



# Washington LGBTQ+ Survey: Health



# Overview

- Mental health
- Substance use and behavioral health
- Physical health and wellness
- Healthcare access and utilization
- Discrimination in healthcare
- Health services for older adults
- Sexual health
- Intersectional analyses
- Presidential election effects

# Mental Health

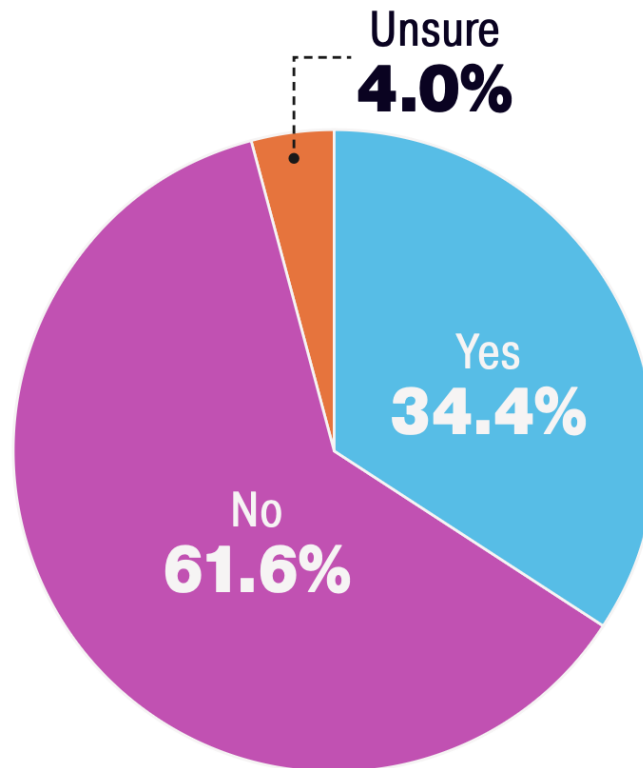
# Depressive symptoms, anxiety

- On average, participants experienced:
  - More than **two days of depressive symptoms** in the past week ( $M = 2.20$ ,  $SD = 1.79$ )
  - More than **three days of anxiety** in the past week ( $M = 3.08$ ,  $SD = 2.20$ )

# Suicidal ideation

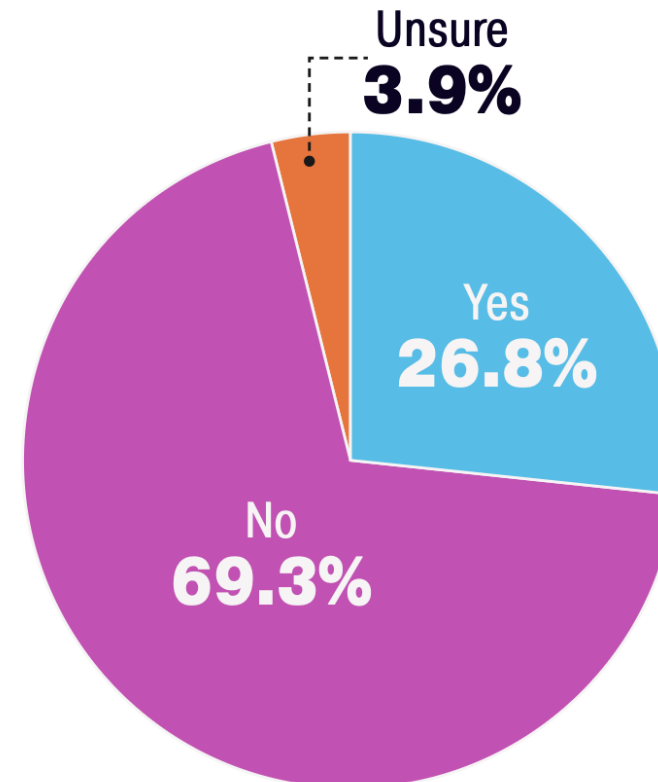
In the past 12 months, have you ever wished you were dead or wished you could go to sleep and not wake up?

(6,202 participants)



In the past 12 months, have you ever had any thoughts about killing yourself?

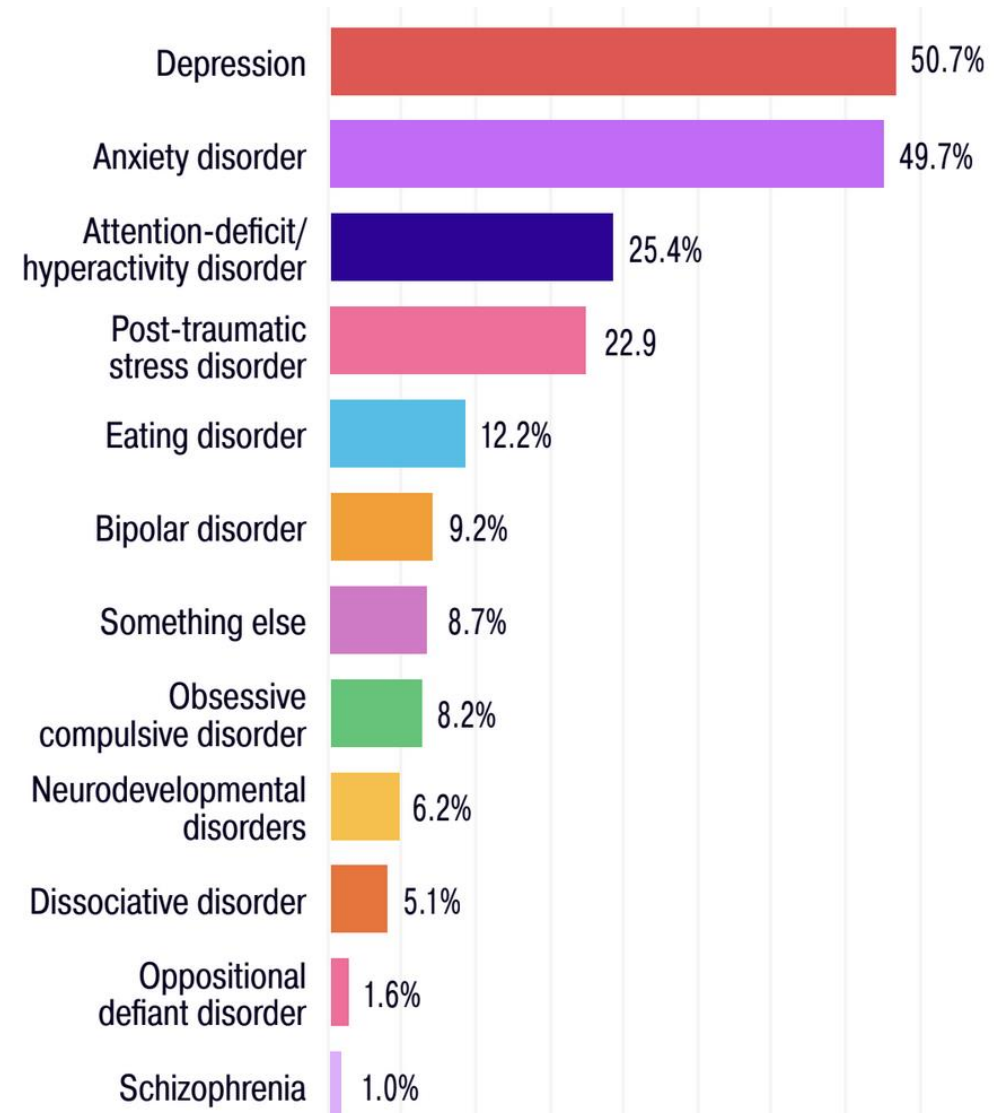
(6,201 participants)



