

VOICES OF HEALTH

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Annual Report on LGBTQ+
Health Access and Experiences
in Minnesota

RAINBOW
HEALTH



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INTRODUCTION

Rainbow Health's Voices of Health survey of LGBTQ health is the only annual LGBTQ community health and wellness survey in Minnesota. Rainbow Health has conducted the annual Voices of Health survey of LGBTQ health in Minnesota since 2010.

In 2020, **2,806** LGBTQ Minnesotans completed the survey.



METHODS

In order to continue to understand trends in LGBTQ community health over time, the 2020 survey questionnaire was adapted from prior Voices of Health questionnaires.

Rainbow Health worked with partner organizations throughout the state to publicize the survey and send out links to their communities. The survey was also shared on social media and promoted at Pride events across the state. Participants were able to enter drawings for gift cards if they completed the survey. In order to boost completion rates, participants who completed the survey were able to view a page with a secret image, then send an email with a description of the image in order to enter the drawing. This ensured participants that their contact information was separate from their survey data. The data from Survey Monkey was downloaded, cleaned, and checked for duplicates before being analyzed. The survey was collected through a convenience sampling technique, which is common in research with the LGBTQ community due to the difficulty of achieving a sufficiently large random sample. Through intentional sampling, and targeted boosted posts on Facebook and Instagram, Rainbow Health sought to collect surveys from LGBTQ people of diverse age, race, education, gender identity, and sexual orientation backgrounds. Paper surveys were coded to a spreadsheet, combined with the downloaded data from Survey Monkey, and analyzed.



DEMOGRAPHICS

Sexual Orientation

Respondents were asked to select what best described their sexual orientation from the options provided, or to write in something else. 20% of respondents identified as lesbian, 33% identified as bisexual, 13% identified as queer, 22% identified as gay, and 8% identified as pansexual. An additional 4% identified as asexual, <1% identified as something else and wrote in their sexual orientation, and 1% identified as straight.

Gender

Respondents were asked about their current gender identity and their sex assigned at birth. 27% of LGBTQ respondents identified as transgender and 73% identified as cisgender

Overall, 45% of respondents are cisgender women and 4% are trans women. 28% of respondents are cisgender men, and 5% are trans men. 16% of respondents are non-binary, genderqueer, gender non-conforming, or genderfluid. 2% of respondents chose not to respond to the question about gender.

Intersex

7% of respondents report they have been diagnosed with a medically-recognized intersex condition.

DEMOGRAPHICS

Race and Ethnicity

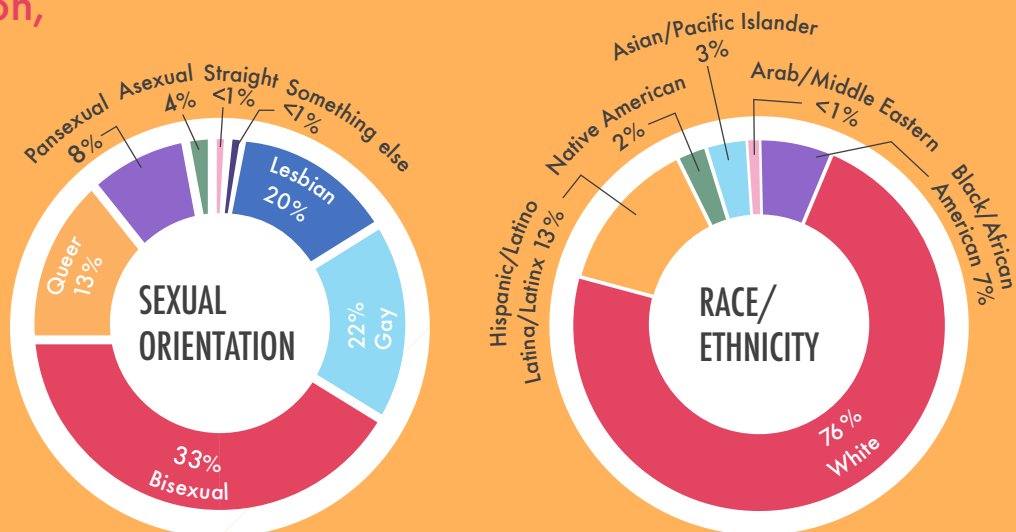
24% of respondents are people of color, and 76% are white. Overall, 7% of respondents are black, 13% are Latinx or Hispanic, 2% are Native American, 3% are Asian or Pacific Islander, and .5% are Arab or Middle Eastern. Respondents were encouraged to select all options that described them.

