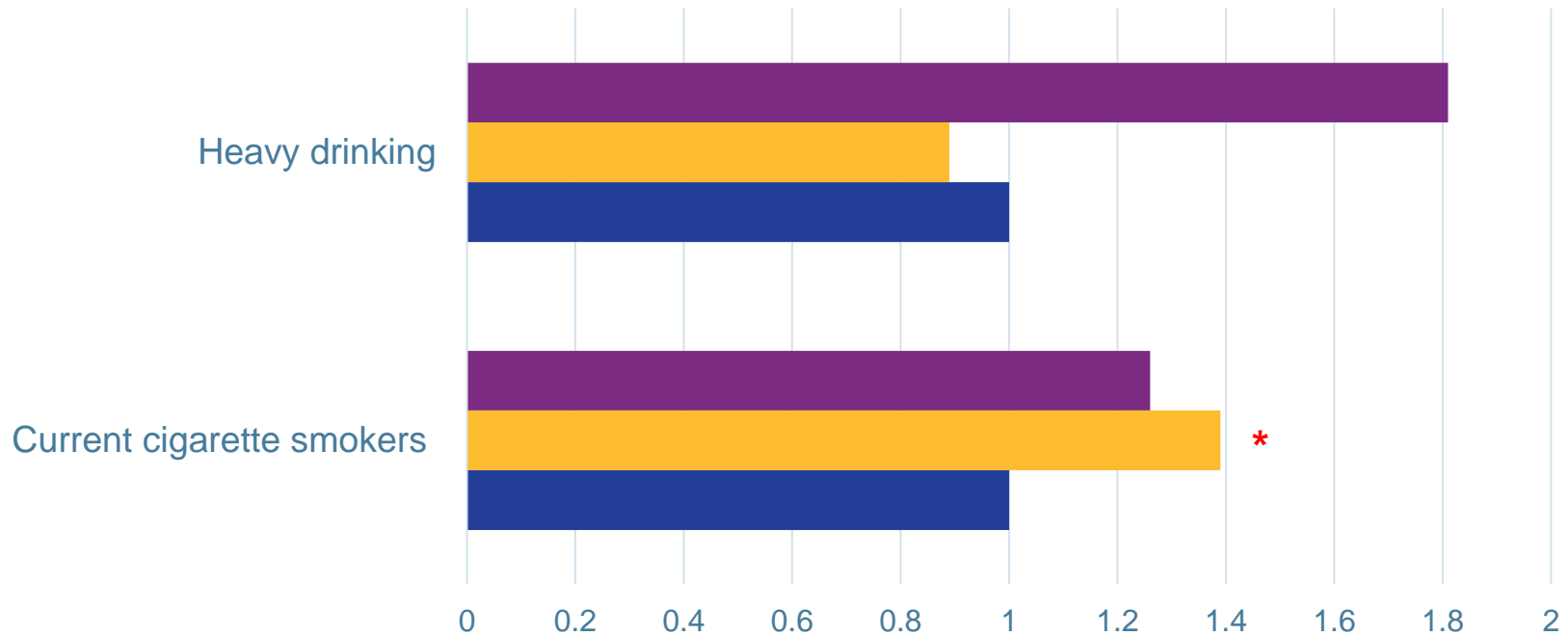
Jackson et al. BMC Public Health 2016; 16: 807.



Health Behavior

US Cis Men Ages 18-64, NHIS 2013-2014

■ Bisexual (%) ■ Gay (%) ■ Heterosexual (%)



Jackson et al. BMC Public Health 2016; 16: 807.

* $p < 0.05$



Health Outcomes: Gay & Bi Cis Men

| | Heterosexual | Gay | | | Bisexual | | |
|---------------------------------------|--------------|------------|-------------------------|---------|------------|-------------------------|---------|
| | Weighted % | Weighted % | Adjusted OR (95% CI) | P value | Weighted % | Adjusted OR (95% CI) | P value |
| Mental health | | | | | | | |
| Frequent mental distress | 9.1 | 15.5 | 1.71 (1.34–2.18) | <0.001 | 21.7 | 2.33 (1.81–3.01) | <0.001 |
| Depression | 13.1 | 31.6 | 2.91 (2.42–3.50) | <0.001 | 28.4 | 2.41 (1.96–2.96) | <0.001 |
| Physical health | | | | | | | |
| Poor/fair health | 15.9 | 16.9 | 1.19 (0.93–1.52) | 0.17 | 22.7 | 1.53 (1.16–2.02) | 0.003 |
| Poor physical health days | 10.4 | 11.0 | 1.18 (0.93–1.49) | 0.17 | 12.6 | 1.23 (0.91–1.66) | 0.18 |
| Activity limitations | 19.5 | 21.5 | 1.17 (0.98–1.39) | 0.09 | 25.2 | 1.44 (1.14–1.81) | 0.002 |
| Health condition diagnoses | | | | | | | |
| Cardiovascular disease | 8.5 | 6.4 | 1.20 (0.92–1.56) | 0.17 | 6.7 | 0.96 (0.69–1.33) | 0.79 |
| Cancer | 10.7 | 9.6 | 1.30 (1.02–1.67) | 0.04 | 7.3 | 0.90 (0.67–1.20) | 0.46 |
| Arthritis | 22.7 | 17.1 | 0.98 (0.82–1.18) | 0.84 | 19.0 | 1.04 (0.82–1.33) | 0.74 |
| Asthma | 6.8 | 9.0 | 1.25 (0.97–1.61) | 0.08 | 11.3 | 1.55 (1.16–2.07) | 0.003 |
| Chronic obstructive pulmonary disease | 5.8 | 7.9 | 1.85 (1.36–2.54) | <0.001 | 7.4 | 1.40 (0.99–1.99) | 0.06 |
| Health risks | | | | | | | |
| Obese | 30.6 | 26.4 | 0.91 (0.77–1.08) | 0.27 | 27.2 | 0.98 (0.80–1.21) | 0.87 |
| Current smoker | 19.6 | 27.1 | 1.66 (1.38–2.00) | <0.001 | 25.6 | 1.28 (1.00–1.64) | 0.05 |
| Binge drinking | 21.9 | 24.8 | 0.99 (0.83–1.19) | 0.94 | 25.0 | 1.07 (0.86–1.34) | 0.55 |

Adjusted odds ratios (OR) were estimated from logistic regression models controlling for age, race/ethnicity, relationship status, the presence of children in the household, educational attainment, employment status, household income, health insurance status, state of residence, and year

