

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

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Pronouns: she/her/hers

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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 Library of Medicine, Bethesda MD

# National Network of Libraries of Medicine

## Regional Medical Libraries

Explore the pinpoints below and learn more about the NNLM Regional Medical Libraries and their respective territories.



Locations of Regional Medical Libraries

- 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.



Presenter with her daughter.

# Second Objectives: Resources and Strategies

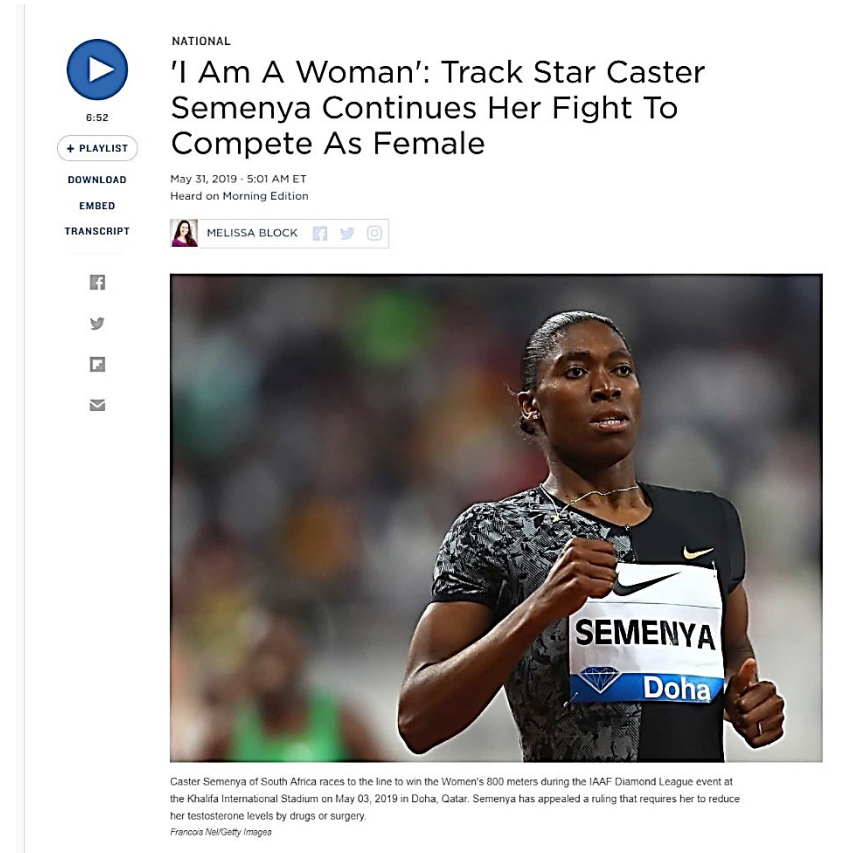


Images from Broadly, Gender Spectrum Collection.

- 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.



NPR Story, May 31, 2019

# LGBTQ+ Community Avoiding Health Care Environments



Images from Broadly. Gender Spectrum Collection.

- 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

# 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



Images from Broadly. Gender Spectrum Collection.

# Benefits of Culturally Competency Training



Images from Broadly. Gender Spectrum Collection.

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

# Sex, Gender and Sexuality

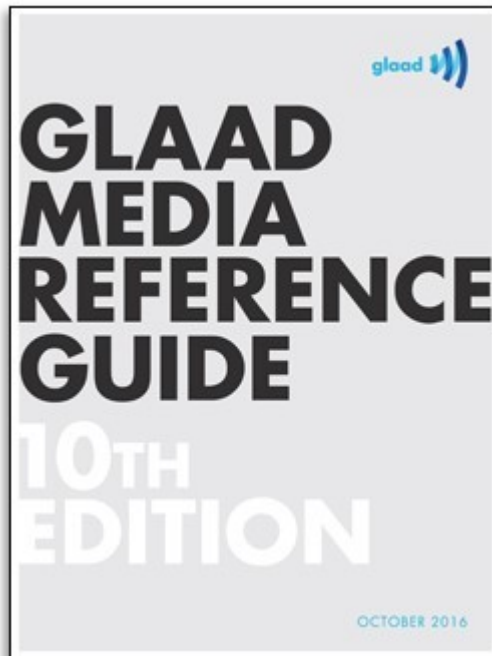
- Gender
  - Cisgender
  - Transgender
  - Nonbinary
- Gender Identity: personal sense of who you are.
- Gender Expression: your clothing, haircut, voice or body characteristics.
- Sexual Orientation: who you are attracted to.

