



LGBTQ Health Access and Experiences in Minnesota

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Methods and Demographics Review

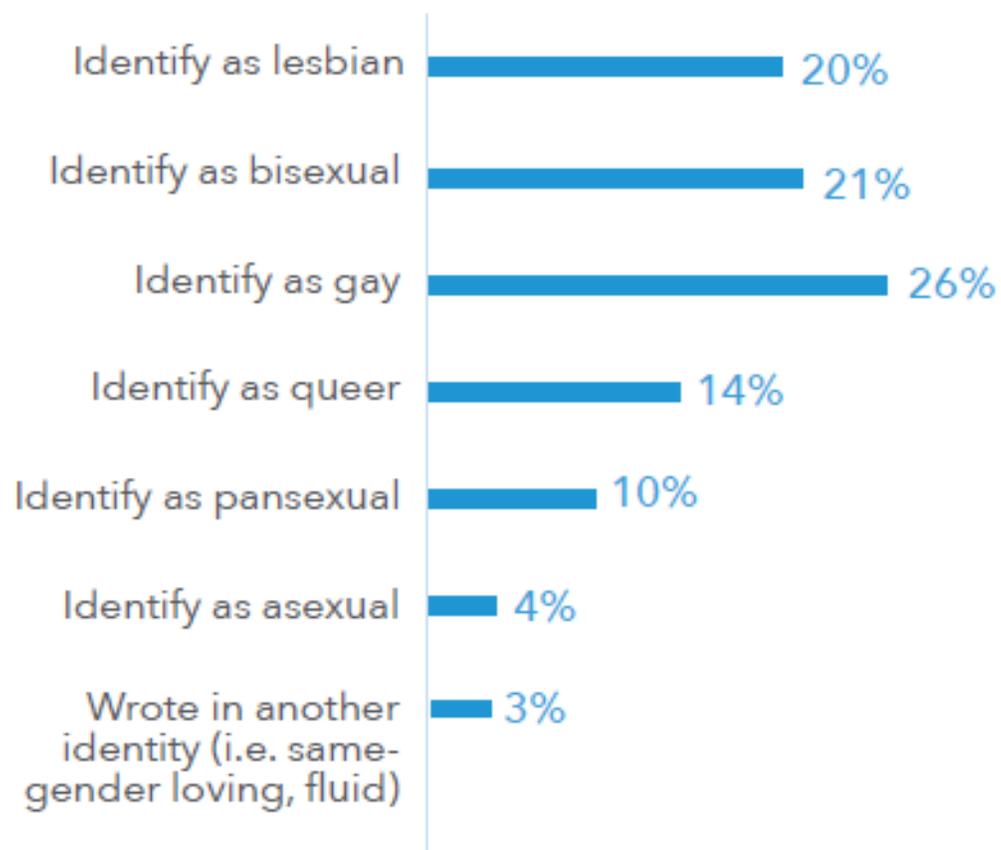
Convenience sample at Pride events, online, other community events

