

LGBTQIA+
individuals are at
increased risk for a
number of health
threats when
compared to
heterosexuals.

*"Because every
family matters and
every child deserves
a happy, healthy
future."*



LGBTQIA+
ENGLISH

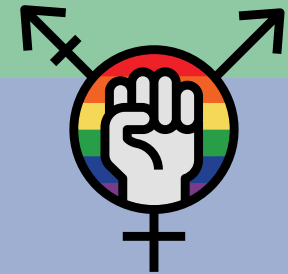
LGBTQIA+ people are
at greater risk for:

- Suicide and suicidal thoughts.
- Mood disorder and anxiety.
- Eating disorders.
- Alcohol, tobacco, and substance abuse .

Contact Us

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BRIGHTER BEGINNINGS
Every Family Matters

Why talk to your provider?

LGBTQIA+ members often experience health disparities and have less access to health care and worse health outcomes, but we are here to help!

It's important to speak to your provider about your lifestyle so they can build an individualized plan for you!

LGBTQIA+ health risks

- LGBTQIA+ are more likely to rate their health as poor and report more chronic conditions.
- Lesbians and bisexual women have higher rates of breast cancer
- LGBTQIA+ have higher rates of HPV infections.
- Lesbian and bisexuals women may have a higher risk of cervical cancer, and gay and bisexual men may have higher risk of anal cancer.
- LGBTQIA+ are more likely to be obese
- Gay and bisexual men are more likely to have HIV/AIDS.

LGBTQIA+ access to care

LGBTQIA+ people have less access to the health care they need. LGBTQIA+ members often are:

- Less likely to have health insurance.
- Less likely to fill prescriptions.
- More likely to use the emergency room and delay getting care.
- More likely to be refused health care services and be harassed by health care providers. YET,

WE ARE HERE TO HELP!

Tips on improving LGBTQIA+ wellness:

*Research insurance options

LGBTQIA+ members lack health insurance when compared to heterosexuals. Having health insurance can help lower costs for services and treatments.

*Use preventive care

Getting preventive care such as getting the HPV vaccine can prevent cancer.

Also it is important to get mammography and pap test as preventive care to decrease the seriousness of illnesses. Most preventive care is covered by medical insurance.

*Don't smoke

3 out of 10 people smoke. Smoking kills 30,000+ LGBTQIA+ people a year, and causes many respiratory and health problems throughout the lifespan.

*Avoid substance abuse

LGBTQIA+ folks have higher levels of alcohol and drug use, which may be linked to experiencing discrimination. LGB youth are 25% more likely to drink, 50% more likely to use marijuana, twice as likely to use ecstasy and cocaine, and four times as likely to use heroin and meth.

*Practice safe sex and get tested

Queer men and transgender women face very high HIV risk, and queer women and trans men have sexual health needs that often go ignored in the healthcare field.

LGBTQIA+ and Intimate Partner Violence

61% of bisexual women and 37% of bisexual men experienced rape, physical, violence, and/or stalking by an intimate partner in their lifetime.

44% of lesbian women and 26% of gay men rape, physical violence, stalking by an intimate partner in lifetime.

34.6% of transgender individuals experience physical abuse by a partner; 64% reported sexual assault.

Things to consider

- LGBTQIA+ youth are 2 to 3 times more likely to attempt suicide.
- LGBTQIA+ youth are more likely to be homeless.
- Lesbians are less likely to get preventive services for cancer.
- Gay men are at higher risk of HIV and other STDs, especially amount communities of color.
- Transgender individuals have a high prevalence of HIV/STDs victimization, mental health issues, and suicide.
- Elder LGBTQIA+ individuals face additional barriers to health insurance because of isolation and a lack of social services and culturally competent providers.
- LGBTQIA+ population have the highest rates of tobacco, alcohol, and other drugs .