

Disparities in health care access, lifestyle behaviours and health status among LGBT community in Metro Vancouver, British Columbia.

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Background/Objective: Lesbian, Gay, Bisexual and Transgender (LGBT) people often share common experiences of structural and social stigma that can contribute to worse health outcomes. Our aim is to better understand the health of the LGBT community in Metro Vancouver through the identification of health gaps and strengths.

Methods: My Health My Community is the most comprehensive health survey of the Metro Vancouver adult population (18+ years) to investigate comprehensive health indicators at the neighborhood level. LGBT (n=1,582) was defined as those who self-identify as lesbian/gay, bisexual or transgender and were compared to those who self-identified as non-transgender heterosexual (n=27,966). All measurements were weighted by age, gender, municipality and education. Odds ratios (OR) and confidence intervals (CI) are reported using multivariable logistic regression with adjustment for gender, age, ethnicity and income.

Results: A significantly greater proportion of the LGBT respondents report binge drinking (28.9% vs 20.7%) and smoking (16.7%) compared to non-LGBT (10.2%). Gay men reported the lowest proportion of obesity compared to all other gender and sexual identity groups. While a significantly greater proportion of LGBT respondents visited a health care professional in the past year (84% vs 80.3%), fewer have a family doctor (76.7% vs 84.2%) or visited a physician with an appointment (66.3% vs 76.4%). LGBT respondents had significantly lower odds of reporting good mental health (OR 0.77; 95% CI 0.65, 0.9) and higher odds of reporting a mood or anxiety disorder (OR 2.2; 95% CI 1.81, 2.62). A significantly greater proportion of homosexual respondents reported having 4+ people to confide in (53%) compared to both bisexual (37%) and heterosexual counterparts (46%).

Conclusions: The LGBT community surveyed experience a variety of health disparities and strengths that span lifestyle factors, chronic health and health care access. We provide local evidence to inform health equity programs that serve this community.



Lesbian, Gay, Bisexual and Transgender Community Health Profile

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Background

- Lesbian, Gay, Bisexual and Transgender (LGBT) people represent a diverse population.
- LGBT people share common experiences of structural and social stigma and discrimination that can contribute to worse health outcomes¹⁻⁴.
- This leads to a variety of documented health disparities compared to their non-LGBT counterparts¹⁻⁸.



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Objective

- Our aim is to better understand the health of the LGBT community within the geographies of Vancouver Coastal Health and Fraser Health Authorities through the identification of both health gaps and strengths to inform community health programs and planning.



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Methods

1. Socio-demographic
2. Health status
3. Lifestyle
4. Health care access
5. Built environment
6. Community resiliency

SURVEY Questions





Data collection

- Online survey
- 18 years +
- Media and social media promotions
 - Community partnerships
 - Outreach
 - Incentives



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Ensuring a representative sample

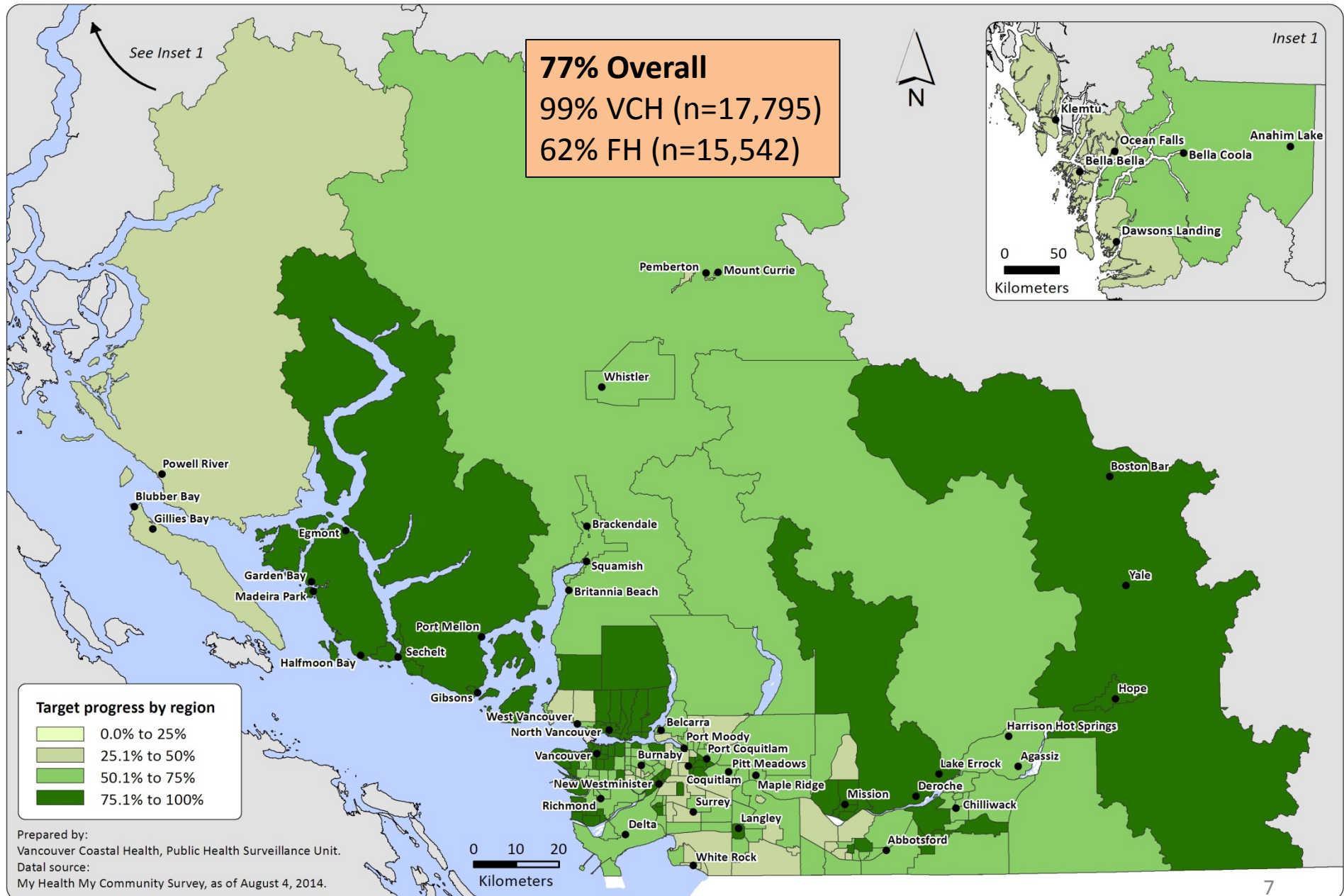
- 2% population target overall (n=43,000)
- Purposeful sampling
- Monitoring of progress
- Outreach
- Post-collection weighting
 - age, sex, education and geography





my Health
my Community

My Health My Community Survey Progress June 27, 2013 - June 30, 2014 (n= 33,075 surveys)



Prepared by:
Vancouver Coastal Health, Public Health Surveillance Unit.
Data source:
My Health My Community Survey, as of August 4, 2014.

