

OVERVIEW OF NEW MEXICO LGBT HEALTH DATA

for Legislative Health and
Human Services Committee

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Lesbian, Gay, Bisexual, and Transgender (LGBT) Background

- Sexual orientation vs. gender identity
 - ▣ Terms: lesbian, gay, bisexual, queer, questioning, two-spirit, transgender, intersex, other
- Some dimensions measured in public health surveillance and research
 - ▣ Attraction
 - ▣ Behavior
 - ▣ Orientation or identity
 - ▣ Perceived orientation or identity

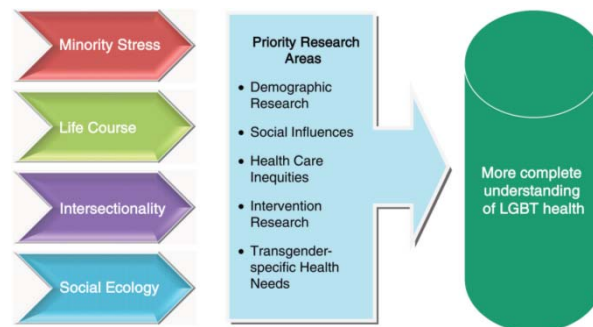
Lesbian, Gay, Bisexual, and Transgender (LGBT) Health Inequities

- Increased risk for some adverse health behaviors and outcomes compared to their straight peers
- Past public health efforts focused on sexual behavior, including HIV and other sexually-transmitted infections
- Growing recognition of inequities associated with social stigma and discrimination
 - ▣ Mental health
 - ▣ Violence
 - ▣ Substance abuse

Federal Recommendations – LGBT Data

NIH, Institute of Medicine – 2011 LGBT Health Report

- LGBT people have unique health experiences and needs, but as a nation, we do not know exactly what these experiences and needs are.
- To advance understanding, more data is needed about the demographics of these populations and improved methods for collecting and analyzing data.



Federal Recommendations – LGBT Data



US Dept of Health & Human Services – *Healthy People 2020*

- ▣ Increase the number of population-based data systems used to monitor *HP2020* objectives that include a standardized set of questions that identify LGBT people
- ▣ *HP2020* topics supported & complemented by LGBT data
 - Binge drinking & alcohol use
 - Breast cancer screening
 - Bullying among adolescents
 - Cervical cancer screening
 - Condom use
 - Educational achievement
 - Health insurance coverage
 - HIV testing
 - Illicit drug use
 - Mental health & mental illness
 - Nutrition & weight status
 - Tobacco use
 - Usual source of care

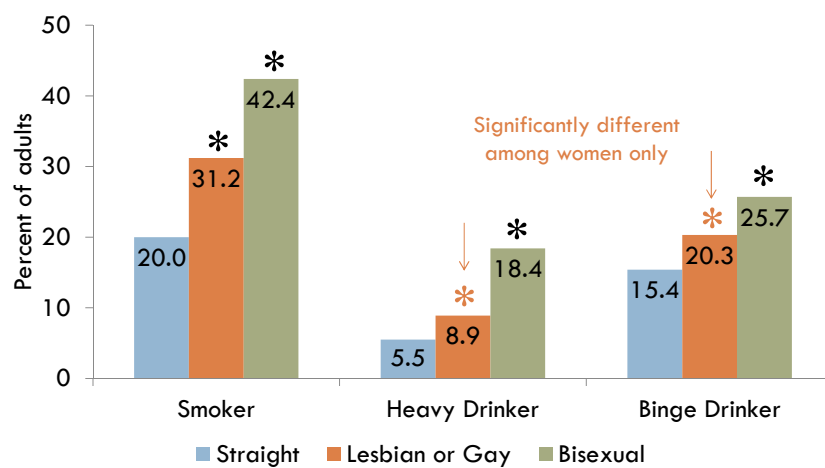
Population-Based LGBT Health Data in **New Mexico**

- ▣ Sexual orientation data collection for NM adults began in 2005, Behavioral Risk Factor Surveillance System (BRFSS)
 - ▣ 3% of adults identify as LGB, representing about 47,000 New Mexicans
 - ▣ First NM LGBT Health Report published in 2010; updated in 2013 with trend data
- ▣ Sexual identity measures were included on the high school Youth Risk and Resiliency Survey (YRRS) in 2013
 - ▣ 9% of high school youth identify as LGB (5.7% of males; 12.7% of females), representing 12,500 adolescents
 - ▣ NM LGB youth health report is planned

