

VOICES OF HEALTH

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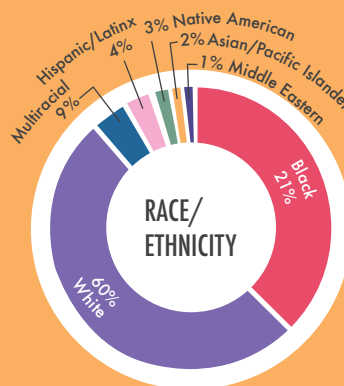
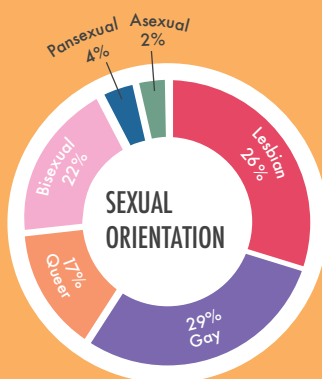
RAINBOW
HEALTH

Transgender & 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. 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. 38% of all LGBTQ+ respondents are transgender or non-binary. Of transgender and non-binary respondents, 36% are trans women or trans feminine, 23% are trans men or transmasculine, and 41% are non-binary.

DEMOGRAPHICS



Transgender and non-binary respondents (17%) are much more likely to identify as queer than cisgender respondents (4%).
40% of transgender or non-binary respondents are BIPOC compared to 33% of cisgender respondents.

Food Security

39% of trans women, 38% of trans men, and 59% of non-binary respondents worried their food would run out before they got money to buy more

33% of trans women, 31% of trans men, and 48% of non-binary respondents ran out of food before they got money to buy more

Experiencing Anti-LGBTQ+ Behavior

80% of trans women, 73% of trans men, and 82% of non-binary respondents experienced anti-LGBTQ+ behavior in the past 12 months

86% of trans women, 74% of trans men, and 78% of non-binary respondents have ever been verbally abused or harassed because they were LGBTQ+

Homelessness

7% of trans women, 7% of trans men, and 4% of non-binary respondents were homeless (including couch surfing or living in a car) at the time of the survey

34% of trans women, 43% of trans men, and 53% of non-binary respondents had ever experienced homelessness in their lifetime

DATA

Unwanted Sexual Activity

53% of trans women, 44% of trans men, and 34% of non-binary respondents have experienced unwanted sexual activity in their lifetime;

19% of trans women, 13% of trans men, and 4% of non-binary respondents experienced in the past year

Physical or Emotional Abuse in a Relationship

53% of trans women, 40% of trans men, and 32% of non-binary respondents have experienced physical or verbal abuse in their lifetime;

14% of trans women, 13% of trans men, and 5% of non-binary respondents have experienced in the past year



MENTAL HEALTH

Severity of Mental Distress*	Trans Women	Trans Men	Non-binary
Moderate mental distress	61%	69%	72%
Significant mental distress	16%	12%	18%

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

Experiencing Anti-LGBTQ+ Behavior (cont.)

75% of trans women, 68% of trans men, and 29% of non-binary respondents have ever been physically attacked or threatened because they were LGBTQ+

34% of trans women, 34% of trans men, and 10% of non-binary respondents were physically attacked or threatened because they were LGBTQ+ in the past year



Health Insurance

62% of trans women reported having health insurance; 38% were uninsured

61% of trans men reported having health insurance; 39% were uninsured

77% of non-binary respondents reported having health insurance; 23% were uninsured

Healthcare Providers

91% of trans women, 96% of trans men, and 87% of non-binary respondents are "out" or "somewhat out" to their healthcare provider

72% say it's important that their healthcare provider has LGBTQ-specific knowledge

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:

- 27%** of trans women, 37% of trans men, and 48% of non-binary respondents reported there was a time they needed to see a doctor but couldn't because of cost
- 34%** of trans women, 34% of trans men, and 24% of non-binary respondents reported they needed to see a doctor but did not because they thought they would be disrespected or mistreated as an LGBTQ+ person
- 26%** of trans women, 22% of trans men, and 18% of non-binary respondents had to teach their provider about LGBTQ+ people to get appropriate care
- 22%** of trans women, 28% of trans men, and 8% of non-binary respondents had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit at a healthcare appointment
- 20%** of trans women, 18% of trans men, and 9% of non-binary respondents had providers use harsh or abusive language when treating them
- 16%** of trans women, 12% of trans men, and 5% of non-binary respondents had providers be physically rough or abusive when treating them



In their lifetime:

- 35%** of trans women, 50% of trans men, and 52% of non-binary respondents have had to teach a healthcare provider about LGBTQ+ people to get appropriate care
- 45%** of trans women, 44% of trans men, and 51% of non-binary respondents have had providers ask unnecessary or invasive questions about their LGBTQ+ identity unrelated to the reason for the visit
- 43%** of trans women, 40% of trans men, and 35% of non-binary respondents had providers use harsh or abusive language when treating them
- 43%** of trans women, 47% of trans men, and 14% of non-binary 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