# Mental health diagnoses

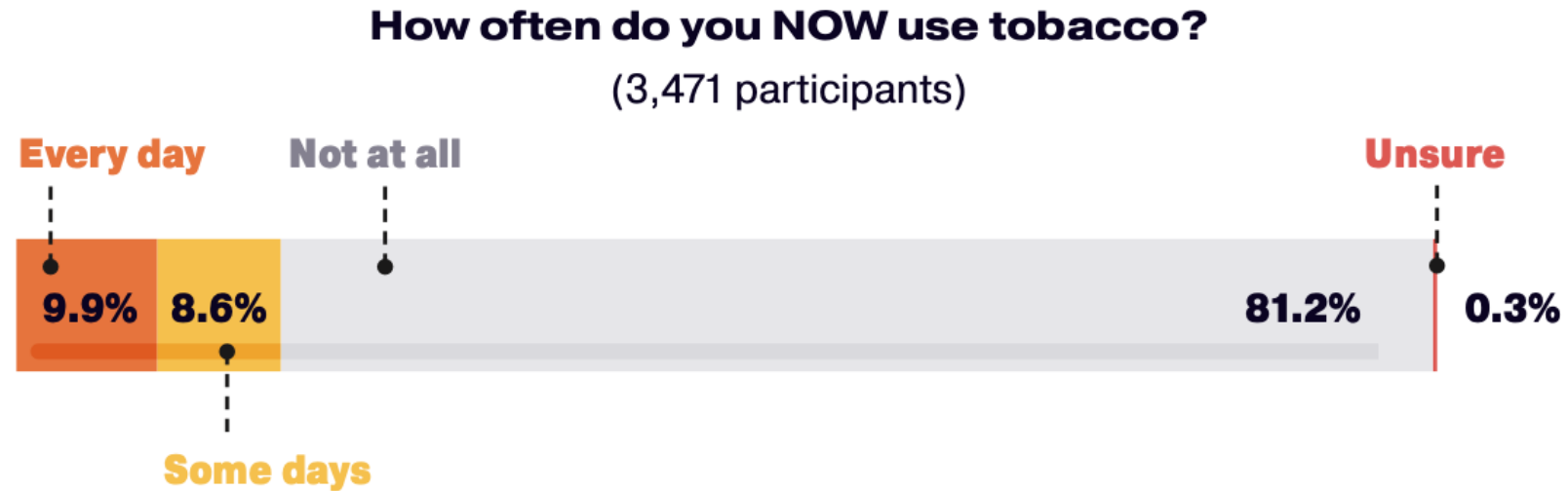
**Which diagnoses have you received from a medical professional at any time in your life?**

(6,213 participants)



# Substance Use and Behavioral Health

# Tobacco use

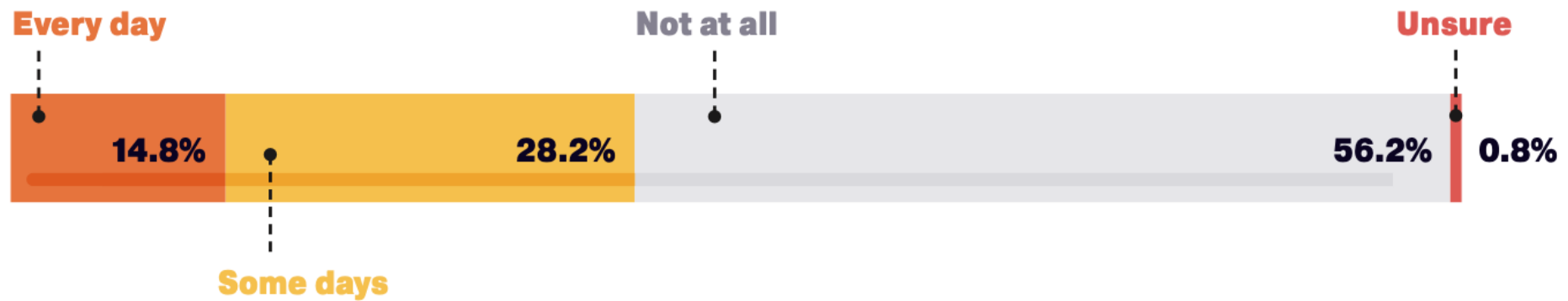




# Marijuana use

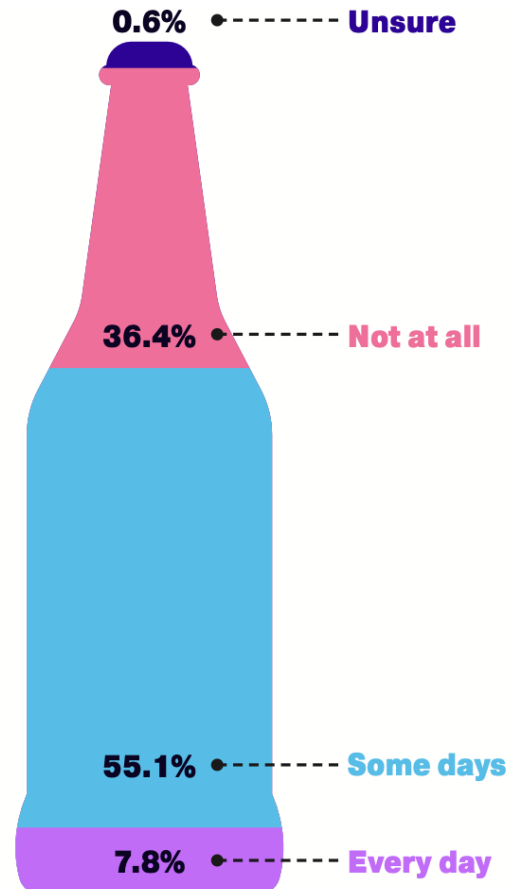
How often do you **NOW** use marijuana?

(3,461 participants)



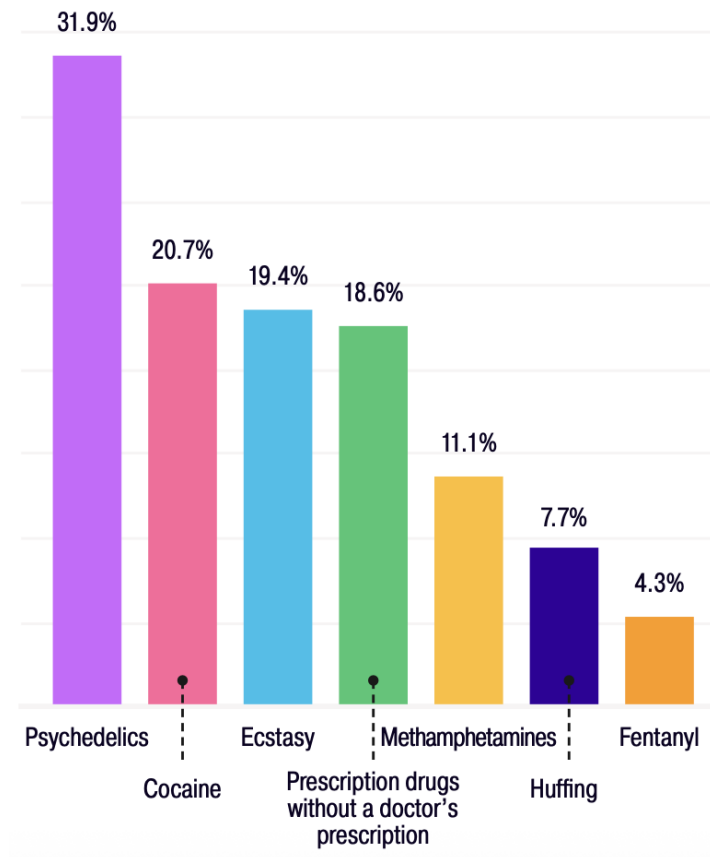
# Alcohol use

How often do you drink alcohol?  
(5,636 participants)