Location

Of LGBTQ respondents who chose to provide their zip code, 33% live in the Twin Cities Metropolitan Area. 13% live in cities outside of the Twin Cities Metro Area (Duluth, Moorhead, Mankato, Rochester, and St. Cloud). The remaining 56% live in smaller towns or rural areas.

Sexual Orientation, Race, & Ethnicity of Respondents in Minnesota

DATA

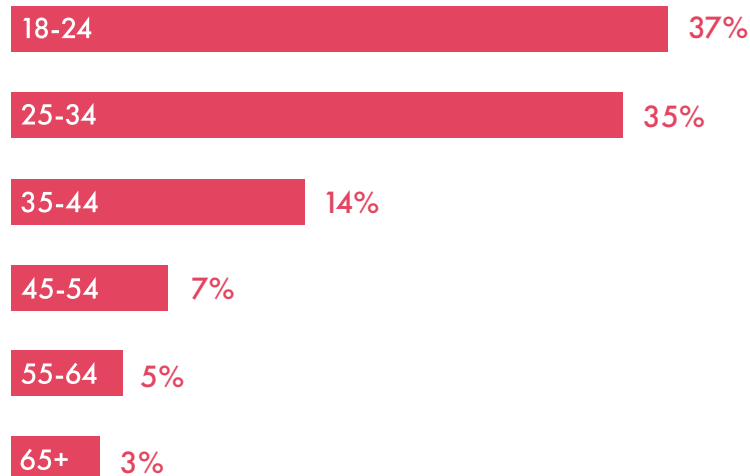


DEMOGRAPHICS

Age

At the time of the survey, 37% of respondents were 18-24, 35% of respondents were 25-34, 14% of respondents were 45-54, 5% of respondents were 55-64, and 3% were 65 or older.

Ages of Respondents Living in Minnesota



Food Security

Respondents were asked a series of questions related to reliable access to food, or "food security."

39% of LGBTQ respondents reported that at least once in the past 12 months they worried their food would run out before they had money to buy more.



DEMOGRAPHICS

39% of LGBTQ respondents reported that at least once in the past 12 months they worried their food would run out before they had money to buy more. 25% did have their food run out before they had money to buy more.

Income

Respondents were asked to enter their individual and household income before taxes. This measure doesn't capture multiple-earner households, or account for household size. According to the 2020 U.S. Census, the average income was \$78,461. 74% of LGBTQ respondents reported an individual income of \$0-75,000, while 28% reported an individual income of \$75,000 or more.

MN Income Category	MN Household Income ¹	Individual Income
\$0-\$10,000	6%	19%
\$10,001-\$20,000	6%	14%
\$20,001-\$25,000	4%	14%
\$25,001-\$35,000	10%	13%
\$35,001-\$50,000	22%	20%
\$50,001-\$75,000	24%	13%
\$75,001-\$100,000	12%	4%
\$100,001+	15%	3%

¹ Included individual income as household income where individual income reported, but no household reported.



TOBACCO AND E-CIGARETTE USE

47% of LGBTQ respondents are “ever smokers” (have smoked 100 cigarettes or more in their lifetime), and 33% of all LGBTQ respondents are current smokers.

36% of LGBTQ respondents reported having ever used an e-cigarette/vaping, and 20% of all LGBTQ respondents had used an e-cigarette/vaped in the past 30 days.

Rates of Smoking by Sexual Orientation

Gay and bisexual respondents smoke at higher rates than other LGBTQ people. Cisgender men and transgender women also smoke at higher rates.

Rates of Smoking by Ethnicity

Hispanic/Latino/Latina/Latinx and Black/African American LGBTQ respondents smoke at higher rates than White, Asian/Pacific Islander, or Native American respondents.

Rates of Vaping by Sexual Orientation

Queer respondents reported vaping at slightly higher rates than other sexual orientations. Transgender women reported the highest rates of vaping by gender.

