

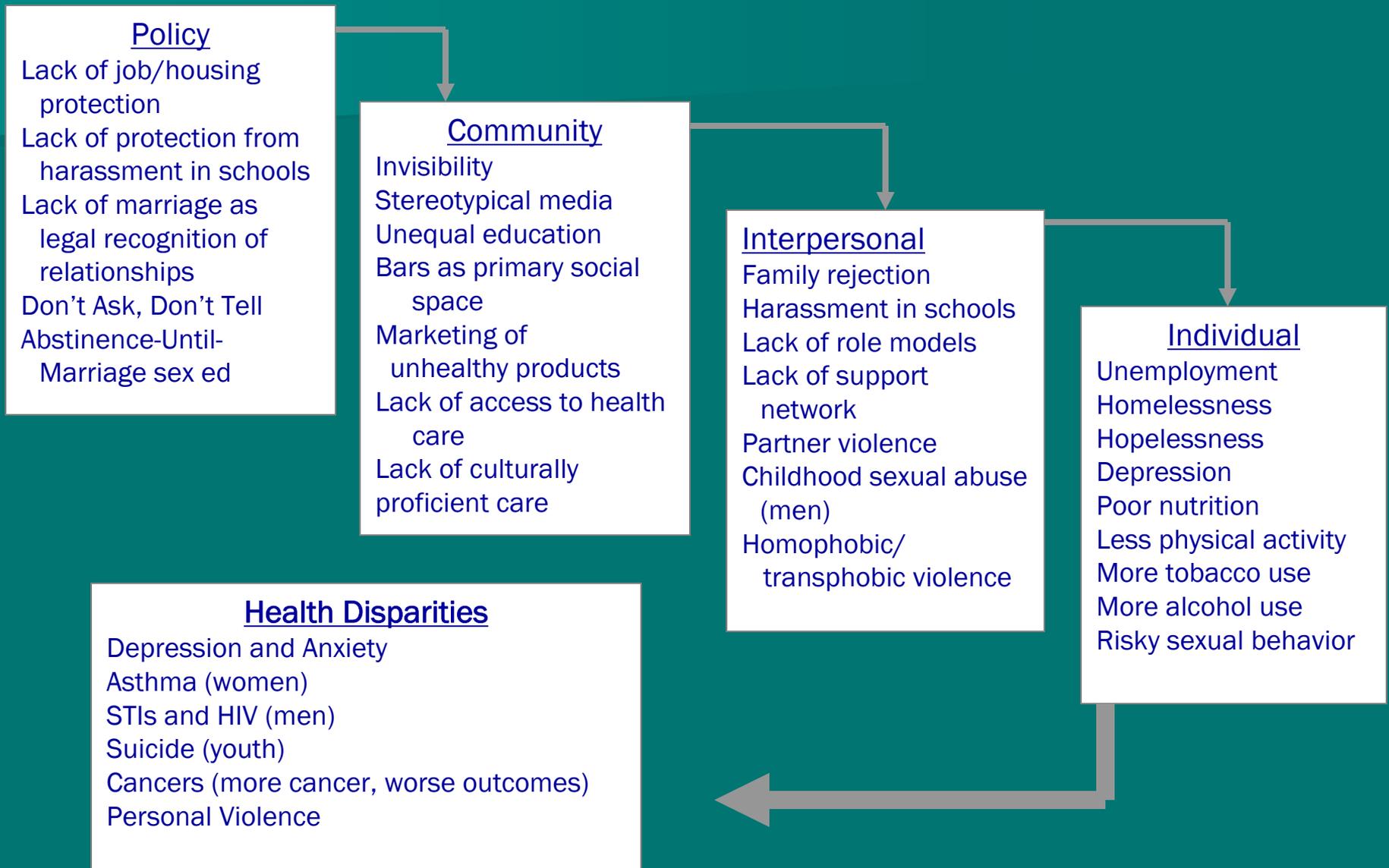
LGBTQ Health Coalition Efforts in Portland October, 2010

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Services

- Health disparity overview
- Creating local data: Speak Out Survey
- Supporting health care: Meaningful Care Conference
- Developing a new coalition
- Questions/Comments

Causes of LGBTQ Health Disparities



HEALTHY
PEOPLE

2010

**Companion
Document for
Lesbian, Gay,
Bisexual, and
Transgender
(LGBT) Health**

Healthy People 2010 has been the national prevention agenda for the past decade, based on scientific data and public consensus to reach measurable objectives.

However, identifying disparities or measuring successes in the LGBT populations has been difficult:

“Lesbian, gay, bisexual, and transgender (LGBT) populations have been among those for whom little or no national-level health data exist”



Speak Out Survey 2009

Setting a Local LGBTQ Health Agenda Assessing Local LGBTQ Community Health



STD, HIV, Hepatitis C Program
Program Design & Evaluation Services
Office of Health and Social Justice



Purpose of Speak Out 2009: **LOCAL DATA**

- Gather data using broader definitions of sexual orientation and gender ID
- Understand what helps LGBTQI people promote wellness (focus on assets)
- Increase visibility of social determinants of health/Promote LGBTQI health equity by addressing root causes of poor health



Survey Domains

- Discrimination and Harassment
- Relationships and Community Connections
- Experiences Growing Up
- Disclosure, Support, Identity, Pride
- Self-Efficacy and Self Esteem
- Gender Conformity
- Access to Medical Care

Survey Domains, continued

- Physical Activity and Nutrition
- Substance Use (Alcohol, Tobacco, Other Drugs)
- Sexual Behavior and Sexual Health
- Physical and Mental Health Status
- Chronic Conditions
- Intimate Partner Violence



Key Findings

- High rates of poor health, in spite of privilege.
- Mental health issues (e.g., depression, anxiety, and post-traumatic stress) and experiences of violence (e.g., intimate partner violence, childhood sexual abuse) were prevalent.



