

# 2016

Pittsburgh Region of Pennsylvania

## LGBTQA Community Health Needs Assessment Results



# Study Purpose

This study assessed the prevalence of tobacco use, other chronic disease risk behaviors, and determinants of health in the lesbian, gay, bisexual, transgender, queer, and asexual (LGBTQA) communities in the Pittsburgh region of Pennsylvania.

## Methodology

Brief, anonymous, Internet-based surveys were completed by LGBTQA people in the Pittsburgh region of Pennsylvania, which included Allegheny, Armstrong Beaver, Butler, Indiana, Washington, and Westmoreland counties.

During a 10-week period from March through May 2016, LGBTQA participants were purposively sampled using both direct and indirect recruitment strategies. Direct recruitment strategies included sending personal emails and Facebook messages to LGBTQA people. Indirect recruitment strategies included geographically targeted and LGBTQA-targeted Facebook advertisements, as well as email blasts.

Participants were informed that the data they provided were being collected anonymously and that they could stop the survey or refuse to answer any questions at any time. At the conclusion of the survey, participants were given the option to be redirected to an unlinked database where they could input their contact information to be entered into a lottery drawing for one \$50 gift card incentive.

# Acknowledgements

This study was commissioned by the PERSAD Center with funding from the Pennsylvania Department of Health. Data were collected in partnership with MetroBurgh Magazine, PFLAG Pittsburgh, PFLAG Butler, Butler County Community College GSA, Slippery Rock University GSA, Delta Foundation, 2nd Friday Nights Series, WestCo Pride Project, Three Rivers Community Foundation, Judah Fellowship, New Voices, PFLAG Greensburg, Westmoreland Equality Happy Hour, Seton Hill University GSA, University of Pittsburgh at Greensburg Allies Network, University of Pittsburgh Rainbow Alliance, Carnegie Mellon University Safe Zone & cmuOUT, Westmoreland LGBTQ Interfaith Network, Washington & Jefferson University GSA, Indiana University Take Back the Night, Washington County GSA, California University GSA, Pittsburgh AIDS Task Force, THRIVE, Dreams of Hope, Initiative for Transgender Leadership, and Allegheny County Department of Human Services SOGIE project. Robert W.S. Coulter, M.P.H., served as the Statistical Data Analyst for this project: he conducted the data analyses and wrote the results. Scout, Ph.D., from LGBT Health Link, designed the questionnaire, helped guide survey administration, and drafted the recommendations for this report. Adrian Shanker from Bradbury-Sullivan LGBT Community Center provided technical assistance throughout the project.

# Highlights

## **Sociodemographic Characteristics**

In total, 634 LGBTQA individuals completed this survey. Nearly two-thirds (65.3%) of the sample identified as gay/lesbian, 15.5% as bisexual, and 14.2% as queer or pansexual. Additionally, 21.9% of the participants were transgender, 37.4% were cisgender women, and 40.5% were cisgender men.

## **Health Care Access & Quality**

Health insurance coverage was highly prevalent in the sample (95.0%), and slightly higher than coverage among Pennsylvania adults (89.9% according to the 2014 Behavioral Risk Factor Surveillance System [BRFSS]). However, health insurance coverage was lower among Hispanic/Latinx people than non-Hispanic/Latinx people (88.9% versus 95.7%, respectively), and lower among people with a high school degree or less (84.6%) or an associates/technical degree (88.1%) compared to people who attended college (92.4%) or graduated from college (97.5%). About one-third (31.1%) of the sample had a health care provider react poorly to their LGBTQA status—and this varied by gender: transgender people (44.9%) were significantly more likely than cisgender women (24.6%) or men (29.3%) to have a provider react poorly. Transgender people (33.6%) were more likely than cisgender women (18.6%) and men (11.1%) to always or often fear a negative reaction by a health care provider. Nevertheless, most participants (80.7%) were out as LGBTQA to one or more of their health care providers.

## **LGBTQA Acceptance**

LGBTQA participants thought their friends were the most LGBTQA-accepting (82.6% thought their friends were very LGBTQA-friendly). Second most accepting were participants' workplaces and birth families (43.2% and 40.6% thought their workplaces and birth families were very LGBTQA-friendly). Schools and medical providers were not terribly accepting overall (29.7% and 24.7%, respectively, thought these groups were very LGBTQA-friendly). Neighborhoods were the least LGBTQA-friendly places (15.7% thought their neighborhood was very friendly).

## **Overall Health**

In total, 64.6% of participants reported that their overall health status was good or very good. Importantly, participants' self-reported overall health status was significantly greater if they reported greater overall LGBTQA acceptance across the domains specified above. Nearly all respondents were interested in incorporating more healthy living strategies into their lives.

### **Body Mass Index**

According to participants' body mass index (BMI), 36.5% were obese and 33.4% were overweight; this did not significantly vary by gender. Among the general population of Pennsylvania adults, 30.2% of adults were obese and 33.9% were overweight (BRFSS, 2014), suggesting that the LGBTQA population in the Pittsburgh Region may be slightly more obese than the general Pennsylvanian population. Importantly, about two-thirds of LGBTQA participants were interested in health eating (66.9%) and active living strategies (65.5%).

### **Mental Health Treatment**

In the past 12 months, 47.8% of participants received psychological counseling or treatment. In their lifetime, nearly two-thirds of the sample (64.8%) had taken medicine or received treatment for mental health problems.

### **HIV among Cisgender Men and Transgender People**

Self-reported HIV prevalence was significantly higher for cisgender men (11.0%) than transgender people (0.0%). Regular HIV testing was low. Excluding HIV-positive participants, 45.1% of cisgender men and 78.4% of transgender people received their last HIV test over one year ago. The Centers for Disease Control and Prevention (CDC) recommends that at-risk groups test for HIV at least once per year, and more often for those who engage in high-risk behaviors.

### **Tobacco Use & Opinions**

In the past year, 33.5% of participants used any tobacco/nicotine products, and this did not significantly vary by gender. Specifically, cigarette smoking was higher among LGBTQA participants than the general Pennsylvanian population (25.3% versus 19.9%, respectively; BRFSS, 2014). On a positive note, LGBTQA participants used smokeless tobacco (e.g., chew or snuff) less than the general Pennsylvanian population (1.0% vs. 4.3%; BRFSS, 2014).

LGBTQA people had little knowledge about smoking disparities: 38.9% strongly or somewhat agreed that LGBTQA people smoke more than the general population. Among all LGBTQA participants 78.9% were strongly or somewhat unappreciative that the tobacco industry advertises to the LGBTQA community; and 54.4% strongly or somewhat agreed that pride celebrations should be smoke-free events.

LGBTQA smokers overwhelmingly wanted to quit (86.6%). When asked how they would quit, willingness to use effective cessation techniques was low: 27.6% of smokers would go to their health care provider, and 11.0% would enroll in a

smoking cessation class or program; however, only 11.8% would use the quitline, and 18.9% of smokers did not know where to go for cessation assistance.

### **Cancer**

The lifetime prevalence of cancer was 8.3% among LGBTQA participants. More than one-third (38.2%) of participants who were assigned female at birth reported not being up to date with cervical Pap smears. Among participants 50 years or older: 27.8% were not up to date with colonoscopies; 23.7% of those assigned female at birth were not up to date with mammograms; and 21.2% of those assigned male at birth were not up to date with prostate exams. Overall, 86.8% of cisgender women, 82.5% of transgender people, and 72.3% of cisgender men never had an anal Pap smear in their lifetime. LGBTQA participants thought there was a high need for a variety of LGBTQA-welcoming practices for cancer care, including survivor support groups, caregiver support groups, inclusive hospital policies, and legal planning at hospitals.

### **Perceptions of LGBTQA Community Health Issues**

Mental health, STDs/HIV, and suicide were perceived to be the top three health problems by LGBTQA participants.

# Recommendations

Because tobacco use greatly affects the health of LGBTQA people, the lack of knowledge about LGBTQA smoking disparities and tobacco cessation programs are of particular concern. The following steps would help address this problem:

- Create LGBTQA-tailored smoking cessation groups;
- Train quitline providers to be LGBTQA friendly and affirming;
- Create LGBTQA-tailored quitline promotion campaigns to raise awareness for this cessation resource; and
- Create LGBTQA-tailored tobacco awareness campaigns to raise the knowledge level about LGBTQA smoking disparities and help people make healthier decisions.

Because many LGBTQA participants experienced LGBTQA-unfriendliness by a medical provider and perceived a high-need for LGBTQA-related cancer programs, enhancing the LGBTQA-friendliness of medical environments would have many benefits. The following steps would help address this need:

- Train medical providers to be LGBTQA culturally competent and to provide LGBTQA competent health care; and
- Design and disseminate LGBTQA-tailored materials that help make medical environments more LGBTQA-friendly.

To monitor the health of LGBTQA participants in the Pittsburgh Region, LGBTQA health surveillance data should be routinely collected.

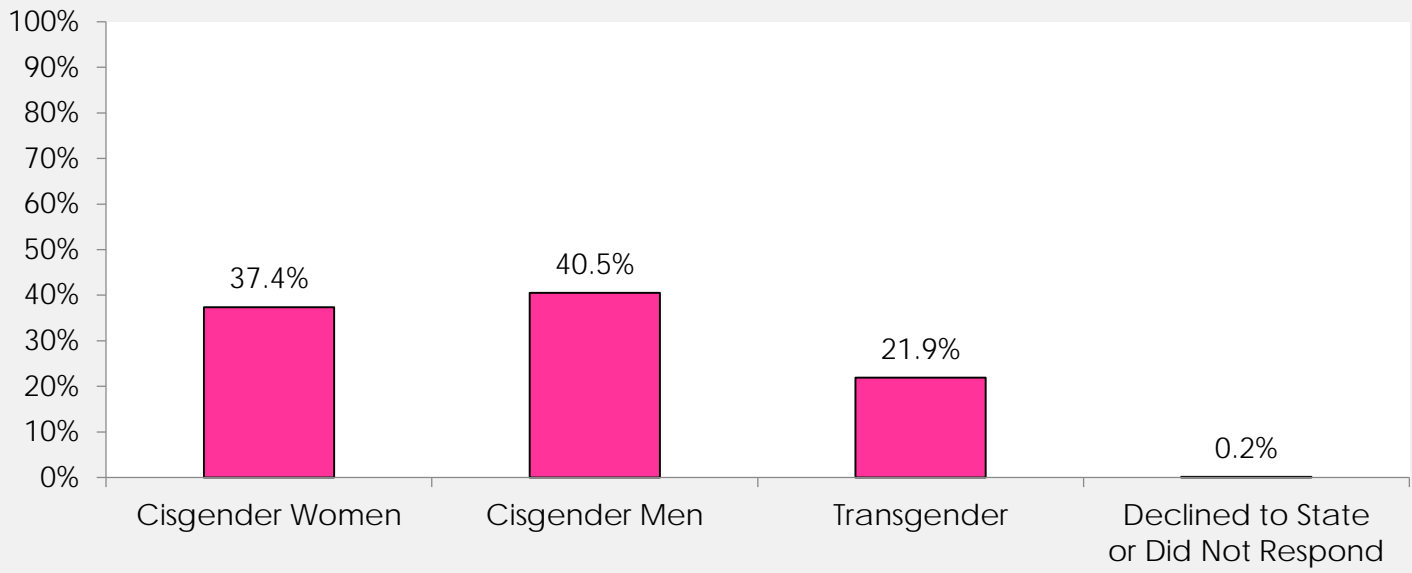
# Results

In total, 634 LGBTQA individuals completed the survey. In this report, transgender is used as an umbrella term for the following individuals:

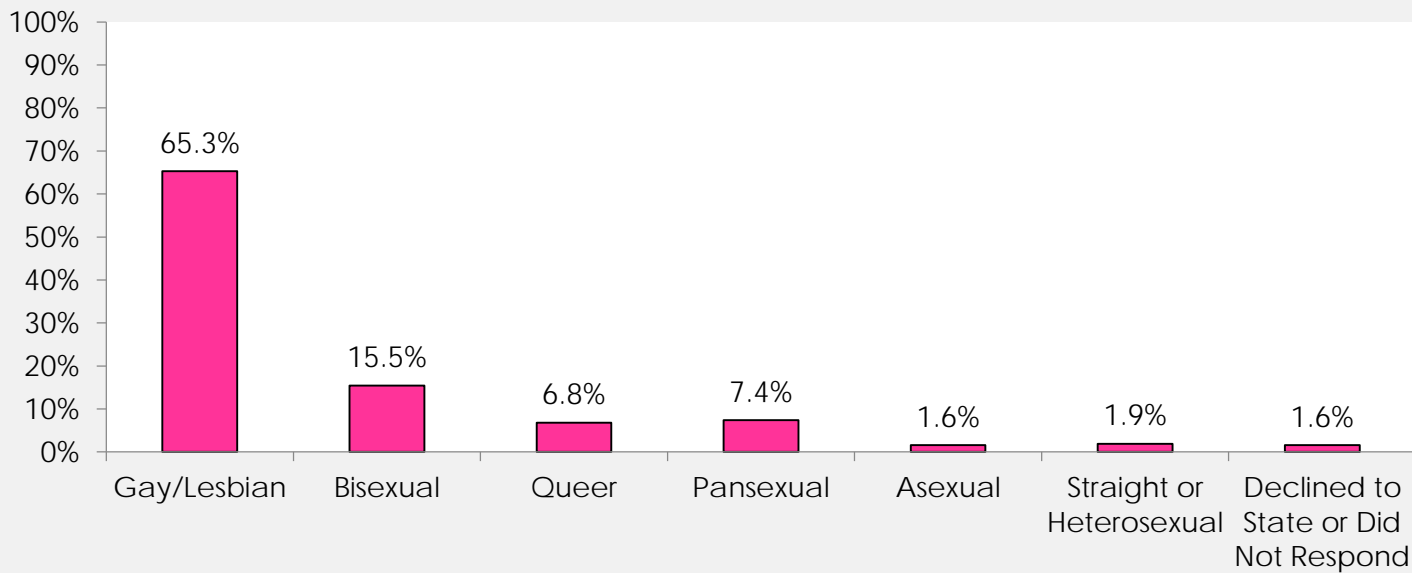
- People who identified as a trans man/woman or trans masculine/feminine;
- People who identified as agender, bigender, demigirl, fluid, non-conforming, non-binary, genderqueer, or Two-Spirit; and
- People whose assigned sex at birth does not match their current gender identity (e.g., someone who was assigned male sex at birth and now identifies as female).

Results – Sociodemographic Characteristics

Gender



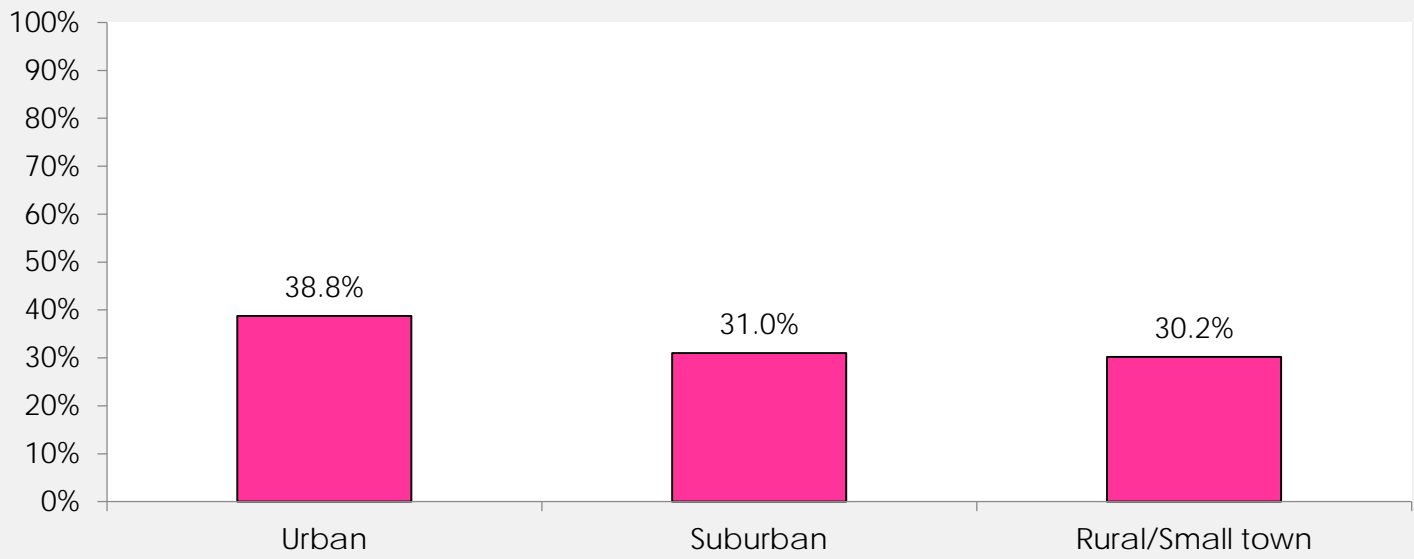
Sexual Orientation



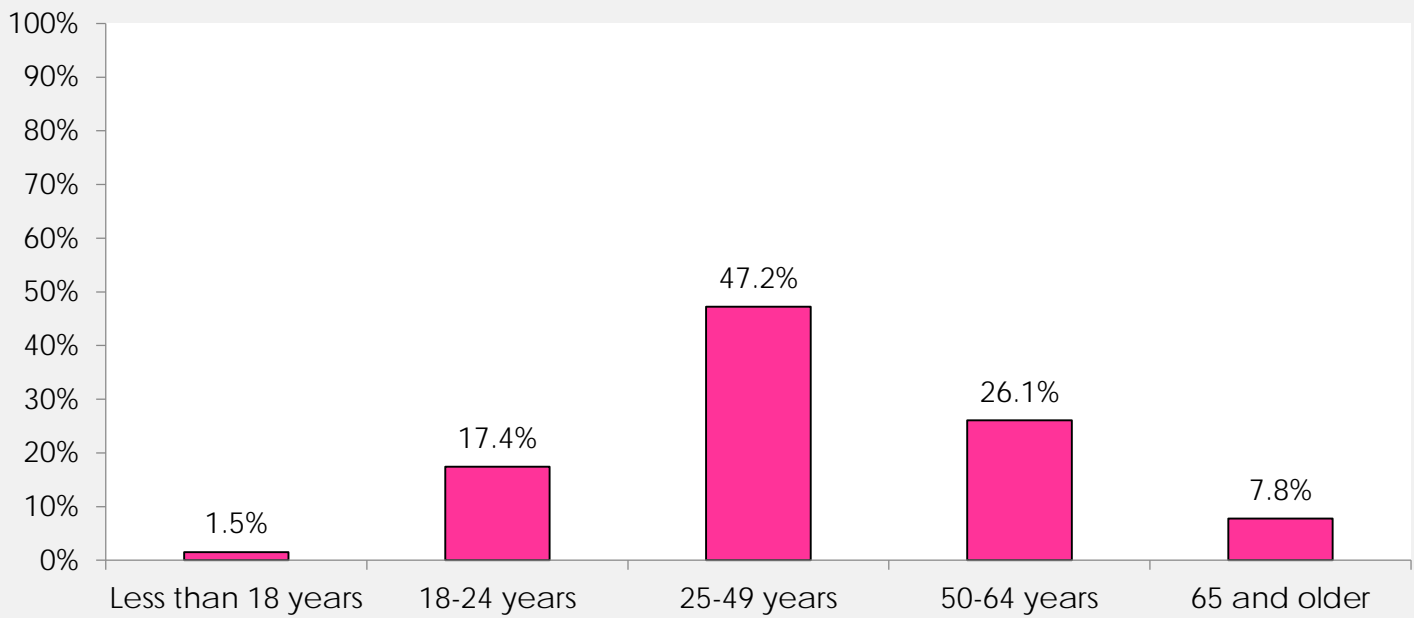




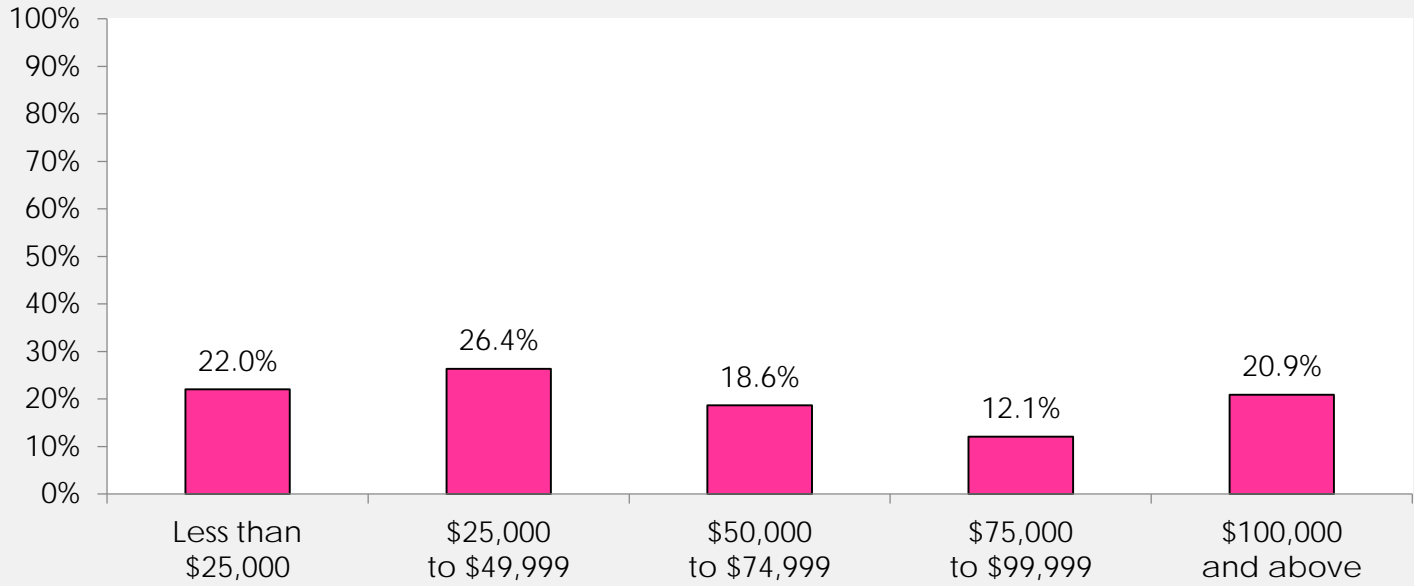
How would you describe your neighborhood?



