

Voices of Health 2018

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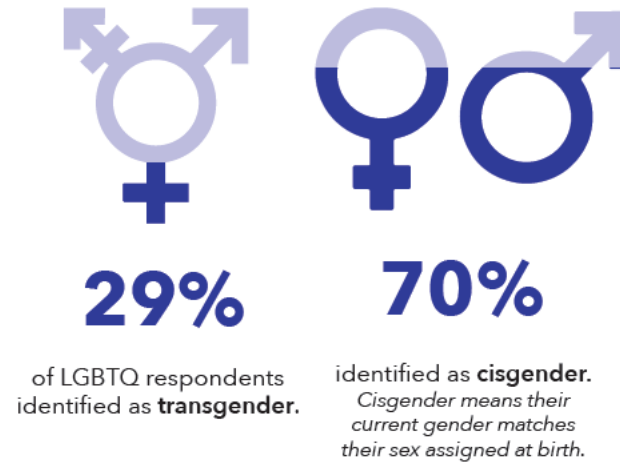
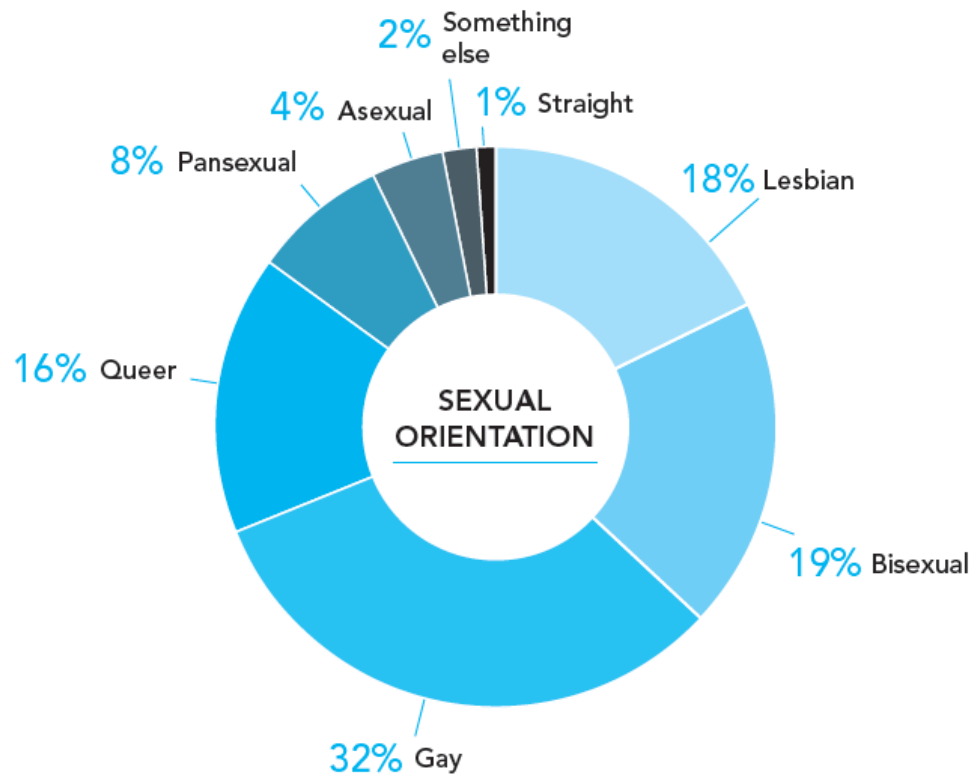


Voices of Health 2018

- LGBTQ health and wellness survey in Minnesota
- Conducted since annually since 2010

- 2018 conducted entirely online
 - 1,526 surveys started in Survey Monkey in total

