

VOICES OF HEALTH

2022

RAINBOW HEALTH

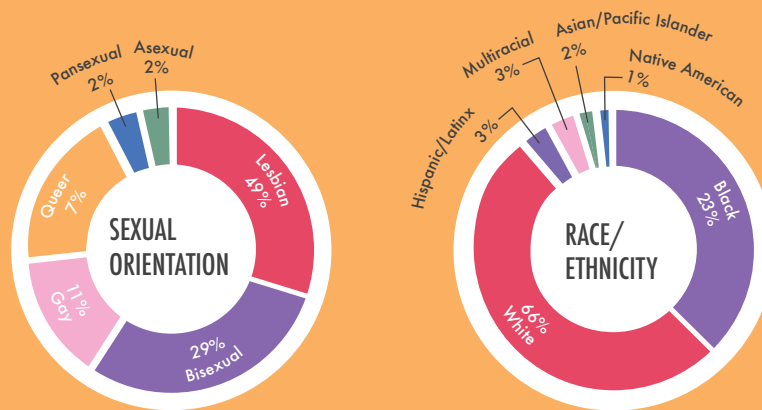


LGBTQ+ Women's Health Access and Experience

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 LGBTQ+ women.

In 2022, **1,330** Minnesotans total completed the Voices of Health survey. 44% of all LGBTQ+ respondents are women, and of women respondents, 69% are cisgender and 31% are transgender. For this report, LGBTQ+ women's experience as a group is given first. Only where there are substantive differences in experience do we then split out women by sexual orientation, gender identity, or race.

DEMOGRAPHICS



Food Security

38% of LGBTQ+ women worried their food would run out before they got money to buy more

31% of LGBTQ+ women ran out of food before they got money to buy more

Experiencing Anti-LGBTQ+ Behavior

79% of all LGBTQ+ women experienced anti-LGBTQ+ behavior in the past 12 months

77% have ever been verbally abused or harassed because they were LGBTQ+

58% have ever been physically attacked or threatened because they were LGBTQ+

Homelessness

6% of LGBTQ+ women were homeless (including couch surfing or living in a car) at the time of the survey

31% had ever experienced homelessness in their lifetime

9% of BIPOC women were currently homeless at the time of the survey compared to 5% of White women

DATA

Unwanted Sexual Activity

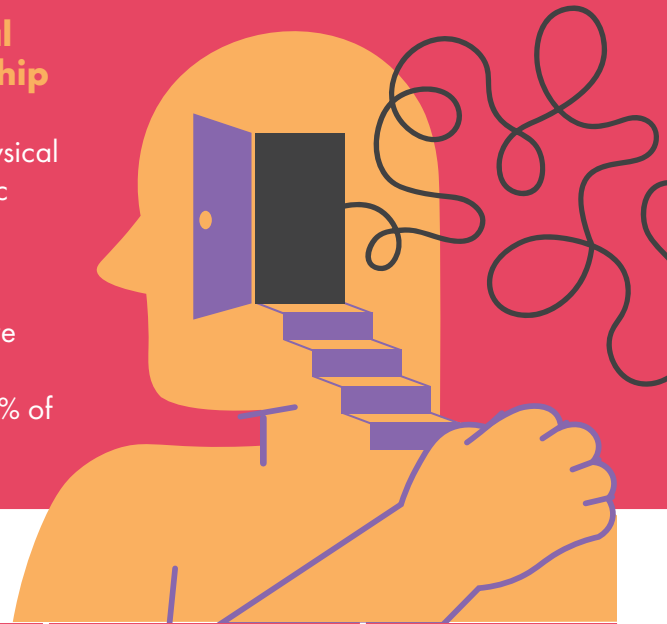
59% of LGBTQ+ women reported having ever experienced unwanted physical sexual activity in their lifetime; **22%** within the past year

63% of BIPOC women compared to 57% of White women have experienced unwanted sexual activity in their lifetime

Physical or Emotional Abuse in a Relationship

51% have experienced physical or verbal abuse in a romantic relationship in their lifetime; **18%** within the past year

59% of BIPOC women have ever experienced abuse in a relationship compared to 46% of White women



MENTAL HEALTH

Severity of Mental Distress* By Sexual Orientation	Lesbian	Bisexual	Queer
Mild to moderate mental distress	53%	60%	50%
Significant mental distress	31%	26%	42%

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

33% of cisgender women and 16% of transgender women were experiencing significant mental distress

54% of cisgender and 61% of transgender women were experiencing mild to moderate mental distress

34% of BIPOC women and 25% of White women were experiencing significant mental distress

53% of BIPOC women and 57% of White women were experiencing mild to moderate mental distress

4 out of 5 LGBTQ+ women were experiencing mild to significant mental distress at the time of the survey



Health Insurance

72% of LGBTQ+ women reported having health insurance

28% reported being uninsured

68% of BIPOC women and 74% of White women had health insurance

62% of transgender women and 76% of cisgender women had health insurance

Healthcare Providers

86% are "out" or "somewhat out" to their healthcare provider

70% say it's important that their healthcare provider has LGBTQ-specific knowledge

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

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Healthcare Barriers

In the past year:

36% of LGBTQ+ women reported there was a time they needed to see a doctor but couldn't because of cost

47% of queer women, **49%** of bisexual or pansexual women, and **38%** of lesbians

47% of BIPOC women and **34%** of White women

35% reported they needed to see a doctor but did not because they thought they would be disrespected or mistreated as an LGBTQ+ person

48% of bisexual or pansexual women, **39%** of queer women and **33%** of lesbians

43% of BIPOC women and **31%** of White women

19% had to teach their provider about LGBTQ+ people to get appropriate care

17% had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit at a healthcare appointment



In their lifetime:

31% of LGBTQ+ women have had to teach a healthcare provider about LGBTQ+ people to get appropriate care

31% of bisexual or pansexual women, **30%** of lesbians, and **26%** of queer women

36% of BIPOC women and **28%** of White women

35% of transgender women and **29%** of cisgender women

36% have had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit

38% of bisexual or pansexual women, **34%** of queer women, and **33%** of lesbians

34% of BIPOC women and **36%** of White women



VOICES OF HEALTH

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

tinyurl.com/voicesofhealthsurvey

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