

LGBTQ Inclusive Care

Pride in Health + Wellbeing

ACON / PHN EDUCATION SESSION

While many sexuality and gender diverse people lead healthy and happy lives, research shows LGBTQ+ people experience significant health disparities when compared to the general population. These health issues are not due to being LGBTQ+ but are directly related to experiences of stigma, prejudice, discrimination and abuse.

This education session will support healthcare practices to improve their LGBTQ inclusion through discussion of the following key issues:

- Why do we need to be LGBTQ inclusive in our care?
- What are the barriers to accessing care faced by the Gender and Sexuality Diverse (LGBTQ) community?
- What are the health disparities that result from these barriers to care?
- What can you do to make your care more inclusive?

SPEAKER: **Claire Allen** (she/her) is the National Program Manager of ACON's Pride in Health + Wellbeing Program. She has worked in a variety of roles and brings with her a wealth of experience in LGBTQ inclusion, change management, project management and organisational enablement. Claire worked as LGBTI Project officer and lead her organisation through rainbow tick accreditation, achieving the inaugural Health + Wellbeing Equality Index (HWEI) Service Provider of the Year.



WHO: **Allied Health professionals, practice staff and clinicians with allied health**

WHEN: **Wednesday 24th August 2022, 6.00 pm – 7.30 pm**

WHERE: **Online via GoToWebinar**

RSVP: Please [CLICK HERE](https://attendee.gotowebinar.com/register/1359422306099814160) to register or go to <https://attendee.gotowebinar.com/register/1359422306099814160>

LGBTQ Inclusive Care

Pride in Health + Wellbeing

2022 LGBTQ HEALTH STATISTICS

prideinhealth
+wellbeing



8% of staff in Australia said their personal beliefs meant they **COULD NOT** look after a patient who is sexuality or gender diverse ¹

More than half (52%) of multicultural and multifaith LGBTQ people are out to their families who are supportive of their identity (whether it is discussed openly or not) ²



INTERSECTIONAL STATS



18% LGBTQ people aged 16 and over were born overseas ⁹

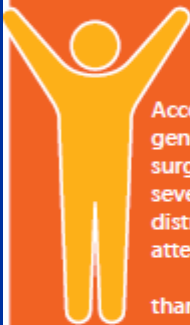


Access to Gender affirming hormones was associated with nearly **40%** lower odds of recent depression and attempting suicide in the past year ³

22% of LGBTQ people aged 18 and over reported residing in regional cities or towns and



6.4% in rural and remote regions ¹⁰



Access to gender affirming surgeries cuts severe psychological distress and suicide attempts by more than **50%** ⁴

LGBTQA+ young people are over **4x** as likely to engage in self-injury and transgender people aged 18 and over are **6.5x** more likely ⁵



51% of LGB young people, and **71%** of gender diverse young people aged 14 to 21 don't live at home with family ¹²



60.9% of LGBTQ people reported at least one disordered eating behavior ⁶



Transgender men were found to have **9times** the odds of diabetes and cardiovascular disease compared with cisgender women ⁷



41.7% of LGBTQ people aged 18 and over reported having ever been in an intimate relationship where they felt they were abused in some way by their partner/s ¹¹



80% [of obstetricians and gynecologists] did not receive training in residency on the care of transgender patients ⁸

References: 1. HWEI Staff Survey 2021, Pride in Health + Wellbeing, Unpublished Data. 2. Navigating Intersectionality: Multicultural and Multifaith LGBTQ+ Victorians Talk About Discrimination and Affirmation, Pallotta-Chiarolli Et Al, 2021. 3. Association Of Gender-Affirming Hormone Therapy with Depression, Thoughts Of Suicide, and Attempted Suicide Among Transgender and Nonbinary Youth, Green Et Al, 2021. 4. Association Between Gender-Affirming Surgeries and Mental Health Outcomes, Almazan et al, 2021. 5. Snapshot Of Mental Health and Suicide Prevention Statistics for LGBTQI+ People, LGBTQI+ Health Australia, 2021. 6. Appearance Ideals And Eating Disorders Risk Among LGBTQI+ College Students: The Being Ourselves Living In Diverse Bodies (BOLD) Study, Gordon et al, 2019. 7. Transgender Individuals' Cancer Survivorship: Results of a Cross-Sectional Study, Boehmer et al, 2020. 8. Researchers from Cleveland Clinic Detail Findings in Women's Health Research (Care of the Transgender Patient: A Survey of Gynecologists' Current Knowledge and Practice), women's health weekly, 2015. 9-12. Snapshot Of Mental Health and Suicide Prevention Statistics for LGBTQI+ People, LGBTQI+ Health Australia, 2021