# Controlled substance use

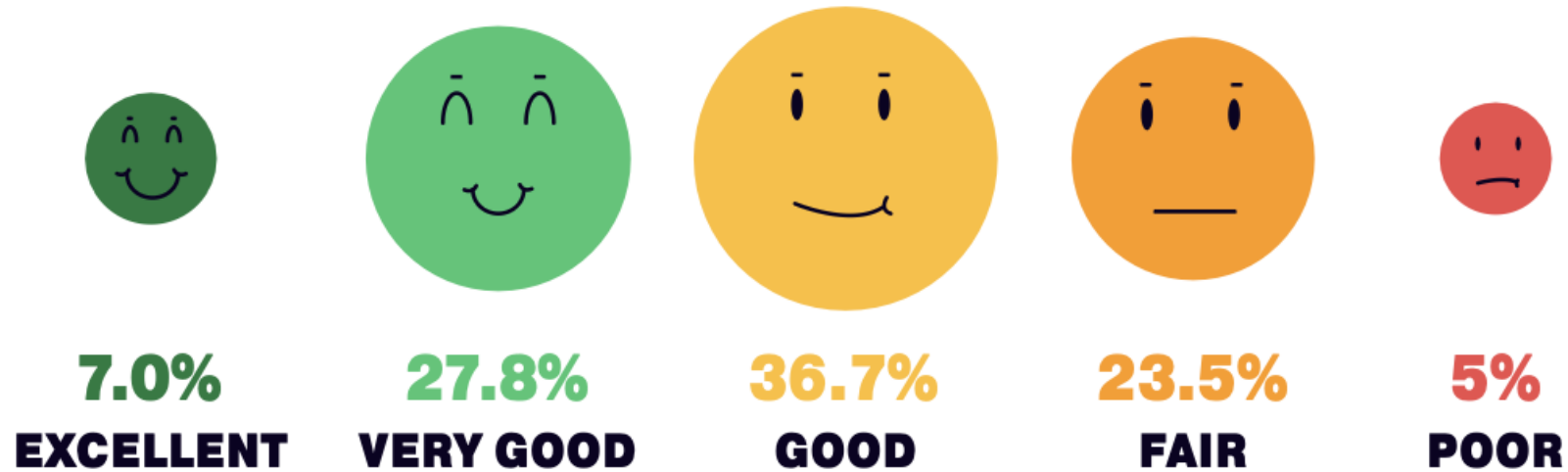
**For the 38.3% of participants who reported using illicit substances, these were the types used:**  
(2,555 participants)



# Physical Health and Wellness

# Physical health

(6,303 participants)



# Weekly physical activity

On how many days during the past week did you engage in physical activity or exercise?

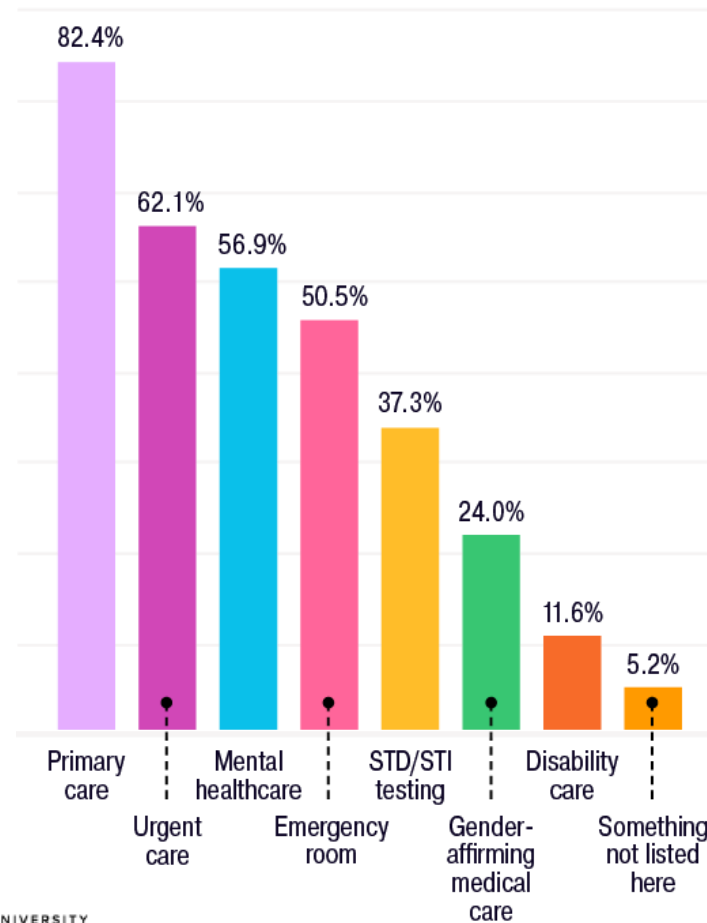
(6,285 participants)



# Healthcare Access and Utilization

# Medical care use

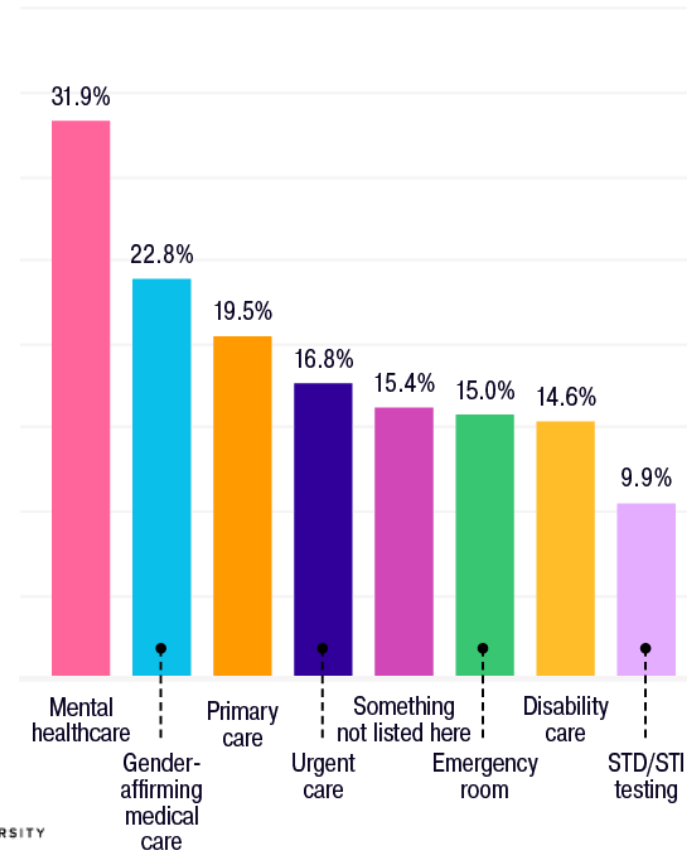
**Forms of medical care used in Washington**  
(6,367 participants)





# Inaccessible medical care

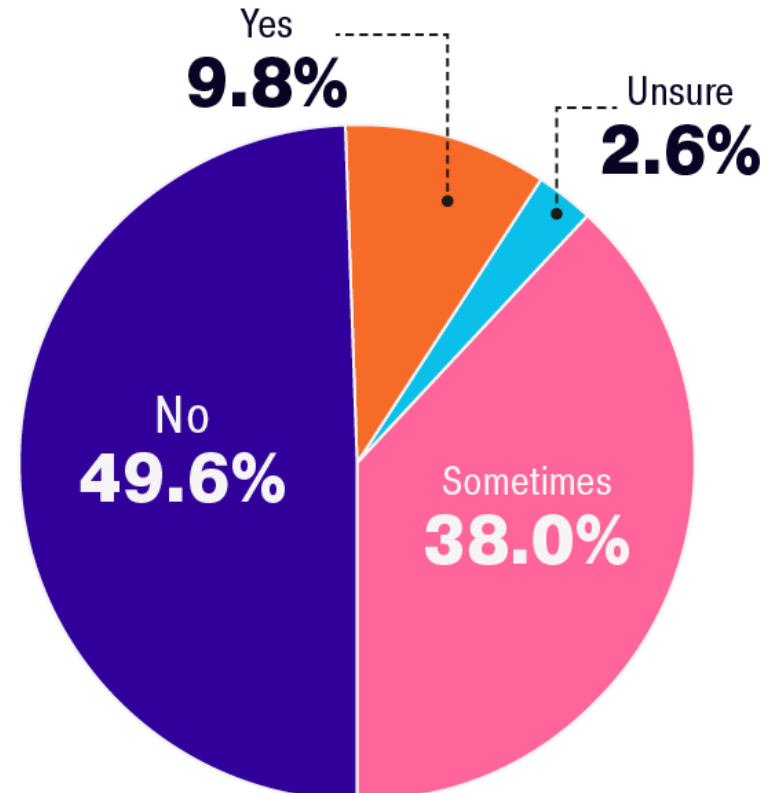
**Of the 44.0% of participants who weren't able to access care, the following types of care were inaccessible:**  
(2,011 participants)



# Avoidance of medical care

Do you tend to avoid obtaining medical care because you expect to experience discrimination in medical settings?

