



NATIONAL LGBTQIA+ HEALTH
EDUCATION CENTER

A PROGRAM OF THE FENWAY INSTITUTE



NATIONAL CENTER
FOR EQUITABLE CARE FOR ELDERS

Body Image, Perception, and Health: Support for Older LGBTQIA+ Adults

June 14th, 2022

About the National Center for Equitable Care for Elders (NCECE)

- **NCECE** is a training and technical assistance Center that provides innovative and culturally competent models of care, inter-professional training and educational resources to health care professionals providing care to older adults.
- **Our Mission** is to build strong, innovative and competent health care models by partnering with CHCs, PCAs and FQHCs to provide quality and inclusive care for older adults.
- Stay Connected with NCECE:
Website: ece.hsdm.harvard.edu
Email: ece@hsdm.harvard.edu

National LGBTQIA+ Health Education Center

The National LGBTQIA+ Health Education Center offers educational programs, resources, and consultation to health care organizations with the goal of providing affirmative, high quality, cost-effective health care for lesbian, gay, bisexual, transgender, queer, intersex, asexual, and all sexual and gender minority (LGBTQIA+) people.

- Training and Technical Assistance
- Grand Rounds
- Online Learning
 - Webinars, Learning Modules
 - CE, and HEI Credit
- ECHO Programs
- Resources and Publications

www.lgbtqiahealtheducation.org

education@fenwayhealth.org



Terminology

LGBTQIA+

- Lesbian or gay
- Bisexual
- Transgender
- Queer
- Intersex
- Asexual
- +

Other terms to know

- Straight
- Cisgender



The image shows a screenshot of a webpage. On the left, there is a blue sidebar with white text that reads "LGBTQIA+ Glossary of Terms for Health Care Teams". Below this title, it says "Publication" and "Published on 3 February 2020". A paragraph of text follows: "Becoming familiar with terms used by lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other sexual and gender minorities (LGBTQIA+) can help you provide patients with the highest quality care. In this glossary, you will find terms relevant to the health care and identities of LGBTQIA+ people." At the bottom of the sidebar is a white button with a download icon and the text "Download this Publication". To the right of the sidebar is a large image of a rainbow flag waving against a blue sky with white clouds.

<https://www.lgbtqiahealtheducation.org/publication/lgbtqia-glossary-of-terms-for-health-care-teams/>

Technical Questions?

- Zoom Technical Support: 1.888.799.9666 ext 2
- You can contact the webinar host using the chat function in Zoom. Click the “Chat” icon, and type your question.
- Alternatively, e-mail us at education@fenwayhealth.org for less urgent questions.

Sound Issues?

- Ensure your computer speakers are not muted.
- If you cannot hear through your computer speakers: Navigate to the bottom toolbar on your screen, go to the far left, and click the arrow next to the phone icon.
- Choose “I will call in.”
- Dial the phone number and access code.

When the webinar concludes:

- Close the browser, and an evaluation will automatically open for you to complete.
- We very much appreciate receiving feedback from all participants.
- Completing the evaluation is required to obtain a CME/CEU certificates.

CME/CEU Information

This activity has been reviewed and is acceptable for up to 1.0 Prescribed credits by the American Academy of Family Physicians. Participants should claim only the credit commensurate with the extent of their participation in this activity.

<p>Physicians</p>	<p>AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician’s Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.</p>
<p>Nurse Practitioners, Physician Assistants, Nurses, Medical Assistants</p>	<p>AAFP Prescribed credit is accepted by the following organizations. Please contact them directly about how participants should report the credit they earned.</p> <ul style="list-style-type: none"> • American Academy of Physician Assistants (AAPA) • National Commission on Certification of Physician Assistants (NCCPA) • American Nurses Credentialing Center (ANCC) • American Association of Nurse Practitioners (AANP) • American Academy of Nurse Practitioners Certification Program (AANPCP) • American Association of Medical Assistants (AAMA)
<p>Other Health Professionals</p>	<p>Confirm equivalency of credits with relevant licensing body.</p>

