Addressing LGBT Tobacco Disparities
Training Webinar for FSU AHEC Part One

Regina R. Washington, DrPH
Program Director
LGBT HealthLink, a Program of CenterLink
CenterLink

✓ Nonprofit founded in 1994

✓ Helps develop strong, sustainable LGBT community centers with a national network of 190+ organizations

✓ Builds a thriving network of centers for healthy, vibrant communities

✓ Recognized by the White House as a “Champion of Change”

www.LGBTCenters.org  •  954-765-6024  •  information@LGBTCenters.org
LGBT HealthLink

➢ Advance LGBT wellness by addressing LGBT tobacco and cancer health disparities

➢ Link people with information and promote adoption of best practices

➢ One of eight CDC-funded cancer and tobacco disparity networks

www.lgbthealthlink.org
LGBT HealthLink Promotes:

- Tobacco prevention & cessation
- Decreased second-hand smoke exposure
- Cancer prevention and screenings
- Improved quality of life for those with cancer
LGBT HealthLink Provides:

- Technical Assistance
- Trainings/Webinars/Presentations
- Needs Assessment Tool
- Sample non-discrimination policies
- Other resources such as educational materials
- Tobacco Census (and soon to be Cancer Assessment)
- Cross-sectoral connections between health systems, providers, community centers, and departments of health
- Linkages for information and best and promising practices
LGBT HealthLink Partners

THE PRIDE STUDY

So No One Faces Cancer Alone®

SHARSHERET®

American Cancer Society®

GHEACAST

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About LGBT Communities

- LGBT is NOT one single community
- There are an estimated 9 million LGBT individuals in the U.S. \(^3\) across all congressional districts
- LGBT people face isolation, violence, overt discrimination and inequitable benefits/policies, including challenges related to health care access
- LGBT communities tend to lack trust with institutions and government
- Strong LGBT community structures exist that offer social support, legal assistance, health services, and provide an organized platform
- Partnership with LGBT communities and centers is largely an UNTAPPED resource for change
LGBTQIA: Alphabet Soup

• Lesbian
• Gay
• Bisexual
• Transgender
• Queer or Questioning
• Intersex
• Asexual or Allies
Defining Terms: Orientation

- **Sex**
  - Biological classification assigned at birth, usually based on appearance of external anatomy (male/female/intersex)

- **Gender**
  - Based on social/cultural characteristics of men & women such as norms, roles, etc. (presumed based on sex)
Defining Terms: Orientation

• **Sexual attraction**
  – Refers to the sex or gender to which someone feels attraction (male/female/both)

• **Sexual behavior**
  – Refers to the sex of a person’s sexual partners (same/different/both)

• **Sexual identity**
  – Refers to the way a person self-identifies
  – Lesbian, gay, bisexual, and straight are most common
  – Generally, gay/lesbians are primarily attracted to those of the same sex
  – However, the concepts of sexual identity, attraction, and behavior do not always follow these patterns
  – For example, individuals may not identify as gay/lesbian even if attracted to the same sex
Defining Terms: Identity

- **Gender identity**
  - Refers to a person’s internal sense of gender (how one perceives oneself)
  - Often, a person’s gender identity is consistent with their sex assigned at birth
  - However, one’s gender identity can be different than the sex assigned at birth
  - One’s gender identity may or may not match one’s appearance or others’ perceptions

- **Transgender**
  - Describes anyone who has a gender identity that differs from their sex assigned at birth
  - Some transgender individuals use hormones or elect for gender-affirming surgery, but not all transgender individuals do this
  - Transgender identity is NOT dependent upon physical appearance or medical procedures
  - Gender identity and sexual orientation are not the same. Transgender people may be straight, lesbian, gay, bisexual, or queer. For example, a person who transitions from male to female and is attracted solely to men would typically identify as a straight woman
Other Identity Terms

- **Cisgender**
  - Sex assigned at birth matches gender identity (those who are not transgender)

- **Gender Binary**
  - Socially constructed dichotomy of male or female

- **Gender Non-Conforming**
  - Those who don’t fit into gender binary notion (gender expansive, pansexual, non-binary, genderqueer, gender-fluid)
# Categories & Descriptors

<table>
<thead>
<tr>
<th>SEX</th>
<th>GENDER/GENDER ROLE</th>
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<tbody>
<tr>
<td>• Male</td>
<td>• Man/Masculine</td>
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<tr>
<td>• Female</td>
<td>• Woman/Feminine</td>
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<tr>
<th>SEXUAL ORIENTATION</th>
<th>GENDER IDENTITY</th>
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<tr>
<td>• Lesbian</td>
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<td>• Gay</td>
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<td>• Heterosexual</td>
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<td>• Queer or Questioning</td>
<td>• Non-binary</td>
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<tr>
<td>• Asexual</td>
<td>• Queer or Genderqueer</td>
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The Gender Unicorn

