

LGBTQ+ Health Disparities

BEHAVIORAL HEALTH



39%

of LGBTQ+ individuals in the U.S. report having a mental illness in the past year



38%

of sexual minority adults (18+) report past year marijuana use



12x

the number of transgender individuals (48%) report suicidal thoughts compared to the U.S. population (4%)



3x

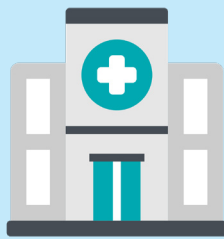
the number of LGB people experience a psychiatric comorbidity compared to the U.S. population

HEALTHCARE



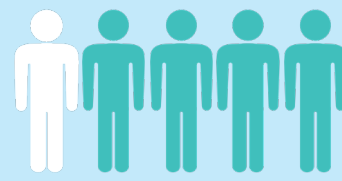
Over 50%

of LGBTQ+ people report some form of healthcare discrimination



75%

of lesbians report delaying healthcare



1/5

of transgender people are refused healthcare services



25%

of LGBTQ+ adults report not having enough money to pay for health services, compared to 17% of the U.S. population

PHYSICAL HEALTH & SAFETY



Over 50%

of people living with HIV are gay and bisexual men



18%

of LGB youth report experiencing dating violence

WHAT CAUSES LGBTQ+ HEALTH DISPARITIES?

- Minority stress theory: additional stress a marginalized person experiences due to society's discrimination and stigma against them on the basis of their identity
- Lack of access to adequate health services due to bias and discrimination on the system, policy, and provider level
- Biased and inadequate public knowledge, attitude, and systems
- Health promotion messages tailored to the LGBTQ+ community fail to realize that sexual orientation identification is not the same as sexual behavior

WHAT CAN BE DONE TO IMPROVE LGBTQ+ HEALTH?

- Prioritize improving culturally competent healthcare
- Increase access to quality mental health services
- Support and celebrate the resilience of the LGBTQ+ community
- Consider all intersections of marginalized identities (race, ethnicity, disability, SES, etc.)
- Include sexual orientation and gender identity measures in national health surveys
- Advocate for policies that expand health insurance coverage to consistently align with sexual behavior

REFERENCES

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