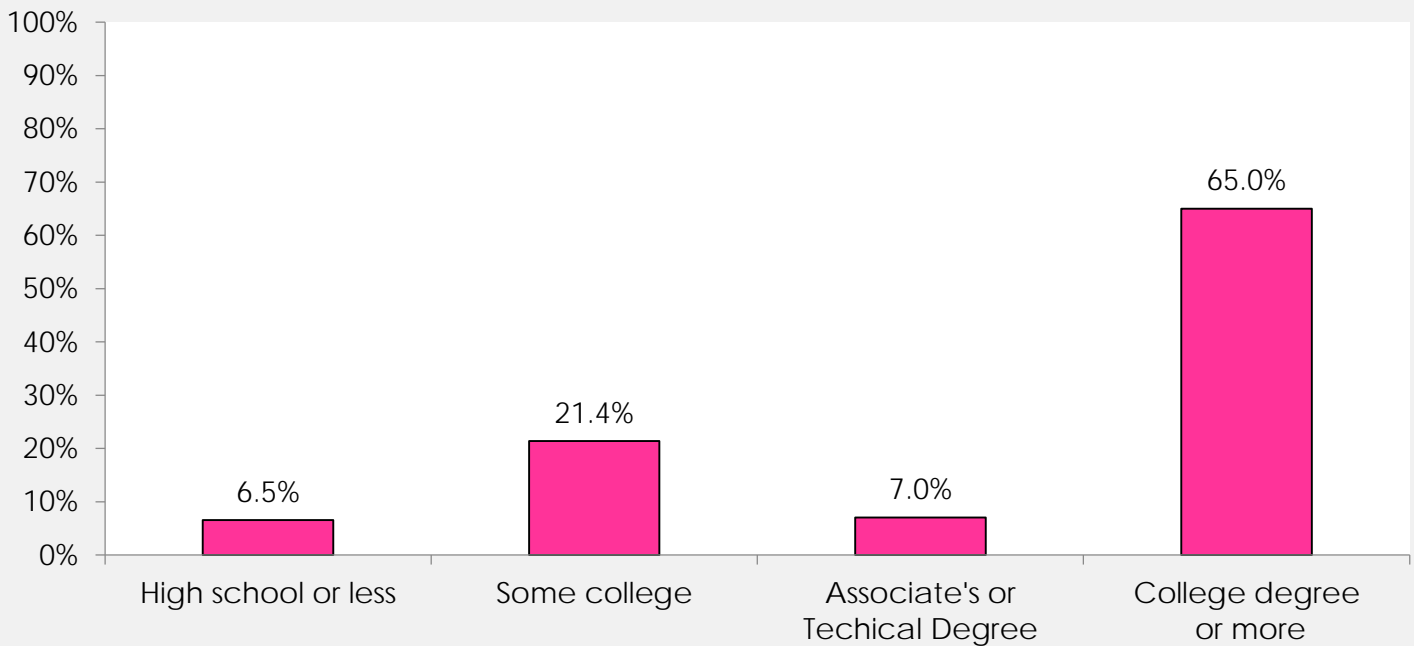
Age



What is your approximate average household income?



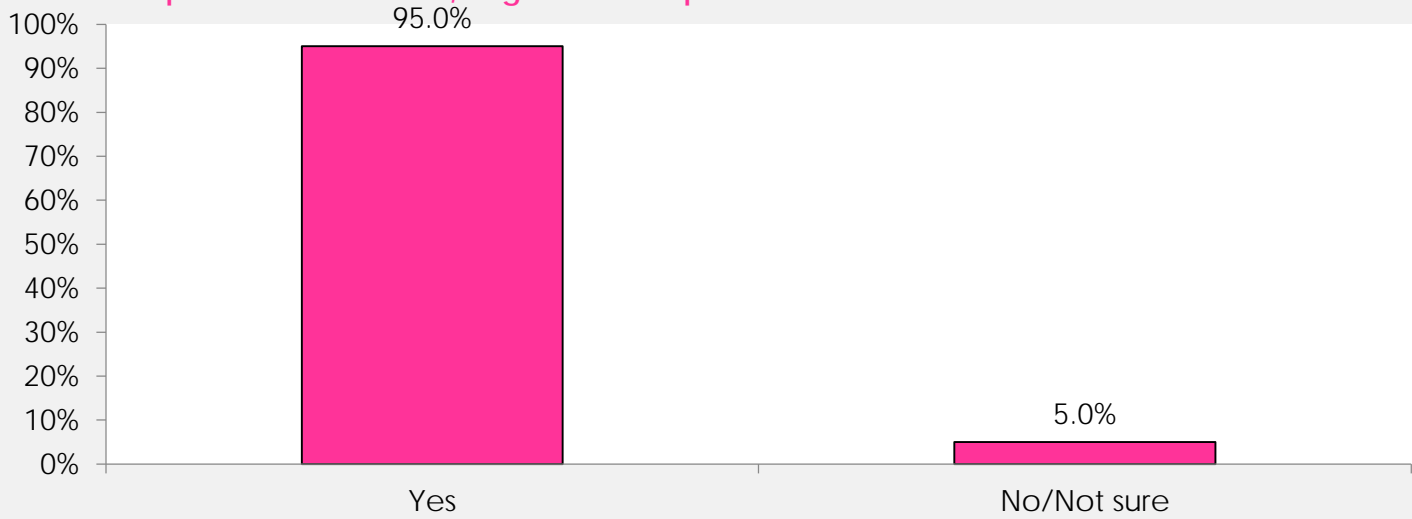
What is the highest level of education you have completed?



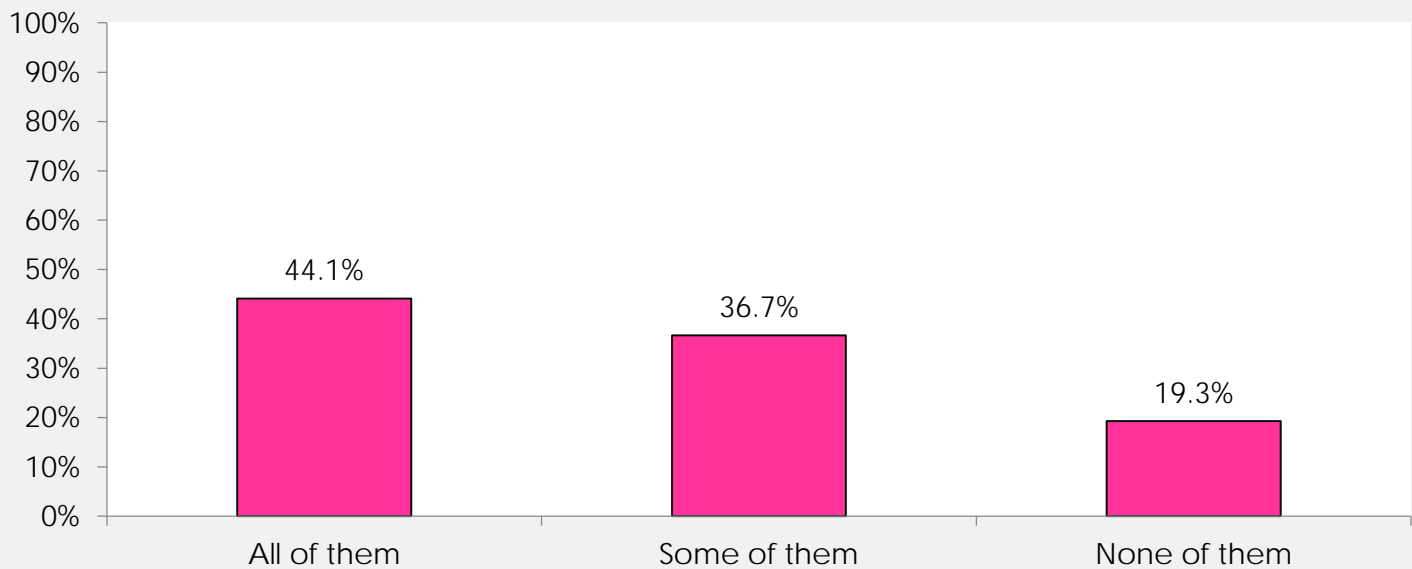




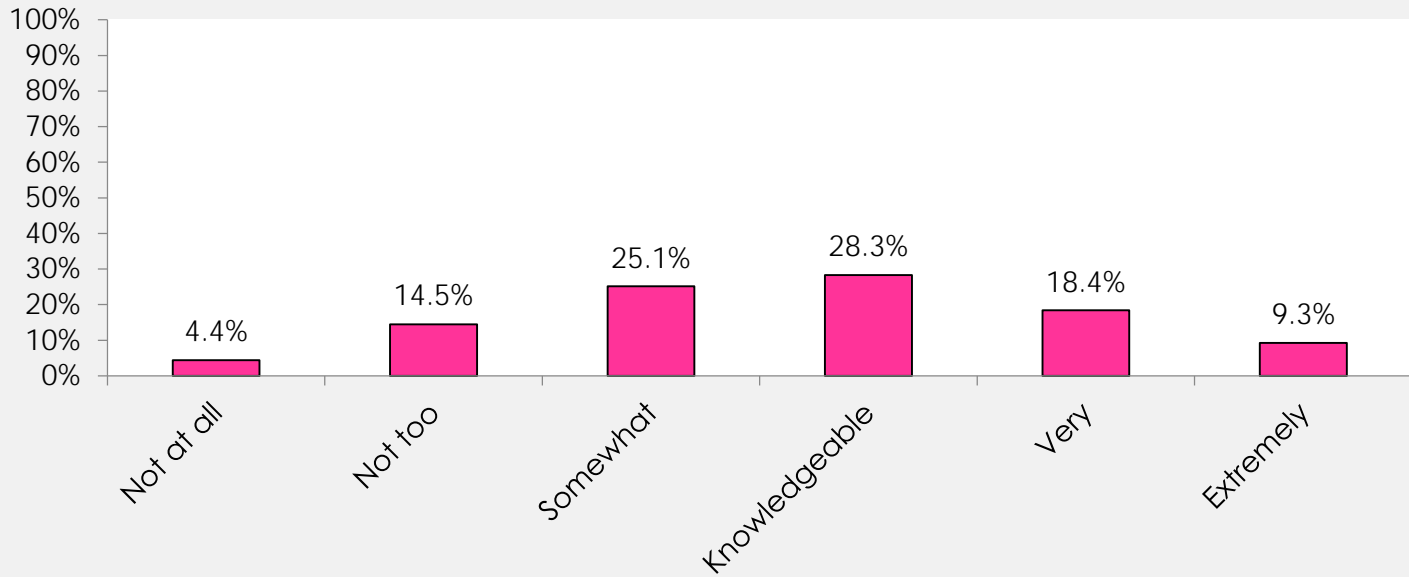
Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health?



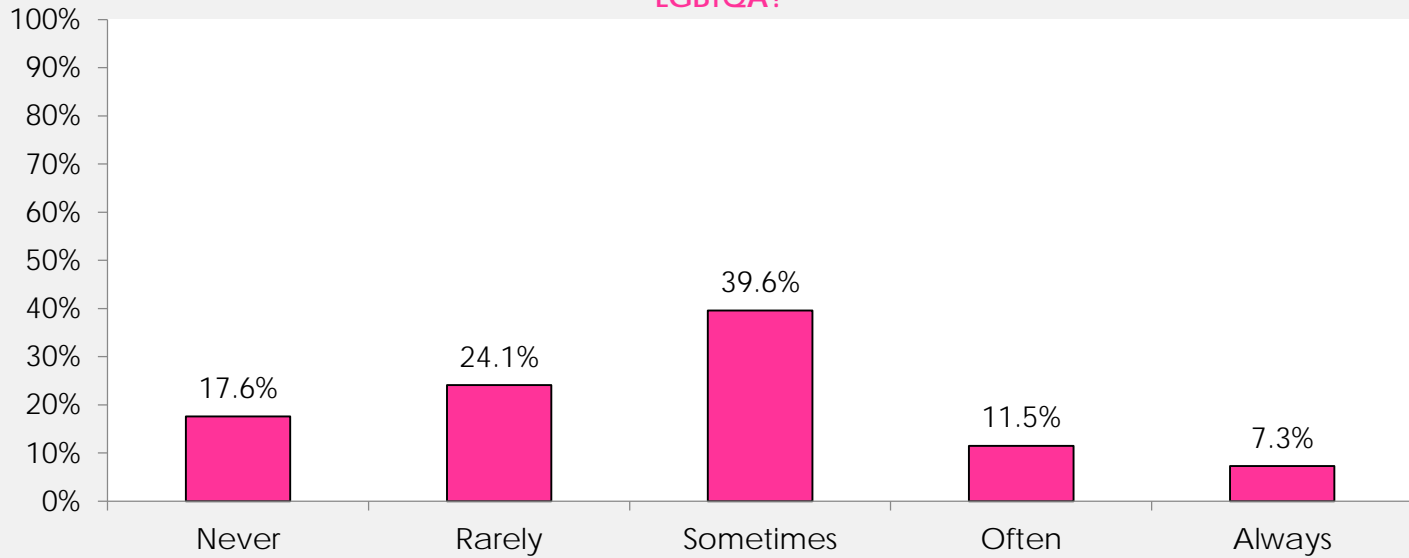
Are you out to your doctors/healthcare providers as an LGBTQA person?



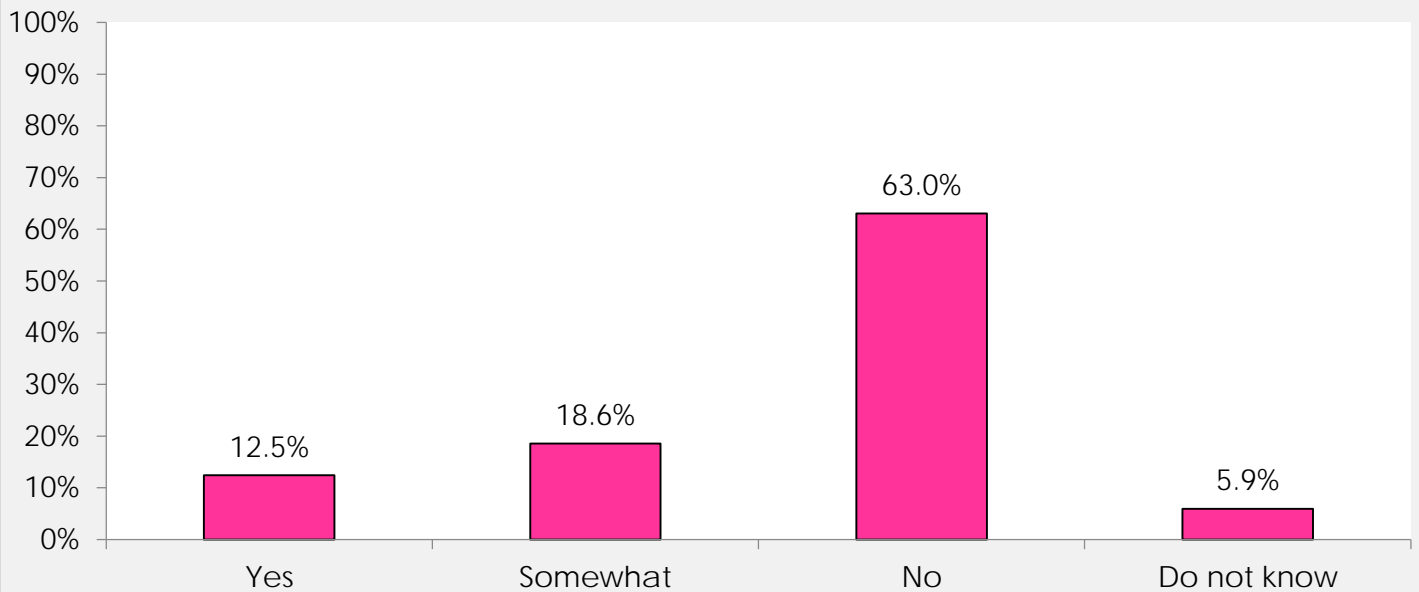
### How knowledgeable are your providers about LGBTQ health?



