



NATIONAL LGBT HEALTH  
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# Addressing Social Determinants of Health for LGBT People (Part 1)

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# Our Roots

## Fenway Health

- Independent 501(c)(3) FQHC
- Founded 1971
- Integrated Primary Care Model, including Behavioral Health, HIV/STI prevention and care
- 35,000 patients
  - Half LGBT
  - 10% transgender

## The Fenway Institute

- Research, Education and Training, Policy



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# Today's Faculty

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# Disclosure

I have no financial conflicts of interest.

# Learning objectives

- Understand Social Determinants of Health (SDOH) as described by Healthy People 2020
- Understand how SDOH are experienced in particular ways by LGBT people
- Understand how SDOH affect LGBT people's health and access to health care

# DETERMINANTS OF HEALTH

Factors that contribute to a person's current state of health. These factors may be biological, socioeconomic, psychosocial, behavioral, or social in nature. Scientists generally recognize five determinants of health of a population:

- Biology and genetics. Examples: sex and age
- Individual behavior. Examples: alcohol use, injection drug use (needles), sex without condoms, and smoking
- Social environment. Examples: discrimination, income, and gender
- Physical environment. Examples: where a person lives and crowding conditions, air quality, access to healthy food, public transportation, parks and recreation
- Health services. Examples: Access to quality health care and having health insurance

REFERENCE/CITATION: U.S. Department of Health and Human Services, Healthy People 2020 Draft. 2009, U.S. Government Printing Office.

# SOCIAL DETERMINANTS OF HEALTH:

The complex, integrated, and overlapping **social structures** and **economic systems** that are responsible for most **health inequities**.



REFERENCE/CITATION: Healthy People 2020. Understanding Social Determinants of Health 2013

# SOCIAL DETERMINANTS OF HEALTH:

These social structures and economic systems include the **social environment, physical environment, health services, and structural and societal factors.**

Social determinants of health are shaped by the distribution of money, power, and resources throughout local communities, nations, and the world.

Social determinants of health contribute to health disparities.

REFERENCE/CITATION: Commission on Social Determinants of Health (CSDH), Closing the gap in a generation: health equity through action on the social determinants of health. Final report of the Commission on Social Determinants of Health. 2008, World Health Organization: Geneva.

# HEALTH DISPARITIES:

- A type of difference in health that is closely linked with social or economic disadvantage.
- Health disparities negatively affect groups of people who have systematically experienced greater social or economic obstacles to health.
- These obstacles stem from characteristics historically linked to discrimination or exclusion such as race or ethnicity, religion, socioeconomic status, gender, mental health, sexual orientation, or geographic location.

REFERENCE/CITATION: U.S. Department of Health and Human Services, Healthy People 2020 Draft. 2009, U.S. Government Printing Office.

# HEALTH DISPARITIES

- Gay and bisexual men, transgender women at higher risk of HIV and other STIs
- Lesbians and bisexual women may have higher rates of ovarian, breast cancer related to nulliparity
- Lower rates of preventive cancer screenings
- Lesbians nearly 3 times more likely to be obese or overweight than other women
- Exogenous hormone use may lead to higher risk of cardiovascular disease
- These disparities intersect with racial/ethnic disparities (e.g. Black lesbians and obesity, diabetes)



# EXAMPLES OF LGBT DISPARITIES:

Transgender individuals;

- experience a high prevalence of HIV/STIs, hate crimes, behavioral health issues, and suicide
- have difficulty accessing preventive and urgent care,
- are less likely to have health insurance than heterosexual or LGB individuals

Elderly LGBTQ individuals face additional barriers to health because of isolation, fewer family supports, and a lack of social and support services

# DELVING MORE DEEPLY INTO SOCIAL DETERMINANTS OF HEALTH: ECONOMICS

- Despite stereotype that LGBT people are wealthy, data tell a different story
- Lesbian couples more likely to be poor than married heterosexual couples
- Black same-sex couples more than twice as likely as married heterosexual Black couples to be poor
- Male and female same-sex couples in rural areas more likely to be poor than urban same-sex couples
- All data from 2010 American Community Survey
  - Badgett, Durso, Schneebaum, Williams Institute, 2013

