



Pride in Numbers

2018 Shout Out AZ/Un Saludo AZ LGBTQ+ Health Assessment

0.0

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John Sapero // Office Chief
HIV Prevention Program
Arizona Department of Health Services

I am excited to share this summary of the results of Shout Out AZ/Un Saludo AZ, a comprehensive assessment of the health and wellness of LGBTQ+ people living in Arizona.

LGBTQ+ people, community-based organizations, health departments, civic leaders, and others established an unprecedented collaboration to develop and implement this project, which has become the largest LGBTQ+ health assessment ever conducted in the state.

What prompted this effort? A number of things. Arizona's LGBTQ+ communities are growing and vibrant. However, the health care needs of these communities have remained a mystery. There has been limited data about whether public and private health entities are providing LGBTQ+ clients services with cultural understanding and humility. Knowledge of how much LGBTQ+ people understand their unique health and wellness needs has been lacking. Information about health insurance coverage and barriers to accessing medical care and supportive services has never been captured. Now, for the first time, we have comprehensive data about LGBTQ+ health and wellness in Arizona.

Next, federal programs that fund state and local health programs require that funded activities address the needs of underserved populations. Tobacco cessation and HIV prevention programs have been mandated to target services to individuals who identify as LGBTQ+. Additionally, governmental funding for community-based health services has become increasingly volatile. Organizations may be able to increase their financial sustainability by adding LGBTQ+ health care services to their existing service delivery, or adapt existing services to be welcoming to LGBTQ+ clients. Data from this assessment can be used to support efforts to diversify funding mechanisms.

I also had personal motivations. I proudly identify as a gay man, as well as a person living with HIV. I've been extraordinarily fortunate to have had medical providers who've offered compassionate, skilled care with no judgment. Their knowledge and respect of my sexual orientation allowed me to be open and honest about my health care needs. They empowered me to actively manage my health and wellness. I want all LGBTQ+ people in Arizona to be just as comfortable and engaged in their health care.

Now that we have detailed information from more than 2,100 respondents, we have to analyze it thoughtfully, and use it purposefully. To do this, we'll turn back to the community for input and guidance. Our first step is to share the results of the assessment statewide. Then, we'll gather LGBTQ+ people, governmental and community partners, civic leaders, and others. In a series of meetings, the data gathered by this assessment will be compared and contrasted with national research, other local data, and personal knowledge and experience to determine what's impactful and actionable. We'll then work together to create a comprehensive plan to address these issues and help LGBTQ+ Arizonans lead healthy lives.

I am tremendously proud of everyone who helped make this project a success, and I am overwhelmed by the number of people who completed the assessment. Thanks to everyone! I'm looking forward to working together in the future.



Lisa Fontes, Ph.D. // Director of Development
Southwest Center for HIV / AIDS



Ryan Greene // Grants Officer
Southwest Center for HIV / AIDS

All of us at Southwest Center are honored to have been a part of the Shout Out AZ/Un Saludo AZ LGBTQ+ Health Assessment. For nearly three decades, the Center has worked toward health equity and empowering our clients with the tools, love, and encouragement they need to reach their goals and to live healthy lives. It's critical we identify and meet the changing needs of our community in order to be truly inclusive and responsive. That's why we are both thrilled and proud to have helped bring Shout Out AZ/Un Saludo AZ to life.

Big “shout outs” to the Arizona Department of Health Services, the Maricopa County Department of Public Health, the entire team at the Southwest Center, our volunteers, our community partners, and all of the assessment participants for making this dream come true!

Shout Out AZ/Un Saludo AZ is Arizona's first comprehensive look at the “state of health” in our LGBTQ+ community. It will serve as both a reference point and a guidepost. The assessment, of course, has its limitations, but we believe that it is a much-needed “first coat of paint.” We hope that health care providers,

policymakers, and community-based organizations will be able to use this data to improve health outcomes while making Arizona a more welcoming, equitable place for everyone. We also hope that this assessment will inspire further data collection in the coming years.

The more we ask, the more we'll know. And the more we know, the better we can help every part of our culturally diverse community thrive. We all have a responsibility to act, and there's no better time than now.

—

Lisa Fontes, Ph.D., and Ryan Greene work at the Southwest Center for HIV/AIDS in downtown Phoenix. Alongside the Southwest Center team, they assisted with assessment design, project implementation, and the development of promotional materials for Shout Out AZ/Un Saludo AZ.

For more information on the Southwest Center, visit www.swcenter.org.

1.0

Project History

In late 2017, the HIV Prevention Program of Arizona Department of Health Services (ADHS) began development of a statewide HIV prevention and care assessment focusing on men who have sex with men and transgender individuals. Around the same time, the Tobacco Prevention Programs of ADHS and Maricopa County Department of Public Health started to draft an assessment of the use of tobacco products by LGBTQ+ individuals. Because of the overlap in priority populations, the programs decided to combine efforts and resources.

Recognizing the opportunity to further maximize the potential of the project, additional health programs and community stakeholders were invited to inform the development of a more comprehensive LGBTQ+ health assessment. Technical assistance for the project was provided by the National Coalition for LGBT Health, based in Washington DC.

The result of this remarkable collaboration was Shout Out AZ/Un Saludo AZ, a thoughtful, 105-question assessment addressing health, wellness, and social determinants of health. The assessment tool was available in English and Spanish, and could be completed either on paper or online. Participants who completed the assessment could choose to receive a \$15 gift card, or donate the card to a disadvantaged person living with HIV.

Recruitment was contracted out to Southwest Center for HIV/AIDS, a community-based organization in Phoenix providing prevention, care, and supportive services to people living with HIV as well as the local LGBTQ+ community. A local media company, Santy Inc., implemented a marketing campaign using digital and traditional media.

The assessment began on April 2, 2018, and concluded on June 30. The recruitment goal was 800 people statewide. In the first week of the project more than 600 people had taken part. Ultimately, more than 2,100 individuals had participated.

2.0

For Consideration

The information captured by Shout Out AZ/Un Saludo AZ represents a self-reported snapshot of the health and wellness of the participants at the time of the assessment. Self-reported data has limitations. For example, recall bias may affect answers related to prior health risk behaviors. Stigma and fear associated with identifying as LGBTQ+ could prevent respondents from answering truthfully, or even taking part. Therefore, the results of this assessment should not be considered representative of the entire LGBTQ+ population in Arizona.

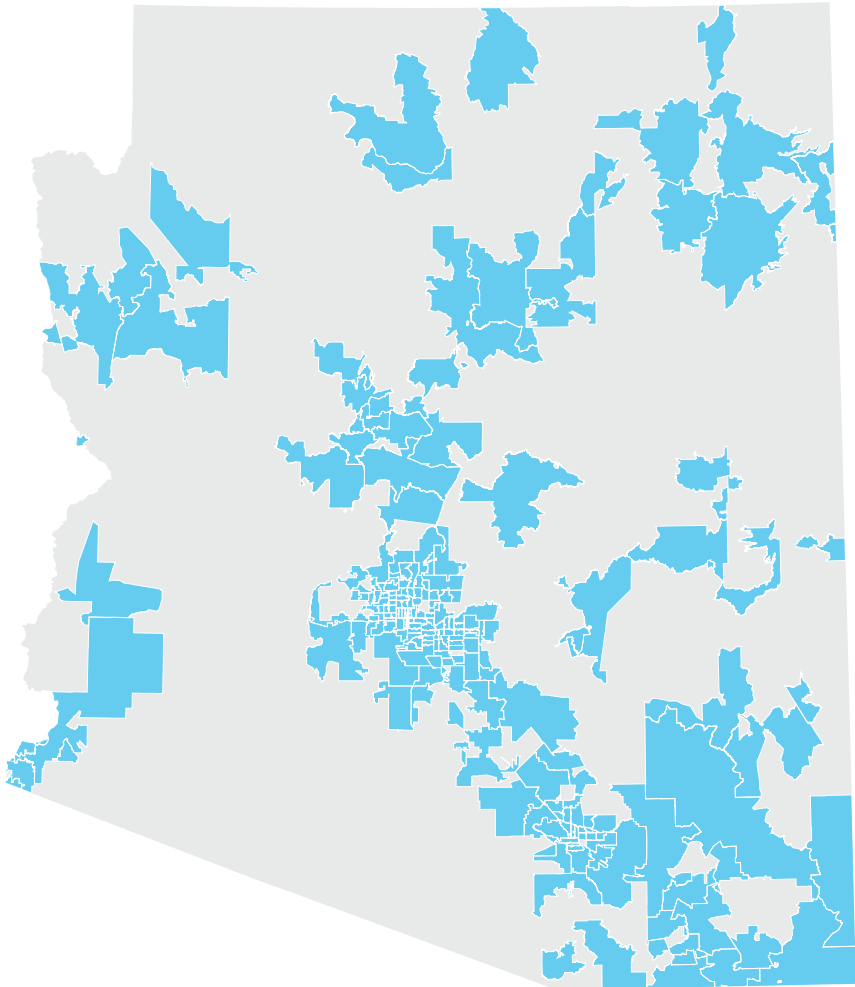
For most of the data presented, the number of people who answered the question will be shown at the top of each page. These numbers fluctuate because participants could decline to answer questions, or were guided to skip questions that weren't relevant to them based on previous answers.

