Bisexuality: From Erasure and Stigma to Visibility and Resistance

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This workshop will first highlight some of the main challenges faced by bi+ identified individuals in the US and how those impact the health and wellbeing of bi+ individuals and communities. Challenges with categorizing bisexuality in research will be addressed, and an intersectional framework will be adopted by the presenter to discuss the relevance of bisexuality when addressing the health of LGBTQ populations. Participants will learn both about the health disparities experienced by bi+ people in the US, and the stories behind the statistics. Guidelines, resources and best practices for working with bi+ individuals and communities in healthcare settings will finally be discussed.
Overview

• Intersectionality & Sex, Gender, and Sexual Orientation

• Operationalizing LGBTI Health Research

• Minority Stress & Bisexual Health Disparities

• Bisexual Health Stories

• Best Practices for Improving Bisexual Health(care)
Intersectionality & Sex, Gender, and Sexual Orientation
The Gender Unicorn

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Physically Attracted to
- Women
- Men
- Other Gender(s)

Emotionally Attracted to
- Women
- Men
- Other Gender(s)

To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan and Anna Moore
Sexual Orientation, Sex and Gender are Not the Same

- All people have a sex, gender, and sexual orientation
  - How people identify can change
  - Terminology varies
  - All are multidimensional
- Sex ≠ Gender ≠ Sexual Orientation
Dimensions of Sex

- Genitals
- Chromosomes
- Secondary sexual characteristics
- Hormones
- Identity
Gender Identity and Gender Expression

- Gender identity
  - A person's internal sense of their gender (do I consider myself a man, woman, both, neither?)
  - All people have a gender identity

- Gender expression
  - How one presents themselves through their behavior, mannerisms, speech patterns, dress, and hairstyles
  - May be on a spectrum

Gender identity vs. Gender expression
Dimensions of Sexual Orientation: Focus on Self

• Sexual Identity
  – What label(s) do you use to identify your sexual orientation?
    • Straight, Gay, Lesbian, Bisexual, Pansexual, Fluid, Queer, Asexual, “other”

• Physical Attraction
  – To what sexes/gender(s) do you experience physical attraction, if any?
  – How often/to what degree do you experience physical attraction?

• Romantic Attraction
  – To what sexes/gender(s) do you experience romantic attraction, if any?
  – How often/to what degree do you experience romantic attraction?

• Sexual Desire
  – To what genders/sexes do you experience sexual desire, if any
  – (To what extent/how frequently) do you experience sexual desire?
Dimensions of Sexual Orientation: Self vs. Others

• Sexual Behavior
  – Have you ever had sex?
    • Bonus question: What is sex?
  – With what sexes/gender(s) do you have sex?
  – How frequently do you have sex?
  – How do you have sex?
    • BDSM/kink can be included here

• Relationship History & Relationship Orientation
  – Have you ever had a romantic and/or sexual relationship?
  – With what sexes/genders have you had relationships?
  – What has been the structure of your relationships?
    • Monogamy; Non-monogamy; Polyamory
    • BDSM/Kinky relationship structures
Dimensions of Sexual Orientation: Time

People assume that time is a strict progression of cause to effect, from a non-linear, non-subjective viewpoint. It's more like a big ball of wibbly-wobbly, timey-wimey stuff.
Operationalizing LGBTI and Bisexual Health Research
Percent and Number of Americans Who Identify as LGBT

Women:
- Lesbian/Gay: 2,648,033 (2.2%)
- Bisexual: 1,359,801 (1.1%)
- Total: 4,007,834 (3.4%)

Men:
- Lesbian/Gay: 2,491,034 (2.2%)
- Bisexual: 1,539,912 (1.4%)
- Total: 4,030,946 (3.6%)

Transgender:
- Total: 697,529 (0.3%)
Percent and Number of Americans Who Identify as LGBT

Over 9 million US Adults Identify as LGBT!

### Nationally-Representative Datasets with LGBT Measures

<table>
<thead>
<tr>
<th>Study Name</th>
<th>Official Acronym</th>
<th>Study Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Community Survey</td>
<td>ACS</td>
<td>census.gov/acs</td>
</tr>
<tr>
<td>National Longitudinal Study of Adolescent to Adult Health</td>
<td>Add Health</td>
<td>cpc.unc.edu/projects/addhealth</td>
</tr>
<tr>
<td>Behavioral Risk Factor Surveillance System</td>
<td>BRFSS</td>
<td>cdc.gov/brfss</td>
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<tr>
<td>United States Census</td>
<td>US CENSUS (YEAR)</td>
<td>census.gov</td>
</tr>
<tr>
<td>Current Population Survey</td>
<td>CPS</td>
<td>census.gov/cps/</td>
</tr>
<tr>
<td>General Social Survey</td>
<td>GSS</td>
<td>norc.uchicago.edu/GSS+Website/</td>
</tr>
<tr>
<td>National Epidemiologic Survey of Alcohol and Related Conditions</td>
<td>NESARC</td>
<td>pubs.niaaa.nih.gov/publications/AA70/AA70.htm</td>
</tr>
<tr>
<td>National Health &amp; Nutrition Examination Survey</td>
<td>NHANES</td>
<td>cdc.gov/nchs/nhanes.htm</td>
</tr>
<tr>
<td>National Health Interview Survey</td>
<td>NHIS</td>
<td>cdc.gov/nchs/nhis.htm</td>
</tr>
<tr>
<td>National Survey on Drug Use and Health</td>
<td>NSDUH</td>
<td>oas.samhsa.gov/nsduh.htm</td>
</tr>
<tr>
<td>National Survey of Family Growth</td>
<td>NSFG</td>
<td>cdc.gov/nchs/nsfg.htm</td>
</tr>
<tr>
<td>National Social Life, Health &amp; Aging Project</td>
<td>NSHAP</td>
<td>norc.org/Research/Projects/Pages/national-social-life-health-and-aging-project.aspx</td>
</tr>
<tr>
<td>Youth Risk Behavior Surveillance System</td>
<td>YRBSS</td>
<td>cdc.gov/HealthyYouth/yrbs/</td>
</tr>
</tbody>
</table>