2,517 LGBTQ Minnesotans completed the survey

1,313 paper surveys collected at Pride events around the state

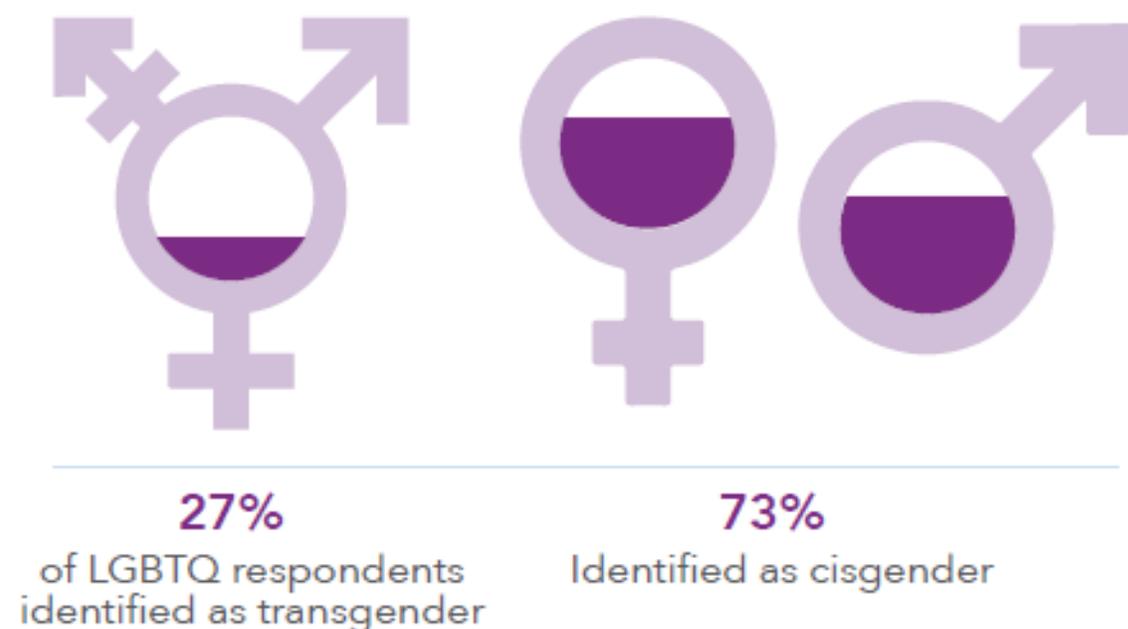
1,204 online surveys collected through Survey Monkey

SEXUAL ORIENTATION



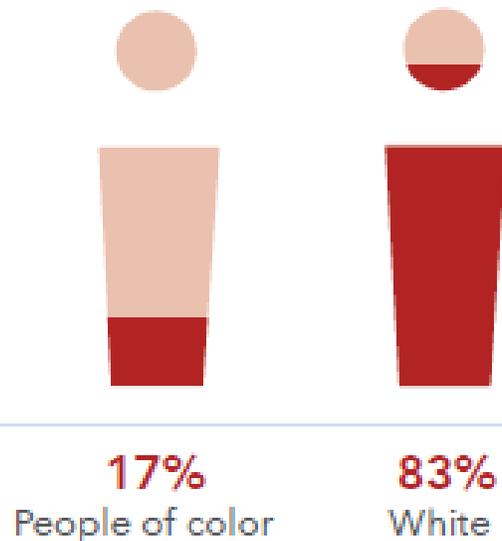
While **1.1%** of all LGBTQ respondents identified as straight, these respondents were all transgender.

GENDER



Overall, respondents are predominantly cisgender women (**46%**). **4%** of respondents are trans women. Cisgender men make up **30%** of respondents, and trans men make up **6%** of respondents. **14%** of respondents are nonbinary, genderqueer, gender non-conforming, or genderfluid.

RACE AND ETHNICITY



Overall, **2.6%** of respondents are black, **2.9%** are LatinX or Hispanic, **1%** are Native Americans, **2.7%** are Asian or Pacific Islander, **.6%** are Arab or Middle Eastern, and **7.7%** either identified as mixed race or checked two or more races.

LOCATION



47% of respondents live in the Twin Cities

Metropolitan Area, **15%** live in cities outside of the Twin Cities Metro (Duluth, Moorhead, Mankato, St. Cloud, and Rochester) while the remaining **39%** of respondents live in smaller towns.