Gonzalez et al. J Community Health. 2017



Health Outcomes: Lesbian & Bi Cis Women

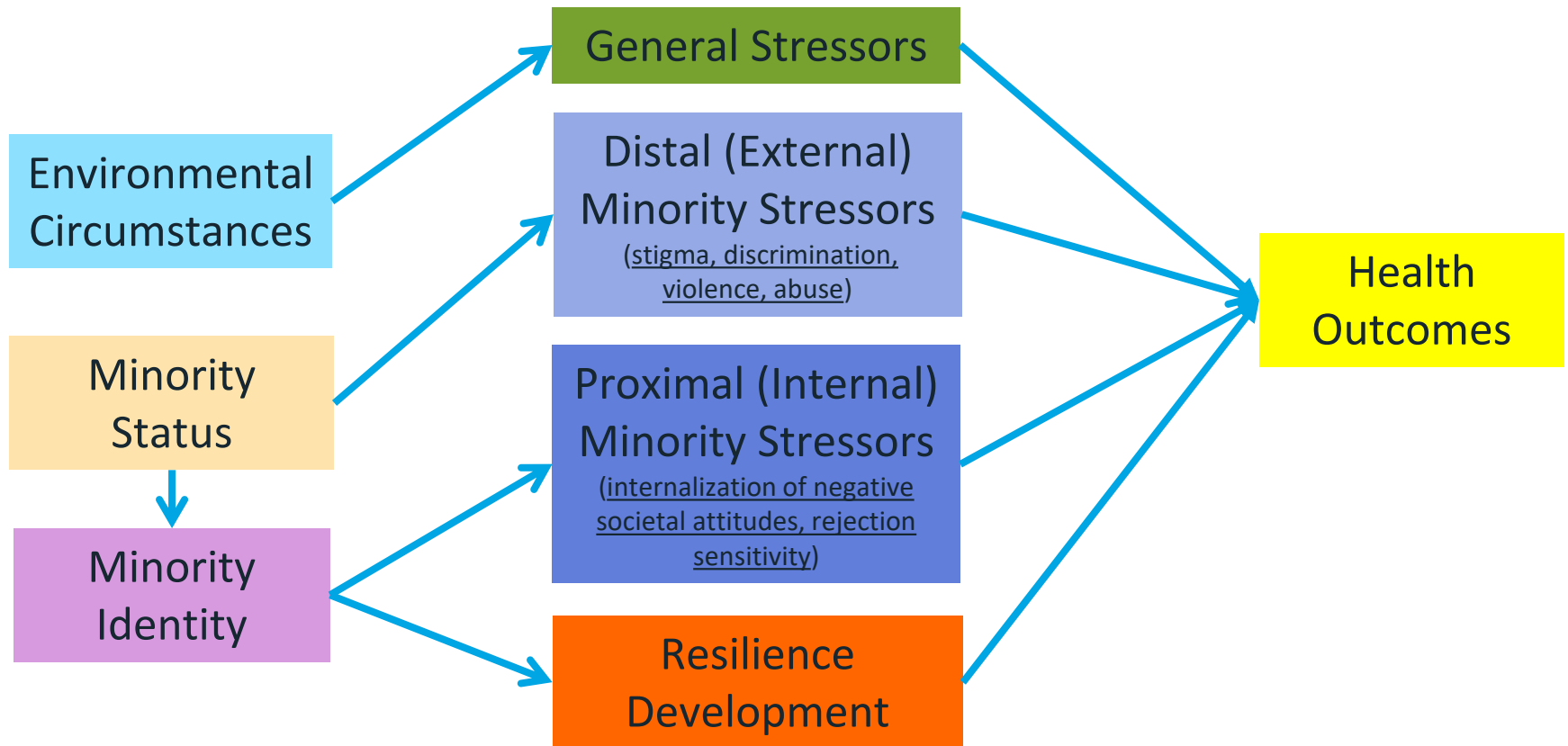
| | Heterosexual | Lesbian | | | Bisexual | | |
|---------------------------------------|--------------|------------|----------------------|---------|------------|----------------------|---------|
| | Weighted % | Weighted % | Adjusted OR (95% CI) | P value | Weighted % | Adjusted OR (95% CI) | P value |
| Mental health | | | | | | | |
| Frequent mental distress | 12.3 | 18.9 | 1.53 (1.22–1.93) | <0.001 | 27.9 | 2.08 (1.73–2.49) | <0.001 |
| Depression | 22.3 | 35.4 | 1.93 (1.60–2.33) | <0.001 | 48.9 | 3.15 (2.69–3.68) | <0.001 |
| Physical health | | | | | | | |
| Poor/fair health | 17.0 | 16.9 | 1.26 (0.99–1.61) | 0.06 | 24.1 | 2.00 (1.62–2.45) | <0.001 |
| Poor physical health days | 12.7 | 12.6 | 1.23 (0.96–1.57) | 0.10 | 17.7 | 1.89 (1.53–2.34) | <0.001 |
| Activity limitations | 21.3 | 27.5 | 1.81 (1.47–2.23) | <0.001 | 29.6 | 2.21 (1.84–2.65) | <0.001 |
| Health condition diagnoses | | | | | | | |
| Cardiovascular disease | 5.2 | 2.8 | 0.91 (0.61–1.37) | 0.67 | 2.3 | 1.02 (0.72–1.44) | 0.92 |
| Cancer | 12.9 | 10.4 | 1.12 (0.87–1.43) | 0.38 | 7.0 | 1.25 (0.98–1.59) | 0.07 |
| Arthritis | 31.0 | 29.5 | 1.58 (1.30–1.91) | <0.001 | 20.8 | 1.49 (1.24–1.80) | <0.001 |
| Asthma | 11.6 | 15.5 | 1.33 (1.04–1.72) | 0.03 | 23.7 | 1.99 (1.65–2.40) | <0.001 |
| Chronic obstructive pulmonary disease | 7.5 | 8.1 | 1.54 (1.11–2.16) | 0.01 | 8.6 | 1.83 (1.40–2.39) | <0.001 |
| Health risks | | | | | | | |
| Obese | 29.6 | 33.0 | 1.25 (1.04–1.51) | 0.02 | 38.3 | 1.83 (1.55–2.16) | <0.001 |
| Current smoker | 15.5 | 27.7 | 1.96 (1.59–2.41) | <0.001 | 28.5 | 1.73 (1.45–2.08) | <0.001 |
| Binge drinking | 11.0 | 20.7 | 1.49 (1.17–1.89) | 0.001 | 25.1 | 1.84 (1.53–2.22) | <0.001 |

Adjusted odds ratios (OR) were estimated from logistic regression models controlling for age, race/ethnicity, relationship status, the presence of children in the household, educational attainment, employment status, household income, health insurance status, state of residence, and year

