Improving the Health, Safety, and Well-being of LGBTQ+ Populations

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National Library of Medicine

- Building on the campus of the National Institutes of Health
- Largest biomedical collection in the world
- Open to everyone
- Mission: To advance the progress of medicine and improve public health by making biomedical information accessible to everyone.
National Network of Libraries of Medicine

- Office of Engagement and Training
- Network offers training and funding opportunities
- Eight regions throughout the nation
- Regional Medical Library in each region (UMass Medical School)
- Find your region!
The “Big Picture” Goal

To create welcoming, safe and informed spaces for LGBTQ+ individuals to reliably access the information and the care that they need.
First Objectives: Needs and Benefits

• Better understanding of the health information needs of the LGBTQ+ community.

• Examine the benefits of LGBTQ+ focused cultural competency/humility.
Second Objectives: Resources and Strategies

• Identify electronic resources for quality LGBTQ+ health information reference.
• Gain ideas for outreach strategies to the LGBTQ+ community.
LGBTQ+ Community Faces Barriers

• Discrimination
• Misunderstanding
• Fear

**Example:** IAAF is applying testosterone levels regulations to athletes who were born with anatomy that doesn't fit into the solely male or female categories.
LGBTQ+ Community Avoiding Health Care Environments

- Social stigma
- Rejection by family members
- Abuse and violence
- Unfair treatment in the legal system, state/federal
- Hiding some or all aspects of one’s life
- Lacking health insurance
- Shortage of culturally competent/humble healthcare providers

Images from Broadly. Gender Spectrum Collection.
HEI 2018: Experiences with Healthcare

- 70% of transgender or GNC patients surveyed have experienced some type of discrimination in healthcare.
- 56% of lesbian, gay and bisexual patients have experienced some type of discrimination in healthcare.
- 52% of transgender respondents reported that they believed they would be refused medical services because of their LGBTQ+ status.
- 73% of transgender and 29% of lesbian, gay and bisexual respondents reported that they believed they would be treated differently by medical personnel because of their LGBTQ+ status.

Healthcare Equality Index (HEI) 2018
Health Information Needs of LGBTQ+ Community

• Lesbians and Bisexual Women
  • Obesity
  • Smoking
  • Heart Disease

• Gay and Bisexual Men
  • Sexually Transmitted Infections
  • Depression/Anxiety

• Transgender Persons
  • Low Self-Esteem
  • Higher Exposure to Health Hazards

Images from Broadly, Gender Spectrum Collection.
Benefits of Culturally Competency Training

- Reduce disease transmission and progression.
- Increase mental and physical well-being.
- Increase longevity.

Images from Broadly. Gender Spectrum Collection.
Sex, Gender and Sexuality

• Gender
  • Cisgender
  • Transgender
  • Nonbinary

• Gender Identity: personal sense of who you are.
• Gender Expression: your clothing, haircut, voice or body characteristics.
• Sexual Orientation: who you are attracted to.

From GLMA webinar series
Understanding the Health Needs of LGBT People: An Introduction
LGBTQ+ Terminology

- Asexual
- Bisexual
- DSD
- F2M
- GNC
- Intersex
- M2F
- MSM

- Queer
- Questioning
- Same Sex Loving
- SRS
- Transsexual
- Transition
- Two Spirit

Media Reference Guide
Pronouns

• They/them as singular
• Sharing pronouns
• Not sharing pronouns
• Misgendering
• Apologizing and moving on
• Tutorial
Quality LBGTQ+ Health Information Resources

- MedlinePlus Health Topics Page on Gay, Lesbian, Bisexual and Transgender Health
  - Centers for Disease Control and Prevention (CDC)
  - Substance Abuse and Mental Health Services Administration (SAMHSA)
  - American Academy of Pediatrics
  - Gay and Lesbian Medical Association
CDC Resources for Healthcare Providers, Public Health Professionals, Students and General Public

Lesbian, Gay, Bisexual, and Transgender Health

People who are lesbian, gay, bisexual, or transgender (LGBT) are members of every community. They are diverse, come from all walks of life, and include people of all races and ethnicities, all ages, all socioeconomic statuses, and from all parts of the country. The perspectives and needs of LGBT people should be routinely considered in public health efforts to improve the overall health of every person and eliminate health disparities.

LGBT Health Services
Find health services by state and city on CDC's updated LGBT Health Resources page

More

Gay and Bisexual Men
LGBT Youth
Lesbian and Bisexual Women

Resources
Transgender Persons
Health Services

NIH
U.S. National Library of Medicine
National Network of Libraries of Medicine
CDC Resources: Data and Statistics, News and Related Links

Data and Statistics

News

- April 2019 - Strengthening Our Schools to Promote Resilience and Health Among LGBTQ Youth: Emerging Evidence and Research Priorities from The State of LGBTQ Youth Health and Wellbeing Symposium


- August 2018 - Sex Differences in School Safety and Bullying Experiences Among Sexual Minority Youth

- June 2018 - Trends in cigarette smoking among adults with HIV compared with the general adult population, United States - 2019-2014

Related Links

- HIV/AIDS
- Sexually Transmitted Diseases (STDs)
- HIV, STD, and Hepatitis Testing Resources
- Viral Hepatitis
- HIV
- Violence Prevention
- Adolescent and School Health
CDC Resources: Hotlines, Referral Services and Health Clinics

Health Services
People who are lesbian, gay, bisexual, and transgender have a variety of health needs. Find networks, services, and health clinics by state available to address those needs.

LGBT Hotlines
- GLBT National Help Center
- GLBT National Youth Talkline
- GLBTQ Domestic Violence Project
- Trevor Hotline / Trevor Project (Crisis Intervention / Suicide Prevention for LGBT Youth)

Referral Services
- Association of Gay and Lesbian Psychiatrists Online Referral System
- GLMA Provider Directory

LGBT Health Clinics by State and City

Alabama
- Birmingham
  - Magic City Wellness Center

Alaska

Minnesota
- Minneapolis
  - North Memorial Health
  - Rainbow Health Initiative
  - St. Paul
Outreach Strategies to the LGBTQ+ Community

- Build relationships in your community.
- Make a habit of using inclusive language.
- Distribute quality information about LGBTQ+ issues.
- Make LGBTQ+ issues part of your programming.
- Think about your hiring—representation matters!
- Use visual indicators such as rainbow and trans pride flags.

Images from Broadly. Gender Spectrum Collection.
Principles of Community Engagement

- Clarity of Purpose
- Respectful Partnerships
- Release Control
- Long-term Commitment

Downloadable Publication
Questions?

Contact: margot.malachowski@umassmed.edu

Thank you for your work!