Rates of Vaping by Ethnicity

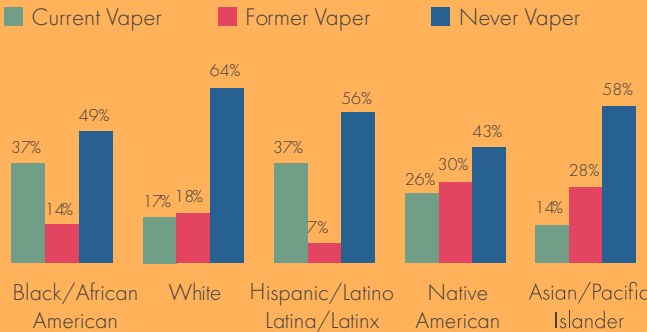
Black/African-American and Hispanic/Latino/Latina/Latinx respondents vape at higher rates than Native respondents. White and Asian/Pacific Islander respondents report lower rates of vaping.



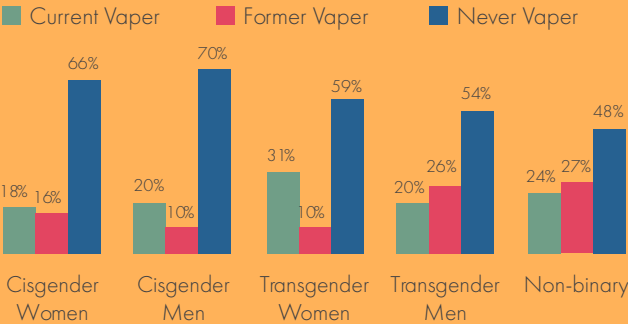
DATA

Rates of Smoking & Vaping of Respondents Living in Minnesota

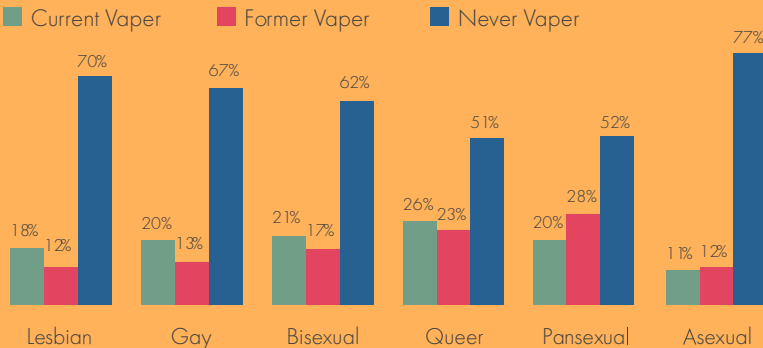
Rates of Smoking by Race Ethnicity

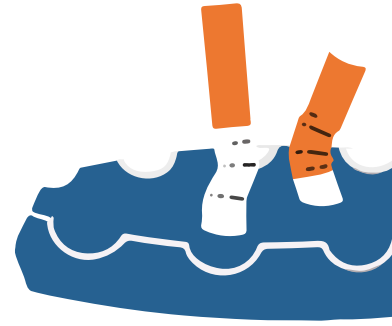


Rates of Vaping by Gender



Rates of Smoking by Sexual Orientation





TOBACCO AND E-CIGARETTE USE

Current LGBTQ Smokers

30% reported smoking daily in the past month. 12% reported smoking 1-3 days. 24% reported smoking 3-9 days. 20% reported smoking 10-19 days. 14% reported smoking 20-29 days

Current LGBTQ Smokers and Quitting Smoking

8% of LGBTQ smokers plan to quit in the next month. 21% plan to quit in the next 6 months. 17% plan to quit sometime in the future. 31% think about quitting, but don't have a plan. 22% don't intend to quit smoking. 18-24 year old smokers are more likely to think about quitting, but not have a plan (41%) than 25-44 year olds (31%) and smokers 45 and up (13%)

E-Cigarettes and Vaping

37% of LGBTQ respondents have ever tried an e-cigarette or vaped. 20% of LGBTQ respondents currently use e-cigarettes/vape. 17% previously vaped, but don't anymore. 63% have never vaped or used an e-cigarette. 46% of people who have ever vaped have quit vaping.

18-24 year old smokers are more likely to think about quitting, but not have a plan (41%) than 25-44 year olds (31%) and smokers 45 and up (13%).



