



ADVANCING EXCELLENCE IN SEXUAL
AND GENDER MINORITY HEALTH

Health Disparities for Gay and Bisexual Men

Alex Gonzalez, MD MPH

Medical Director – Fenway Health

Clinical Instructor – Beth Israel Deaconess Medical Center

March 22, 2019



NATIONAL LGBT HEALTH
EDUCATION CENTER

A PROGRAM OF THE FENWAY INSTITUTE



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Financial Disclosures

- none



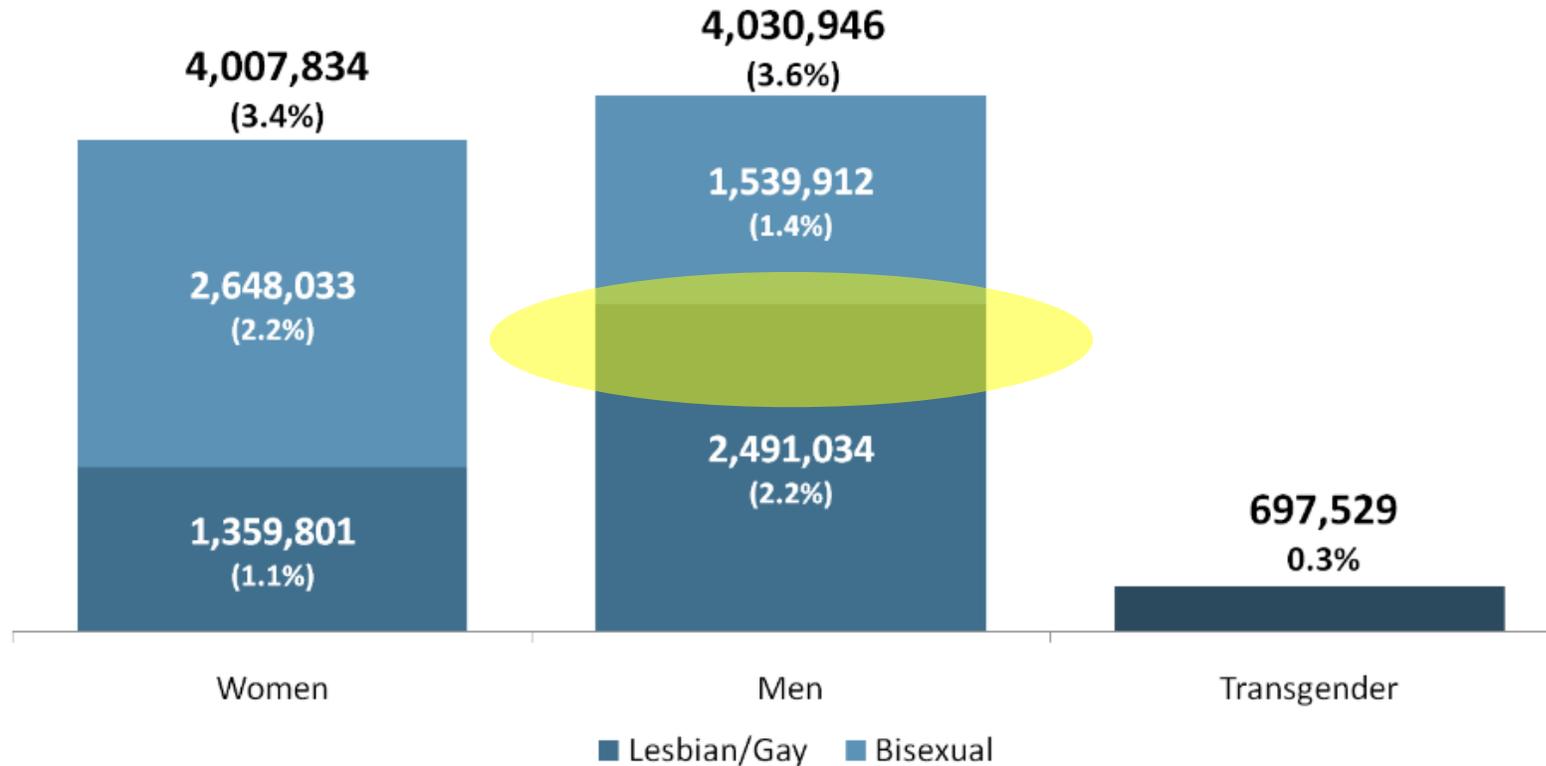