Methods

- Study population limited to those who self identify as heterosexual/straight, gay/lesbian, bisexual, or transgender (irrespective of sexual identity).
- LGBT defined as those who self identify as lesbian/gay, bisexual, or transgender
- Population estimates from BC Stats for 2013/2014
- All measurements are weighted by age, gender, education, and geography
- Odds Ratios are reported using multivariable logistic regression with adjustment for gender, age, ethnicity and income



Results: Demographics

1,582 people identified as LGBT in MHMC

5.7% Total VCH/FHA Population

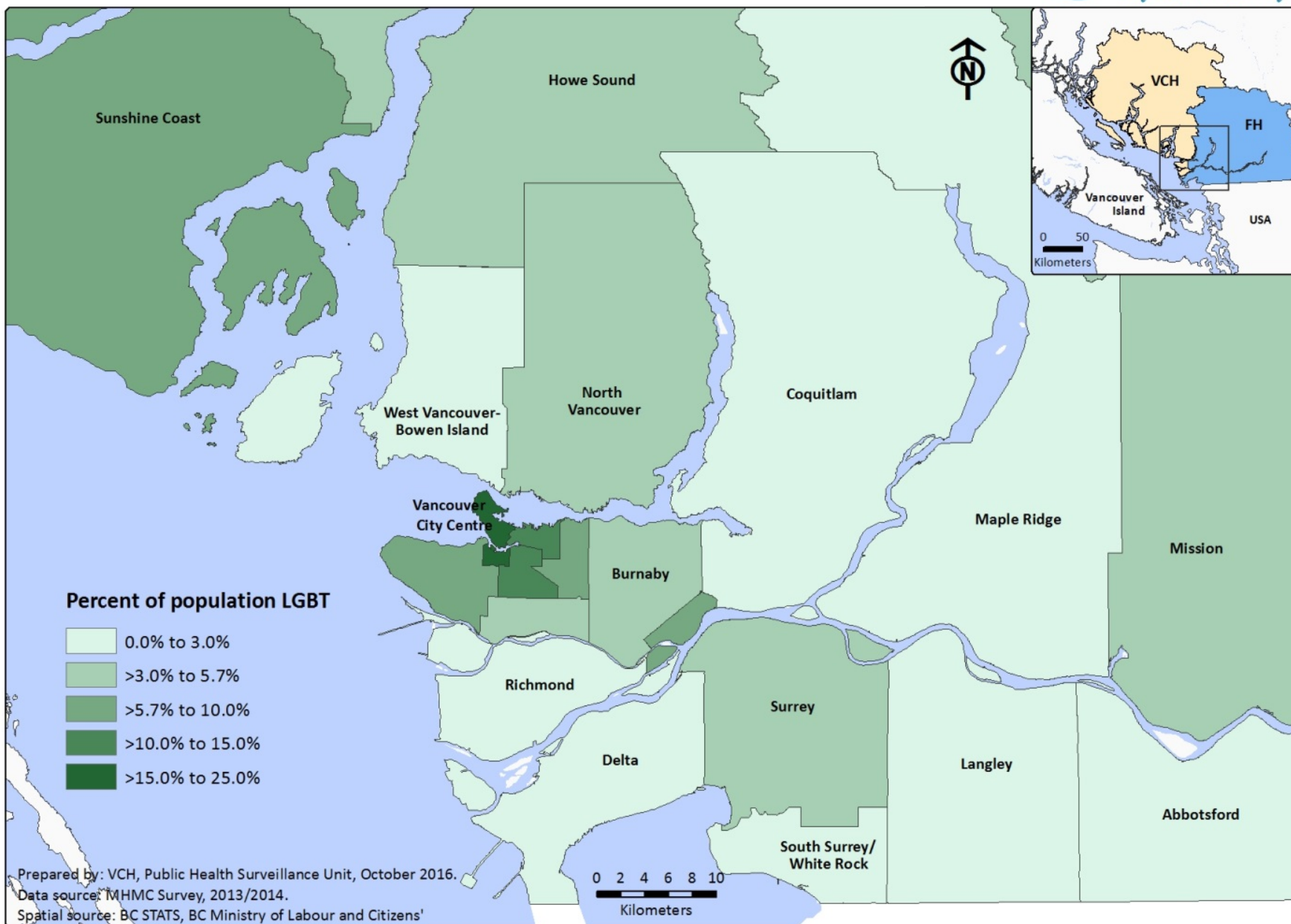
Estimated 132,909 Individuals aged 18 years or greater

Gender and Sexual Identity Proportions

		Sexual Identity		
		Lesbian and Gay n=961	Bisexual n=550	Heterosexual n=28,002
Gender Identity		%	%	%
Female	n=21,003	1.6	2.2	96.3
Male	n=8,379	5.8	1.5	92.8
Transgender	n=94*	17.6	6.3	38.8

*Transgender who did not indicate a sexual identity, n = 35

Proportion of Population who Identify as LGBT by LHA



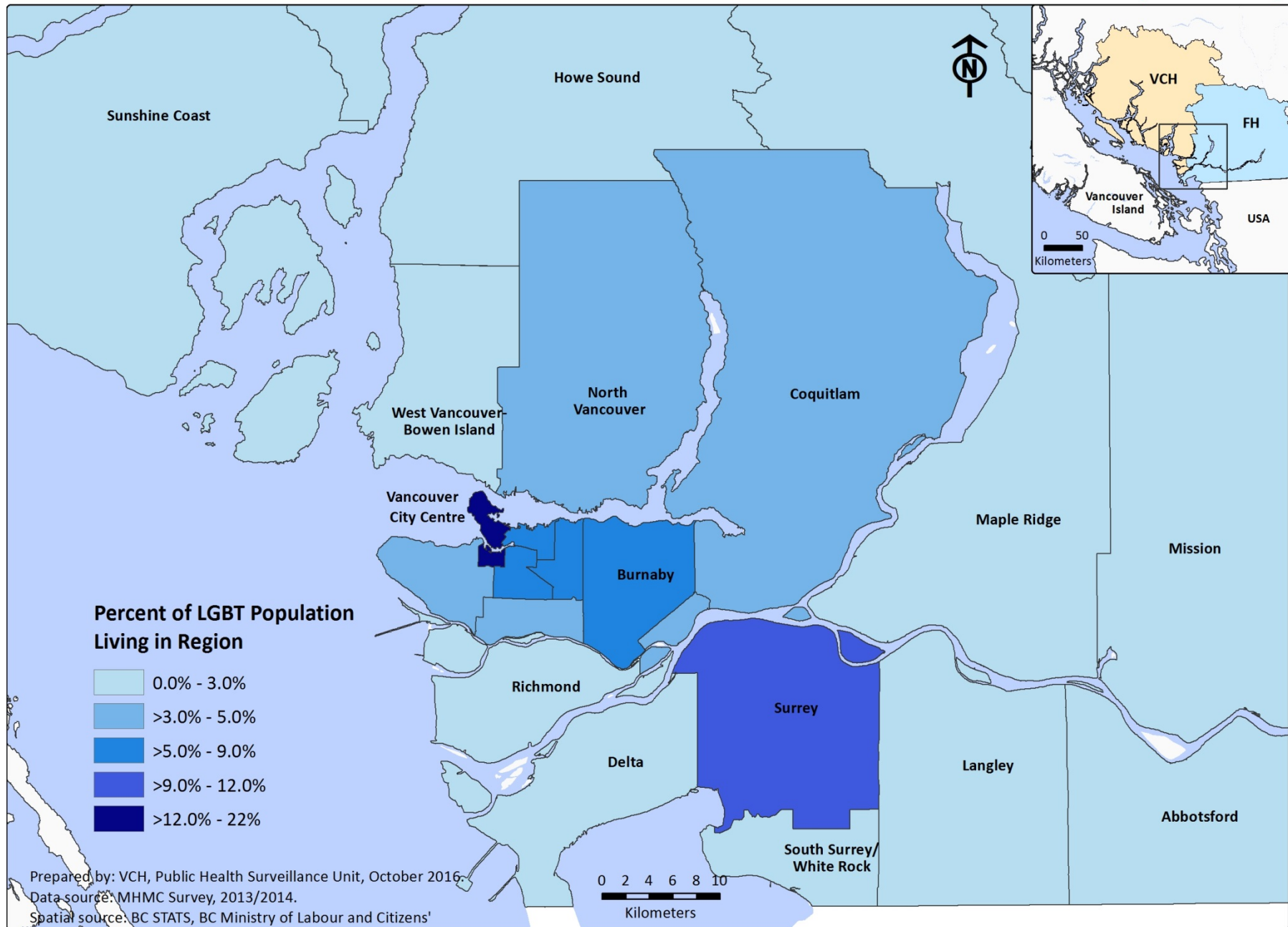
Prepared by: VCH, Public Health Surveillance Unit, October 2016.