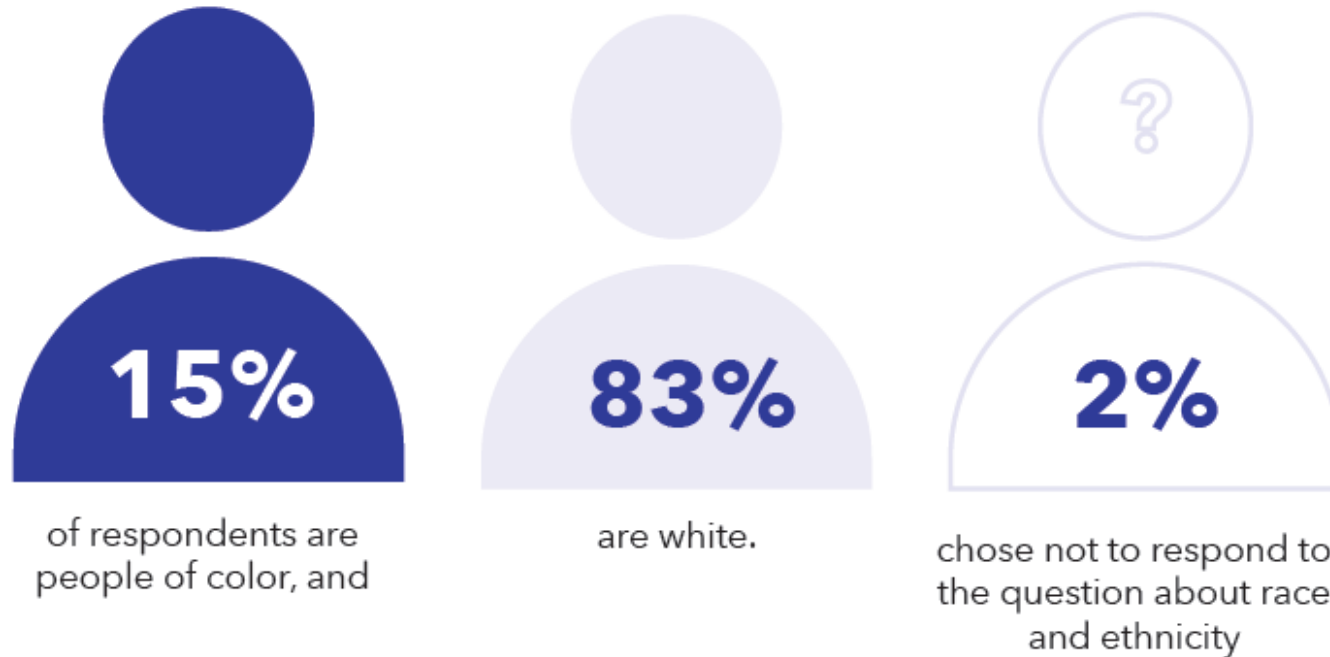
 - **1,222 LGBTQ completed surveys**



Overall,
38% of respondents are cisgender women and **4%** are trans women.
33% of respondents are cisgender men, and **8%** are trans men.
17% of respondents are non-binary, genderqueer, gender non-conforming, or genderfluid.
1% of respondents chose not to respond to the question about gender.

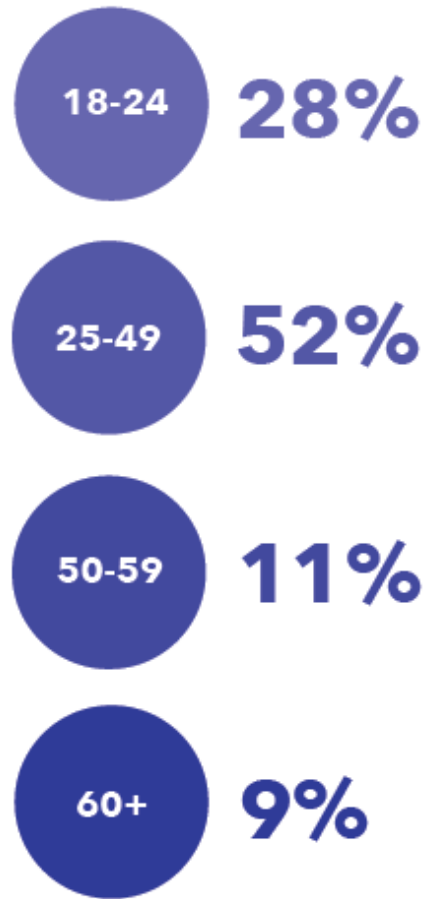


Race and Ethnicity

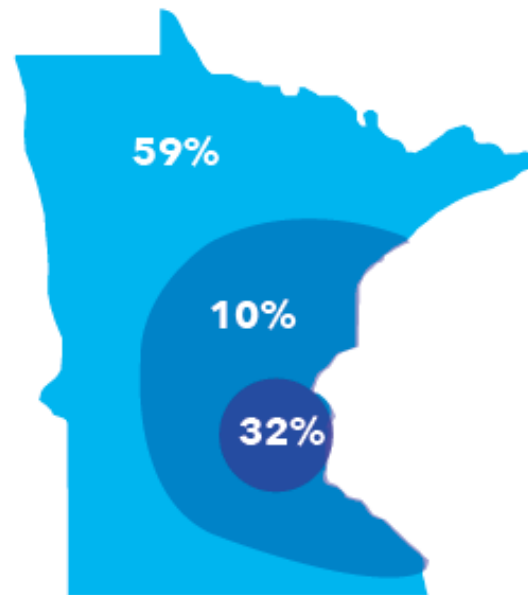


Overall, **3%** of respondents are black, **2.5%** are Latinx or Hispanic, **1%** are Native American, **2.4%** are Asian or Pacific Islander, **.3%** are Arab or Middle Eastern, and **6.1%** identified as mixed race or checked two or more racial categories