Gonzalez et al. J Community Health. 2017

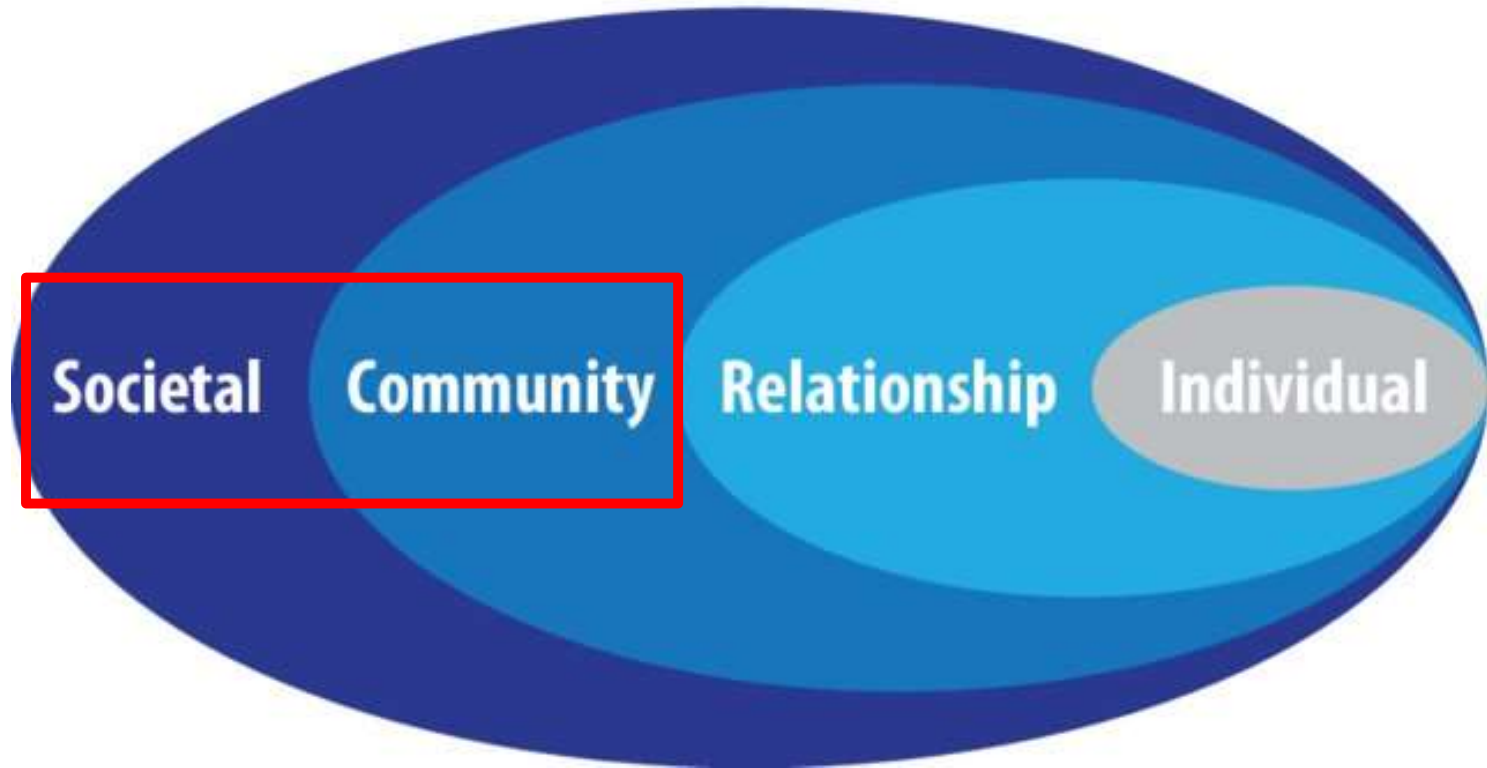


Minority Stress Model



Adapted from Hatzenbuehler (2009); Meyer (2003)
Courtesy of Jenny Potter MD

Ecological Model



Policy Effects on Health

SELECT AN ISSUE:

Conversion Therapy

Education

Employment

Gender Marker Change On Identification Documents

Hate Crimes

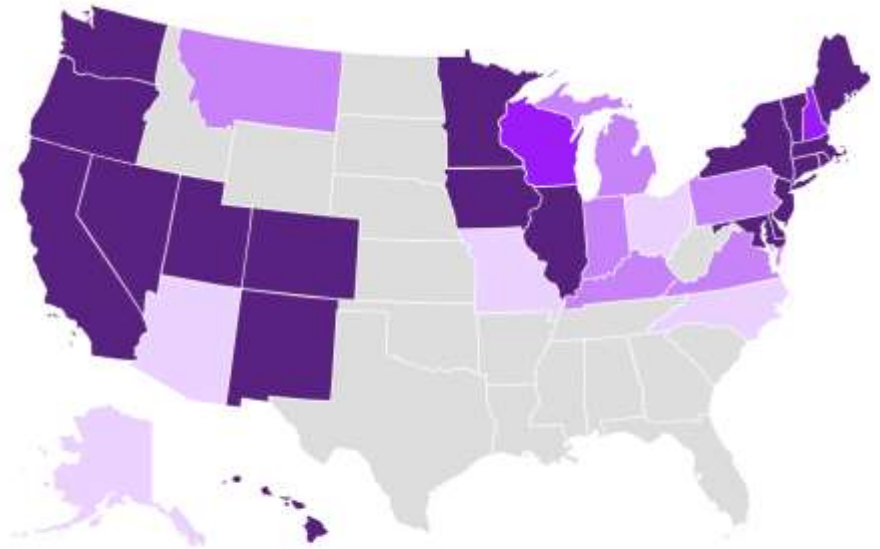
Housing

Marriage Equality & Other Relationship Recognition

Public Accommodations

School Anti-Bullying

Transgender Healthcare



Employment Issue Map

Policy Effects on Health

TABLE 2—Association Between Self-Reported Sexual Orientation and Psychiatric Disorders in the Past 12 Months: National Epidemiologic Survey on Alcohol and Related Conditions, United States, 2004–2005