Food Security

In the past 12 months in your household:

Did you or other members of your household ever cut the size of your meals or skip meals because there wasn't enough money for food? **24%**

Did you ever eat less than you felt you should because there wasn't enough money for food? **30%**

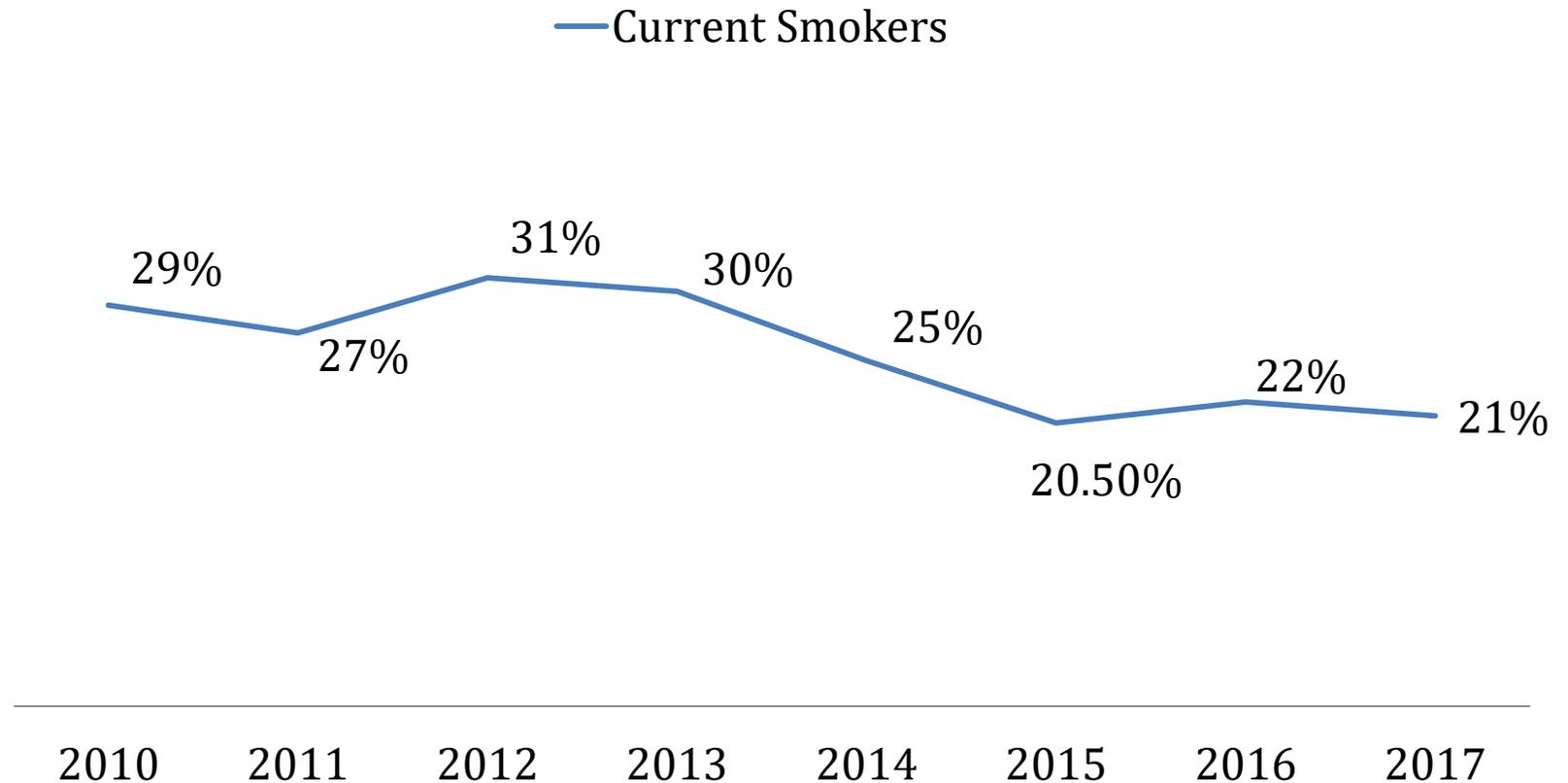
Were you ever hungry but didn't eat because there wasn't enough money for food? **26%**