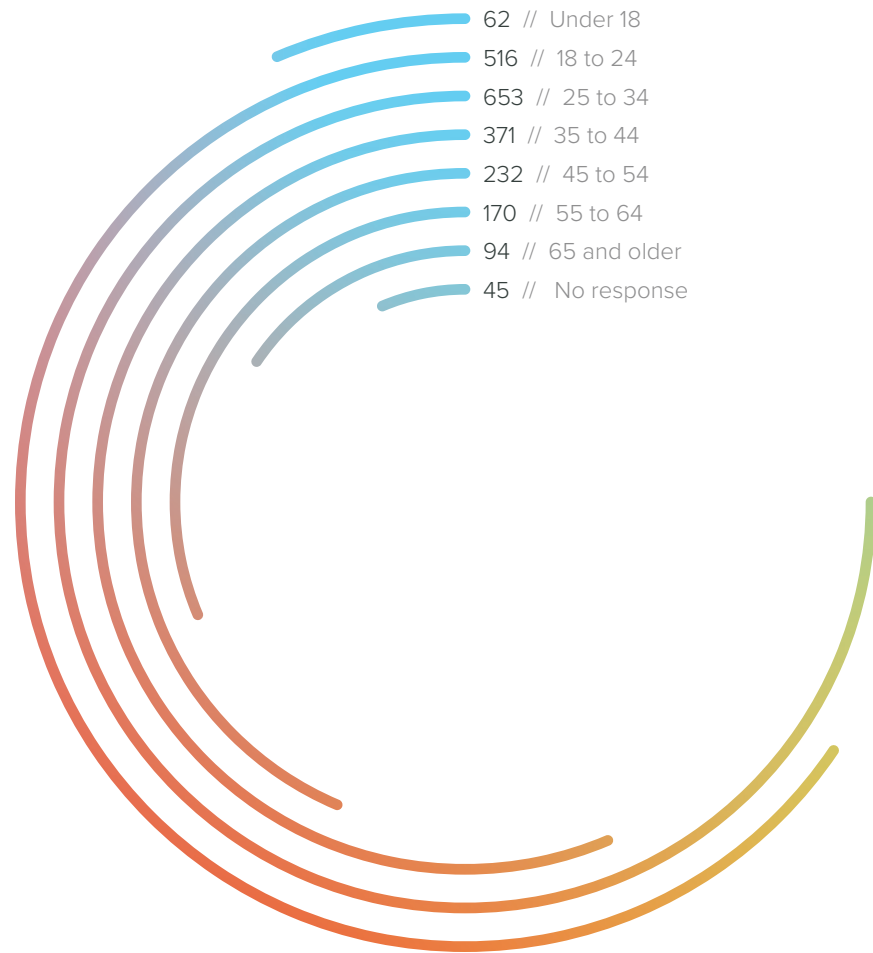
3.0

Demographics

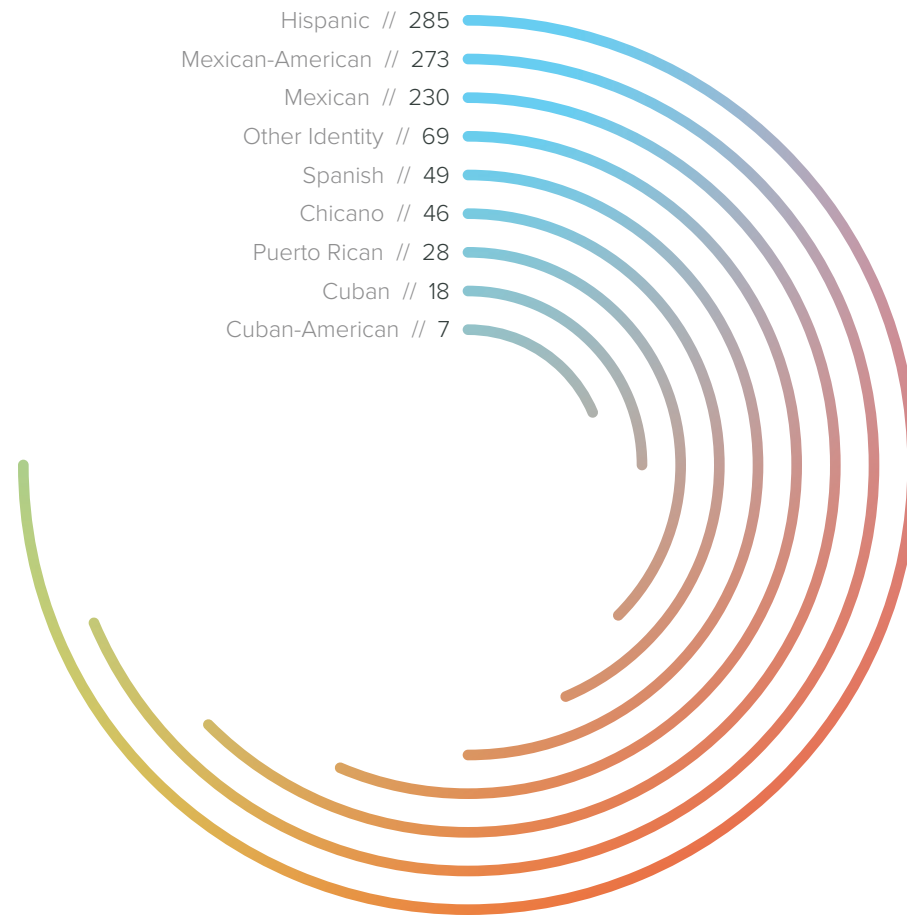
Arizona's LGBTQ+ community is diverse in age, geography, race, ethnicity, gender identity, gender expression, sexual orientation, and more. It is important both to celebrate this diversity and to recognize that various aspects of individuals' identities impact their access to, and experience of, healthcare and other social services in our state. This section provides a glimpse into the demographic attributes of the assessment participants.

Participants by Zip Code // 2,143 Respondents, 0 Skipped





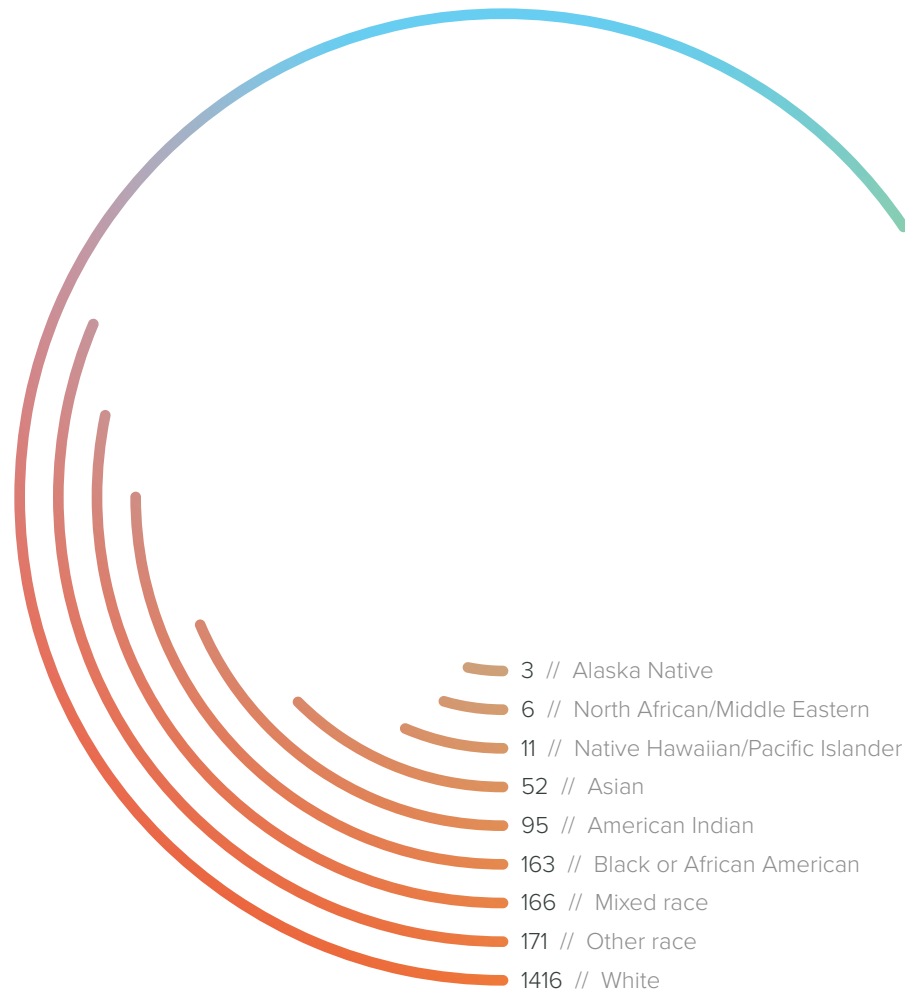
Hispanic, Latinx, or Spanish Identity // 667 Respondents, 1,476 Skipped



Note // Respondents were allowed to select more than one answer.

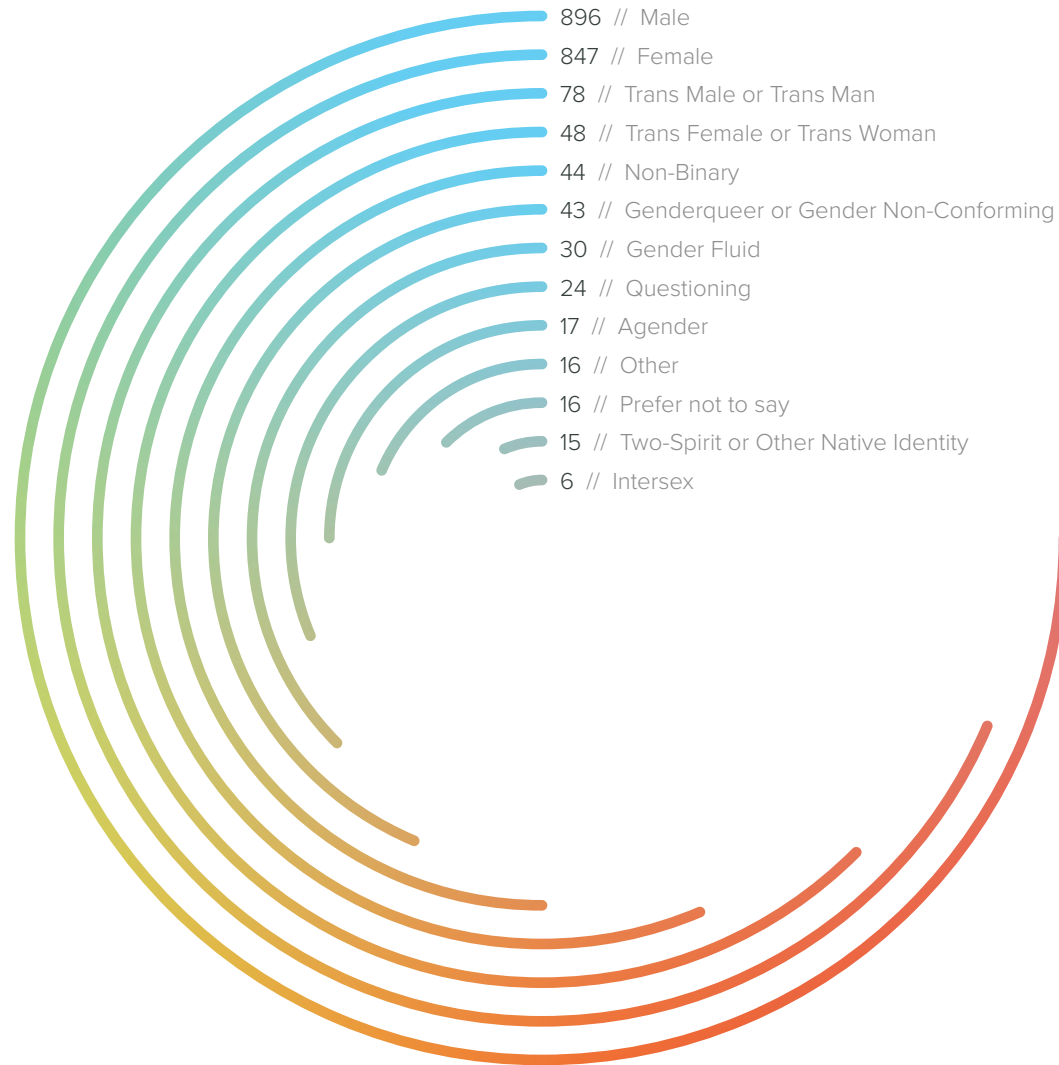
Race // 2,083 Respondents, 60 Skipped

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By the Numbers // Go to ShoutOutAZ.org for more information about specific tribal identities and a breakdown of the distribution of Hispanic/Latinx/Spanish respondents by race.

