Improving the Health, Safety, and Well-being of LGBT Populations

Building Collections and Connections for LGBT Health Information

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https://nnlm.gov/sea
Objectives

Participants will be able to:

• Identify barriers to quality healthcare for the LGBT population.
• Identify resources for health disparities in the LGBT population.
• Discuss how a librarian can address and educate the community on LGBT health disparities.
What are Health Disparities?

“a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”

What is Culturally Competent Healthcare?

Cultural competence in health care describes the ability of systems to provide care to patients with diverse values, beliefs and behaviors, including tailoring delivery to meet patients’ social, cultural, and linguistic needs.

Why Cultural Competency?

Quite simply, healthcare services that are respectful of and responsive to the health beliefs, practices, cultural and linguistic needs of diverse patients can help bring about positive health outcomes.

Cultural Competencies

Continuum of Cultural Competence

- Cultural Proficiency
- Cultural Competence
- Cultural Pre-Competence
- Cultural Blindness
- Cultural Incapacity
- Cultural Destructiveness

Willing and Able?

Addressing Diversity Isn’t Easy

Learning About Culture

Global Society
• Community
• Family
• Person

Person
• Spirituality
• Death rituals
• Pregnancy
• Nutrition
• High-risk behaviors
• Bio-cultural ecology
• Workforce issues
• Family roles and organization
• Communication
• Overview/heritage
• Healthcare practitioners
• Healthcare practices
Major Assumptions

• All health care professions need similar information about cultural diversity.

• One culture is not better than another; they are just different.

• Differences exist among, between & within cultures.

• Cultures change slowly over time in a stable society.
Major Assumptions Continued

• If clients are co-participants in care and have a choice in health-related goals, plans and interventions, health outcomes will be improved.

• Culture has powerful influence on one’s interpretation of a response to health care.

• Individuals and families belong to several cultural groups.

• Caregivers who can assess, plan, and intervene in a culturally competent manner will improve the care of their clients.
Why LGBT Health & Cultural Competency?

• Improve the health, safety, and well-being of gay, lesbian, bisexual, and transgender (LGBT) individuals.
• Reduce disease transmission and progression
• Increase mental and physical well-being
• Reduce healthcare costs
• Increase longevity

Healthy People 2020 http://healthypeople.gov
Terminology

- Gender Identity
- Sexual orientation
- Transgender
- Questioning
- Cisgender
- Gender Variant

- Gay
- Lesbian
- Bisexual
- Queer
- Intersex
- Ally

- Outing
- Coming Out
- Transgender
- M2F/F2M
- WPW/MSM
- Ze/Zir/Zirs (Xe/Xem/Xyr)

LGBT & Cultural Competency

Attraction

Behavior

Identity

Sexuality
Outlining These Traits

**SEX**
- Genetic: XY ← XXY (Klinefelter), XYY, XO (Turner) → XX
- Anatomic: Male ← CAH, Androgen Insensitivity → Female

**GENDER**
- Identity: Man ← Transgender, Genderqueer → Woman
- Role: Masculine ← Neutral → Feminine
- Expression: Masculine ← Androgynous → Feminine

**SEXUALITY**
- Attraction: Homosexual ← Bisexual → Heterosexual
- Identity: Gay, Lesbian, Straight, Queer, Butch, Fag, Bi, Femme, Dyke
- Behavior: Same Sex ← Both, None → Other Sex

### Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment, Income, Expenses, Debt, Medical bills, Support</td>
<td>Housing, Transportation, Safety, Parks, Playgrounds, Walkability</td>
<td>Literacy, Language, Early childhood education, Vocational training, Higher education</td>
<td>Hunger, Access to healthy options</td>
<td>Social integration, Support systems, Community engagement, Discrimination</td>
<td>Health coverage, Provider availability, Provider linguistic and cultural competency, Quality of care</td>
</tr>
</tbody>
</table>

### Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
Social Determinants of LGBT Populations

• Social stigma
• Rejection by family members
• Abuse and violence
• Unfair treatment in the legal system, state/federal
• Hiding some or all aspects of one’s life
• Lacking health insurance
• Shortage of culturally competent health providers
Homophobia

- Personal Homophobia
- Interpersonal Homophobia
- Cultural Homophobia
- Institutional Homophobia

Image from: https://www.flickr.com/photos/mapurbanlinguisticlandscape/17291236366
Social Determinants for Transgender People

- Lack of curriculum
- Limited clinical research
- Limited access to Medical Care for Transgender People
- TRANSPHOBIA

- Lack of targeted prevention efforts
- Lack of positive mental health resources
- SOCIAL MARGINALIZATION
- Low Self Esteem

- HIV Risk Behavior
- Unprotected sex
- Underground hormones
- Silicone injections
- Needle sharing

- Health Insurance Coverage
- Legal Protection
- Discrimination (employment, housing, healthcare, bathrooms)
- Poverty

- Lack of Education

GLMA. Creating a Welcoming and Safe Environment for LGBT People and Families.
LGBTIQ Health Issues