- LGBTQ people of color more likely to skip meals, eat less, or go hungry because there wasn't enough money for food
- Trans respondents more likely to skip meals, eat less, or go hungry
- No significant differences between rural and urban respondents

Tobacco Use

- 37% of LGBTQ respondents are “ever smokers” (have smoked 100 cigarettes or more)
- 21% of LGBTQ respondents reported being a current smoker
- 14% of the general population of Minnesota smokes

LGBTQ Current Smokers 2010-2017



VOICES OF HEALTH

40% of LGBTQ people of color had been homeless at least once in their lifetime vs. **27%** of white LGBTQ respondents

41% of transgender respondents had been homeless at least once in their lifetime vs. **24%** of cisgender respondents

HOMELESSNESS



2% of respondents (46 people) were currently homeless at the time they took the survey. While **71%** of respondents reported that they had never been homeless, **29%** of respondents reported they had been homeless at least once in their lifetime.

MENTAL HEALTH



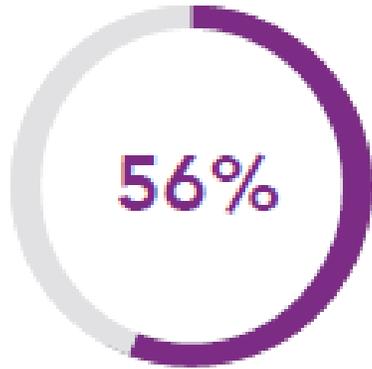
3 in 4 LGBTQ respondents were experiencing moderate to severe mental distress at the time of the survey. **45%** were experiencing moderate mental distress and **29%** of LGBTQ respondents were experiencing severe mental distress at the time of the survey. **26%** of LGBTQ respondents were experiencing no mental distress at the time of the survey.

Trans respondents experience higher rates of severe mental distress (47%) compared to cisgender respondents (24%)

People of color experienced higher rates of severe mental distress (35%) than white respondents (27%)

Current smokers (40%) reported significantly higher rates of severe mental distress than former smokers (21%) or never smokers (27%)

UNWANTED SEX



A staggering **56%** of LGBTQ respondents reported experiencing unwanted sexual activity in their lifetime.

Gender Identity

- 70% Non-binary, genderfluid, or genderqueer
- 68% Transgender men
- 61% Cisgender women
- 42% Transgender women
- 39% Cisgender men

Sexual Orientation

- 72% pansexual
- 68% queer
- 59% bisexual
- 55% lesbian
- 47% asexual
- 41% gay

- No significant difference between people of color and white respondents

Sexual Orientation

56% pansexual

53% bisexual

47% queer

47% lesbian

36% gay

35% asexual

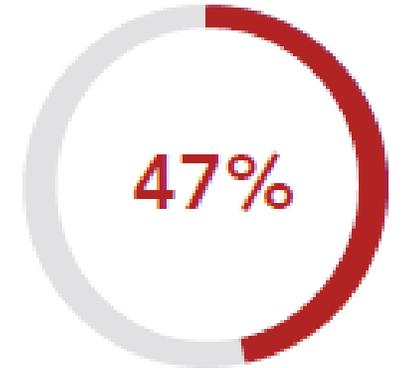
Race

54% of people of color

45% of white people

PHYSICAL ASSAULT

47% of LGBTQ respondents have experienced physical assault in their lifetime.