Current Gender Identity // 2,080 Respondents, 63 Skipped



By the Numbers // 261 respondents said they had taken some action to affirm their gender identity, such as chest binding, hormone therapy, packing/tucking, etc.

Gender Assigned at Birth // 2,085 Respondents, 58 Skipped

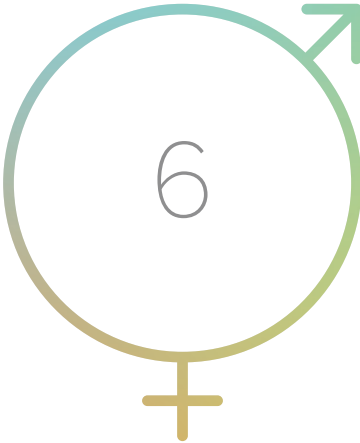
PAGE 18



Female



Male

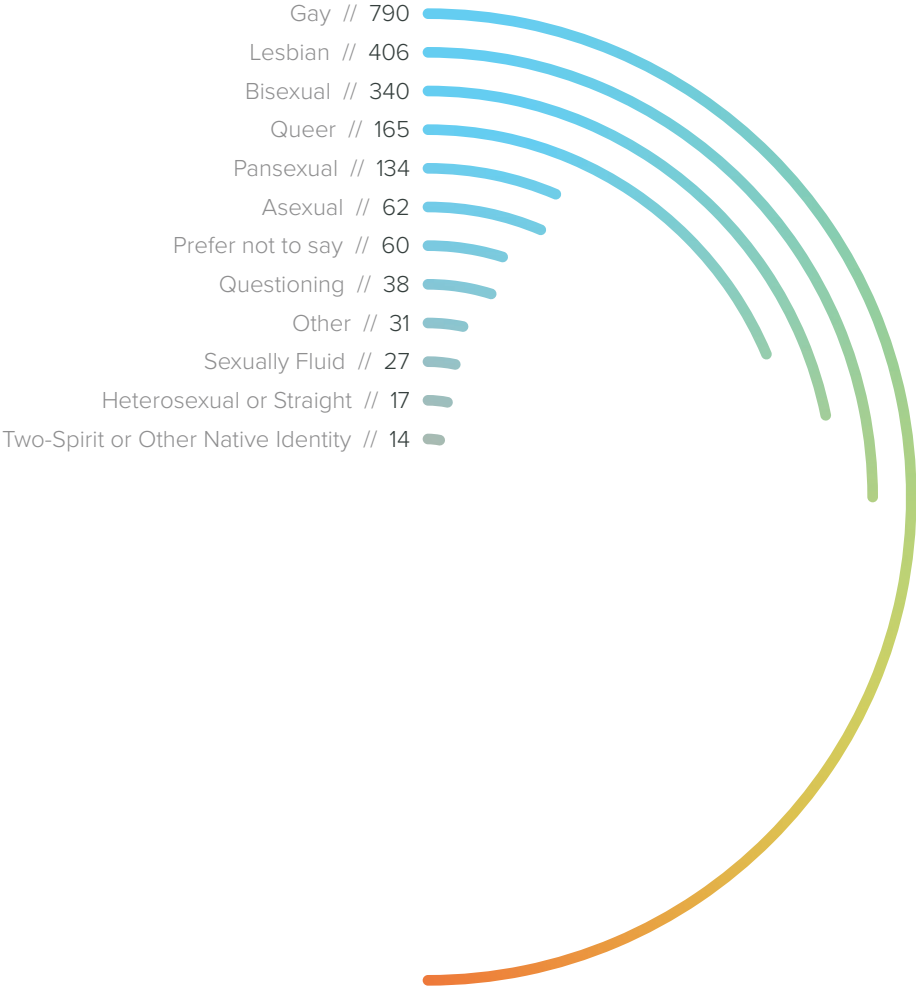


Intersex



Preferred Not To Say

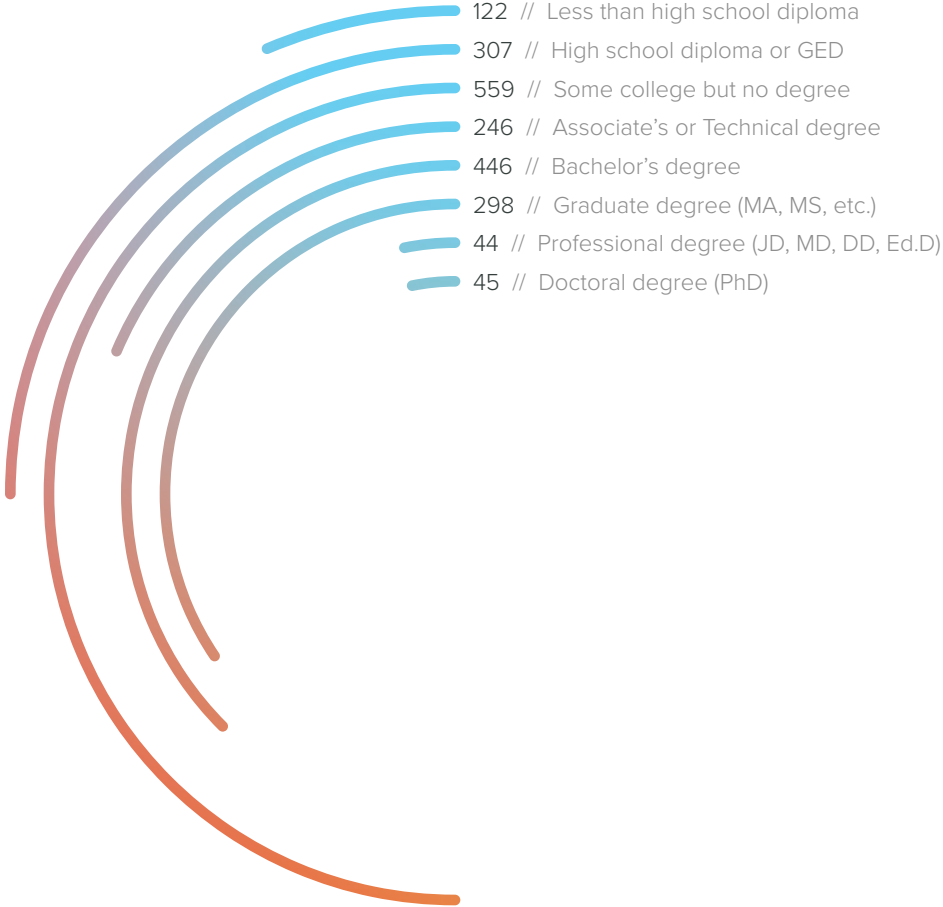
Sexual Orientation // 2,084 Respondents, 59 Skipped



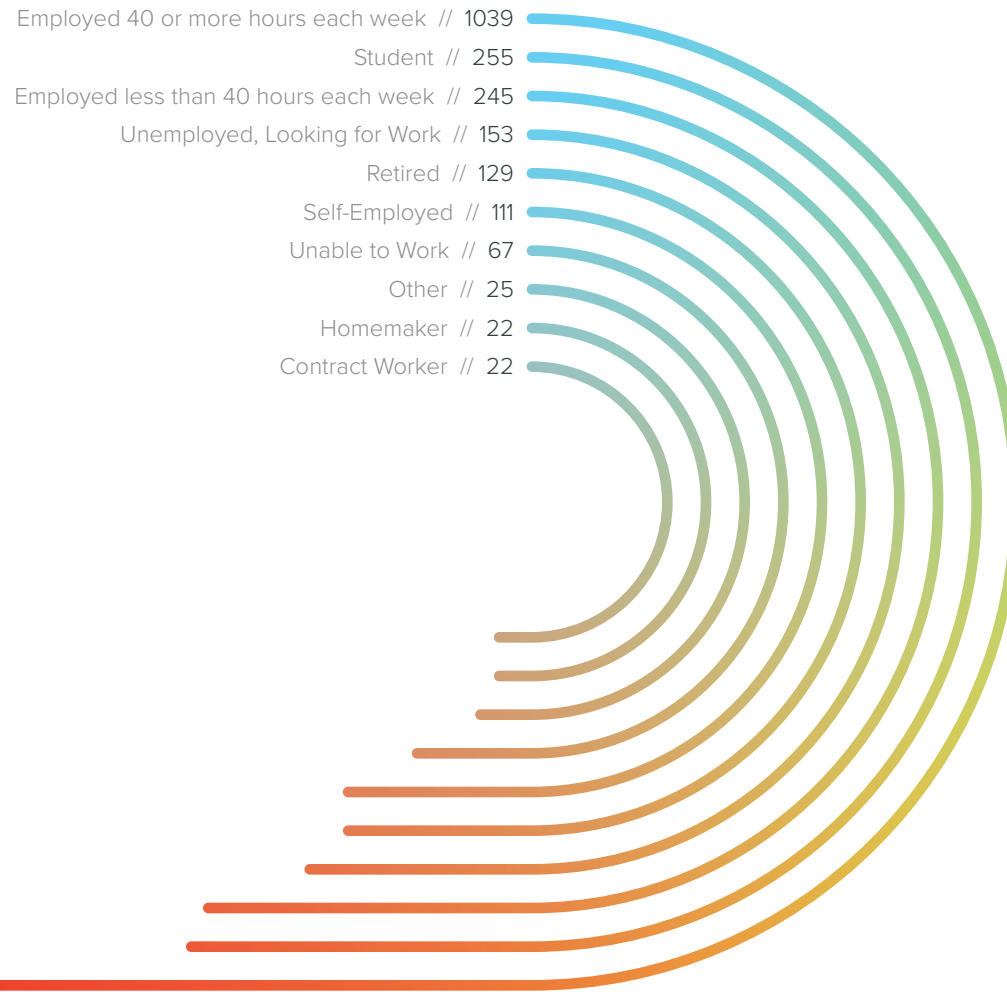
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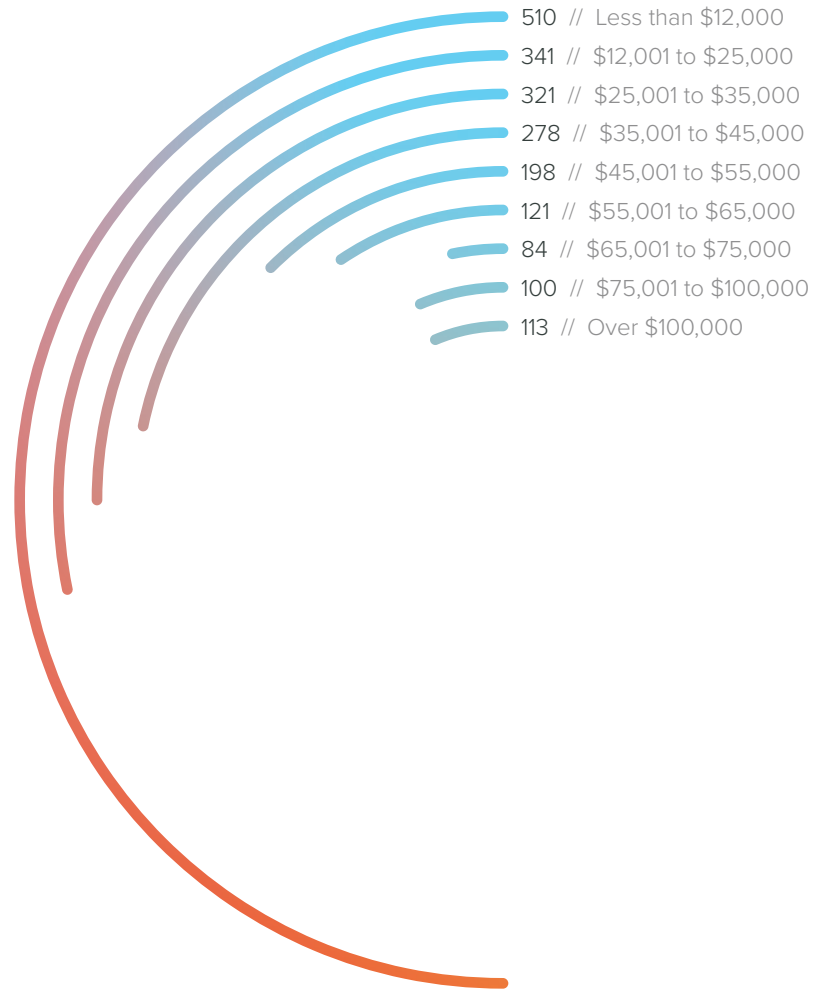
Education, Employment, & Income