Data source: MHMC Survey, 2013/2014.

Spatial source: BC STATS, BC Ministry of Labour and Citizens'

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Proportion of LGBT Population Living in each Local Health Area



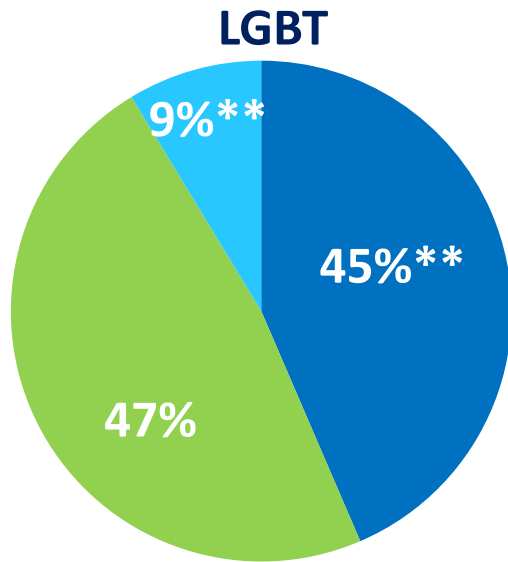
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Data source: MHMC Survey, 2013/2014.

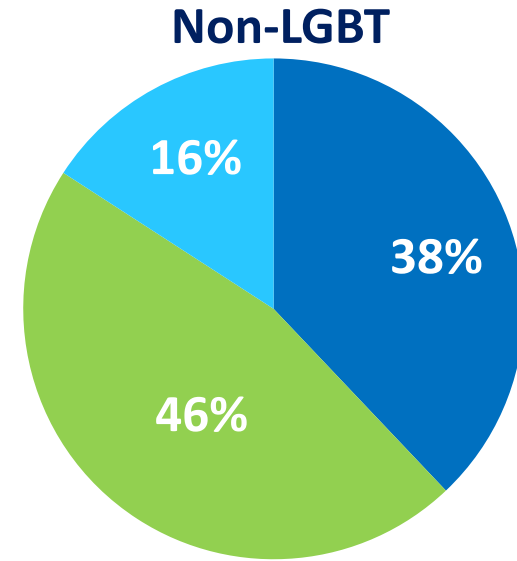
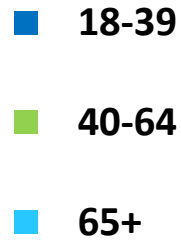
Spatial source: BC STATS, BC Ministry of Labour and Citizens'

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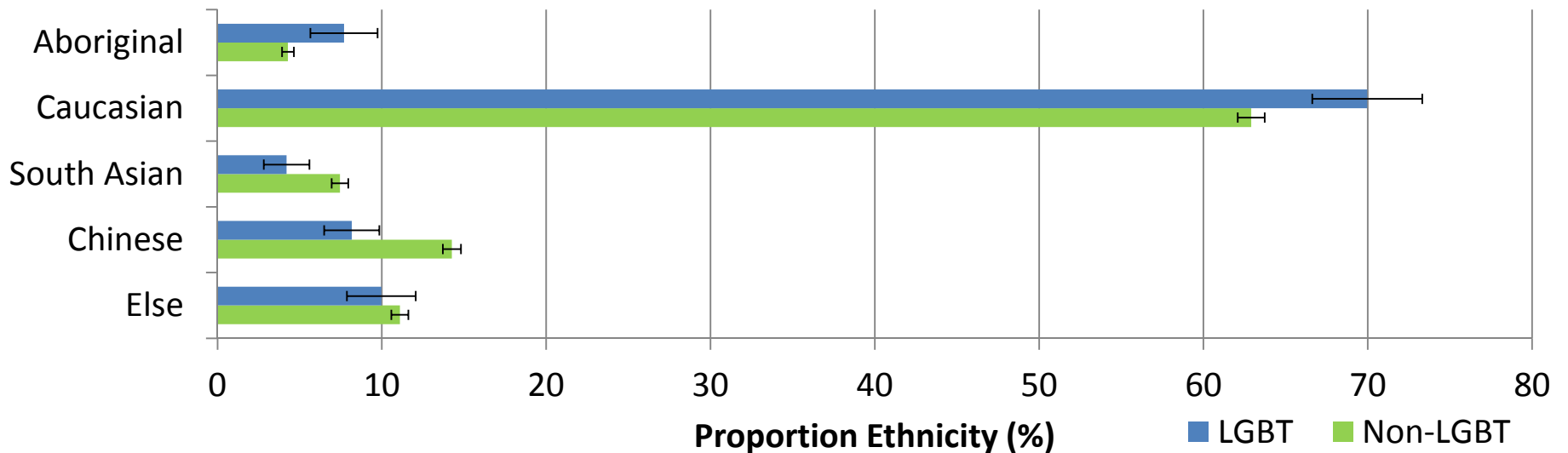
Results: Demographics



