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

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

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Connecticut Library Association Annual Meeting
Thursday, May 28, 2020
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!

Locations of Regional Medical Libraries
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.

Images from Broadly. Gender Spectrum Collection.
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

- 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.
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

[GLAAD Media Reference Guide](http://www.glaad.org/reference/)

[NIH](https://www.nih.gov)

[GLAAD Media Reference Guide](https://www.glaad.org/reference/)

[NIH](https://www.nih.gov)
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
CDC Resources: Data and Statistics, News and Related Links

Data and Statistics

![Chart showing data and statistics related to HIV infections among different populations.]

News

- April 2019 - Strengthening Gay 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.


Related Links

- HIV/AIDS
- Sexually Transmitted Diseases (STDs)
- HIV, STD, and Hepatitis Testing Resources
- Viral Hepatitis
- STD
- 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
- Anchorage

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.
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!