



# Voices of Health 2016: LGBTQ Health Access and Experiences in Minnesota

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# Methods and Demographics Review

## Voices of Health

Convenience sample at Pride events, online, other community events

2,219 LGBTQ Minnesotans completed the survey

25% bisexual

25% gay

23% lesbian

18% queer

4% pansexual

3% asexual

2% wrote in another identity

25% transgender

5% trans women

5% trans men

14% nonbinary, genderqueer, gender non-conforming, or genderfluid

75% cisgender

48% cis women

28% cis men

## LOCATION

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Rural and urban areas were determined according to if their zip code fell within the metropolitan statistical areas as defined by the US Census Bureau.



41%

of respondents live in urban areas.

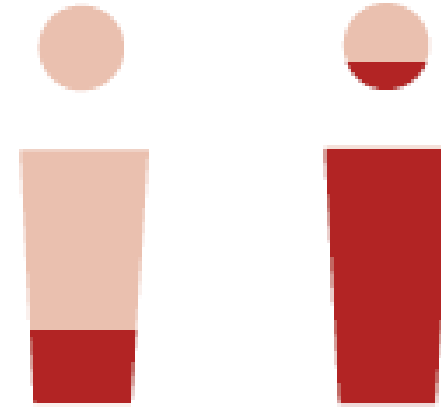


59%

of respondents live in rural areas.

## RACE

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17%

People of color

83%

White

**BREAKDOWN:** Overall, 3% are black, 3% are Latina/o or Hispanic, 1% are Native Americans, 1% are Asian or Pacific Islander, .5% are Arab or Middle Eastern, and 8% either identified as mixed race or checked two or more races.

# 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?

25%

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

29%

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

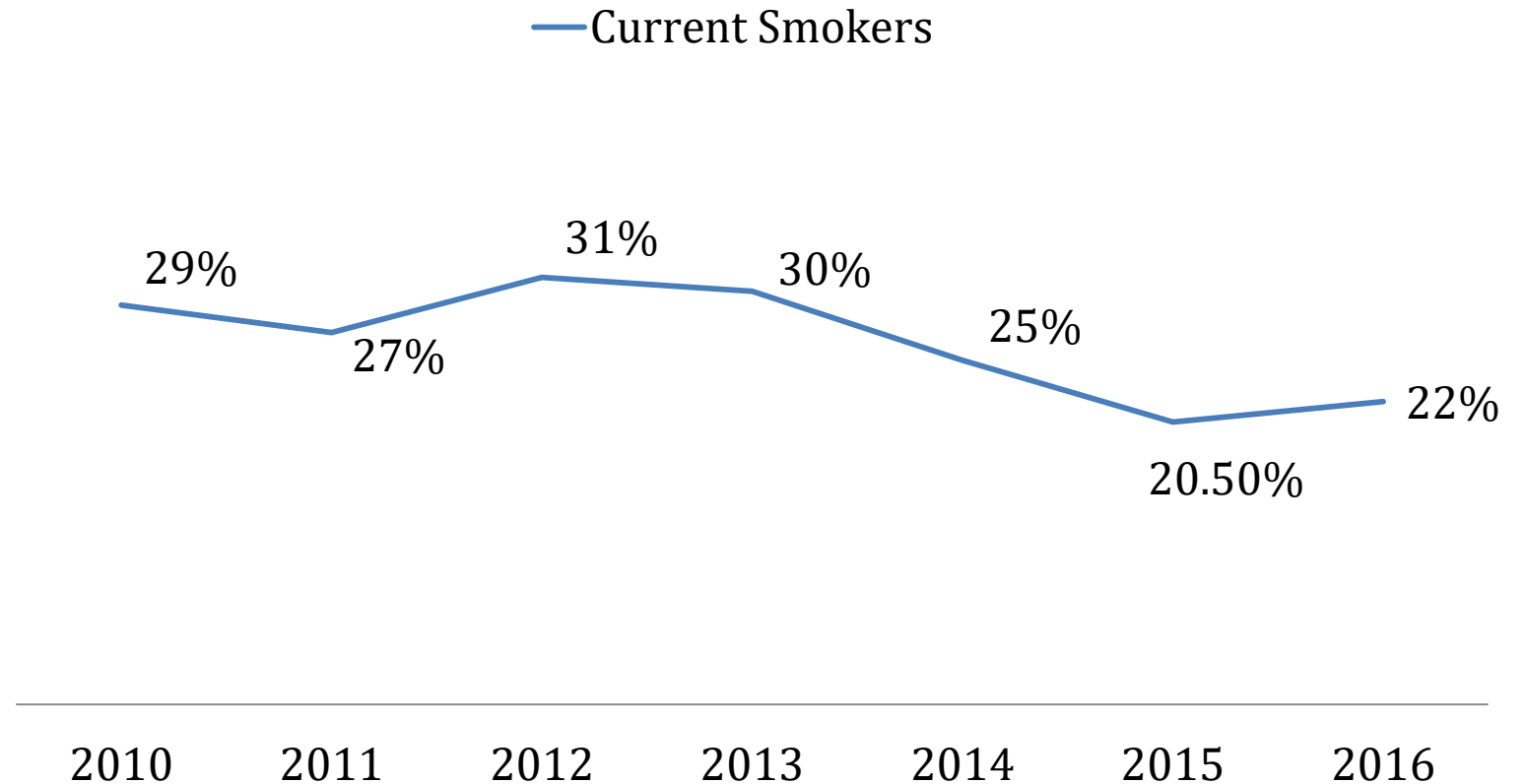
24%

- 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

- 41% of LGBTQ respondents are “ever smokers” (have smoked 100 cigarettes or more)
- 22% of LGBTQ respondents reported being a current smoker
- 14% of the general population of Minnesota smokes

**LGBTQ Current Smokers 2010-2016**



# VOICES OF HEALTH

**49%** of LGBTQ people of color had been homeless at least once in their lifetime vs. **28%** of white LGBTQ respondents

**42%** of transgender respondents had been homeless at least once in their lifetime vs. **29%** of cisgender respondents

## HOMELESSNESS

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**32%** of respondents reported they had been homeless at least once in their lifetime. **3%** of respondents were currently homeless at the time they took the survey.