Age Category

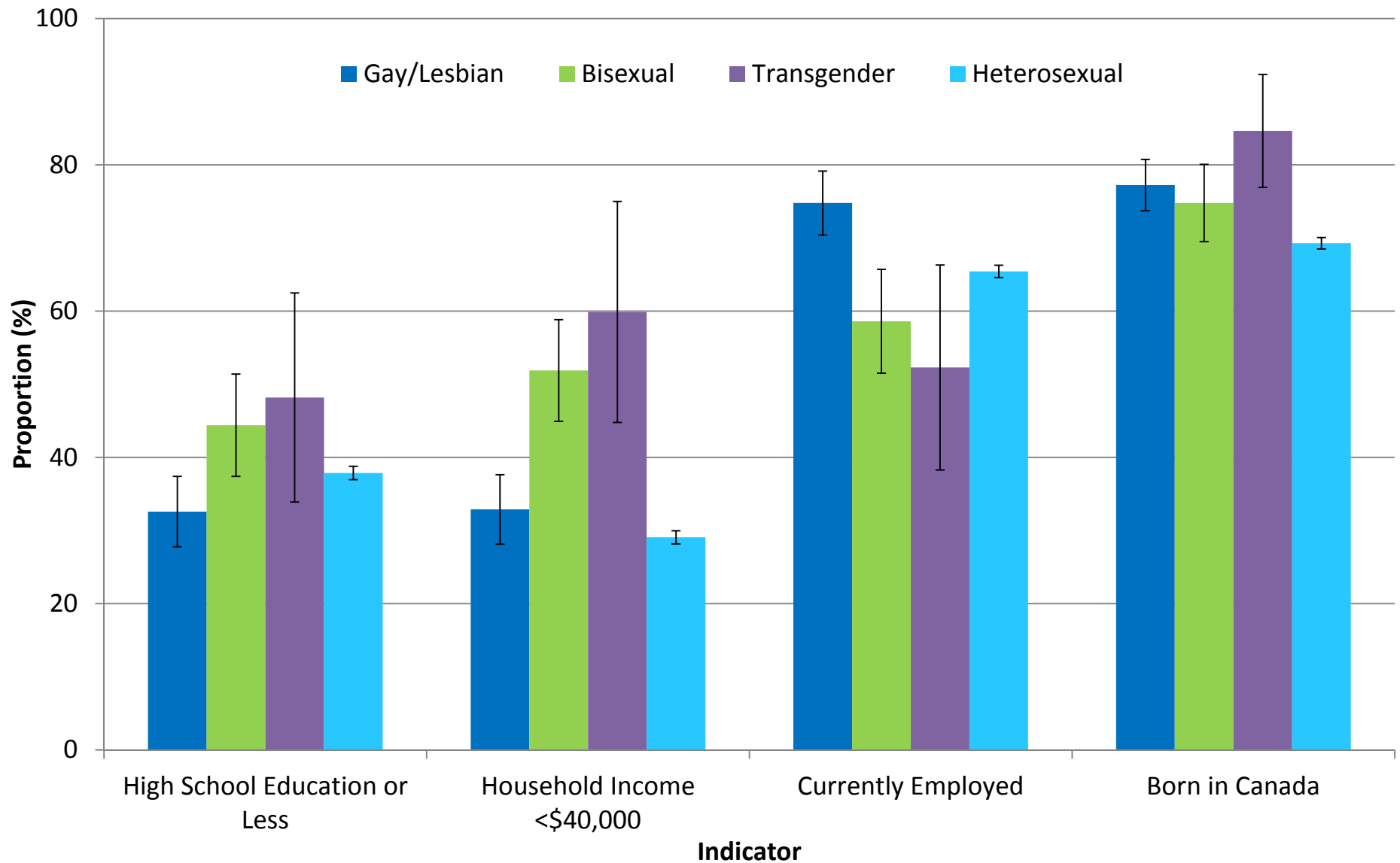


Ethnicity by LGBT Identity



Results: Socio-Economic

Socio-Economic Indicator by Sexual or Transgender Identity



Results: Lifestyle

Physical Activity: 150 + Minutes a Week

LGBT

46%

Non-LGBT

45%

5 or More Servings of Fruit and Vegetables per Day

LGBT

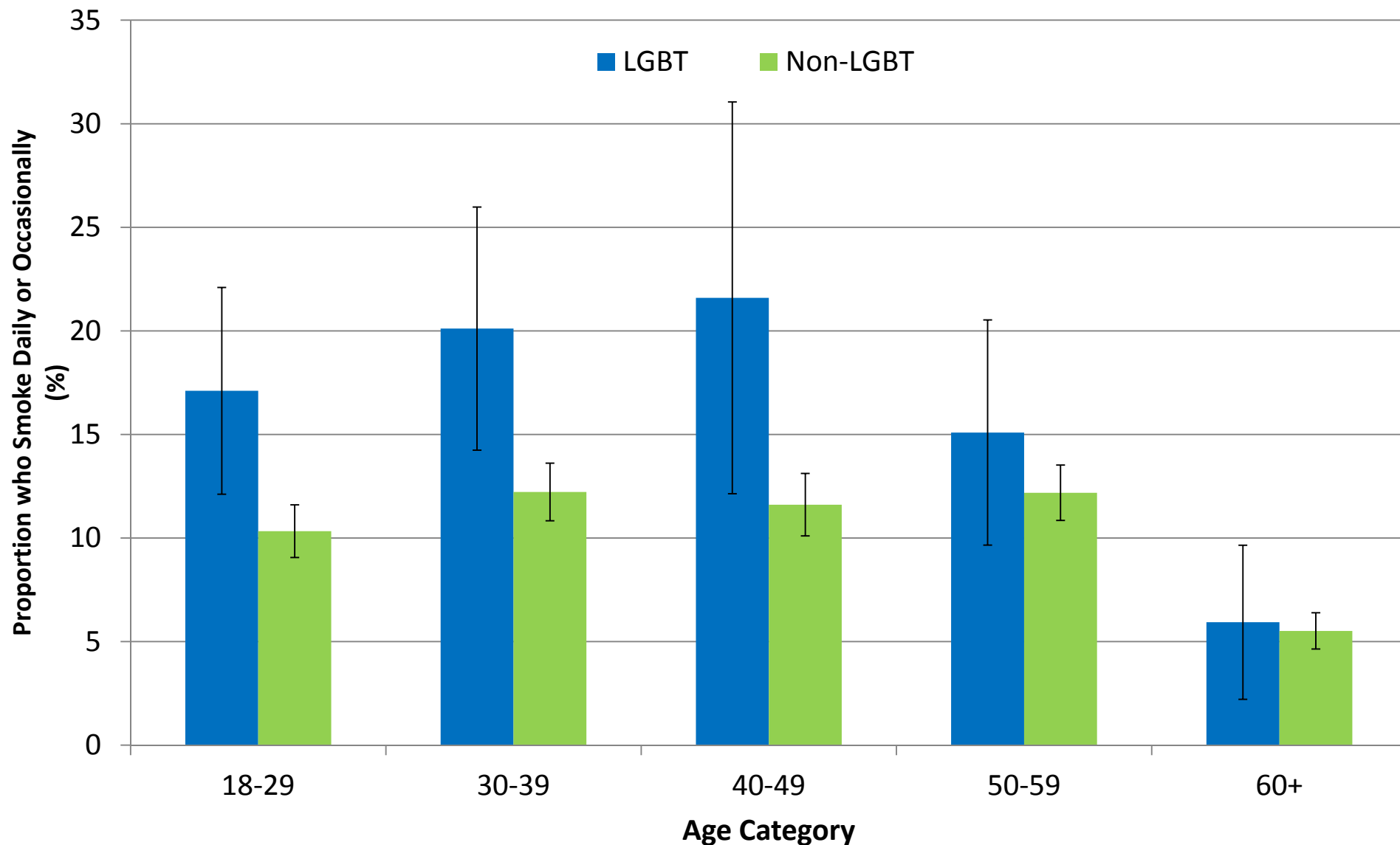
28%

Non-LGBT

25%

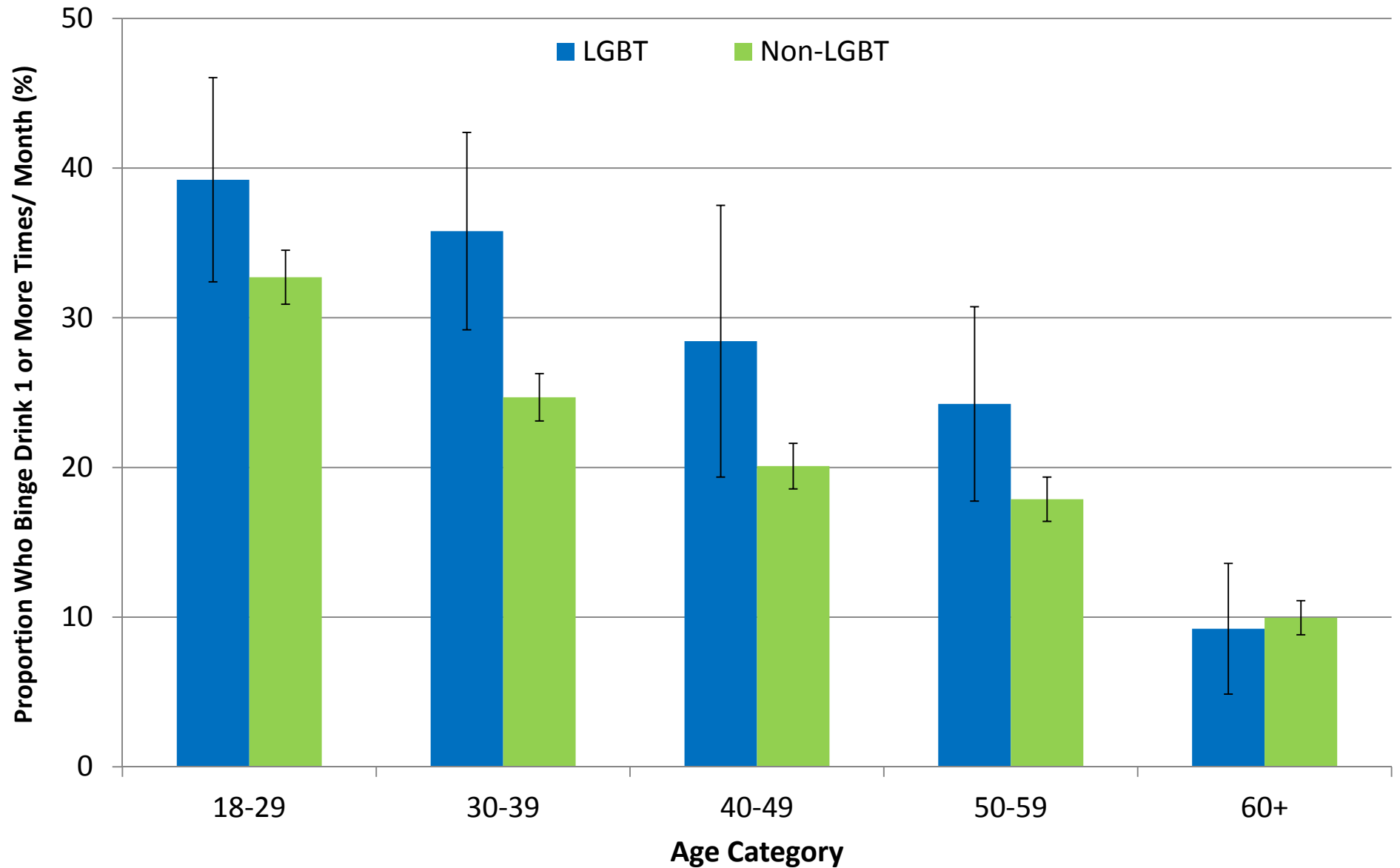
