



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

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 LGBTQ API "women" had identified. Out of the total sample 11% identified as female and 1% identified as transgender female.

### HEALTH & WELLNESS

- Among the most important **health needs**, women ranked: Depression or Anxiety (51%), HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (14%), Pediatric or Adolescent Care / Family Mental Health Services (11%), Transgender Health (8%), and Cancer (6%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Testing (37%), Prevention (26%), None or Not Needed (22%), Treatment (11%), Support Services / Navigating the Bureaucracy (11%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (26%), Pediatric Doctor for Primary Care (15%), Mental health Services for Children, Adolescents, or Family (14%).
- **New services** that Apicha CHC could offer in the future were: Dermatology (31%), Vision (22%), Anal health (22%), In vitro Fertilization (18%), and Labia/Clitoris Maintenance (13%).
- The most important **well-being** needs were: Emotional Health (65%), Health Insurance Enrollment (12%), and Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (9%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (34%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (25%), and Finding an LGBT-Sensitive Asian Doctor (21%).

## 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) (50%), Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (24%), and Finding a Health Care Provider who is Covered by Insurance (13%).
- The health/well-being needs that respondents most want to **learn** about were: Mental Health (29%), Coming Out to Asian Parents (28%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (21%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (50%), Immunizations/Vaccines (22%), and ADD/ADHD/OCD/PTSD (19%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (12%), Good (36%), Fair (38%), Poor (12%), and Very Poor (2%).
- About their overall **mental / emotional health**, they responded: Very Good (5%), Good (36%), Fair (43%), Poor (14%), and Very Poor (2%).
- Trying to eat a healthy/balanced diet (60%); Regular exercise (36%); Self-Care (43%); Trying to start a family / having children (10%).
- Smoking/Vaping (12%); Drinking more than 2 alcoholic drinks (19%) and 2 sugary drinks per day (14%); Party Drugs (14%); Other drugs (24%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (19%); Sell or exchange sex for money, drugs, or other (2%); Buy, pay, or exchange money, drugs, or other for sex (7%).

## DEMOGRAPHIC PROFILE OF FEMALE RESPONDENTS

**Ethnicity** – Most were Chinese (38%), Korean (17%), Asian Indian (17%), Japanese (10%), and Filipino (7%). **Sexual Orientation** – Most selected “Bisexual/Pansexual/Fluid” (45%), Queer (43%), “Lesbian” (38%), “Asexual” (10%), and Gay (5%). **Gender Identity**: Female (93%), Non-Binary/More than one Gender/No Gender (21%), and Transgender (10%). **Disability** – 28% had some physical, mental, developmental, or behavioral disability.

**Age**: 25-34 (45%), 18-24 (29%), 35-44 (12%), 45-54 (12%), and 55-64 (5%). **Native Language**: English (76%), Chinese-Mandarin (7%), Chinese-Cantonese (7%), Chinese-Other dialect (7%), and Korean (7%). **Income**: Income \$75,001-\$100,000 (17%), Over \$100,000 (17%), No Income-Student (12%), \$65,001 - \$75,000 (7%). **Education**: 34% had obtained a Bachelor's Degree, 29% Master's Degree, 10% Some College, 10% Doctorate Degree, and 7% High School or Equivalent. **Special Group Affiliation**: Immigrant (29%), Youth (18 to 25) (26%), Student (26%), Transgender/Gender Non-Conforming (23%), and LGBT Asian Parents with Children (17%). **Borough**: 38% reside in Brooklyn, 30% Manhattan, 29% Queens, and 2% 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](http://www.apicha.org)***