**Sources:** NORC, University of Chicago, Office of Minority Health, SAMSHA Center for Behavioral Health Statistics and Quality
### Sexual Identity Questions

<table>
<thead>
<tr>
<th>Source</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add Health</td>
<td>Wave IV/Section 15/ Suicide, Sexual Experiences, and Sexually Transmitted Diseases/ H4SE. Please choose the description that best fits how you think about yourself.</td>
</tr>
<tr>
<td>BRFSS</td>
<td>Module 16/ Sexual Orientation and Gender Identity. (Varies): Do you consider yourself to be: heterosexual or straight, homosexual or (if respondent is male read “gay”; else if female, read ”lesbian”), bisexual or other?</td>
</tr>
<tr>
<td>GSS</td>
<td>SEXORNT. Which of the following best describes you?</td>
</tr>
<tr>
<td>NESARC</td>
<td>Section 14/ Medical conditions and practices. Which of the categories on the card best describes you? 1) Heterosexual (straight), 2) Gay or lesbian, 3) Bisexual, 4) Not sure.</td>
</tr>
<tr>
<td>NHANES</td>
<td>Sexual Behavior/SXQ: Do you think of yourself as… [Verbal Instructions to Respondent: Heterosexual or straight (that is, sexually attracted only to men); homosexual or gay (that is, sexually attracted only to women); bisexual (that is, sexually attracted to men and women); something else; or you’re not sure?] Heterosexual or straight (attracted to men), homosexual or lesbian (attracted to women), bisexual (attracted to men and women), something else, or not sure?</td>
</tr>
<tr>
<td>NHIS</td>
<td>ASI/Sample Adult: Which of the following best represents how you think of yourself? (Gay; Straight, that is, not gay; Bisexual; Something else; I don’t know the answer; Refused)</td>
</tr>
<tr>
<td>NSFG</td>
<td>Section J-JH/ K-KK. Do you think of yourself as: (Heterosexual or straight, Homosexual or gay, Bisexual?)</td>
</tr>
<tr>
<td>YRBSS</td>
<td>(Varies): Which of the following best describes you?: heterosexual (straight); gay or lesbian; bisexual; not sure</td>
</tr>
</tbody>
</table>

**Sources:** NORC, University of Chicago, Office of Minority Health, SAMSHA Center for Behavioral Health Statistics and Quality
Recommended Sexual Identity Question: NHIS

Do you think of yourself as:

- Gay or lesbian
- Straight, that is, not gay or lesbian
- Bisexual
- Something Else
- Don’t Know

Sexual Attraction Questions

**Add Health**
Wave IV/ Section 15/ Suicide, Sexual Experiences, and Sexually Transmitted Diseases/ H4SE. Are you romantically attracted to females/males?

**GSS**
ATTRACTD. At about what age were you first sexually attracted to someone of the same sex?

**NESARC**
Section 14/ Medical conditions and practices. People are different in their sexual attraction to other people. Which category on the card best describes your feelings? 1) only attracted to females, 2) mostly attracted to females, 3) equally attracted to females and males, 4) mostly attracted to males, 5) only attracted to males

**NSFG**
Section J-JH/ K-KK. People are different in their sexual attraction to other people. Which best describes your feelings? Are you...(Only attracted to males, Mostly attracted to males, Equally attracted to males and females, Mostly attracted to females, Only attracted to females, Not sure)

**Sources:** NORC, University of Chicago, Office of Minority Health, SAMSHA Center for Behavioral Health Statistics and Quality
Recommended Sexual Attraction Question: NSFG Adaptation

People are different in their sexual attraction to other people. Which best describes your feelings? Are you...

- Only attracted to males
- Mostly attracted to males
- Equally attracted to females and males
- Mostly attracted to females
- Only attracted to females
- Not sexually attracted to either males or females
- Not sure
## Sexual Behavior Questions