| | Lesbian, Gay, or Bisexual, % (SE) | Heterosexual, % (SE) | OR (95% CI) |
|-------------------------------------|--------------------------------------|-------------------------|-------------------|
| Any psychiatric disorder | 56.3 (2.3) | 34.6 (0.5) | 2.01 (1.65, 2.44) |
| Any mood disorder | 20.4 (1.9) | 10.2 (0.2) | 1.96 (1.47, 2.36) |
| Depression | 18.0 (1.9) | 8.1 (0.2) | 2.03 (1.55, 2.65) |
| Mania or hypomania | 6.6 (1.3) | 3.4 (0.1) | 1.66 (1.09, 2.52) |
| Dysthymia | 2.1 (0.7) | 1.2 (0.1) | 1.54 (0.74, 3.18) |
| Any anxiety disorder | 30.1 (2.2) | 16.1 (0.3) | 2.05 (1.64, 2.56) |
| GAD | 8.5 (1.5) | 3.7 (0.1) | 2.15 (1.48, 3.13) |
| Social anxiety | 6.6 (1.1) | 2.5 (0.1) | 2.15 (1.45, 3.18) |
| Specific phobia | 13.3 (1.6) | 7.4 (0.2) | 1.75 (1.31, 2.35) |
| PTSD | 13.0 (1.6) | 6.4 (0.2) | 2.06 (1.54, 2.75) |
| Panic disorder | 8.2 (1.5) | 2.5 (0.1) | 3.15 (2.07, 4.80) |
| Any substance disorder | 40.8 (2.4) | 20.9 (0.5) | 2.09 (1.69, 2.59) |
| Alcohol disorder | 23.4 (2.4) | 9.5 (0.3) | 2.15 (1.62, 2.84) |
| Drug disorder | 11.7 (1.9) | 2.3 (0.1) | 4.21 (2.83, 6.25) |
| Comorbidity, > 2 disorders (vs ≤ 2) | 20.1 (2.1) | 6.4 (0.2) | 2.93 (2.24, 3.84) |

Note. CI = confidence interval; GAD = generalized anxiety disorder; OR = odds ratio; PTSD = post-traumatic stress disorder. The sample size for lesbian, gay or bisexual was n = 577; for heterosexual n = 34 076. Odds ratios adjusted for gender, age, race/ethnicity, education, marital status, and income. Psychiatric disorders were diagnosed according to the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*.

Hatzenbuehler et al. Am J Public Health. 2009

Policy Effects on Health

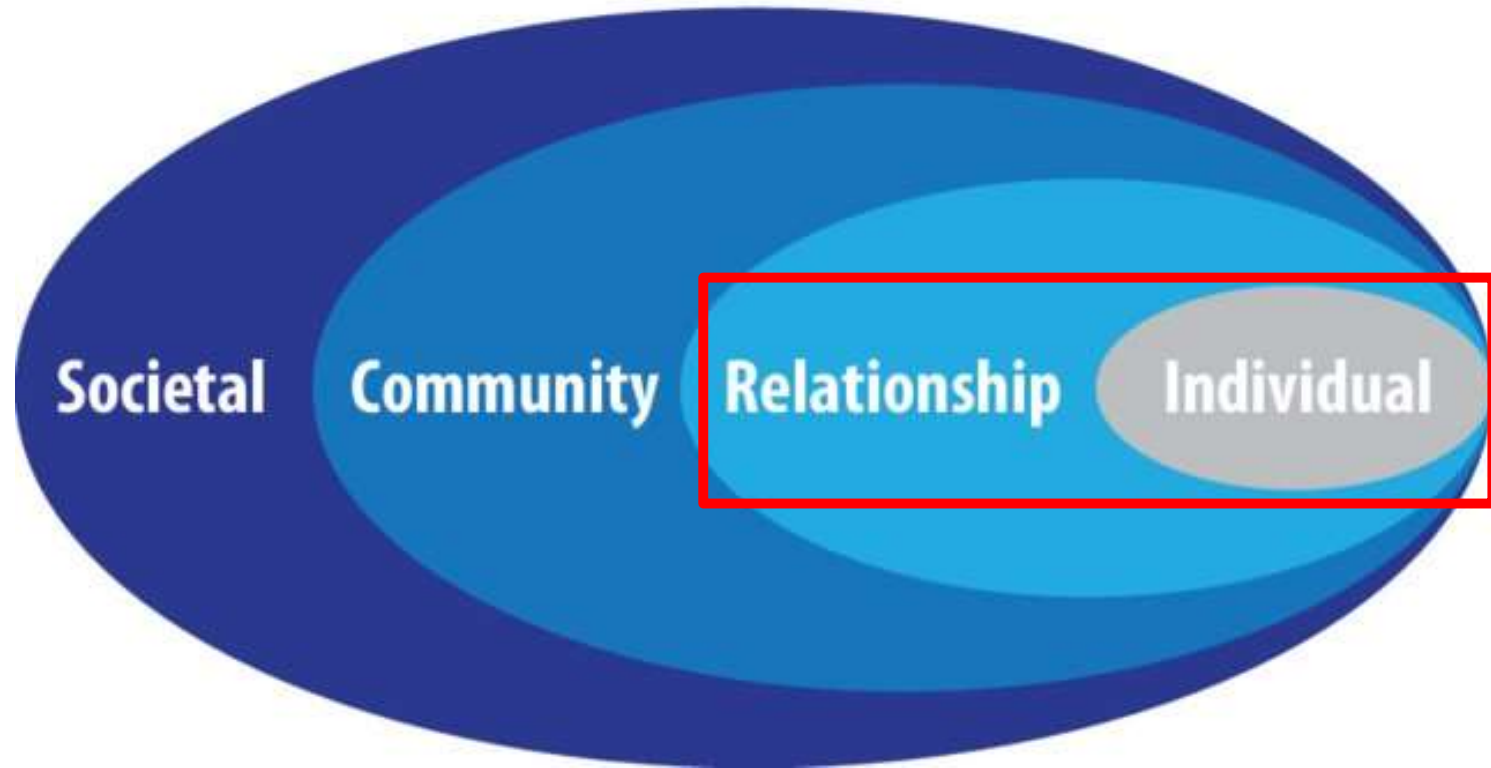
TABLE 3—Association Between Self-Reported Sexual Orientation and Psychiatric Disorders in the Past 12 Months by State-Level Policies: National Epidemiologic Survey on Alcohol and Related Conditions, United States, 2004–2005

| | Individuals Living in States With No Protective Policies, OR (95% CI) | Individuals Living in States With ≥1 Protective Policy, OR (95% CI) |
|-----------------------------------|---|---|
| Any mood disorder | 2.42 (1.49, 4.09) | 1.67 (1.27, 2.18) |
| Depression | 3.01 (1.80, 5.04) | 1.74 (1.27, 2.39) |
| Mania or hypomania | 1.58 (0.68, 3.63) | 1.54 (0.95, 2.51) |
| Dysthymia | 2.42 (0.89, 6.60) | 0.93 (0.34, 2.59) |
| Any anxiety disorder | 2.57 (1.65, 3.98) | 1.87 (1.44, 2.42) |
| GAD | 3.34 (1.88, 5.93) | 1.86 (0.93, 3.02) |
| Social phobia | 3.81 (1.93, 7.52) | 1.73 (1.09, 2.75) |
| Specific phobia | 2.36 (1.30, 4.29) | 1.55 (1.11, 2.17) |
| PTSD | 3.64 (1.97, 6.35) | 1.83 (0.96, 3.44) |
| Panic disorder | 3.89 (1.85, 8.32) | 2.83 (1.71, 4.72) |
| Any substance disorder | 1.64 (1.00, 2.68) | 2.12 (1.67, 2.69) |
| Alcohol disorder | 2.64 (1.49, 4.83) | 2.01 (1.47, 2.76) |
| Drug disorder | 2.19 (1.07, 4.51) | 4.56 (2.94, 7.09) |
| Comorbidity, >2 disorders (vs ≤2) | 4.76 (2.91, 7.79) | 2.37 (1.73, 3.25) |