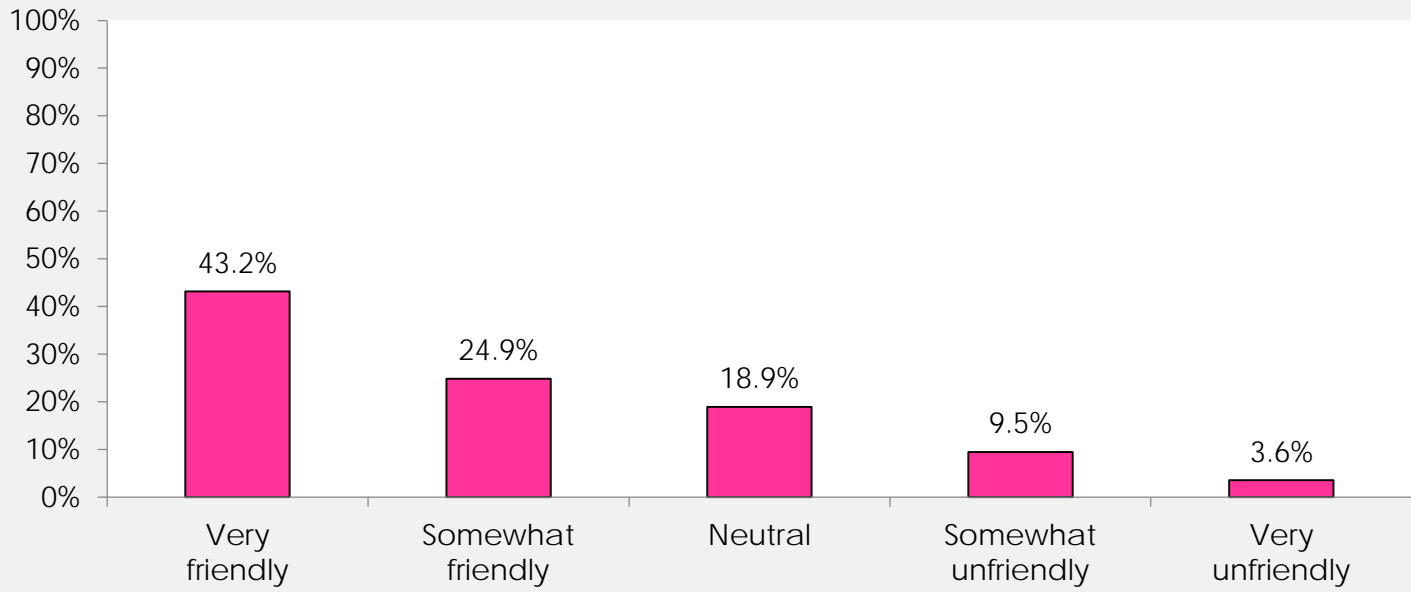
### Do you fear a negative reaction by a healthcare provider if you come out as LGBTQA?



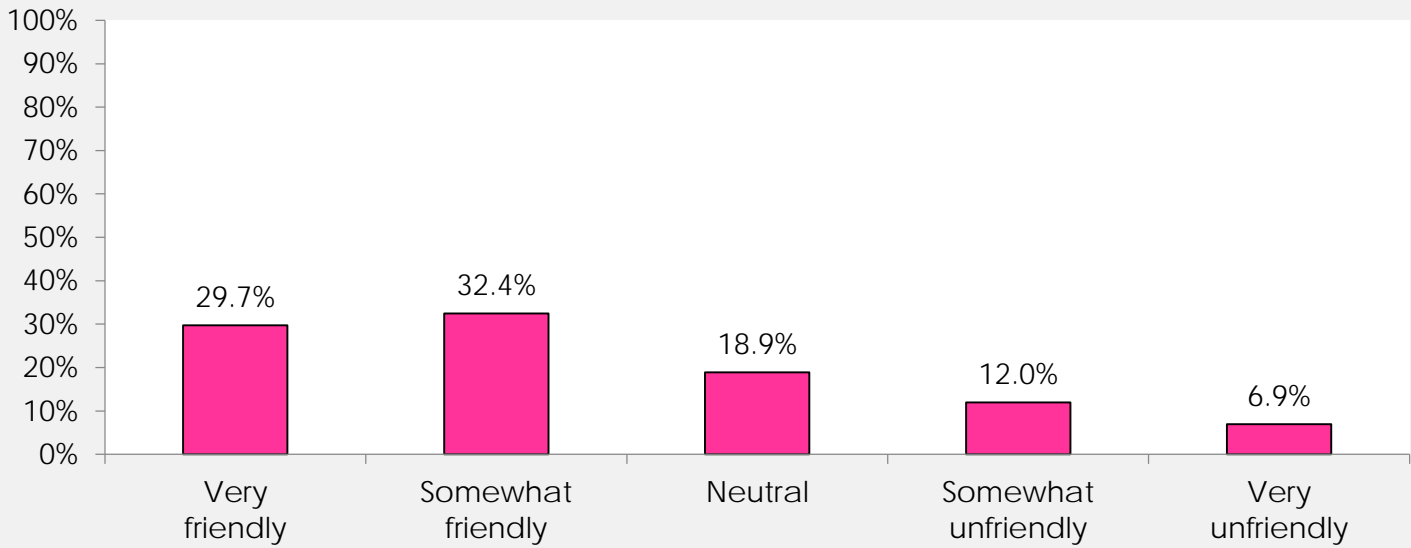
### Has a health provider ever reacted poorly when they learned you were LGBTQA?



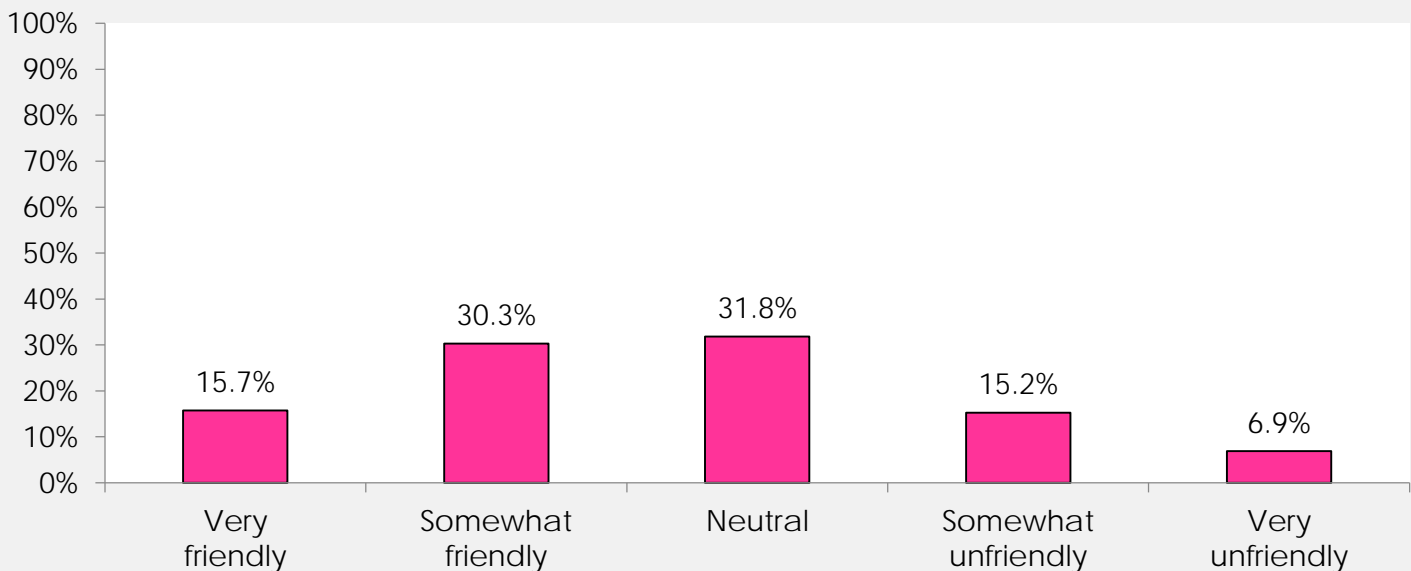
### How LGBTQA-welcoming is your workplace?



### How LGBTQA-welcoming is your school?

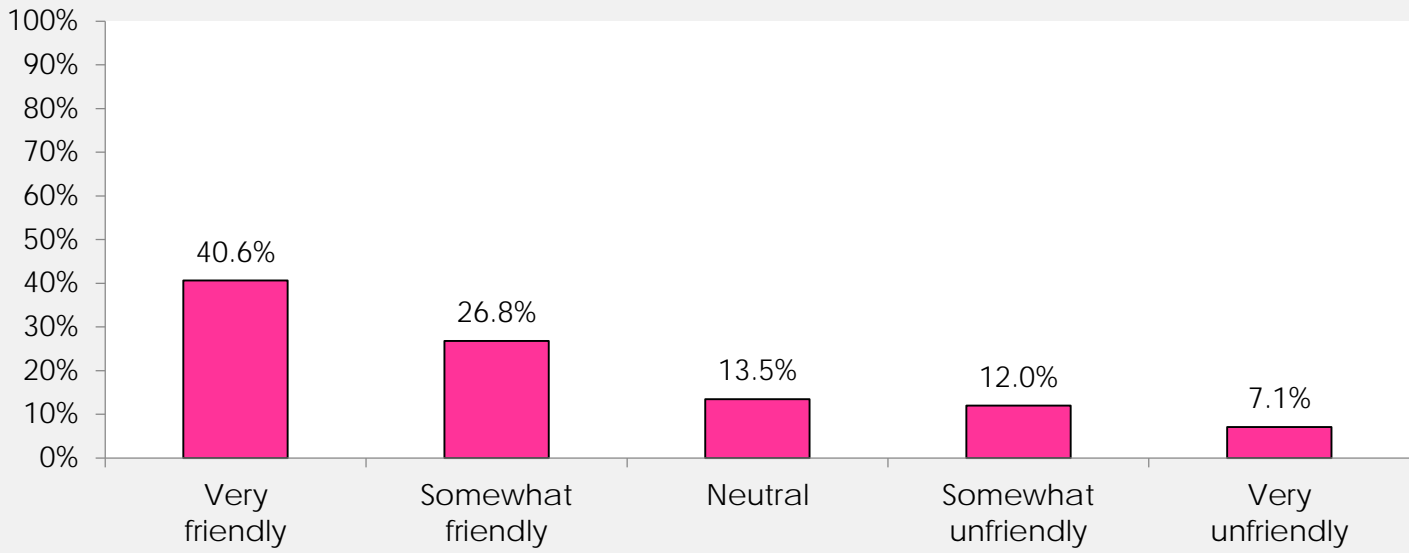


### How LGBTQA-welcoming is your neighborhood?

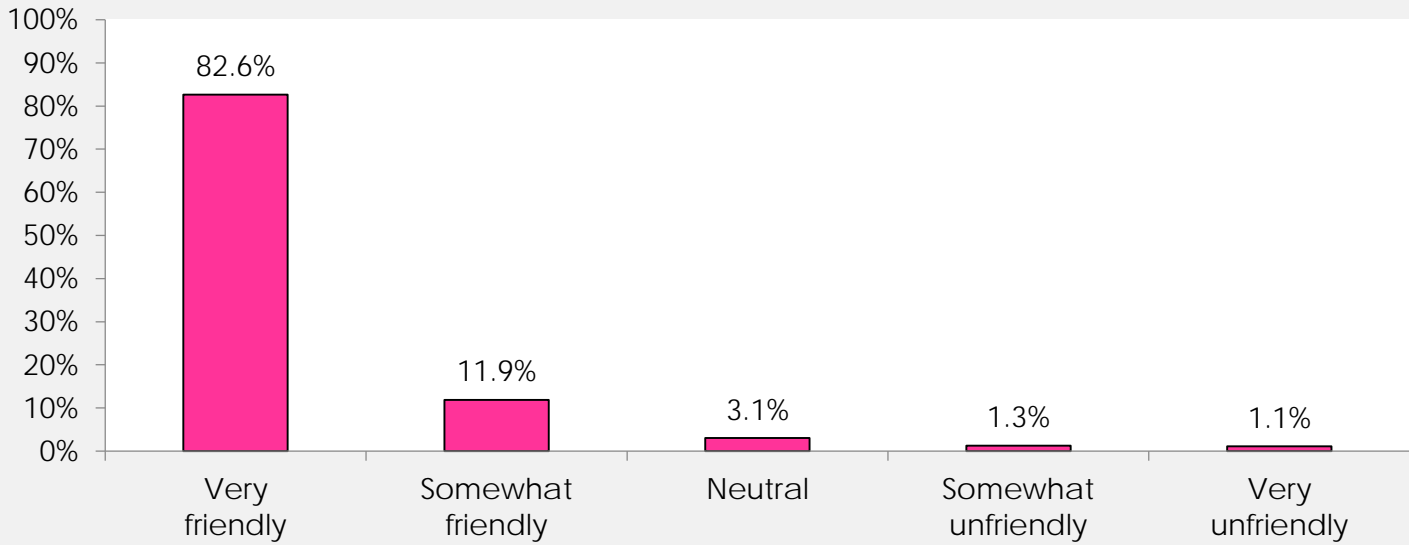


Results – LGBTQA Acceptance

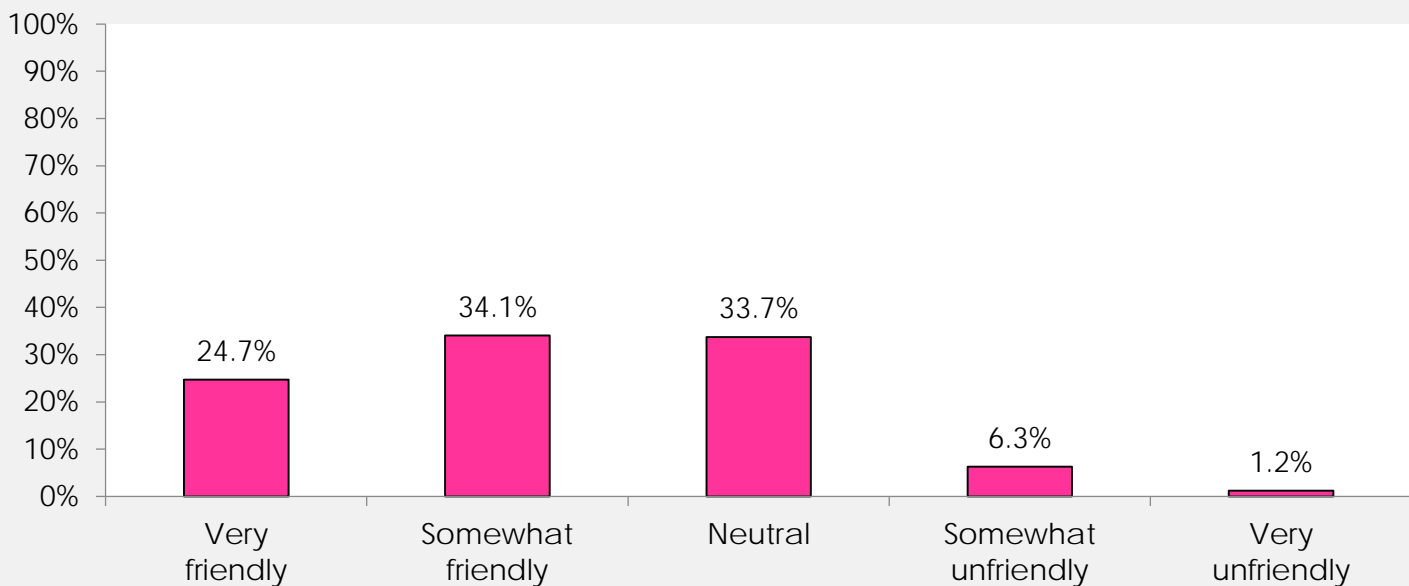
How LGBTQA-welcoming is your birth family?



How LGBTQA-welcoming are your friends?

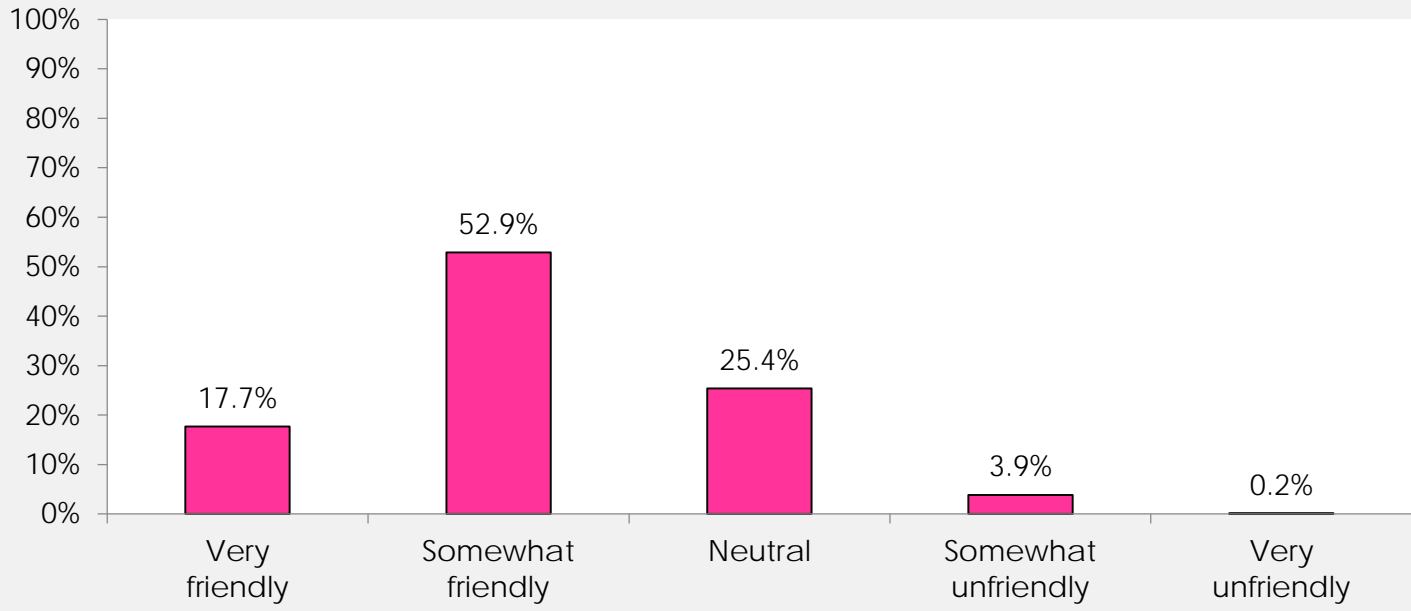


How LGBTQA-welcoming is your medical provider?