ANTI-LGBTQ BEHAVIOR

64% of respondents experienced some form of anti-LGBTQ behavior² in the past 12 months. 67% of those respondents have experienced some form of verbal abuse or harassment because they were LGBTQ at some point in their lifetime while 38% have been physically attacked or threatened because they were LGBTQ at some point in their lifetime.

69% of respondents who identified as transgender or non-binary experienced anti-LGBTQ behavior in the past 12 months. 71% of those respondents have experienced verbal abuse or harassment because they were LGBTQ. 34% of trans and non-binary respondents have been physically attacked or threatened because they were LGBTQ.

79% of BIPOC LGBTQ respondents experienced anti-LGBTQ behavior in the past 12 months. 76% have experienced verbal abuse or harassment because they were LGBTQ while 52% have been physically attacked or threatened because they were LGBTQ.



79% of BIPOC LGBTQ respondents experienced anti-LGBTQ behavior in the past 12 months.


² Rejected by a friend or family member, made to feel unwelcome at a place of worship, received poor service or denied service at a place of business, received poor healthcare or denied healthcare, treated unfairly by a coworker or supervisor, treated unfairly by an employer, or other anti-LGBTQ behavior.

HOMELESSNESS

15% of respondents were homeless (including couch-surfing or living in a car) at the time they took the survey. 35% of LGBTQ respondents had experienced homelessness at least once in their life.

38% of BIPOC LGBTQ respondents were homeless (including couch surfing or living in a car) at the time they took the survey. 63% of BIPOC LGBTQ respondents reported having ever experienced homelessness in their lifetime.

11% of respondents who identified as either transgender or non-binary were homeless (including couch surfing or living in a car) at the time they took the survey. 43% reported having ever experienced homelessness in their lifetime.



43% of transgender and non-binary respondents reported having experienced homelessness in their lifetime.



UNWANTED SEXUAL ACTIVITY

59% of all LGBTQ respondents have experienced some form of unwanted physical sexual activity in their lifetime, and 11% experienced unwanted physical sexual activity in the past 12 months.

71% of BIPOC LGBTQ respondents have experienced unwanted physical sexual activity in their lifetime, 21% in the past year.

68% of transgender and non-binary respondents have experienced unwanted physical sexual activity in their lifetime, 11% in the past year.

PHYSICAL OR EMOTIONAL ABUSE

45% of all LGBTQ respondents have experienced physical or emotional abuse in a relationship in their lifetime and 10% of respondents experienced physical or emotional abuse in the past year.

64% of BIPOC LGBTQ respondents have experienced physical or verbal abuse in a romantic relationship in their lifetime, 16% in the past year.

56% of transgender and non-binary respondents have experienced physical or verbal abuse in a romantic relationship in their lifetime, 11% in the past year.



HIV AND PrEP

Only 50% LGBTQ respondents have ever been tested for HIV. 6% of LGBTQ respondents who have been tested report having been diagnosed with HIV. Of respondents who have been told they are HIV positive, 91% had an HIV-related medical appointment, HIV medical prescription, or HIV labs in the past 12 months. When asked if they had ever used HIV support services such as a case manager, benefits counselor, or getting connected to medical or social service resources, 40% of people living with HIV said they'd used those services in the past year, 47% said they'd used them previously, and 13% said they had never used such services.

8% of respondents were currently taking PrEP daily as prescribed, and 10% were occasionally taking PrEP. 9% previously had taken PrEP but were not currently taking in. 54% had never taken PrEP and 19% didn't know what PrEP was.

Of the people that had ever used PrEP, 25% said they had used PrEP for 1 to 6 months. 54% had used it for 7 to 12 months and 21% had used it for 13 months or longer.

GENERAL HEALTH ASSESSMENT

8% of respondents rated their general health as excellent, 40% rated their health as very good, and 31% rated their health as good. 16% rated their health as fair and 4% rated their health as poor.