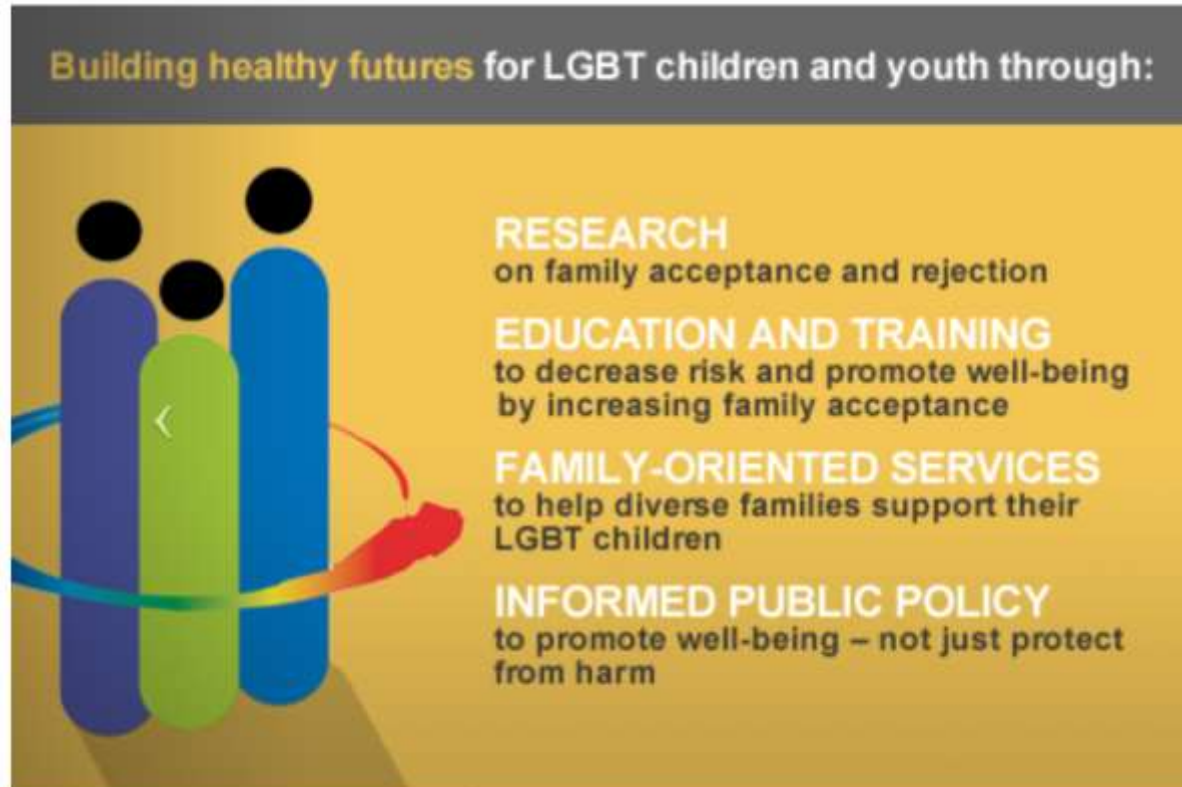
Note. CI=confidence interval; GAD=generalized anxiety disorder; OR=odds ratio; PTSD=post-traumatic stress disorder. The sample size for individuals living in states with no protective policies was n=9768; for individuals living in states with at least 1 protective policy was n=24 885. Odds ratios adjusted for gender, age, race/ethnicity, income, education, and marital status. Psychiatric disorders were diagnosed according to the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*.