SEX		
Genetic	XY	XXY (Klinefelter), XYY, XO (Turner) → XX
Anatomic	Male	CAH, Androgen Insensitivity → Female
GENDER		
Identity	Man	Transgender, Genderqueer → Woman
Role	Masculine	Neutral → Feminine
Expression	Masculine	Androgynous → Feminine
SEXUALITY		
Attraction	Homosexual	Bisexual → Heterosexual
Identity	Gay, Lesbian, Straight, Queer, Butch, Fag, Bi, Femme, Dyke	
Behavior	Same Sex	Both, None → Other Sex

From GLMA webinar series

[Understanding the Health Needs of LGBT People: An Introduction](#)

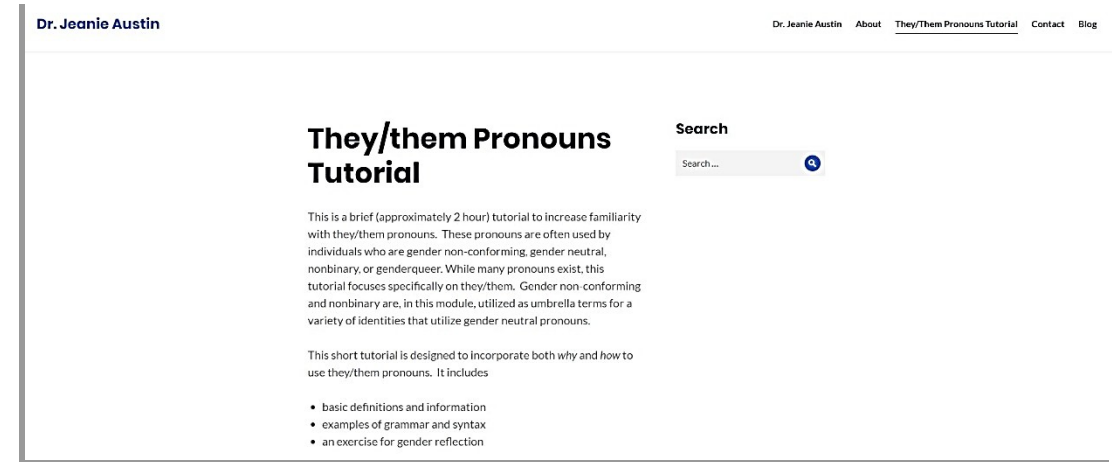
# LGBTQ+ Terminology



- Asexual
  - Bisexual
  - DSD
  - F2M
  - GNC
  - Intersex
  - M2F
  - MSM
  - Queer
  - Questioning
  - Same Sex Loving
  - SRS
  - Transsexual
  - Transition
  - Two Spirit
- [Media Reference Guide](#)

