

# eScholarship@UMassChan

## Rural Health: Beyond the Binary Workshop

Item Type	Presentation
Authors	Malachowski, Margot G.
DOI	<a href="https://doi.org/10.13028/9a26-db58">10.13028/9a26-db58</a>
Rights	Copyright 2021 Malachowski
Download date	2025-07-19 19:11:01
Item License	<a href="http://creativecommons.org/licenses/by/4.0/">http://creativecommons.org/licenses/by/4.0/</a>
Link to Item	<a href="https://hdl.handle.net/20.500.14038/38110">https://hdl.handle.net/20.500.14038/38110</a>

# Beyond the Binary Workshop

Margot Malachowski, MLS, AHIP (she/her)

Education and Outreach Coordinator

Network of the National Library of Medicine, Region 7

Pioneer Library System

July 16, 2021

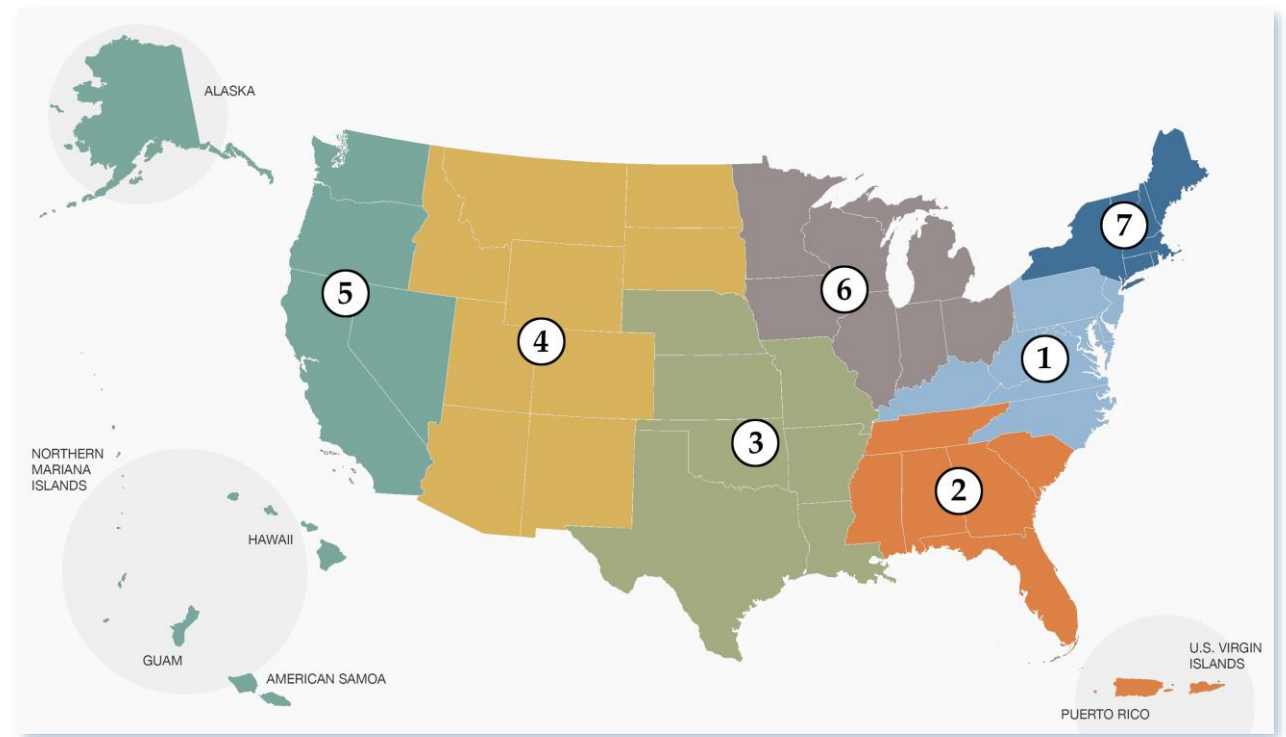
# National Library of Medicine

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



# Network of National Library of Medicine

- Office of Engagement and Training
- Network offers training and funding opportunities
- Seven regions throughout the nation
- Regional Medical Library in each region (UMass Medical School)
- New York is in Region 7



# Based on the Four-Week Course

The purpose of the Network of the National Library of Medicine “Beyond the Binary” training is to demonstrate how to find culturally sensitive health information resources for Sexual and Gender Minorities (SGM) and the librarians who support them. The acronym LGBTQIA+ refers to lesbian, gay, bisexual, transgender, queer/questioning individuals, and others.

Today, we will give an overview of important concepts.

# After today's webinar:

- List four key points regarding the health information needs of the LGBTQIA+ community;
- List three concepts for providing a welcoming environment for sexual and gender minorities;
- Identify three resources for providing health information regarding sexual and gender minorities.