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Physically Attracted to
- Women
- Men
- Other Gender(s)

Emotionally Attracted to
- Women
- Men
- Other Gender(s)

To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan and Anna Moore
Pronouns

• Everyone has the right to determine their own appropriate pronouns

• As healthcare professionals, it is important to respect the identity and terms your client/patient uses/is comfortable with

• Pronouns may include:
  – He/Him/His
  – She/Her/Hers
  – Gender-neutral
    • They/Them/Theirs
    • Others
Pronouns

“My support system, many of whom are trans and gender variant people, were made to feel very uncomfortable by my doctors and medical staff due to disregard for pronoun use, sideways glances, and overall awkward responses. My friends composed my entire support system and were critical to my care. The reluctance to respectfully interact and, in some cases, communicate clearly with my friends was extraordinarily difficult for me and led to much added stress. I already felt so alone without my family.”

LGBT Best and Promising Practices Throughout the Cancer Continuum, LGBT HealthLink
An intersectional lens can be used to examine the interrelationship of race, ethnicity, age, gender identity, class, sexual orientation, religion, and other factors in relation to health. The intersection of these characteristics helps shape one’s health; access to care; and experience with health care systems/utilization of care. This lens pushes back on the assumptions that LGBT communities are homogeneous, by placing attention on the diverse health needs of LGBT communities.
8 Ways Tobacco Affects Vulnerable People

Tobacco use is 71% HIGHER among adults with mental illness
- National Council for Behavioral Health

Tobacco use is OVER 50% HIGHER among LGBT adults
- LGBT HealthLink

Asian American men smoke at a 215% HIGHER rate than Asian American women
- The RAISE Network

1.5 TIMES as many Hispanic middle school students report using tobacco compared to other middle school students
- Ntastas Voces

22.4% of people in remote areas smoke VS 14.7% of their urban counterparts smoke
- Geographic Health Equity Alliance

Tobacco use is 310% HIGHER among homeless adults compared to the general population
- SelfMade Health Network

Tobacco use is 35% HIGHER among American Indian and Alaskan Native adults
- National Native Network

African Americans smoke menthol-flavored cigarettes at nearly 3 TIMES the rate of Whites, and are more likely to die from smoking-related illness.
- National African American Tobacco Prevention Network

This infographic brought to you by:

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Tobacco use is not an equal opportunity killer.

There are up to 10x more tobacco ads in black neighborhoods than in other neighborhoods.

Individuals with mental illness account for 46% of cigarettes sold in the United States.

There are more tobacco retailers near schools in low-income areas than in other areas.

LGBTQ young adults, 18-24, are nearly 2x as likely to smoke as their straight peers.
LGBT Health Disparities
Understanding LGBT Health

• Understanding LGBT health starts with understanding the history of oppression and discrimination that these communities have faced (2)

• For example:
  – Legal discrimination in access to health insurance, employment, housing, marriage, adoption, and retirement benefits
  – Lack of laws protecting against bullying in schools
  – Lack of social programs targeted to LGBT youth, adults, and elders
  – Shortage of health care providers who are knowledgeable and culturally competent in LGBT health
Research from the Institute of Medicine suggests that LGBT people “face barriers to health care” that profoundly affect their overall well-being; “have higher prevalence of tobacco use,” “higher risk of depression and anxiety disorders,” and show “less frequent use of preventative screening” for cancer. (1)
LGBT Disparities

- Alcohol
- Drugs
- Mental Health
- HIV
- Tobacco
- Cancer

Studies show that LGBT individuals are more likely to use alcohol and drugs and have higher rates of substance abuse, compared with the general population (4).
Tobacco in LGBT Communities
Tobacco in LGBT Communities

- Tobacco use is the leading cause of preventable disease and death in the US (21)

- Across available research, population-based studies, large cohort studies, and convenience samples, the findings stay consistent: some, if not all, LGBT groups demonstrate significantly higher smoking rates than the general population, and the disparity increases among LGBT of color (6)

- Unless the trend is countered aggressively, this disparity is poised to continue
• LGBT people smoke at much higher rates than the general population

