

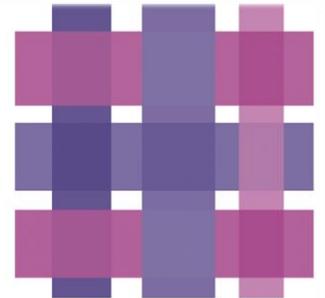
# Part I: National Health Overview

Hilary Meyer

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**National  
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**ON LGBT AGING**

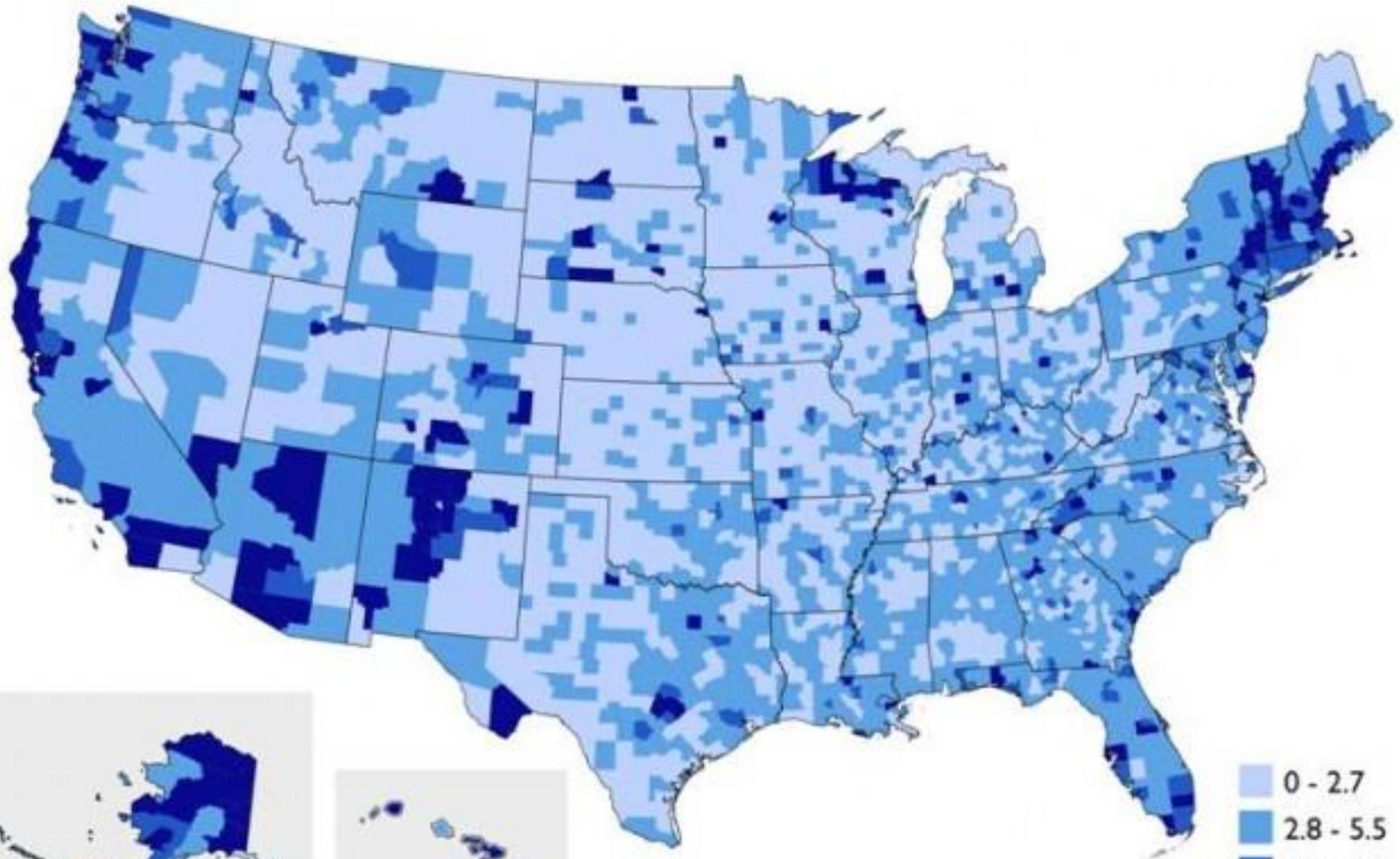


# LGBT Older Adult Population

2010: Between 1.6 and  
**2.4 million**

2030: As many as  
**7 million**

# Same-sex couples per 1,000 households by county (adjusted)



# The Aging and Health Report

## *Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults*

*By Karen I. Fredriksen-Goldsen, PhD, Hyun-Jun Kim, PhD,  
Charles A. Emler, PhD, Anna Muraco, PhD, Elena A. Erosheva, PhD,  
Charles P. Hoy-Ellis, MSW, Jayn Goldsen, BS, Heidi Petry, PhD*