AGE



LOCATION

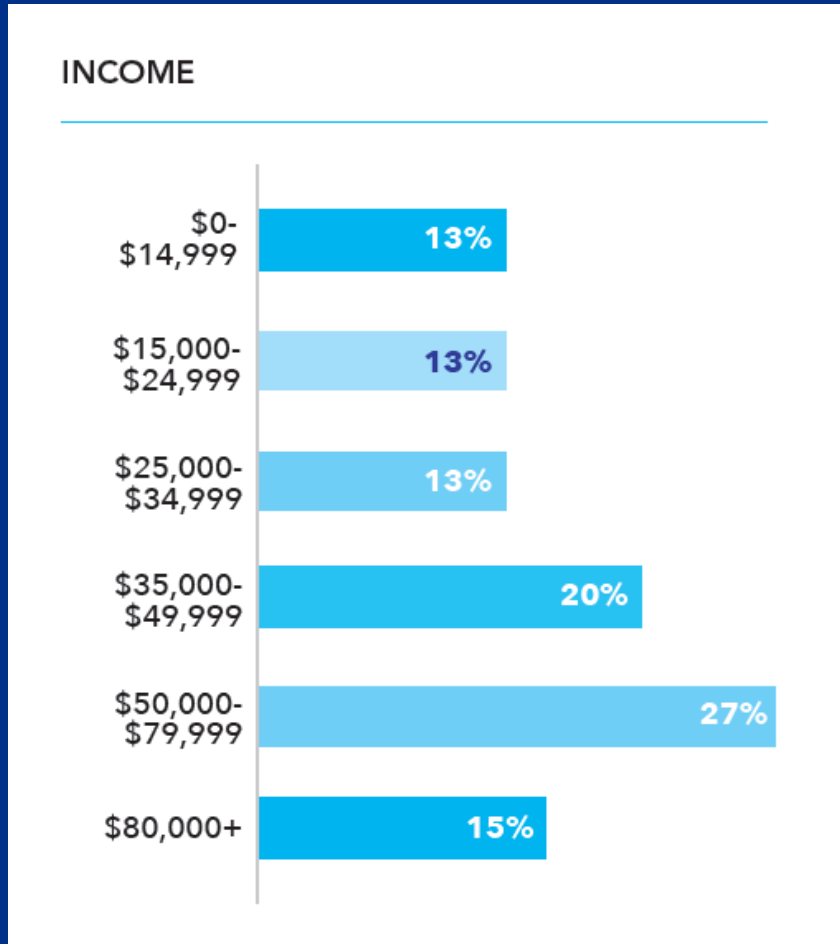


Of LGBTQ respondents who chose to provide their zip code, **32%** live in the Twin Cities Metropolitan Area. **10%** live in cities outside of the Twin Cities Metro Area (Duluth, Moorhead, Mankato, Rochester, and St. Cloud), while **59%** live in small towns.

Employment

Employment Status	All LGBTQ Respondents	LGBTQ 25 - 59
Not employed	20%	15%
Employed full time	52%	67%
Employed part time	20%	11%
No response	8%	7%

Income and Education



LGBTQ respondents 25 and up:

7% high school diploma or less

16% some college

30% undergraduate college degree

9% some postgraduate level work

25% postgraduate degree

6% trade/technical associate's

degree

8% chose to not report

FOOD SECURITY



Overall, **35%** of LGBTQ respondents experienced some form of food insecurity in the past 12 months. LGBTQ people of color experienced food insecurity (**46%**) at higher rates than white LGBTQ people (**33%**).

In the past 12 months in your household:	LGBTQ respondents
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?	30%
Did you ever eat less than you felt you should because there wasn't enough money for food?	33%
Were you ever hungry but didn't eat because there wasn't enough money for food?	28%

HIV Testing and PrEP

70% of all LGBTQ respondents have ever been tested for HIV.

8% of all LGBTQ respondents have had a doctor tell them they are HIV positive.