Health Inequities among Lesbian, Gay, and Bisexual (LGB) Adults in New Mexico

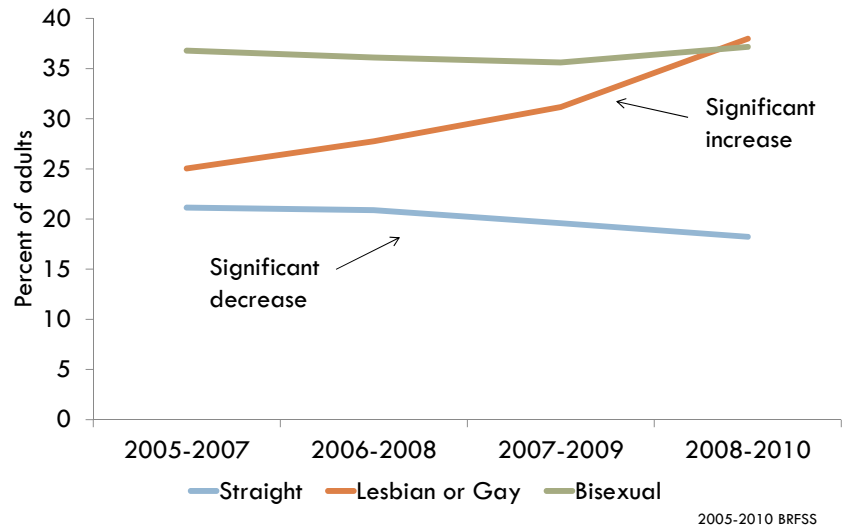
New Mexico Behavioral Risk Factor
Surveillance System (BRFSS)