<table>
<thead>
<tr>
<th>Domain</th>
<th>Study</th>
<th>Question Verbatim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual Behavior</td>
<td>Add</td>
<td>Wave IV/Section 15/Suicide, Sexual Experiences, and Sexually Transmitted Diseases/H4SE. Considering all types of sexual activity, with how many male/female partners have you ever had sex?</td>
</tr>
<tr>
<td>Health</td>
<td>Health</td>
<td>(Varies): The last time you had sex, was your partner male or female?</td>
</tr>
<tr>
<td></td>
<td>BRFSS</td>
<td>(Varies): During the past 12 months, have you had sex with only males, only females, or with both males and females?</td>
</tr>
<tr>
<td></td>
<td>GSS</td>
<td>SEXSEX/SEXSEX5/SEXSEX18. Have your sex partners in the last 12 months/last 5 years/since the age of 18 been...</td>
</tr>
<tr>
<td></td>
<td>(Varies)</td>
<td>[Exclusively male, Both male and female, Exclusively female, Don't know, Refused]</td>
</tr>
<tr>
<td></td>
<td>GSS</td>
<td>NUMMEN/NUMWOMEN. Now thinking about the time since your 18th birthday (including the past 12 months) how many male/female partners have you had sex</td>
</tr>
<tr>
<td></td>
<td>NESARC</td>
<td>Section 14/Medical conditions and practices. In your entire life, have you had sex with only males, only females, both males and females, or have you never had sex? 1) Only males, 2) Only females, 3) Both males and females, 4) Never had sex.</td>
</tr>
<tr>
<td></td>
<td>NHANES</td>
<td>Sexual Behavior/SXQ: In the past 12 months, with how many women/men have you had any kind of sex?</td>
</tr>
<tr>
<td></td>
<td>NHANES</td>
<td>Sexual Behavior/SXQ: In your lifetime, with how many women/men have you had any kind of sex?</td>
</tr>
<tr>
<td></td>
<td>NSDUH</td>
<td>XYRWTHMF. Had sex with males, females, or both in PST 12 MOS</td>
</tr>
<tr>
<td></td>
<td>NSFG</td>
<td>Section J-JG/Section K-KJ. Thinking about the last 12 months, how many female/male sex partners have you had in the 12 months since (CMLSTYR_FILL: MO/YR fill for 12 MOS before interview)? Please count every partner, even those you had sex with only once in those 12 months.</td>
</tr>
<tr>
<td></td>
<td>NSFG</td>
<td>Section J-JG/K-KJ. Thinking about your entire life, how many female/male sex partners have you had?</td>
</tr>
<tr>
<td></td>
<td>NSFG</td>
<td>Section J-JG. The next question asks about sexual experience you may have had with another female. Have you ever had any sexual experience of any kind with another female? (Yes, No) / Section K-KJ. The next questions ask about sexual experiences you may have had with another male. Have you ever done any of the following with another male? (Receptive/Insertive Oral &amp; Anal Sex)</td>
</tr>
<tr>
<td></td>
<td>NSHA</td>
<td>SAQ. In your entire life so far, about how many men/women have you had sex with, even if only one time?</td>
</tr>
<tr>
<td></td>
<td>YRBSS</td>
<td>(Varies): During your life, with whom have you had sexual contact?: I have never had sexual contact; females; males; females &amp; males</td>
</tr>
</tbody>
</table>

**Sources:** NORC, University of Chicago, Office of Minority Health, SAMSHA Center for Behavioral Health Statistics and Quality
Recommended Sexual Behavior Questions:

[In the past 12 months], have you had sex?

• Yes
• No
• Don’t know
• Refused

[Skip Pattern: If participant reports sex in the past 12 months] During the past 12 months, have you had sex with only males, only females, or with both males and females?

• Only males
• Only females
• Both males and females
• Don’t know/Not sure
• Refused
Sex (gender?) of Relationship Partner

Add Health
Wave IV/ Section 8/ Household Roster and Residence History/H4HR. Is {INITIALS} male or female?
**Follow-Up Question(s):** H4HR. What is {INITIAL’S} relationship to you?

ACS
ACS Form: What is Person 1’s sex? Mark (X) ONE box.
**Follow-Up Question(s):** How is this person related to Person 1? Mark (X) ONE box; What is Person 2’s sex? Mark (X) ONE box

CPS
Demographic Items/ S_RRP. How (are / is) (name/you) related to (reference person’s name/you)?
**Follow-Up Question(s):** SEX. What is (name of person talking about)’s sex? Male/ Female

GSS
SEXUNION. What is the sex of your (spouse/civil union partner/domestic partner)?

NHIS
AIDSEX/ADULT. [Are/Is] [you person] male or female?
**Follow-Up Question(s):** PROX2. What is [person’s/your] relationship to [person/you]?

NSHAP
Wave 2/ Social Context/ Roster. Do you currently have a romantic, intimate, or sexual partner?
**Follow-Up Question(s):** Is (NAME) male or female?

US CENSUS
Form: How is this person related to Person 1?
**Follow-Up Question(s):** What is this person’s sex?
Sex and Gender Identity

BRFSS  Module 16/ Sexual Orientation and Gender Identity. (Varies): Do you consider yourself to be transgender?

1. What sex were you assigned at birth?
   • Male
   • Female

2. What is your current gender identity? (Check all that apply)
   • Man
   • Woman
   • Trans man
   • Trans woman
   • Genderqueer/Gender non-conforming
   • Different Identity (please state)

Measuring Intersex Identities

1. Have you ever been diagnosed by a medical doctor with an intersex condition or a ‘Difference of Sex Development’ or were you born with (or developed naturally in puberty) genitals, reproductive organs, and/or chromosomal patterns that do not fit standard definitions of male or female?
   - Yes
   - No
   - Don’t Know
   - Refuse to Answer

[If, “Yes,” ask the next question]

2. Some people are assigned male or female at birth but are born with sexual anatomy, reproductive organs, and/or chromosome patterns that do not fit the typical definition of male or female. This physical condition is known as intersex. Are you intersex?
   - Yes, an intersex man
   - Yes, an intersex woman
   - Yes, an intersex person, gender nonconforming
   - No
   - Don’t Know
   - Refuse to Answer
Bi the Numbers: Depending on what you ask, you will recruit different populations

• 3.5% of adults – 9 million Americans – identify as Lesbian, Gay, or Bisexual

• 8.2% of adults – 19 million Americans – report same-sex sexual behavior in their lifetimes

• 11% of adults – 25.6 million Americans – report same-sex attraction
Don’t Over-interpret Study Results

- All people have a sex, gender, and sexual orientation
  - How people identify can change
  - Terminology varies
  - All are multidimensional
- Sex ≠ Gender ≠ Sexual Orientation
Minority Stress & Bisexual Health Disparities
Conceptualizing Stigma

“Stigma is defined as a characteristic of a person that differs negatively from culturally defined norms, and stigmatization occurs when there is a perception of stigma that results in a punitive response.”

