Engaging LGBTQ+ Pennsylvanians in Biennial Statewide Needs Assessment

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Historically Left Out

- Inclusive SOGI questions left out of large data systems
- Little outreach by health and wellness partners
- Discussions cut short and restricted

Limiting widely shared information about LGBTQ populations’ health and wellness needs...
Health Equity for All

“People who identify as LGBT come from all races, ethnicities, religions, and economic backgrounds...The need to provide culturally appropriate preventive care will increase over the decade.”

Overarching Goals of Healthy People 2030

- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.
Pennsylvania LGBTQ Health Needs Assessment

The PA LGBTQ Health Needs Assessment collects data on LGBTQ Pennsylvanians’ experiences with healthcare providers, mental health, substance use, tobacco use, cancer, sexual health, financial security, and more.

The health needs assessment was first piloted in 2015, with the PA Department of Health partnering with community -based organizations to collect regional data. Since then, the assessment was conducted statewide in 2018 (N=4,679), 2020 (N=6,582) and 2022 (N=4,228).

The resulting findings from the PA LGBTQ Health Needs Assessment are made available to researchers, healthcare providers, government agencies, and, perhaps most importantly, the LGBTQ community.
Data Collection, Media & Outreach Partners

- Alder Health
- Attic Youth Center
- Bebashi
- Bradbury-Sullivan LGBT Community Center
- CenterLink
- Central Outreach Wellness Center
- Centre LGBTQA Support Network
- The Colours Organization
- Compton’s Table
- Eastern PA Trans Equity Project
- Erie Gay News
- FACT Lehigh Valley
- GALAEI
- The Gay Journal
- The Greater Lehigh Valley Chamber of Commerce
- Hanover Area Diversity Alliance
- Hugh Lane Wellness Foundation
- Human Rights Campaign of Pennsylvania
- Keystone Business Alliance
- Lancaster LGBTQ+ Coalition
- LGBT Center of Central PA
- LGBT Center of Greater Reading
- LGBT Elder Initiative
- LGBT Equality Alliance of Chester County
- Mazzoni Center
- Metropolitan Community Church of the Lehigh Valley
- Montgomery County LGBT Business Council
- New Hope Celebrates
- NWPA Pride Alliance
- The Pennsylvania State University Center for Sexual and Gender Diversity
- Pennsylvania Youth Congress
- Philadelphia FIGHT Community Health Centers
- Philadelphia Gay News
- Proud Haven
- QBurgh
- Rainbow Alliance
- Rainbow Rose Center
- SAGECare
- SisTers PGH
- Trans Central PA
- TriVersity – The Pride Center
- Washington County Gay Straight Alliance
- William Way LGBT Community Center
Pennsylvania 2022 LGBTQ Health Needs Assessment

Number of Respondents grouped by ZIP Code

- 1 - 10
- 11 - 20
- 21 - 30
- 31 - 40
- 41+
It was not magic…

It was…

- Ongoing partnership
- Commitment
- MOUs and stipend payments
- Follow up
- Data sharing
- Listening
- Showing up
Findings

“Welcoming means little when you don’t have medical expertise and understanding, especially for trans people who may have medically transitioned.

Always take what your patients tell you seriously.

Be respectful.

A very tiny first step would be asking for pronouns and using inclusive language. They could literally Google tons of ways to be more welcoming to the LGBTQIA and BIPOC if they cared about this at all.

Be more willing to administer STD tests when asked and without judgment (especially oral tests).

Add pronouns and preferred names to your systems.

Work with us, not on us. We have lived experience.

Be more educated on LGBTQ health, especially PEP.

Become trauma informed.

Proactively advertise that you are trans-affirming so we don’t have to wonder.

Accept me and my conditions/symptoms based on who I tell you I am, rather than who you have decided I am.

Flags, stickers, safe space signs.

Be proactive in offering resources on care for marginalized groups, as a way to share knowledge rather than just diagnose or treat immediate medical issues that they are dealing with.

Seek training.”
Nearly 9 in 10 queer respondents and respondents under 24 years old have experienced a mental health challenge in the past 12 months.