Of respondents who have been told they are HIV positive,

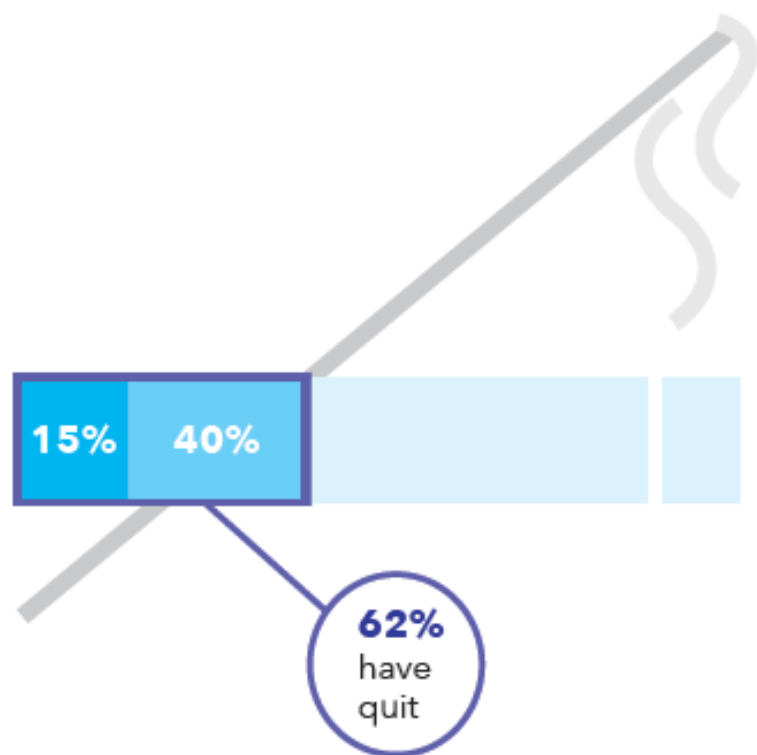
94% have received treatment for HIV.

66% of LGBTQ respondents have ever heard of PrEP


5.5% of LGBTQ respondents are on PrEP

80% of the respondents on PrEP are cisgender men

TOBACCO USE



40% of LGBTQ respondents are “ever smokers” (have smoked 100 cigarettes or more in their lifetime), and **15%** of all LGBTQ respondents are current smokers. Of the **40%** of LGBTQ people who have ever smoked, **62%** have quit smoking.



34% of LGBTQ respondents reported having ever used an e-cigarette/vaping, and **13%** had used an e-cigarette/vaped in the past 30 days.

HOMELESSNESS



2%

of respondents were homeless at the time they took the survey.

29%

of LGBTQ respondents had experienced homelessness at least once in their life.

26% of white LGBTQ respondents have ever experienced homelessness

42% of LGBTQ people of color have ever experienced homelessness

24% of cisgender men and women

43% of transgender men

50% of transgender women

60% of transgender people who are currently homeless

Unwanted Physical Sexual Activity

60% of LGBTQ respondents have experienced unwanted physical sexual activity in their lifetime