By looking at these social determinants of health, we are able to gain insight into the community's well-being. When reviewing the following figures, it is important to note that they represent data for all of the assessment participants. To get a more nuanced view of individual LGBTQ+ populations, visit ShoutOutAZ.org for customizable data visualizations.



Employment // 2,068 Respondents, 75 Skipped





5.0

Homelessness & Hunger

Housing challenges and food insecurity can deeply impact a person's health and well-being. This section explores the various forms and degrees of homelessness and hunger that individuals reported experiencing within the past 12 months.



Have experienced homelessness in the past 12 months

Homelessness // Most Recent Experience of Homelessness, 112 Respondents, 2,031 Skipped

PAGE 26



Living on the street



Living in a car



Couch surfing



Shelter/housing program,
or other situation

Note // Respondents were allowed to select more than one answer.

608

Reported that within the past 12 months,
they worried their food would run out
before they got money to buy more

2,052 Respondents, 91 Skipped

449

Reported that within the past 12 months,
the food they bought didn't last and they
didn't have money to get more

2,033 Respondents, 110 Skipped

408

Agreed with both statements

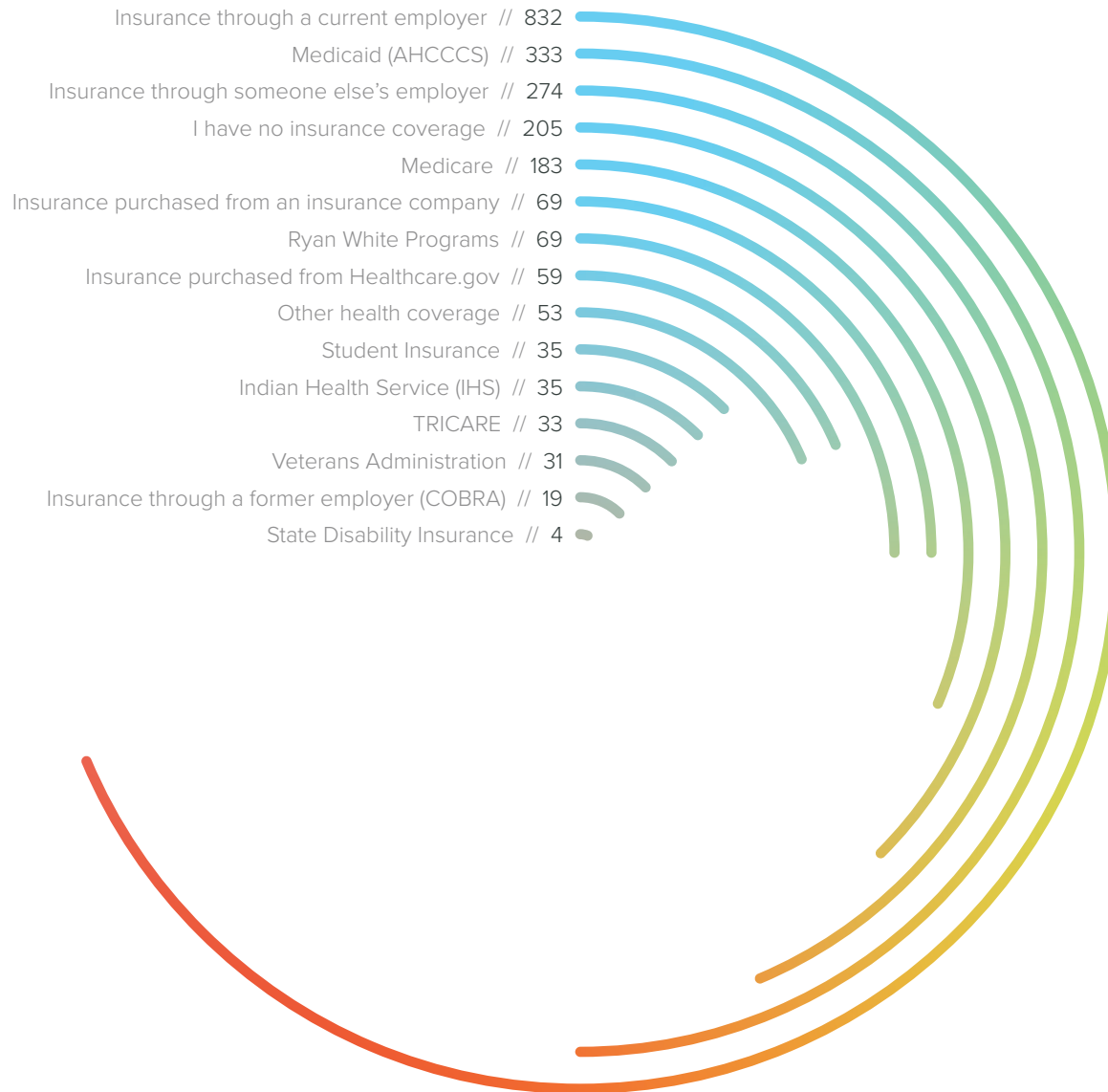
1,857 Respondents, 286 Skipped

6.0

Health Care Coverage & Access

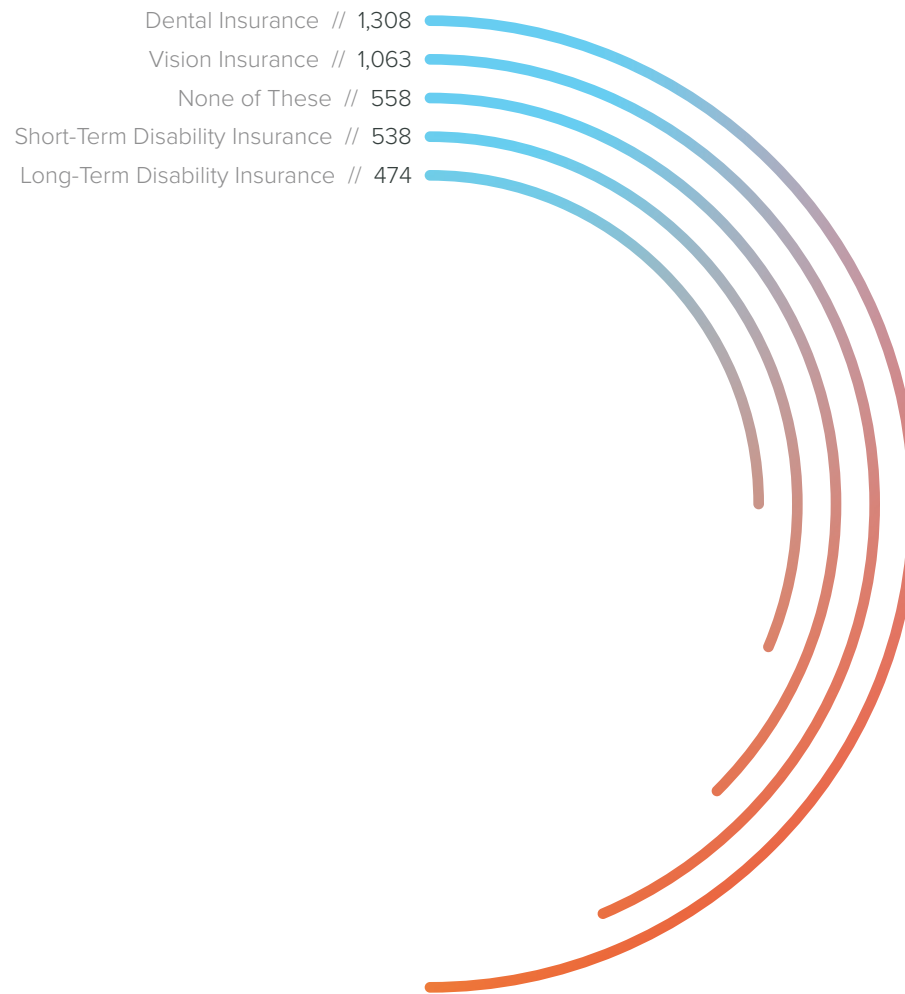
Healthcare access continues to be a core concern nationally, and the Shout Out AZ/ Un Saludo AZ assessment illuminates how Arizona's LGBTQ+ community fits into this broader conversation. This section details healthcare coverage, accessibility to care, utilization of services, and the degree to which participants are considering their LGBTQ+ identity when choosing and interacting with their primary care provider.

Health Care Coverage // 1,993 Respondents, 150 Skipped



Note // Respondents were allowed to select more than one answer.

