



## The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders "By Ethnicity: Korean"

Apicha Community Health Center (CHC) examined the health and wellness needs of New York City's Lesbian, gay, bisexual, transgender, queer (LGBTQ) Asian, Asian American, South Asian, Southeast Asian, and Pacific Islander Communities. 344 LGBTQ APIs responded to a confidential and anonymous survey, available in nine (9) Asian languages and scripts, as well as focus groups and individual interviews. The overall recommendations are:

- Expansion of Mental Health Services and Psychiatry
- More publicity about Free Testing for STDs / HIV/AIDS
- Health Education of Sexual Health & Hygiene
- Dermatology
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers

There were unique findings that "Korean" respondents had identified who were 4% of the total number of respondents.

### HEALTH & WELLNESS

- Among the most important **health needs**, Korean respondents ranked: Depression or Anxiety (36%), Transgender Health (23%), Dental Care (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Testing (42%), Prevention (25%), Treatment (17%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (11%), Pediatric Doctor for Primary Care (10%), and Mental Health Services for Children, Adolescents, or Family (9%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (50%), Dermatology (40%), Memory Loss Screenings (17%), and Cancers (13%).
- The most important **well-being** needs were: Emotional Health (77%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (17%), and Health Insurance Enrollment (9%).
- The most important health and wellness **needs in general** were: Managing ADD/ADHD/OCD/PTSD (25%), Depression or Anxiety (25%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (25%).

## HEALTH EDUCATION AND PHARMACEUTICAL NEEDS

- The most significant **barriers** or “social determinants” to addressing these health/well-being needs were: Finances (Ability to pay for services) (45%), Finding a Health Care Provider who is Covered by Insurance (In-Network) (22%), and Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (17%).
- The health/well-being needs that respondents most want to **learn about** were: ADD/ADHD/OCD/PTSD (43%), Coming Out to Asian Parents (33%), and Emotional Issues/Anxiety/Depression (18%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (38%), ADD/ADHD/OCD/PTSD (29%), Transgender Hormonal Therapy (29%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (20%), Good (47%), Fair (27%), Poor (7%), Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (13%), Good (33%), Fair (40%), Poor (13%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (67%); Regular exercise (47%); Self-Care (53%); Trying to start a family / having children (0%).
- Smoking/Vaping (20%); Drinking more than 2 alcoholic drinks per day (53%); Drinking more than 2 sugary drinks per day (33%); Party Drugs (27%); Other drugs (40%); Hard drugs (13%).
- Sex without condoms or dental dams (and not on PREP) (27%); Sell or exchange sex for money, drugs, or other (13%); Buy, pay, or exchange money, drugs, or other for sex (0%).

## DEMOGRAPHIC PROFILE OF KOREAN RESPONDENTS

**Sexual Orientation** – Most selected “Bisexual/pansexual/Fluid” (40%), Queer (33%), “Lesbian” (27%), Gay (20%), and “Asexual” (7%). **Gender Identity:** Non-Binary/More than One Gender/No Gender (40%), Female (33%), Male (33%), and Transgender Female (13%). **Disability** – 29% had some physical, mental, developmental, or behavioral disability. **Age:** 25-34 (53%), 55-64 (13%), 18-24 (20%), 35-44 (7%), and 45-54 (7%). **Native Language:** English (73%), Korean (40%). **Income:** Income Over \$100,000 (27%), \$46,001 - \$55,000 (13%), and between \$27,001 - \$27,000 (13%). **Education:** 40% obtained a Bachelor's Degree, 20% Master's Degree, 20% Doctorate Degree, 7% High School or Equivalent, 7% Some College, and 7% Professional Degree. **Special Group Affiliation:** Transgender/Gender Non-Conforming (50%), Immigrant (25%), Youth (under 18) (25%), and Elders/Senior Citizens (17%). **Borough:** 40% reside in Brooklyn, 40% in Queens, 13% in Manhattan, and 7% in the Bronx.

*Apicha Community Health Center improves the health of our community and increases access to comprehensive primary care, preventive health services, mental health, and supportive services. **To make an appointment, got to [www.apicha.org](http://www.apicha.org)***