# Our “Big Picture” Goal

- To create welcoming, safe and informed spaces for LGBTQIA+ folks to reliably access the information and the care that they need.
- Better understanding of the health information needs of the LGBTQIA+ community.



# Health Information Needs:

1. LGBTQIA+ folks delay getting health care, so conditions are more serious when they are diagnosed.
2. LGBTQIA+ folks encounter insensitive health care providers.
3. LGBTQIA+ folks suffer from stress-related illnesses.
4. LGBTQIA+ folks have difficulty finding culturally sensitive materials.



# LGBTQIA+ 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.

NATIONAL

6:52

+ PLAYLIST

DOWNLOAD


EMBED

TRANSCRIPT

May 31, 2019 · 5:01 AM ET  
Heard on Morning Edition

MELISSA BLOCK

'I Am A Woman': Track Star Caster Semenya Continues Her Fight To Compete As Female



Caster Semenya of South Africa races to the line to win the Women's 800 meters during the IAAF Diamond League event at the Khalifa International Stadium on May 03, 2019 in Doha, Qatar. Semenya has appealed a ruling that requires her to reduce her testosterone levels by drugs or surgery.  
Francois Nel/Getty Images

# LGBTQIA+ 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 Gender Spectrum Collection

# Health Information Needs of LGBTQIA+ 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

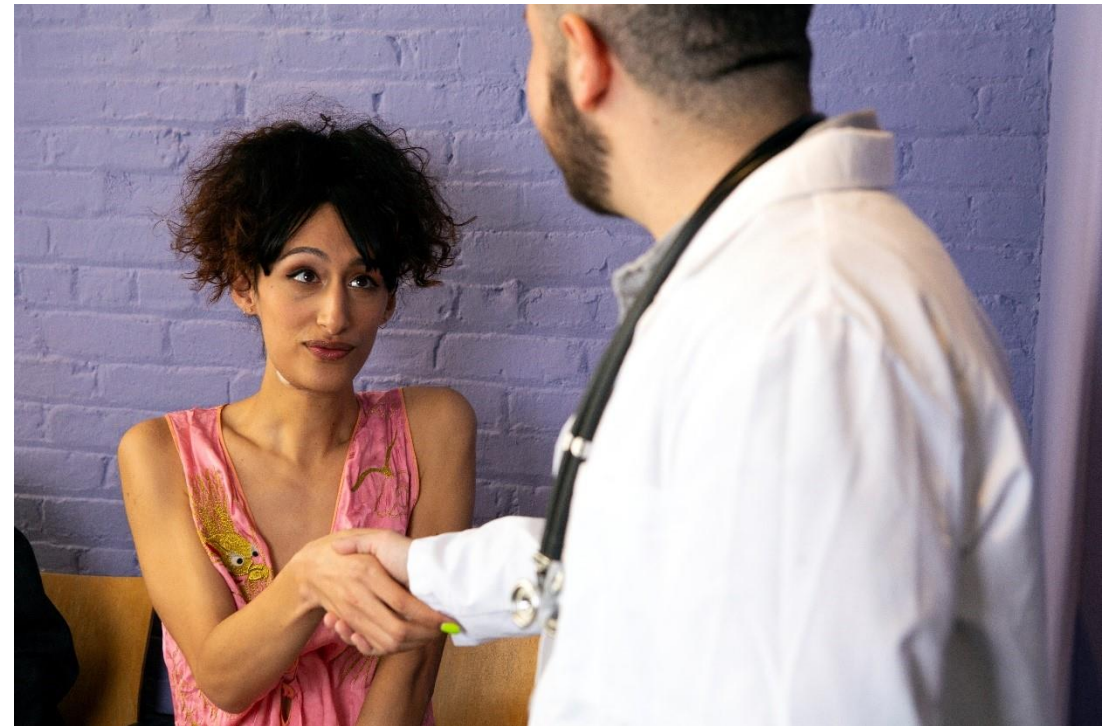


Images from Gender Spectrum Collection



# Benefits of Culturally Humble Care

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



Images from 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.

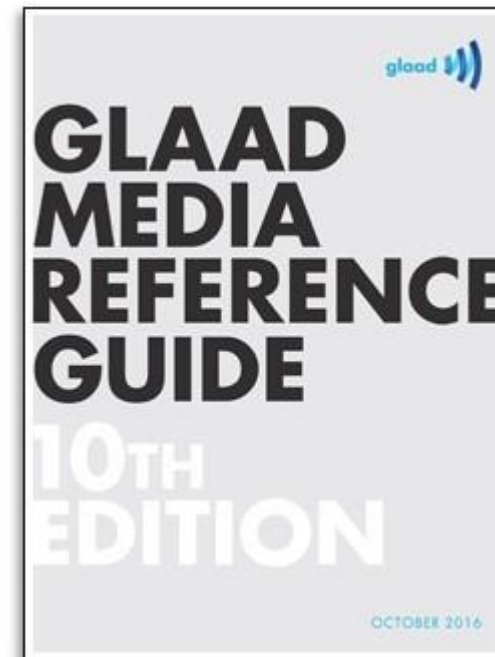
SEX		
Genetic	XY	XXY (Klinefelter), XYY, XO (Turner) → XX
Anatomic	Male	CAH, Androgen Insensitivity → Female
GENDER		
Identity	Man	Transgender, Genderqueer → Woman
Role	Masculine	Neutral → Feminine
Expression	Masculine	Androgynous → Feminine
SEXUALITY		
Attraction	Homosexual	Bisexual → Heterosexual
Identity	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](#)