Key Findings (Continued)

- Like most Americans, Speak Out respondents need to increase exercise, eat more fruits and vegetables and consume less alcohol and tobacco.
- Some issues varied within the community, particularly by gender. For example:
 - Males reported much higher rates of STD and HIV infection.
 - Transgender individuals face significant disadvantages in accessing health care, reported higher rates of mental health issues, and reported more days of physical and mental disability.

What affects physical health?

Factors associated with better current overall physical health:

- Being “out”
- Full support of family
- Stronger community connections
- Higher self-efficacy
- Fewer experiences of social isolation and teasing growing up

What affects mental health?

Factors associated with a lower likelihood of depression or anxiety:

- Fewer experiences of social isolation and teasing growing up
- Social support growing up (depression only)
- Higher self-efficacy (anxiety only)

8TH ANNUAL NATIONAL LGBT HEALTH AWARENESS WEEK

MARCH 28–APRIL 3, 2010

The National Coalition for LGBT Health has sponsored National LGBT Health Awareness week for the past 8 years.

Locally, we have participated by presenting a cultural competency conference for health care providers.



CLOSING THE GAP

IN LESBIAN, GAY, BISEXUAL, AND TRANSGENDER HEALTH

The Meaningful Care Conference

A key local effort to improve the health of lesbian, gay, bisexual, transgender and queer people (LGBTQ) by training health professionals how to work effectively with LGBTQ patients.

■ **2007, 2008, 2009**

In 2007, conference organizers and sponsors included the Board of County Commissioners, MCHD, Kaiser, and a number of local community based organizations. By 2009, Our conference support grew to include a number of foundations and businesses, as well as more nonprofit community partners.



Elder Resource Alliance



Q Center



Cascade AIDS Project



2009 Conference Sponsors



The logo for the LGBTQ community, with each letter in a different color: L (pink), G (blue), B (light blue), T (purple), and Q (dark purple).

LGBTQ

March 16, 2007

A banner for the 'Meaningful Care Conference' featuring a background of stylized mountains in shades of purple and pink. The text 'Meaningful Care Conference' is written in a purple serif font, and 'Portland, Oregon' is written in a smaller purple sans-serif font below it.

Meaningful
Care Conference

Portland, Oregon

The steering committee chose not to produce the conference for 2009 or 2010, because it was so well-attended that the need had been temporarily met. A commitment has been made to hold the conference once again in Spring 2012.

Through the Life Course



2009 National **HEALTH SUMMIT**

In lieu of the Meaningful Care Conference, local community agencies explored hosting the national 2011 Summit in Portland, but felt timing was poor due to the state of the economy.

We decided to apply our limited resources to local work: the Portland area LGBTQ Health Coalition formed from this group (Bloomington will sponsor national summit in 2011).

Northwest Health Foundation

- This past Spring 2010, this group of five executive directors decided to apply for a NWHF two year community based participatory research (CBPR) implementation grant as a follow up to the 2009 Speak Out survey to further our understanding of community needs and identify political advocacy opportunities relevant to the population.
- Quest Center for Integrative Health was asked to be the lead agency in the proposal.

CBPR Project Goals

- 1) Assemble comprehensive qualitative and quantitative data (existing and new) to gain a greater understanding of the chronic disease factors, service needs, and barriers to care within LGBTQ communities;
- 2) Build a stronger LGBTQ Health Coalition (of both service providers and community members), measured by increased capacity and empowerment of LGBTQ community members to address health issues;
- 3) Develop a communitywide strategic plan with measurable outcomes that includes research agenda, advocacy, policy and service recommendations; and
- 4) Integrate and institutionalize data-driven programming and policy-making focused on addressing social determinants of health into the diverse communities and programs that intersect around LGBTQ health.

CBPR Application

The LGBTQ Health Coalition applied for...

Phase I

- community outreach to engage new Coalition members, build cohesion within the group, and finalize the proposed project goals

Phase II

- use CBPR to review existing data, identify gaps in the knowledge, and collect new data.

Phase III

- engage the coalition and the larger LGBTQ communities in a data-driven strategic planning process to establish a policy and research agenda for LGBTQ health issues within governmental, corporate and programmatic settings.

Funding Received

- NWHF is excited to see a project working to identify health disparities in the LGBTQ population. Because the Coalition is relatively new, NWHF awarded Quest Center a \$20,000 capacity building grant to partially fund phase I of the original application. They invited us to reapply for funds for next steps.

In the next ten months, the LGBTQ Health Coalition will...

- Build the coalition, engaging key stakeholders
- Conduct a background literature review
- Create a plan to address the sustainability of the coalition, e.g. identifying and applying for additional funds to support continued growth
- Define a policy agenda.

Current Coalition Members

- Sexual Minority Youth Resource Center (SMYRC)
- Portland State University (PSU)
- Quest Center
- Friendly House/Elder Resource Alliance
- Program Design and Evaluation Services (PDES)
- Multnomah County Health Department (MCHD)
- Cascade AIDS Project (CAP)
- Basic Rights Oregon (BRO)
- Planned Parenthood of the Columbia Willamette
- Outside In
- Partnership Project

Questions or Comments

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