Stigma Categories

• Enacted stigma/discrimination

• Self/internalized stigma

• Perceived/anticipated stigma

• Concealment
Stigma Categories

- Enacted stigma/discrimination
- Self/internalized stigma
- Perceived/anticipated stigma
- Concealment

- “Objective” “Distal”
- “Subjective” “Proximal”
- Stigma type classifier? “Proximal”
“Discredited”
“Discredited”
What is Stigma?

“Discreditable”

DISCLOSURE

- Self-Stigma
- Perceived Stigma
- Enacted Stigma
“Discreditable”

doi: 10.1037/0033-2909.129.5.674
Stigma, Discrimination and Health

Stigma

| Interpersonal | Structural |

Intrapersonal Stigma

Stress/Anxiety/Depression

Health Disparities/Inequities

Hatzenbuehler, ML, Link, BG. 2014
Conceptual model illustrating proposed mechanisms underlying LGB physical health disparities.

Sociocultural Stressors
- Discrete acts of prejudice
- Discriminatory social policies
- Limited access to healthcare and quality of healthcare

Appraisal and Cognitive Style
- Perceptual vigilance
- Rejection sensitivity

Psychological Stress Responses
- Distress
- Negative affect
- Psychopathology (e.g., depression, anxiety)

Health Behaviors
- Substance use
- Health norms/beliefs

Physiological Stress Responses
- HPA axis responses
- ANS reactivity
- Immune dysregulation
- Allostatic load

Health Status
- Disability
- Acute conditions (e.g., headaches, back pain)
- Chronic conditions (e.g., diabetes, asthma)
## National Health Interview Survey

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>NHIS Survey participants</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heterosexual</td>
</tr>
<tr>
<td>Current Smoker</td>
<td>17.6%</td>
</tr>
<tr>
<td>5+ drinks/day in past year</td>
<td>22.3%</td>
</tr>
<tr>
<td>Serious Psychological Distress, Past 30 Days</td>
<td>3.7%</td>
</tr>
<tr>
<td>Obesity</td>
<td>29%</td>
</tr>
<tr>
<td>Uninsured</td>
<td>16.5%</td>
</tr>
<tr>
<td>% Private Health Care</td>
<td>62.3%</td>
</tr>
</tbody>
</table>

“Bisexual HIV+ men [in the Medical Monitoring Project] are more likely to be black, less educated and poorer than gay men.”

“Little research has compared demographic or risk behaviors of bisexual HIV-positive US men with those variables in gay or straight HIV-positive men”

“Sexual risk behaviors of bisexual men significantly different from gay and heterosexual men. Compared to bisexual men, heterosexual men are independently less likely to report unprotected sex, but do not differ from gay men in unprotected sexual behavior.”

“Prevention interventions for bisexual men need to be appropriately tailored as evidence suggests they are less likely to be reached by programs targeting gay or heterosexual men.”

Mark Mascolini, 20th Conference on Retroviruses and Opportunistic Infections, March 3-6, 2013, Atlanta
Conclusions—MSMW were more likely to report several markers of socioeconomic vulnerability or behaviours associated with increased risk for HIV than MSMO. MSMW contribute to HIV prevalence in the USA, and better understanding of the risk profile of this group is essential to understand heterosexual HIV transmission. MSMW, particularly those who identify as bisexual or questioning, may feel uncomfortable participating in programmes that are designed for gay-identified men. Therefore, prevention strategies need to target distinct subgroups that compose the population of MSM.

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## Physical Health Disparities: 2013 NHIS

### Table 2. Age-Adjusted Prevalence of Selected Diagnosed Chronic Conditions Among Adults, by Sexual Orientation and Sex, United States, 2013

