

# The Picture of LGBT Health

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- Terms and concepts
- LGBT health challenges and disparities
- Opportunities and next steps in LGBT health

**Overview**

- **Sexual orientation:** A person's emotional, sexual, and/or relational attraction to others. Sexual orientation is usually classified as heterosexual, bisexual, and homosexual (i.e., lesbian or gay)
  - Identity
  - Attraction
  - Behavior
- **MSM:** An acronym used to identify men who have sex with men
- **WSW:** An acronym used to identify women who have sex with women

**Terms: sexual orientation**

- **Gender identity:** A person's internal sense of being male, female, or something else
- **Gender expression:** The manner in which a person represents or expresses their gender identity to others
- **Transgender:** A person whose gender identity and/or expression is different from that typically associated with their assigned sex at birth
- **Transsexual:** A person whose gender identity differs from assigned sex at birth
- **FTM:** A transgender man, who is someone assigned the female sex at birth but who identifies and lives as male
- **MTF:** A transgender woman, who is someone assigned the male sex at birth but who identifies and lives as female

**Terms: gender identity**

- 8 million people (3.5%) identify as gay, lesbian, or bisexual
  - 700,000 people identify as transgender
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**= at least 9 million LGBT people**

- 19 million people (8.2%) have engaged in same-sex sexual behavior
- 25.6 million people (11%) acknowledge same-sex attraction

**By the numbers**

- Health disparities and health equity
- Minority stress
- Resilience
- Social ecology/social determinants
- Life-course perspective
- Invisibility
- Relationship between sexual orientation and gender identity
- Intersectionality

## **LGBT health concepts**



# Intersectionality

<http://whataqueercollage.blogspot.com>  
<http://www.flickr.com/photos/swedeinsf>

- Lack of data on sexual orientation, gender identity
- Stigma, discrimination, and violence
- Obstructed access to services, legal status, and benefits, including health insurance coverage
- Lack of LGBT cultural competence in health care
- Insufficient resource allocation
- Specific disparities in health status

## LGBT health challenges

- Heart disease
- Cancer, especially breast cancer
- Overweight and obesity
- Physical violence, including intimate partner violence
- Mental health concerns, including depression, PTSD, and suicidal ideation
- Behavioral health concerns, including smoking and other substance use

## Lesbian health

- Heart disease
- Cancer, especially prostate, testicular, anal, and colon cancers
- Body image issues such as anorexia
- Physical violence, including intimate partner violence
- Mental and behavioral health concerns
- Sexually transmitted infections

## Gay men's health

- Half of the more than 1 million people living with HIV and half of all newly diagnosed HIV infections in the U.S. are MSM
- More than twice as many African-American MSM ages 13–24 were diagnosed with HIV infection or AIDS in 2006 as their White or Hispanic counterparts
- African-American and Hispanic MSM were more likely to become infected with HIV at a younger age (<29 years)

## Gay men and HIV/AIDS

- Heart disease
- Cancer
- Physical violence, including intimate partner violence (47% versus 17%)
- Body image issues
- Mental and behavioral health concerns
- Sexually transmitted infections

**Bisexual health**

- Institute of Medicine report on LGBT health
- Healthy People 2020
- Affordable Care Act
- Insurance reform
- HHS LGBT Data Progression Plan
- LGBT data collection in health IT

**LGBT health opportunities**

- Setting an LGBT research agenda
- Understanding intersectionality
- Benchmarking for Healthy People 2020
- Measuring impact of LGBT cultural competence
- ...And collecting more LGBT data

**Next steps**