# LGBTQIA+ Terminology

- Asexual
- Bisexual
- DSD
- F2M
- GNC
- Intersex
- M2F
- MSM
- Queer
- Questioning
- Same Sex Loving
- SRS
- Transsexual
- Transition
- Two Spirit



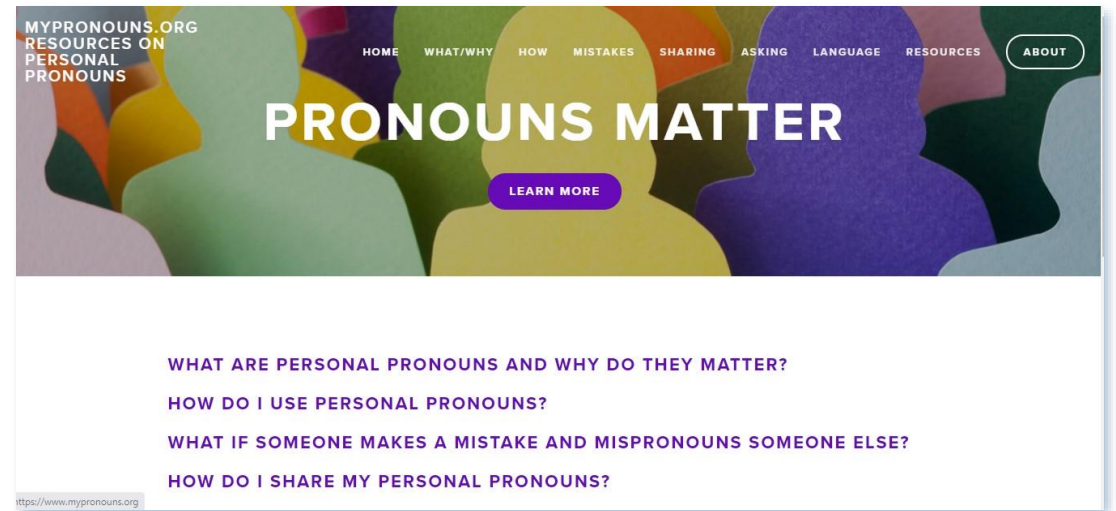
# Welcoming Environment:

1. Become comfortable with using they/them pronouns as singular.
2. Display LGBTQIA+ friendly symbols, such as rainbow flags, and include your pronouns in announcements and email signatures.
3. Use inclusive images in library materials, such as the images from the Gender Spectrum Collection.



# Pronouns

- They/them as singular
- Sharing pronouns
- Not sharing pronouns
- Misgendering
- Apologizing and moving on



# Inclusivity in the Library

- Build relationships in the LGBTQIA+ community.
- Distribute quality information about LGBTQIA+ issues.
- Make LGBTQIA+ issues part of your programming.
- Think about your hiring—representation matters!



