

Table 1. Sexual orientation among U.S. adults aged 18 and over, by sex and age group: United States, 2018

Sexual orientation ³	Gay/lesbian ¹		Straight ²		Bisexual	
	Number in thousands	Percent ⁴ (standard error)	Number in thousands	Percent ⁴ (standard error)	Number in thousands	Percent ⁴ (standard error)
Overall	3,955	1.6 (0.10)	233,360	97.0 (0.14)	3,143	1.3 (0.10)
Sex						
Male	2,250	1.9 (0.16)	113,250	97.3 (0.19)	895	0.8 (0.10)
Female	1,705	1.4 (0.13)	120,109	96.8 (0.21)	2,248	1.8 (0.17)
Age group						
18-44	2,113	1.9 (0.17)	105,755	95.8 (0.27)	2,550	2.3 (0.20)
45-64	1,484	1.8 (0.17)	78,338	97.6 (0.20)	475	0.6 (0.09)
65 and over	358	0.7 (0.10)	49,267	99.0 (0.12)	118	0.2 (0.06)

¹Response option provided on the National Health Interview Survey was "gay" for men, and "gay or lesbian" for women.

²Response option provided on the National Health Interview Survey was "straight, that is, not gay" for men, and "straight, that is not gay or lesbian" for women.

³Respondents were asked, "Which of the following best represents how you think of yourself?" The response options for men were: gay; straight, that is, not gay; bisexual; something else; and I don't know the answer. The response options for women were: lesbian or gay; straight, that is, not lesbian or gay; bisexual; something else; and I don't know the answer.

⁴Percent distributions in this table may not equal exactly 100.0% due to rounding.

SOURCE: NCHS, National Health Interview Survey, 2018.

Table 2. Selected health-related behavior indicators of U.S. adults, by sexual orientation and sex: United States, 2018

Selected health-related behavior indicator	Both sexes			Men			Women		
	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual
	Percent (standard error)								
Ages 18 and over									
Current cigarette smoker ³	21.0 (2.53)	13.5 (0.29)	20.2 (2.76)	17.7 (2.90)	15.6 (0.45)	14.0 (3.97)	25.3 (4.34)	11.6 (0.34)	22.6 (3.40)
At least one heavy drinking day in the past year ⁴	40.7 (3.00)	25.1 (0.40)	44.7 (3.73)	39.3 (3.68)	31.1 (0.61)	57.8 (6.35)	42.5 (4.84)	19.4 (0.46)	39.4 (4.46)
Met federal guidelines for aerobic physical activity ⁵	58.2 (2.95)	53.3 (0.48)	59.0 (3.53)	59.7 (3.78)	57.8 (0.65)	58.2 (6.78)	56.1 (4.73)	49.1 (0.62)	59.3 (4.21)
Ages 18-64									
Current cigarette smoker ³	21.3 (2.69)	14.9 (0.35)	20.7 (2.86)	18.0 (3.19)	17.0 (0.53)	14.1 (4.11)	25.5 (4.49)	12.8 (0.42)	23.3 (3.51)
At least one heavy drinking day in the past year ⁴	43.8 (3.17)	29.6 (0.49)	45.9 (3.84)	42.9 (4.02)	35.8 (0.73)	58.6 (6.55)	44.9 (4.99)	23.5 (0.57)	40.9 (4.58)
Met federal guidelines for aerobic physical activity ⁵	59.1 (3.16)	56.7 (0.55)	59.5 (3.60)	61.8 (4.10)	60.5 (0.76)	59.3 (7.01)	55.8 (4.89)	53.0 (0.72)	59.5 (4.31)

¹Response option provided on the National Health Interview Survey was "gay" for men, and "gay or lesbian" for women.

²Response option provided on the National Health Interview Survey was "straight, that is, not gay" for men, and "straight, that is not gay or lesbian" for women.

³A person who had smoked more than 100 cigarettes in his or her lifetime and now smokes everyday or some days.

⁴For men, a person who had at least 12 drinks of any type of alcoholic beverage in his lifetime, and has had five or more drinks of any alcoholic beverage in at least 1 day in the past year. For women, a person who had at least 12 alcoholic drinks of any type in her lifetime, and has had four or more drinks of any alcoholic beverage in at least 1 day in the past year.

⁵Refers to meeting the 2008 federal Physical Activity Guidelines for Americans, which are being used for the Healthy People 2020 objectives. Meeting the guidelines for aerobic activity means that adults perform at least 150 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes and preferably should be spread throughout the week. Only leisure-time physical activity is used in the determination of whether or not these guidelines have been met.