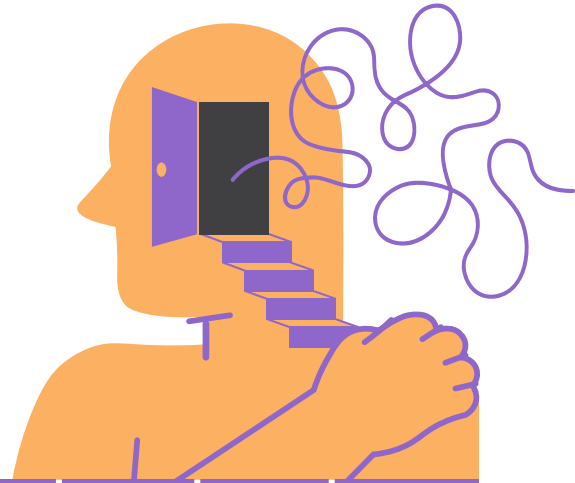
MENTAL HEALTH

We asked respondents to reflect on their past 7 days and share how often they felt nervous, anxious or on edge, felt depressed, felt lonely, felt hopeless about the future, and had physical reactions such as sweating, trouble breathing, nausea, or a pounding heart when thinking about their experience with the coronavirus pandemic.

Overall Mental Health of Respondents Living in Minnesota

In the past 7 days, how often have you...	Not at all or less than 1 day	1 to 2 days	3 to 4 days	5 to 7 days
Felt nervous, anxious, or on edge	34%	27%	29%	10%
Felt depressed	23%	26%	32%	19%
Felt lonely	23%	24%	32%	21%
Felt hopeless about the future	15%	27%	30%	23%
Had physical reactions (sweat, trouble breathing, nausea, pounding heart, etc) when thinking about your experience with the COVID-19 pandemic	11%	17%	25%	46%

Only 4% of respondents selected not at all or less than 1 day per week for all items.



TRANS & NON-BINARY

In the past 7 days, how often have you...	Not at all or less than 1 day	1 to 2 days	3 to 4 days	5 to 7 days
Felt nervous, anxious, or on edge	7%	22%	25%	46%
Felt depressed	14%	24%	27%	36%
Felt lonely	16%	29%	24%	31%
Felt hopeless about the future	15%	35%	27%	33%
Had physical reactions (sweat, trouble breathing, nausea, pounding heart, etc) when thinking about your experience with the COVID-19 pandemic	38%	31%	24%	7%

BIPOC LGBTQ

In the past 7 days, how often have you...	Not at all or less than 1 day	1 to 2 days	3 to 4 days	5 to 7 days
Felt nervous, anxious, or on edge	8%	41%	22%	28%
Felt depressed	18%	29%	29%	24%
Felt lonely	19%	34%	23%	24%
Felt hopeless about the future	20%	20%	28%	23%
Had physical reactions (sweat, trouble breathing, nausea, pounding heart, etc) when thinking about your experience with the COVID-19 pandemic	38%	31%	24%	7%

HEALTH INSURANCE

Only 81% of respondents reported having health insurance. 16% reported being uninsured and 3% didn't know if they had health insurance.

Of the respondents with health insurance, 29% were insured through their employer and 31% were insured through someone else's employer (spouse, partner, parent). 3% were insured through Medicare and 16% were insured through Medicaid/MinnesotaCare. 17% had private health insurance. Less than 1% had insurance through the military or VA, and 2% had student health insurance through their college or university.

HEALTH CARE ACCESS BARRIERS

35% of all respondents reported there was a time in the past year that they needed to see a health care provider but couldn't because of cost.

27% of LGBTQ respondents reported that there was a time in the past year they needed to see a doctor, but did not because they thought they would be disrespected or mistreated as an LGBTQ person.

PRIMARY CARE AND ROUTINE CHECK-UPS

30% of respondents report not having a primary care provider or one place they go for routine care (not including emergency care), and 4% didn't know if they had a primary care provider. Only 66% had a primary care provider or one place they go for routine care.

Of respondents who have a primary care provider, 42% see a medical doctor, 25% see a nurse practitioner, and 17% see a physician assistant. 13% don't know or don't remember. 3% wrote in a different type of provider, such as a dentist, naturopath, psychiatrist, or psychologist.

78% of respondents had seen a doctor in the past year, whether for routine care like an annual check up or because they were sick.

When asked when their last routine check-up occurred, 49% reported they had had a routine check up in the past 12 months. 32% reported their last check up was 13 months to 2 years ago. 16% had had their last check up more than 2 years ago. 3% reported having never had an annual check up as an adult.

When asked when they had their last sexual health discussion with a health care provider of any kind 48% reported this occurred in the past 12 months. 34% said it was 13 months or more, and 17% said they had never had a discussion about sexual health with a medical provider.