Improve the health, safety, and well-being of LGBTIQ individuals.
• Smoking, alcohol, and substance abuse
• Mental health illnesses, like anxiety and depression
• Sexual and Reproductive Health
• Eating Disorders, Obesity or Anorexia
• Cardiovascular Health
• Higher rates of sexually transmitted diseases
• Increased cancer risks, decreased screenings
• Limited evidence-based research on hormones

When Health Care Isn’t Caring

Table 6: Fears and concerns about accessing health care

- I will be refused medical service because I am...
  - LGB: 9.1%
  - Transgender: 20.0%
  - Living with HIV: 51.9%

- Medical personnel will treat me differently because I am...
  - LGB: 28.5%
  - Transgender: 35.5%
  - Living with HIV: 73.0%

- Not enough health professionals adequately trained to care for people who are...
  - LGB: 49.0%
  - Transgender: 89.4%
  - Living with HIV: 48.0%

- Not enough support groups for people who are...
  - LGB: 24.3%
  - Transgender: 50.5%
  - Living with HIV: 58.8%

- Not enough substance abuse treatment for people who are...
  - LGB: 28.8%
  - Transgender: 31.1%
  - Living with HIV: 52.4%

- Community fear/dislike of people who are...
  - LGB: 85.7%
  - Transgender: 66.1%
  - Living with HIV: 85.7%

Lamba Legal. When Health Care Isn’t Caring. 2010.
Health Disparities: A Sample

- 24% of bisexuals lack health insurance (vs. 20% heterosexuals)
- MSM represent 2% of US population, yet account for 56% of people with HIV and 66% new HIV infections.
- Estimated 40% of homeless youth are LGBT
- 39% of transgender people have faced harassment or discrimination when seeking routine health care
- 26% bisexual women reported suicidality
- MSM are 17x more likely to develop anal cancer than heterosexual men.

Cultural Competence in Libraries

- Needs Analysis
- Health Literacy
- Training for Library Staff
- Reference Interview Process
- Library Instruction
- Collection Development
- Outreach to Community Groups

Resources

U.S. Government Resources
Reflection

• What is your experience in searching for LGBT health topics?

• What resources did you use?

• Did you find what you were looking for?
Healthy People 2020

http://HealthyPeople.gov
Gay, Lesbian, Bisexual and Transgender Health

On this page
Basics
- Summary
- Start Here
- Latest News
Learn More
- Related Issues
Multimedia & Tools
- No links available
Research
- Clinical Trials
- Research
- Journal Articles
Reference Shelf
- Organizations
- Statistics
For You
- Children
- Teenagers
- Men
- Women
- Patient Handouts

Summary

Lesbian, Gay, Bisexual, and Transgender Health

People who are lesbian, gay, bisexual, or transgender (LGBT) are members of every community. They are diverse, come from all walks of life, and include people of all races and ethnicities, all ages, all socioeconomic statuses, and from all parts of the country. The perspectives and needs of LGBT people should be routinely considered in public health efforts to improve the overall health of every person and eliminate health disparities. Read more.
Pre-Exposure Prophylaxis (PrEP)

A daily pill to reduce risk of HIV infection.

Ask your doctor if PrEP is right for you.

http://www.cdc.gov/hiv/
Figure 1: Estimated New HIV Infections in the United States, 2010, for the Most Affected Subpopulations
http://aids.gov
DID YOU KNOW?
We have information about recommended immunizations for people infected with HIV

Guidelines
Federally approved HIV/AIDS medical practice guidelines
• View and Download the Guidelines
• Adult ARV Guidelines
• Pediatric ARV Guidelines
• Perinatal Guidelines
• Adult CD4 Guidelines
• Pediatric CD4 Guidelines

Clinical Trials
Search tool to find HIV/AIDS-related clinical trials

Drugs
Information on HIV/AIDS-related drugs
• HIV/AIDS-Related Drugs
• FDA-Approved HIV/AIDS Drugs
• Investigational HIV/AIDS Drugs

AIDSinfo / infoSIDA: http://aidsinfo.nih.gov
LGBTData.com

Welcome to www.LGBTData.com!

This site was created by Dr. Randall Sell.

LGBTData.com serves as a no-cost, open-access clearinghouse for the collection of sexual orientation & gender identity data and measures.

This site also provides knowledgeable analysis, commentary and expert "how to" information on gathering such data effectively in scientific surveys, questionnaires and studies. Collected and categorized here you will find numerous datasets and links to rich data sources that are essential to LGBT health research, researchers, students, advocates and anyone interested in scientific-based information about LGBT people and populations.

This website encourages the collection of sexual orientation data and the analysis of data sources that have already collected such data. In order to facilitate this process, this website covers the following topics:

Data Sources - What information systems and databases have collected sexual orientation data?