Objectives

1. Identify physical health disparities for gay and bisexual men in the United States.
2. Identify behavioral health and substance use disorder disparities for gay and bisexual men in the United States.
3. Recognize the role that social determinants and intersectionality play in exacerbating or alleviating health disparities.

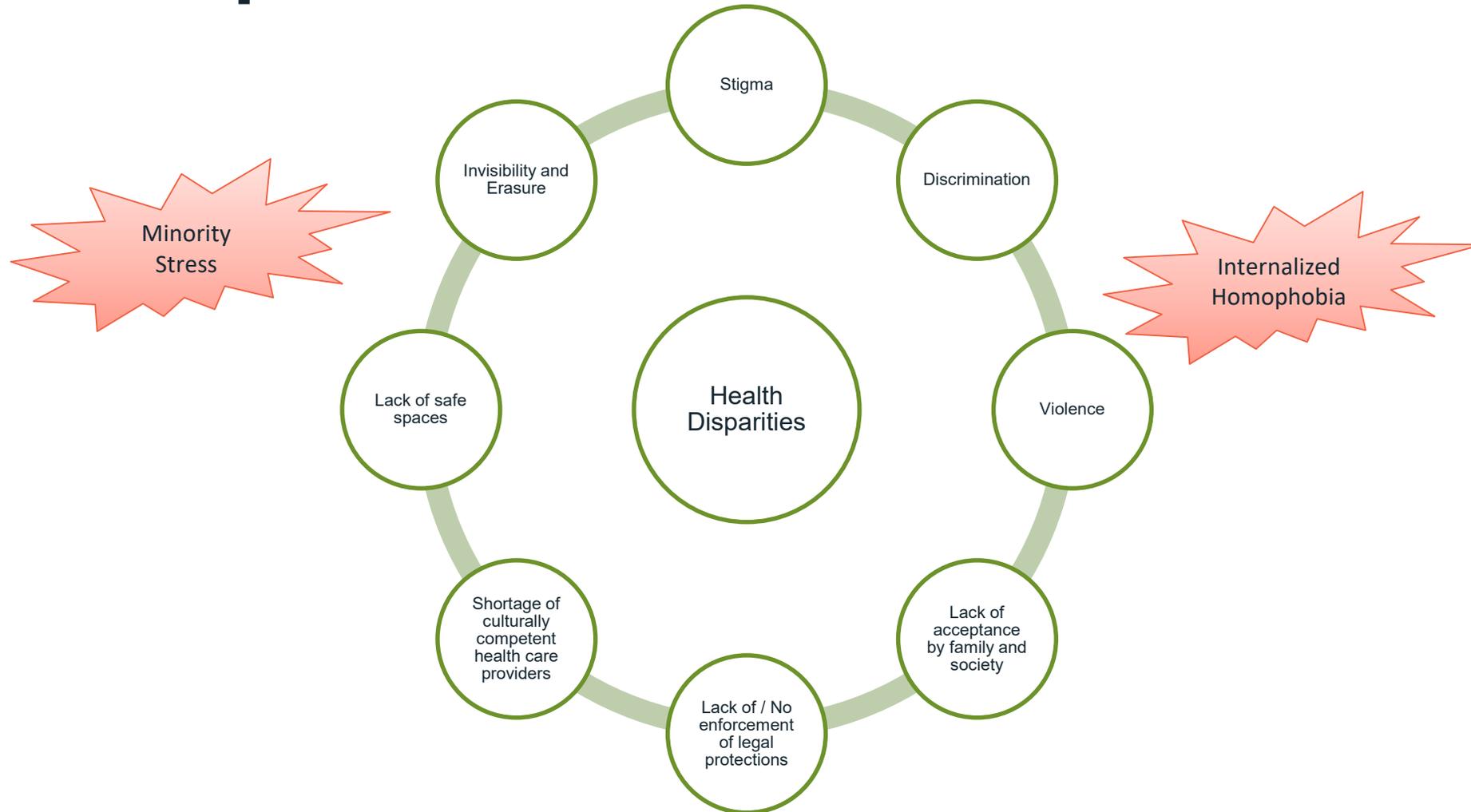


How many gay and bisexual cisgender men are there?