Panelist: Lisa Krinsky, MSW, LICSW

- Director, LGBTQIA+ Aging Project
- White, cisgender female, lesbian with many privileges
- She/her pronouns



Lisa Krinsky, MSW, LICSW
lkrinsky@fenwayhealth.org

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Panelist: Carla A. Pfeffer, PhD, MSW

- Michigan State University
Associate Professor, School of Social Work
Affiliate Faculty, Department of Sociology
Affiliate Faculty, Center for Gender in Global Context
Director, Consortium for Sexual and Gender Minority Health
- Fat, White, Cis, Female, LGBTQ+, with many privileges
- She/Her





LGBTQIA+
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LGBTQIA+ Older Adults: Foundations of Health

Because everybody deserves to age with dignity and respect

Lisa Krinsky, MSW, LICSW

Director



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How Many LGBTQ+ Older Adults?

- Today: 1.4 to 3.8 million in U.S
- 2030 estimate: 3.6 to 7.2 million in U.S.
- **Three Generations:**
 - Invisible -- the oldest old
 - Silenced -- greatest generation
 - Proud – baby boomers and beyond

What's So Different?

Aging Issues

Healthcare

Housing

Medication Costs

Social Network: Family, Friends

Income

Retirement /Work

Social / Recreational Activities

LGBTQIA+ Aging Issues

Healthcare

Housing

Medication Costs

Social Network: Family, Friends

Income

Retirement / Work

Social / Recreational

Activities



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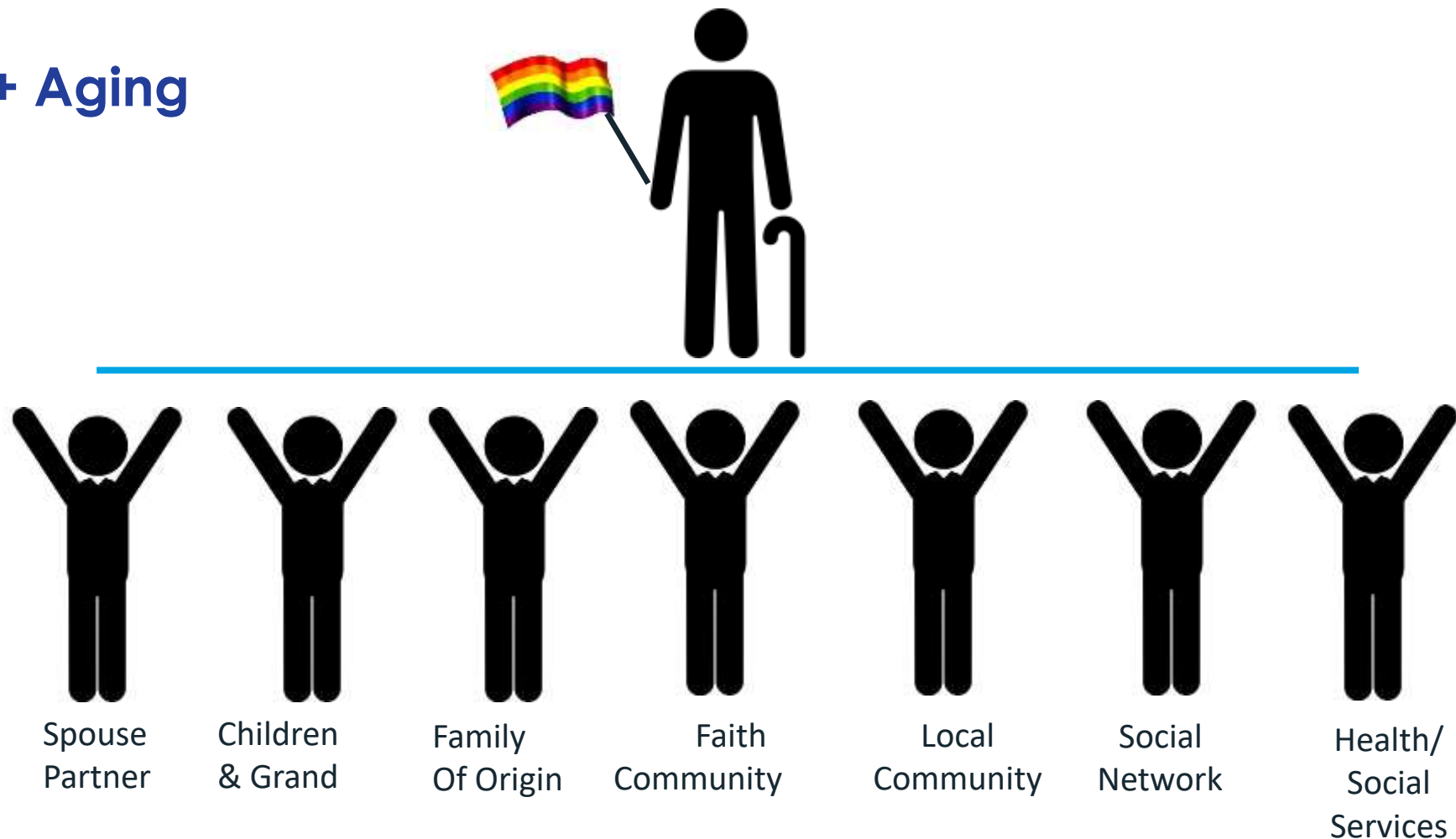
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Why are we talking about LGBTQIA+ Older Adults?