# TRANSGENDER PEOPLE ESPECIALLY VULNERABLE TO POVERTY AND DISCRIMINATION

- 29% live in poverty (vs. 14% of US population)
- 15% unemployed (vs. 5% of US population)
- 30% lifetime homelessness, 12% in past year
  - US Transgender Survey 2015, n=27,715

# NEIGHBORHOOD AND BUILT ENVIRONMENT

- According to Healthy People 2020, this Social Determinant of Health includes:
  - Access to Foods that Support Healthy Eating Patterns
  - Quality of Housing
  - Crime and Violence
  - Environmental Conditions

<https://www.healthypeople.gov/subtopics-of-sdoh/neighborhood-and-built-environment>

# VIOLENCE

- On per capita basis, LGBT people are more likely to be targets of hate crimes than any other group in America
  - New York Times. June 16, 2016.
- 19% of reported hate crimes in U.S. based on sexual orientation, 2% based on gender identity
  - Federal Bureau of Investigation, 2014 Hate Crime Statistics.
- Gay men report being victims of violent hate crimes at a higher rate than any other targeted group.
  - Stotzer, Williams Institute, 2012
- Transgender women, Black LGBT people vulnerable
  - 46% of transgender Americans reported verbal harassment, 9% reported being physically attacked in past year
    - US Transgender Survey 2015.

# HOUSING

- LGBT people, and especially transgender people, experience housing discrimination
- 2016 Suffolk University Law School study: Transgender and gender nonconforming individuals experienced differential treatment 61% of the time, compared to non-transgender individuals
  - 27% less likely to be shown additional areas of apt. complex
  - 21% less likely to be offered financial incentive to rent
  - 12% more likely to be told negative things about apt., area
  - 9% more likely to be quoted higher rental price
    - Langowski, Berman, Holloway, McGinn (2017). *Yale Journal of Law & Feminism*, 29(2).

# SOCIAL AND COMMUNITY CONTEXT

- According to Healthy People 2020, this Social Determinant of Health includes:
  - Social Cohesion
  - Civic Participation
  - Discrimination
  - Incarceration

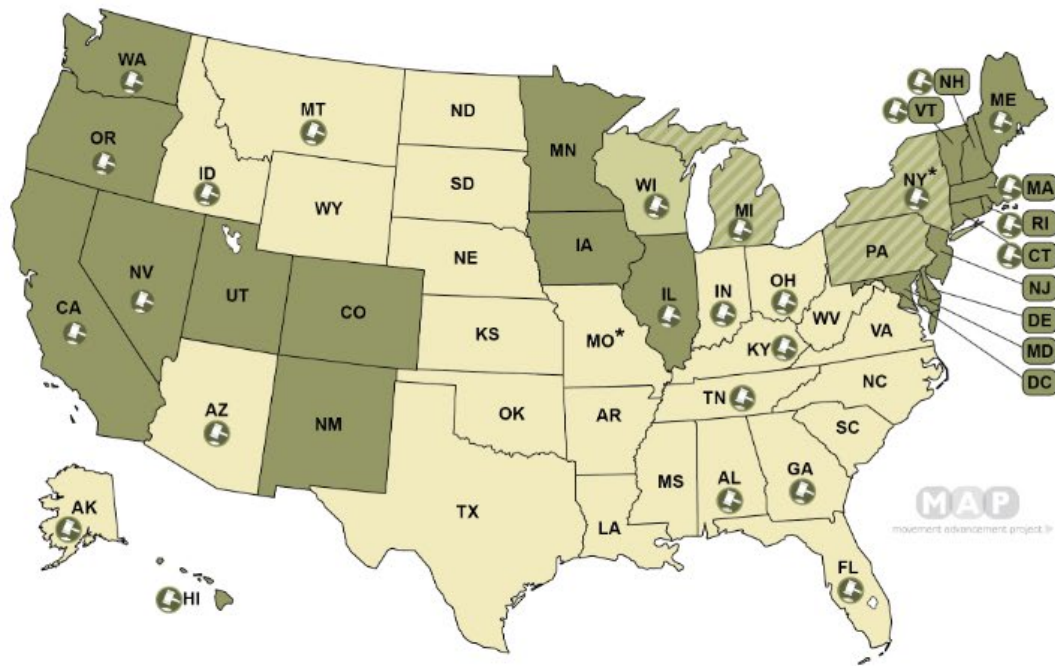
<https://www.healthypeople.gov/subtopics-of-sdoh/social-and-community-context>