SOURCE: NCHS, National Health Interview Survey, 2018.

Table 3. Selected health status indicators of U.S. adults, by sexual orientation and sex: United States, 2018

Selected health status indicator	Both sexes			Men			Women		
	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual
Percent (standard error)									
Ages 18 and over									
Health status described as excellent or very good	61.1 (2.74)	61.0 (0.43)	52.7 (3.76)	64.8 (3.34)	61.7 (0.61)	53.9 (6.68)	56.2 (4.65)	60.3 (0.56)	52.2 (4.52)
Experienced serious psychological distress in past 30 days ³	7.1 (1.40)	3.6 (0.15)	10.1 (1.88)	7.9 (1.98)	2.7 (0.20)	*	6.1 (1.83)	4.4 (0.22)	12.4 (2.38)
Obese ⁴	32.3 (2.93)	31.7 (0.41)	42.4 (3.61)	21.5 (2.96)	32.1 (0.59)	32.3 (5.89)	47.9 (4.99)	31.4 (0.53)	46.0 (4.46)
Ages 18-64									
Health status described as excellent or very good	61.8 (2.93)	65.1 (0.49)	53.6 (3.87)	66.0 (3.58)	65.5 (0.68)	54.8 (6.89)	56.6 (4.89)	64.7 (0.65)	53.1 (4.61)
Experienced serious psychological distress in past 30 days ³	7.6 (1.53)	3.7 (0.17)	10.4 (1.96)	8.7 (2.24)	2.9 (0.23)	*	*	4.5 (0.25)	12.7 (2.48)
Obese ⁴	33.4 (3.13)	32.2 (0.48)	43.2 (3.72)	21.3 (3.22)	32.2 (0.69)	33.5 (6.15)	49.5 (5.17)	32.2 (0.64)	46.6 (4.61)

* Estimate does not meet NCHS standards of reliability.

¹Response option provided on the National Health Interview Survey was "gay" for men, and "gay or lesbian" for women.

²Response option provided on the National Health Interview Survey was "straight, that is, not gay" for men, and "straight, that is not gay or lesbian" for women.

³Six questions ask how often during the past 30 days a respondent experienced certain symptoms of psychological distress: feeling so sad that nothing could cheer you up, nervous, restless or fidgety, hopeless, worthless, that everything was an effort. The response codes (0-4) of the six items were summed to yield a scale with a 0-24 range. A value of 13 or more for this scale is used here to define serious psychological distress.

⁴Only calculated for adults aged 20-64. Obesity is defined as a body mass index (BMI) of 30 kg/m² or more. This measure is based on self-reported height and weight. In the National Health Interview Survey, the questions ask for height and weight without shoes.

SOURCE: NCHS, National Health Interview Survey, 2018.

Table 4. Selected health care service utilization indicators of U.S. adults, by sexual orientation and sex: United States, 2018

Selected health care service utilization indicator	Both sexes			Men			Women		
	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual
	Percent (standard error)								
Ages 18 and over									
Received influenza vaccine during past year ³	49.4 (3.14)	44.6 (0.45)	41.8 (3.72)	58.1 (3.92)	40.0 (0.61)	44.9 (6.81)	37.6 (4.44)	49.0 (0.61)	40.6 (4.39)
Ever been tested for human immunodeficiency virus (HIV) ⁴	76.7 (2.52)	42.0 (0.45)	55.3 (3.63)	89.3 (2.38)	38.9 (0.64)	49.0 (5.78)	59.8 (4.49)	45.0 (0.57)	57.8 (4.47)
Ages 18-64									
Received influenza vaccine during past year ³	46.3 (3.35)	38.1 (0.50)	41.0 (3.85)	54.7 (4.32)	33.3 (0.67)	43.1 (7.07)	35.8 (4.56)	42.8 (0.70)	40.2 (4.53)
Ever been tested for human immunodeficiency virus (HIV) ⁴	77.6 (2.70)	47.4 (0.52)	56.2 (3.76)	90.7 (2.51)	42.6 (0.75)	48.4 (5.95)	61.3 (4.73)	52.2 (0.65)	59.3 (4.60)

¹Response option provided on the National Health Interview Survey was "gay" for men, and "gay or lesbian" for women.

²Response option provided on the National Health Interview Survey was "straight, that is, not gay" for men, and "straight, that is not gay or lesbian" for women.

³Separate survey questions asking respondents about receipt of flu shots and receipt of nasal spray flu vaccinations were included in the calculation of the flu vaccination estimates.