59% of white LGBTQ respondents

67% of people of color

50% of cisgender men

65% of cisgender women

58% transgender men

64% transgender women

71% non-binary/genderqueer/gender non-conforming people

61% of LGBTQ people of color
47% of white LGBTQ people

43% of cisgender men

49% of cisgender women

58% of transgender men

64% of transgender women

54% of non-binary/genderqueer
people

PHYSICAL ASSAULT

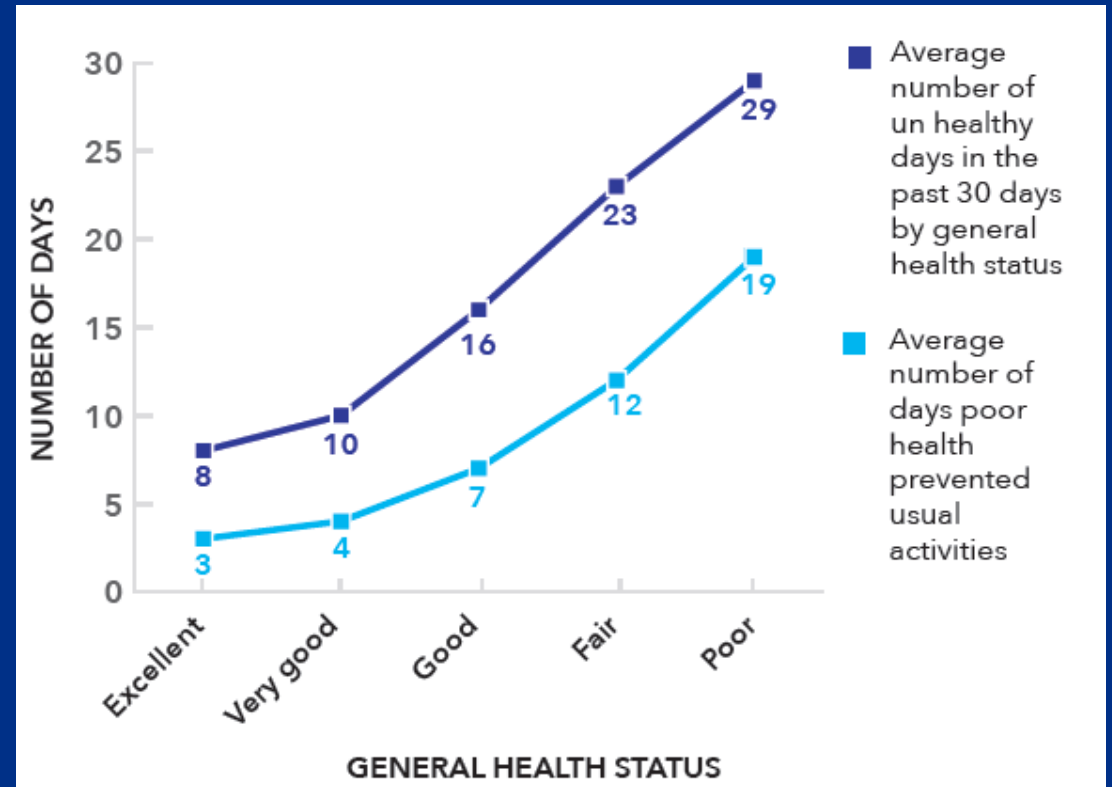
49%

of LGBTQ respondents
have experienced
physical assault in
their lifetime.



Health-related quality of life

General health rating	LGBTQ People	General Population of MN*
Excellent	6%	19%
Very Good	35%	36%
Good	37%	32%
Fair	18%	10%
Poor	3%	3%



* Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2017].

MENTAL HEALTH



3 in 4 LGBTQ respondents were experiencing moderate to severe mental distress at the time of the survey.

46% were experiencing moderate mental distress and

29% were experiencing severe mental distress at the time of the survey.

25% were experiencing no mental distress or mild mental distress at the time of the survey. Mental distress is measured by the Kessler 6 scale.

Experiencing Severe Mental Distress:

37% of LGBTQ people of color
27% of white LGBTQ people

18% of cisgender men
28% of cisgender women
46% of transgender men
34% of transgender women
42% of non-binary/genderqueer people

Health Care Access

Average distance to primary care provider: **8 miles**

Range of <1 mile to 98 miles

Median 5 miles

Average time to doctor's office: **19 minutes**

Range of 3 minutes to 3 hours

Median 15 minutes

74% of LGBTQ respondents reported having a primary care provider or one place they go for routine care. Of LGBTQ respondents with a primary care provider,

67% say they are out to their care provider as LGBTQ.

18% say they are not out to their doctor.

9% say they are somewhat out and

46% are unsure if they are out to their provider.

Health Care Access

In the past 12 months:

9% of respondents didn't have health insurance

54% said cost was a barrier to accessing health care, whether or not they had insurance

17% of respondents delayed or didn't get care because they couldn't afford it

9% postponed or didn't get care because they feared they would be disrespected or mistreated as an LGBTQ person.

Health Care Access

In the past 12 months, **10%** of LGBTQ people had to teach their providers about LGBTQ people in order to get appropriate care. **23%** previously in their lifetime

1.5% of LGBTQ people had a provider refuse to treat them in the past 12 months because they were LGBTQ. **8%** previously in their lifetime

In the past 12 months, **5%** have had a provider ask them unnecessary or invasive questions about their sexual orientation or gender identity unrelated to the purpose of their visit. **21%** have been asked such questions previously in their lifetime.

Health Care Access

In the past 12 months, **3%** had a provider use harsh or abusive language when treating them. **11%** in their lifetime.

In the past 12 months, **1%** have had a provider be physically rough or abusive when treating them. An additional **5%** in their lifetime.

11% of LGBTQ respondents have ever been verbally harassed in a health care setting.

2% have been physically attacked in a health care setting in their lifetime.

Questions?

Thank You!

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