Tobacco and Alcohol Use

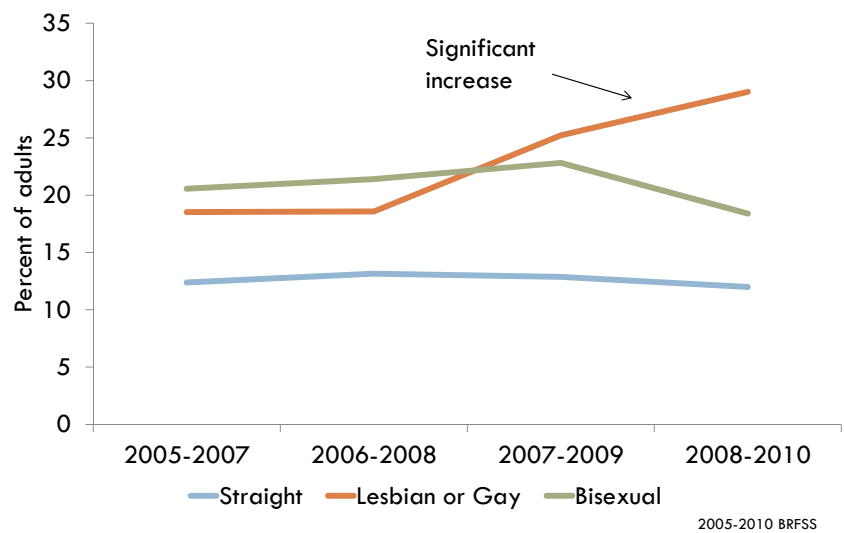


2011-2012 BRFSS
*statistically significant

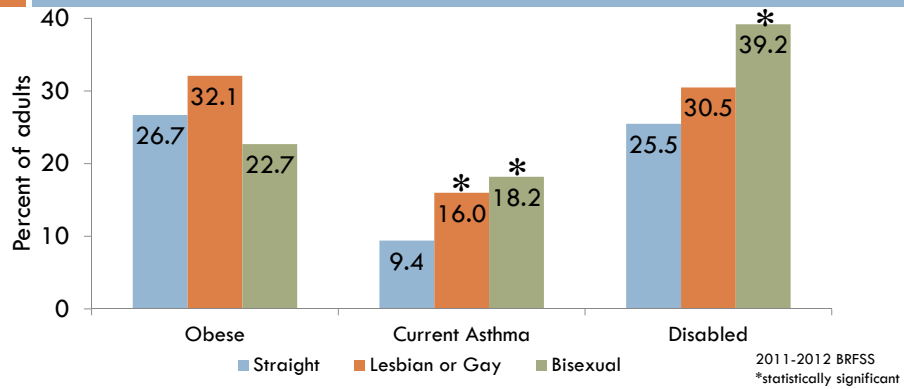
Current Smoking Trends



Binge Drinking Trends

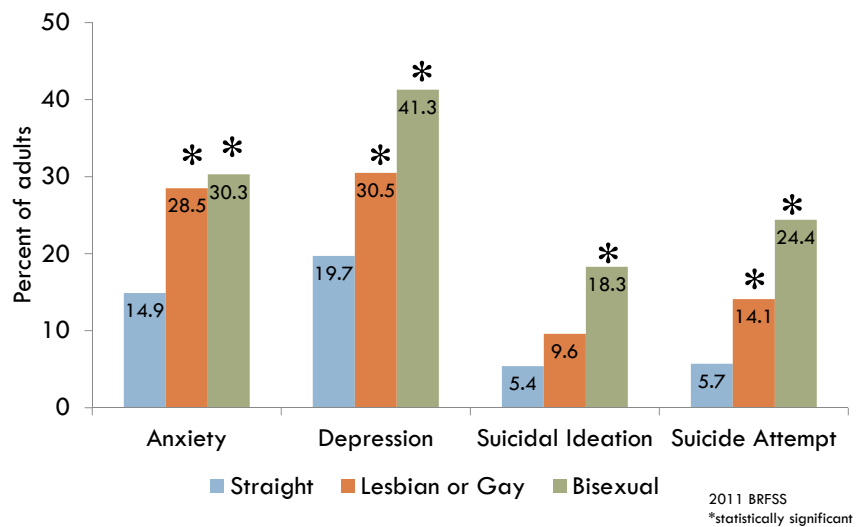


Chronic Conditions

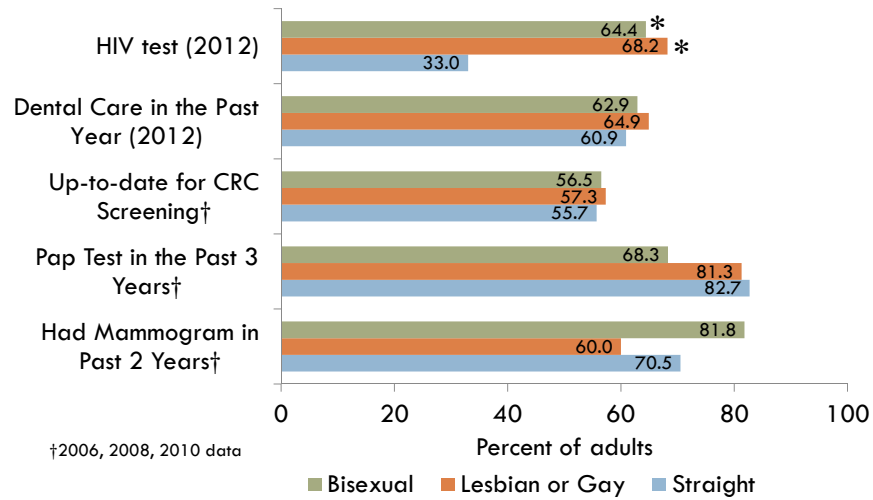


- No significant differences seen between LGB and straight adults for diabetes, cardiovascular disease, or arthritis measures

Mental Health



Protective Factors



Health Inequities among Lesbian, Gay, and Bisexual Youth in New Mexico

New Mexico YRRS 2013

Physical Safety

Indicator	Straight	Lesbian, Gay, Bisexual	LGB Disparity*
Missed school in past month due to feeling unsafe	4.9%	14.9%	3.0 x higher
Were in a physical fight on school property 1+ times in past year	8.8%	14.4%	1.6 x higher
Physically forced to have sexual intercourse	6.1%	18.6%	3.0 x higher
Physically hurt on purpose by someone they were dating in past year	7.7%	18.9%	2.5 x higher
Bullied on school property in past year	16.2%	32.3%	2.0 x higher
Electronically bullied in past year	10.9%	27.6%	2.5 x higher

*Higher LGB rates are all statistically significant

Mental Health

Indicator	Straight	Lesbian, Gay, Bisexual	LGB Disparity*
Felt so sad or hopeless that usual activities were affected in past year	27.2%	57.6%	2.1 x higher
Seriously considered attempting suicide in past year	12.7%	38.3%	3.0 x higher
Attempted suicide in past year	7.0%	28.5%	4.1 x higher
Made a suicide plan in past year	10.6%	35.4%	3.3 x higher
Made a suicide attempt in past year that required health care treatment	2.1%	11.1%	5.3 x higher

*Higher LGB rates are all statistically significant

Tobacco, Alcohol, and Drug Use

Indicator	Straight	Lesbian, Gay, Bisexual	LGB Disparity*
Current cigarette use (past 30 days)	12.3%	34.6%	2.8 x higher
Current alcohol use	27.1%	44.6%	1.6 x higher
Current binge drinking	15.7%	29.7%	1.9 x higher
Current marijuana use	25.2%	49.1%	1.9 x higher
Current cocaine use	3.8%	13.8%	3.6 x higher
Lifetime use of:			
Heroin	2.3%	15.0%	6.5 x higher
Methamphetamines	3.2%	15.8%	4.9 x higher
Ecstasy	7.2%	24.9%	3.5 x higher
Rx drug without Rx	14.0%	32.4%	2.3 x higher
Injected illegal drugs	1.6%	14.3%	8.9 x higher

*Higher LGB rates are all statistically significant

Possible Contributors to LGB Health Inequities

- Stress related to discrimination, including family, school, workplace, community
- Barriers in accessing health care – lack of health insurance, delaying treatment
- Lack of cultural competency in health care systems
- Targeting by alcohol and tobacco industries and use of products to cope with stress
- Recent years' increased and ongoing attention on gay rights issues

Source: Krehely J. (2009) How to Close the LGBT Health Disparities Gap, Center for American Progress, www.americanprogress.org/wp-content/uploads/issues/2009/12/pdf/lgbt_health_disparities.pdf

THANK YOU

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