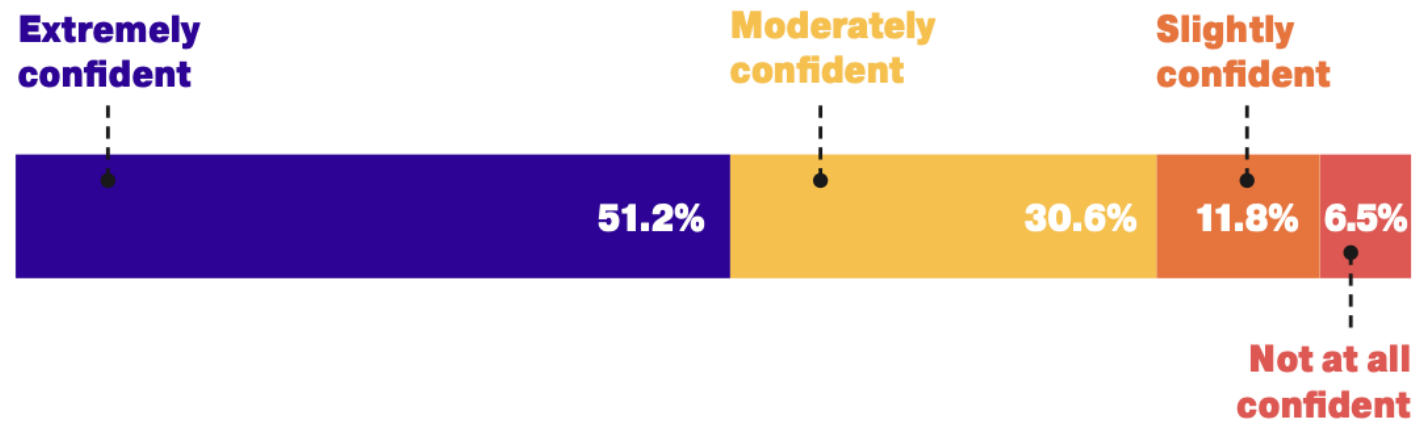
(6,338 participants)



# Access to support

**If you were to become sick or injured in the near future, how confident are you that someone you know would take care of you?**

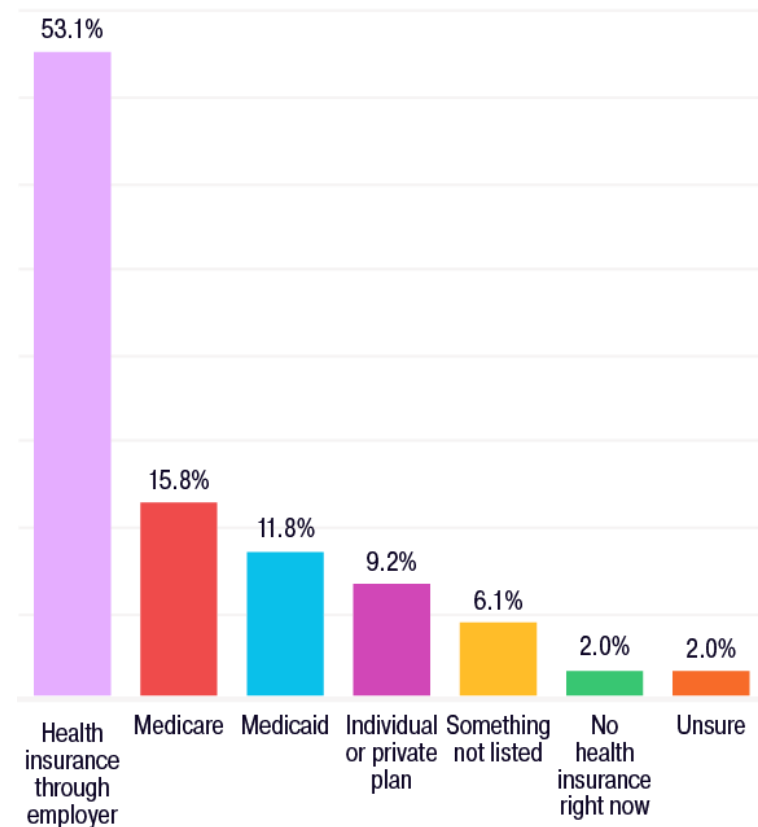
(6,310 participants)



# Primary health insurance

Which of the following best describes your  
primary health insurance coverage?

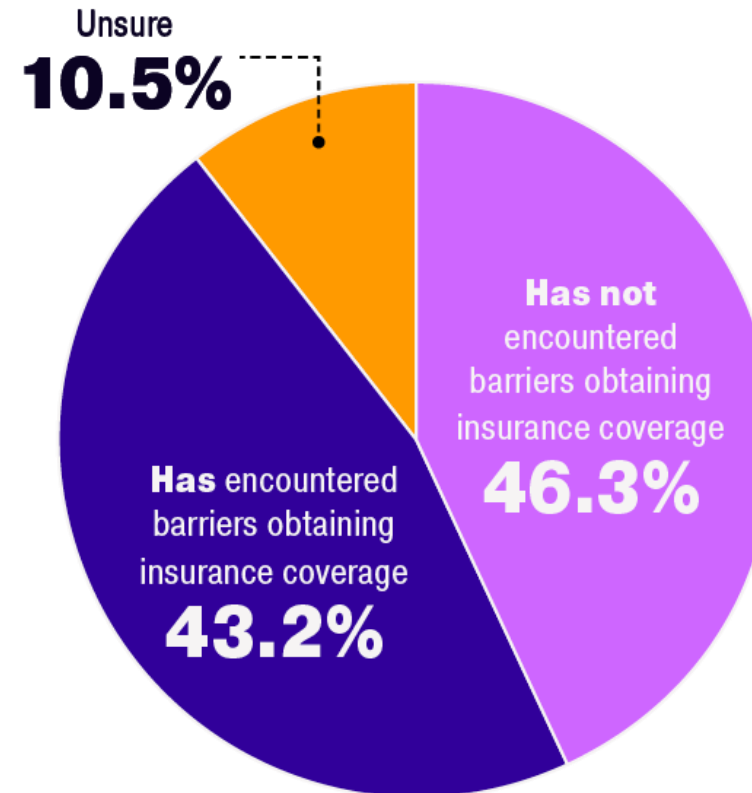
(5,725 participants)



# Barriers to insurance coverage

While living in Washington, have you encountered barriers to obtaining insurance coverage for gender-affirming procedures?

(1,364 participants)



# Barriers to insurance coverage

**Please explain the barriers you encountered when trying to obtain insurance coverage for gender-affirming procedures.**

(870 participants)

<b>Difficulty with insurance policy</b>	<b>81.0%</b>
Gender-affirming care (GAC) never covered	28.4%
Slow bureaucracy	16.4%
Hair removal for GAC denied	8.7%
Arbitrary restrictions	7.1%
Top surgery/chest masculinization denied	6.8%
No or few providers in-network	5.0%
Medicaid/Medicare issues	4.3%
No or few experienced providers in state	1.2%
Out-of-state insurance denied coverage protected in-state	1.2%
VA doesn't cover GAC	0.8%
Limited information about coverage	0.6%
Religious insurance denying coverage	0.6%

# Barriers to insurance coverage

**Please explain the barriers you encountered when trying to obtain insurance coverage for gender-affirming procedures.**

(870 participants)

<b>Money</b>	<b>9.8%</b>
High cost of care	8.9%
Incorrect charges	0.9%
<b>Difficulty with insurance personnel</b>	<b>4.8%</b>
Experienced discrimination	3.8%
Uneducated staff	1.0%
<b>Time</b>	<b>4.2%</b>
Long wait for approval from insurance	1.8%
Long wait times to see providers	1.0%
Long wait times for surgery	0.8%
Long travel times to approved providers	0.6%