Hatzenbuehler et al. Am J Public Health. 2009

Ecological Model

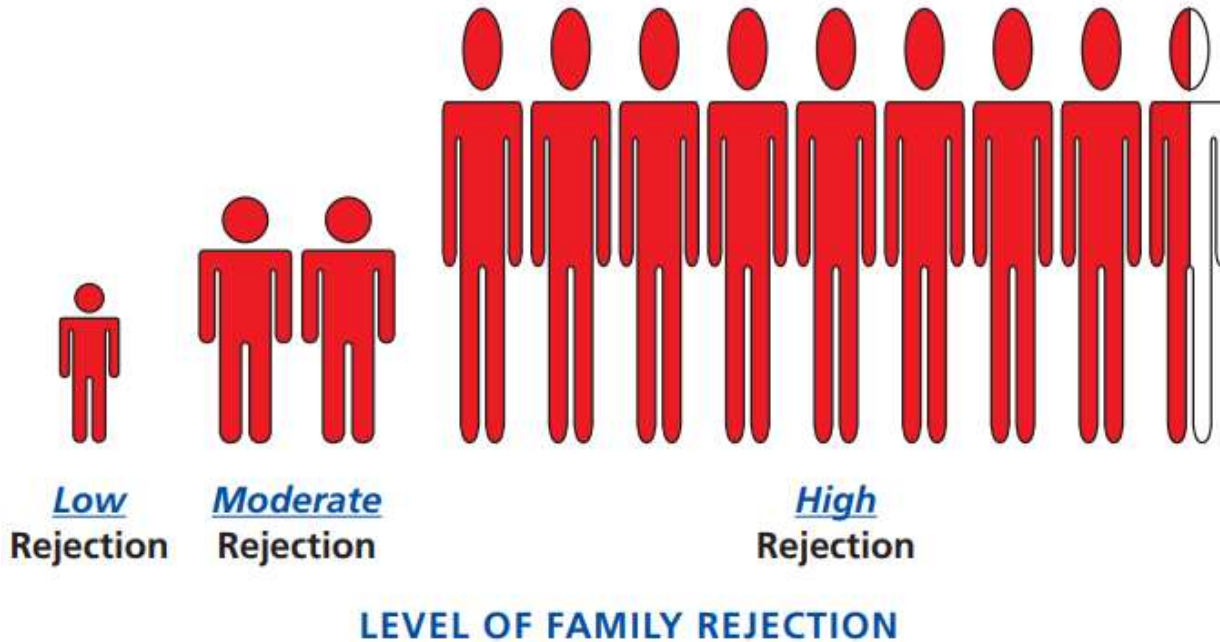


Family Acceptance Effects



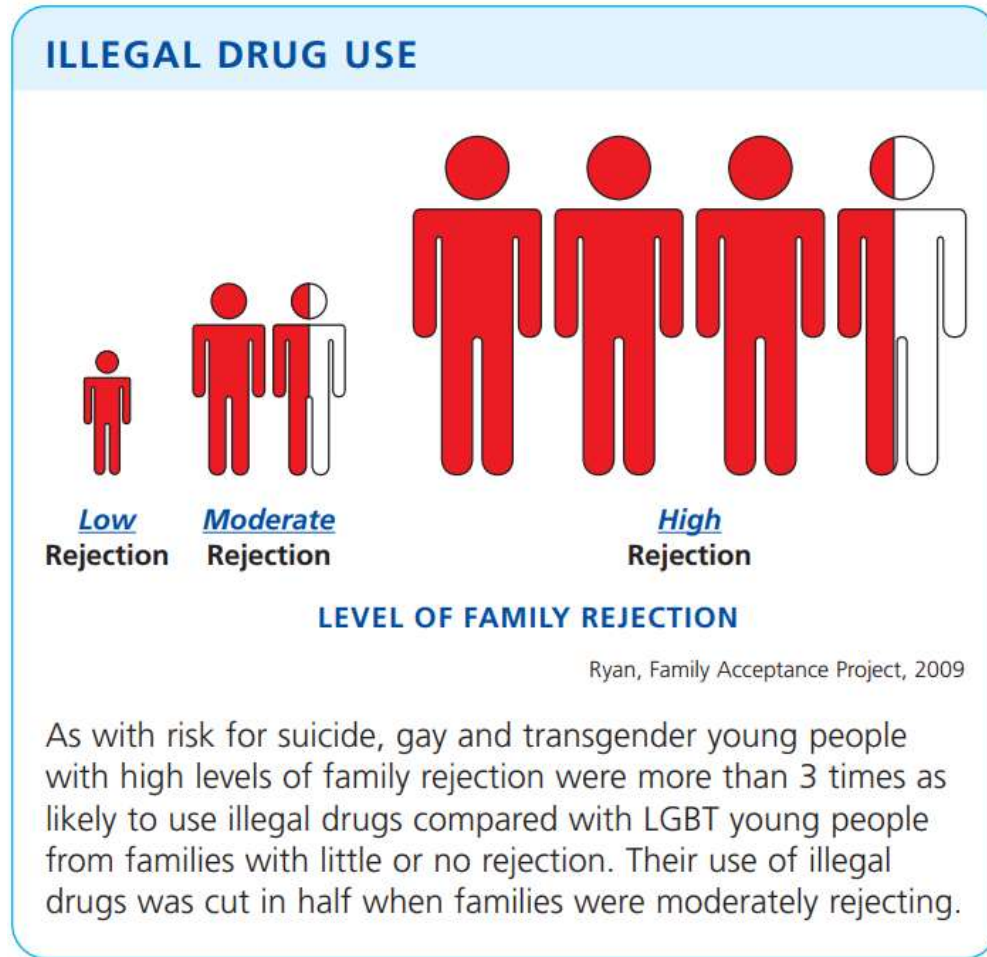
Family Acceptance Effects

LIFETIME SUICIDE ATTEMPTS (1 or more times)

