

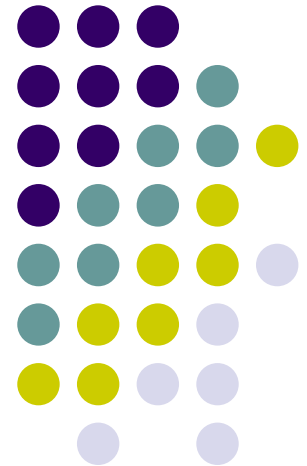
LGBT health inequalities: looking back and looking forward

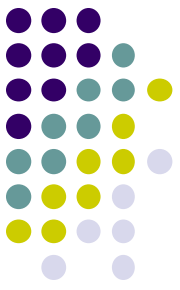


Julie Fish
Prof. in Social Work & Health
Inequalities
Director, Centre for LGBTQ Research



@LGBTequalhealth

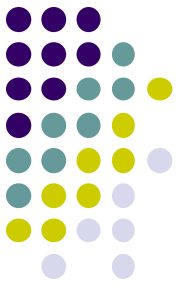




A bit of history.....

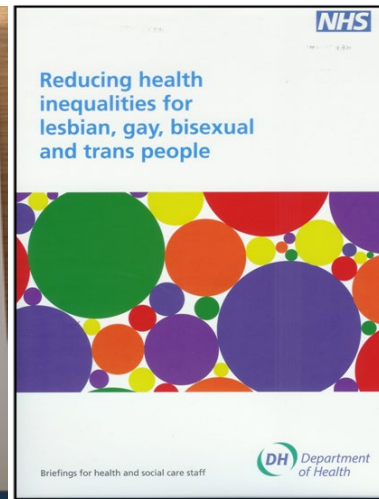
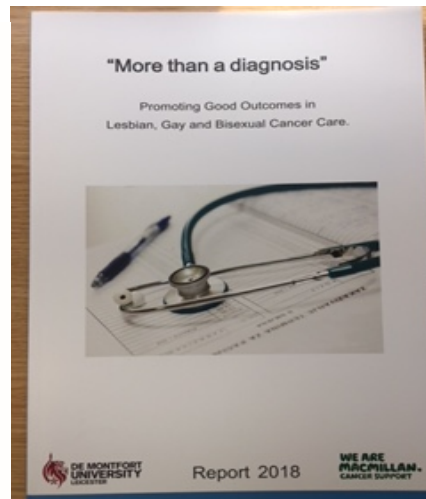
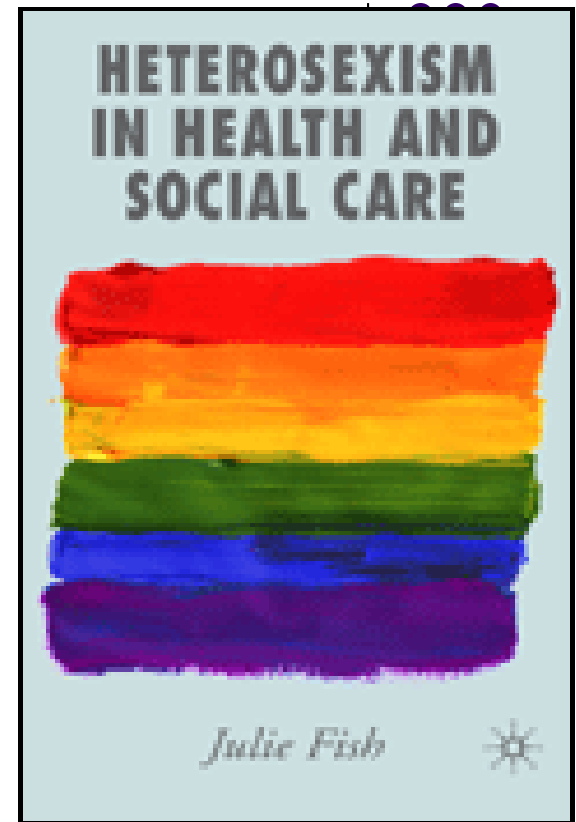
