Health Disparities Among Sexual Minority People

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The Fenway Institute, Beth Israel Deaconess Medical Center
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

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Physically Attracted to
- Women
- Men
- Other Gender(s)

Emotionally Attracted to
- Women
- Men
- Other Gender(s)
Identity, Attraction, Behavior

- Sexual Orientation Identity
- Romantic & Sexual Attraction
- Sex/Gender of Sexual Partners
Sex, Gender, Expression

- Sex Assigned at Birth
- Gender Identity
- Gender Expression
How Many?
Perception

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

All numbers are in percentages

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Less than 5%</th>
<th>5% to &lt;10%</th>
<th>10% to &lt;15%</th>
<th>15% to &lt;20%</th>
<th>20% to &lt;25%</th>
<th>More than 25%</th>
<th>No opin.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>23</td>
<td>9</td>
<td>11</td>
<td>14</td>
<td>7</td>
<td>20</td>
<td>33</td>
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<td>2011</td>
<td>25</td>
<td>4</td>
<td>9</td>
<td>17</td>
<td>9</td>
<td>17</td>
<td>35</td>
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<td>2002*</td>
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<td>Men</td>
<td>21</td>
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<td>16</td>
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<td>25</td>
<td>16</td>
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<tr>
<td>Women</td>
<td>22</td>
<td>7</td>
<td>14</td>
<td>12</td>
<td>7</td>
<td>17</td>
<td>24</td>
<td>19</td>
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</tbody>
</table>

*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*
Reality

<table>
<thead>
<tr>
<th>Survey/Study</th>
<th>Gay/Lesbian</th>
<th>Bisexual</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Epidemiological Survey on Alcohol and Related Conditions, 2004-2005</td>
<td>0.7%</td>
<td>1.0%</td>
</tr>
<tr>
<td>National Survey of Family Growth, 2006-2008 (Age 18-44)</td>
<td>2.3%</td>
<td>1.4%</td>
</tr>
<tr>
<td>General Social Survey, 2008</td>
<td>1.7%</td>
<td>1.7%</td>
</tr>
<tr>
<td>California Health Interview Survey, 2009</td>
<td>1.4%</td>
<td>1.8%</td>
</tr>
<tr>
<td>National Survey of Sexual Health and Behavior, 2009</td>
<td>2.5%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Canadian Community Health Survey, 2005 (Age 18-59)</td>
<td>1.1%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Australian Longitudinal Study of Health and Relationships, 2005</td>
<td>1.2%</td>
<td>0.9%</td>
</tr>
<tr>
<td>UK Integrated Household Survey, 2009-2010</td>
<td>0.5%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Norwegian Living Conditions Survey, 2010</td>
<td>0.5%</td>
<td>0.7%</td>
</tr>
</tbody>
</table>

United States

International

Gay/Lesbian - blue
Bisexual - orange
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
### Demographic Variability

**Older Americans much less likely to identify as LGBT**

<table>
<thead>
<tr>
<th>Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>3.7</td>
</tr>
<tr>
<td>Women</td>
<td>4.4</td>
</tr>
<tr>
<td>White</td>
<td>3.6</td>
</tr>
<tr>
<td>Black</td>
<td>4.6</td>
</tr>
<tr>
<td>Hispanic</td>
<td>5.4</td>
</tr>
<tr>
<td>Asian</td>
<td>4.9</td>
</tr>
<tr>
<td>Ages 16-30</td>
<td>7.3</td>
</tr>
<tr>
<td>37-51</td>
<td>3.2</td>
</tr>
<tr>
<td>52-70</td>
<td>2.4</td>
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<tr>
<td>71+</td>
<td>1.4</td>
</tr>
</tbody>
</table>

**Annual household income**

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$36,000</td>
<td>5.5</td>
</tr>
<tr>
<td>$36,000-$89,999</td>
<td>4.0</td>
</tr>
<tr>
<td>$90,000+</td>
<td>3.7</td>
</tr>
</tbody>
</table>

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

*Source: Gallup Daily tracking survey, 2016.*

*PEW RESEARCH CENTER*
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)
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)

