

VOICES OF HEALTH

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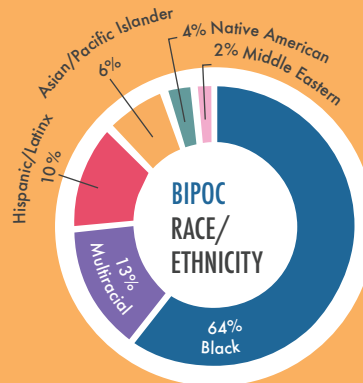
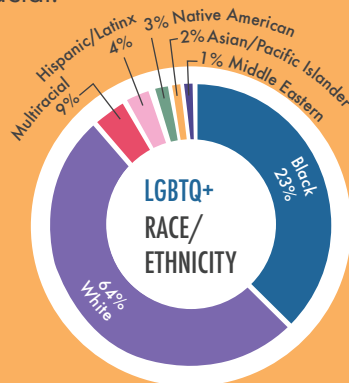
RAINBOW
HEALTH

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. This snapshot highlights the experiences of Black, Indigenous, and People of Color LGBTQ+ Minnesotans.

In 2022, **1,330** Minnesotans total completed the Voices of Health survey. 36% of all LGBTQ+ respondents are Black, Native American, Latino/a/x, Asian or Pacific Islander, Arab or Middle Eastern, or multiracial.

DEMOGRAPHICS



29% of BIPOC respondents are lesbian, 44% are gay, and 18% are bisexual. 7% of BIPOC respondents are queer, 1% are pansexual and 1% are asexual. 28% of BIPOC respondents are cisgender women, 12% are trans women, 29% are cisgender men, 11% are trans men, and 20% are non-binary.

Food Security

53% 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

81% of BIPOC respondents experienced anti-LGBTQ+ behavior in the past 12 months

73% have ever been verbally abused or harassed because they were LGBTQ+

50% have ever been physically attacked or threatened because they were LGBTQ+

Homelessness

8% of BIPOC respondents were homeless (including couch surfing or living in a car) at the time of the survey

39% had ever experienced homelessness in their lifetime

DATA

Unwanted Sexual Activity

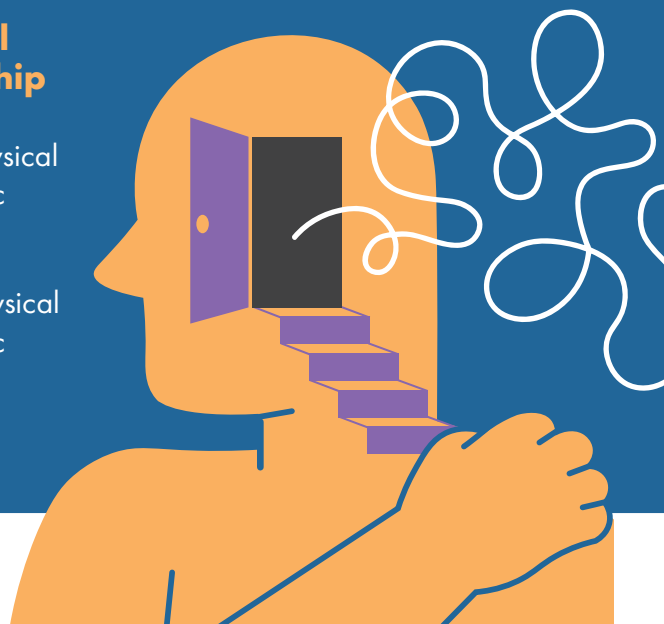
44% of BIPOC respondents have experienced unwanted sexual activity in their lifetime

22% of BIPOC respondents have experienced unwanted sexual activity in the past year

Physical or Emotional Abuse in a Relationship

43% have experienced physical or verbal abuse in a romantic relationship in their lifetime

21% have experienced physical or verbal abuse in a romantic relationship in the past year



MENTAL HEALTH

Respondents were asked the K6 non-specific distress scale, meant to screen at the population level for mental health needs.

61% of BIPOC respondents were experiencing moderate mental distress at the time of the survey

25% of BIPOC respondents were experiencing significant mental distress.



Health Insurance

Only **64%** of BIPOC respondents reported having health insurance at the time of the survey.

Healthcare Providers

87% are "out" or "somewhat out" to their healthcare provider

76% say it's important that their healthcare provider has LGBTQ-specific knowledge

19% say it's moderately important that their healthcare provider has LGBTQ-specific knowledge and **4%** say it's a little important;

2% say it's not important that their healthcare provider has LGBTQ-specific knowledge

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Healthcare Barriers

In the past year:

- 45%** of BIPOC respondents 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
- 19%** had to teach their provider about LGBTQ+ people to get appropriate care
- 20%** had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit at a healthcare appointment
- 17%** had providers use harsh or abusive language when treating them
- 15%** had providers be physically rough or abusive when treating them



In their lifetime:

- 41%** of BIPOC respondents have had to teach a healthcare provider about LGBTQ+ people to get appropriate care
- 36%** of BIPOC respondents have had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit
- 33%** of BIPOC respondents had providers use harsh or abusive language when treating them
- 24%** of BIPOC respondents had providers be physically rough or abusive when treating them



VOICES OF HEALTH

Learn more about LGBTQ+ health access
and experiences in Minnesota at:

tinyurl.com/voicesofhealthsurvey