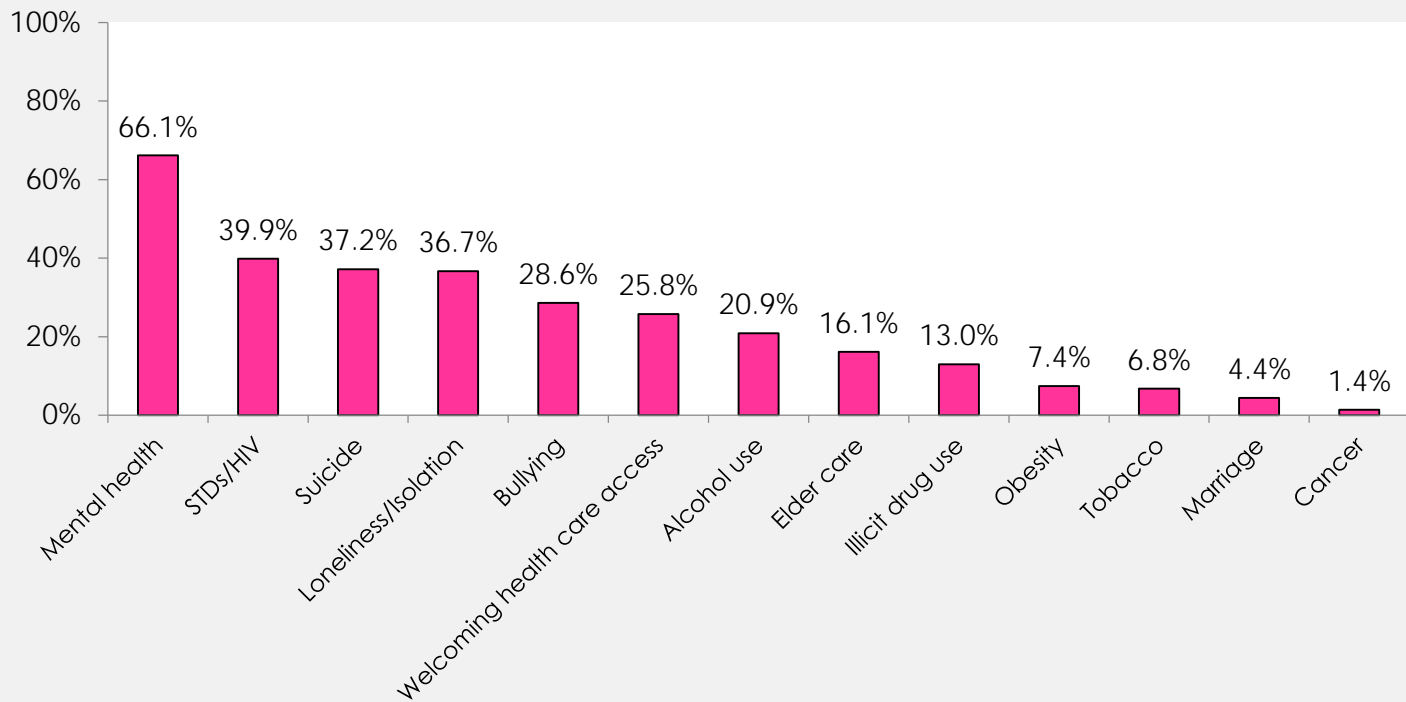
Results – LGBTQA Acceptance

Average LGBTQA Acceptance Across All Domains



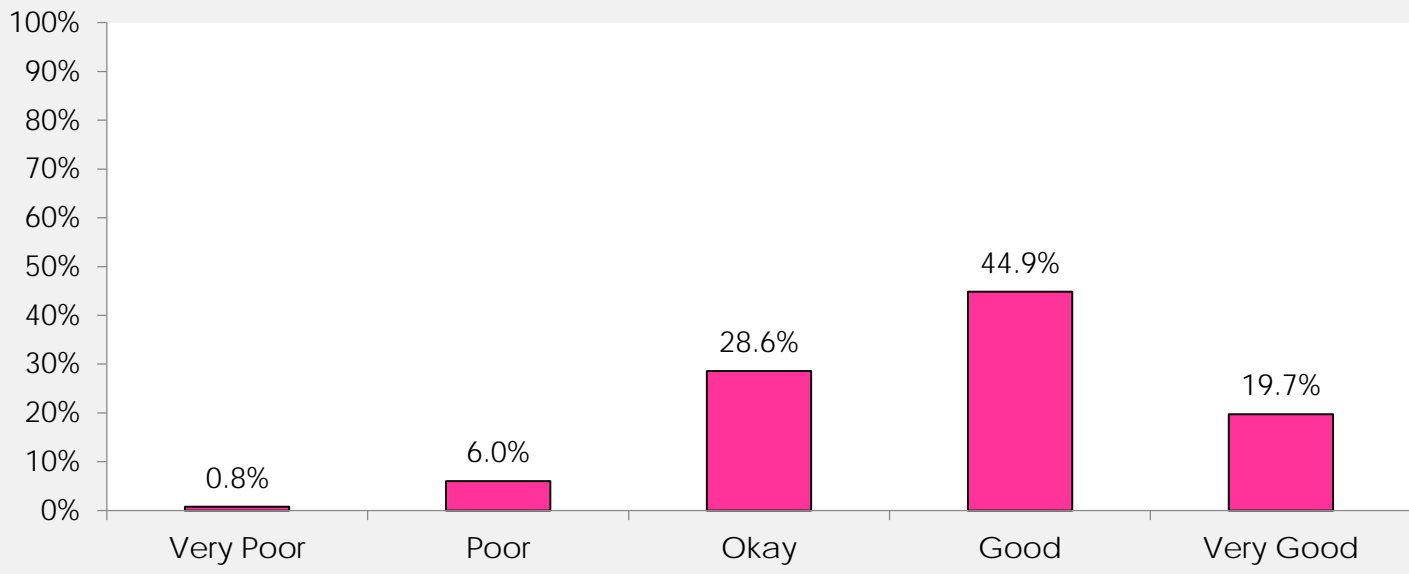


## Top Health Issues for the LGBTQA Community

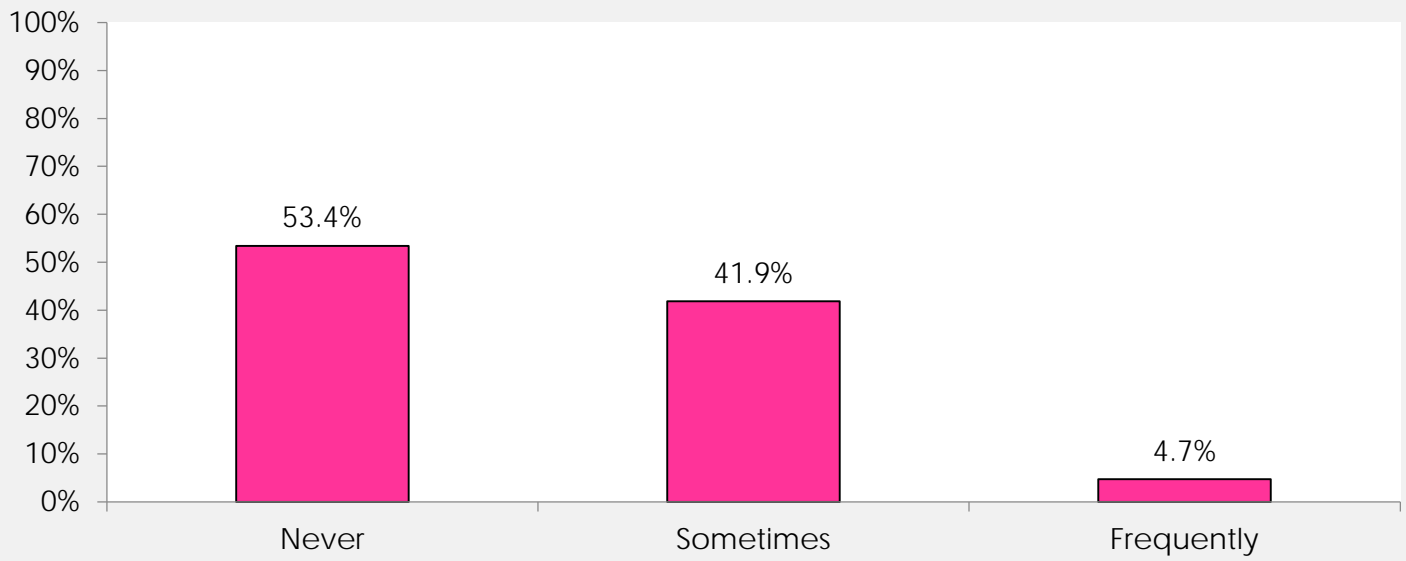


# COMMUNITY

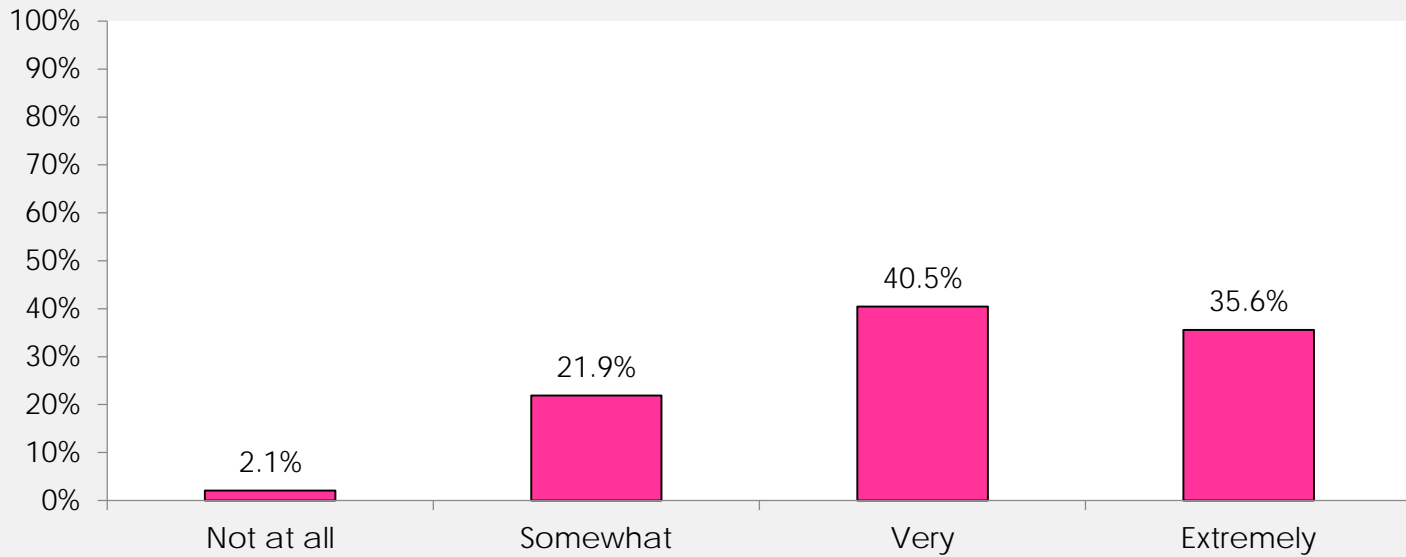
### Self-reported Health Status



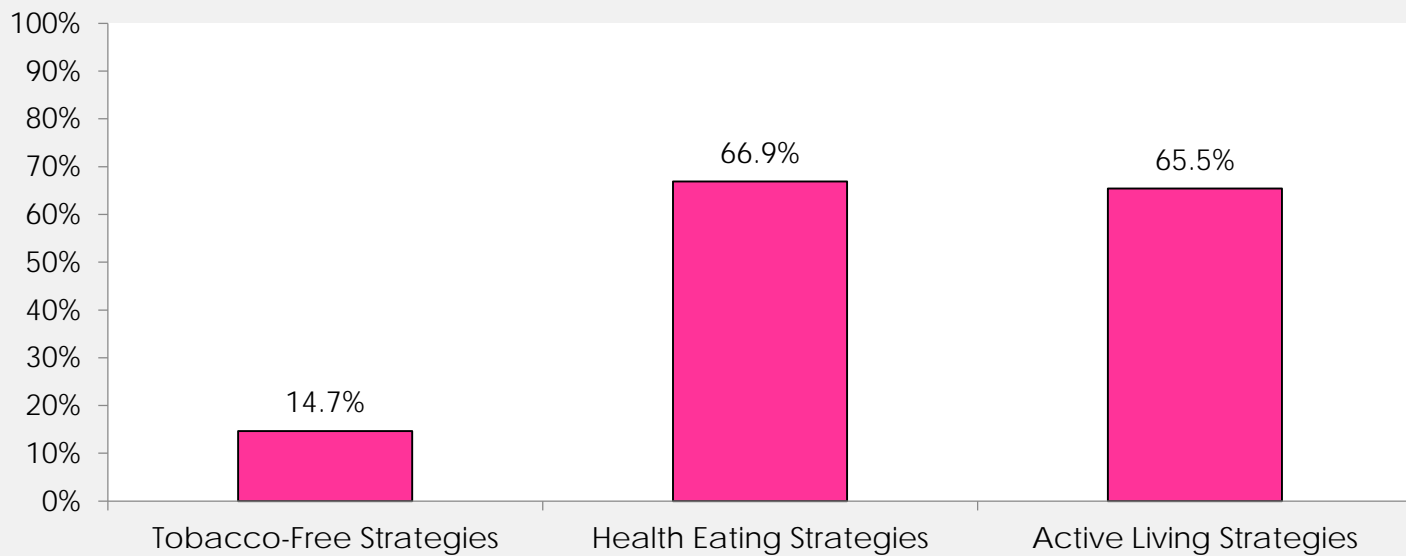
### Have You Seen Wellness Campaigns Geared Toward LGBTQ Community?



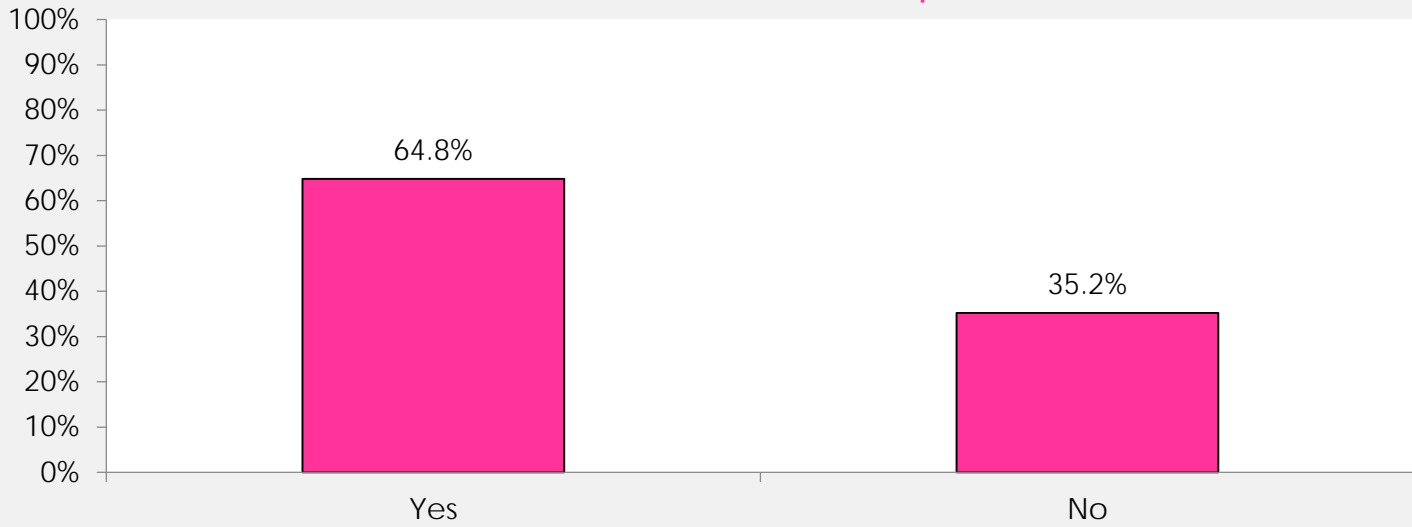
### How interested are you in incorporating Healthy Living Strategies?



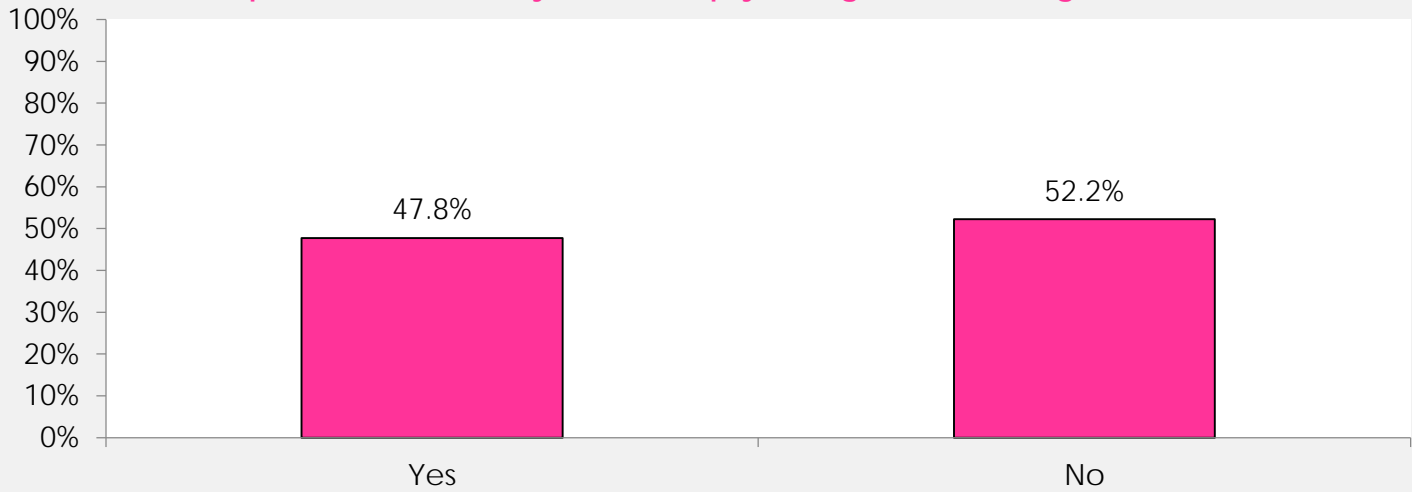
### Are you interested in...



Are you now or have you ever taken medicine or received treatment for a mental health condition or emotional problem?

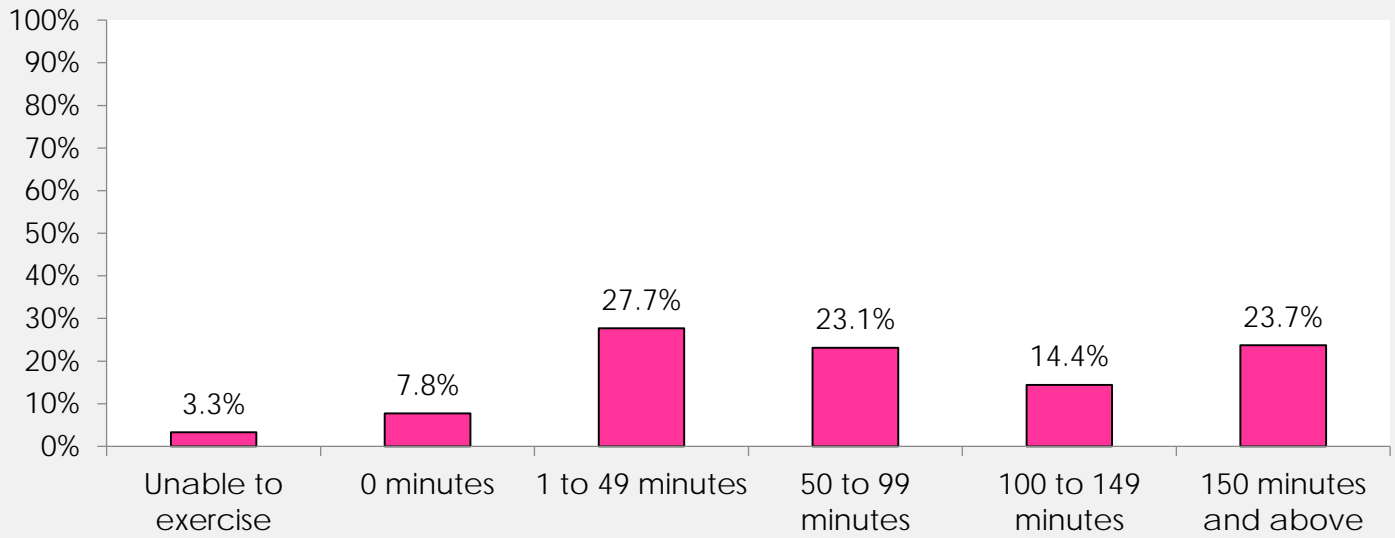


In the past 12 months, did you receive psychological counseling or treatment?

