

Hello PASPDI members,

I hope everyone enjoyed their long weekend and took a much needed break from studying. We all deserved it.

In honor of the month of June, I would like to highlight a major event in our world history: **Juneteenth**. Juneteenth is June 19th, and it is also known as Freedom Day. The significance of this holiday celebrates the emancipation of enslaved African Americans in Galveston, Texas on June 19th, 1865. This day comes **two and a half years after** the signing of the Emancipation Proclamation on September 22, 1862 by President Abraham Lincoln. However, years later, we are still experiencing disparities within our healthcare system regarding people of color.

For this month, I would also like to discuss the disparities seen among the LGBTQ community in honor of Pride Month. Health disparities among the LGBTQ community are seen across all races and ethnicities. Research suggests that LGBTQ individuals face health disparities such as high suicide rate, substance use, and mental health disorders (2). However, these disparities are exacerbated for people of color, due to factors of low rates of health insurance, discrimination, and a lack of understanding and competency within the health care system (3).

Below are **18 figures** from the Center for American Progress regarding health disparities seen in the LGBTQ community:

Access to health care and health insurance

■ Heterosexual ■ LGB ■ Transgender

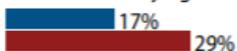
Health Disparity #1: Heterosexual adults are more likely to have health insurance coverage.⁵

% of adults with health insurance



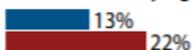
Health Disparity #2: LGB adults are more likely to delay or not seek medical care.⁶

% of adults delaying or not seeking health care



Health Disparity #3: LGB adults are more likely to delay or not get needed prescription medicine.⁷

% of adults delaying or not getting prescriptions



Health Disparity #4: LGB adults are more likely to receive health care services in emergency rooms.⁸

% of adults receiving ER care



Impact of societal biases on physical health and well-being

■ Heterosexual ■ LGB ■ Transgender

Health Disparity #5: Heterosexual adults are more likely to report having excellent or very good overall health.⁹

% of adults reporting excellent or very good health



Health Disparity #6: Lesbian and bisexual women are less likely to receive mammograms.¹⁰

% of women receiving a mammogram in past 2 years



Health Disparity #7: LGB adults are more likely to have cancer.¹¹

% of adults ever diagnosed with cancer



Health Disparity #8: LGB youth are more likely to be threatened or injured with a weapon in school.¹²

% of youth threatened or injured with a weapon



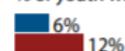
Health Disparity #9: LGB youth are more likely to be in physical fights that require medical treatment.¹³

% of youth in a physical fight requiring medical treatment



Health Disparity #10: LGB youth are more likely to be overweight.¹⁴

% of youth who are overweight



These figures prove a constant and disproportionate pattern of disparities among the LGBTQ population. People of color who also belong to the LGBTQ community are faced with several levels of discrimination, which they often have to navigate to ensure they receive the proper health care. According to the National Coalition for LGBT Health, “a black gay man faces disparities common to the African-American community as well as those suffered by the LGBT community, and a transgender Spanish-speaking woman, regardless of her sexual orientation, must navigate multiple instances of discrimination based on language, ethnicity, and gender (3).”

In order to reduce the health disparities seen, it has been recommended for the Department of Health and Human Services to establish a dedicated office for health and wellbeing to address such health concerns in this community (3). Cultural competencies and training should be provided to current and future health care and non-healthcare providers (3). Lastly, ensuring health care coverage is obtained will help reduce some of the disparities seen within the population.

Thank you so much for reading this journal and learning more about our future patients. Please do not forget about our event on June 8th to discuss this issue further.

References:

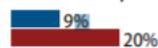
1. <https://www.history.com/news/what-is-juneteenth>
2. <https://www.healthypeople.gov/2020/topics-objectives/topic/lesbian-gay-bisexual-and-transgender-health>
3. <https://www.americanprogress.org/issues/lgbtq-rights/reports/2009/12/21/7048/how-to-close-the-lgbt-health-disparities-gap/>

Impact of societal biases on mental health and well-being

■ Heterosexual ■ LGB ■ Transgender

Health Disparity #11: LGB adults are more likely to experience psychological distress.¹⁵

% of adults experiencing psychological distress in past year



Health Disparity #12: LGB adults are more likely to need medication for emotional health issues.¹⁶

% of adults needing medication for mental health



Health Disparity #13: Transgender adults are much more likely to have suicide ideation.¹⁷

% of adults reporting suicide ideation



Health Disparity #14: LGB youth are much more likely to attempt suicide.¹⁸

% of youth reporting suicide attempts