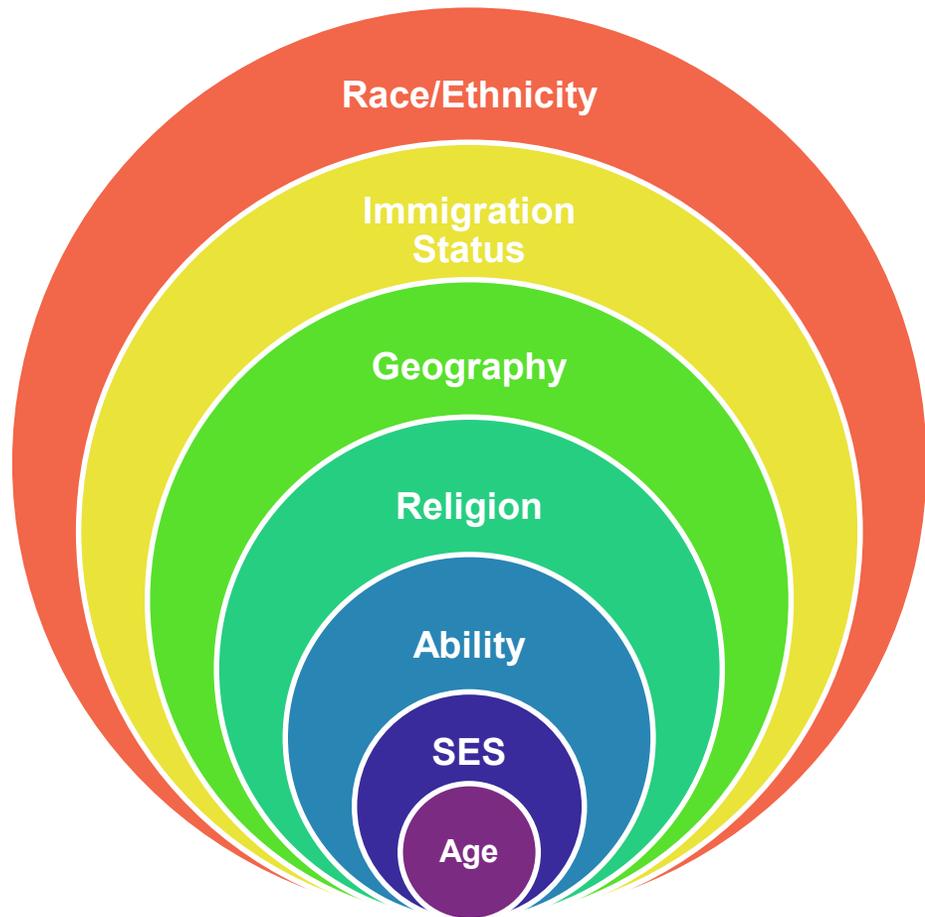
Figure 5. Percent and number of adults who identify as LGBT in the United States.



Why do gay and bisexual men experience health disparities?



