

## MENTAL HEALTH



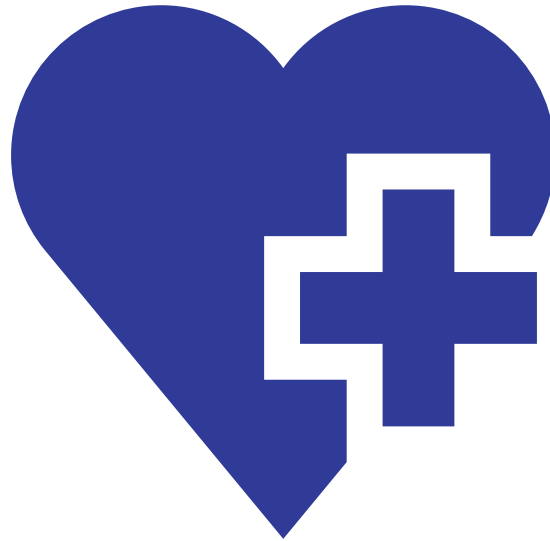
**3 in 4** LGBTQ respondents were experiencing moderate to severe mental distress at the time of the survey.

**46%** were experiencing moderate mental distress and

**29%** were experiencing severe mental distress at the time of the survey.

**25%** were experiencing no mental distress or mild mental distress at the time of the survey. Mental distress is measured by the Kessler 6 scale.

## HEALTH ACCESS



**74%** of LGBTQ respondents reported having a primary care provider or one place they go for routine care. Of LGBTQ respondents with a primary care provider,

**67%** say they are out to their care provider as LGBTQ.

**18%** say they are not out to their doctor.

**9%** say they are somewhat out and

**46%** are unsure if they are out to their provider.

## HEALTH ACCESS

LGBTQ people with a primary care provider travel an average of **8 miles** to their provider's office. The median distance travelled is **5 miles**, though participants ranged from **less than a mile** to traveling **98 miles** to a primary care provider. On average, it takes LGBTQ people **19 minutes** to get to their provider's office. The median time is **15 minutes**, but participants reported travelling as many as **3 hours** to reach their primary care provider.

Only **37%** of all LGBTQ respondents reported seeing a doctor or healthcare provider in the past year.

**9%** of LGBTQ respondents didn't have health insurance. **54%** said that cost was a barrier to accessing health care, whether or not they had health insurance.

In the past 12 months, **17%** of respondents delayed or didn't get care because they couldn't afford it.

**9%** postponed or didn't get care because they feared they would be disrespected or mistreated as an LGBTQ person.

In the past 12 months, **10%** of LGBTQ people had to teach their health care providers about LGBTQ people in order to get appropriate care. An additional

**23%** of LGBTQ respondents have needed to teach a provider previously in their life.

**1.5%** of LGBTQ people had a provider refuse to treat them in the past 12 months because they were LGBTQ, and an additional

**8%** of LGBTQ people reported being denied treatment in their lifetime.

**5%** of LGBTQ respondents have had a provider ask them unnecessary or invasive questions about their sexual orientation or gender identity unrelated to the purpose of their visit in the past 12 months, and an additional

**21%** have been asked such questions previously in their lifetime.

In the past 12 months, **3%** had a provider use harsh or abusive language when treating them. An additional