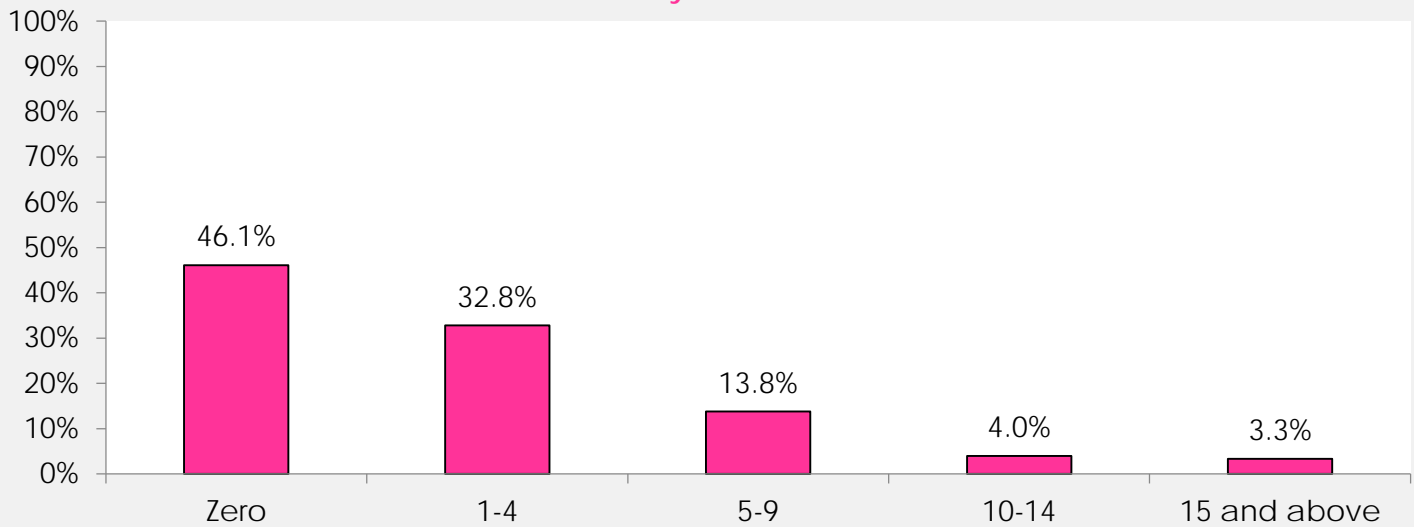


Results – Healthy Eating & Physical Activity

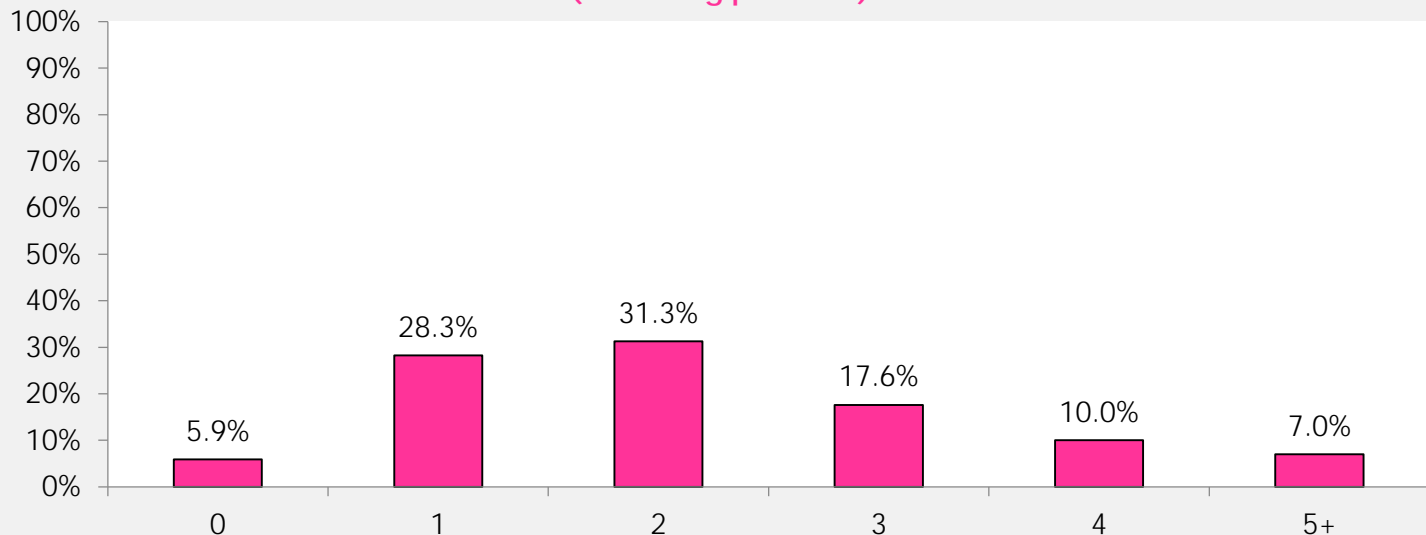
How many minutes per week do you engage in moderate or vigorous exercise?



In the past week, how many glasses, bottles, or cans of sugar-sweetened drinks did you have?

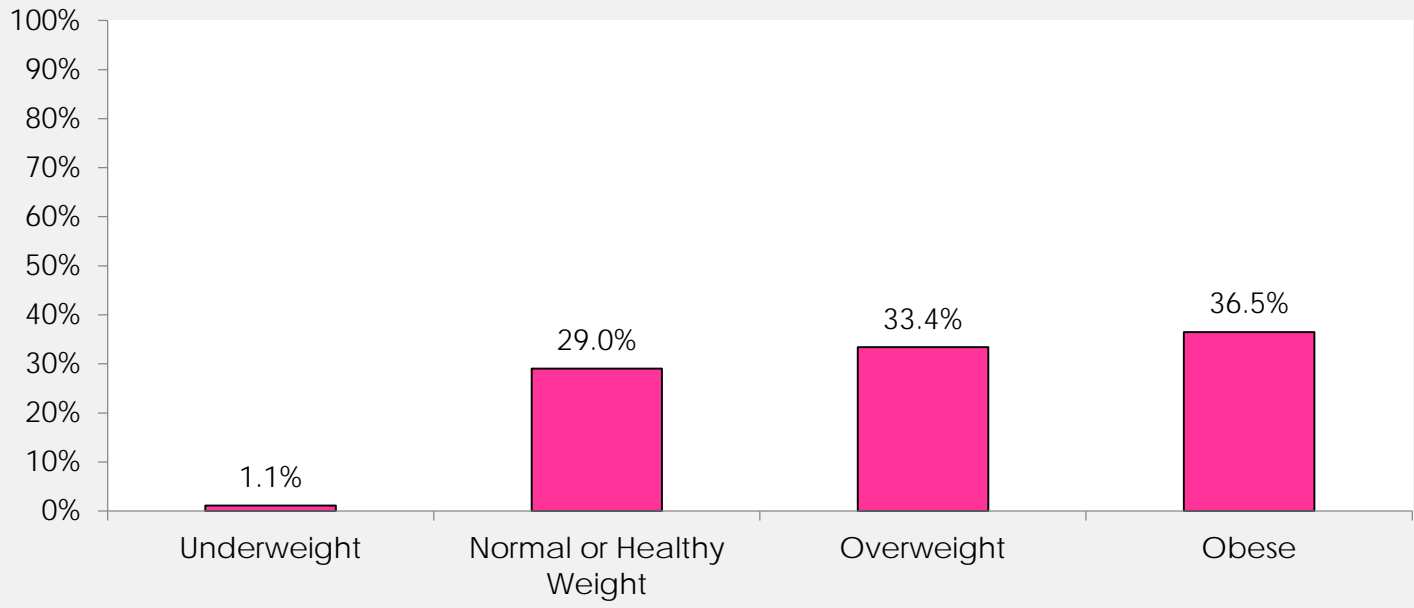


On average, how many serving of vegetables do you consume per day (excluding potatoes)?

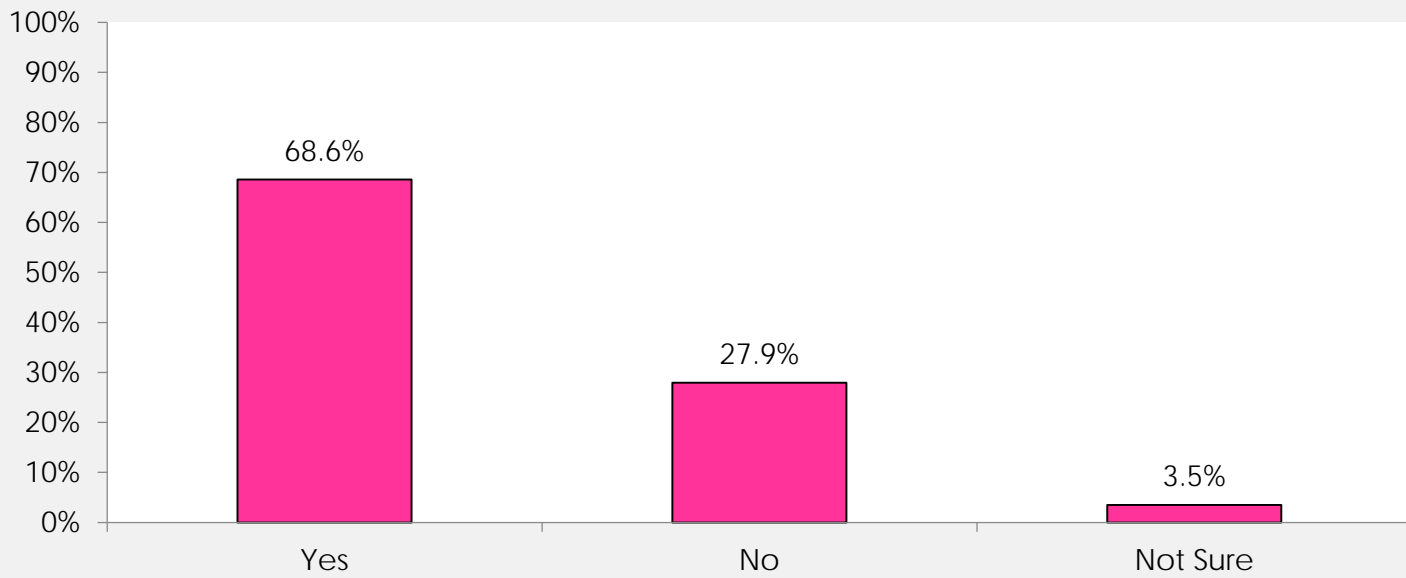


Results – Healthy Eating & Physical Activity

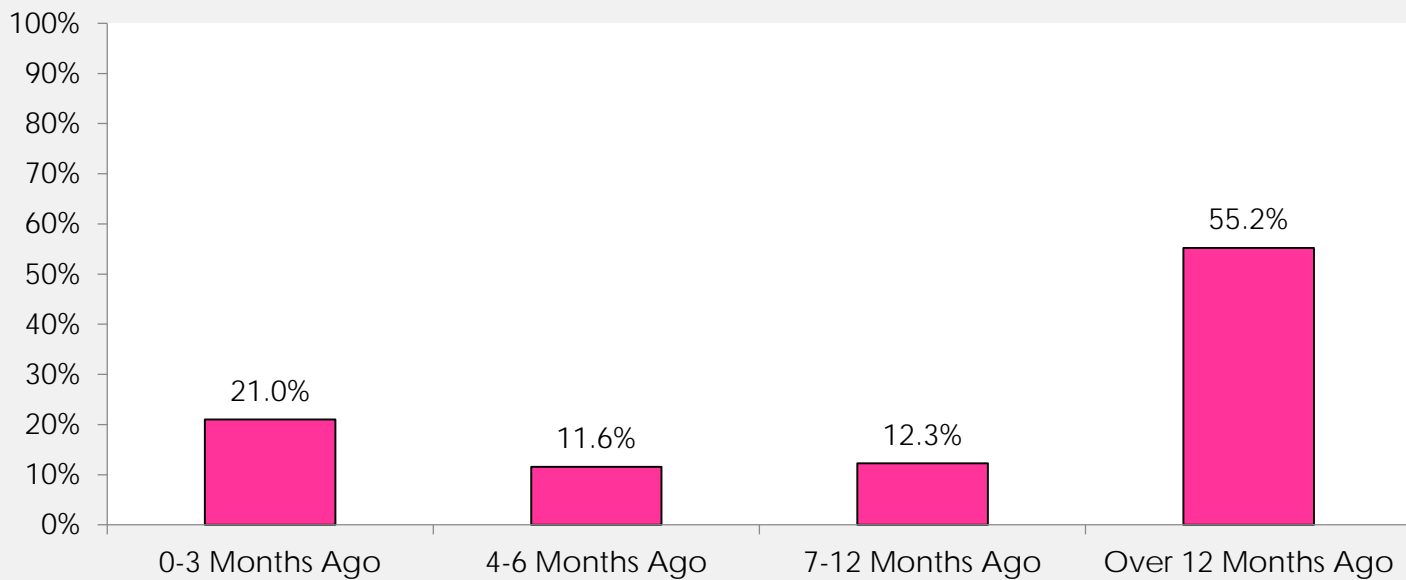
Body Mass Index



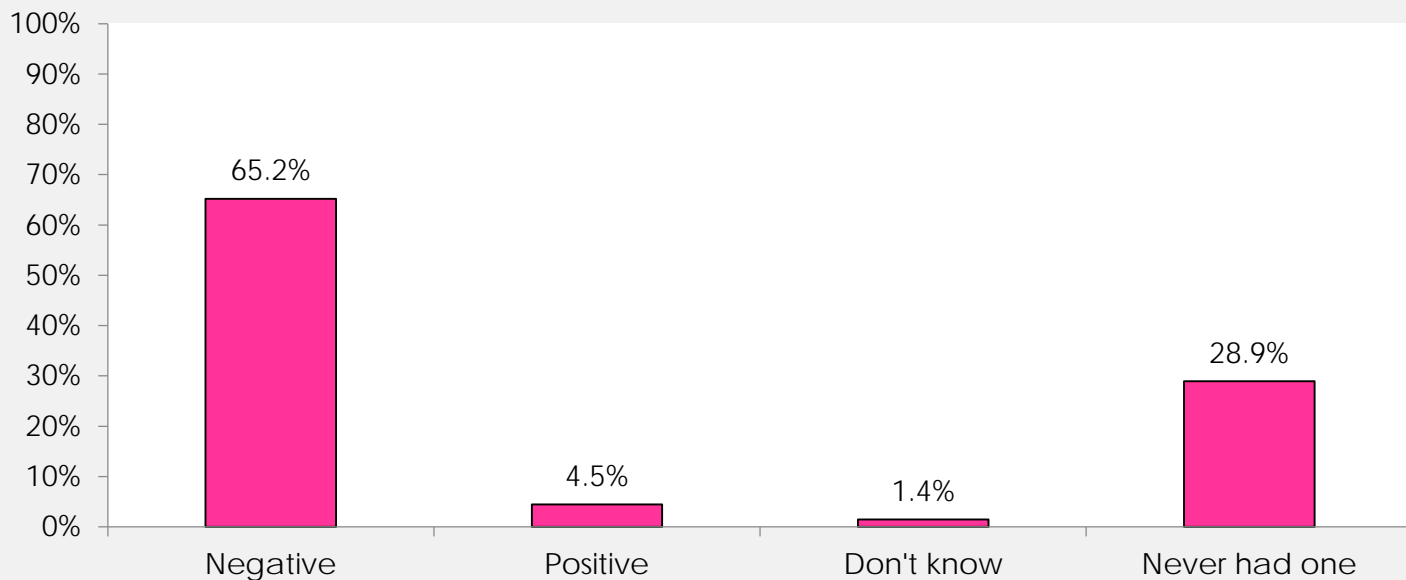
### Have you ever been tested for HIV?



### Among those who had an HIV test, when was their last HIV test?



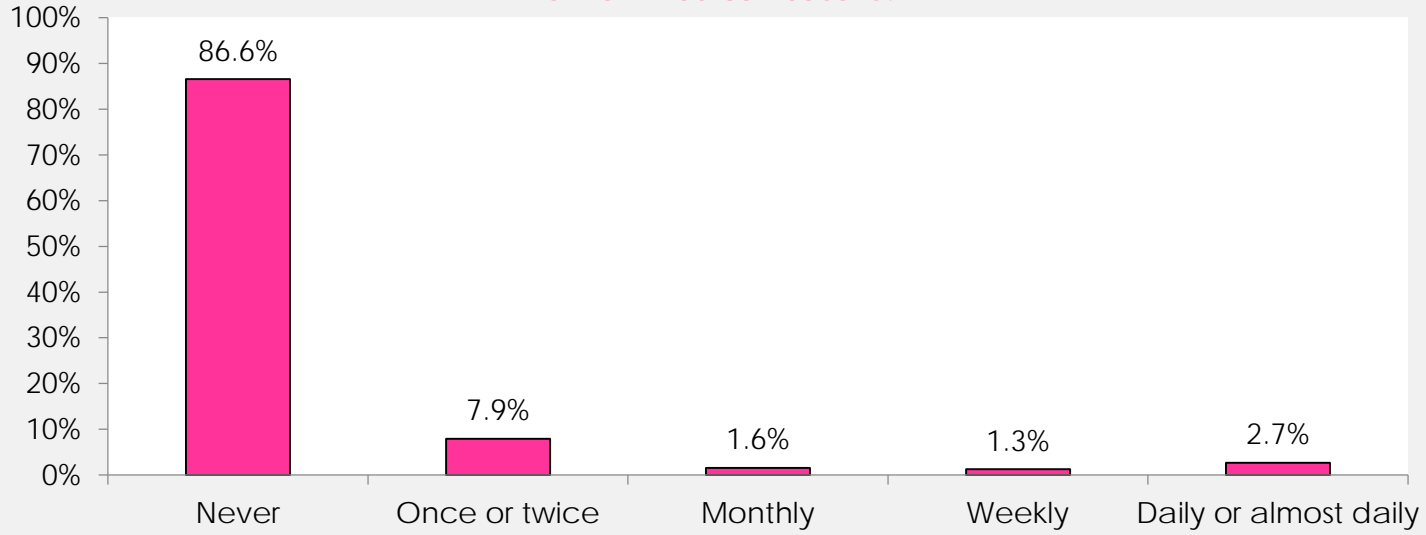
### What were the results of your last HIV test?