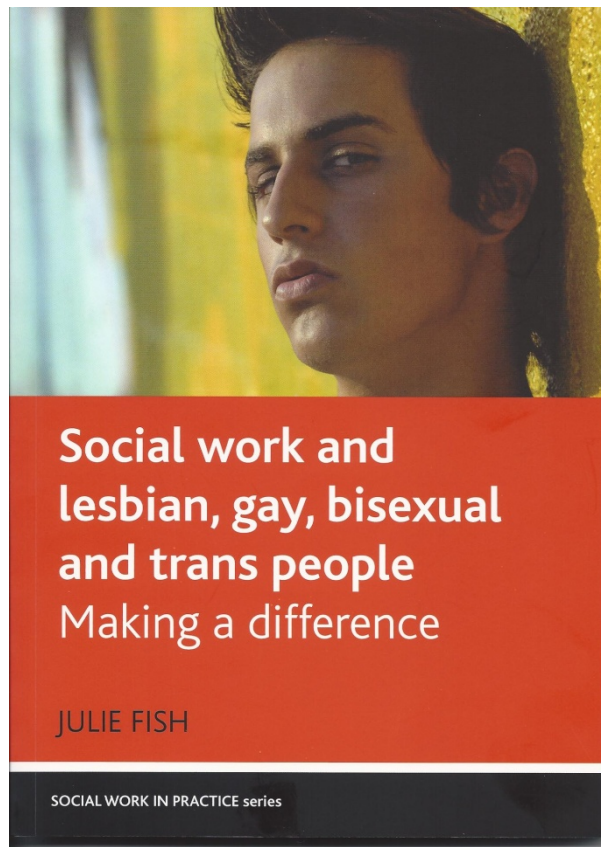
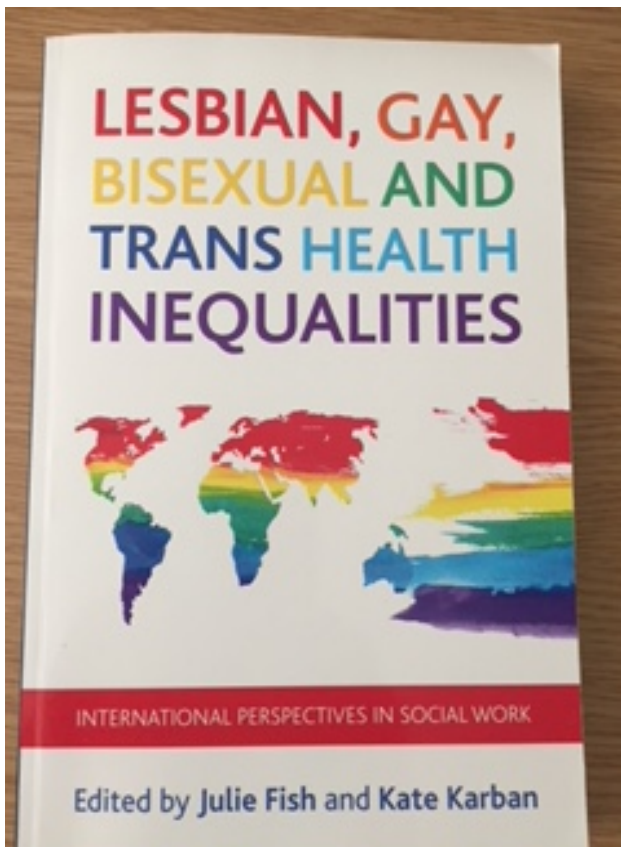
- LGB only removed from the *Diagnostic and Statistical Manual (DSM)* in 1991;
- Considered a disease by the WHO until 1993;
- Being trans still included in the DSM-5: the term gender dysphoria replaced GID;
- Association with disease 'section 28' LGA 1988;
- 2010 UK Equality Act;
- LGBT human rights first recognised by the United Nations in 2012.