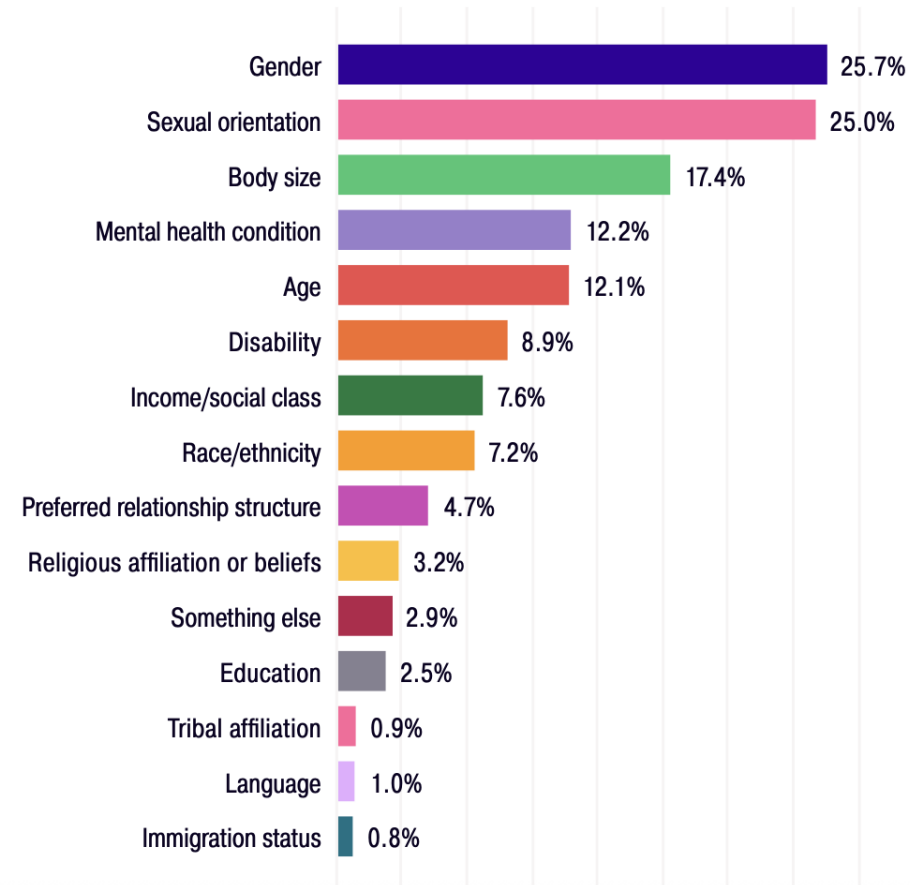
# Discrimination in Healthcare



# Medical setting discrimination

Do you feel that you have experienced discrimination in a medical setting in WA based on any of your characteristics?

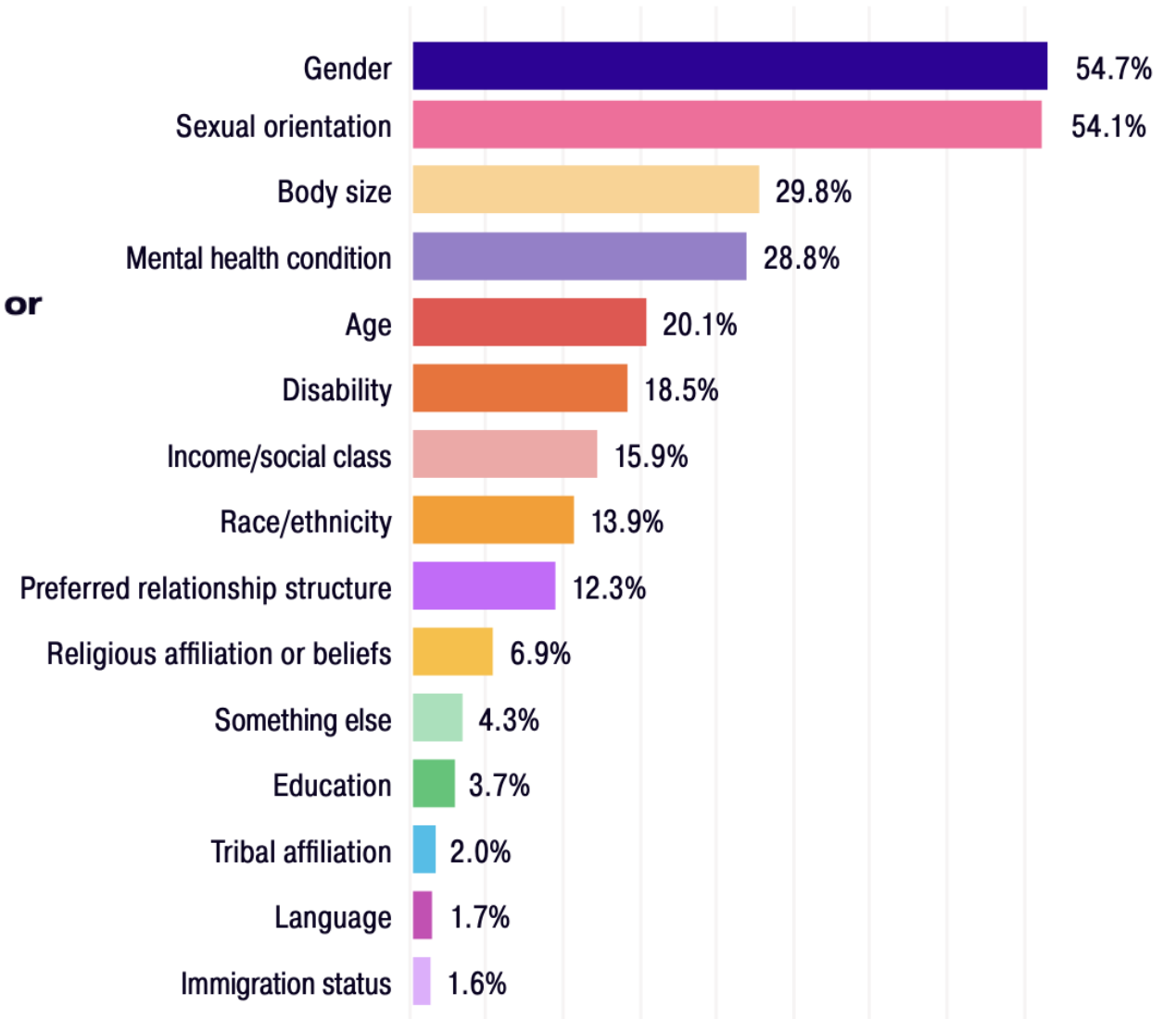
(6,319 participants)



# Identities prompting avoidance

**When you avoid medical care, which of your identities or characteristics do you expect discrimination in medical settings to be related to?**

(3,197 participants)

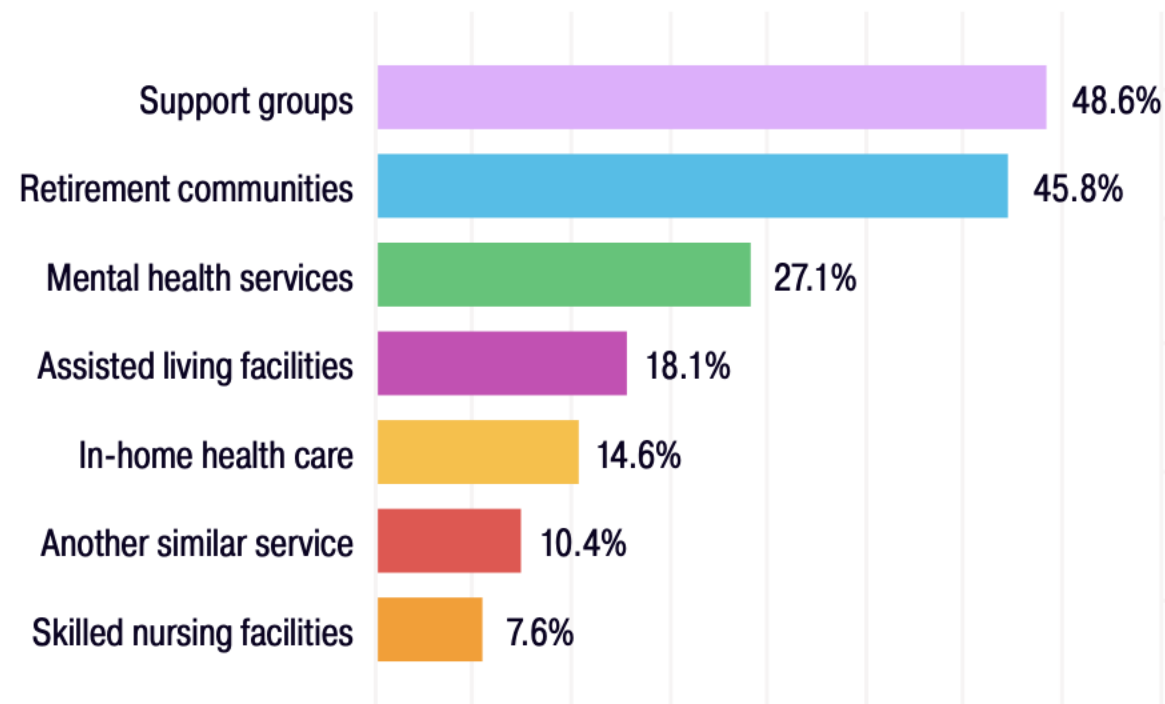


# Health Services for Older Adults

# Ages 65+ inaccessible services

**Of participants ages 65+ who were unable to find LGBTQ-affirming services, the following types of services were inaccessible:**