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bisexual/Pansexual (n=920)</td>
<td>84.9%</td>
<td></td>
</tr>
<tr>
<td>Demisexual (n=84)</td>
<td>85.7%</td>
<td></td>
</tr>
<tr>
<td>Transgender, Non-binary, or Genderqueer (n=1,504)</td>
<td>85.8%</td>
<td></td>
</tr>
<tr>
<td>Asexual (n=127)</td>
<td>86.6%</td>
<td></td>
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<tr>
<td>Disabled (n=805)</td>
<td>87.3%</td>
<td></td>
</tr>
<tr>
<td>Under 24 Years (n=693)</td>
<td>88.6%</td>
<td></td>
</tr>
<tr>
<td>Queer (n=490)</td>
<td>90.4%</td>
<td></td>
</tr>
</tbody>
</table>

[Graph showing percentages for each category with a dashed line representing all respondents.]

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**Findings Snapshot**
Transgender respondents have a smoking rate nearly twice that of cisgender respondents.

Most respondents who currently smoke cigarettes are interested in quitting at some point in the future. (N=625)

Within the next 6 months: 26.7%
Within the next 7-12 months: 13.8%
More than 12 months: 19.0%
Not interested: 40.5%
2022 Community Summary

LGBTQ Health Needs Assessment

We received feedback from 4,229 LGBTQ+ Pennsylvania residents. These data can be used to inform program planning, outreach efforts, policy change, and service proposals. We received information from 246 respondents who identify as Black or African American. Check out some data points specific to this subgroup and how they compare to all respondents.

**RESILIENCE**

96% are interested in incorporating healthy living strategies in their lives.

**Black and African American**

- **26%** Smoke
- **47%** Experienced homelessness
- **56%** Experienced violence from a family member, partner, or spouse

**Call to action:**
Support connections to LGBTQ competent providers; support initiatives that address social determinants of health; identify community-wide mental health support; support chronic disease prevention; promote tobacco cessation opportunities; encourage health screenings and discussions on health education; bolster community support for LGBTQ+ individuals; and individual-level support and enhancement of community-based organizations.

**Community Priorities:**
1. Depression
2. Suicide
3. Violence/Homicide

*Examples of healthy living strategies include healthy eating, active living, and tobacco cessation.

Note: Smoking rates based on those who were of smoking age (18+). The upper age range is reported here. See the "Tobacco Use" section for more information.

Data source: 2022 Pennsylvania LGBTQ Health Needs Assessment

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**RESILIENCE**

95% are interested in incorporating healthy living strategies in their lives.

**Young People (under 25 years)**

- **41%** Worried their food would run out in the past year
- **53%** Offended or always felt diminished from others in the past year
- **89%** Experienced a mental health challenge in the past year

**Call to action:**
Support connections to LGBTQ competent providers; support initiatives that address social determinants of health; identify community-wide mental health support; support chronic disease prevention; promote tobacco cessation opportunities; encourage health screenings and discussions on health education; bolster community support for LGBTQ+ individuals; and individual-level support and enhancement of community-based organizations.

**Community Priorities:**
1. Depression
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*Examples of healthy living strategies include healthy eating, active living, and tobacco cessation.

Data source: 2022 Pennsylvania LGBTQ Health Needs Assessment
2022 Report Recommendations

1. Support Connections to LGBTQ-competent Providers
2. Support Initiatives that Address Social Determinants of Health
3. Identify Community-wide Mental Health Supports
4. Support and Fund Chronic Disease Prevention
5. Promote Tobacco Cessation Opportunities
6. Encourage Health Screening Discussions and Health Education
7. Bolster Community Supports for Black, Indigenous, and People of Color
8. Prioritize the Health Needs of Transgender, Non-binary, Genderqueer, and Intersex Individuals
9. Increase Discussion of Health Needs Among Individuals Living with a Disability and who are Neurodiverse
10. Continue to Enhance Data Collection
11. Partner with LGBTQ Community-Based Organizations
Summary

- The health challenges impacting the LGBTQ community are both numerous and pervasive.
- Resiliency factors within the community are strong.
- More work is needed to achieve health equity.
- More data are needed among LGBTQ communities of color and LGBTQ older adults to understand unique needs.
Regular LGBTQ community feedback over time is needed. More voices support steps to dismantle barriers, enhance community health, and further expand resilience.
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For more visit bit.ly/PALGBTQ

bradburysullivancenter.org  health.pa.gov/topics/programs/tobacco  research.phmc.org