

FACT SHEET:

The Long Term Health Effects of LGBTQ2+ Minority Stress

With research from the Canadian Mental Health Association, Rainbow Community Council, the House of Commons, and YouthLine.

CHRONIC ILLNESS

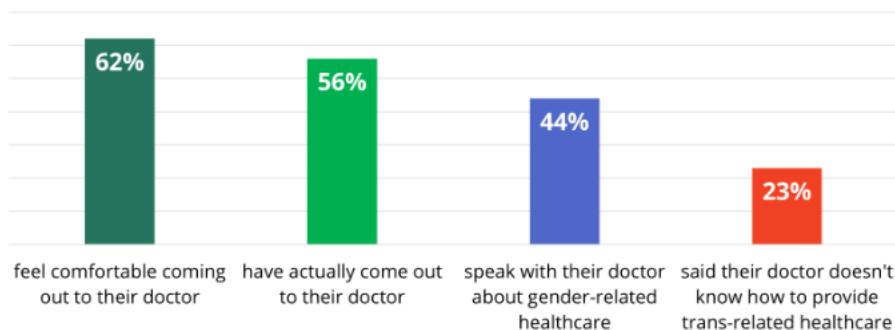
Minority stress is directly linked to psychological distress and higher rates of chronic illness, mental illness, and suicide. LGBTQ2+ people face:

- **Higher rates of depression**, anxiety, obsessive-compulsive and phobic disorders, suicidality, self-harm, and substance use.
- **Twice the risk of PTSD** (Post Traumatic Stress Disorder) of non-LGBTQ2+ people.
- **Higher rates of cardiovascular disease**, some types of cancer, and respiratory diseases .

Chronic disease also appears early in LGBTQ2+ people. One study showed that lesbian and bisexual women were nearly twice as likely to have asthma than straight women. Bisexual and lesbian women were also more likely to suffer from arthritis.

Despite these higher rates of chronic illness, many LGBTQ2+ people lack access to LGBTQ2+-inclusive medical care.

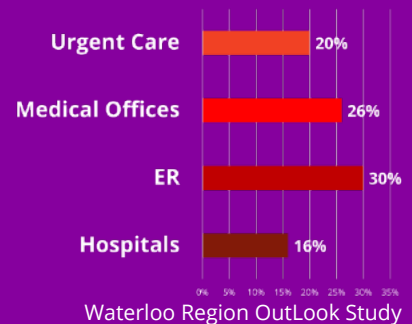
Outlook Study of LGBTQ2+ people in Waterloo Region: When asked about their primary healthcare provider, trans respondents reported...



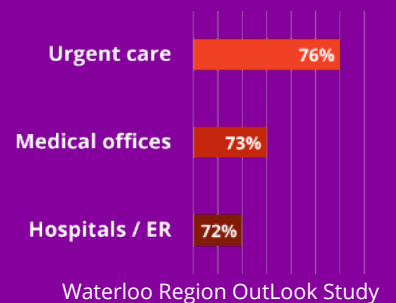
It is common for trans people in Waterloo Region to either avoid or feel unsafe accessing healthcare.



PLACES TRANS PEOPLE AVOID



PLACES TRANS PEOPLE FEEL UNSAFE





Experiences of medical discrimination are common for trans people in Waterloo Region.

INTERACTIONS WITH HOSPITAL STAFF IN WATERLOO REGION

- 25% of trans people reported hospital staff told them that they didn't know enough about trans-related care to provide it
- 23% reported that hospital staff used harmful or insulting language about trans people
- 20% reported staff refused to discuss trans-related health concerns
- 19% reported staff thought gender listed on ID or forms was a mistake
- 16% reported staff discouraged them from exploring their gender
- 15% reported staff belittled or ridiculed them for being trans
- 12% reported staff told them they were not really trans



INCREASED INEQUITY FOR NEWCOMER CANADIANS

Only 11% of racialized and 31% of non-racialized newcomers talk to regular healthcare provider about health issues specific to sexual orientation.

PROVIDING EDUCATION TO GET CARE

76% of trans people had to educate at least 4 different healthcare providers:

- **Practitioners most likely to need education:** mental health care provider (53%) and family doctor (48%)
- **Least likely:** ER doctor (21%) and specialist doctor (19%)



Canadian Mental Health Association. (n.d.). *Lesbian, Gay, Bisexual, Trans & Queer identified People and Mental Health*. Retrieved February 12, 2021, from Canadian Mental Health Association: <https://ontario.cmha.ca/documents/lesbian-gay-bisexual-trans-queer-identified-people-and-mental-health/>

C Davis, T Coleman, C Wilson, E McLaren, W Silk, E Schmid, R Travers, K Luu, A Mullholland, J Bell, S Ashtianti, and the OutLook Study Team. (2020). *Experiences of Trans People in Waterloo Region*. **Wilfrid Laurier University**. Retrieved from <https://yourwrrc.ca/rcc/wp-content/uploads/2019/05/Trans-Infosheet-v.06-SMALL.pdf>

House of Commons. (2019). *THE HEALTH OF LGBTQIA2 COMMUNITIES IN CANADA Report of the Standing Committee on Health*. Retrieved from <https://www.ourcommons.ca/Content/Committee/421/HESA/Reports/RP10574595/hesarp28/hesarp28-e.pdf>

YouthLine. (2019). *LGBT YouthLine's Provincial Youth Ambassador Project*. YouthLine. Retrieved from <http://anyflip.com/bktrb/mslu/>