(144 participants)

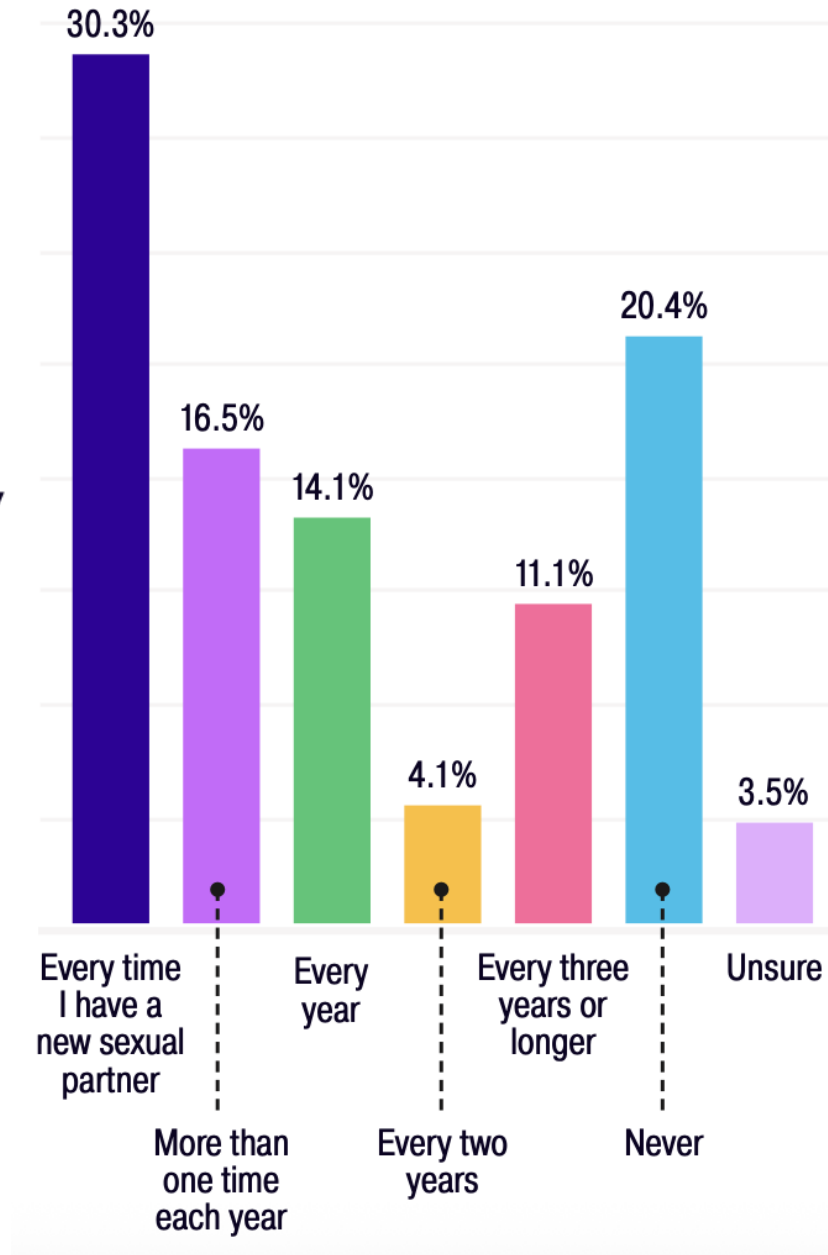


# Sexual Health

# STI screening

**How often do you engage in screenings for sexually transmitted infections?**

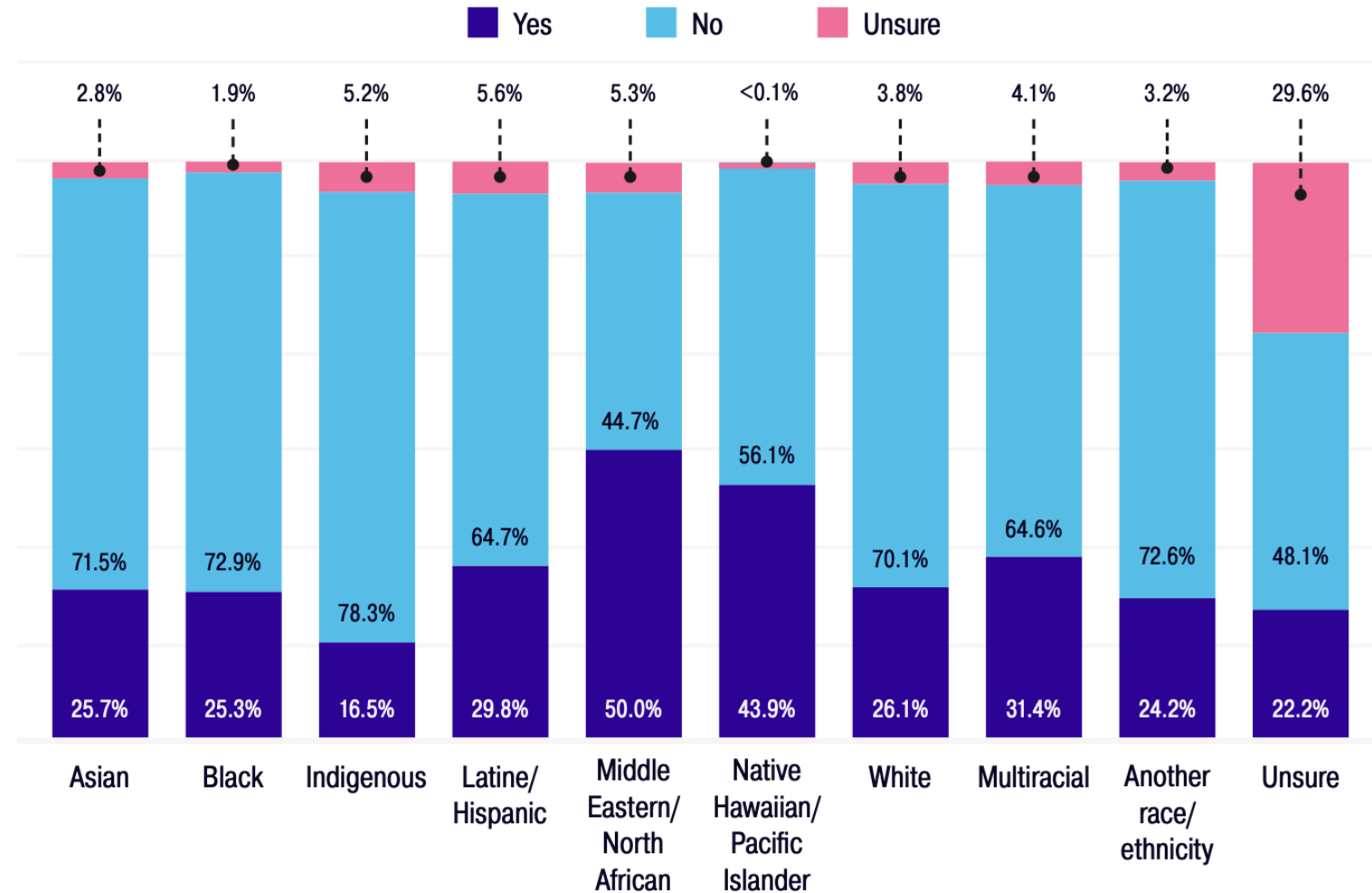
(6,202 participants)