Results: Lifestyle

Frequent Smoker by Age Category and LGBT Identity



Results: Lifestyle

Binge Drinking by Age Category and LGBT Identity

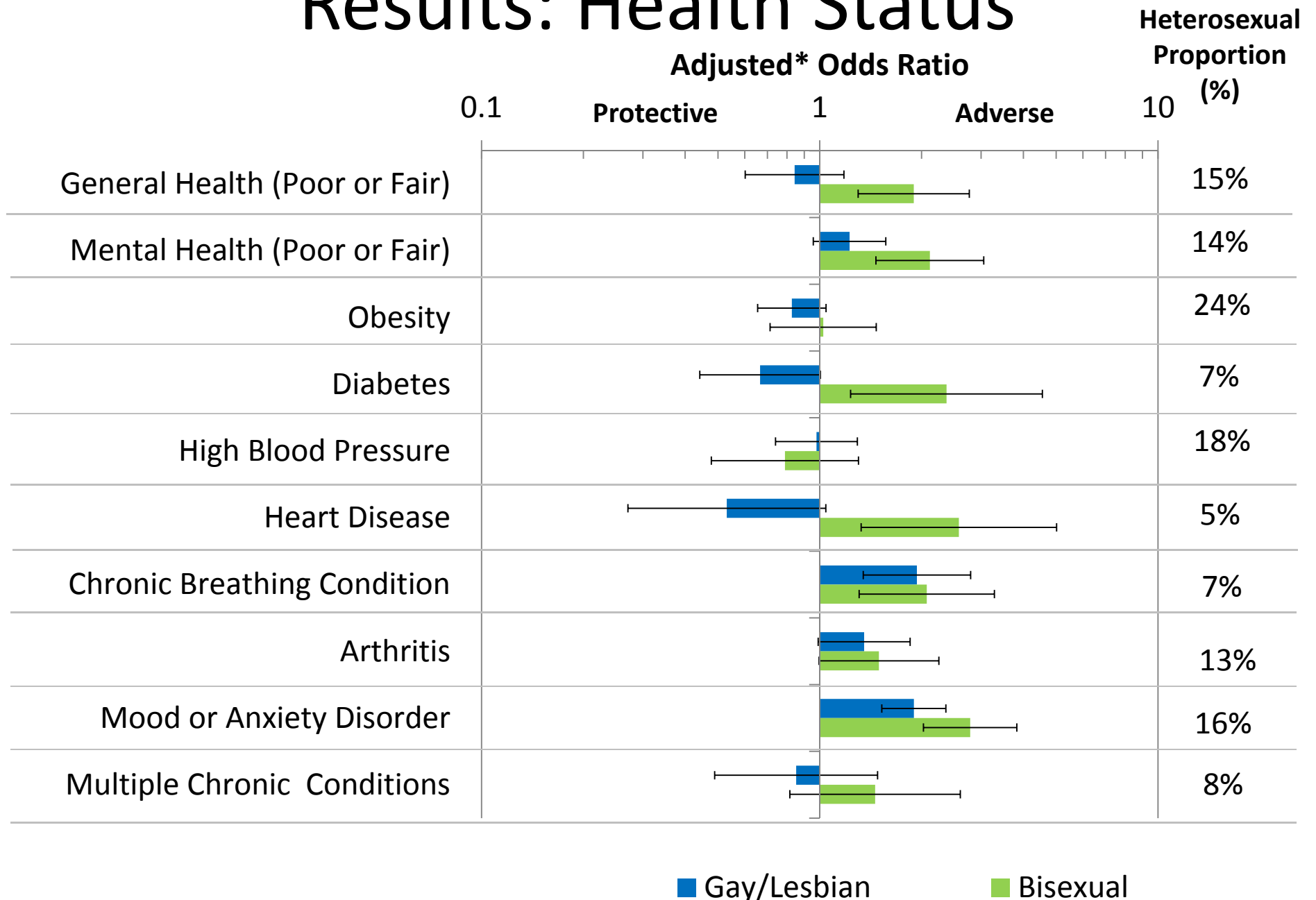


Results: Primary Care Access

Indicator	Gay/Lesbian	Bisexual	Transgender	Heterosexual
Family Doctor Access	77%*	76%*	70%	84%
Visited Health Care Professional in Past 12 Months	83%	86%*	88%	80%
Visited Physician with an Appointment	70%*	61%*	47%*	76%