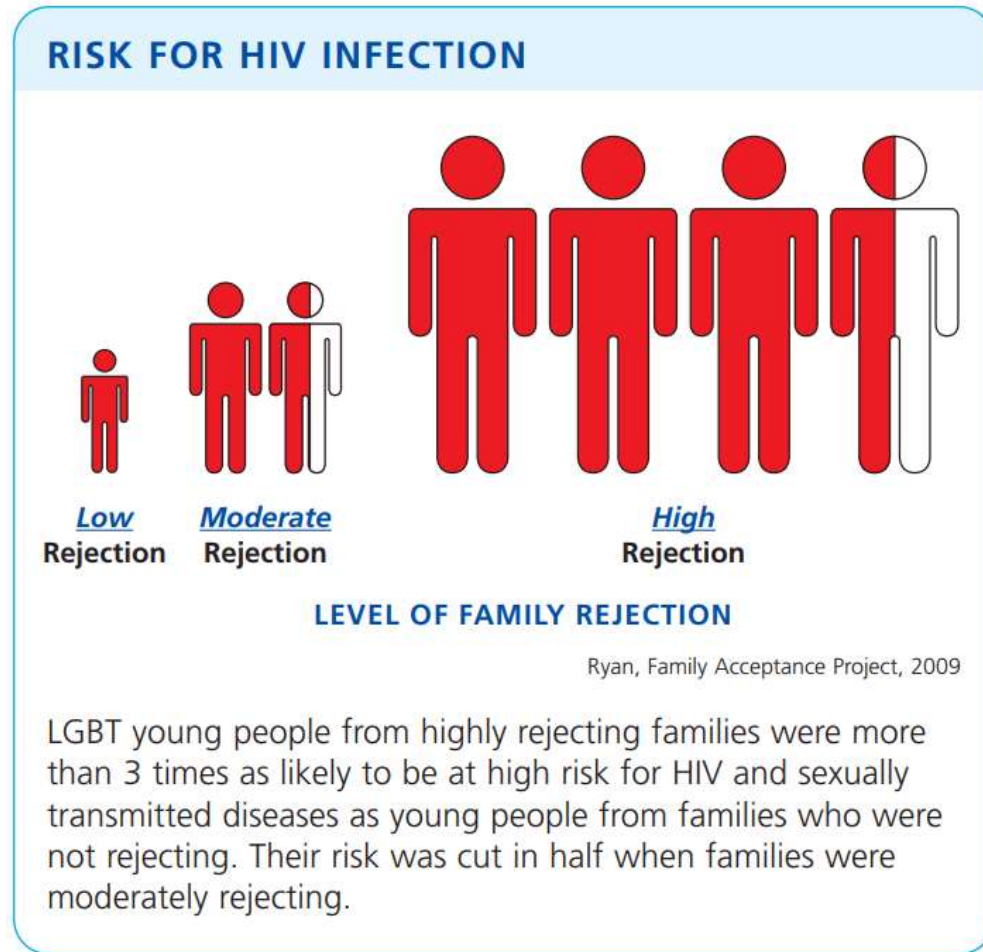


Ryan, Family Acceptance Project, 2009

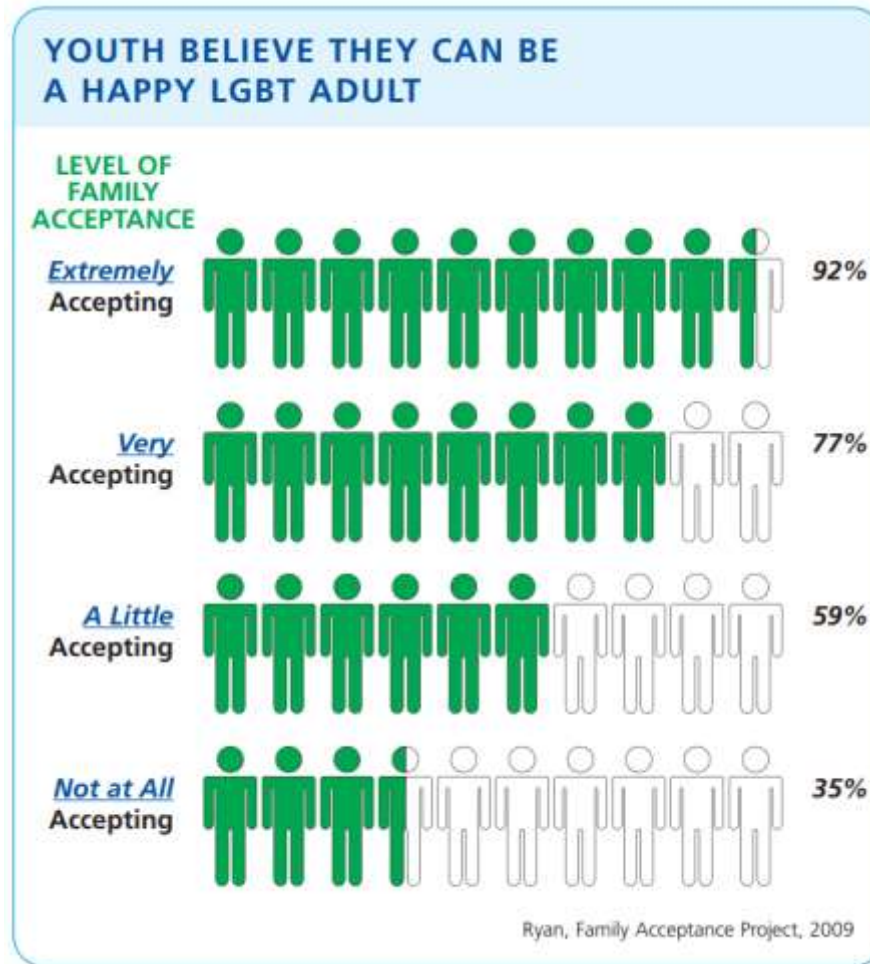
Family Acceptance Effects



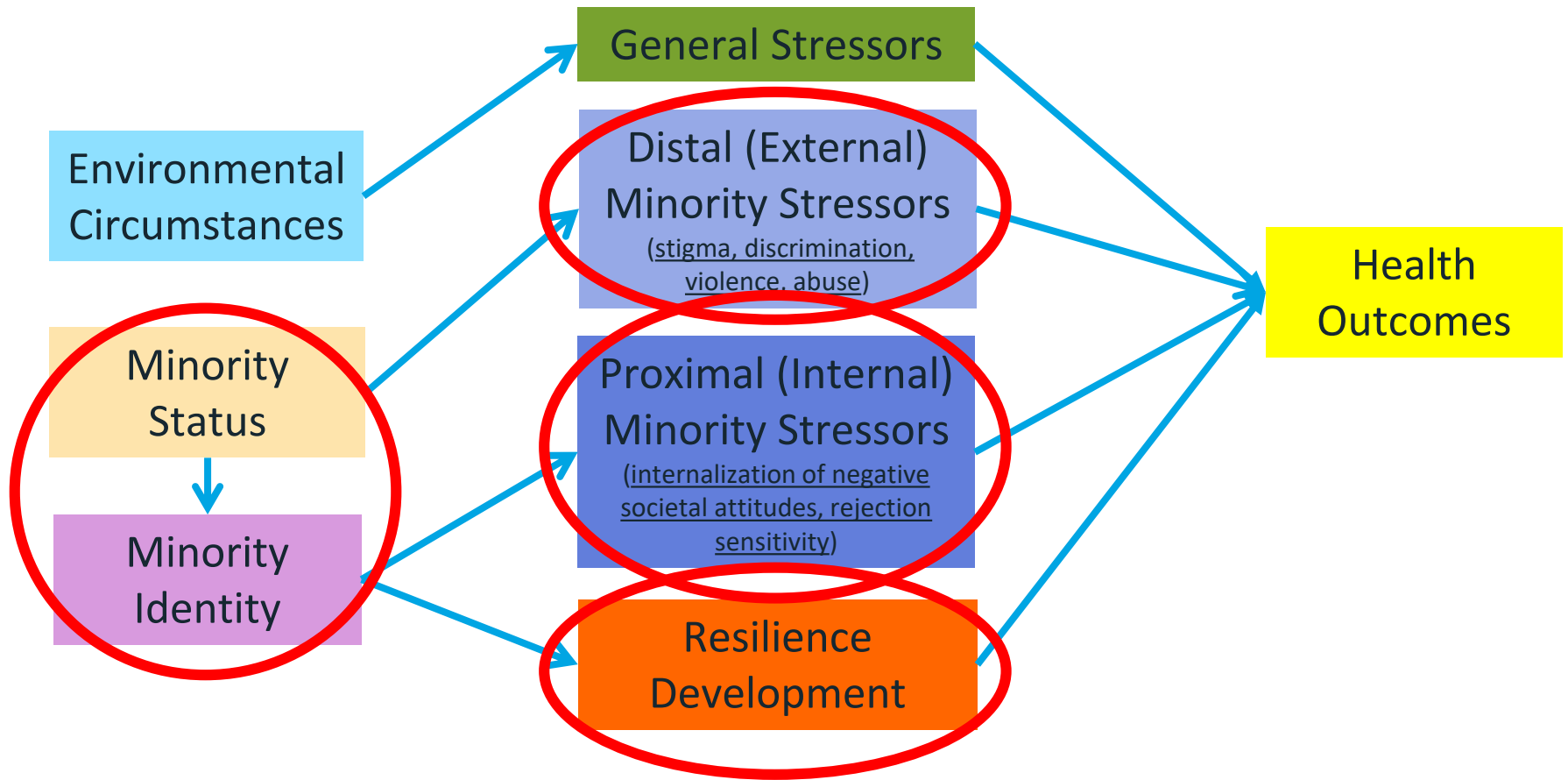
Family Acceptance Effects



Family Acceptance Effects

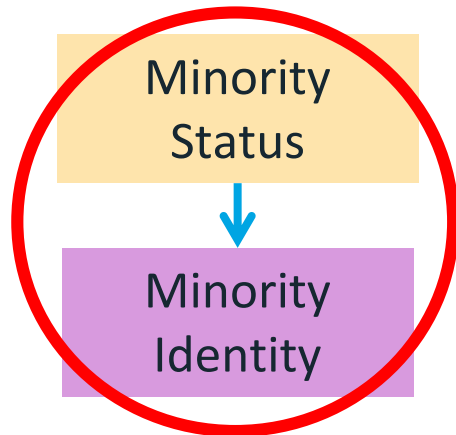


Minority Stress Model



Adapted from Hatzenbuehler (2009); Meyer (2003)
Courtesy of Jenny Potter MD

SOGI Data Collection



NATIONAL LGBT HEALTH
EDUCATION CENTER

A PROGRAM OF THE FENWAY INSTITUTE



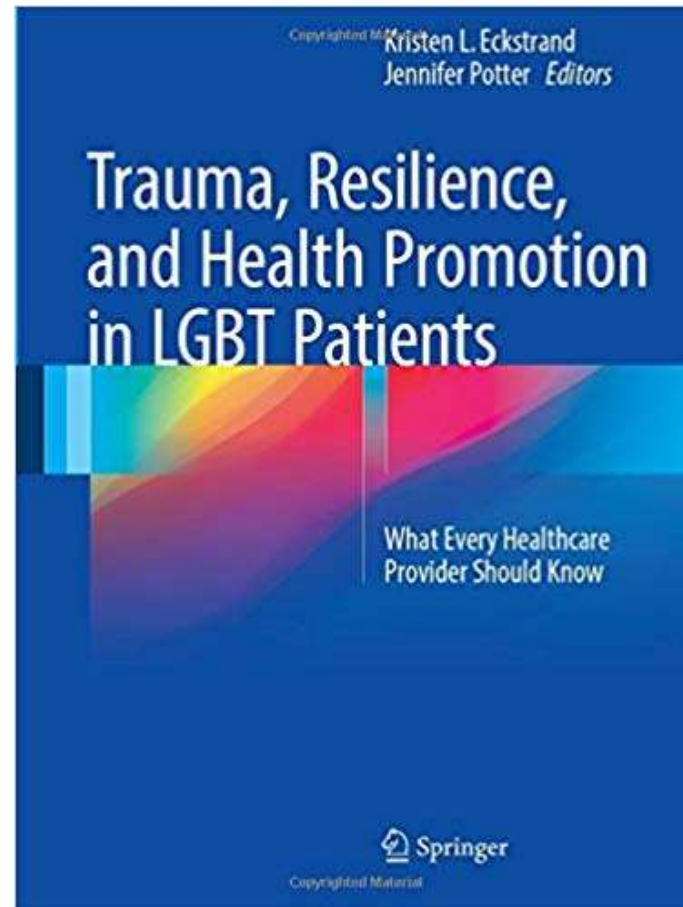
Do Ask, Do Tell!
**Collecting Data on Sexual Orientation
and Gender Identity in Health Centers**

