

Health drivers

- ▮ The LGBTQ+ population in America has **doubled in the last 10 years**, but is often underrepresented in national survey data. Questions on gender identity and sexual orientation are not consistently asked. This can negatively impact the understanding of social, cultural, and health needs.
- ▮ In 2021, **10% of Vermonters** identified as part of the LGBTQ+ community. 6% said they were Bisexual, 2% said Lesbian/Gay, 2% as another Orientation, and 1% as Transgender.

“I haven’t been able to find a provider who understands and respects polyamory. There is so much judgment and so many harmful things have been said ...It has stopped me from being as proactive about my health as I would like to be because it is just too exhausting.”

- ▮ LGBTQ+ students of color are three times more likely to **experience hunger or housing insecurity** than White, Non-Hispanic students.
- ▮ People in the LGBTQ+ community and other non-dominant cultural and racial groups **experience discrimination in multiple forms**, which may directly influence the likelihood of some physical and mental health conditions.
- ▮ Among LGBTQ+ youth, the higher rates of bullying and discrimination can lead to **isolation and lack of social supports**. These risks go down with the presence of supportive adults and the availability of affirming, safe spaces.

“I haven’t been able to find any mental health providers who understand the experience of trans folx. That is really hard because I don’t want to have to educate my providers or answer constant questions about my identity.”

- ▮ LGBTQ+ adults are more likely to **delay health care access** due to cost than non-LGBTQ+ Vermonters (13% to 5%).

Health conditions

- ▮ In 2022, 70% of LGBTQ+ adults in America reported experiencing **active discrimination** in the previous 2 years.
- ▮ Institutionalized discrimination influencing health in a negative way may be seen in disparities in **physical, mental health and substance use data** of LGBTQ+ youth and adults in Vermont.
- ▮ LGBTQ+ youth in Vermont experience **notably greater emotional challenges** compared to Vermont youth as a whole:
 - ▮ Feeling sad or hopeless almost every day (52% compared to 21%)
 - ▮ Feeling nervous or anxious at least most of the time (62% to 27%)
 - ▮ Experiencing poor mental health most of the time (59% to 35%)
 - ▮ Attempted suicide in the last 12 months (14% to 7%)
- ▮ There are large **physical and mental health disparities** for LGBTQ+ adults too.

"I felt the system was really violent and punitive of someone navigating complex PTSD, mental health, and physical infection. It was a horrible experience and I tried to hold the hospital police accountable and gave up after two years of pushing."

	Reporting poor mental health	With depressive disorder	With a disability	With asthma	Recent binge drinking
All US	15%	19%	29%	10%	15%
All VT	16%	25%	25%	12%	17%
LGBTQ+ in VT	31%	45%	34%	20%	23%

Key themes:

- Important health disparities
- Culturally responsive service needs
- Limited community representation
- Impacts of institutional discrimination

Data Sources used in this document

- ✔ [CARES database](#), University of Missouri. Data compilation is from many resources, including and not limited to:
 - US Census Bureau
 - the American Community Survey (ACS) 2017-202
 - Center for Disease Control and Prevention (CDC)
 - United States Department of Agriculture (USDA)
 - Department of Transportation
 - Federal Bureau of Investigations
- ✔ [Behavioral Risk Factor Surveillance System \(BFRSS 2021\)](#)
- ✔ [LGBTQ+ and Data Availability](#)
- ✔ VT Cancer Data Pages, VT Dept of Health, Feb 2023, https://www.healthvermont.gov/sites/default/files/document/HSI_Cancer_Data_Pages_2023.pdf
- ✔ WRJ Final Project: Storytelling for health equity BIPOC and LGBTQIA2S+
- ✔ [Title V report](#)
- ✔ DMH Vision 2030
- ✔ [Youth Risk Behavior Survey](#)
- ✔ [Health Disparities Faced by LGBT Students of Color](#), April 2022 VT Dept of Health
- ✔ [State Youth Advisory Group Health Equity Report](#)
- ✔ [Accelerating Acceptance: Executive Summary, 2022](#)