

VOICES OF HEALTH

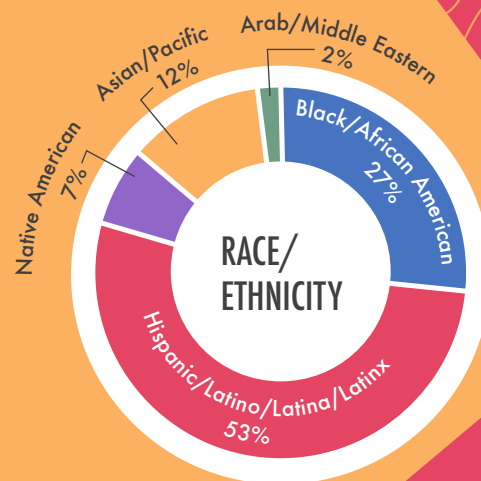
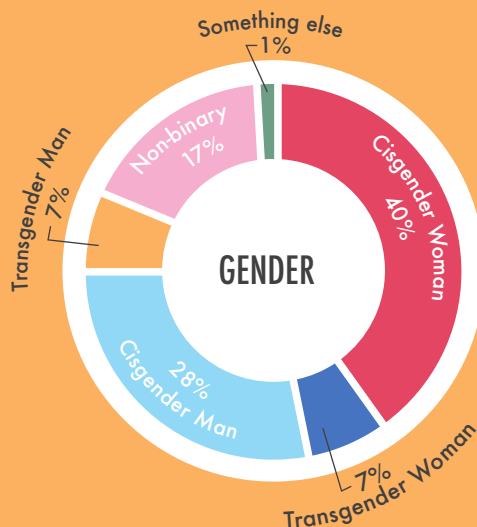
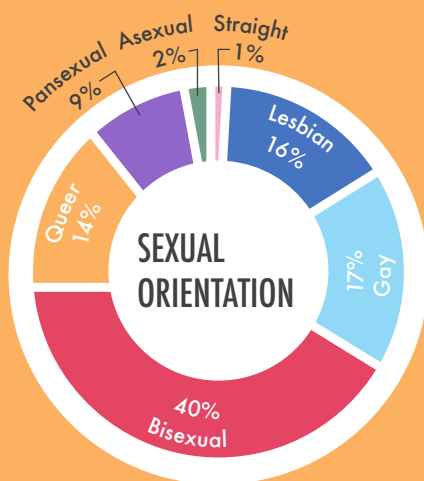
2020



BIPOC LGBTQ Health Access and Experience

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

In 2020, 2,806 Minnesotans completed the Voices of Health survey. 24% of all LGBTQ respondents were Black, Indigenous, People of Color (BIPOC). This snapshot highlights the experiences of BIPOC LGBTQ Minnesotans.



Food Security

59% of BIPOC respondents worried their food would run out before they got money to buy more
43% of BIPOC respondents ran out of food before they got money to buy more

Experiencing Anti-LGBTQ Behavior

79% experienced anti-LGBTQ behavior in the past 12 months
76% have ever been verbally abused or harassed because they are LGBTQ
52% have ever been physically attacked or threatened because they were LGBTQ

Homelessness

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

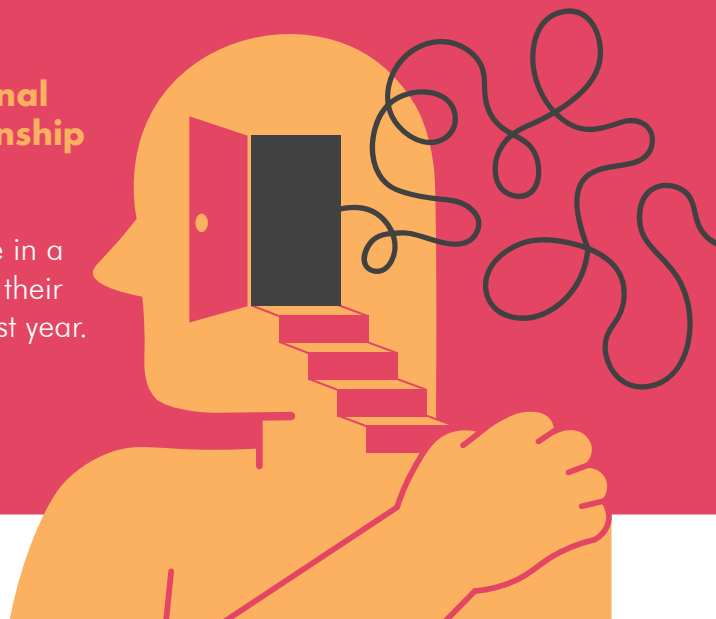
DATA

Unwanted Sexual Activity

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

Physical or Emotional Abuse in a Relationship

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



MENTAL HEALTH

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 **56%** reported having health insurance, **38%** reported being uninsured and **5%** didn't know if they had health insurance.

Doctor experiences

Only **52%** are "out" or "somewhat out" to their doctor.

HEALTH CARE ACCESS

BARRIERS

In the past year

- 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

Lifetime

- 37%** have had a healthcare provider refuse to care for them because they were LGBTQ
- 41%** have had a healthcare provider use harsh or abusive language during an appointment
- 32%** have had a healthcare provider be physical rough or abusive during an appointment