Health Care Coverage // Other Coverage, 1956 Respondents, 187 Skipped

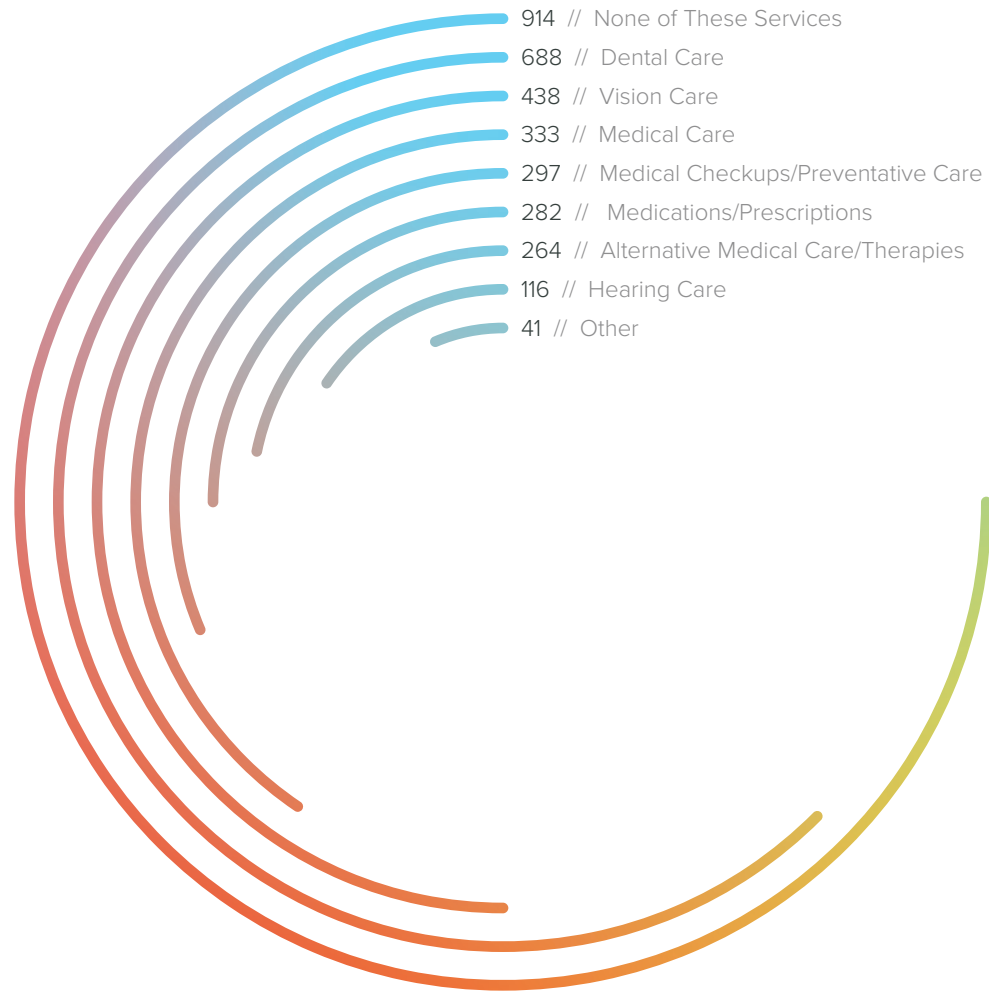




Accessed some form of care
in the past 12 months
1,981 Respondents, 162 Skipped



Received a routine checkup
with a primary care provider
in the past 12 months
1,988 Respondents, 155 Skipped



Note // Respondents were allowed to select more than one answer.



Chose a provider who had LGBTQ+ health knowledge

1,786 Respondents, 357 Skipped



Had shared they are LGBTQ+ with their provider

1,784 Respondents, 359 Skipped

By the Numbers // To ensure proper treatment, health care staff must be able to understand how LGBTQ+ individuals' identities, experiences and relationships with the world around them might affect their health.

7.0

Mental, Emotional, & Spiritual Well-Being

Feelings of connection, support, isolation, and suicide have a disproportionate impact on the LGBTQ+ community. This is due to both societal pressures and experiences of stigma, discrimination, and abuse. It's important to note that LGBTQ+ identity is NOT a mental disorder, and LGBTQ+ individuals deserve respect and affirmation if and when they seek support for their mental health.

1,840

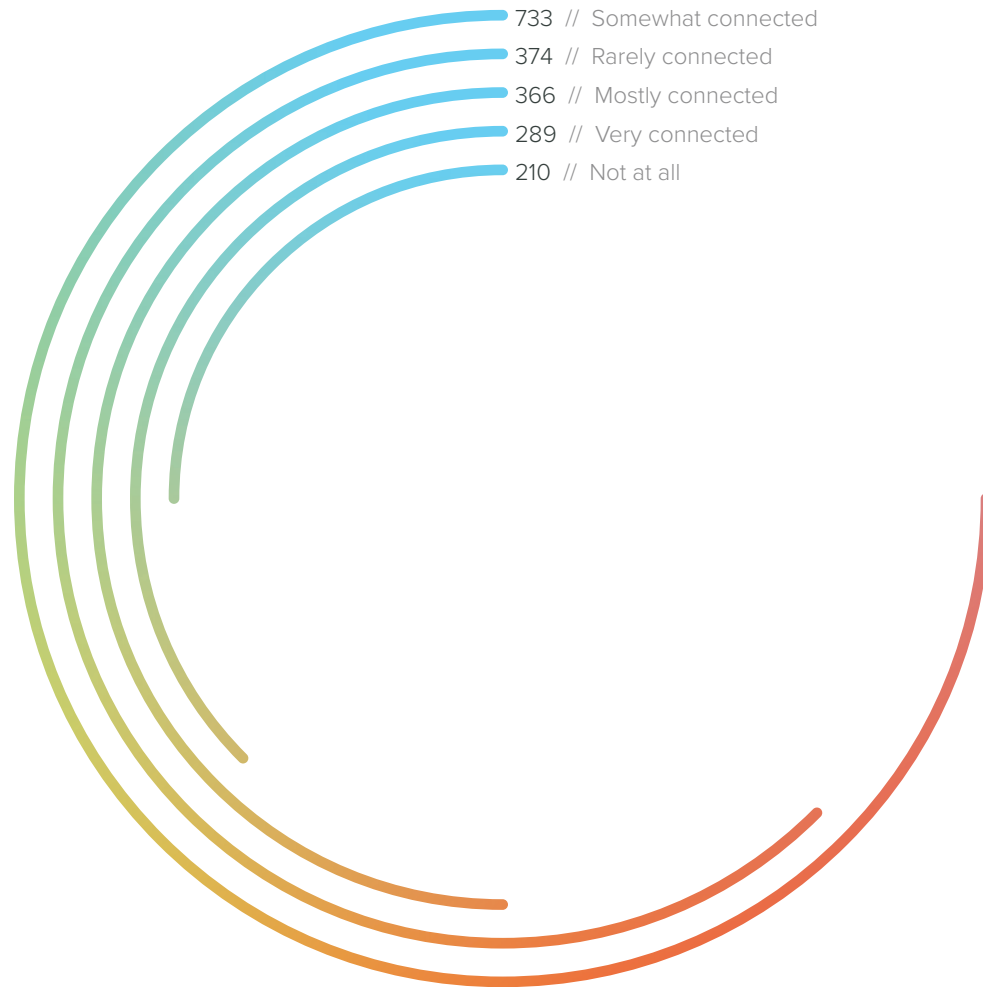
Reported having some form of social support system

1,977 Respondents, 303 Skipped

932

Reported feeling left out or isolated sometimes

1,973 Respondents, 170 Skipped





Rated their overall mental health as good or better
1,991 Respondents, 152 Skipped



Rated their spiritual/emotional well-being as good or better
1,949 Respondents, 194 Skipped



Reported that their mental health status had never kept them from doing normal daily activities in the past 12 months
1,944 Respondents, 199 Skipped

558

Had attempted to commit suicide at some point in their life

1,941 Respondents, 202 Skipped

318

Reported having suicidal thoughts in the past 30 days

1,953 Respondents, 190 Skipped

1,141

Had never visited a counselor, social worker or psychologist

1,924 Respondents, 219 Skipped

For help preventing suicide, call the National Suicide Prevention Lifeline at 800-273-8255 or, for LGBTQ+ youth, call the Trevor Project at 866-488-7368.

8.0

Physical Well-Being



Rated their physical health good or better
1,980 Respondents, 163 Skipped



Received some form of preventative screening in the past year
1,941 Respondents, 202 Skipped



Were living with a disability
1,938 Respondents, 205 Skipped

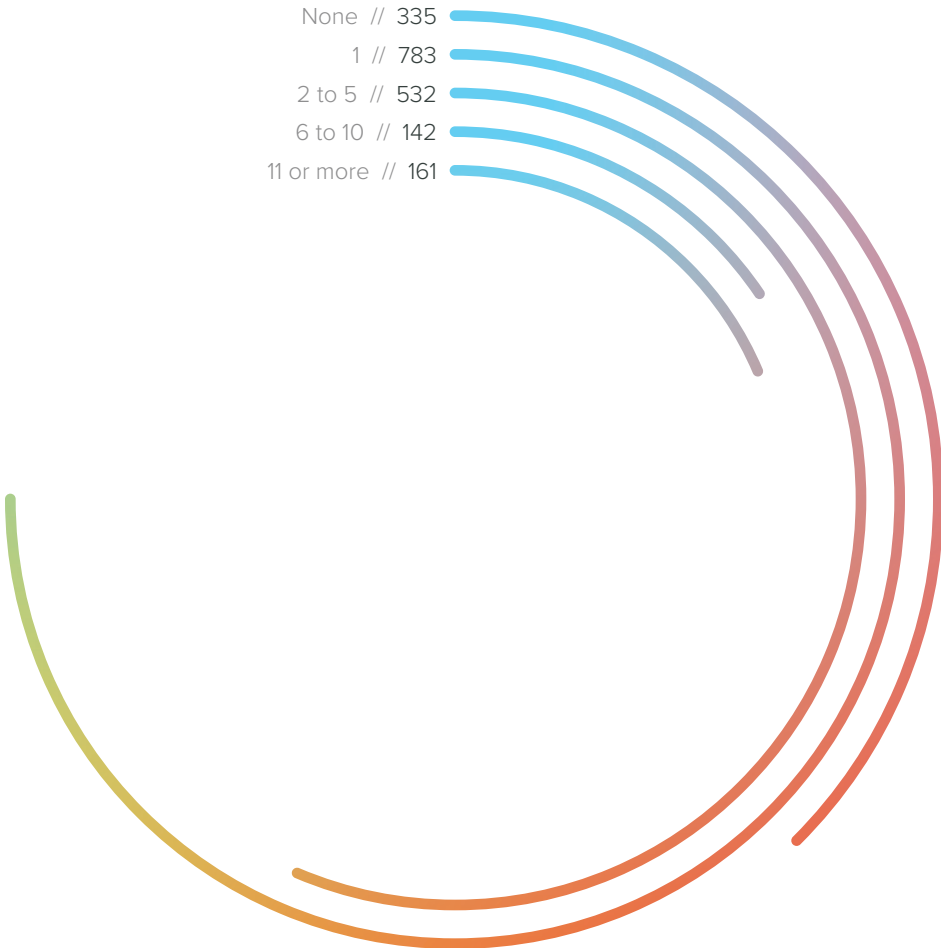
Note // Respondents identified disabilities in diverse ways, including physical challenges, chronic medical conditions, mental health issues, addiction/substance use, and others.

9.0

Sexual Health, STDs, & HIV

Sexual health includes more than simply avoiding disease. It is the ability for LGBTQ+ individuals to embrace and enjoy their sexuality throughout their lives. For this to occur, education must be provided with a positive, respectful approach to sexual identities and the types of relationships LGBTQ+ individuals have. It also requires being comfortable discussing one's sexual health with healthcare providers, including HIV/STD risk.

Sexual Health // Number of Sexual Partners in the Past 12 Months, 1,953 Respondents, 190 Skipped



Sexual Health // Ever Diagnosed with a Sexually Transmitted Diseases (STD), 1,441 Resondents, 702 Skipped

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Note // Respondents were allowed to select more than one answer.