# ANTI-LGBT DISCRIMINATION

- One in four LGBT Americans reported experiencing discrimination in 2016 (Singh and Durso, CAP, 2017)
- LGBT people experience discrimination in employment, housing, and public accommodations, including health care
- According to the 2017 Center for American Progress study, 69% of those who reported discrimination said it affected their psychological well-being, and 44% said it affected their physical well-being
- 57% said it negatively affected their neighborhood and community environment



# State Non-Discrimination Laws: Employment

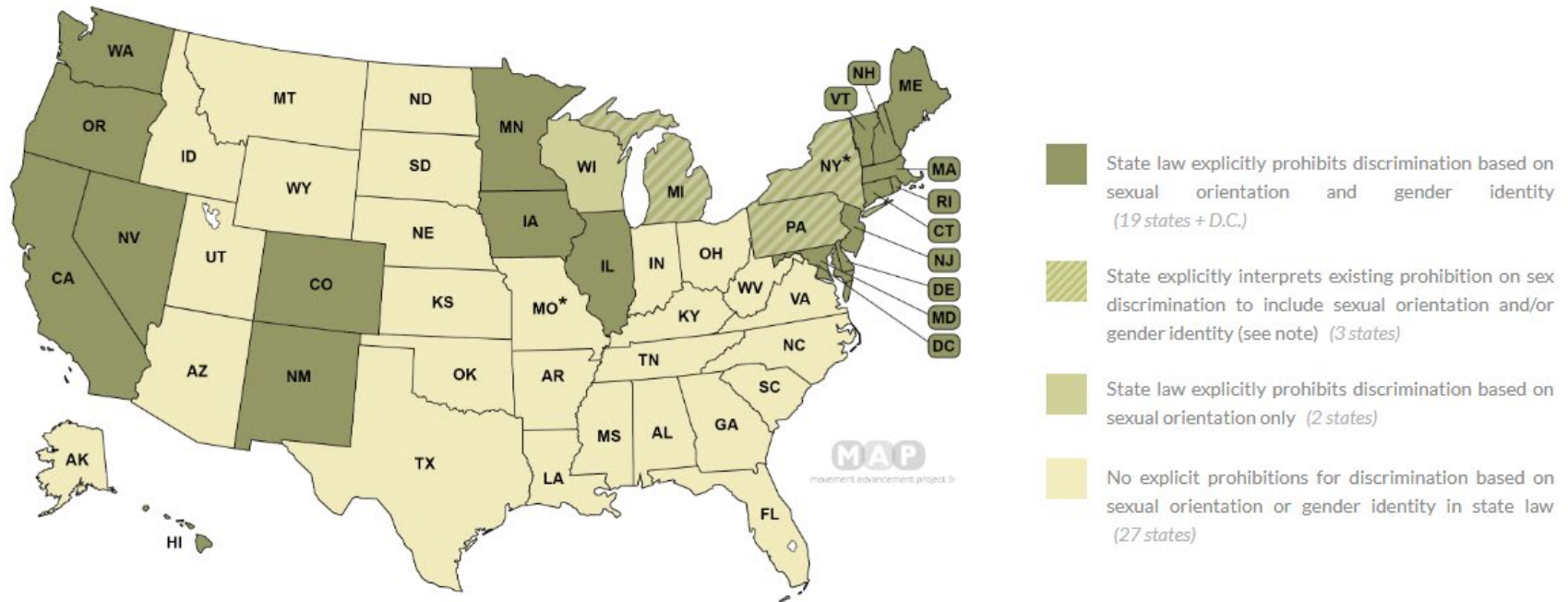


-  State law explicitly prohibits discrimination based on sexual orientation and gender identity (20 states + D.C.)
-  State explicitly interprets existing prohibition on sex discrimination to include sexual orientation and/or gender identity (see note) (3 states)
-  State law explicitly prohibits discrimination based on sexual orientation only (2 states)
-  No explicit prohibitions for discrimination based on sexual orientation or gender identity in state law (26 states)
-  State is in a federal circuit with a ruling that explicitly interprets existing federal prohibition on sex discrimination (under Title VII) to include discrimination based on sexual orientation and/or gender identity. Visit this page for more information (26 states)

Source: Movement Advancement Project. "Equality Maps: State Non-Discrimination Laws." [http://www.lgbtmap.org/equality-maps/non\\_discrimination\\_laws](http://www.lgbtmap.org/equality-maps/non_discrimination_laws) (updated 11/2018).