<table>
<thead>
<tr>
<th>Condition</th>
<th>Total</th>
<th>Gay/Lesbian</th>
<th>Straight</th>
<th>Bisexual</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All adults</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>27.8 (27.2–28.3)</td>
<td>26.2 (21.7–31.2)</td>
<td>27.8 (27.2–28.4)</td>
<td>24.1 (17.2–32.7)</td>
</tr>
<tr>
<td>Arthritis</td>
<td>21.2 (20.7–21.8)</td>
<td>26.7 (22.1–31.7)</td>
<td>21.1 (20.6–21.7)</td>
<td>22.5 (15.7–31.0)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8.7 (8.3–9.0)</td>
<td>6.7 (4.6–9.6)</td>
<td>8.7 (8.4–9.1)</td>
<td>9.7 (5.4–17.0)</td>
</tr>
<tr>
<td>Cancer</td>
<td>7.9 (7.5–8.2)</td>
<td>9.6 (7.0–13.0)</td>
<td>7.8 (7.5–8.2)</td>
<td>4.9 (2.5–9.6)</td>
</tr>
<tr>
<td>Current asthma</td>
<td>6.9 (6.5–7.3)</td>
<td>8.6 (6.4–11.6)</td>
<td>6.8 (6.4–7.2)</td>
<td>11.7 (7.3–18.2)</td>
</tr>
<tr>
<td>COPD</td>
<td>5.7 (5.4–6.0)</td>
<td>4.6 (2.9–7.1)</td>
<td>5.7 (5.3–6.0)</td>
<td>12.7 (7.7–20.2)</td>
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<tr>
<td>CHD</td>
<td>4.4 (4.2–4.6)</td>
<td>2.9 (1.8–4.9)</td>
<td>4.4 (4.2–4.6)</td>
<td>4.4 (1.8–10.1)</td>
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<tr>
<td>Hepatitis</td>
<td>2.6 (2.4–2.8)</td>
<td>5.5 (3.7–8.2)</td>
<td>2.6 (2.4–2.8)</td>
<td>11.5 (6.6–19.1)</td>
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<tr>
<td>Stroke</td>
<td>2.5 (2.4–2.8)</td>
<td>1.6 (0.8–3.5)</td>
<td>2.6 (2.4–2.8)</td>
<td>–</td>
</tr>
<tr>
<td>Weak/failing kidneys</td>
<td>1.7 (1.5–1.9)</td>
<td>2.1 (0.9–4.9)</td>
<td>1.7 (1.5–1.9)</td>
<td>–</td>
</tr>
<tr>
<td><strong>Men</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>28.9 (28.1–29.8)</td>
<td>25.8 (20.2–32.4)</td>
<td>29.0 (28.2–29.9)</td>
<td>29.2 (19.6–41.1)</td>
</tr>
<tr>
<td>Arthritis</td>
<td>18.0 (17.3–18.7)</td>
<td>17.8 (13.0–23.9)</td>
<td>17.9 (17.2–18.7)</td>
<td>27.0 (18.6–37.4)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>9.2 (8.6–9.7)</td>
<td>8.6 (5.4–13.6)</td>
<td>9.2 (8.6–9.7)</td>
<td>13.5 (6.8–25.1)</td>
</tr>
<tr>
<td>Cancer</td>
<td>7.4 (6.9–7.9)</td>
<td>13.2 (9.3–18.4)</td>
<td>7.3 (6.8–7.8)</td>
<td>5.8 (2.2–14.2)</td>
</tr>
<tr>
<td>Current asthma</td>
<td>5.1 (4.7–5.6)</td>
<td>7.8 (5.1–11.9)</td>
<td>5.0 (4.6–5.5)</td>
<td>9.0 (3.4–21.2)</td>
</tr>
<tr>
<td>COPD</td>
<td>5.0 (4.6–5.4)</td>
<td>3.3 (1.9–5.8)</td>
<td>4.9 (4.5–5.4)</td>
<td>11.0 (4.8–23.1)</td>
</tr>
<tr>
<td>CHD</td>
<td>5.8 (5.4–6.3)</td>
<td>4.2 (2.4–7.2)</td>
<td>5.8 (5.4–6.3)</td>
<td>7.9 (3.2–18.5)</td>
</tr>
<tr>
<td>Hepatitis</td>
<td>2.7 (2.4–3.1)</td>
<td>7.4 (4.6–11.7)</td>
<td>2.6 (2.3–3.0)</td>
<td>16.7 (9.6–27.4)</td>
</tr>
<tr>
<td>Stroke</td>
<td>2.6 (2.4–3.0)</td>
<td>–</td>
<td>2.7 (2.4–3.0)</td>
<td>–</td>
</tr>
<tr>
<td>Weak/failing kidneys</td>
<td>1.6 (1.4–1.9)</td>
<td>1.7 (0.8–3.9)</td>
<td>1.6 (1.4–1.8)</td>
<td>–</td>
</tr>
</tbody>
</table>

### Physical Health Disparities: 2013 NHIS

<table>
<thead>
<tr>
<th>Condition</th>
<th>Total (95% CI)</th>
<th>Gay/Lesbian (95% CI)</th>
<th>Straight (95% CI)</th>
<th>Bisexual (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>26.6 (25.9–27.3)</td>
<td>26.4 (20.2–33.9)</td>
<td>26.6 (25.9–27.4)</td>
<td>17.7 (9.8–29.7)</td>
</tr>
<tr>
<td>Arthritis</td>
<td>24.2 (23.4–24.9)</td>
<td>36.3 (29.5–43.7)</td>
<td>24.0 (23.2–24.8)</td>
<td>15.8 (8.7–27.0)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8.2 (7.8–8.7)</td>
<td>4.5 (2.5–8.0)</td>
<td>8.3 (7.8–8.8)</td>
<td>—</td>
</tr>
<tr>
<td>Cancer</td>
<td>8.4 (7.9–8.9)</td>
<td>5.7 (3.3–9.7)</td>
<td>8.4 (8.0–9.0)</td>
<td>2.5 (1.2–5.3)</td>
</tr>
<tr>
<td>Current asthma</td>
<td>8.6 (8.0–9.1)</td>
<td>9.5 (6.2–14.4)</td>
<td>8.5 (7.9–9.0)</td>
<td>12.4 (7.3–20.4)</td>
</tr>
<tr>
<td>COPD</td>
<td>6.4 (6.0–6.9)</td>
<td>6.0 (3.2–11.0)</td>
<td>6.4 (5.9–6.8)</td>
<td>13.6 (6.9–25.2)</td>
</tr>
<tr>
<td>CHD</td>
<td>3.2 (2.9–3.5)</td>
<td>—</td>
<td>3.2 (2.9–3.5)</td>
<td>—</td>
</tr>
<tr>
<td>Hepatitis</td>
<td>2.5 (2.3–2.8)</td>
<td>3.4 (1.5–7.4)</td>
<td>2.5 (2.3–2.8)</td>
<td>—</td>
</tr>
<tr>
<td>Stroke</td>
<td>2.5 (2.2–2.7)</td>
<td>2.4 (0.9–6.2)</td>
<td>2.4 (2.2–2.7)</td>
<td>—</td>
</tr>
<tr>
<td>Weak/failing kidneys</td>
<td>1.8 (1.6–2.1)</td>
<td>—</td>
<td>1.8 (1.6–2.1)</td>
<td>—</td>
</tr>
</tbody>
</table>