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ADVANCING EXCELLENCE IN SEXUAL
AND GENDER MINORITY HEALTH

Fostering Resilience



Screening for Stressors

Distal (External) Minority Stressors

(stigma, discrimination,
violence, abuse)

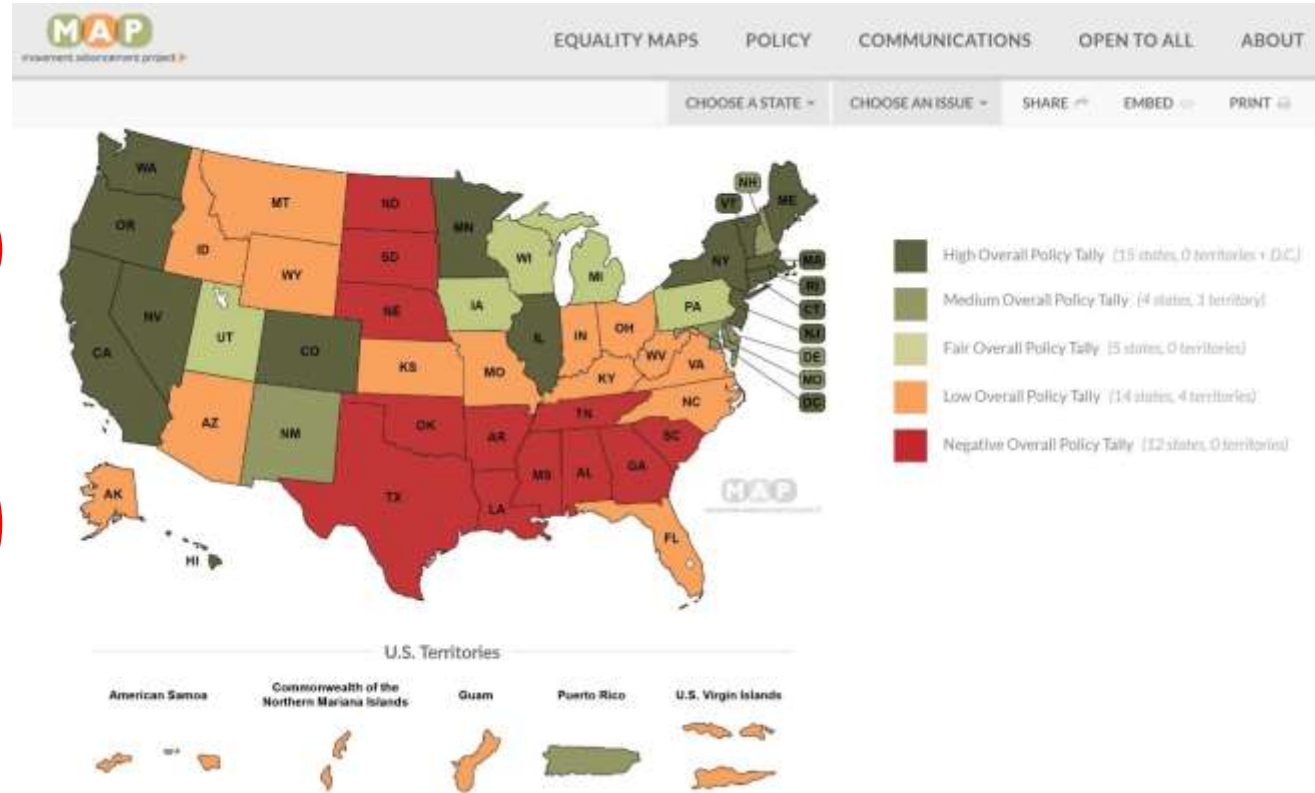
Increasing Awareness Around Mental
Illness, Domestic Violence



Advocacy

Distal (External)
Minority Stressors
(stigma, discrimination,
violence, abuse)

Proximal (Internal)
Minority Stressors
(internalization of negative
societal attitudes, rejection
sensitivity)



<https://www.lgbtmap.org/equality-maps>

Questions?



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AND GENDER MINORITY HEALTH