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Rural Health: Beyond the Binary Workshop

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Beyond the Binary Workshop

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Pioneer Library System

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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 (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.
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

National Library of Medicine
Network of the National Library of Medicine
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.
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
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 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 ages 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
National LGBT Health Education Center (Fenway Institute)
Thank you for your work!