ADVANCING EXCELLENCE IN SEXUAL AND GENDER MINORITY HEALTH
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
generations
A Study of the Life and Health of LGB People in a Changing Society

ADVANCING EXCELLENCE IN SEXUAL AND GENDER MINORITY HEALTH
Generational Differences

Coming Out Milestones

- Sexually attracted to same sex: 11.4, 11.5, 12.3
- Sex with same-sex partner: 14.0, 16.3, 16.0
- Identified self as LGB: 14.0, 16.9, 18.3
- Came out as LGB to a family member: 16.9, 18.3, 22.0, 22.0

Generations:
- Age 18-25
- Age 34-41
- Age 52-59

Mean age:
11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27
Europe’s LGBT population mapped
% of the population identifying as LGBT in selected countries in 2016

- Germany: 7.4%
- Spain: 6.9%
- United Kingdom: 6.5%
- Netherlands: 6.4%
- France: 5.4%
- Poland: 4.9%
- Italy: 4.8%
- Hungary: 1.5%

Source: Dalia
“Do you identify as lesbian, gay, bisexual or transgender?”

![Graph showing the percentage of LGBT individuals in different countries, with red dots representing males and blue dots representing females.]

ADVANCING EXCELLENCE IN SEXUAL AND GENDER MINORITY HEALTH
"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

Age breakdown:
- 14-29: 6%
- 30-49: 8%
- 50-65: 10%

Total: 16%
Your Story. Your Health.

Join the first longitudinal health study of LGBTQ people today.

Already part of The PRIDE Study? Sign in.
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!
Experiences of Care?
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

- 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?
Healthcare Access Indicators
US Cis Women Ages 18-64, NHIS 2013-2014

Currently uninsured

Delayed healthcare due to cost

Usual place for care


* p < 0.05
Healthcare Access Indicators
US Cis Men Ages 18-64, NHIS 2013-2014

Currently uninsured

Delayed healthcare due to cost

Usual place for care


* p < 0.05
Health Behavior
US Cis Women Ages 18-64, NHIS 2013-2014

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


* p < 0.05
## Health Outcomes: Gay & Bi Cis Men

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

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.
# Health Outcomes: Lesbian & Bi Cis Women

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

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

- General Stressors
  - Distal (External) Minority Stressors (stigma, discrimination, violence, abuse)
  - Proximal (Internal) Minority Stressors (internalization of negative societal attitudes, rejection sensitivity)

- Environmental Circumstances
- Minority Status
- Minority Identity

- Health Outcomes
- Resilience Development

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
# Policy Effects on Health

<table>
<thead>
<tr>
<th>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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesban, Gay, or Bisexual, % (SE)</td>
</tr>
<tr>
<td>---------------------------------</td>
</tr>
<tr>
<td><strong>Any psychiatric disorder</strong></td>
</tr>
<tr>
<td><strong>Any mood disorder</strong></td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Mania or hypomania</td>
</tr>
<tr>
<td>Dysthymia</td>
</tr>
<tr>
<td><strong>Any anxiety disorder</strong></td>
</tr>
<tr>
<td>GAD</td>
</tr>
<tr>
<td>Social anxiety</td>
</tr>
<tr>
<td>Specific phobia</td>
</tr>
<tr>
<td>PTSD</td>
</tr>
<tr>
<td>Panic disorder</td>
</tr>
<tr>
<td><strong>Any substance disorder</strong></td>
</tr>
<tr>
<td>Alcohol disorder</td>
</tr>
<tr>
<td>Drug disorder</td>
</tr>
<tr>
<td>Comorbidity, &gt;2 disorders (vs ≤2)</td>
</tr>
</tbody>
</table>

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 = 34076. 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.

