



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders
“By Ethnicity: South Asian”

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 “South Asians” had identified. 6% of the total number of respondents were Chinese or Taiwanese.

HEALTH & WELLNESS

- Among the most important **health needs**, South Asian respondents ranked: Depression or Anxiety (45%), HIV/AIDS/Sexually Transmitted Diseases/Hepatitis (28%), and Immunization/Vaccines (12%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Testing (42%), Prevention (35%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (50%), Pediatric Doctor for Primary Care (10%), and Dental Services (10%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (33%), Cancers (29%), Labia/Clitoris Maintenance (13%).
- The most important **well-being** needs were: Emotional Health (75%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (15%), and Health Insurance Enrollment (6%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (37%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (27%), Finding a Doctor Covered by my Insurance (In-Network) (13%), and Finding an LGBT-Sensitive Asian Doctor (11%).

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) (44%), and Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (35%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (27%), Coming Out to Asian Parents (28%), Cancers (13%), and Mental Health (12%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (40%), ADD/ADHD/OCD/PTSD (29%), Transgender Hormone Therapy (20%), and Immunizations/Vaccines (16%).

HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (5%), Good (48%), Fair (29%), Poor (14%), and Very Poor (5%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (24%), Fair (52%), Poor (10%), and Very Poor (5%).
- Trying to eat a healthy/balanced diet (62%); Regular exercise (43%); Self-Care (57%); Trying to start a family / having children (19%).
- Smoking/Vaping (14%); Drinking more than 2 alcoholic drinks per day (10%); Drinking more than 2 sugary drinks per day (14%); Party Drugs (5%); Other drugs (29%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (29%); Sell or exchange sex for money, drugs, or other (0%); Buy, pay, or exchange money, drugs, or other for sex (5%).

DEMOGRAPHIC PROFILE OF SOUTH ASIAN RESPONDENTS

Ethnicity – Most were Indian (62%), Bangladeshi (14%), Bhutanese (10%), and Sri Lankan (10%). **Sexual Orientation** – Most selected Queer (43%), Gay (33%), “Lesbian” (33%), “Bisexual/Pansexual/Fluid” (19%), and “Asexual” (10%). **Gender Identity**: Non-Binary/More than One Gender/No Gender (43%), Female (38%), Male (19%), and Transgender Male (14%). **Disability** – 43% had some physical, mental, developmental, or behavioral disability. **Age**: 25-34 (43%), 35-44 (24%), 18-24 (24%), and 45-54 (10%). **Native Language**: English (86%), Hindi (14%), Bengali (10%). **Income**: Over \$100,000 (24%), \$75,001 - \$100,000 (24%), \$65,001 - \$75,000 (10%), and \$18,001 - \$22,500 (5%). **Education**: 33% Achieved a Bachelor's Degree, 29% Master's Degree, 10% Trade/Technical/Vocational Training, 10% Professional Degree, 5% Primary or Grammar School. **Special Group Affiliation**: Transgender / Gender Non-Conforming (45%), Student (30%), Youth (18 to 25) (20%), and Immigrant 20%). **Borough**: 38% reside in Queens, 33% in Manhattan, 24% in Brooklyn, and 5% in Staten Island.

*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***