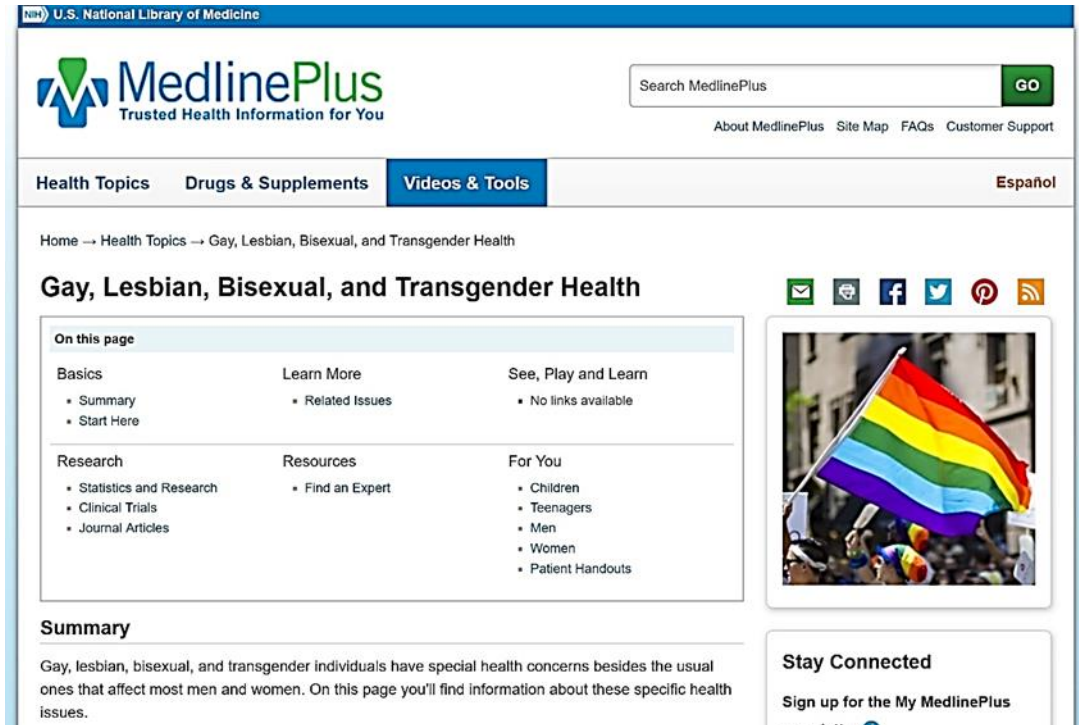
Images from Gender Spectrum Collection

# Health Information Resources:

1. MedlinePlus: LGBTQ+ Health Topics Page
2. Centers for Disease Control and Prevention (CDC): Lesbian, Gay, Bisexual and Transgender Health, including Youth
3. Fenway Institute: National LGBT Health Education Center



# MedlinePlus LBGTQ+ Health Topics Page



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

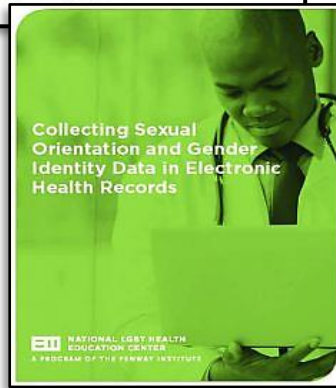
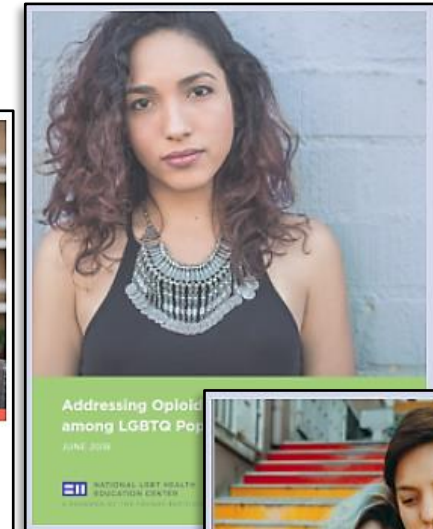
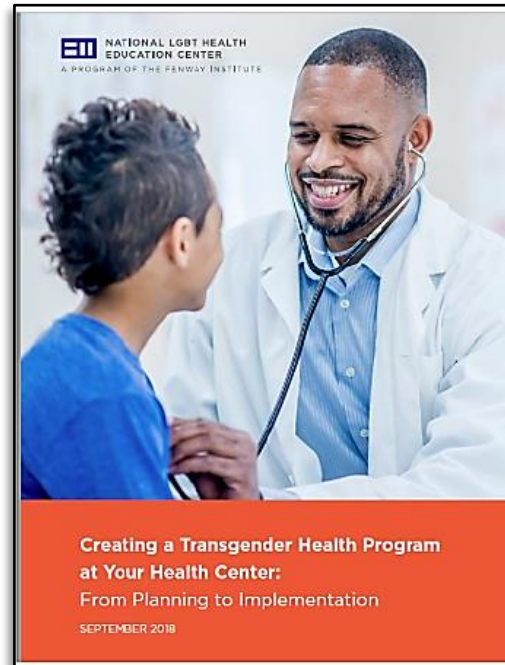
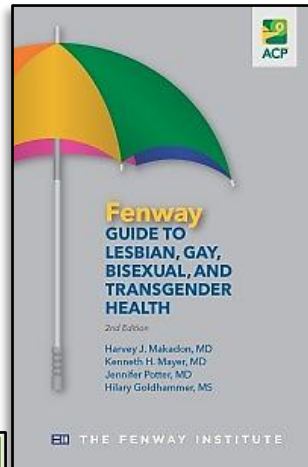
 Lesbian and Bisexual Women

 Resources

 Transgender Persons

 Health Services

# National LGBT Health Education Center (Fenway Institute)



NATIONAL LGBT HEALTH  
EDUCATION CENTER

A PROGRAM OF THE FENWAY INSTITUTE



# Thank you for your work!