Intersectionality and health disparities



*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.*

*Having an intersectional identity often
generates a feeling that someone does
not completely belong in one group or
another, and can lead to isolation.*

Behavioral Health Disparities



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Suicide

Behavioral Health

- Most studies focusing on LGBT suicide in US are almost ten years old; suicidality in the lives of MSM is still poorly understood
- We know that suicide is a leading cause of male death overall in US
- MSM are approximately 3-4 times more likely than heterosexual cisgender men to have attempted suicide
- More MSM die from suicide than from HIV every year
- The majority of men who commit suicide have had contact with a health care provider in the year preceding their death

Suicide

Behavioral Health

Potential causes of suicidality among MSM

- relationship problems
- family rejection
- experiencing homophobia or institutional discrimination
- alienation from gay communities
- lack of self-acceptance

Intersectionality: LGBTQ people of color have higher rate of suicide attempts than LGBTQ whites

Mood Disorders

Behavioral Health

- The risk of a cisgender gay man developing depression is approximately 2x that of a cisgender heterosexual man. The risk is even higher for cisgender bisexual men.
- Cisgender gay men suffer anxiety disorders at 2-3x the rate of cisgender heterosexual men.
- MSM have over 2x the risk of developing PTSD in their lifetime compared to cisgender heterosexual men



Eating Disorders

Behavioral Health

- MSM are at increased risk of developing anorexia and bulimia – this holds true across different racial/ethnic groups
- In most studies, association exists between MSM and increased male body dissatisfaction, body image distortions, fear of being overweight, and desire for thinness
- Muscle dysmorphia – other end of spectrum, also thought to be more common in MSM population

Substance Use Disorders

Behavioral Health

- Most research indicates a higher prevalence of illicit drug use among MSM compared with cisgender heterosexual counterparts

Main Motivations for Alcohol/Drug Use in MSM

- Sense of belonging
- Coping with everyday problems
- Enhancement of pleasure (crystal meth, poppers, GHB, ecstasy/Molly, viagra)

Physical Health Disparities



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HIV

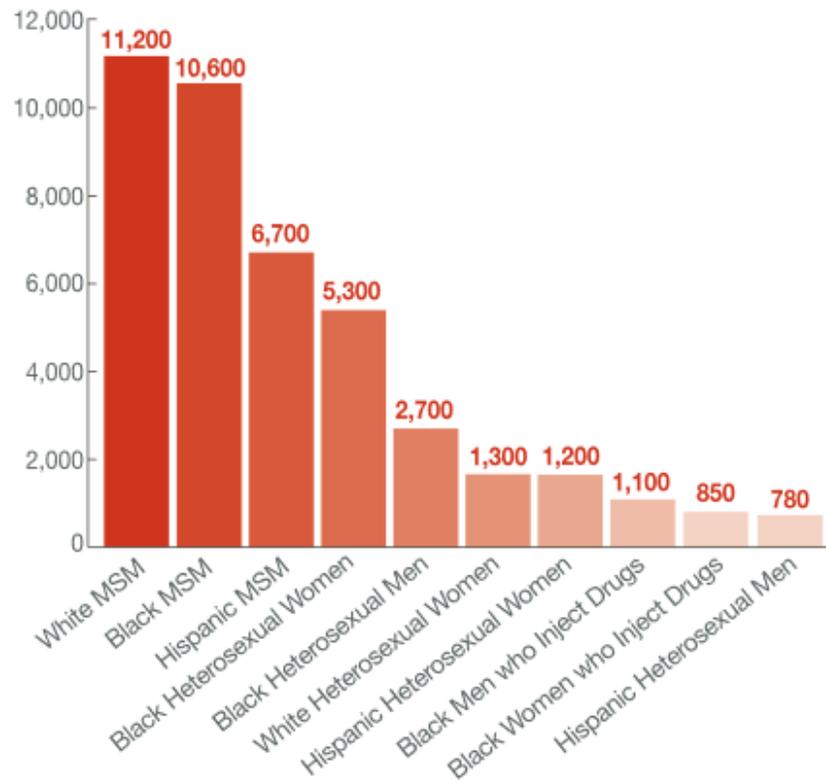
Physical Health

- MSM are the population most affected by HIV in the US
- 2016: MSM comprise ~4% of total US adult population but 67% of the 40,324 new HIV diagnoses and 56% of the 1.1 million HIV/AIDS cases in the US
- Another ~500,000 HIV negative MSM are at high sexual risk for HIV

Intersectionality: black and Latino MSM are affected disproportionately in many ways

HIV & Intersectionality

U.S. Subpopulations with the Largest Numbers of Estimated New HIV Infections, 2010