# Health Status, Disability, and Multiple Chronic Conditions

## Table 3. Association Between Sexual Orientation and Health Status and Health Risk Factors

<table>
<thead>
<tr>
<th>Variable</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Gay vs Heterosexual</td>
<td>Bisexual vs Heterosexual</td>
</tr>
<tr>
<td></td>
<td>OR (95% CI)</td>
<td>P Value</td>
</tr>
<tr>
<td>Self-rated health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excellent, very good, or good</td>
<td>1 [Reference]</td>
<td>NA</td>
</tr>
<tr>
<td>Poor or fair</td>
<td>0.99 (0.62-1.56)</td>
<td>.96</td>
</tr>
<tr>
<td>Functional status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does not need help with ADLs or IADLs</td>
<td>1 [Reference]</td>
<td>NA</td>
</tr>
<tr>
<td>Needs help with ADLs or IADLs</td>
<td>1.07 (0.56-2.04)</td>
<td>.85</td>
</tr>
<tr>
<td>Physical health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>One chronic condition</td>
<td>1.23 (0.93-1.63)</td>
<td>.14</td>
</tr>
<tr>
<td>Multiple chronic conditions</td>
<td>1.51 (0.99-2.31)</td>
<td>.06</td>
</tr>
<tr>
<td>Mental health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderate psychological distress</td>
<td>1.45 (1.08-1.96)</td>
<td>.02</td>
</tr>
<tr>
<td>Severe psychological distress</td>
<td>2.82 (1.55-5.14)</td>
<td>.001</td>
</tr>
</tbody>
</table>

## Health Status, Disability, and Multiple Chronic Conditions

### Table 3. Association Between Sexual Orientation and Health Status and Health Risk Factors

<table>
<thead>
<tr>
<th>Variable</th>
<th>Men</th>
<th></th>
<th>Women</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Gay vs Heterosexual</td>
<td></td>
<td>Bisexual vs Heterosexual</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>OR (95% CI)</td>
<td>P Value</td>
<td>OR (95% CI)</td>
<td>P Value</td>
<td>OR (95% CI)</td>
<td>P Value</td>
</tr>
<tr>
<td>Self-rated health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excellent, very good, or good</td>
<td>1 [Reference]</td>
<td>NA</td>
<td>1 [Reference]</td>
<td>NA</td>
<td>1 [Reference]</td>
<td>NA</td>
</tr>
<tr>
<td>Poor or fair</td>
<td>0.99 (0.62-1.56)</td>
<td>.96</td>
<td>1.48 (0.74-2.96)</td>
<td>.26</td>
<td>1.91 (1.24-2.95)</td>
<td>.004</td>
</tr>
<tr>
<td>Functional status</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does not need help with ADLs or</td>
<td>1 [Reference]</td>
<td>NA</td>
<td>1 [Reference]</td>
<td>NA</td>
<td>1 [Reference]</td>
<td>NA</td>
</tr>
<tr>
<td>IADLs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needs help with ADLs or IADLs</td>
<td>1.07 (0.56-2.04)</td>
<td>.85</td>
<td>0.83 (0.25-2.70)</td>
<td>.75</td>
<td>0.89 (0.43-1.83)</td>
<td>.75</td>
</tr>
<tr>
<td>Physical health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No chronic conditions</td>
<td>1 [Reference]</td>
<td>NA</td>
<td>1 [Reference]</td>
<td>NA</td>
<td>1 [Reference]</td>
<td>NA</td>
</tr>
<tr>
<td>One chronic condition</td>
<td>1.23 (0.93-1.63)</td>
<td>.14</td>
<td>1.61 (0.94-2.76)</td>
<td>.08</td>
<td>1.21 (0.87-1.68)</td>
<td>.26</td>
</tr>
<tr>
<td>Multiple chronic conditions</td>
<td>1.51 (0.99-2.31)</td>
<td>.06</td>
<td>1.47 (0.68-3.18)</td>
<td>.33</td>
<td>1.58 (1.12-2.22)</td>
<td>.01</td>
</tr>
<tr>
<td>Mental health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderate psychological distress</td>
<td>1.45 (1.08-1.96)</td>
<td>.02</td>
<td>2.60 (1.62-4.18)</td>
<td>&lt;.001</td>
<td>1.34 (1.02-1.76)</td>
<td>.04</td>
</tr>
<tr>
<td>Severe psychological distress</td>
<td>2.82 (1.55-5.14)</td>
<td>.001</td>
<td>4.70 (1.77-12.52)</td>
<td>.002</td>
<td>1.45 (0.91-2.29)</td>
<td>.12</td>
</tr>
</tbody>
</table>