# KEY FINDINGS

- Nearly 1/2 have a disability
- 1/3 report depression
- 91% engage in wellness activities
- 2/3 have been victimized 3 or more times
- 13% have been denied healthcare or rec'd inferior care
- More than 20% do not disclose SO/GI





- **Avg. levels:** 68.3 for lesbians; 65.6 for bisexual women
- **Rates of poor health:** 23% of lesbians; 22% bisexual women; 33% of transgender people
- **Ltd. P.A. & Special Eqpt:** 53% lesbians, 51% bisexual women; 62% transgender people
- **Obesity:** 34% of L; 34% of bi; 40% of trans (19% of gay men)



**Avg. level:** 71.8 for lesbians; 65.6 for bi; 62.7 for trans

**Depression & Anxiety:** 27% for lesbians; 35% for bisexual women; 48% for transgender people

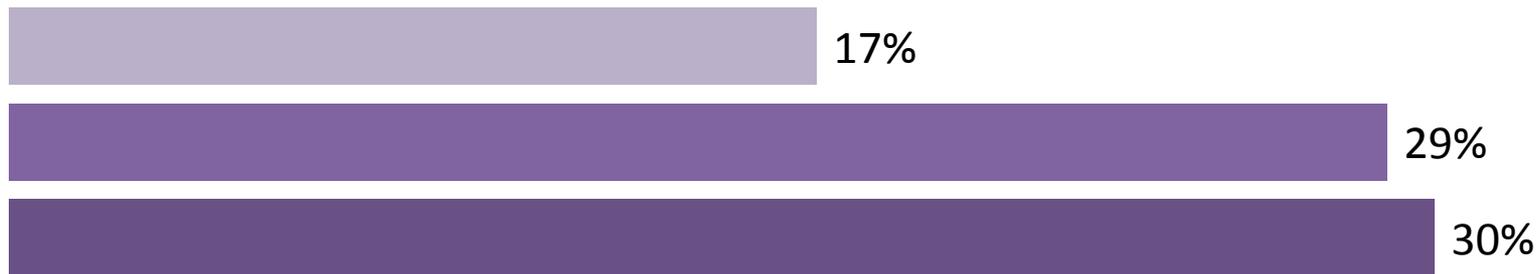
**Suicide:** 33% of L; 40% of B; 71% of T  
39% - suicidal thoughts related to SO/GI

**Loneliness/Social Isolation:** 59% lack companionship; 53% feel isolated; 53% feel left out

# Accessing Care

## Percentage of adults delaying accessing healthcare

■ Heterosexual ■ LGB ■ Transgender



- More than 20% of LGBT older adults do not disclose their sexual orientation or gender identity to physicians or care providers.
- 13% have been denied healthcare or received inferior care.

# Health Behaviors



**Exercise:** 84% of Ls, 69% of Bs engage in moderate activities weekly; 51% LGBT in vigorous activities; 91% in wellness (e.g. meditation, photogr.)

**Sexual Activity:** 55% of LGBT have been sexually active within 12 mos

**Health Screening:** 84% of women had a mammogram; 66% had a Pap smear

**Smoking:** 7% of lesbians; 15% of bi women and 15% of trans o.a. currently smoke

**Excessive Drinking:** 8% of lesbians, 8% of bisexual; 20% of trans o.a.

**HIV risk behaviors:** 4% of lesbians; 14% of bi women; 20% of trans (26% of gay men)

# Caregiving and Receiving

- 90% of caregiving in general pop. are related by birth or marriage
- 14% of gen. pop. is provided by “non-relative”
- 27% of LGBT older adults assist a partner, friend or family member

Of those: 35% to partner or spouse  
32% to a friend  
16% to a parent or parent-in-law  
7% to another relative  
2% to an adult child

# Resilience

- 89% feel positive about being in LGBT community
- 2/3 have someone to help with chores when sick (1/3 do not)
- 38% participate in religious or spiritual activity monthly

## Risk

- 82% victimized at least once
- 64%, 3 x or more
- Verbal (68%); threat of violence (43%); hassle by police (27%)
- 20% physically assaulted
- More than 1/2, discriminated in employment or housing