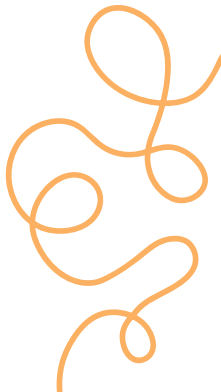
Respondents were asked how important it was that their provider had LGBTQ-specific knowledge and support. 9% said it wasn't important. 27% said it was neither important nor unimportant. 28% said it was slightly

PRIMARY CARE AND ROUTINE CHECK-UPS

important and 36% said it was very important. In other words, 64% of respondents said it was slightly or very important that their provider had LGBTQ-specific knowledge.

When asked about whether or not they were out as LGBTQ to their primary health care provider, 45% said they were out, 20% said they were not out, and 12% said they were somewhat out. 10% didn't know or were unsure, and 12% said it wasn't applicable because they don't have a doctor (some LGBTQ respondents who reported earlier that they didn't have a primary care provider reported being out, not out, or somewhat out to whichever providers they do see).

Only 23% of respondents report having filled out a Minnesota Health Care Directive, also known as a living will.



14% of all LGBTQ respondents have ever been physically attacked by someone during a visit to a health care setting, whether by another client/patient, nurse, front desk staff, etc.



HEALTH AND AGING CONSIDERATIONS

We asked respondents age 50 and up a series of questions considering their preferences for supports and services they may need as they age, asking if they preferred services specifically for the LGBTQ community, services that serve the entire community but are LGBTQ welcoming, or had no preference.

For all categories except for support groups, the majority of respondents preferred services that were for everyone in the community, but were LGBTQ welcoming. For support groups, a higher percentage of respondents preferred LGBTQ-specific groups.

Service Preferences of Respondents Aged 50+ Living in Minnesota

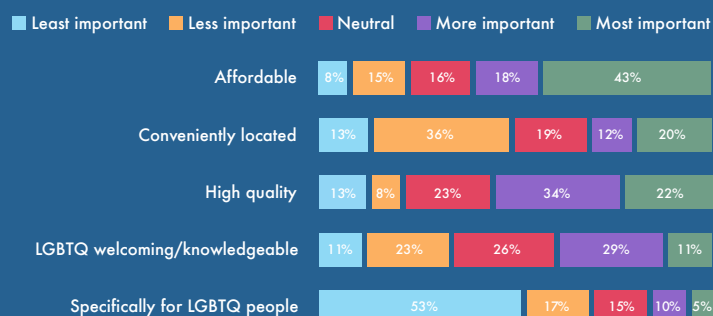
	Specifically designed for LGBTQ community	Serve the entire community but are LGBTQ welcoming	No Preference
Home services (meal delivery, transportation, chore help, etc.)	17%	72%	11%
Healthcare clinic	28%	62%	10%
Home health care	33%	59%	8%
Nursing home	36%	55%	9%
Housing	28%	65%	8%
Retirement house	36%	52%	12%
Community senior center	34%	56%	9%
Support Group	49%	40%	11%
Adult day services	33%	55%	12%

HEALTH AND AGING CONSIDERATIONS

Respondents were asked to share what would be most important to them when selecting services as they age by ranking the following options in order of importance: affordable, conveniently located, high quality, LGBTQ welcoming/knowledgeable, and specifically for LGBTQ people.

Affordability was the factor the highest percentage of respondents identified as most important for selecting services. 77% listed affordability in their top three. Quality of service was also very important, with 78% listing it in their top three. 66% of LGBTQ respondents listed LGBTQ welcoming or knowledgeable in their top three. Whether or not services are specifically LGBTQ was the lowest ranking factor when selecting services, which is consistent with the previous question finding that respondents predominantly want services that are open to everyone but are LGBTQ welcoming.

What will be most important to you when selecting services in Minnesota as you age?



HEALTH AND AGING CONSIDERATIONS

Respondents age 50 and up were also asked “How much confidence do you have that you will be treated with dignity and respect as an LGBTQ person by your health care professionals as an LGBTQ older adult” and were overwhelming confident that they will be treated with dignity and respect. 58% have some confidence that they will be treated well and 36% have total confidence that they will be treated well. Only 3% have no confidence that they will be treated well, and 3% are unsure.