MAP  
movement advancement project

# State Non-Discrimination Laws: Public Accommodations



Source: Movement Advancement Project. "Equality Maps: State Non-Discrimination Laws." [http://www.lgbtmap.org/equality-maps/non\\_discrimination\\_laws](http://www.lgbtmap.org/equality-maps/non_discrimination_laws) (updated 11/2018).

# LGBT ELDERS HAVE UNIQUE SDOH

- Lifecourse perspective: Many came of age at a time with homosexuality was criminalized, viewed as a disease and a sin
- Older Americans are more likely to morally disapprove of homosexuality
- Social isolation
- Behavioral health



# MINORITY STRESS

- Caused by external, objective events and conditions
- Caused by expectations of such events (anticipatory anxiety)
- Caused by internalization of societal attitudes
- Caused by navigating disclosure, concealment of sexual orientation and/or gender identity
  - Ilan Meyer, *Psychological Bulletin*, 2003



# INCARCERATION

- LGBT youth may be overrepresented in juvenile justice system; could carry over into adult corrections
  - Majd, Marksamer, Reyes, 2009
- 16% of a national sample of trans people reported being in jail or prison, vs. 2.6% of US population
  - 2011 National Transgender Discrimination Survey
- Gay men are 11 times as likely to be raped in prison; bisexual men and transgender people are 10 times as likely to be raped
  - Beck, Johnson, Bureau of Justice Statistics, 2012; Beck, Johnson, BJS, 2014

# HEALTH AND HEALTH CARE

- Prior to health care reform, many LGBT people did not have health insurance
- Many people living with HIV could not get insurance
- Health care reform cut the uninsurance rate among LGB people in half, from 22% to 11%
  - Karpman, Skopec, Long. Health Reform Monitoring Project, 2015.
- Uninsurance rate dropped for low-income transgender people from 59% to 35%
  - Baker, Durso, Cray, Center for American Progress, 2014
- Many low-income LGBT people, especially in South, lack insurance due to non-expansion of Medicaid



# DISCRIMINATION IN HEALTH CARE IS BARRIER TO ACCESSING CARE

2009 survey of 4,916 LGBT people found that 56% of LGB patients, 70% of trans patients reported:

- Being refused needed care
- Health providers refusing to touch them, using excessive precautions (plastic gloves)
- Being blamed for their health status
- Health providers being rough or abusive
  - Lambda Legal, *When health care isn't caring*, 2010

Causes LGBT people to not seek subsequent care



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DISCRIMINATION AND HEALTH IN  
MASSACHUSETTS: A STATEWIDE SURVEY OF  
TRANSGENDER AND GENDER  
NONCONFORMING ADULTS

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# IMPACT ON HEALTH

- Public accommodations discrimination associated with two-fold increased risk of adverse physical (RR=1.84), emotional (RR=1.99) symptoms in past 30 days.
- Those reporting discrimination in health care 19% less likely to seek emergency care, 25% less likely to seek routine or preventive care

# EDUCATION

- LGBT and questioning youth experience widespread victimization in schools
- According to GLSEN 2015 School Climate Survey (n= 10,528), 27% were physically harassed based on their sexual orientation, 20% based on gender identity
- 71% verbally harassed for sexual orientation, 55% verbally harassed for gender identity
- LGB youth more likely to feel unsafe, get in fight, bring weapon to school
  - CDC Youth Risk Behavior Survey data
- Affects behavioral health, school performance, truancy

# TYING IT ALL TOGETHER

- These unique experiences and disproportionate impacts can affect LGBT people's health and wellbeing
- LGBT people, especially LGBT people of color and older LGBT people, may experience medical mistrust
- Experiences of discrimination can cause LGBT people to not seek health care subsequently, whether preventive, routine care or emergency care



# Addressing Social Determinants of Health for LGBTQ People (Part 2) Learning Objectives

- Understand how to provide health care to LGBT patients in ways that acknowledge Social Determinants of Health
- Learn steps to ensure that your health care organization addresses trauma that LGBT people experience and provides an affirming environment in which to offer care
- Discuss policy solutions that can support LGBT people and reduce vulnerability to health disparities



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# Thank you!

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