Gender Minorities and Disability

Figure 4.26: Disability status

- Deaf or have serious difficulty hearing: 4% in USTS, 4% in U.S. population (ACS)
- Blind or have serious difficulty seeing even when wearing glasses: 3% in USTS, 3% in U.S. population (ACS)
- Difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional condition: 5% in USTS, 5% in U.S. population (ACS)
- Serious difficulty walking or climbing stairs: 6% in USTS, 8% in U.S. population (ACS)
- Difficulty dressing or bathing: 3% in USTS, 3% in U.S. population (ACS)
- Difficulty doing errands alone, such as visiting a doctor's office or shopping, because of a physical, mental, or emotional condition: 6% in USTS, 5% in U.S. population (ACS)
- Any disability covered in the ACS: 15% in USTS, 32% in U.S. population (ACS)

Source: The 2015 U.S. Transgender Survey
Summary of poverty rates from national surveys by sexual orientation

<table>
<thead>
<tr>
<th></th>
<th>ACS (couples)</th>
<th>NSFG (people aged 18-44)</th>
<th>Gallup (adults living alone)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Different-Sex Married</td>
<td>5.7</td>
<td>15.3</td>
<td>13.4</td>
</tr>
<tr>
<td>Same-Sex</td>
<td>4.3</td>
<td>21.1</td>
<td>19.1</td>
</tr>
<tr>
<td>Heterosexual</td>
<td>7.6</td>
<td>7.6</td>
<td>22.7</td>
</tr>
<tr>
<td>Gay/Lesbian</td>
<td>19.1</td>
<td>22.7</td>
<td>20.1</td>
</tr>
<tr>
<td>Bisexual</td>
<td>25.9</td>
<td>29.4</td>
<td>21.5</td>
</tr>
<tr>
<td>non-LGBT</td>
<td>20.1</td>
<td>19.1</td>
<td></td>
</tr>
<tr>
<td>LGBT</td>
<td>21.5</td>
<td>21.5</td>
<td></td>
</tr>
</tbody>
</table>

- Different-Sex Married: Percentage of adults living below the poverty line for different-sex married adults.
- Same-Sex: Percentage of adults living below the poverty line for same-sex adults.
- Heterosexual: Percentage of adults living below the poverty line for heterosexual adults.
- Gay/Lesbian: Percentage of adults living below the poverty line for gay/lesbian adults.
- Bisexual: Percentage of adults living below the poverty line for bisexual adults.
- non-LGBT: Percentage of adults living below the poverty line for non-LGBT adults.
- LGBT: Percentage of adults living below the poverty line for LGBT adults.

- ACS (couples): American Community Survey data on couples.
- NSFG (people aged 18-44): National Survey of Family Growth data on people aged 18-44.
- Gallup (adults living alone): Gallup data on adults living alone.

Colors indicate:
- Blue: Men
- Light Blue: Women
<table>
<thead>
<tr>
<th>Population Focus</th>
<th>Total Dollars</th>
<th>% of Total Dollars</th>
<th>Total Grants</th>
</tr>
</thead>
<tbody>
<tr>
<td>All LGBTQ</td>
<td>$76,799,058</td>
<td>62.43%</td>
<td>2306</td>
</tr>
<tr>
<td>LGBQT (SOGI), General</td>
<td>56,938,204</td>
<td>46.29%</td>
<td>1652</td>
</tr>
<tr>
<td>Gay Men (MSM)</td>
<td>8,344,483</td>
<td>6.78%</td>
<td>261</td>
</tr>
<tr>
<td>Lesbians (WSW)</td>
<td>6,381,776</td>
<td>5.19%</td>
<td>245</td>
</tr>
<tr>
<td>Transgender, Transsexual or Gender Non-conforming</td>
<td>5,017,695</td>
<td>4.08%</td>
<td>140</td>
</tr>
<tr>
<td>Intersex</td>
<td>111,900</td>
<td>0.09%</td>
<td>7</td>
</tr>
<tr>
<td>Bisexual</td>
<td>5,000</td>
<td>0.00%</td>
<td>1</td>
</tr>
<tr>
<td>Children &amp; Youth</td>
<td>19,581,220</td>
<td>15.92%</td>
<td>765</td>
</tr>
<tr>
<td>All People of Color</td>
<td>14,413,870</td>
<td>11.72%</td>
<td>359</td>
</tr>
<tr>
<td>People of Color, General</td>
<td>7,373,573</td>
<td>5.99%</td>
<td>174</td>
</tr>
<tr>
<td>Hispanic/Latina/Latino</td>
<td>2,127,445</td>
<td>1.73%</td>
<td>56</td>
</tr>
<tr>
<td>People of African Descent</td>
<td>2,916,895</td>
<td>2.37%</td>
<td>69</td>
</tr>
<tr>
<td>Asian/Pacific Islanders</td>
<td>1,830,414</td>
<td>1.49%</td>
<td>47</td>
</tr>
<tr>
<td>Native American/Two Spirit</td>
<td>165,543</td>
<td>0.13%</td>
<td>13</td>
</tr>
</tbody>
</table>

Source: Funders for LGBTQ Issues
Biphobia in LGBTQIA Communities

Bisexuals Experience Equal Levels of Biphobia from Straight and Gay/Lesbian Communities

Structural Stigma and Mortality

![Graph showing survival rates over time with high and low structural stigma.]