In their lifetime:

- 45%** of LGBTQ older adults in Minnesota have had to teach a healthcare provider about LGBTQ people to get appropriate care
- 24%** have had a provider refuse to provide healthcare
- 37%** have had a provider ask unnecessary or invasive questions about their LGBTQ identity unrelated to the reason for the visit
- 30%** have had a doctor use harsh or abusive language at an appointment
- 26%** have had a doctor be physically rough or abusive at an appointment

HEALTH ACCESS AND EXPERIENCES

17% reported that in the past 12 months, they had to teach their provider about LGBTQ people so they could get appropriate care, and an additional 22% have experienced this previously. In other words, 39% of respondents have ever had to teach their provider about LGBTQ people to get appropriate care.

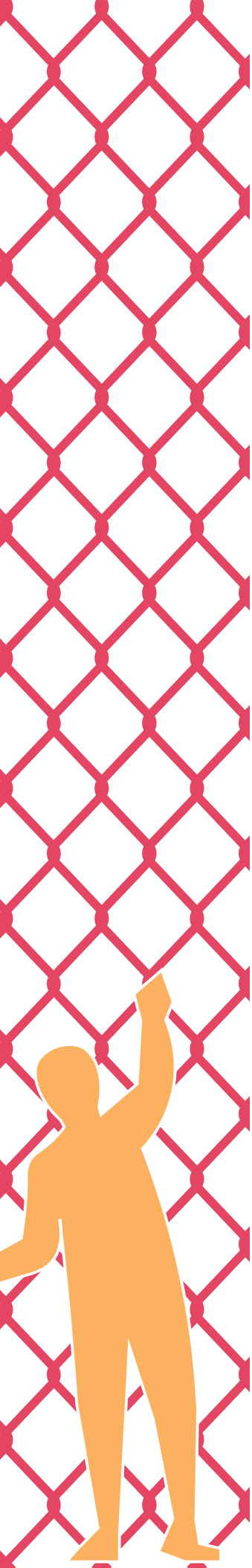
6% reported that a provider refused to care for them because they were LGBTQ in the past year. An additionally 20% have had a provider refuse to treat them previously in their life. 26% of respondents have ever had a provider refuse to treat them because they were LGBTQ.

7% have had a provider ask intrusive or unnecessary questions about their LGBTQ identity unrelated to the purpose of the appointment in the past year. 26% have had this happen previously. 33% of all respondents have ever had a provider ask intrusive or unnecessary questions about their LGBTQ identity.

7% have had a provider use harsh or abusive language when treating them in the past year and an additional 19% have experienced this a year ago or more. 26% of LGBTQ respondents have had a provider use harsh or abusive language when treating them.

5% had a provider who was physically rough or abusive with them in the past year and an additional 15% have experienced this previously. 20% of respondents have had a provider be physically rough or abusive with them when they were trying to get health care.

5% were verbally harassed in a health care setting (such as a hospital,



HEALTH ACCESS AND EXPERIENCES

office, clinic) in the past year and 17% have been verbally harassed in a health care setting previously. 23% of all respondents have ever been verbally harassed in a health care setting. This includes other patients/clients, security guards, nurses, front desk staff, etc.

4% of respondents were physically attacked by someone during my visit in a health care setting (such as a hospital, office, clinic) in the past year. 10% have experienced this previously. 14% of all respondents have ever been physically attacked by someone during a visit to a health care setting, whether by another client/patient, nurse, front desk staff, etc.

Transgender and Non-Binary Respondents

39% reported there was a time they needed to see a doctor, but couldn't because of cost. 29% reported they needed to see a doctor, but did not because they thought they would be disrespected or mistreated as an LGBTQ person. 20% had to teach their provider about LGBTQ people to get appropriate care. 10% had providers ask unnecessary or invasive questions about their LGBTQ identity unrelated to the reason for the visit at a healthcare appointment.

BIPOC LGBTQ Respondents

44% reported there was a time they needed to see a doctor, but couldn't because of cost. 40% reported they needed to see a doctor, but did not because they thought they would be disrespected or mistreated as an LGBTQ person. 29% had to teach their provider about LGBTQ people to get appropriate care. 14% had providers ask unnecessary or invasive questions about LGBTQ identity unrelated to the reason for the visit at a healthcare appointment