# Intersectional Analyses

# Suicidal ideation x race/ethnicity

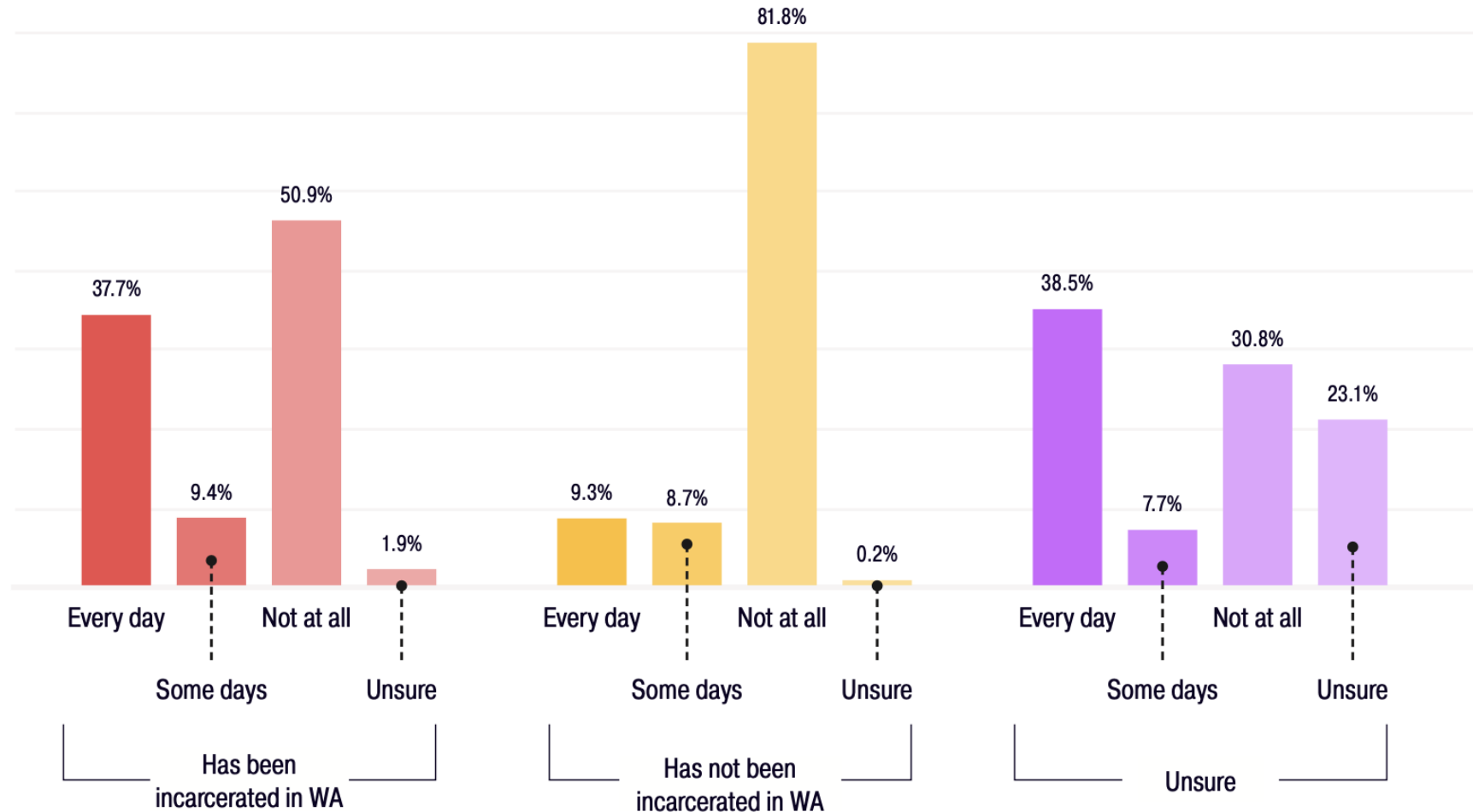
In the past 12 months, have you ever had any thoughts about killing yourself?  
(6,129 participants)