⁴Respondents who received human immunodeficiency virus (HIV) testing solely as a result of blood donation were considered not to have been tested for HIV.

SOURCE: NCHS, National Health Interview Survey, 2018.

Table 5. Selected health care access indicators of U.S. adults, by sexual orientation and sex: United States, 2018

Selected health care access indicator	Both sexes			Men			Women		
	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual	Gay/lesbian ¹	Straight ²	Bisexual
	Percent (standard error)								
Ages 18 and over									
Has a usual place to go for medical care ³	84.1 (2.24)	85.5 (0.35)	77.7 (2.84)	86.3 (2.66)	81.1 (0.51)	64.5 (6.47)	81.2 (3.88)	89.6 (0.39)	83.0 (3.01)
Failed to obtain needed medical care in past year due to cost	10.7 (1.79)	6.1 (0.18)	12.6 (2.19)	7.2 (1.79)	5.6 (0.25)	*	15.3 (3.41)	6.6 (0.25)	11.7 (2.46)
Currently uninsured ⁴	9.3 (1.63)	10.2 (0.29)	14.0 (2.36)	9.7 (2.24)	12.0 (0.44)	16.8 (4.92)	8.8 (2.43)	8.6 (0.35)	12.9 (2.69)
Currently with public health plan coverage ⁵	28.8 (2.62)	35.9 (0.43)	28.3 (3.02)	28.2 (3.19)	33.5 (0.56)	27.6 (5.53)	29.6 (4.43)	38.1 (0.56)	28.6 (3.48)
Currently with private health insurance coverage ⁶	68.7 (2.77)	65.4 (0.47)	60.1 (3.43)	70.2 (3.36)	65.7 (0.64)	57.2 (6.50)	66.6 (4.68)	65.1 (0.58)	61.2 (3.98)
Ages 18-64									
Has a usual place to go for medical care ³	82.7 (2.44)	82.7 (0.43)	77.2 (2.94)	84.7 (2.97)	77.6 (0.62)	64.1 (6.70)	80.2 (4.08)	87.7 (0.49)	82.4 (3.11)
Failed to obtain needed medical care in past year due to cost	11.0 (1.95)	6.9 (0.22)	13.0 (2.27)	7.2 (1.95)	6.3 (0.30)	*	15.7 (3.60)	7.5 (0.32)	12.0 (2.55)
Currently uninsured ⁴	10.2 (1.78)	12.8 (0.37)	14.6 (2.44)	10.9 (2.51)	14.7 (0.54)	17.5 (5.14)	9.3 (2.57)	10.9 (0.45)	13.4 (2.78)
Currently with public health plan coverage ⁵	22.0 (2.72)	19.6 (0.41)	25.5 (2.99)	18.7 (3.09)	18.3 (0.53)	24.5 (5.60)	25.9 (4.63)	20.9 (0.56)	25.9 (3.44)
Currently with private health insurance coverage ⁶	69.7 (2.96)	69.8 (0.53)	61.4 (3.48)	71.9 (3.59)	69.8 (0.70)	58.0 (6.70)	67.0 (4.89)	69.8 (0.68)	62.8 (4.04)

* Estimate does not meet NCHS standards of reliability.

¹Response option provided on the National Health Interview Survey was "gay" for men, and "gay or lesbian" for women.

²Response option provided on the National Health Interview Survey was "straight, that is, not gay" for men, and "straight, that is not gay or lesbian" for women.

³For this question, the respondent was asked if they have one or more places to go when they are sick or need advice about their health. The response options were: yes; there is no place; and there is more than one place. Respondents who stated that their usual place to go for medical care was a hospital emergency room were categorized as not having a usual place to go for medical care.

⁴A respondent was coded as uninsured if he or she did not have any private health insurance, Medicare, Medicaid, Children's Health Insurance Program (CHIP), state-sponsored or other government-sponsored health plan, or military plan at the time of interview. A respondent was also defined as uninsured if he or she only had Indian Health Service coverage, or had only a private plan that paid for one type of service, such as accidents or dental care.

⁵A respondent was coded as currently with a public health plan if he or she had Medicare, Medicaid, Children's Health Insurance Program (CHIP), state-sponsored or other government-sponsored health plan, or a military plan.

⁶A respondent was coded as currently having private health insurance coverage if he or she had any comprehensive private insurance plan, including health maintenance and preferred provider organizations. These plans include those obtained through an employer, purchased directly, purchased through local community programs, or purchased through the Health Insurance Marketplace or a state-based exchange, but excludes those plans that pay for only one type of service such as accidents or dental care.

SOURCE: NCHS, National Health Interview Survey, 2018.