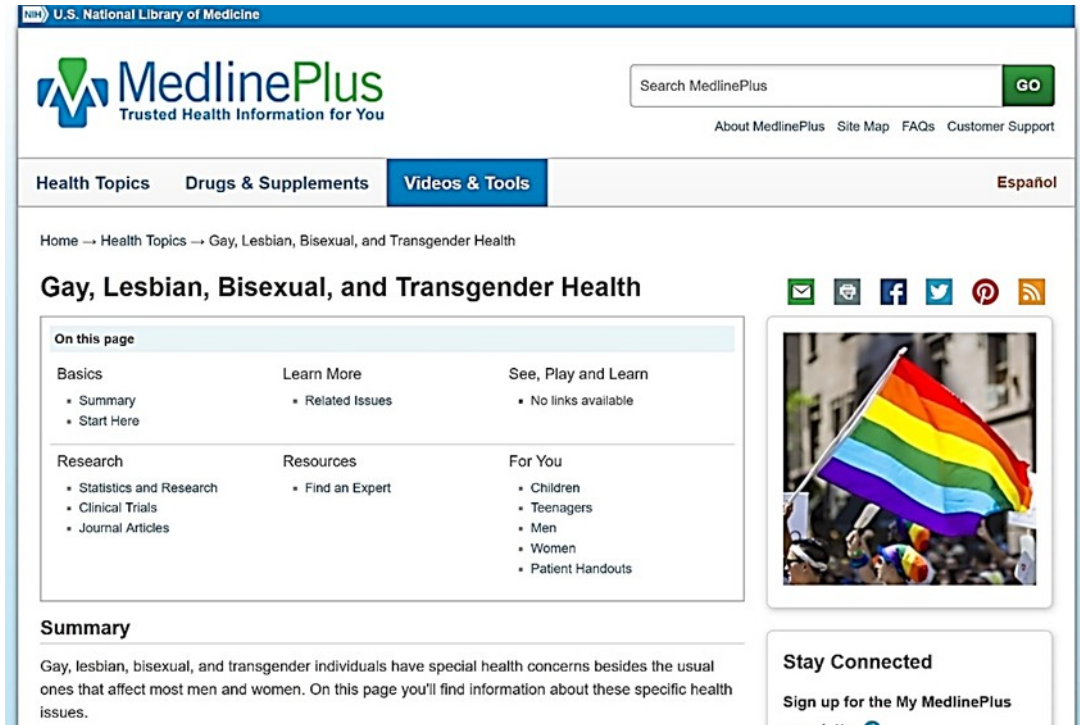
# Pronouns

- They/them as singular
- Sharing pronouns
- Not sharing pronouns
- Misgendering
- Apologizing and moving on
- [Tutorial](#)



Dr. Jeanie Austin, They/Them Pronouns Tutorial

# Quality LBGTQ+ Health Information Resources




MedlinePlus Health Topics Page


- 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

 Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™

A-Z Index


Search 

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.


More




### LGBT Health Services


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


 Gay and Bisexual Men

 LGBT Youth

 Lesbian and Bisexual Women

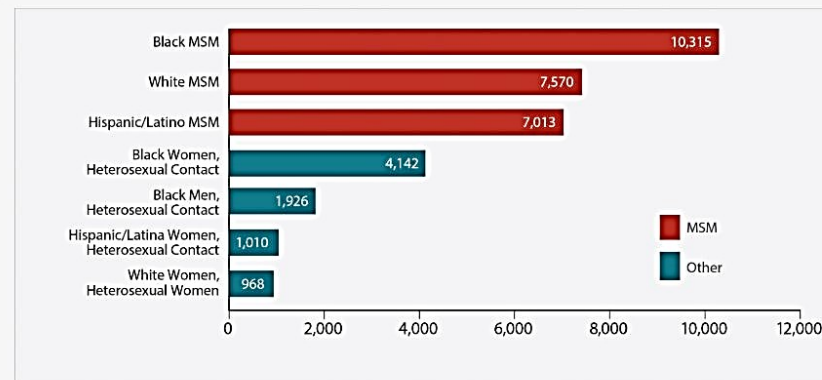
 Resources

 Transgender Persons

 Health Services

# CDC Resources: Data and Statistics, News and Related Links

## Data and Statistics



Source: CDC. [Diagnoses of HIV infection in the United States and dependent areas, 2015](#) [PDF – 3.9 MB]. *HIV Surveillance Report* 2016;27.

Subpopulations representing 2% or less of HIV diagnoses are not reflected in this chart.

Abbreviation: MSM=men who have sex with men.