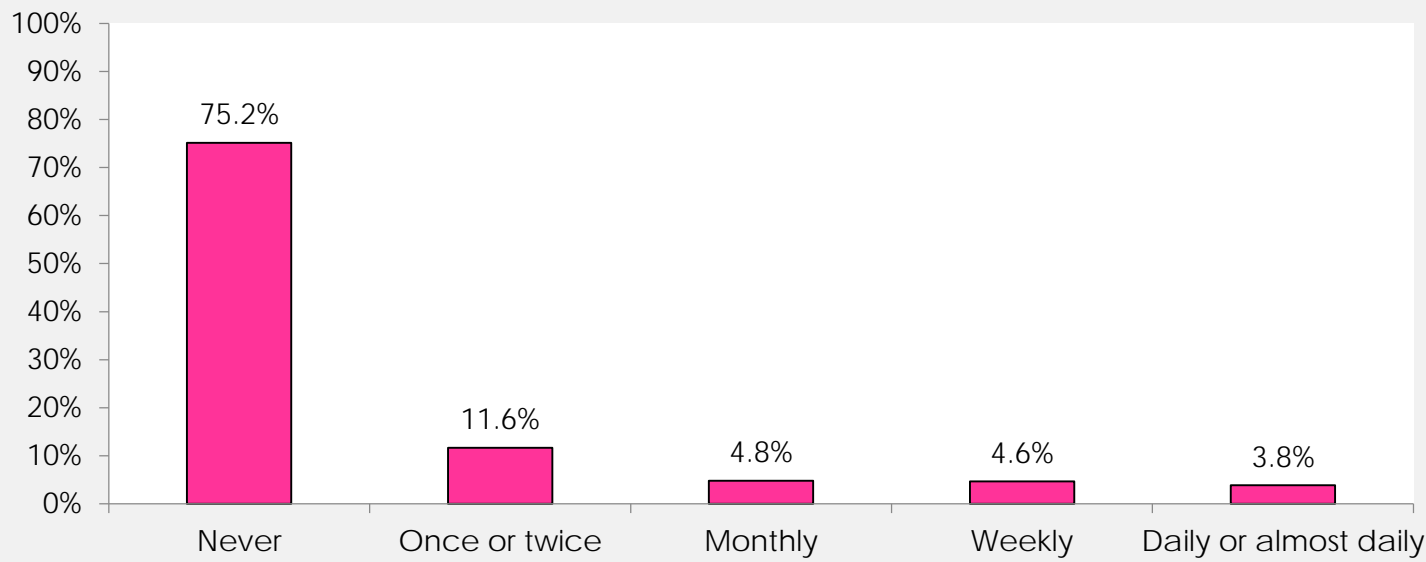




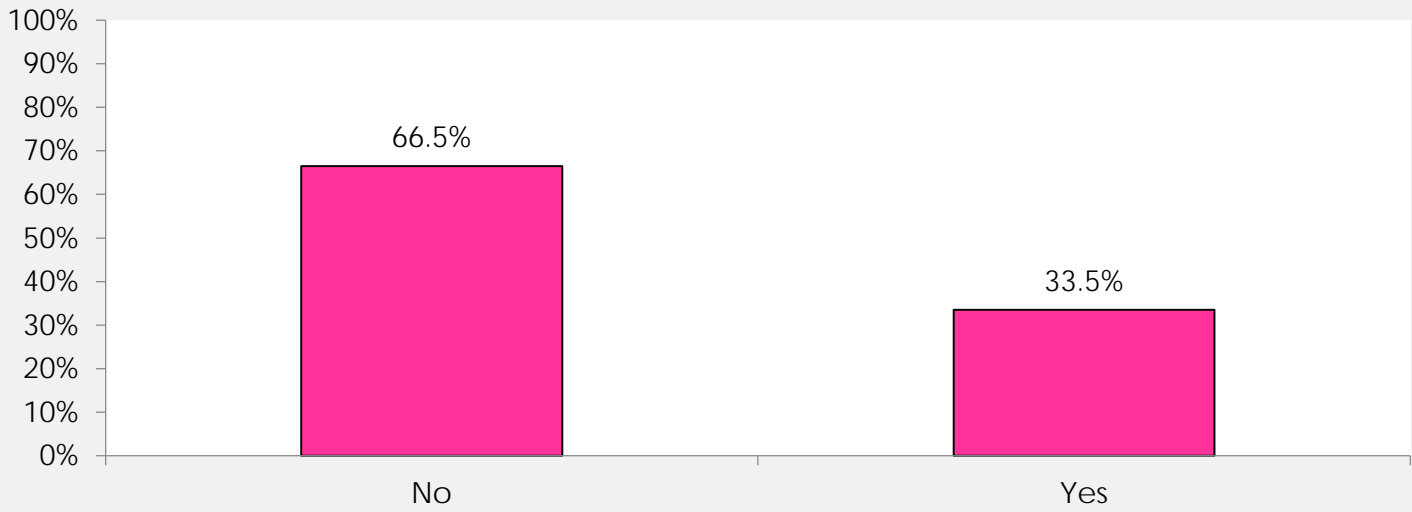
In the past year, how often have you used prescription drugs for non-medical reasons?



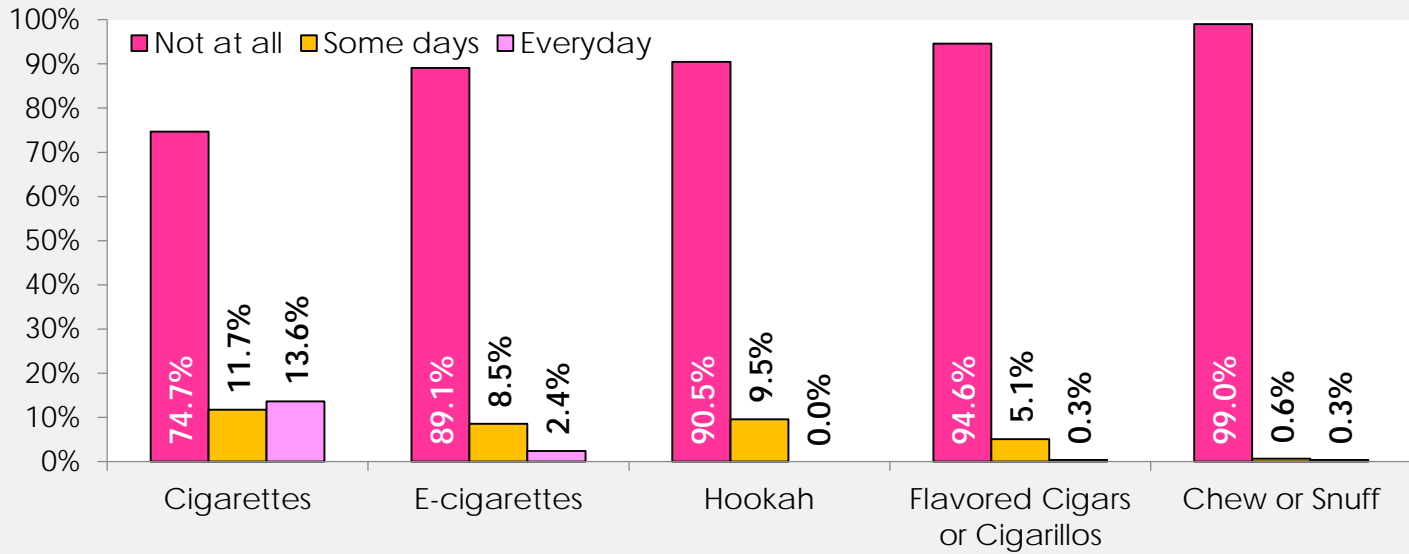
In the past year, how often have you used illegal drugs?



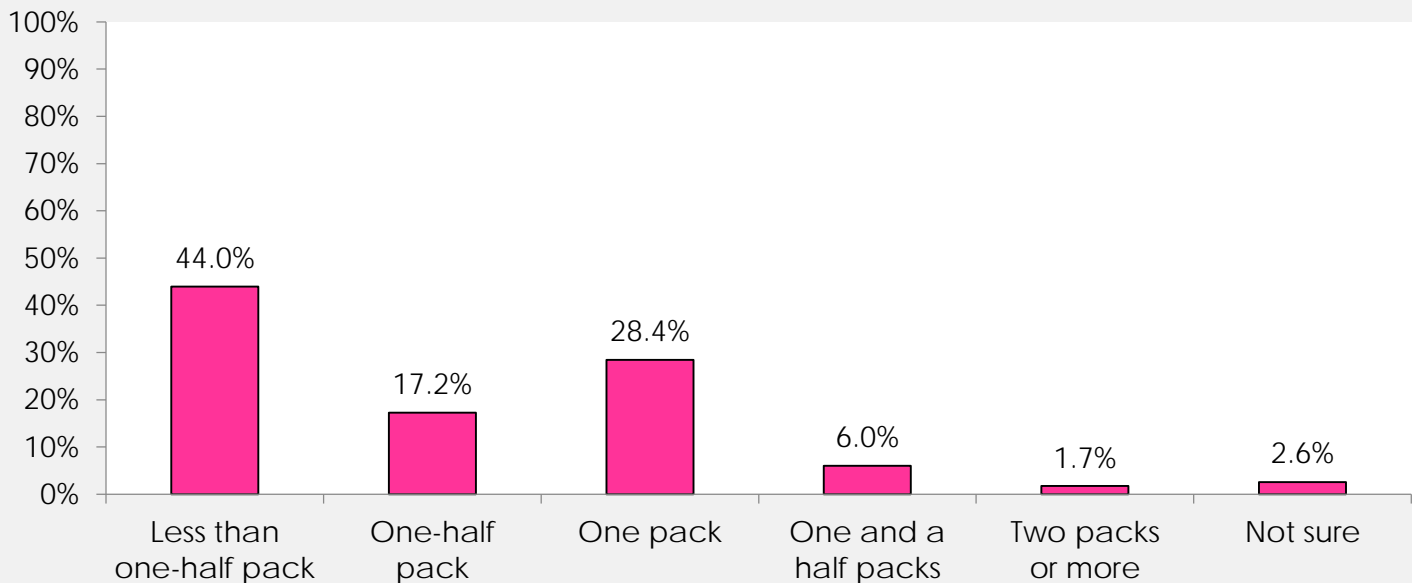
Have you used any tobacco products in the past year?



In the past year, how often have you used...

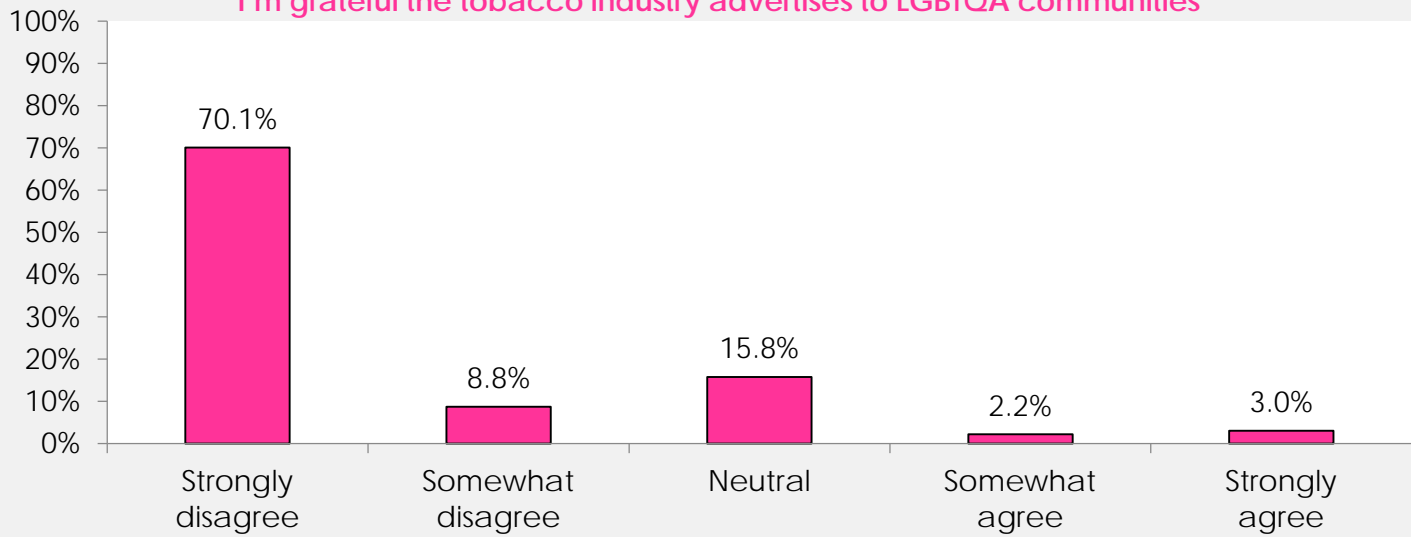


On the days you smoke, how many cigarettes/cigars do you smoke?

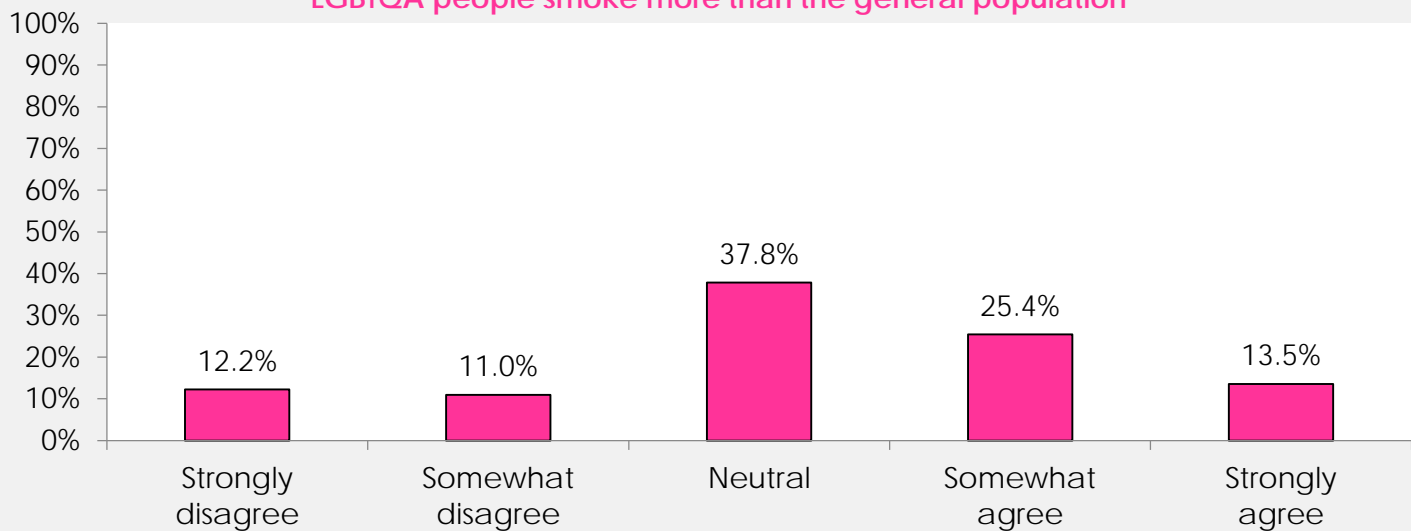




How much do you agree with this statement:  
I'm grateful the tobacco industry advertises to LGBTQA communities



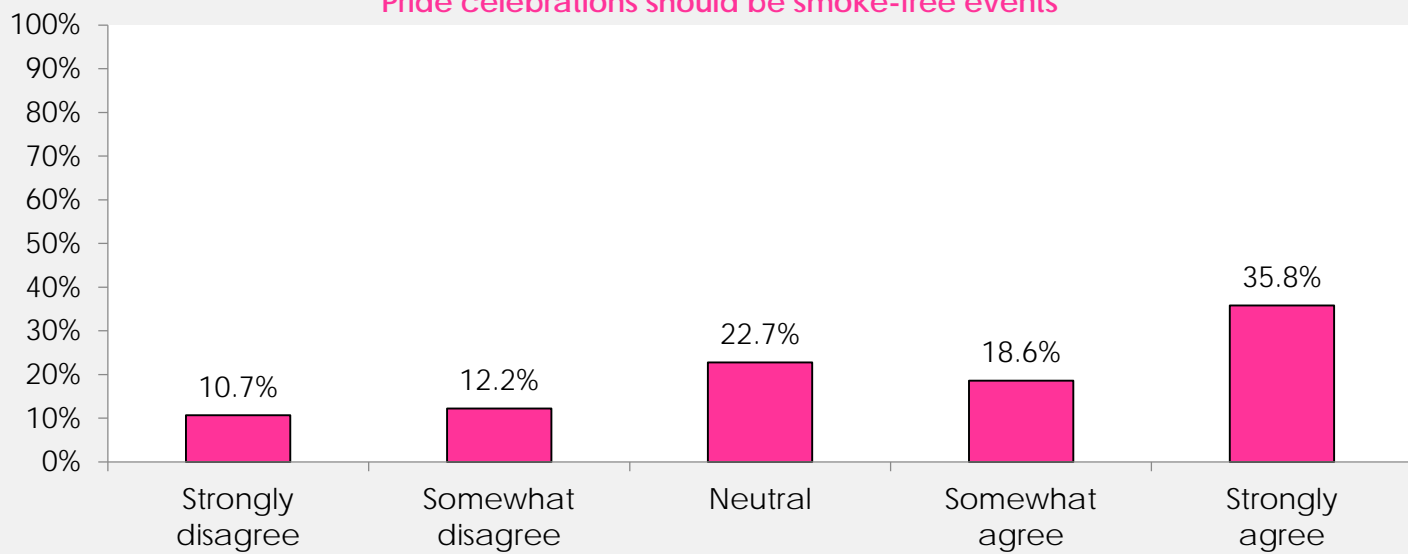
How much do you agree with this statement:  
LGBTQA people smoke more than the general population



# Results – Tobacco Use & Opinions

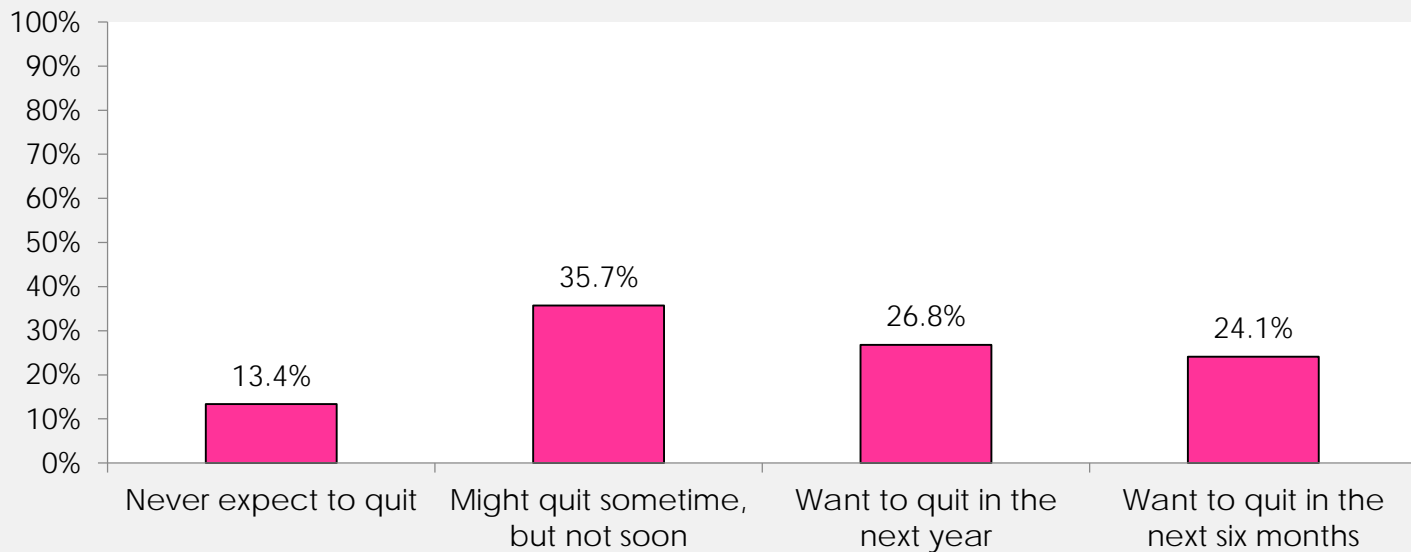


How much do you agree with this statement:  
Pride celebrations should be smoke-free events



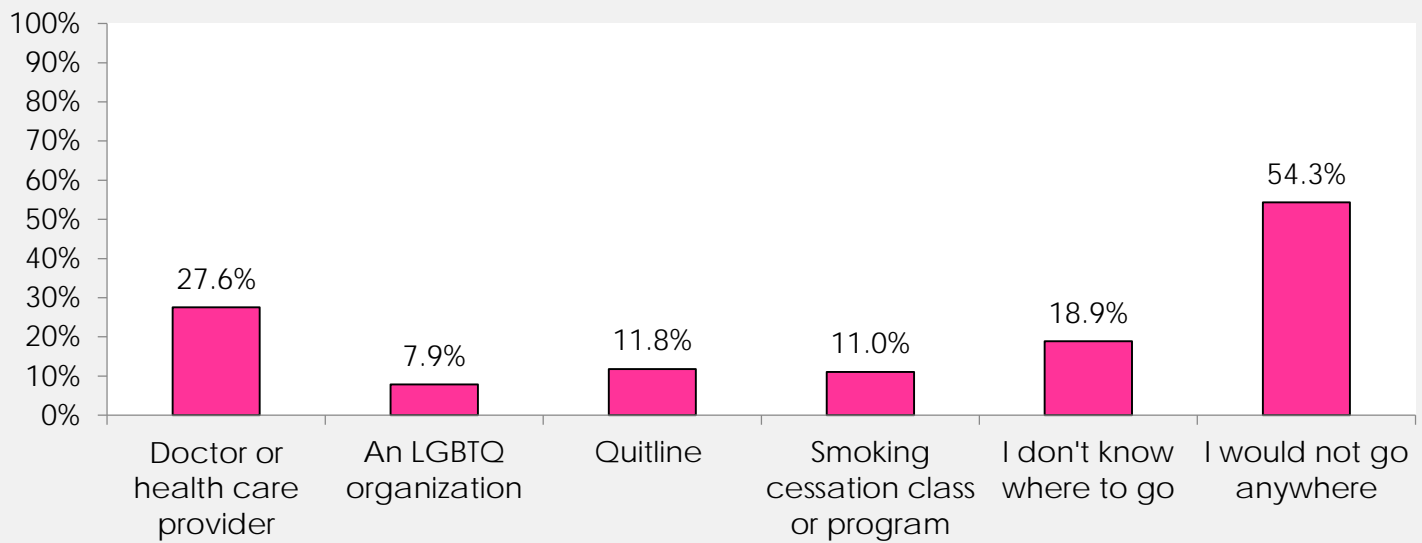


If you smoke, what are your intentions to quit?

