

VOICES OF HEALTH

20
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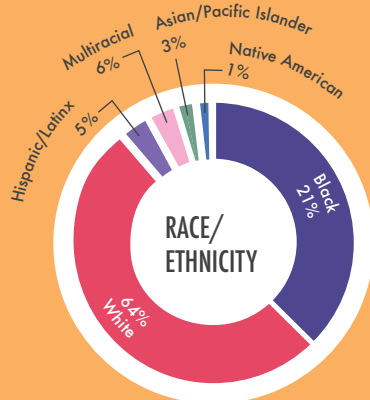


Bisexual/Pansexual LGBTQ+ Health Access and Experience

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 bisexual and pansexual LGBTQ+ Minnesotans.

In 2022, **1,330** Minnesotans total completed the Voices of Health survey. 20% of all LGBTQ+ respondents identified as bisexual (18%) or pansexual (2%).

DEMOGRAPHICS



41% of bisexual respondents are cisgender women, **29%** are trans women, **9%** are cisgender men, **8%** are trans men, and **13%** are non-binary.

Food Security

43% of bisexual or pansexual respondents worried their food would run out before they got money to buy more

37% of bi/pan respondents ran out of food before they got money to buy more

Experiencing Anti-LGBTQ+ Behavior

87% of all bi/pan respondents experienced anti-LGBTQ+ behavior in the past 12 months

86% have ever been verbally abused or harassed because they were LGBTQ+

59% have ever been physically attacked or threatened because they were LGBTQ+

Homelessness

7% of bi/pan respondents were homeless (including couch surfing or living in a car) at the time of the survey

40% had ever experienced homelessness in their lifetime

DATA

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Unwanted Sexual Activity

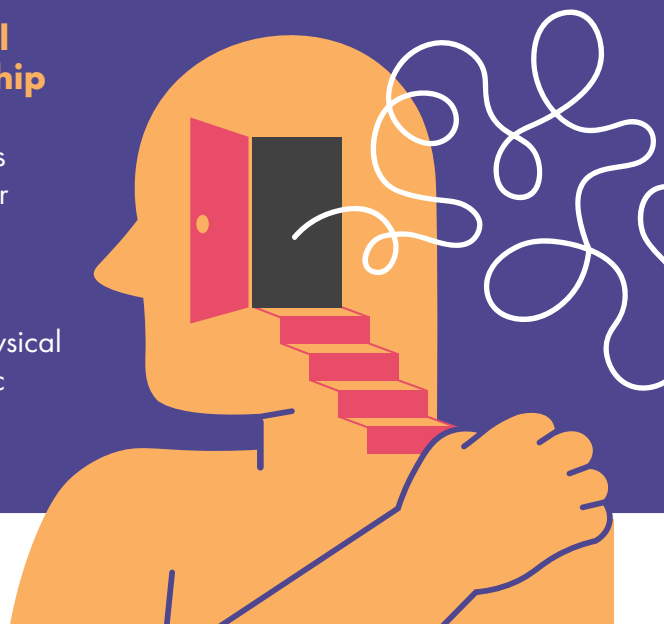
68% of bi/pan respondents have experienced unwanted sexual activity in their lifetime

24% have experienced unwanted sexual activity in the past year

Physical or Emotional Abuse in a Relationship

54% of bi/pan respondents have experienced physical or verbal abuse in a romantic relationship in their lifetime

20% 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.

59% of bi/pan respondents were experiencing moderate mental distress at the time of the survey

27% of bi/pan respondents were experiencing significant mental distress.

Health Insurance

72% of bi/pan respondents reported having health insurance

28% reported being uninsured

Healthcare Providers

83% are "out" or "somewhat out" to their healthcare provider

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

20% say it's moderately important that their healthcare provider has LGBTQ-specific knowledge and **3%** say it's a little important;

Less than 1% say it's not important that their healthcare provider has LGBTQ-specific knowledge



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Healthcare Barriers

In the past year:

50% of bi/pan respondents reported there was a time they needed to see a doctor but couldn't because of cost

56% of bi/pan respondents reported they needed to see a doctor but did not because they thought they would be disrespected or mistreated as an LGBTQ+ person

24% had to teach their provider about LGBTQ+ people to get appropriate care

22% had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit at a healthcare appointment

22% had providers use harsh or abusive language when treating them

10% had providers be physically rough or abusive when treating them



In their lifetime:

33% of bi/pan respondents have had to teach a healthcare provider about LGBTQ+ people to get appropriate care

37% of bi/pan respondents have had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit

31% of bi/pan respondents had providers use harsh or abusive language when treating them

25% of bi/pan 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