

# LGBTQ+ Health Education and Resources



[www.Guthrie.org](http://www.Guthrie.org)



## LGBTQ+ Health Disparities

### Anxiety & Depression

- **Background:** Somewhere between 30 and 60 percent of lesbians, gay men, bisexuals, or transgender people deal with anxiety and depression at some point in their lives. That rate is 150-200 percent higher than that of their straight or gender-conforming counterparts.
- **Strategies for LGBTQ+ Individuals:** Consider sharing this information with people that you trust. Reach out to a mental health care professional to explore your options.
- **How can I help?:** Create a safe atmosphere for LGTBQ+ people to share information with you and believe them when they share their identity with you.

### Alcohol & Substance Abuse

- **Background:** A study done by the Alcohol Rehab Guide found that 25 percent of the general LGBTQ+ community has moderate alcohol dependency, compared to just 5 to 10 percent of the general population. Additionally, a 2017 Journal of School Health study found that transgender middle and high school students were nearly 2.5 times more likely to abuse substances than their cisgender peers.
- **Strategies for LGBTQ+ Individuals:** Contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 800-662-4357 for help with devising a game plan. There are also many LGBTQ+ inclusive sober spaces that offer support ([www.gaycenter.org/covid-19-resources/12-step-groups/](http://www.gaycenter.org/covid-19-resources/12-step-groups/)).
- **How can I help?:** Volunteering at an addiction treatment program or LGTBQ+ support line, responding with compassion when someone comes to you with their addiction problems, and never pressuring anyone into alcohol or substance use.

## Smoking

- **Background:** In 2020, 16.1% of lesbian, gay, or bisexual adults smoked cigarettes – compared with 12.3% of heterosexual adults. Cigarette smoking is the leading cause of lung cancer in all Americans and is linked to at least 11 other types of cancer. An estimated 45,000 LGBTQ+ people die from cancer each year.
- **Strategies for LGBTQ+ Individuals:** Call or text a Quitline, like **1-800-QUIT-NOW**, or reach out to your healthcare provider.
- **How can I help?:** Avoid using tobacco products yourself and act as a resource for individuals that are trying to quit.

## Sexually Transmitted Infections (STIs)

- **Background:** In the United States, gay, bisexual, and other men who have sex with men (MSM) are most affected by HIV. Overall, the LGBTQ+ population has higher rates of HPV and other STIs as well.
- **Strategies for LGBTQ+ Individuals:** Stay up to date on your own STI status and become informed about how to have safer sex (visit [www.healthline.com/health/lgbtqia-safe-sex-guide](http://www.healthline.com/health/lgbtqia-safe-sex-guide)).
- **How can I help?:** Educate yourself about safer sex practices and avoid perpetuating the stigma around sexual health.

## Cancer Affecting Lesbian and Bisexual Women

- **Background:** Some of the cancers that most often affect women are breast, colorectal, endometrial, lung, cervical, skin, and ovarian cancers. Lesbian and bisexual women may be at increased risk for breast, cervical, and ovarian cancer compared to heterosexual women. Access to quality health insurance can also be an issue since some insurers do not allow unmarried partners on the same insurance plan.
- **Strategies for LGBTQ+ Individuals:** There is no guaranteed way to prevent every cancer, but some general rules do apply.

These include a healthy diet, avoiding tobacco and other drugs, getting exercise, and protecting your skin. Getting regular health screenings, such as mammograms and colonoscopies, and maintaining a connection with your healthcare provider is key.

- **How can I help?:** Being an advocate for LGBTQ+ healthcare rights and sharing resources that are helpful to that community.

## Cancer Affecting Gay and Bisexual Men

- **Background:** The most common types of cancer among men are skin, prostate, lung, and colorectal cancer. Some younger men might be at risk of testicular cancer and Hodgkin Lymphoma. Some gay men, especially those who are HIV positive, might have a higher risk of anal cancer. The same issues with health care access are also present for this group.
- **Strategies for LGBTQ+ Individuals:** The same general rules apply for this group. Additionally, men should talk to their health care provider about the benefits and limitations of prostate cancer screening. Gender identity should not keep you from having this conversation. Transgender male-to-female patients should also have a conversation with their provider about this service.
- **How can I help?:** Being an advocate for LGBTQ+ healthcare rights and sharing resources that are helpful to that community.



Sources:

<https://www.healthline.com/health/lgbtq-health-disparities>

<https://www.health.com/mind-body/lgbtq-health-disparities>

<https://www.cigna.com/knowledge-center/lgbt-disparities>

<https://www.cancer.org/healthy/cancer-facts/>



## Key Terms

### What is LGBTQ+?

An acronym that stands for Lesbian, Gay, Bisexual, Transgender, and Queer or Questioning. The LGBTQ+ community is an umbrella term for anyone who does not identify as cisgender or heterosexual.

### Sexual Orientation

A person's emotional and physical attraction to others. Sexual orientation can change over time.

### Gender Identity

A person's inner sense of their gender (for instance, boy/man, girl/woman, neither, or both). Gender identity may not match gender assigned at birth and is not visible to others.

### Gender Expression

The mannerisms, clothing, speech, pronouns, etc., a person uses to represent their gender to others. A person's gender expression might not align with their gender identity or with society's idea of "masculine" or "feminine," which varies by culture and changes over time.

Scan the QR code below to create an eGuthrie profile and register your sexual orientation and gender identity (SO/GI).

Instructions:

1. Scan the QR code or visit **www.eGuthrie.org**
2. Login to your existing profile or create a new account
3. Click Menu > Account Settings > Personal Information
4. Edit the "Details About Me" section to include your SO/GI information



## Contacts and Resources

### The Trevor Project

[www.thetrevorproject.org/get-help](http://www.thetrevorproject.org/get-help)

1-866-488-7386

Chat: Text "START" to 678-678

### Suicide Prevention

Text 988 or Text "Talk" to 741-741

### LGBT National Help Center

- LGBT National Hotline: 888-843-4564
- LGBT National Youth Talkline: 800-246-7743
- LGBT National Senior Hotline: 888-234-7243

### Southern Finger Lakes Pride

[www.corningpride.org](http://www.corningpride.org)

### Cortland LGBTQ Center

[www.cortlandlgbtqcenter.org](http://www.cortlandlgbtqcenter.org)

### The National LGBTQIA+ Health Education Center

[www.lgbtqiahealtheducation.org](http://www.lgbtqiahealtheducation.org)

### Human Rights Campaign Foundation

[www.thehrcfoundation.org](http://www.thehrcfoundation.org)

Visit **www.Guthrie.org** for additional resources.