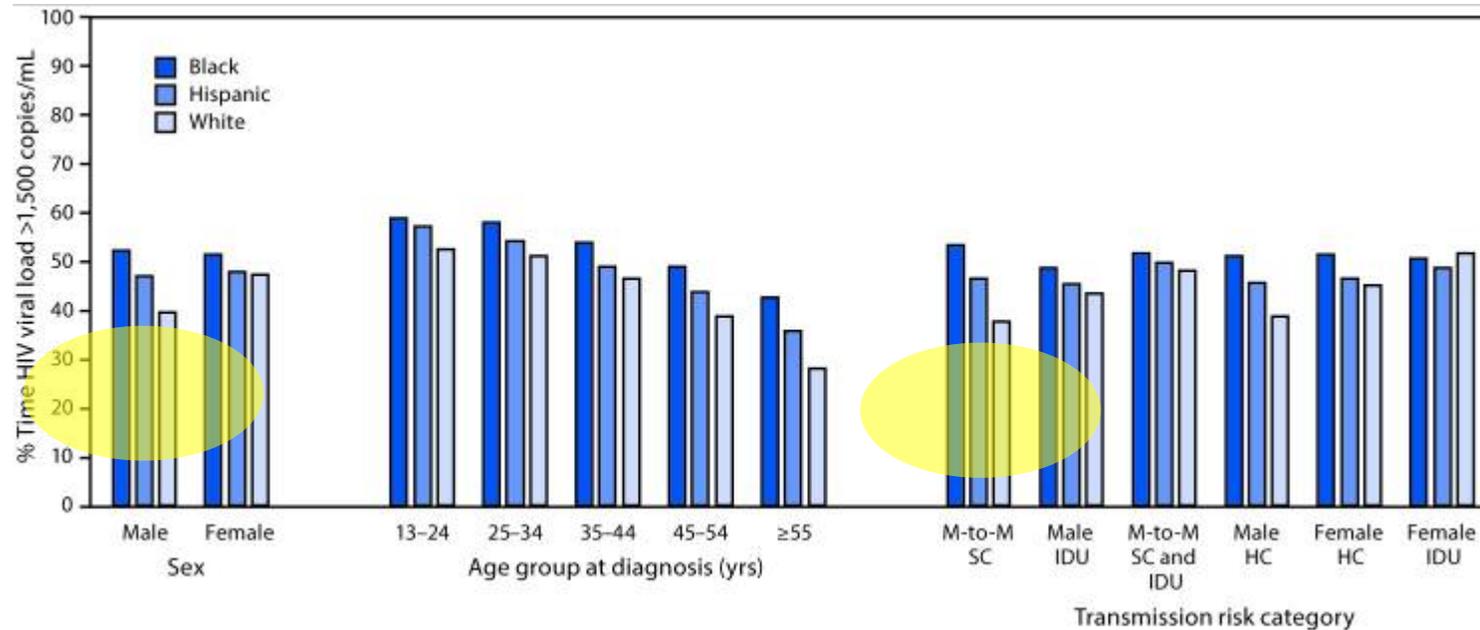
African Americans: Among racial/ethnic groups, African Americans face the most severe burden of HIV and AIDS in the nation. While African Americans represent 12 percent of the U.S. population, they accounted for almost half (44 percent in 2010) of new infections and 40 percent of people living with HIV in 2012.

Latinos*: Latinos are also disproportionately affected by HIV, representing approximately 17 percent of the total U.S. population, but accounting for 21 percent of all new HIV infections in 2010 and 21 percent of people living with HIV.

*Data on national estimates of HIV prevalence and new infections includes individuals who identify as "Hispanic" or "Latino" on reporting forms.