LGBTQIA+ Aging Supports



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Aging and Health Report: Disparities and Resilience among LGBT Older Adults.

- First, national federally funded study of LGBT aging and health
- 2,560 participants – now a longitudinal study

Disparities:

- LGB older adults have higher rates of disability and mental distress than hetero older adults
- LB women have higher rates of cardiovascular disease and obesity than hetero older women
- GB older men more likely to experience poor physical health and live alone than hetero men

Resilience:

- 91% engage regularly in wellness activities
- 89% feel positive about belonging to their LGBT community
- 38% attend spiritual or religious activities at least monthly
- 41% of transgender older adults, 41% of bisexual and 34% of gay men have military service

Fredriksen-Goldsen, K. I., Kim, H.-J., Emlert, C. A., Muraco, A., Erosheva, E. A., Hoy-Ellis, C. P., Goldsen, J., Petry, H. (2011). The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults - Key Findings Fact Sheet. Seattle: Institute for Multigenerational Health.

Social Determinants of Health





CONSORTIUM FOR
**SEXUAL & GENDER
MINORITY HEALTH**

LGBTQIA+ Older Adults: Foundations of Weight-inclusive Care

Carla A. Pfeffer, PhD, MSW



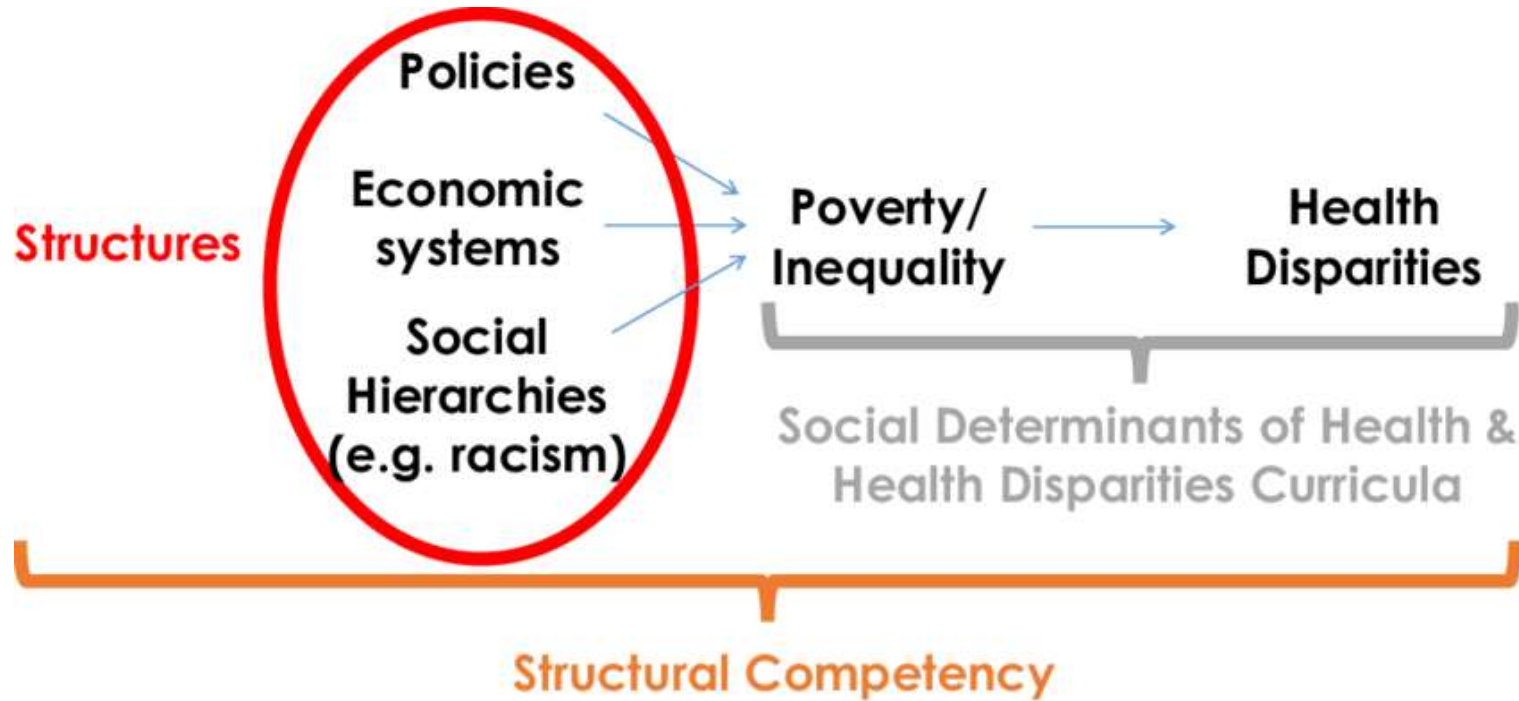
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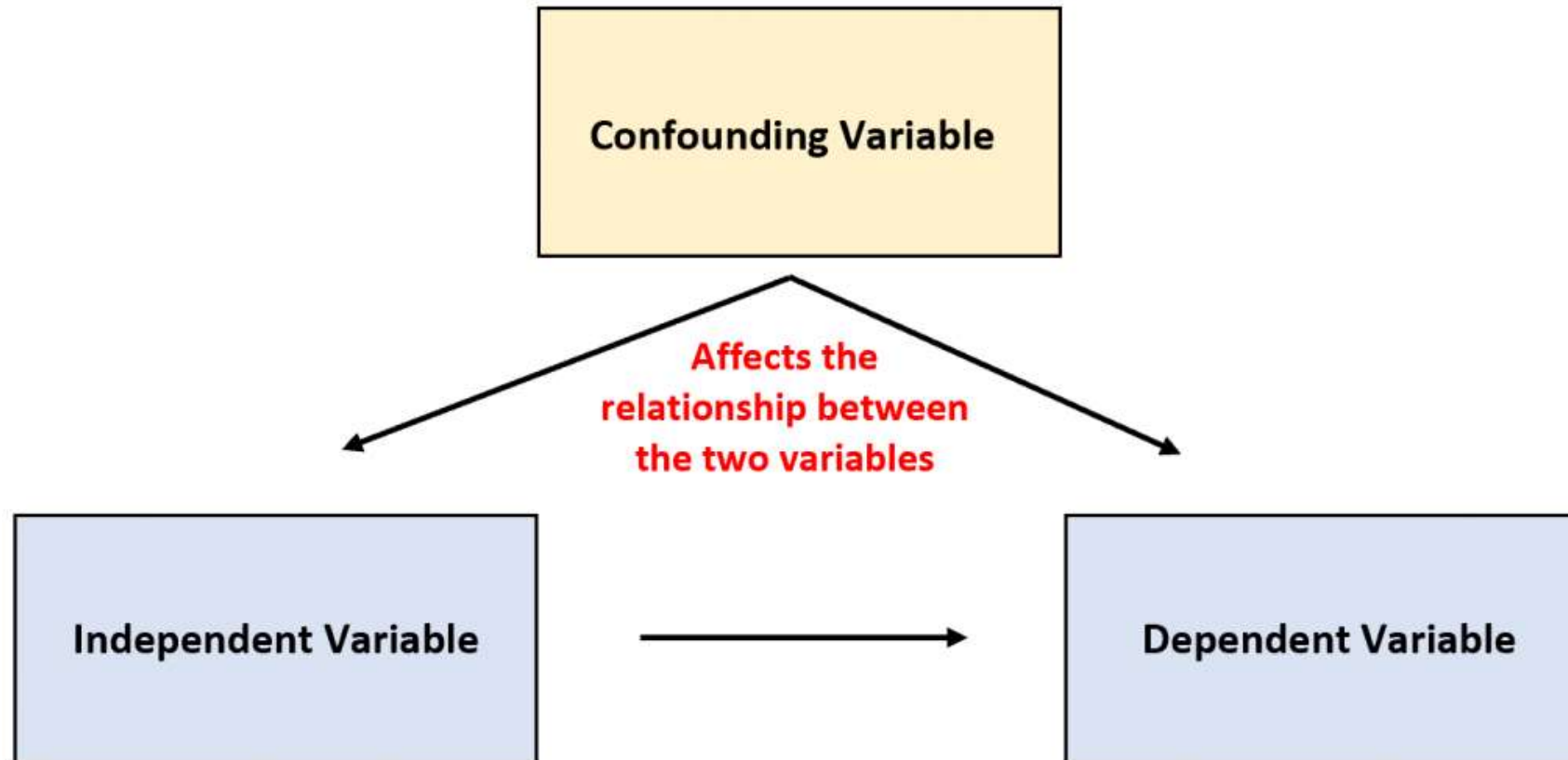
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Cultural Competency Is Not Enough: Toward Structural Competency