• National Adult Tobacco Survey data found that LGBT people smoke at rates 50% higher than the general population (5)
The American Cancer Society estimates that more than 30,000 LGBT deaths each year are from tobacco-related diseases.
WHY ARE WE SEEING SUCH HIGH STATS?
• Cultural norm (socially transmitted disease)

• Unhealthy coping strategy/outlet from stress associated with stigma and discrimination, especially among LGBT youth
Tobacco industry advertising is everywhere, and a long, aggressive history of targeting the LGBT community shows no signs of abating.
Freedom. To speak. To choose. To marry. To participate. To be. To disagree. To inhale. To believe. To love. To live. It’s all good.
About Healthy People

Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For 3 decades, Healthy People has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across communities and sectors.
- Empower individuals toward making informed health decisions.
- Measure the impact of prevention activities.

Introducing Healthy People 2020

Healthy People 2020 continues in this tradition with the launch on December 2, 2010 of its ambitious, yet achievable, 10-year agenda for improving the Nation’s health. Healthy People 2020 is the result of a multiyear process that reflects input from a diverse group of individuals and organizations. Read the press release for the Healthy People 2020 launch. [PDF - 149 KB]
<table>
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<tr>
<th>HP 2020 LGBT Objectives²³</th>
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<tr>
<td><strong>Reduce binge drinking</strong></td>
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<td><strong>Increase [colorectal,]</strong></td>
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<tr>
<td><strong>breast and cervical cancer</strong></td>
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<td><strong>screening</strong></td>
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<td>Reduce bullying among adolescents</td>
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<td>Increase condom use</td>
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<td>Increase high school graduation</td>
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<td>Increase health insurance rates</td>
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<td>Increase annual HIV testing</td>
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<td>Reduce use of illicit substances</td>
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<td>Reduce suicide rate, suicide attempts by adolescents, and major depressive episodes (MDEs)</td>
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<tr>
<td>Reduce adult obesity</td>
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<tr>
<td>Reduce obesity in children and adolescents</td>
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<tr>
<td><strong>Reduce tobacco use by adults and adolescents</strong></td>
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<td>Increase proportion of those who have a specific source of ongoing care</td>
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Continuing Issues to Address (23)

- Nationally representative data on LGBT Americans
- Prevention of violence and homicide toward the LGBT communities
  - Resiliency in LGBT communities
  - Elder health and well-being
  - Need for a LGBT wellness model
- Recognition of transgender health needs as medically necessary
HOW DO WE ADDRESS THESE ISSUES?
NIH designates LGBT people as health disparity population

New ACA rule bans anti-trans discrimination in health care! What does this mean for you?

Supreme Court’s Decision On Same-Sex Marriage Expected To Boost Health Coverage
Best Practices for LGBT Engagement

FOR EVERYONE. WE ARE PROUD TO BE LGBT-WELCOMING.
LGBT Best & Promising Practices
LGBT Best and Promising Practices for Comprehensive Tobacco Control Programs

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Measures for LGBT-tailored Comprehensive Tobacco Control Programs

1. Promote LGBT professional safety & leadership in public health
2. Include LGBT community members in policy planning steps
3. Monitor impact of tobacco on LGBT populations
4. Establish cultural competency standards for statewide programs
5. Fund community-based programs to help reduce LGBT tobacco disparities
6. Routinely integrate LGBT tailored efforts into larger wellness/tobacco campaigns
7. Disseminate findings and lessons learned
Closing Thoughts
Closing Thoughts

• Do you co-brand with LGBT trusted groups?
• Do you promote through LGBT media channels?
• Do your promotional materials include LGBT imagery?
• Are you collecting LGBT resources for referrals?
• Do you collect sexual orientation and gender identity data (in your programs, surveys, and evaluations)?
Closing Thoughts

• LGBT stressors that we may experience can lead to risk behaviors
• Lack of insurance and lack of trust are LGBT barriers to care
• Physicians/public health must set welcoming and accepting tone with open-ended questions and without judgement
• Establish trusting relationship for open dialogue around LGBT risks
• ACA & same-sex marriage ruling have helped, but more is needed
JOIN THE MOVEMENT TO ACHIEVE LGBT HEALTH EQUITY!

www.mylgbthealthlink.org

HealthLink members have access to:

• Weekly LGBT Health News Roundup
• Scholarships to help support and promote leadership in LGBT health
• Members-only online networking groups
• Exclusive webinars and resources available for download
• Co-branding opportunities
References

• (2) http://www.healthypeople.gov/2020/topics-objectives/topic/lesbian-gay-bisexual-and-transgender-health
• (4) http://www.cdc.gov/msmhealth/substance-abuse.htm
References


References