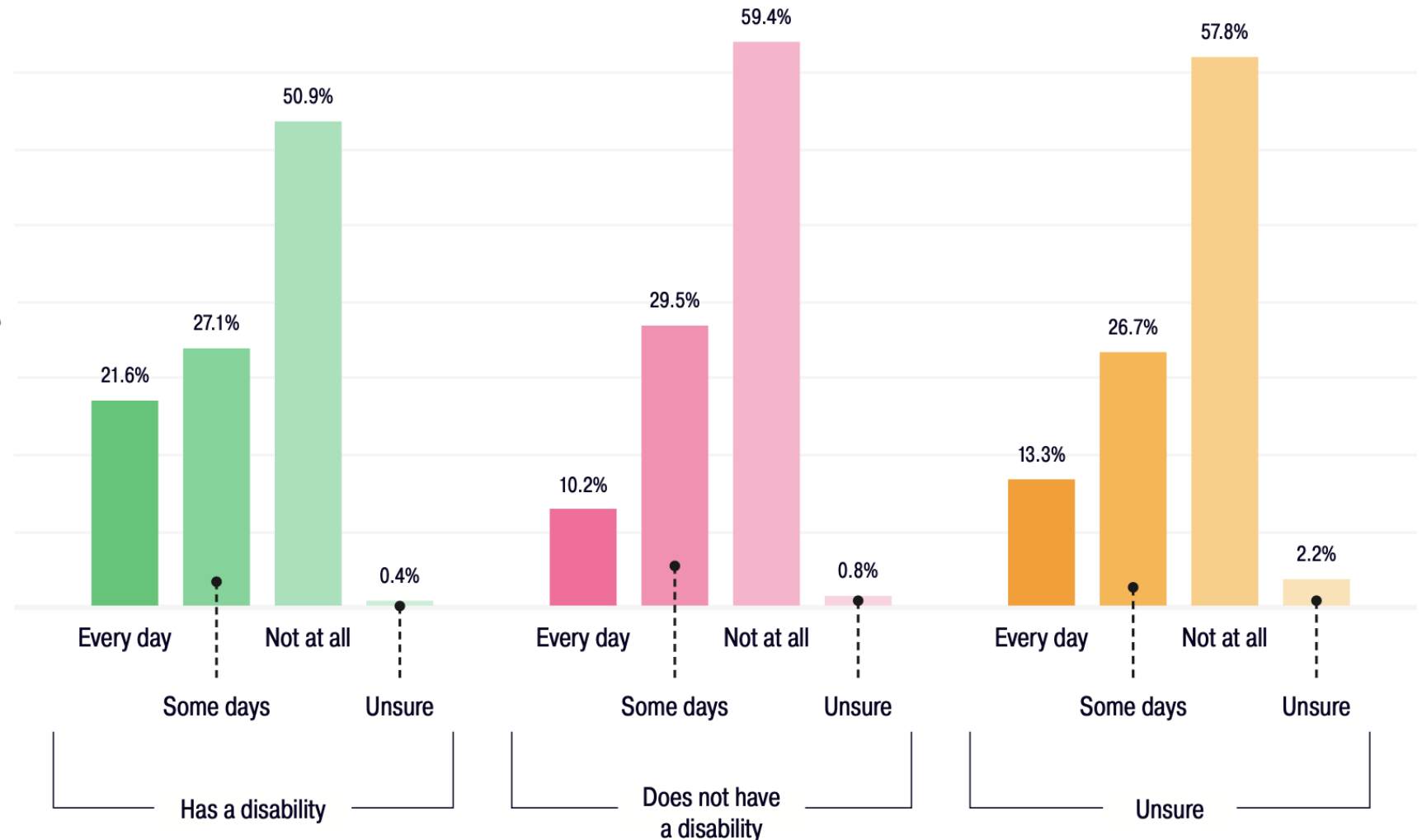
# Tobacco use x prior incarceration

**How often do you NOW use tobacco?**  
(3,350 participants)



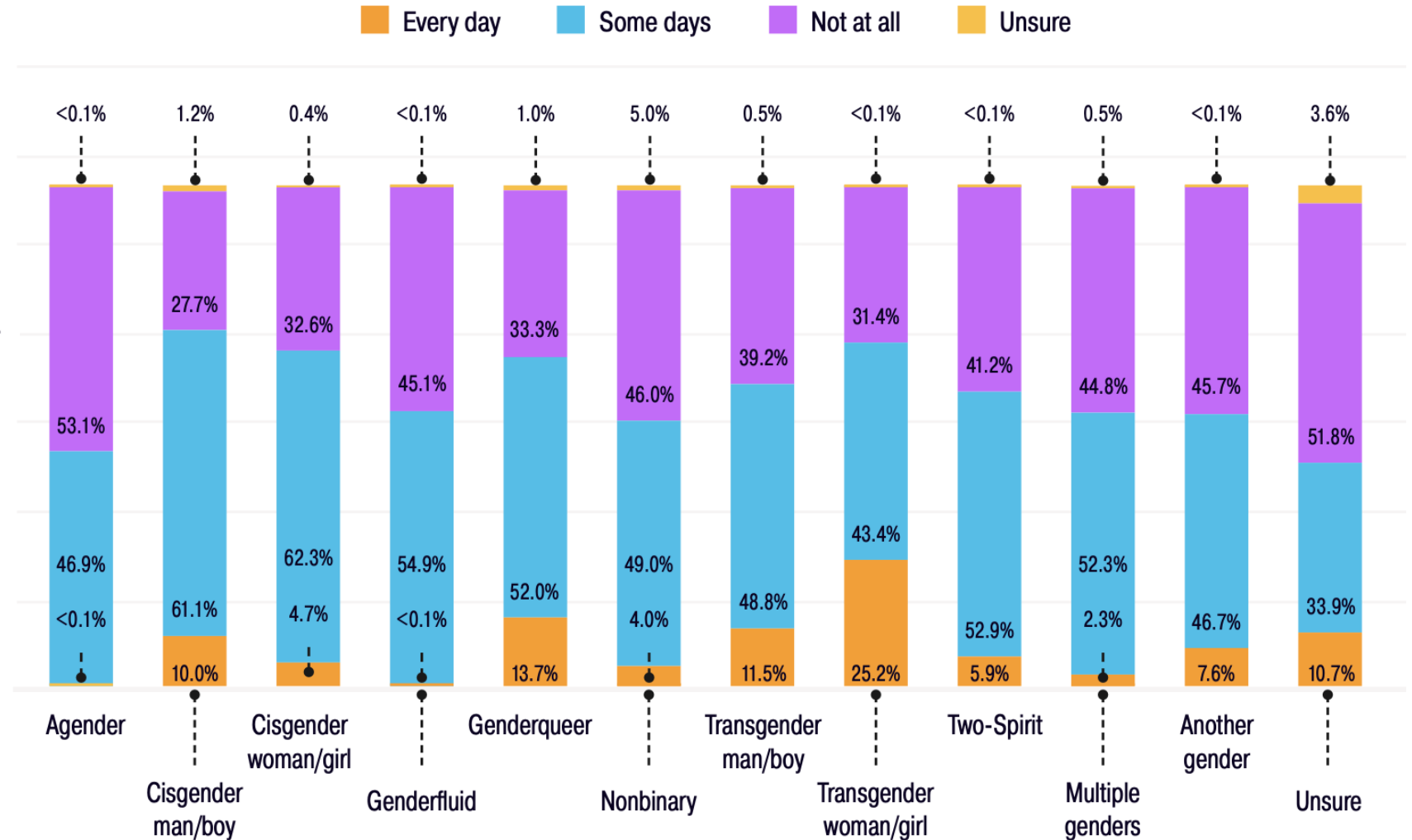
# Marijuana use x disability

**How often do you NOW use marijuana?**  
(3,429 participants)



# Alcohol use x gender

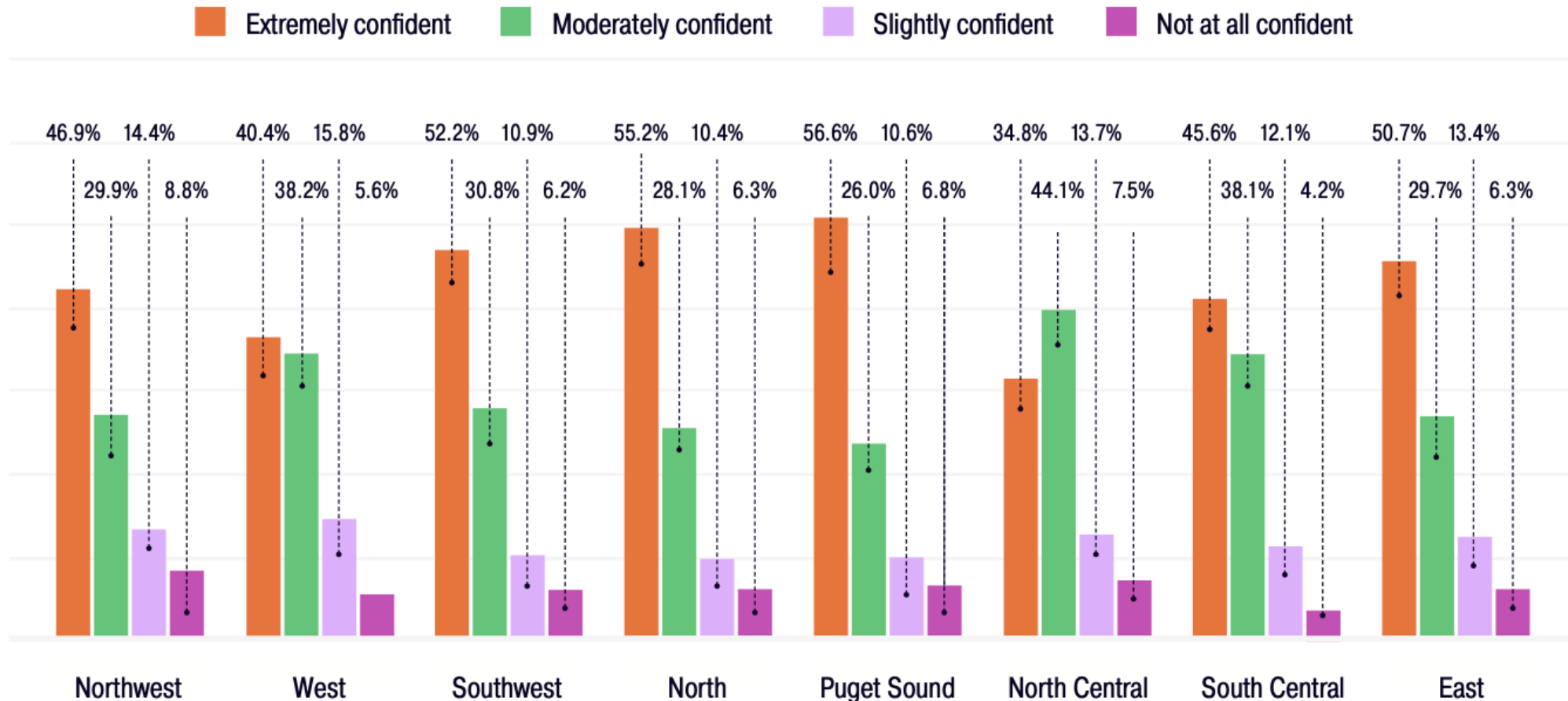
**How often do you NOW consume alcohol?**  
(3,440 participants)



# Access to support x region

**If you were to become sick or injured in the near future,  
how confident are you that someone you know would take care of you?**

(6,142 participants)



# Presidential Election Effects

# Depressive symptoms

- The effect of timing on depressive symptoms was significant,  $F(1, 6,209) = 26.25, p < .001, \eta p^2 = .004$
- **Participants who completed the survey after the election had higher levels of depressive symptoms ( $M = 2.33, SD = 1.86$ ) than those who completed the survey before the election ( $M = 2.10, SD = 1.73$ ):**
  - 2.10 days per week before the election
  - 2.33 days per week after the election

# Anxiety

- The effect of timing on anxiety was also significant,  $F(1, 6,195) = 21.79, p < .001, \eta p^2 = .004$
- **Participants who completed the survey after the election had higher levels of anxiety** ( $M = 3.23, SD = 2.27$ ) than those who completed the survey before the election ( $M = 2.96, SD = 2.15$ )
  - 2.96 days per week before the election
  - 3.23 days per week after the election

# Perceived safety

- The effect of timing on perceived safety was significant,  $F(1, 6,179) = 12.45$ ,  $p < .001$ ,  $\eta p^2 = .002$
- **Participants who completed the survey after the election felt safer as a 2SLGBTQIA+ person in Washington State** ( $M = 5.40$ ,  $SD = 1.09$ ), compared to those who completed the survey before the election ( $M = 5.30$ ,  $SD = 1.00$ )
  - 5.30 before the election (scale: 1 = *extremely unsafe* to 7 = *extremely safe*)
  - 5.40 after the election



# Q&A

- In the room
- Online
- [Comment dashboard](#)

**Thank you!**