## 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](#) [↗](#)

November 2018 – [Estimating the Prevalence of HIV and Sexual Behaviors Among the US Transgender Population: A Systematic Review and Meta-Analysis, 2006-2017](#) [↗](#)

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 – 2009-2014](#) [↗](#)

## Related Links

- [HIV/AIDS](#)
- [Sexually Transmitted Diseases \(STDs\)](#)
- [HIV, STD and Hepatitis Testing Resources](#)
- [Viral Hepatitis](#)
- [HPV](#)
- [Violence Prevention](#)
- [Adolescent and School Health](#)



# CDC Resources: Hotlines, Referral Services and Health Clinics

The screenshot shows the CDC's website for Lesbian, Gay, Bisexual, and Transgender Health. At the top, the CDC logo and tagline "Centers for Disease Control and Prevention" are visible, along with a search bar and an "A-Z Index" link. The main header reads "Lesbian, Gay, Bisexual, and Transgender Health". Below this, a breadcrumb trail shows "NCHHSTP > LGBT Health". A left sidebar contains a "LGBT Health" menu with options like "About LGBT Health", "Gay and Bisexual Men", "Lesbian and Bisexual Women", "Transgender Persons", "LGBT Youth", "Resources", and "Health Services" (which is highlighted). The main content area is titled "Health Services" and includes a paragraph about the health needs of the LGBTQ+ community. It features two columns: "LGBT Hotlines" with links to the National Help Center, Youth Talkline, Domestic Violence Project, and Trevor Helpline; and "Referral Services" with links to the Association of Gay and Lesbian Psychiatrists and the GLMA Provider Directory. Below these, a section titled "LGBT Health Clinics by State and City" lists clinics in Alabama (Birmingham), Alaska (Anchorage), and Minnesota (Minneapolis, St. Paul), with links to specific centers like Magic City Wellness Center, North Memorial Health, and Rainbow Health Initiative. An email update sign-up box is located in the bottom left of the main content area.

**CDC** Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

A-Z Index

Search

## Lesbian, Gay, Bisexual, and Transgender Health

NCHHSTP > LGBT Health

🏠 LGBT Health

- About LGBT Health
- Gay and Bisexual Men
- Lesbian and Bisexual Women
- Transgender Persons
- LGBT Youth
- Resources
- Health Services**

### 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 Helpline / 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**

- Anchorage

**Minnesota**

- Minneapolis
  - [North Memorial Health](#)
  - [Rainbow Health Initiative](#)
- St. Paul

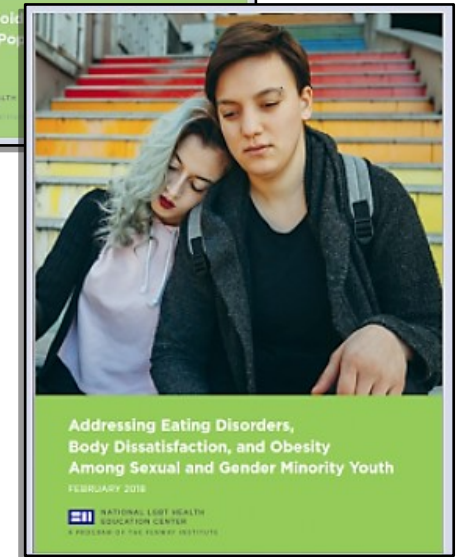
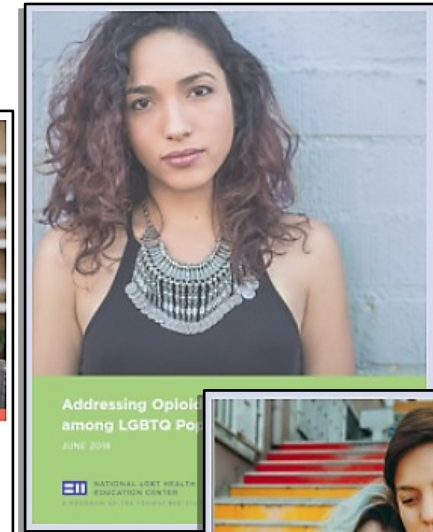
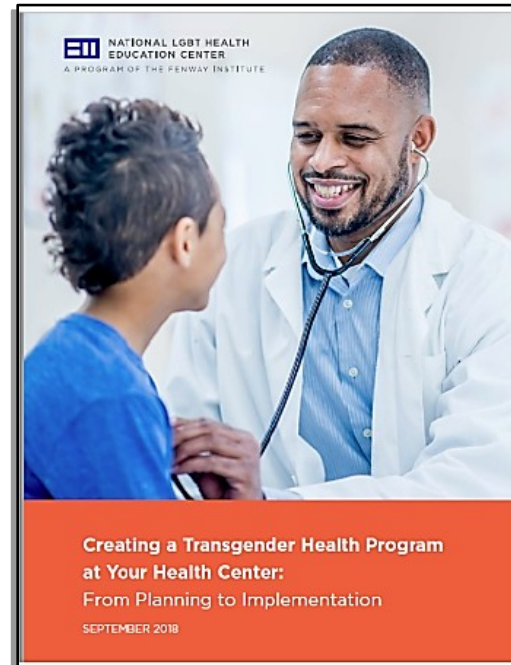
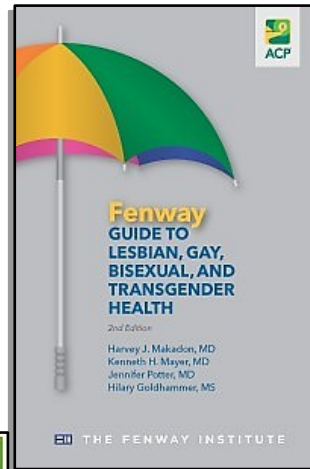
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Email Address