Gender Identity

55% of transgender respondents

43% of cisgender respondents

No significant difference between trans identities

48% cisgender women

37% cisgender men



Accessing Health Care

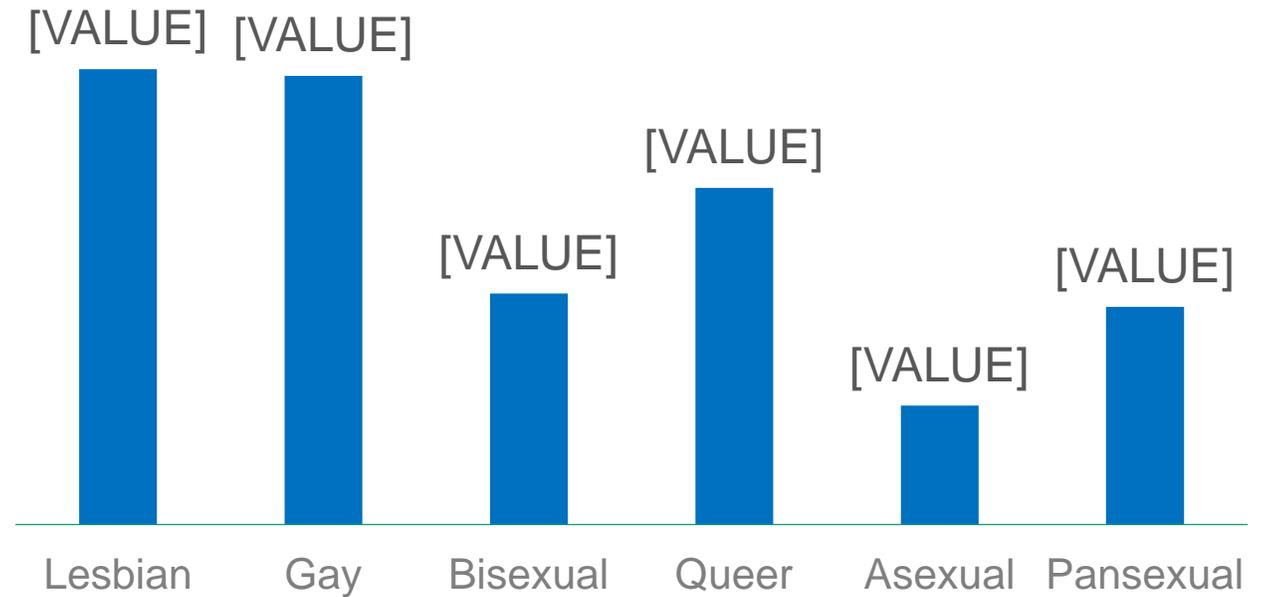
- 7% of LGBTQ respondents report having no health insurance, compared to 4% of the general population
- 48% of LGBTQ respondents reported cost was a barrier to accessing health care, even if they had insurance

VOICES OF HEALTH



52% of LGBTQ respondents are "out" to their doctor or primary care provider and an additional **12%** are somewhat out. **21%** said they were not out to their doctor and **6%** were unsure if they were out. **9%** reported having no primary care provider.

Out to doctor



People in rural areas (53%) and small towns (51%) are less likely to be out or somewhat out to their doctor than people in urban areas (66%) and large towns (61%)

LGBTQ people of color are out or somewhat out (54%) to their doctor at lower rates than white LGBTQ people (66%)



In the past year.....

28% of LGBTQ respondents delayed getting care because they couldn't afford it

11% postponed or didn't get care because of previous discrimination or disrespect from providers

2% had a provider refuse to treat them because they were LGBTQ.

An additional **5%** reported having a provider refuse to treat them in their lifetime.



In their lifetime.....

27% of LGBTQ respondents have had to teach their provider about LGBTQ people in order to get appropriate care

18% of LGBTQ respondents have been asked unnecessary or invasive questions about their sexual orientation or gender identity unrelated to their visit

5% have had a provider that was physically rough or abusive when treating them

11% have experienced harsh or abusive language from providers

9% have experienced verbal harassment in a health care setting

2% have been physically attacked in a health care setting

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VOICES OF HEALTH

2016 Survey Results

— SNAPSHOT —

Rainbow Health Initiative has conducted the annual Voices of Health survey of LGBTQ health in Minnesota since 2010. 2,219 LGBTQ Minnestoans completed the survey in 2016, more than have been collected by any previous VoH survey. This year, 1,383 LGBTQ respondents completed their surveys online through Survey Monkey, while 836 filled out paper surveys at Pride events throughout the state.