**11%** have experienced harsh or abusive language from a provider in their lifetime.

**1%** have had a provider be physically rough or abusive when treating them in the past 12 months. An additional

**5%** have experienced rough or abusive treatment from a health care provider in their lifetime.

**11%** of LGBTQ respondents have ever been verbally harassed in a health care setting.

**2%** have been physically attacked in a health care setting in their lifetime.

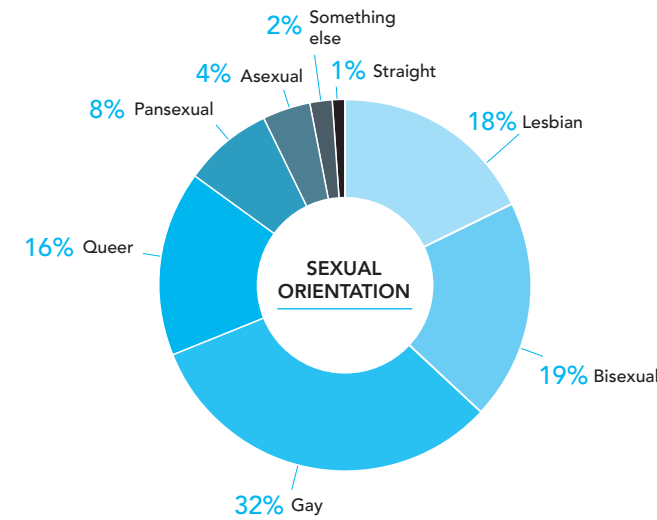
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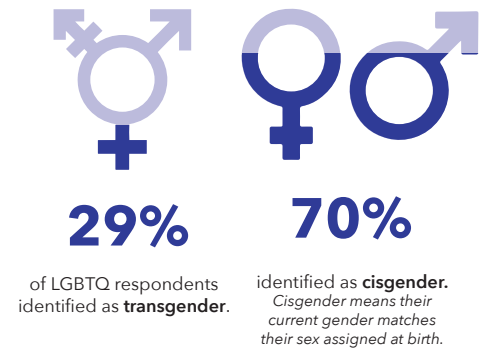
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Advocacy. Care. Justice. Pride.

**Voices of Health**  
2018 Survey Results Snapshot

The Voices of Health survey of LGBTQ health in Minnesota has been conducted annually since 2010. In 2018, **1,222 LGBTQ Minnesotans** throughout the state completed the survey online through Survey Monkey.



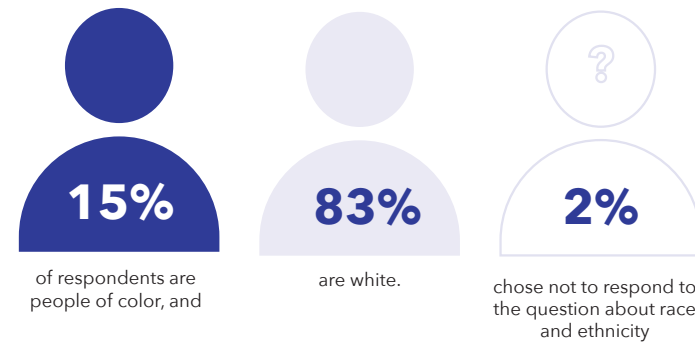
#### GENDER



#### INTERSEX

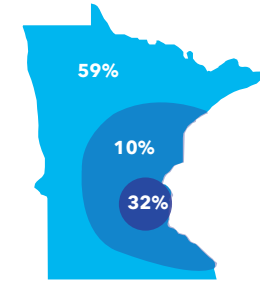


#### RACE AND ETHNICITY



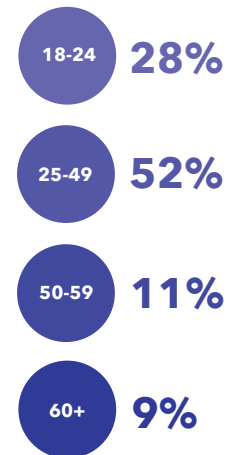
Overall, **3%** of respondents are black, **2.5%** are Latinx or Hispanic, **1%** are Native American, **2.4%** are Asian or Pacific Islander, **.3%** are Arab or Middle Eastern, and **6.1%** identified as mixed race or checked two or more racial categories

#### LOCATION

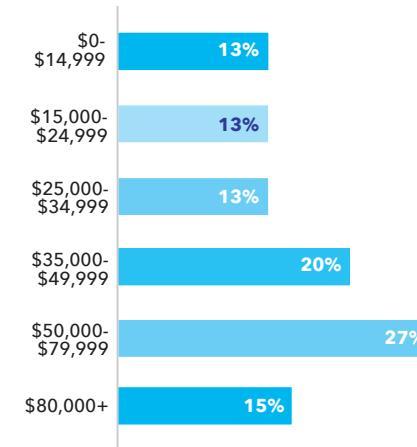


Of LGBTQ respondents who chose to provide their zip code, **32%** live in the Twin Cities Metropolitan Area. **10%** live in cities outside of the Twin Cities Metro Area (Duluth, Moorhead, Mankato, Rochester, and St. Cloud), while **59%** live in small towns.

