Defining Equity:
Overview of Health and Wellness in the LGBTQ Community

Maureen D. Connolly, MD
Henry Ford Health System
Detroit, Michigan
Disclosures

- My non-clinical time is funded by Merck’s Health Disparities Research Grant, there are no Merck products in my talk today.

- I will be discussing off-label use of estradiol, testosterone, spironolactone and emtricitabine + tenofovir.
Objectives

Definitions and opportunities for equity in the following areas:

• The mental health of transgender youth
• Tobacco use among sexual minorities
• HIV prevention among men who have sex with men and transgender women
# The Genderbread Person

**Gender Identity**

<table>
<thead>
<tr>
<th>Woman</th>
<th>Genderqueer</th>
<th>Man</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Gender Expression**

<table>
<thead>
<tr>
<th>Feminine</th>
<th>Androgynous</th>
<th>Masculine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.</td>
<td></td>
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</tbody>
</table>

**Biological Sex**

<table>
<thead>
<tr>
<th>Female</th>
<th>Intersex</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Sexual Orientation**

<table>
<thead>
<tr>
<th>Heterosexual</th>
<th>Bisexual</th>
<th>Homosexual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.</td>
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</tbody>
</table>
Definitions

Transgender or Trans*  Cisgender

Transwoman  Genderqueer
Transman  Gender Nonbinary
MTF  Gender Nonconforming
FTM  Gender Creative

Natal male/female  Transvestite
Assigned male/female at birth  Transsexual
Sexual and gender minority (SGM)  Drag Queen
Sexual and gender minority (SGM)  Hermaphrodite
The Mental Health of Transgender Youth

Leelah Alcorn

• Died December 28, 2014 at age 17
• Before walking into traffic, she left a suicide note on Tumblr:
  “The only way I will rest in peace is if one day transgender people aren’t treated the way I was, they’re treated like humans, with valid feelings and human rights.”

Blake Brockington

• Died March 23, 2015 at age 18 by walking into traffic
• First transgender homecoming king in North Carolina, chose foster care in order to transition
Data published in 2014 in the first nationally representative sample of high school students (n=8,166) in New Zealand showed that 1.2% reported being transgender, 2.5% reported being not sure about their gender, and 1.7% did not understand the question.

How many young people identify as trans?

<table>
<thead>
<tr>
<th></th>
<th>School-based sample(^1) (n=8,166)</th>
<th>Clinic-based sample(^2) (n=360)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transgender youth</td>
<td>41.3%</td>
<td>50.6%</td>
</tr>
<tr>
<td>Cisgender youth</td>
<td>11.8%</td>
<td>20.6%</td>
</tr>
<tr>
<td>Transgender youth</td>
<td>19.8%</td>
<td>31%</td>
</tr>
<tr>
<td>Cisgender youth</td>
<td>4.1%</td>
<td>11%</td>
</tr>
<tr>
<td>Depressive symptoms or depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>History of attempted suicide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-harm</td>
<td>45.5%</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>23.4%</td>
<td>8%</td>
</tr>
</tbody>
</table>
Phases of Transition

Reversible = clothes, hair, shoes, toys, puberty blockers

Partially reversible = masculinizing and feminizing hormone therapy

Irreversible = gender reassignment surgery
The Mental Health of Transgender Youth

What happens when young people get the care they need?

“Young adult psychological outcome after puberty suppression and gender reassignment.”

- 6 year study from the Netherlands
- 55 participants were assessed 3 times
- Psychological functioning improved over time
- Behavioral and emotional problems significantly decreased over time
- Mental health issues were comparable to general population
- None of the participants reported regret during puberty suppression, hormone therapy, or gender reassignment surgery
Lesbian
Gay
Bisexual
Queer

MSM, sexual minority
“Tobacco use among sexual minorities in the USA, 1987 to May 2007: a systematic review”

- 42 studies included
- Figure: Odds ratios and 95% confidence intervals (CIs) of cigarette smoking among sexual minority men and women.
- Showed a positive association between sexual minority status and cigarette use with ORs between 1.5 and 2.

J G L Lee et al. Tob Control 2009;18:275-282
• Historic relationship to community spaces (bars, clubs, etc.)
• Targeted marketing by the tobacco industry
• Impacts of stigma, discrimination, stress
Tobacco Use Among Sexual Minorities

LGBT people might have to deal with extra stress on top of regular, daily life stressors. Many LGBT people use smoking to cope. Extra stress may come from being treated unfairly or being bullied because of sexual orientation or gender identity. The decision to come out or not can be stressful. Relatives or friends who don’t support you, depression, and loneliness also can cause stress.
HIV Prevention

Lifetime Risk of HIV Diagnosis

For immediate release: February 23, 2016
Contact: National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
(404) 639-8876 | NCHHSTPMediaTeam@cdc.gov

Half of black gay men and a quarter of Latino gay men projected to be diagnosed within their lifetime

If current HIV diagnoses rates persist, about 1 in 2 black men who have sex with men (MSM) and 1 in 4 Latino MSM in the United States will be diagnosed with HIV during their lifetime, according to a new analysis by researchers at the Centers for Disease Control and Prevention (CDC). The study, presented today at the Conference on Retroviruses and Opportunistic Infections in Boston, provides the first-ever comprehensive national estimates of the lifetime risk of an HIV diagnosis for several key populations at risk and in every state.

"As alarming as these lifetime risk estimates are, they are not a foregone conclusion. They are a call to action," said Jonathan Mermin, M.D., director of CDC’s National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. "The prevention and care strategies we have at our disposal today provide a promising outlook for future reductions of HIV infections and disparities in the U.S., but hundreds of thousands of people will be diagnosed in their lifetime if we don’t scale up efforts now."

Resources
- Graphics
- Studies of Interest
- Press Releases
“Explaining disparities in HIV infection among black and white men who have sex with men: a meta-analysis of HIV risk behaviors” AIDS, 2007

- 53 studies published between 1980 and 2006
- Compared with white MSM, black MSM reported less overall substance use and fewer sex partners. There were no statistically significant differences by race in reported unprotected anal intercourse, commercial sex work, sex with a known HIV-positive partner, or HIV testing history.
- “Behavioral risk factors for HIV infection do not explain elevated HIV rates among black MSM. Continued emphasis on risk behaviors will have only limited impact on the disproportionate rates of HIV infection among black MSM.”

Why?

- Unprotected sex early in the epidemic
- Less likely to be on antiretroviral therapy
- Networks and social determinants
A HIV Prevention

KEEP IT REAL with PrEP

Truvada®

ONE PILL, ONCE A DAY.
Protect Against HIV.
Access to PrEP is a primary care issue.

**Box B1: Recommended Indications for PrEP Use by MSM**

- Adult man
- Without acute or established HIV infection
- Any male sex partners in past 6 months (if also has sex with women, see Box B2)
- Not in a monogamous partnership with a recently tested, HIV-negative man
  
  AND at least one of the following

- Any anal sex without condoms (receptive or insertive) in past 6 months
- Any STI diagnosed or reported in past 6 months
- Is in an ongoing sexual relationship with an HIV-positive male partner


**http://www.hivguidelines.org**
Summary

There are **opportunities for equity** in the following areas:

- The mental health of transgender youth
- Tobacco use among sexual minorities
- HIV prevention among men who have sex with men and transgender women
References