753

Used male/external (738) and/or female/
internal (75) condoms in last 12 months
1,573 Respondents, 570 Skipped

45

Used dental dams in the past 12 months,
either alone (19) or in combination with
condoms (26)
1,573 Respondents, 570 Skipped

344

Used condoms/dental dams in last 12
months and said they used them 50%
of the time or less
742 Respondents, 1,401 Skipped

1,041

Used other risk reduction methods in
addition to, or instead of condoms/
dental dams
1,537 Respondents, 606 Skipped

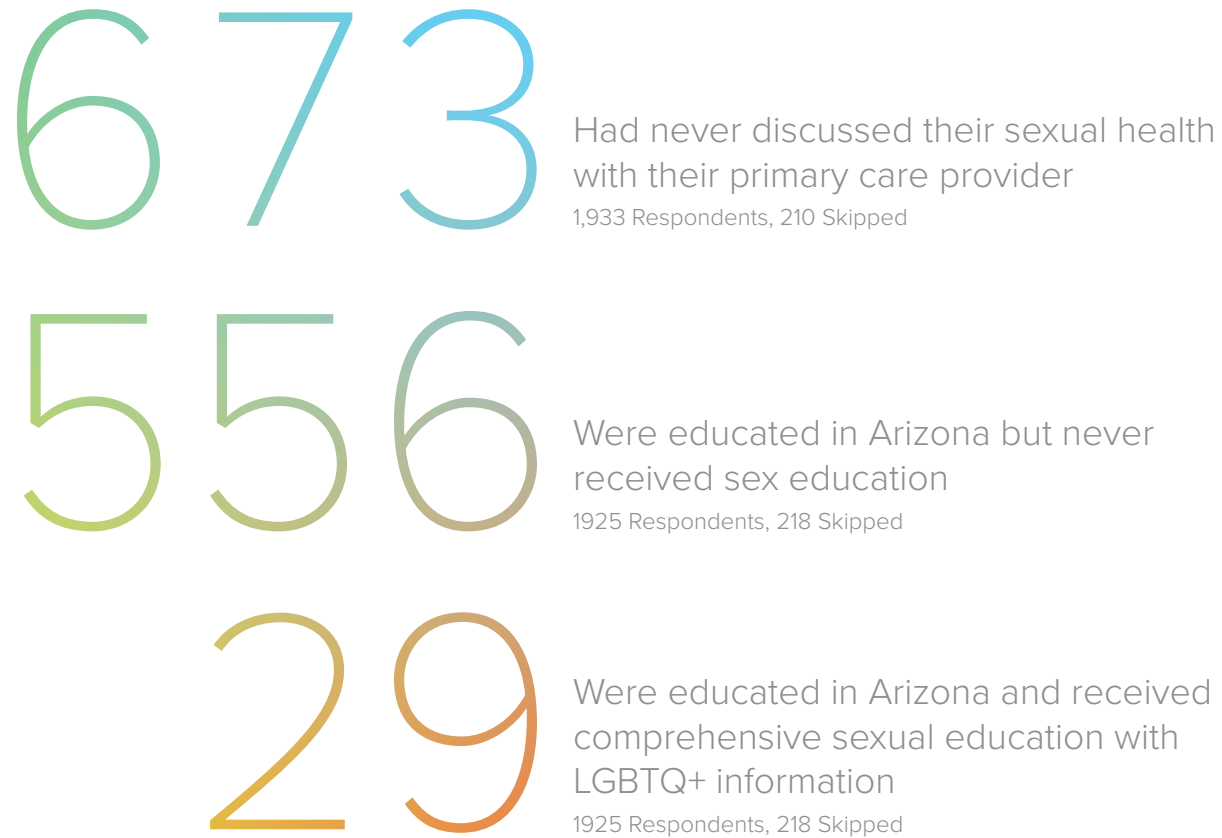


Had never been tested for STDs



Had been tested for STDs
in the past 12 months

By the Numbers // Just 46 respondents said they had received comprehensive extragenital STD testing (anal swab, genital swab, and oral swab) during their most recent STD test. Expanding extragenital screening for gonorrhea and chlamydia is a high priority issue for reducing STD rates in the US.



By the Numbers // Of those who report having received sex education in an Arizona middle or high school, more than half said they received abstinence only or abstinence-based information.



Reported living with HIV



Were actively engaged in HIV care
in the past 12 months



Respondents living with HIV were virally suppressed for the past 12 months or longer



Said they had been living with HIV for 20 years or longer



People living with HIV reported experiencing HIV-related stigma/discrimination in their lifetime



Had experienced HIV-related stigma/discrimination in the past 12 months

Note // Strangers were most often cited as committing acts of HIV-related stigma/discrimination. However, respondents also identified people who were close to them, including friends, co-workers or employers, and family members or relatives.



Had an HIV test in the
past 12 months



Had an HIV test more
than 12 months ago



Had never been
tested for HIV



Were taking Pre-Exposure
Prophylaxis (PrEP)

1,505 Respondents, 638 Skipped



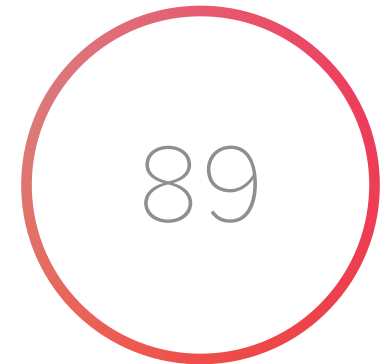
Had never been on PrEP

1,505 Respondents, 638 Skipped



Didn't know what
PrEP was

1,505 Respondents, 638 Skipped



Had taken Post-Exposure
Prophylaxis (PEP) at
some point

1,537 Respondents, 606 Skipped

Pre-Exposure Prophylaxis (PrEP) is a pill taken once a day to greatly reduce the risk of getting HIV.

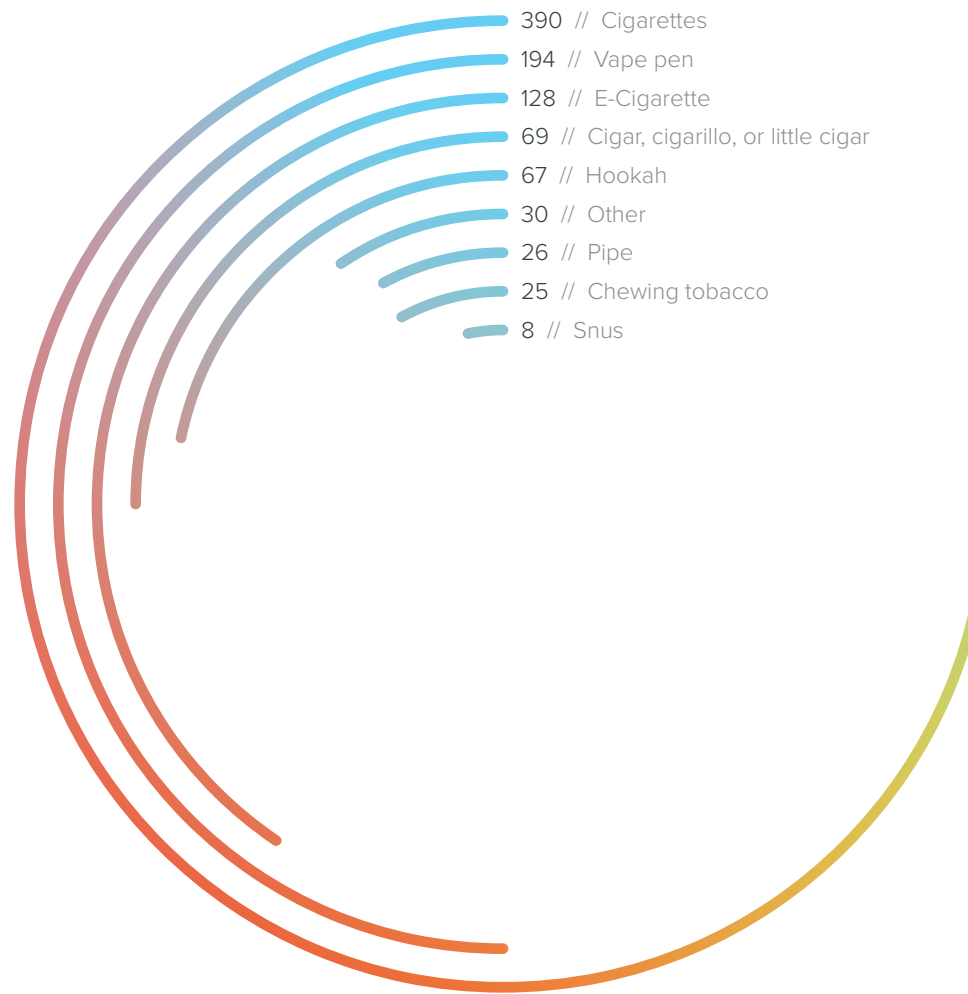
Post-Exposure Prophylaxis (PEP) is an emergency prevention option for someone who may have been exposed to HIV.

Learn more about PrEP and PEP at hivaz.org/prep

10.0

Tobacco, Alcohol, & Substance Use

LGBTQ+ individuals often have risk factors for tobacco, alcohol and substance use that include daily stress related to prejudice and stigma that they may face. For example, tobacco use among LGBTQ+ individuals in the U.S. is as much as three times higher than among heterosexual/straight individuals. The CDC estimates about one in five LGBTQ+ adults smoke cigarettes compared with about one in six heterosexual/straight adults.



Note // Respondents were allowed to select more than one answer.