* Significantly different from heterosexual ($p < 0.05$)

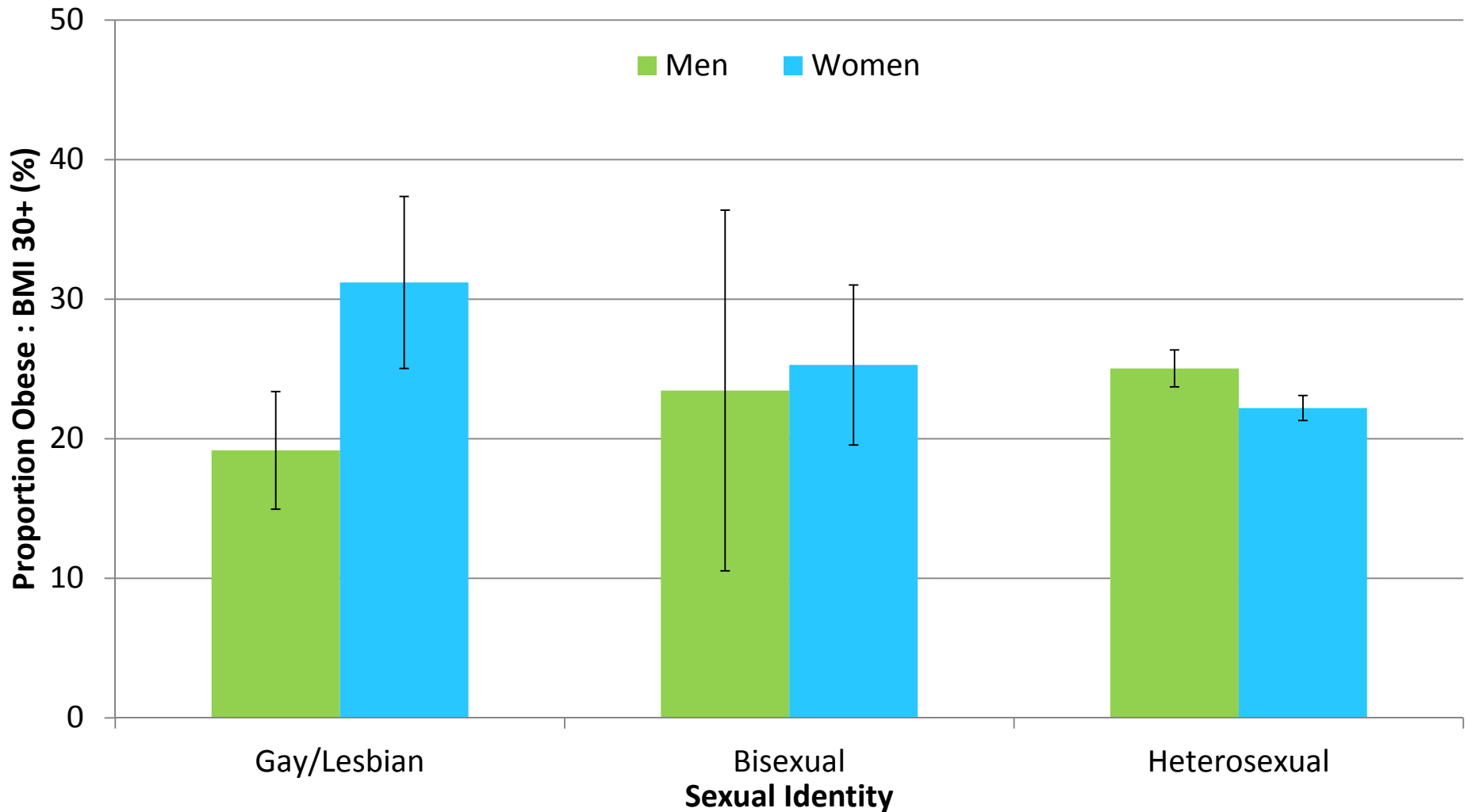
Results: Health Status



* Reference to Heterosexual. Adjusted for Age, Gender, Ethnicity, Income

Results: Health Status

Proportion of Respondents Obese by Sexual Identity and Gender

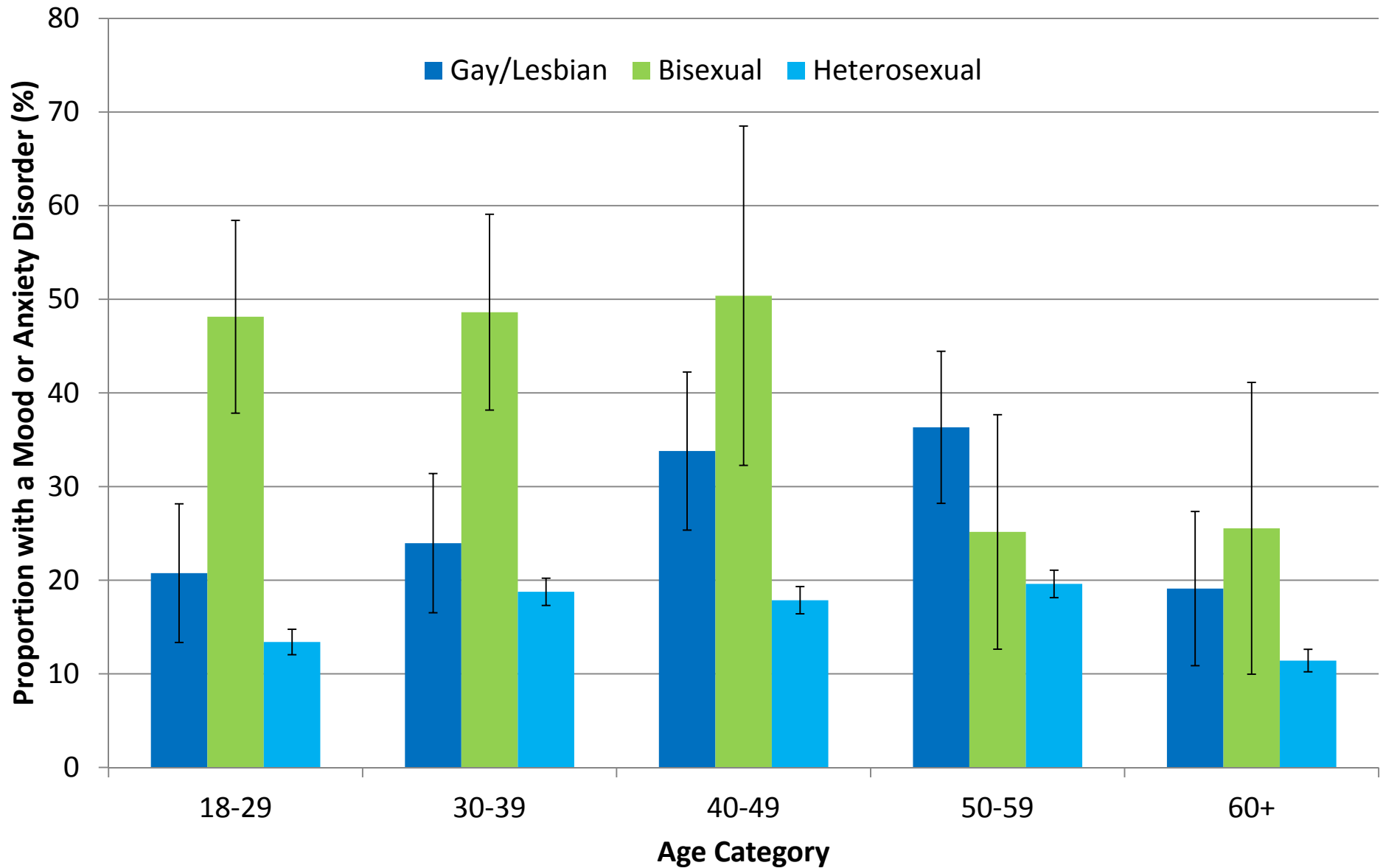


Lesbian women have 1.5 times the odds* of being obese compared to heterosexual women