#### AGE



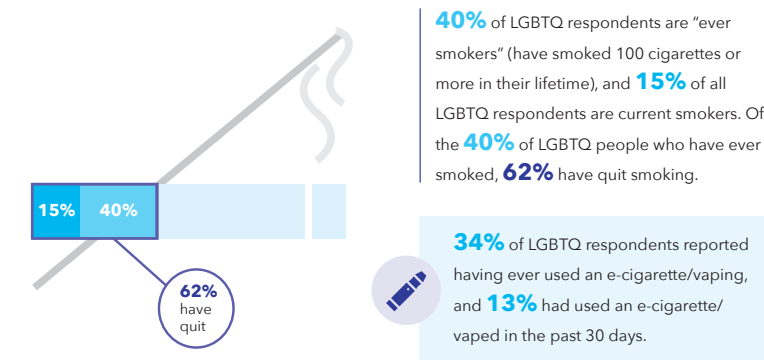
#### INCOME



#### FOOD SECURITY



#### TOBACCO USE

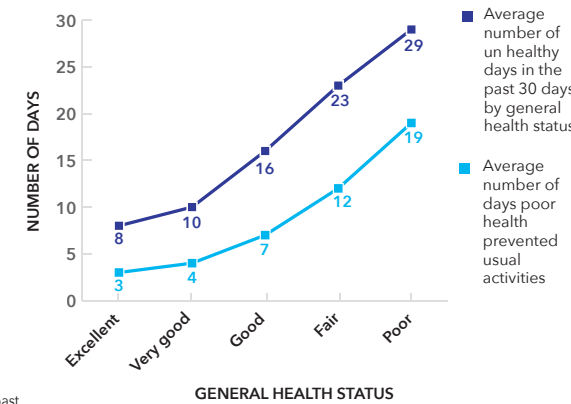


#### HEALTH-RELATED QUALITY OF LIFE

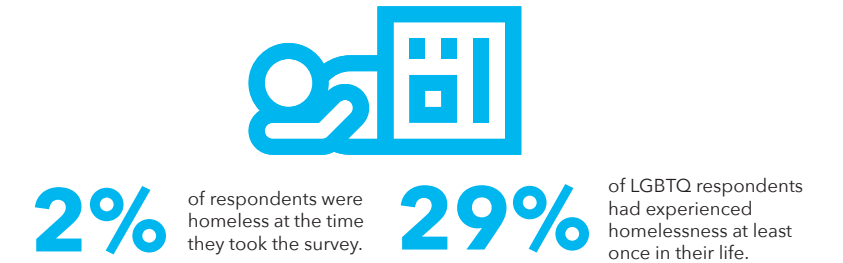
When asked about their general health **6%** of LGBTQ people rated their general health as excellent, **35%** rated their health as very good, and **37%** rated their health as good. **18%** rated their health as fair and **3%** rated their health as poor. In the general population, **19%** of all Minnesotans rated their health as excellent, **36%** rated their health as very good, **32%** rated their health as good, **10%** rated their health as fair, and **3%** rated their health as poor.

LGBTQ respondents were also asked about how many bad mental health and/or bad physical health days they experienced in the past 30 days. Combining bad mental and physical health days together identifies how many unhealthy days a respondent experienced in the past month. Respondents were also asked how many days in the past 30 days their poor health kept them from their usual activities.

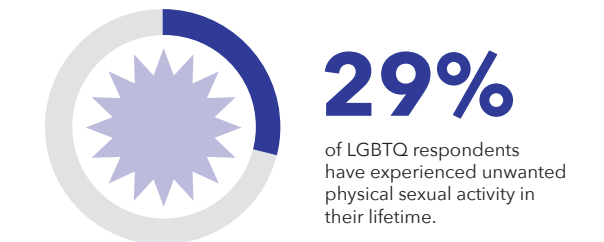
This chart shows how the average number of unhealthy days and days where poor health prevents respondents from their usual activities changes between people who ranked their health as excellent, very good, good, fair, or poor. For example, respondents who rated their health as very good still reported experiencing an average of **10 unhealthy days** in the past month, and that their poor health prevented them from their usual activities an average of **4 days** a month.



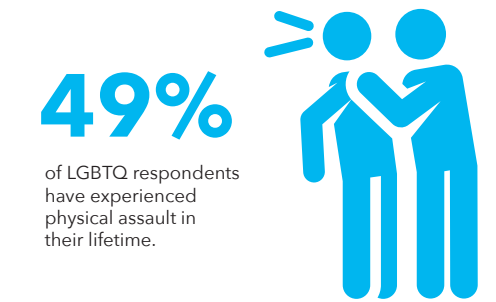
#### HOMELESSNESS



#### UNWANTED SEX



#### PHYSICAL ASSAULT



#### HIV