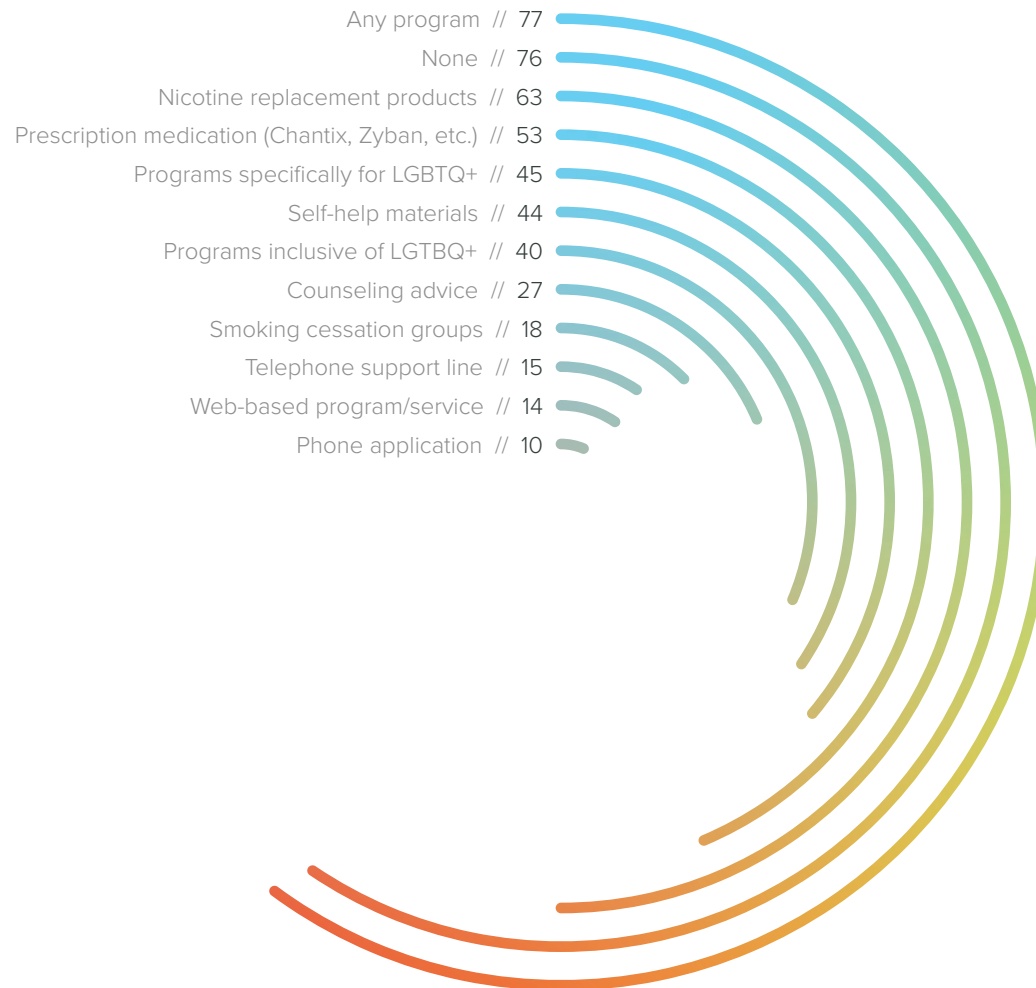
By the Numbers // 348 respondents used tobacco products for ceremonial, medicinal or traditional purposes.



Reported they were trying to quit, cut down use, or planned to quit using tobacco in the next 30 days



Had no intention of stopping their use of tobacco products

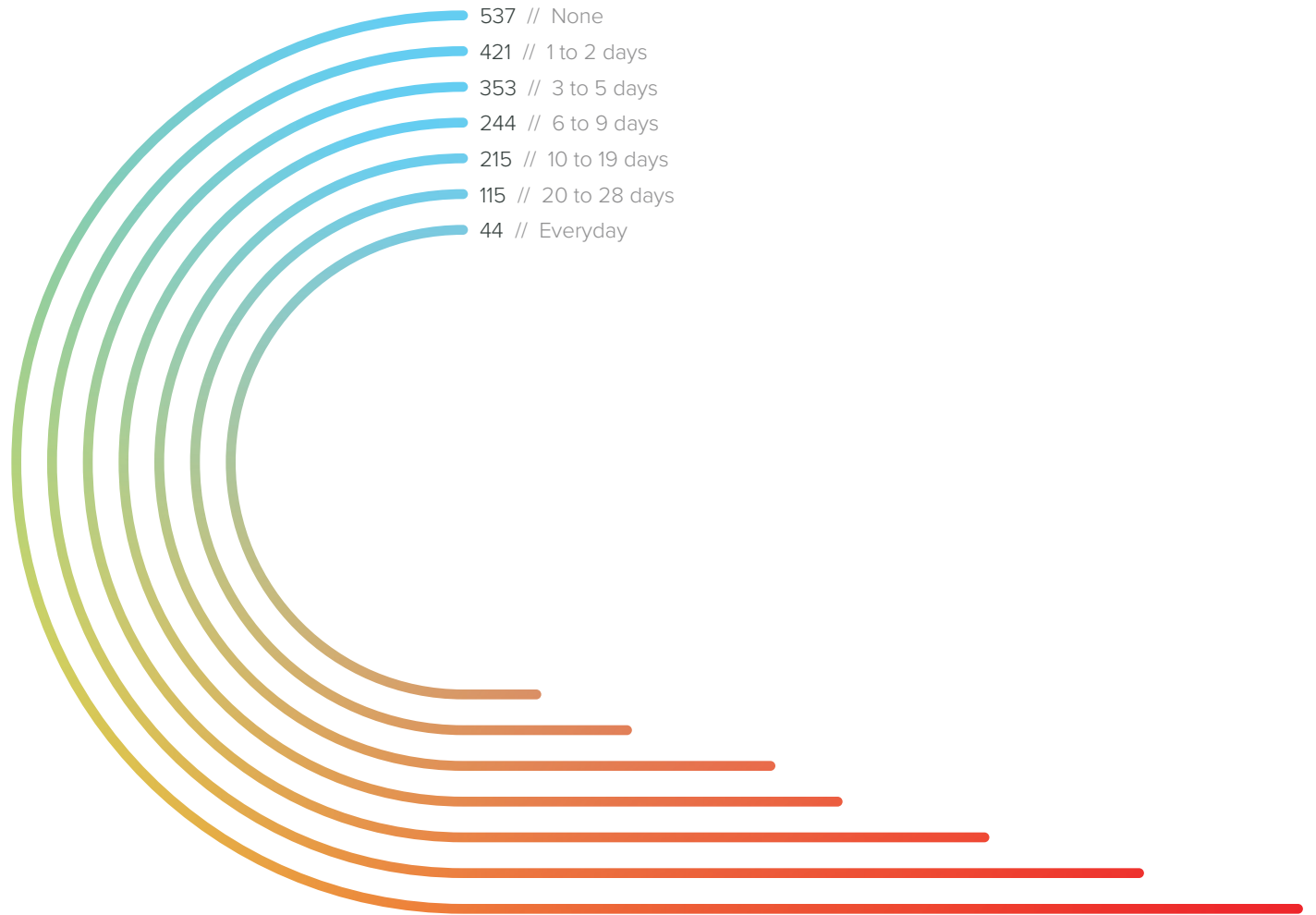


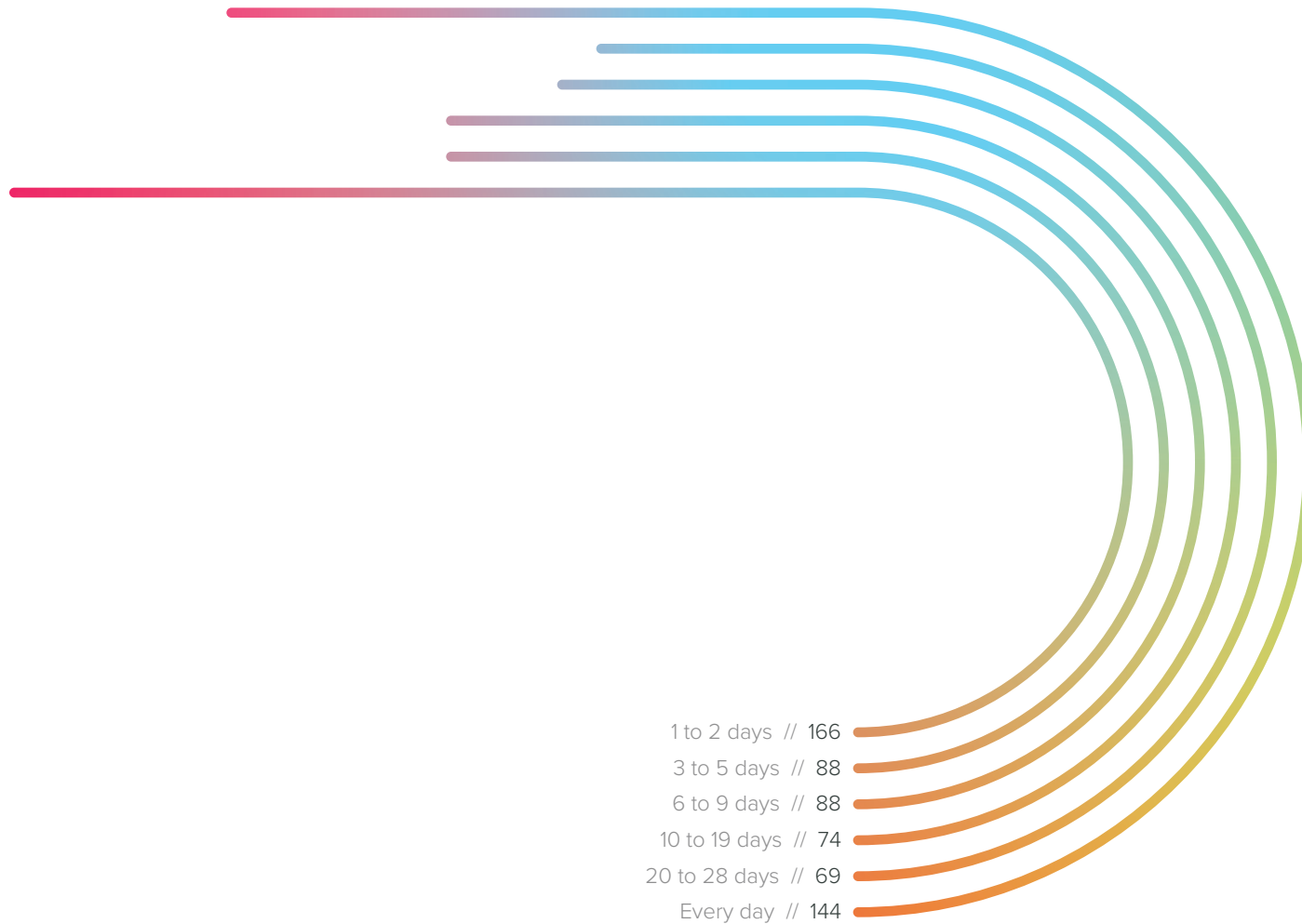
Note // Respondents were allowed to select more than one answer.

By the Numbers // Quitting tobacco products is challenging when others close to you use tobacco. 313 respondents had a partner, spouse or significant other that used tobacco products. 1,291 respondents had one or more friends who used tobacco products.