### Policy Effects on Health


<table>
<thead>
<tr>
<th>Disorder</th>
<th>Individuals Living in States With No Protective Policies, OR (95% CI)</th>
<th>Individuals Living in States With ≥1 Protective Policy, OR (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any mood disorder</td>
<td>2.42 (1.49, 4.09)</td>
<td>1.67 (1.27, 2.18)</td>
</tr>
<tr>
<td>Depression</td>
<td>3.01 (1.80, 5.04)</td>
<td>1.74 (1.27, 2.39)</td>
</tr>
<tr>
<td>Mania or hypomania</td>
<td>1.58 (0.68, 3.63)</td>
<td>1.54 (0.95, 2.51)</td>
</tr>
<tr>
<td>Dysthymia</td>
<td>2.42 (0.89, 6.60)</td>
<td>0.93 (0.34, 2.59)</td>
</tr>
<tr>
<td>Any anxiety disorder</td>
<td>2.57 (1.65, 3.98)</td>
<td>1.87 (1.44, 2.42)</td>
</tr>
<tr>
<td>GAD</td>
<td>3.34 (1.88, 5.93)</td>
<td>1.86 (0.93, 3.02)</td>
</tr>
<tr>
<td>Social phobia</td>
<td>3.81 (1.93, 7.52)</td>
<td>1.73 (1.09, 2.75)</td>
</tr>
<tr>
<td>Specific phobia</td>
<td>2.36 (1.30, 4.29)</td>
<td>1.55 (1.11, 2.17)</td>
</tr>
<tr>
<td>PTSD</td>
<td>3.84 (1.97, 6.69)</td>
<td>1.81 (0.98, 3.34)</td>
</tr>
<tr>
<td>Panic disorder</td>
<td>3.89 (1.85, 8.32)</td>
<td>2.83 (1.71, 4.72)</td>
</tr>
<tr>
<td>Any substance disorder</td>
<td>1.64 (1.00, 2.68)</td>
<td>2.12 (1.67, 2.69)</td>
</tr>
<tr>
<td>Alcohol disorder</td>
<td>2.64 (1.49, 4.83)</td>
<td>2.01 (1.47, 2.76)</td>
</tr>
<tr>
<td>Drug disorder</td>
<td>2.19 (1.07, 4.51)</td>
<td>4.56 (2.94, 7.09)</td>
</tr>
<tr>
<td>Comorbidity &gt; 2 disorders (υ ≤ 2)</td>
<td>4.76 (2.91, 7.79)</td>
<td>2.37 (1.73, 3.25)</td>
</tr>
</tbody>
</table>

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.

Ecological Model
Family Acceptance Effects

Building healthy futures for LGBT children and youth through:

- Research on family acceptance and rejection
- Education and training to decrease risk and promote well-being by increasing family acceptance
- Family-oriented services to help diverse families support their LGBT children
- Informed public policy to promote well-being – not just protect from harm
Family Acceptance Effects

LIFETIME SUICIDE ATTEMPTS (1 or more times)

LEVEL OF FAMILY REJECTION

Ryan, Family Acceptance Project, 2009
Family Acceptance Effects

ILLEGAL DRUG USE

Low Rejection  Moderate Rejection  High Rejection

LEVEL OF FAMILY REJECTION

Ryan, Family Acceptance Project, 2009

As with risk for suicide, gay and transgender young people with high levels of family rejection were more than 3 times as likely to use illegal drugs compared with LGBT young people from families with little or no rejection. Their use of illegal drugs was cut in half when families were moderately rejecting.
Family Acceptance Effects

RISK FOR HIV INFECTION

LEVEL OF FAMILY REJECTION

Low Rejection  Moderate Rejection  High Rejection

Ryan, Family Acceptance Project, 2009

LGBT young people from highly rejecting families were more than 3 times as likely to be at high risk for HIV and sexually transmitted diseases as young people from families who were not rejecting. Their risk was cut in half when families were moderately rejecting.
Family Acceptance Effects

YOUTH BELIEVE THEY CAN BE A HAPPY LGBT ADULT

LEVEL OF FAMILY ACCEPTANCE

- Extremely Accepting: 92%
- Very Accepting: 77%
- A Little Accepting: 59%
- Not at All Accepting: 35%

Ryan, Family Acceptance Project, 2009
Minority Stress Model

Environmental Circumstances

Minority Status

Minority Identity

General Stressors

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

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

Resilience Development

Health Outcomes

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

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

ADVANCING EXCELLENCE IN SEXUAL AND GENDER MINORITY HEALTH
Fostering Resilience

Resilience
Development

Trauma, Resilience, and Health Promotion in LGBT Patients
What Every Healthcare Provider Should Know
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?