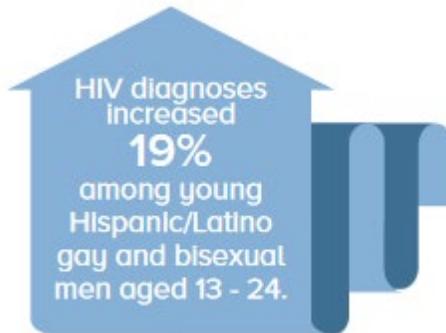
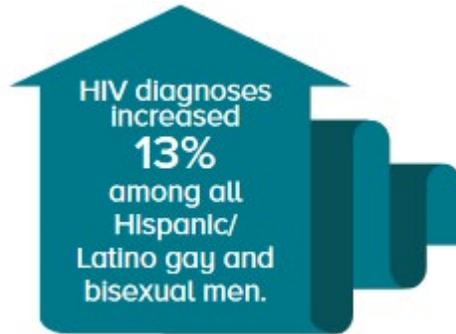
HIV & Intersectionality



Black and Latino MSM have highest likelihood of viral detectability within this risk group. This is most pronounced among younger Black and Latino MSM.



HIV & Intersectionality



What places some Hispanics/Latinos at higher risk?

- Many Hispanics/Latinos do not know their HIV status. People who do not know they have HIV cannot get the treatment they need and may pass the infection to others without knowing it.
- More Hispanics/Latinos have HIV compared to some other races/ethnicities. Therefore, Hispanics/Latinos have an increased chance of having an HIV-positive partner if they have other Hispanic/Latino partners.
- Hispanics/Latinos have higher rates of some STDs. Having another STD can increase a person's chance of getting or transmitting HIV.
- Poverty, migration patterns, lower educational level, and language barriers may make it harder for some Hispanics/Latinos to get HIV testing and care.
- Stigma, fear, discrimination, and homophobia may impact the lives of some Hispanics/Latinos. These issues may put some Hispanics/Latinos at higher risk for HIV infection.

Latino MSM HIV incidence is on the rise, whereas black MSM HIV incidence (while still much higher) is flat or decreasing.

Sexually Transmitted Infections

Physical Health

- STI incidence among MSM is greater than that reported in cisgender heterosexual men
- This is especially concerning because untreated STI's increase the risk of acquiring/transmitting HIV
- The success of anti-retroviral therapy for treating HIV/AIDS had led to a decreased fear of the disease, and may be linked to an increase in risk behavior
- Use of Pre-Exposure Prophylaxis (PrEP) effectively prevents HIV infection but does not prevent STI transmission

Sexually Transmitted Infections

Physical Health

- The Internet has created new opportunities for the transmission of STDs among MSM. Social networking and dating websites have created new sexual networks which transcend traditional sexual networks by having fewer geographic boundaries
- Alcohol and drug use often contribute to the spread of STDs among MSM. Alcohol and drug use may increase impulsivity and sexual arousal, contributing to increased sexual risk-taking
- Pervasive stigma and homophobia in many communities contributes to high rates of STDs among MSM

Sexually Transmitted Infections

Physical Health

Syphilis

- MSM accounted for 68.2% of reported cases in 2017
- Black (28% of cases) and Latino MSM (24% of cases) disproportionately affected (both account for less than 20% of the US population)

Gonorrhea

- MSM accounted for 38.5% of reported cases in 2017

Sexually Transmitted Infections

Physical Health

Chlamydia

- Incidence among men increased by almost 40% between 2013-2017, likely due to increased access to testing by MSM

Gonorrhea

- MSM accounted for 38.5% of reported cases in 2017

Sexually Transmitted Infections

Physical Health

Hepatitis C

- Incidence among HIV-infected MSM is 6.35/1000 person-years
- Several outbreaks of sexually transmitted HCV infection (linked to ChemSex / PNP, fisting, condomless anal sex) have been reported since 2000

Hepatitis A

- MSM account for 10% of reported cases annually in US (linked to oral/anal contact)

Sexually Transmitted Infections

Physical Health

Hepatitis B

- MSM account for almost 20% of reported cases annually in US (linked to condomless anal sex)

Human Papillomavirus (HPV)

- 60% of HIV negative MSM and nearly all HIV positive MSM are infected with HPV
- MSM are more likely to be infected with high risk HPV, and they have a 40-fold higher risk of developing HPV-associated anal cancer compared to the general population

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