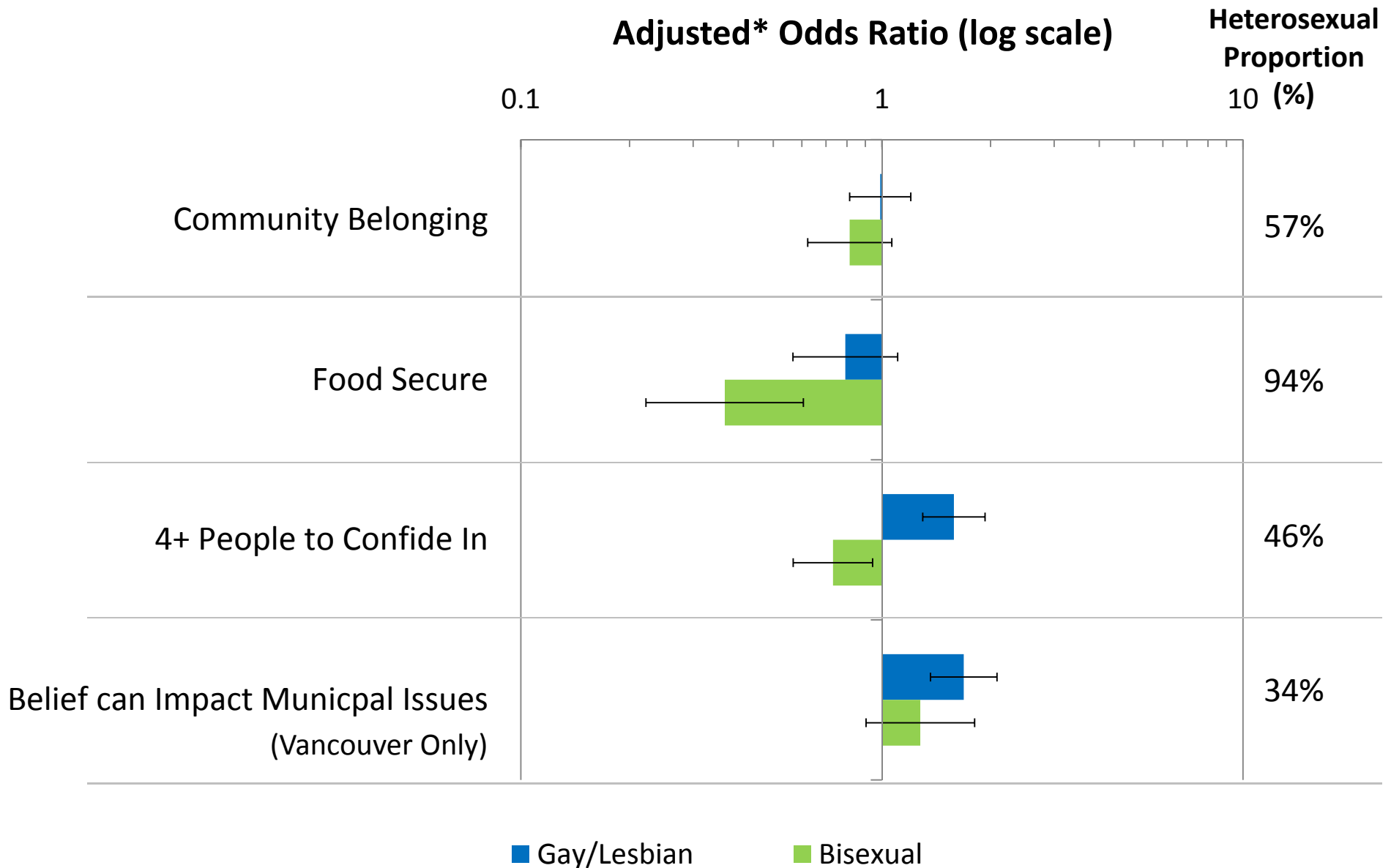
*Adjusted for age, ethnicity, income

Results: Health Status

Mood and Anxiety Disorder by Age Category and Sexual Orientation

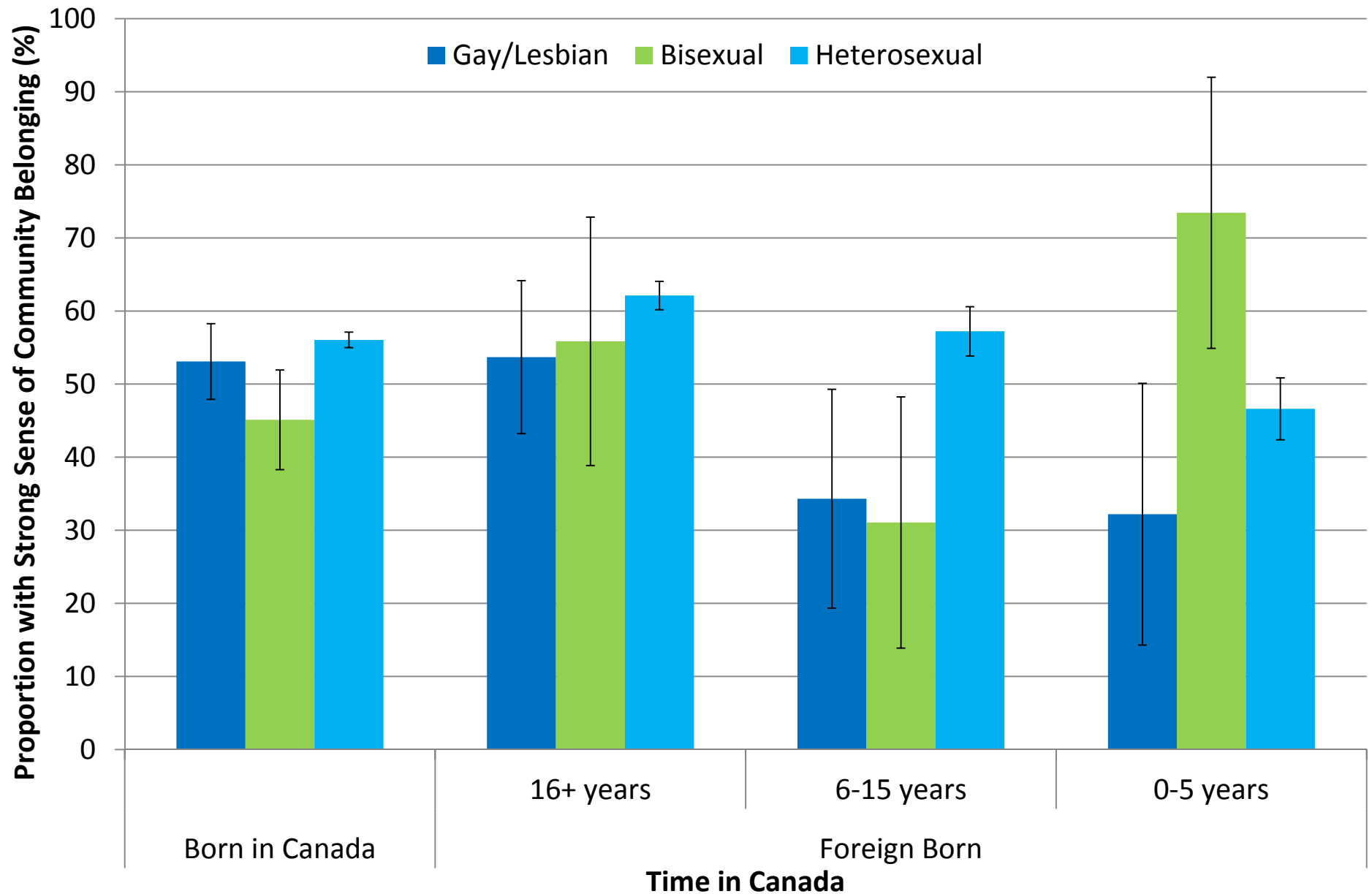


Results: Community Resiliency



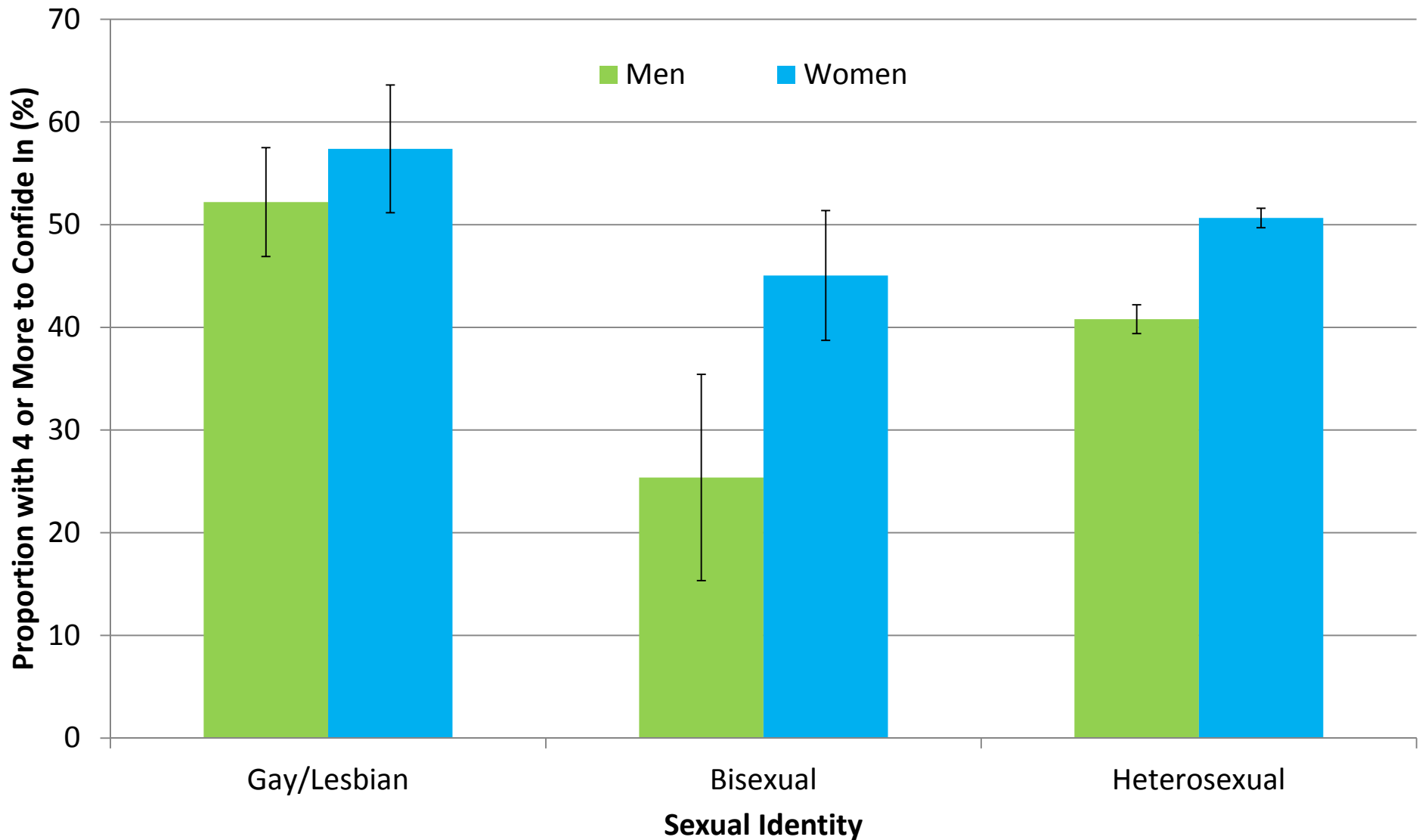
Results: Community Resiliency

Community Belonging by Time in Canada and Sexual Orientation



Results: Community Resiliency

Proportion of Respondents with 4 or More People to Confide In by Sexual Identity and Gender



Discussion

- 5.7% of the population surveyed identified as LGBT for an estimation of 132,909 individuals
- The majority of the LGBT population lives in Vancouver (53%) where 12% of the Vancouver population is LGBT.
- LGBT are more likely to report frequent smoking and binge drinking; no difference in physical activity and fruit/vegetable consumption
- While a greater proportion of LGBT respondents visited a health care provider in the past 12 months, significantly fewer have a family doctor or visited a physician with an appointment



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Discussion

- LGBT respondents reported higher odds of mental health concerns including mood and anxiety disorders
- Lesbian women reported the highest rates of obesity compared to other sexual orientations and genders while gay men reported the lowest rates.
- Bisexual respondents had more adverse results for community resiliency including lower odds of community belonging, the lower odds of food security and lower odds of people to confide in.
- There is indication that transgender people experience worse socio economic outcomes and health care access barriers compared to both non-transgender sexual minorities and non-LGBT populations.
- Gay/Lesbian respondents shared greater belief that they can impact municipal issues.



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Conclusions

- The LGBT community in the survey region experience a variety of health disparities that span lifestyle factors, chronic health, and health care access
- Bisexual respondents often reported worse outcomes than Gay/Lesbian and heterosexual respondents.

LGBT people should be included as a population of focus for health equity programs



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Current LGBT2Q+ Services

- **Prism Service:** education, information and referral service for LGBT2Q+ community including for health care providers <http://www.vch.ca/your-health/lesbian-gay-bisexual-transgender-twospirit/prism-services/prism-services>
- **Transgender Health Information Program (THiP):** BC-wide information hub providing information about gender affirming care and supports. <http://transhealth.phsa.ca/>
- **CALL Out!** Capacity building and wellness initiative to create supportive communities for LGBT2Q+ youth including alcohol and drug prevention. www.vch.ca/callout



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