

VOICES OF HEALTH

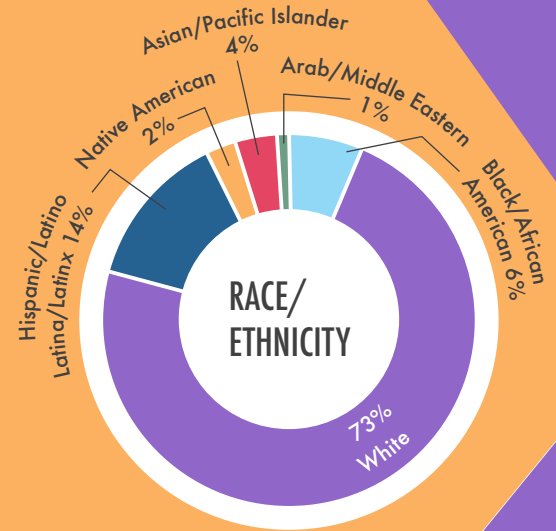
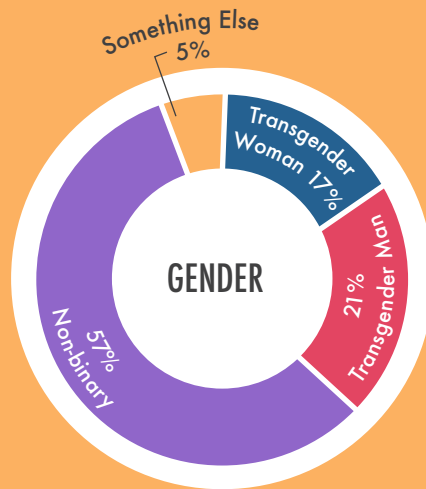
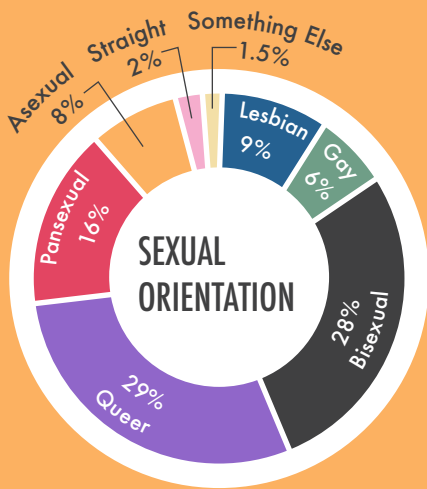
2020



Transgender and Non-Binary 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. 27% of all LGBTQ respondents were transgender and/or non-binary. This snapshot highlights the experience of transgender and non-binary Minnesotans.



Food Security

47% of transgender or non-binary respondents worried their food would run out before they got money to buy more
35% of transgender or non-binary respondents ran out of food before they got money to buy more

Experiencing Anti-LGBTQ Behavior

69% experienced anti-LGBTQ behavior in the past 12 months
71% have ever been verbally abused or harassed because they are LGBTQ
34% have ever been physically attacked or threatened because they were LGBTQ

Homelessness

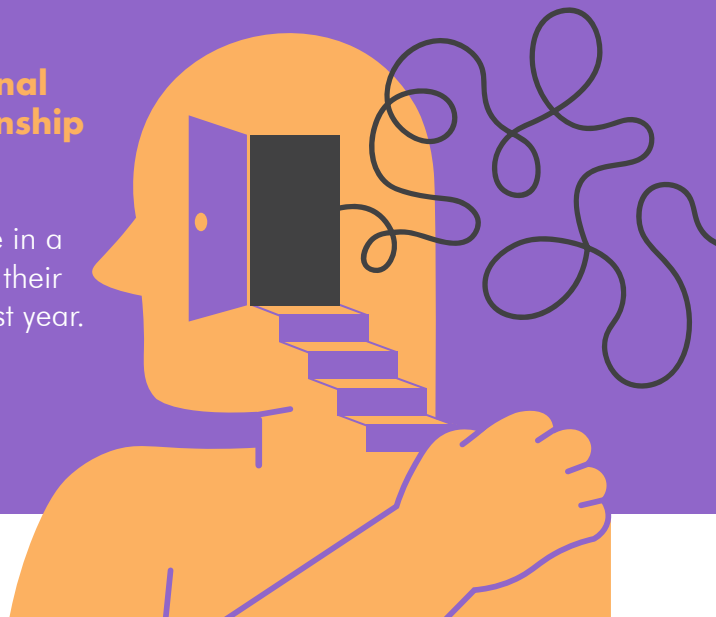
11% of respondents were homeless (including couch surfing or living in a car) at the time they took the survey
43% had ever experienced homelessness in their lifetime

Unwanted Sexual Activity

68% of trans respondents have experienced unwanted physical sexual activity in their lifetime, **11%** in the past year.

Physical or Emotional Abuse in a Relationship

56% have experienced physical or verbal abuse in a romantic relationship in their lifetime, **11%** 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

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%



Health Insurance

77% reported having health insurance

19% reported being uninsured

4% didn't know if they had health insurance

Doctor Experiences

61% are "out" or "somewhat out" to their doctor

74% say it's important that their healthcare provider has LGBTQ-specific knowledge

9% say LGBTQ-specific knowledge isn't important

17% say LGBTQ-specific knowledge is a little important

HEALTH CARE ACCESS

BARRIERS

In the past year

- 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

Lifetime

- 20%** have had a healthcare provider refuse to care for them because they were LGBTQ
- 47%** have had to teach a provider about LGBTQ people to get appropriate care
- 33%** have had providers ask unnecessary or invasive questions about their LGBTQ identity unrelated to the reason for the visit
- 20%** have had a health care provider use harsh or abusive language during an appointment
- 16%** have had a healthcare provider be physical rough or abusive during an appointment