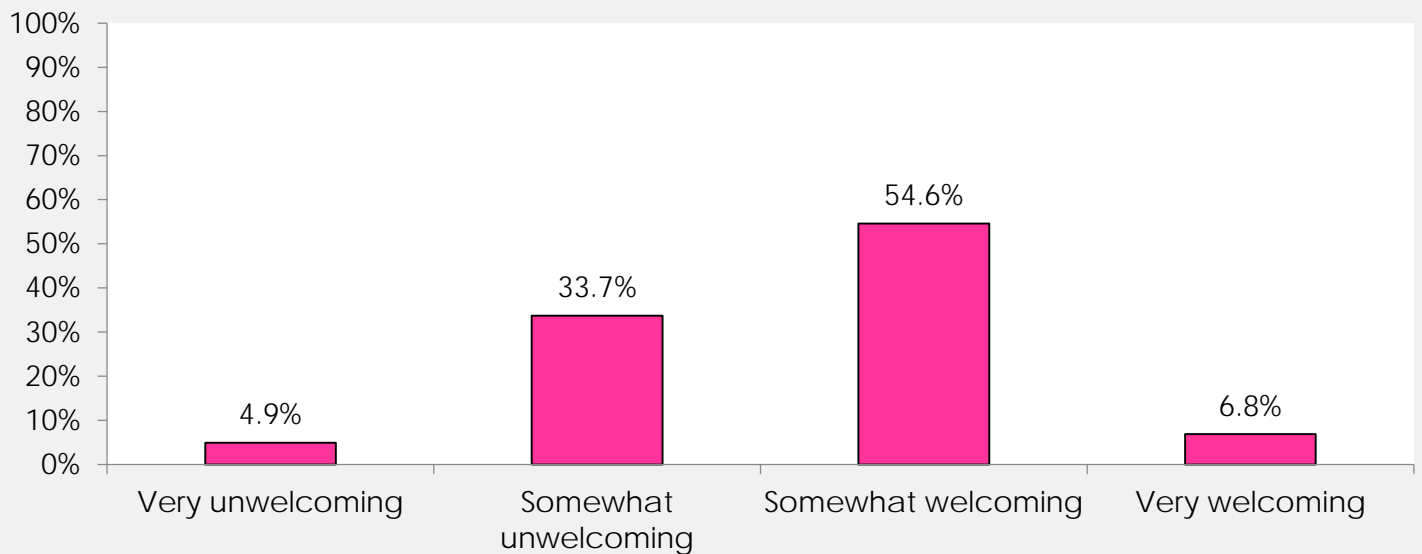




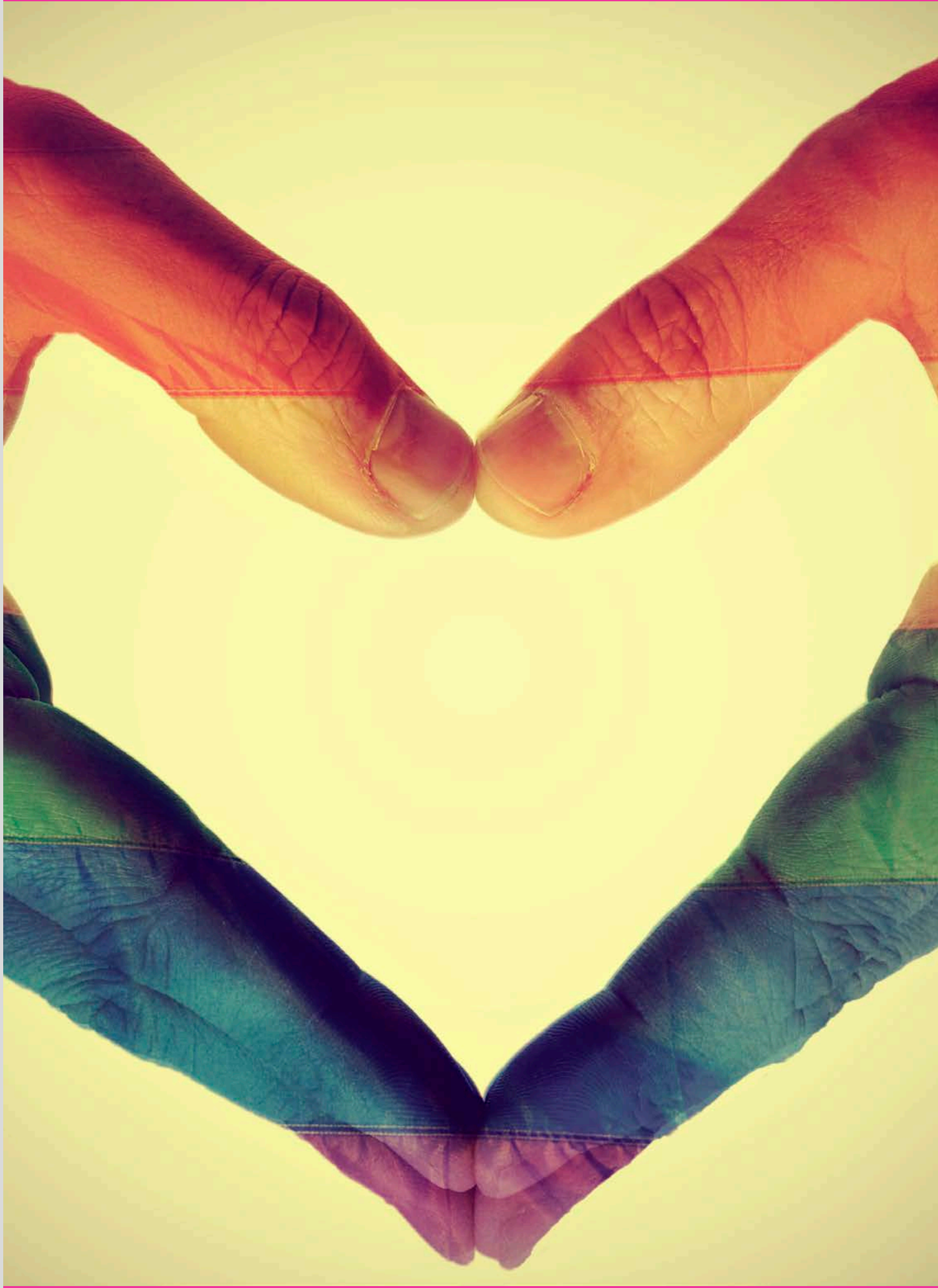
If you smoke, where would you most likely go for assistance to quit smoking?



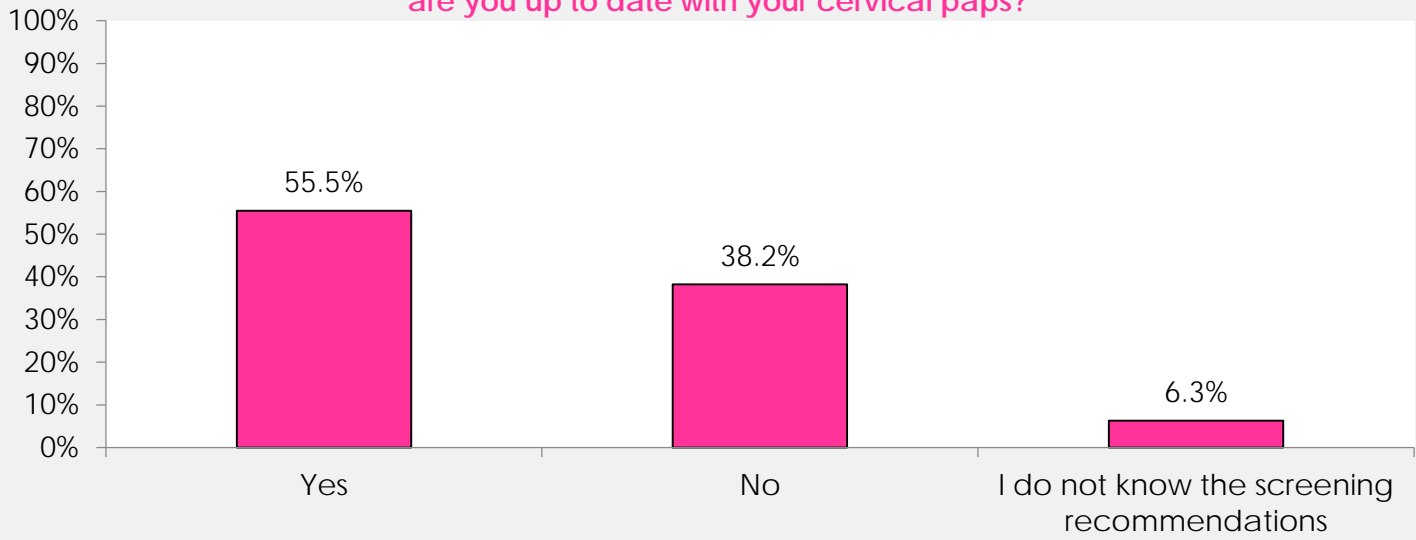
What is your best guess as to how LGBTQA welcoming your state quitline is?



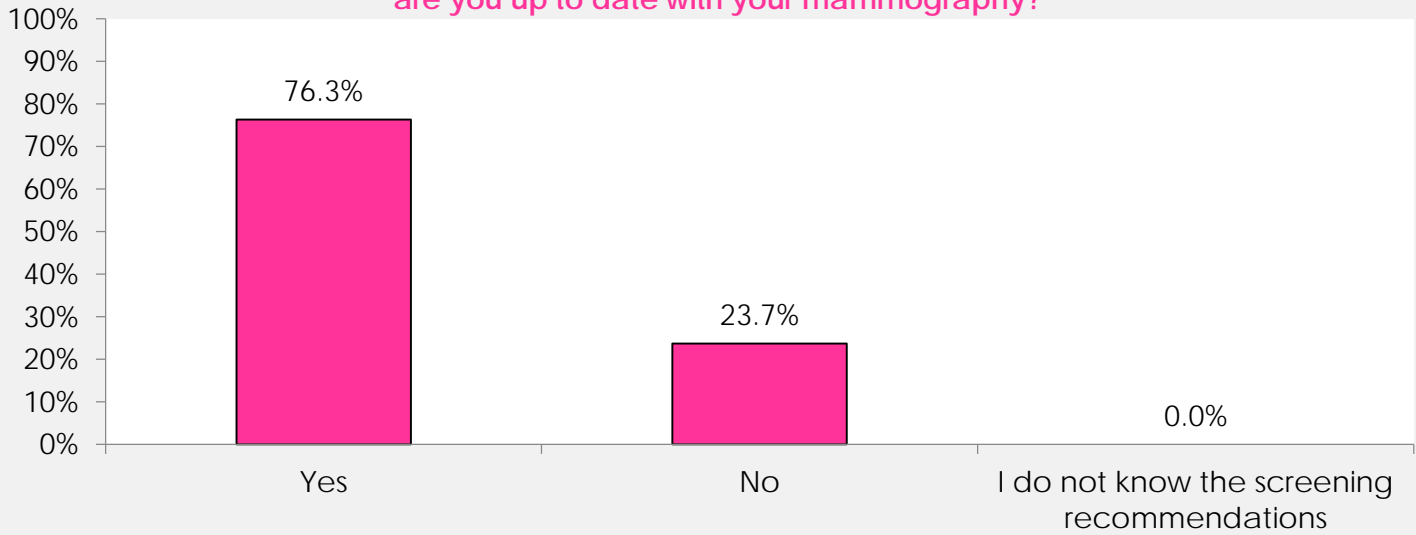
# Results – Cancer



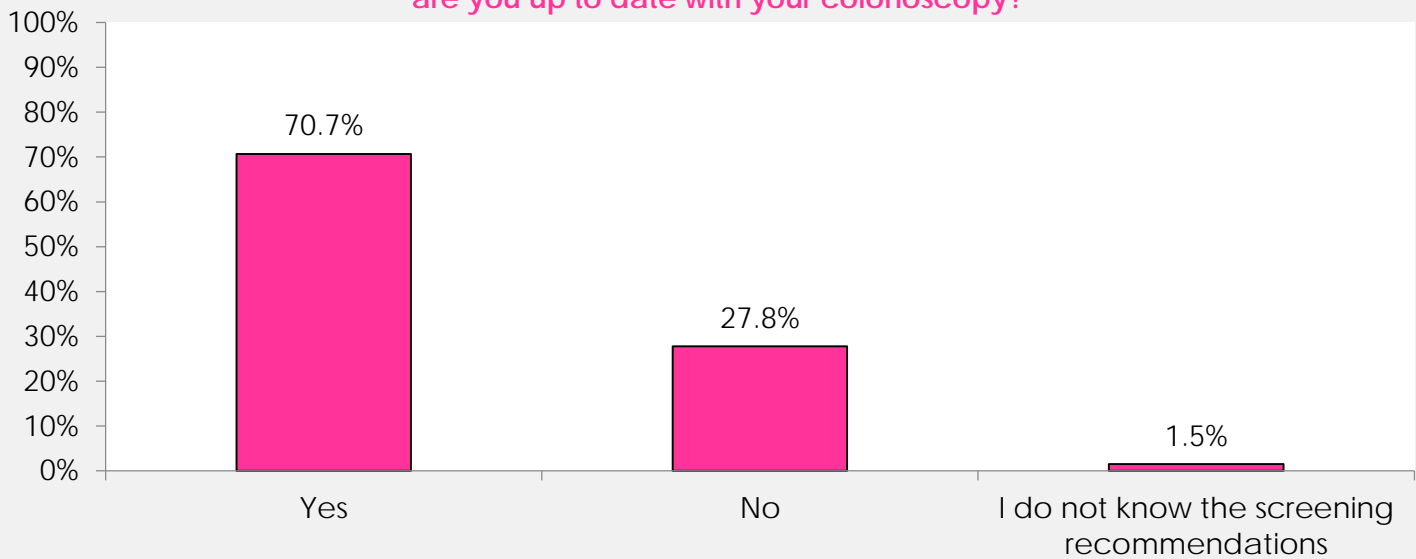
Among participants assigned female at birth, are you up to date with your cervical paps?



Among participants assigned female at birth aged 50 years or older, are you up to date with your mammography?

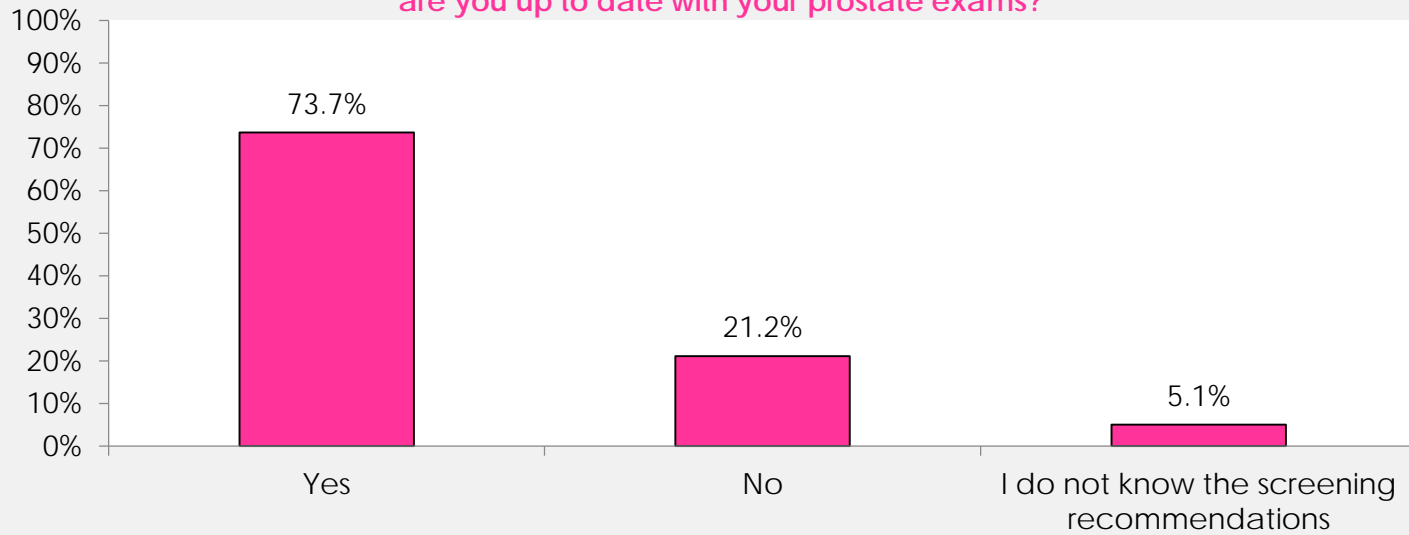


Among participants aged 50 years or older, are you up to date with your colonoscopy?