[What's this?](#) **Submit**

# National LGBT Health Education Center (Fenway Institute)



NATIONAL LGBT HEALTH  
EDUCATION CENTER

A PROGRAM OF THE FENWAY INSTITUTE

# Outreach Strategies to the LGBTQ+ Community



Images from Broadly. Gender Spectrum Collection.

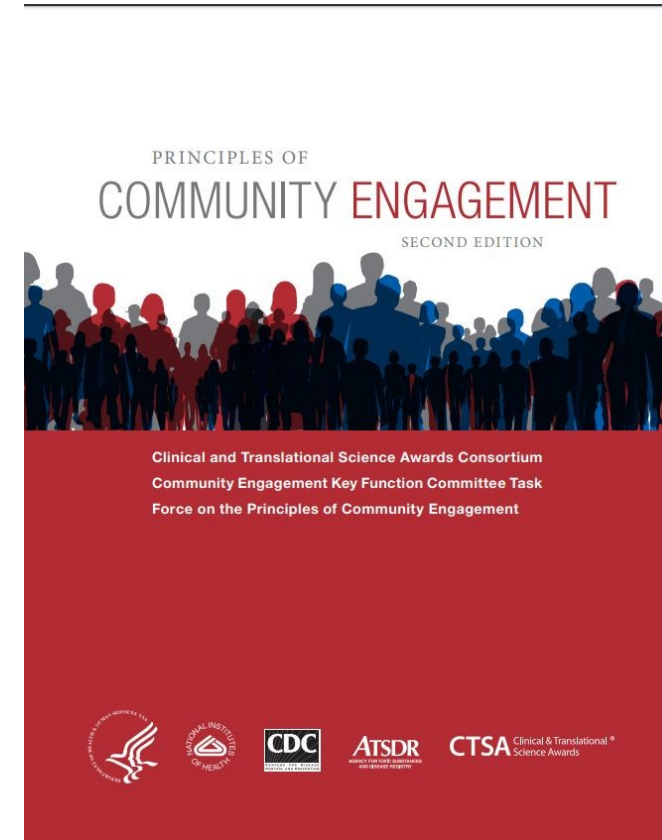
- Build relationships in your community.
- Make a habit of using inclusive language.
- Distribute quality information about LGBTQ+ issues.
- Make LGBTQ+ issues part of your programming.
- Think about your hiring—representation matters!
- Use visual indicators such as rainbow and trans pride flags.



# Principles of Community Engagement

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

[Downloadable Publication](#)



# Questions?



Contact:

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Thank you for your work!