“Structural determinants of the social determinants of health”

Considering the Possibility of Spurious Relationships



A Need for Weight-neutral and Inclusive Approaches to Older LGBTQIA+ Health and Health Care

[Weight-neutral and non-restrictive options for blood sugar management](#)

Weight Neutral, Non-Restrictive Options for Blood Sugar Management (Partial list)

- Medications
- Stress Management
- Resistance training
- Movement/cardio
- Sleep
- Pair fat and protein with carbs
- Pre-cook rice/pasta/potatoes then chill before reheating

Learn more:

WeightAndHealthcare.Substack.com

@RagenChastain

BMI and Age - Based Denials in Health Care

[Bone marrow/stem cell donation](#)

[Organ transplants \(also\)](#)

[Joint replacements](#)

[Gender-affirming care](#)

[Medical Stigma](#)

[Non-Inclusive Medical Spaces](#)



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[Joyful, size-inclusive movement resource](#)



every.body deserves joyful movement

joyn is the leading platform for body-neutral movement.
No judgment, no diet talk, no BS, no cost.

joyn for free!



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A Need for Weight-neutral and Inclusive Approaches to Older LGBTQIA+ Health and Health Care

Diverse stock images for office posters, brochures, and forms



Additional Resources

Websites featuring health at every size, weight-neutral health approaches, and Elder and LGBTQIA+ health

[Association for Size Diversity and Health](#)

[Inclusive Services for LGBT Older Adults](#)

[Size-Inclusive Health Professionals List](#)

[Inclusive Waiting Room Furniture](#)

[Resources for Diabetes and Chronic Illness](#)

[National Council on Aging](#)

[Making Your Clinic Welcoming to LGBTQ Patients](#)

[Creating an LGBTQ-Affirming Clinic Resource Guide](#)

[Seven Ways to Make Your Practice More LGBTQ-Friendly](#)



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Moderated Panel Open Q+A

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🌐 www.lgbtqiahealtheducation.org

✉ ece@hsdm.harvard.edu
🌐 ece.hsdm.harvard.edu