## MENTAL HEALTH

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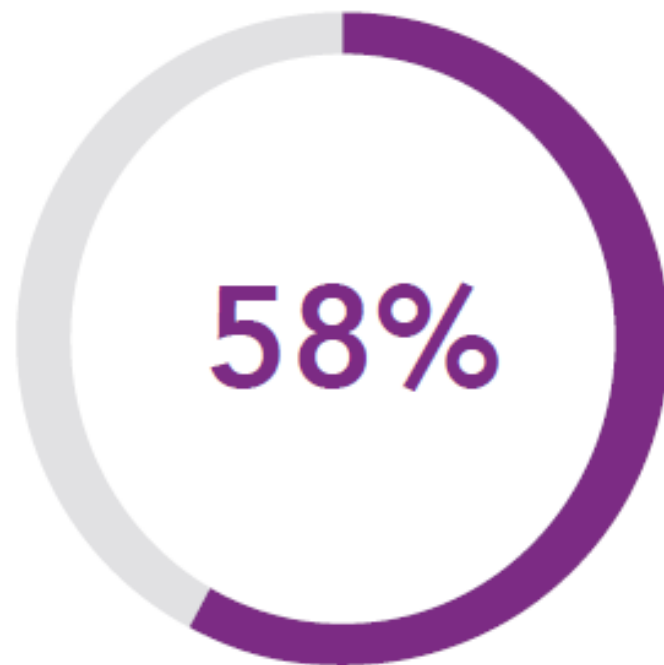
**61%** of all LGBTQ respondents reported being diagnosed with depression.

**45%** reported being diagnosed with PTSD.

**36%** reported being diagnosed with some form of anxiety disorder.

## UNWANTED SEX

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A staggering **58%** of LGBTQ respondents reported experiencing an unwanted sexual act in their lifetime.

## Accessing Health Care

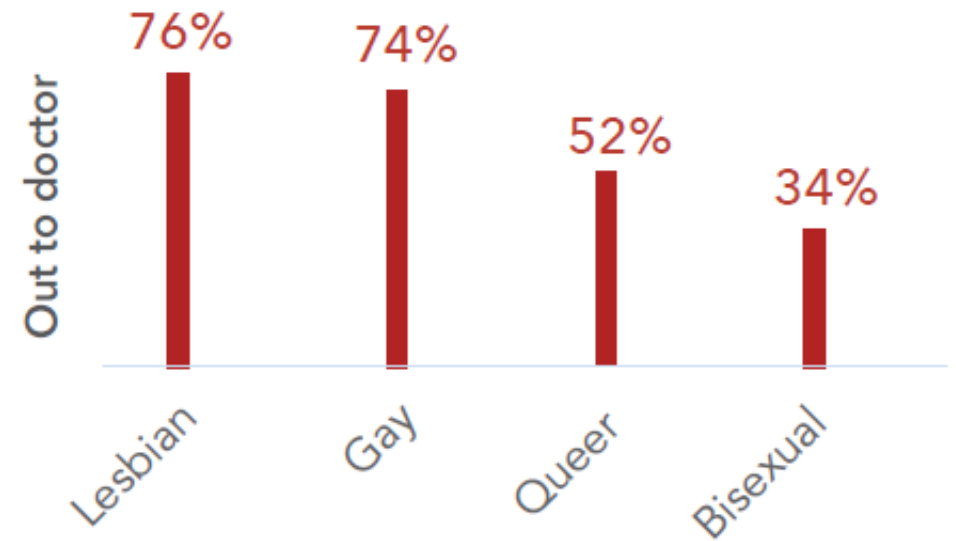
- 33% of LGBTQ respondents report having no health insurance. This is extremely alarming, only 4.3% of the general population in Minnesota is uninsured.
- 51% of LGBTQ respondents reported cost was a barrier to accessing health care, even if they had insurance



# VOICES OF HEALTH



**57%** of LGBTQ respondents are “out” to their doctor or primary care provider. **17%** said they were not out to their doctor. **12%** reported being somewhat out to their doctor, and **5%** were unsure if they were out. **9%** reported having no primary care provider.



While **76%** of lesbians, **74%** of gay, and **52%** of queer people men reported being out to their doctors, only **34%** of bisexuals reported being out to their doctor.






## In the past year.....

- **32%** of LGBTQ respondents delayed getting preventative care or care when they were sick or injured because they couldn't afford it
- **10%** postponed or didn't get preventative care/care when sick or injured because of previous discrimination or disrespect from providers
- **2%** had a provider refuse to treat them in the past because they were LGBTQ. An additional 5% reported having a provider refuse to treat them in their lifetime.
- **8%** had to teach their provider about LGBTQ people in order to get appropriate care

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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 Minnesotans 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.