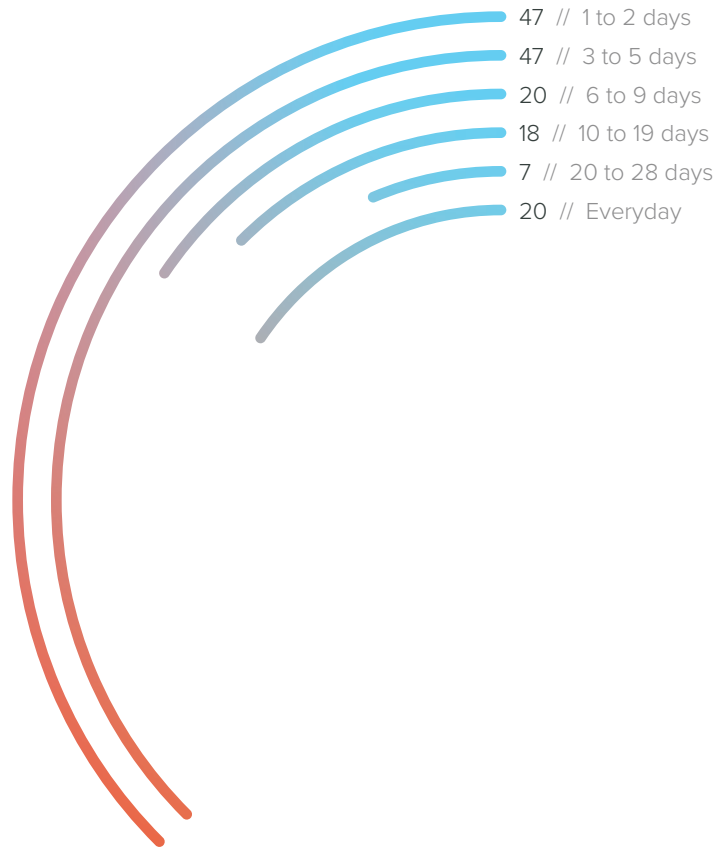
Tobacco, Alcohol, & Substance Use // 30-day Use of Alcohol, 1,929 Respondents, 214 Skipped

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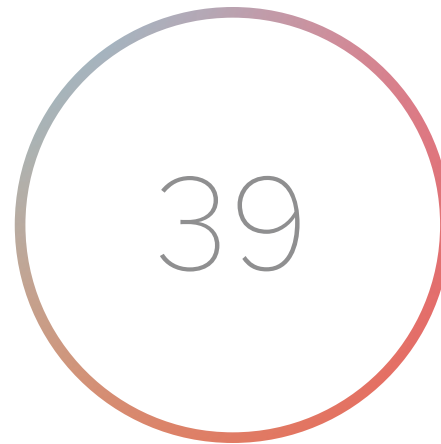
Note // Medical marijuana use was not distinguished from recreational marijuana use.





Reported using substances
in the past 30 days

1,896 Respondents, 247 Skipped



Reported injection drug use
in the past 12 months

16 of these respondents reported
that they had shared needles

39 Respondents, 2,104 Skipped

Note // Examples of substances named include poppers, acid, heroin, cocaine/crack, crystal meth, and others.

11.0

Unwanted Sexual Activity & Intimate Partner Violence

Unwanted sexual activity and intimate partner violence can impact a person's mental, physical, and sexual health. This section presents how members of Arizona's LGBTQ+ community have experienced these forms of trauma, both over the course of their lives and within the past 12 months. Additional data at ShoutOutAZ.org details whom individuals went to for help.

878

Experienced unwanted sexual activity at some point in their life

131

Experienced unwanted sexual activity in the past 12 months

220

Reported it and/or sought help after their last experience of unwanted sexual activity

819

Experienced intimate partner violence at some point in their life

128

Experienced intimate partner violence in the past 12 months

257

Reported it and/or sought help after their last experience of intimate partner violence

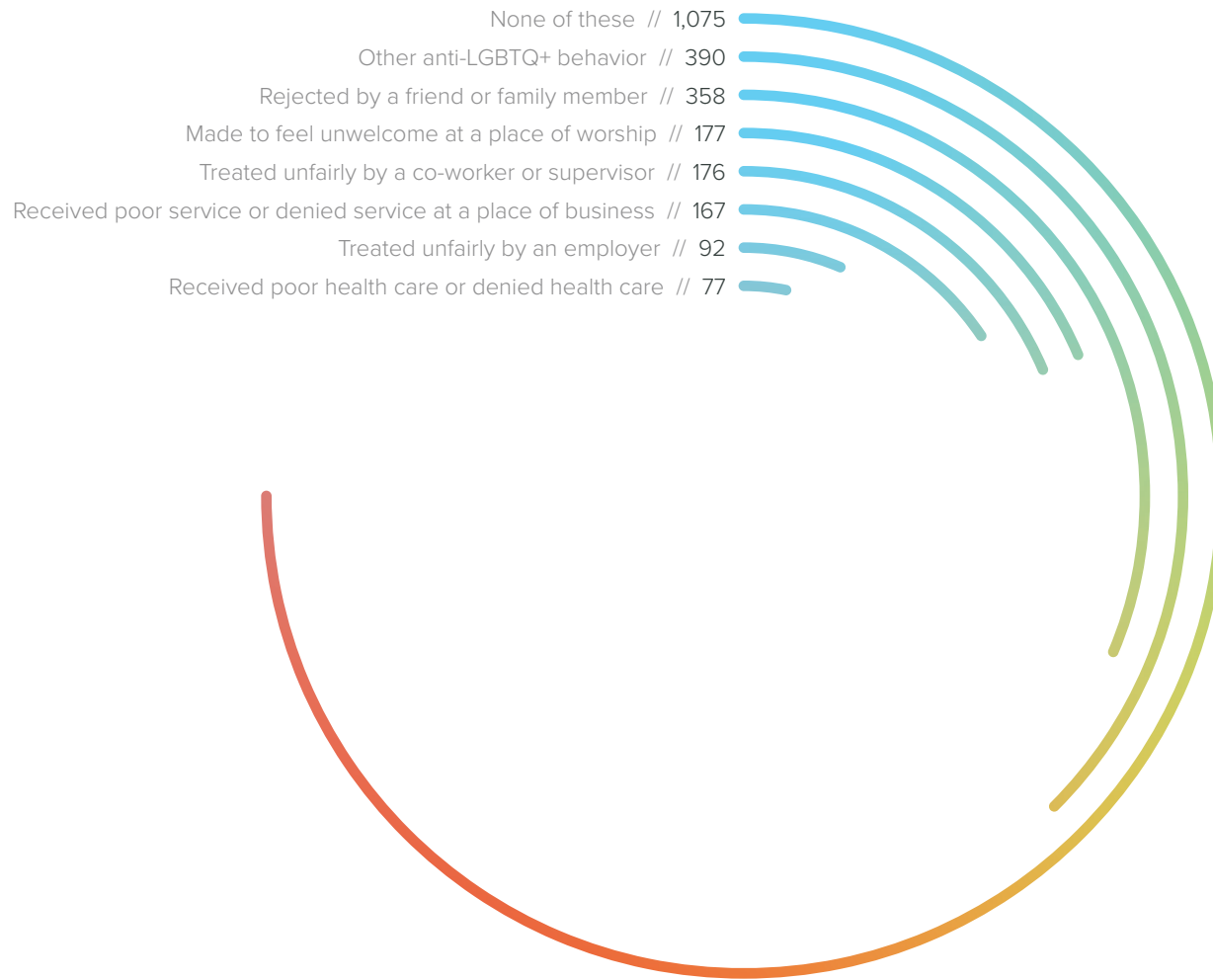
The Arizona Coalition to End Sexual and Domestic Violence provides services to victims and survivors of sexual and domestic violence. Call 602-279-2900 or toll free 800-782-6400, or visit www.acesdv.org.

12.0

Anti-LGBTQ+ Behavior

Anti-LGBTQ+ behavior continues to impact the lives and well-being of many Arizonans and others across the country. This behavior can range from stigma and discrimination to verbal abuse or harassment, and even physical threats or attacks. Based on the experiences identified by assessment participants, the battle against LGBTQ+ discrimination and abuse in Arizona is far from being resolved.

Anti-LGBTQ+ Behavior // In the Past 12 Months, 1,867 Respondents, 276 Skipped



Note // Respondents were allowed to select more than one answer.



Experienced anti-LGBTQ+ verbal abuse or harassment at some point in their life

1,865 Respondents, 278 Skipped



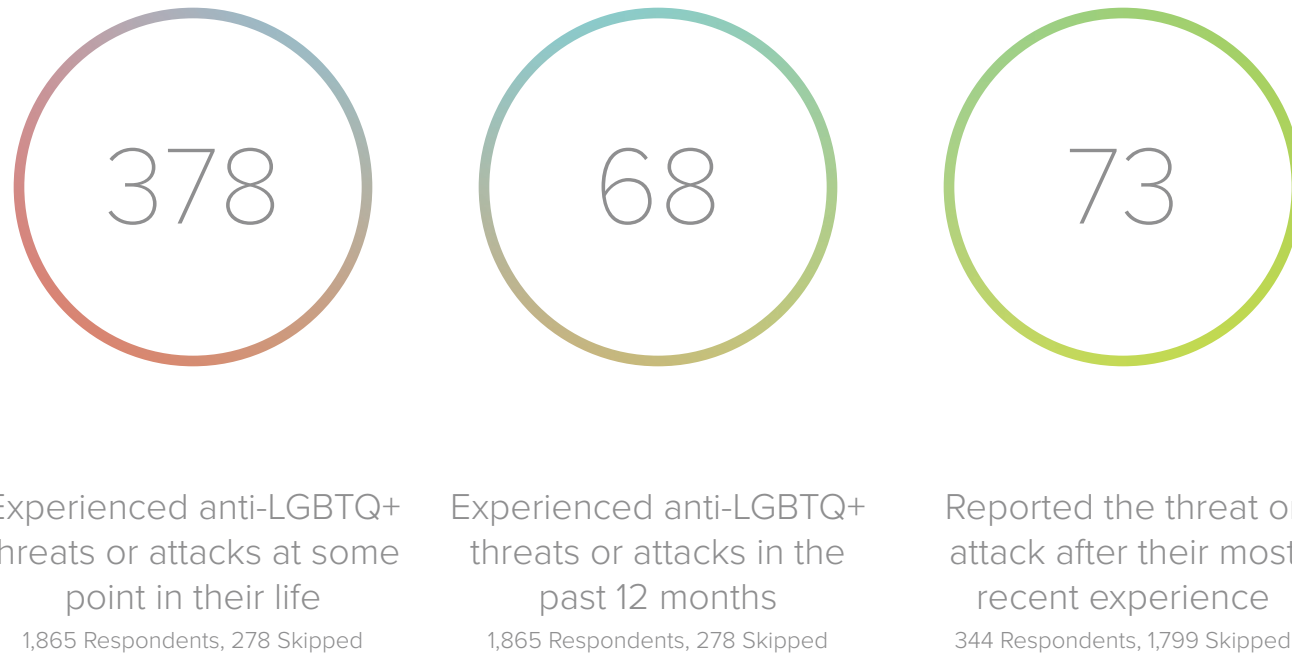
Experienced anti-LGBTQ+ verbal abuse or harassment in the past 12 months

1,865 Respondents, 278 Skipped



Reported the verbal abuse or harassment after their most recent experience

949 Respondents, 1,194 Skipped



Note // Strangers were most often identified for committing acts of verbal and physical harassment. However, participants also identified people who were close to them, including classmates, family members and relatives, friends, and co-workers.

13.0

CONCLUSION

Arizona's LGBTQ+ population has long been overlooked, and up until now, there has been limited data about the community's health as a whole. The Shout Out AZ/Un Saludo AZ assessment is an important step toward filling this gap. This collaborative, statewide effort has given us a clearer picture than ever before of the community's unique needs. Now that this information has been collected, we'll return to the LGBTQ+ community to determine what's impactful and actionable. We'll then work together to develop a plan to ensure that every Arizonan has access to the resources and support they need to live healthy and happy lives.

Interact with the assessment questions and data at

ShoutOutAZ.org