Knowledge - What have we learned about LGBTs from these data sources?

http://www.lgbtdata.com/index.html
Other Resources

Professional, Organizations, etc.
Specific Populations

• Child Welfare Information Gateway: Gay and Lesbian Adoptive Parents
  • https://www.childwelfare.gov/topics/adoption/adoptive/family-type/glbt-families/

• Gay, Lesbian, & Straight Education Network (GLSEN)
  • http://www.glsen.org/

• SAGE: Services & Advocacy for LGBT Elders
  • http://www.sageusa.org/

• LGBT Aging Project
  • http://www.lgbtagingproject.org/

• Lesbian, Gay, Bisexual, and Transgender Health Sciences Librarians MLA Special Interest Group
  • http://www.mlanet.org/p/cm/ld/fid=213
More...

• BiNet USA
  • http://www.binetusa.org/

• Accord Alliance
  • http://www.accordalliance.org/

• The Mautner Project
  • http://www.mautnerproject.org/

• American Academy of Pediatrics
  • https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx
Professional/Organizations

American Institute of Bisexuality
• http://www.bisexual.org/

Intersex Society of North America
• http://www.isna.org/

National Coalition for LGBT Health
• http://lgbthealth.webolutionary.com

World Professional Association for Transgender Health
• http://www.wpath.org/
GLMA is working to bring about equality in healthcare for LGBT people. When LGBT people go to see a doctor or other healthcare provider, the care we receive should be as good as anyone else would receive and LGBT healthcare professionals should not be discriminated against in our work. While much of our work is with healthcare professionals, we provide some information and referral services to LGBT patients.

Looking for a healthcare provider you can be honest with? Search our Provider Directory.

Educate yourself by reading:

- 10 Things Gay Men Should Discuss with Their Healthcare Providers
- 10 Things Lesbians Should Discuss with Their Healthcare Providers
- 10 Things Bisexuals Should Discuss with Their Healthcare Provider
- 10 Things Transgender Persons Should Discuss with Their Healthcare Providers

Follow this link for additional TransHealth Resources.

Download Lambda Legal's Tools for Protecting Your Health Care Wishes

Click the following links for information about hepatitis and depression.
Subgroups

American Medical Association (AMA) LGBT Advisory Committee
http://www.ama-assn.org/ama/pub/about-ama/our-people/member-groups-sections/glbt-advisory-committee/glbt-resources.page

American Academy of Physician Assistants LGBT Caucus
https://www.aapa.org/about_aapa/constituent_organizations/caucuses/?id=114728

American Medical Student Association (AMSA) Gender and Sexuality Committee and Interest Group: Gender & Sexuality
http://www.amsa.org/advocacy/action-committees/gender-sexuality/
Creating a Welcoming Environment
Creating Safe Spaces for LGBT Youth
Recent Changes

Affordable Care Act
  • Improving healthcare & fighting disparities

Respecting the Rights of Hospital Patients to Receive Visitors and to Designate Surrogate Decision Makers for Medical Emergencies
  • Presidential Memorandum - Hospital Visitation

Marriage
  • Health insurance for partners
  • Legal protections
Healthcare Equality Index

The Healthcare Equality Index (HEI) is the national LGBT benchmarking tool that evaluates healthcare facilities’ policies and practices related to the equity and inclusion of their LGBT patients, visitors and employees. The HEI 2016 evaluates a total of 2,061 healthcare facilities nationwide.

Download the HEI 2016

http://www.hrc.org/campaigns/healthcare-equality-index
A Time to Share?

LGBT Health Awareness Week
• Typically the last week of March

Pride Month
• Typically June
Discussion

What kinds of LGBT resources do you have in your collection?
Building a LGBT Collection

• Resources
  • Databases
  • Journals
  • Magazines
  • Resources for Books
  • Publishers
  • Videos

• Funding
  • Partnerships
  • Grants
Databases

**LGBT Specific**
- LGBT Life with Full Text

**Health Sciences**
- CINAHL
- Cochrane
- Medline via OVID or PubMed
- EMBASE

**Other Subject Databases to Consider**
- Anthropology
- Sociology
- Religion

**Gender Databases to Consider**
- GenderWatch
- Gender Studies Database
- Contemporary Women’s Issues
- Studies on Women and Gender Abstracts
- Women’s Studies International

**Newspaper/Press Databases**
- Alternative Press Index (or Archive)
- Newsbank
- Newspaper Source
Journals

- Journal of Homosexuality
- Journal of the History of Sexuality
- Sex Roles
- Gender Issues
- Gender and Society

- International Journal of Sexuality and Gender Studies.
- Journal of Gay & Lesbian Psychotherapy
- Journal of LGBT Family studies
- Journal of Lesbian Studies
- Journal of the Gay and Lesbian Medical Association
Magazines

• POZ
• Advocate
• Out
• Curve: the lesbian magazine
• Lesbian Connection

• LN: Lesbian News
• GayParent
• 10,000 Couples
• Ambiente
• Bi Magazine
Resources for Books

“People really want to think that these things really happened. I don’t know why that’s important, but I know that when I finish reading a novel or something, I want to know how much of that really happened to this author.”

—Alison Bechdel

We know you love to read. It’s why we’re here. If you don’t see what you’re looking for, email us.

Related Posts:

http://www.lambdaliterary.org/resources
Promoting the Collection

After you’ve developed your collection, how would you promote it?
Thanks

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