

Health Concerns in the LGBTQ+ Community

Mental Health

Mental health is very important for everyone, however, mental health issues disproportionately affect the LGBTQ+ community...

On average, bisexuals are more likely to be depressed than heterosexual, gay or lesbian individuals.⁷

All LGBTQ+ are more likely to experience anxiety disorder than heterosexuals.⁷

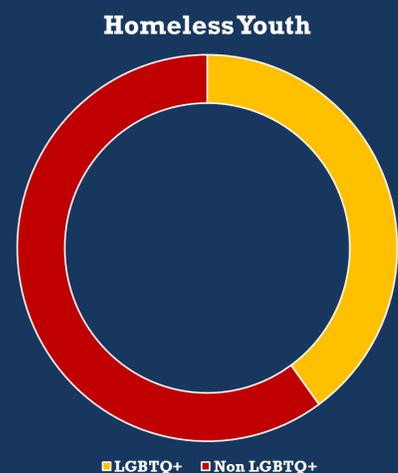


Homelessness

4 of 10 Homeless youth served by shelters are LGBTQ+.⁴

30% Of youth living in housing programs self-identify as LGBTQ+.⁴

LGBTQ individuals who face homelessness are at a higher risk of violence and abuse compared to their heterosexual peers. They also have difficulty finding shelters that accept and respect them. All these factors add to the stress of seeking healthcare.^{2,4}



Interacting with Healthcare Providers

Professional—Patient Relationships

Good healthcare professional-patient relationships are important to maintain health and ensure movement towards health equity.

Unfortunately, LGBTQ+ persons frequently report poor interactions with healthcare professionals.¹

Poor interactions often decrease the amount of visits that patients have with their providers.^{1,3}



Being LGBTQ+ is directly associated with difficulties in accessing healthcare.²

LGBTQ+ patients are **less likely** to have health insurance than their heterosexual peers.⁶



Tips for Healthcare Providers⁵



Ask what your patients preferred pronouns are.

Advocate for an LGBTQ+ friendly workplace.



Use gender-neutral language to promote inclusiveness.

Know key LGBTQ+ definitions and terminology.

1. Albuquerque, G. et al. (2016). Access to health services by lesbian, gay, bisexual and transgender persons: systematic literature review. *International Health and Human Rights*.
2. Boehmer, U. (2018). LGBT populations' barriers to cancer care. *Seminars in Oncology Nursing*.
3. Birkhauer, J. et al. (2017). Trust in the health care professional and health outcome: a meta-analysis.
4. Durso, L. Gates, G. (2012). Serving our youth: Findings from a national survey of services providers working with lesbian, gay, bisexual and transgender youth who are homeless or at risk of becoming homeless. *The Williams Institute*.
5. Gay & Lesbian Medical Association. (2014). Guidelines for care of lesbian, gay, bisexual, and transgender patients. *Gay and Lesbian Medical Association*.
6. National Women's Law Center. (2013). LGBT Americans and the Affordable Care Act.
7. Ross, E. Salway, T. Tarasoff, L. et al. (2017). Prevalence of Depression and Anxiety Among Bisexual People Compared to Gay, Lesbian, and Heterosexual Individuals: A Systematic Review and Meta-Analysis. *Journal of Sex Research*.



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