**Figure 2.**

- Living in high prejudice areas increased risk of mortality for sexual minorities.
- Results were independent of individual and community-level risk factors.
- Results were not due to HIV/AIDS-related causes of death.
- Results suggest a broadening of the consequences of prejudice to premature death.

Summary: Bisexual Stigma Leads to Enhanced Disparities

Compared to gay, lesbian and straight people, American bisexuals experience...

- Higher levels of poverty (The Williams Institute)
- Lower educational attainment (Add Health Wave IV)
- Lesser connection to LGBTQIA community (vs. GL) (Herek et. al.)
- Higher levels of suicidality, depression, PTSD (Many studies)
Bisexual Health Stories
Bi* Organizations
Get to know our US 501(c)(3) organizations

- **BiNet USA**
  - www.binetusa.org/
  - 1-800-585-9368
  - binetusa@binetusa.org

- **The Bisexual Resource Center**
  - www.biresource.net
  - BRC@BIRESOURCE.NET

- **Bisexual Organizing Project**
  - http://www.bisexualorganizingproject.org/
  - BOP@BisexualOrganizingProject.org

- **Bi Queer Alliance Chicago**
  - http://bqachicago.org/
  - https://www.facebook.com/BQACHicago

- **American Institute of Bisexuality**
  - http://www.americaninstituteofbisexuality.org
**Bi Tennessee**
Serving the Bi/Pan/Fluid+ communities of Tennessee

**Bi Salon Mid-Tennessee**
Serving Bisexual, Pansexual, Fluid, Queer, QPOC & unlabeled (whether cisgender or transgender) men, women, bigender, agender, genderqueer/genderfluid, & intersex of Middle Tennessee whose identity falls outside of heterosexual, lesbian or gay.
Major Bi+ Holidays & Events

- Celebrate Bisexuality Day (9/23) & Bisexual Awareness Week
- Pansexual Pride Day (12/8)
- Bisexual Health Awareness Month (March)
- BECAUSE Conference (annually each April)
- Transcending Boundaries Conference (annually each November)
“Working in the lesbian and gay community there are so many misconceptions about what bisexuality is and about who bisexual people are. They say we’re ‘on the down-low.’ But for me, knowing that I was positive made me even more aware, whomever I was with, of how I was going to protect them and protect myself.”

“Stereotypes about bisexual Black men create some major blind spots when it comes HIV prevention, care and education.”

“We’re talking about PrEP but we’re really only talking about it for men. What about my female partner? I’ve been with the same woman since 2001. She’s still negative, but why is it that we look at the rates of HIV among Black women and that’s not offered to them as well?”

Best Practices for Improving Bisexual Health(care)
High Acceptability of SOGI Questions

Do Ask, Do Tell: High Levels of Acceptability by Patients of Routine Collection of Sexual Orientation and Gender Identity Data in Four Diverse American Community Health Centers

Sean Cahill, Robbie Singal, Chris Grasso, Dana King, Kenneth Mayer, Kellan Baker, Harvey Makadon

Published: September 8, 2014 • http://dx.doi.org/10.1371/journal.pone.0107104
Stigma and Health Research

• Your job is to be a health researcher/provider
  – The objective of health research is to improve human health

• Stigma gets in the way of doing your job

• It is critically important to build trust and be respectful and affirming to do your job
How to Ask SOGI questions

- SOGI questions should be asked on study registration forms as part of standard demographic questions
  - The goal is to normalize the questions

- Researchers can ask SO/GI questions before or during study visits

- Patients can self-report and/or can report to study staff
  - Patient self report generally yields highest disclosure
Collecting SO/GI Information Prior to Study Visit Arrival

Concept: Harvey Makadon, M.D. Created by: Komal Basra
Asking SO/GI information on study intake forms

Concept: Harvey Makadon, M.D. Created by: Komal Basra
Collecting SOGI Data During Study Recruitment

- Participants should be asked standardized SOGI questions as part of the demographic questions

- If they ask, participants should be informed the information will help refine analyses
  - SOGI information should be updated as needed on an ongoing basis for longitudinal studies

- Participants must be assured information will be kept confidential
  - Consider a certificate of confidentiality in studies specifically recruiting LGBTI participants
Preferred Name and Pronouns

- What is your preferred name
- What are your pronouns (e.g. he/him, she/her, they/them)?

- It is important to ask patients to include their preferred name and their pronouns on study registration forms.
- Many transgender patients may have identification documents and insurance forms that do not reflect their current name and gender identity.
- Some patients may have a non-binary gender identity and use pronouns such as “they” or “ze”, which may be unfamiliar to some providers.
Asking SOGI Questions During the Study Visit

Concept: Harvey Makadon, M.D. Created by: Komal Basra
Best Practices in SOGI Data Capture

• Include LGBTI community symbols in your study recruitment spaces; consider conducting community outreach to build trust

• Provide cultural competency training to all study staff & providers

• Normalize asking SOGI questions in your studies; ask items responsive to your research questions that use updated terms

• Respect the identities, experiences, pronouns & labels of your (sexual and gender minority) study participants

• Consider certificates of confidentiality for LGBTI-centered studies
Questions?

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615.875.9357
@laurenbbeach
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  – Kerri Cavanaugh, MD/MHS
  – Tom Elasy, MD
  – Jesse Ehrenfeld, MD/MPH
  – Ray Harris, MD
  – Consuelo Wilkins, MD/MSCI
  – Brian Dodge, MPH/PhD

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