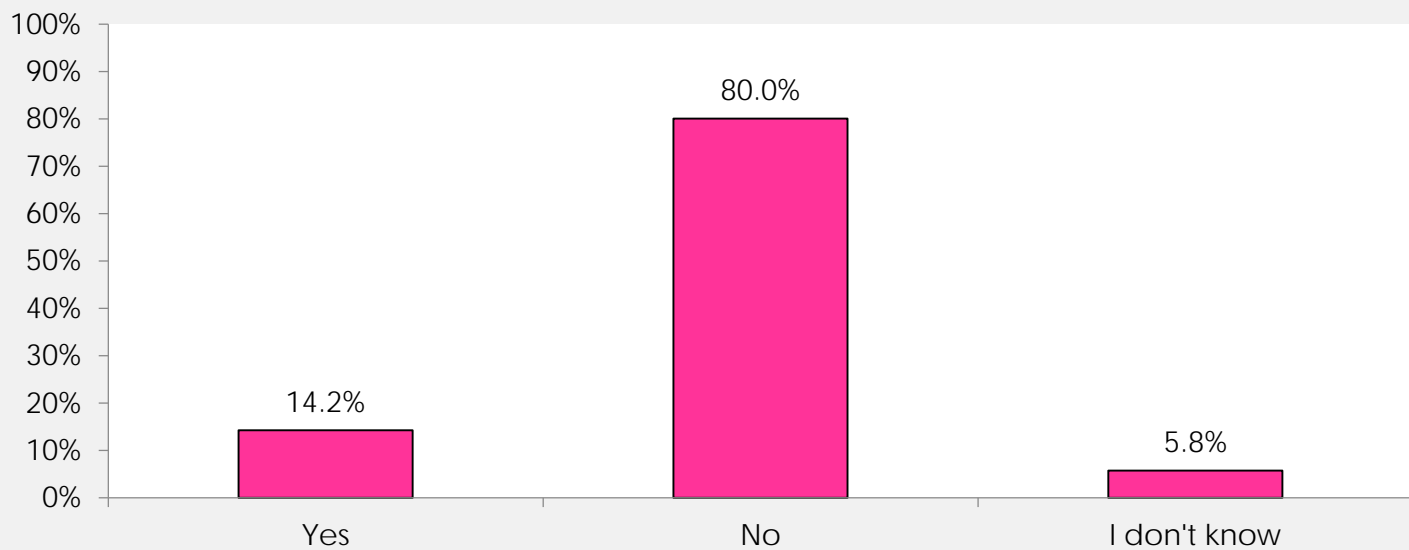




Among participants assigned male at birth and aged 50 years or older, are you up to date with your prostate exams?

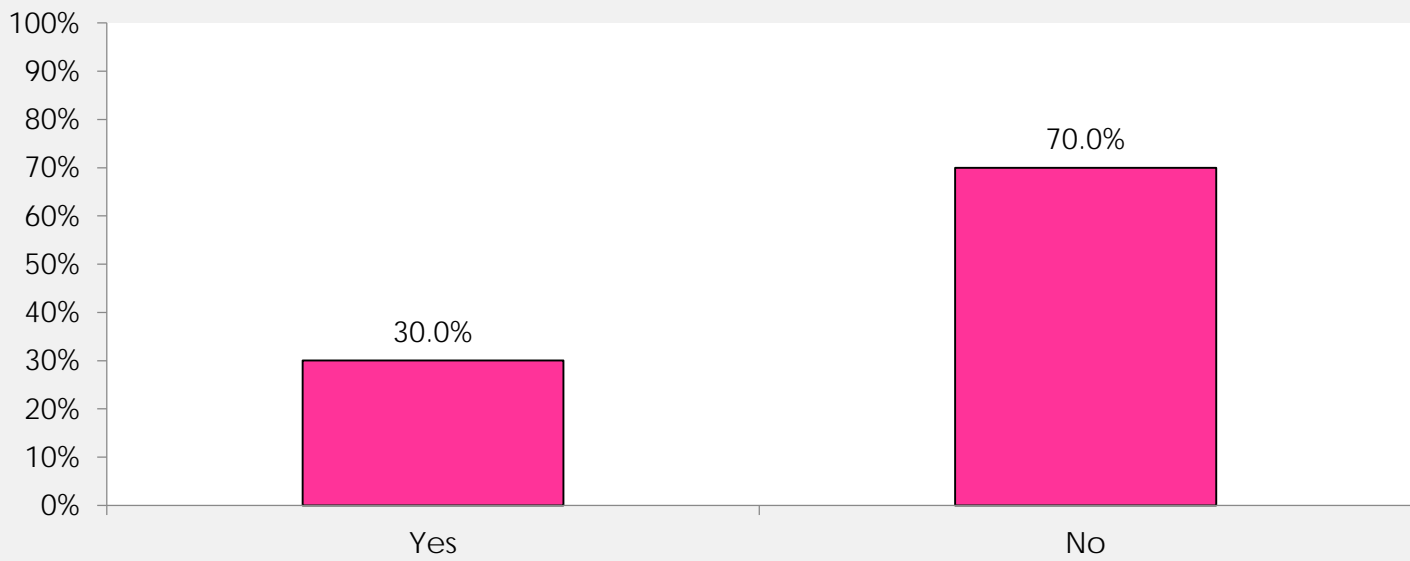


Among all participants, have you ever had an anal pap smear?

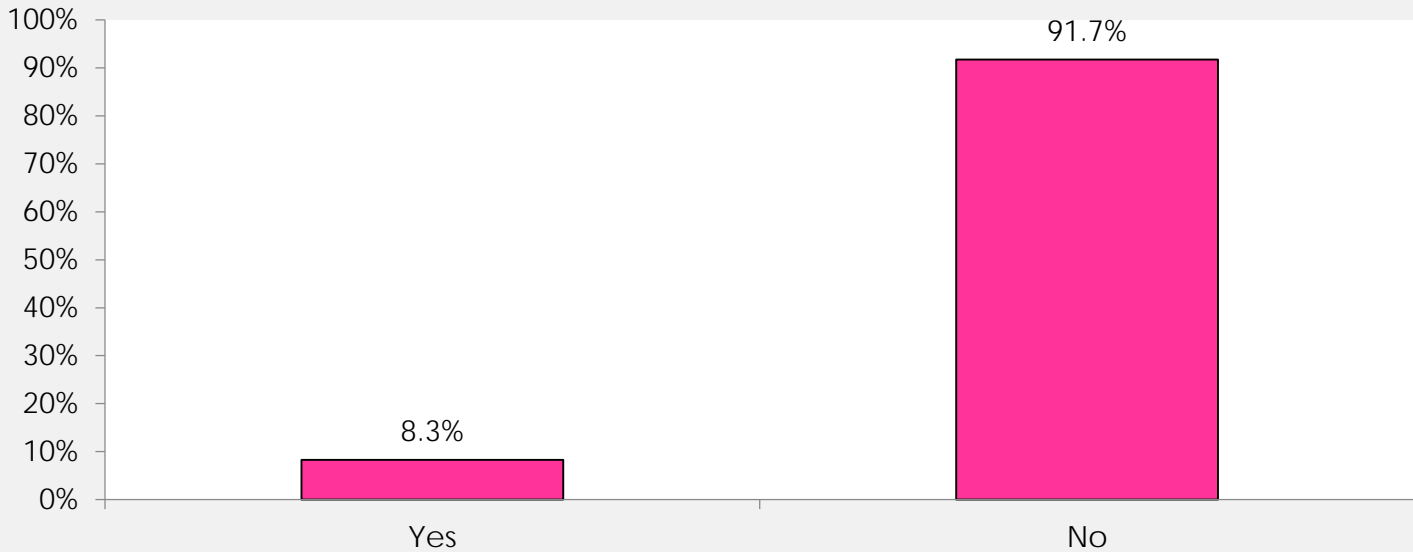




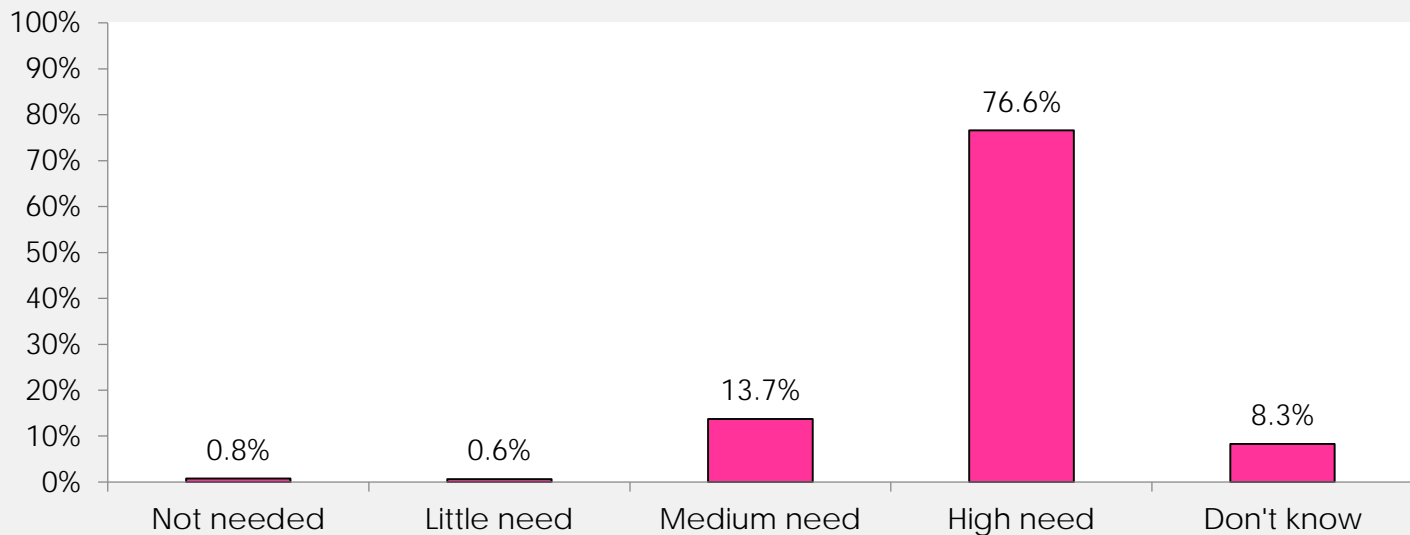
Have you ever been a caregiver of someone with cancer?



Have you ever been diagnosed with cancer?

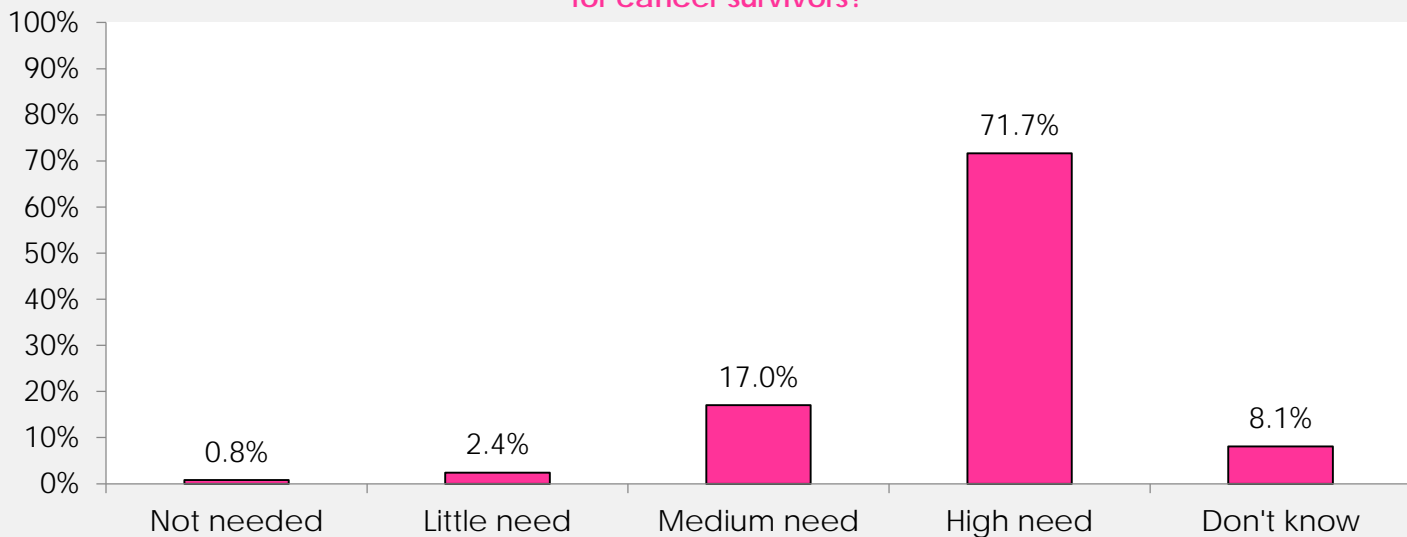


How much do you think LGBTQ welcoming providers are needed for cancer survivors?

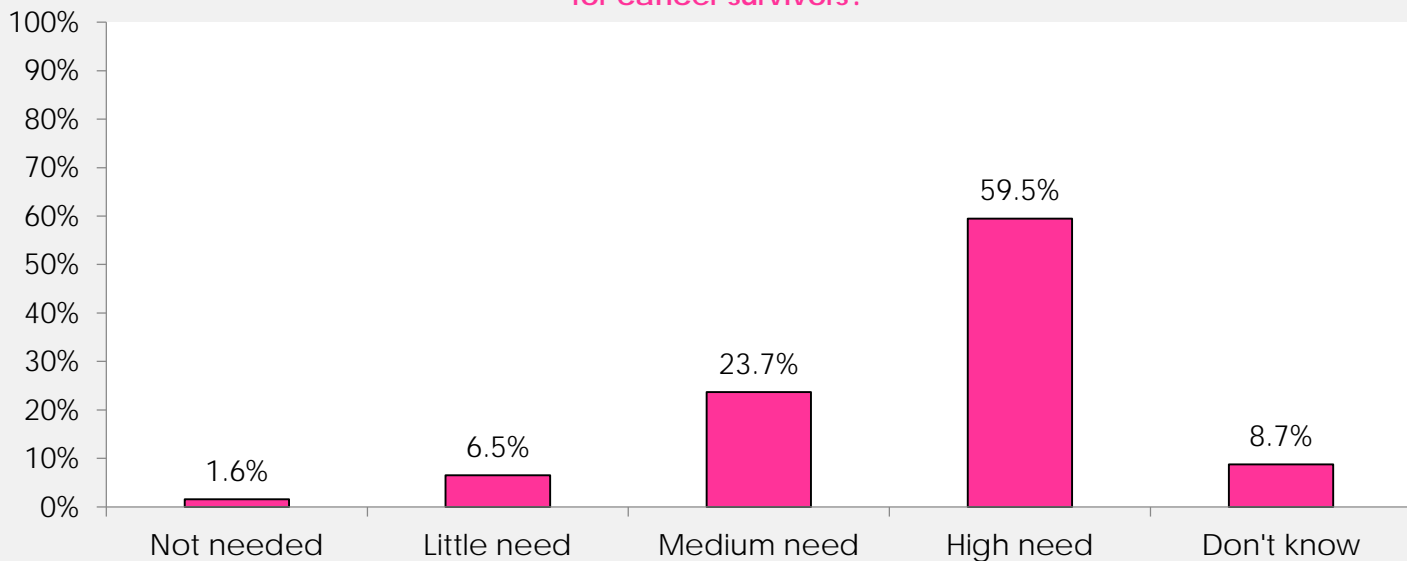




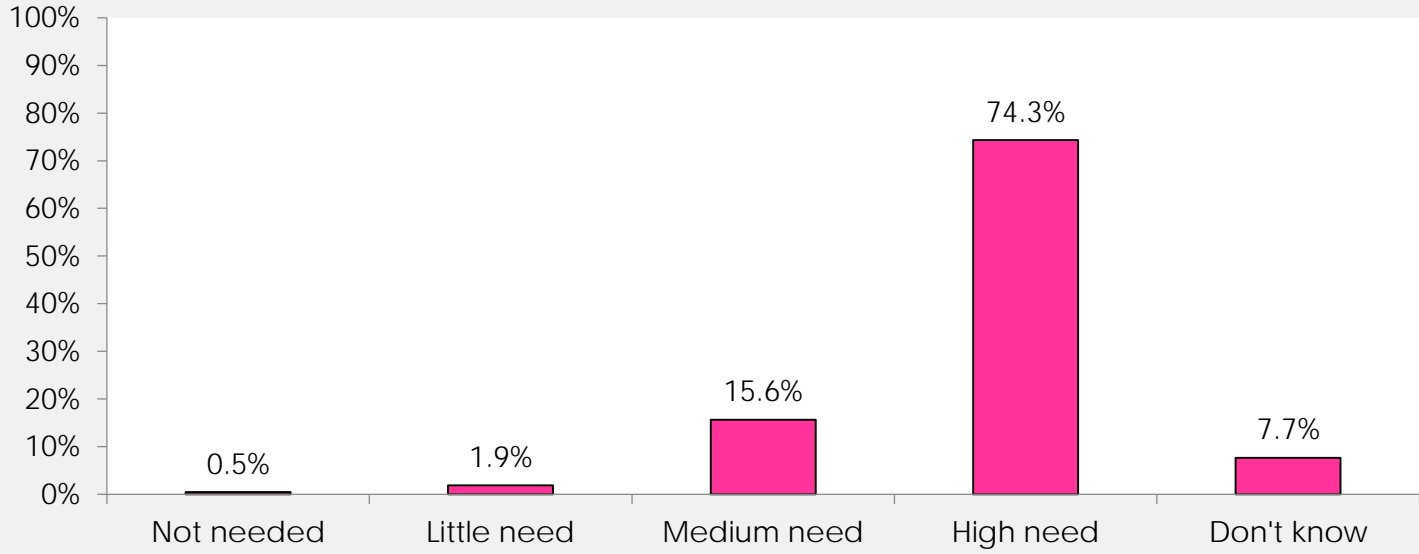
How much do you think LGBTQ support groups are needed for cancer survivors?



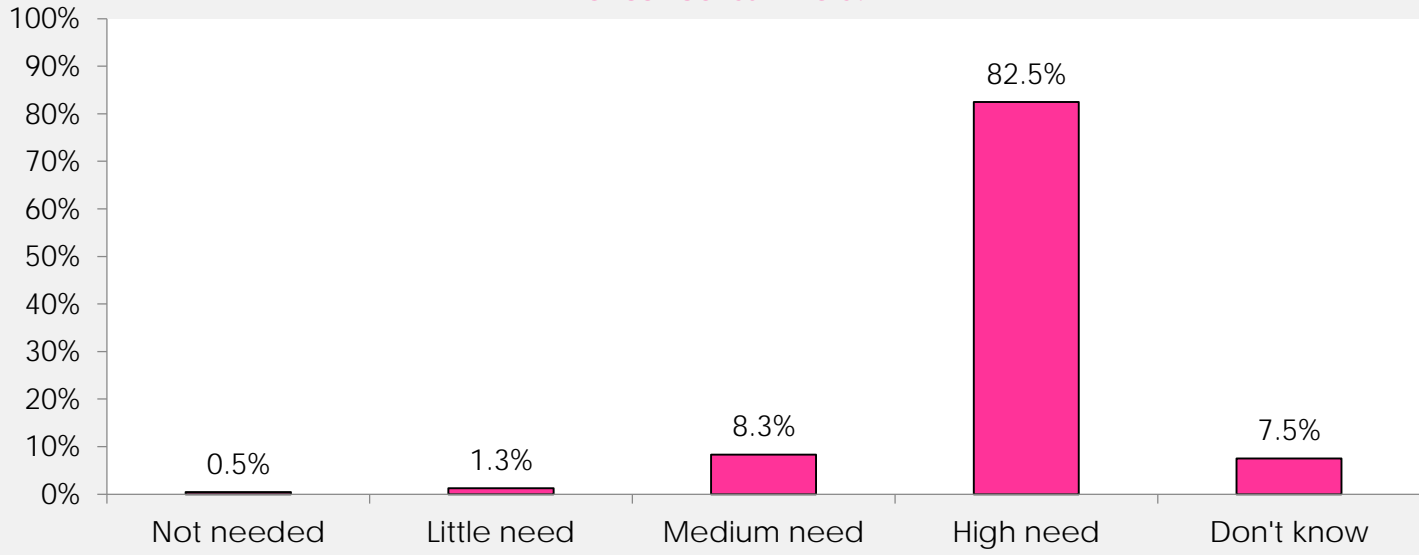
How much do you think LGBTQ-tailored cancer information are needed for cancer survivors?



How much do you think LGBTQ welcoming caregiver groups are needed for cancer survivors?



How much do you think LGBTQ welcoming policies at hospitals are needed for cancer survivors?



How much do you think LGBTQ legal planning at hospitals are needed for cancer survivors?