Research context for LGBTQ populations

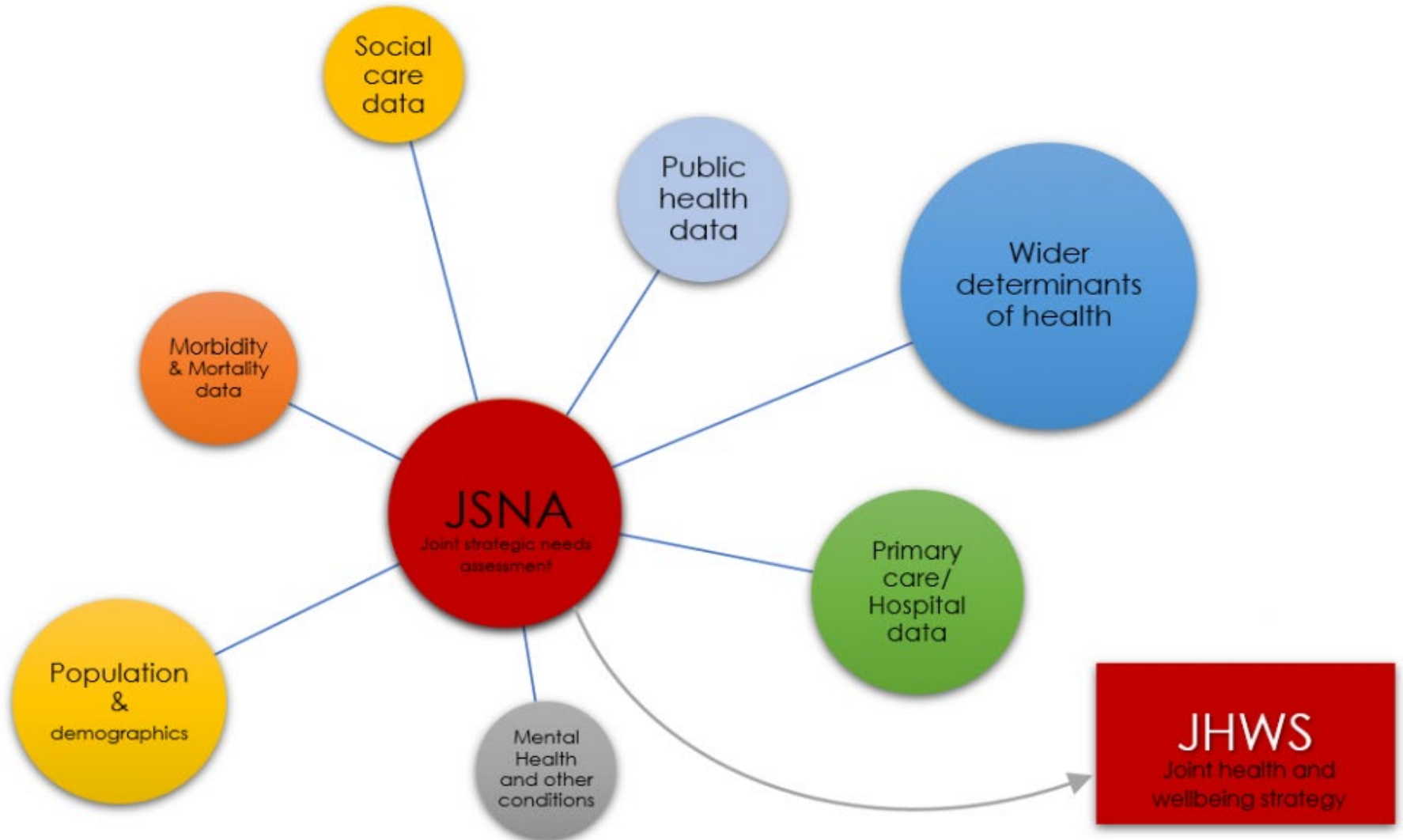


- LGBT issues addressed in 0.1% of all Medline articles; 61% of the articles were disease-specific, 85% no reference to race/ethnicity;
- Least focus on trans health issues;
- LGBT issues neglected in public health research
- Research (apart from sexually transmitted diseases) is lacking.

Boehmer, U. 20 Years of public health research: Inclusion of LGBT populations, *American Journal of Public Health*, 2002: 92:1125–1130



Understanding needs through data

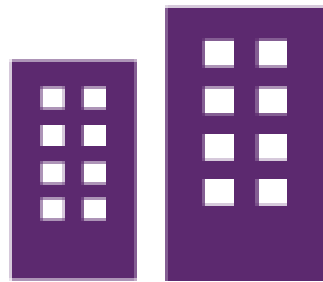


SOCIAL DETERMINANTS OF HEALTH

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.



Childhood experiences



Housing



Education



Social support



Family income



Employment

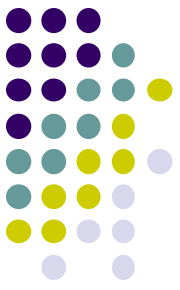


Our communities



Access to health services

Source: NHS Health Scotland



Healthy life expectancy

- LGB patients more likely to report fair/poor health;
- 1.5 times more likely than heterosexual patients to report unfavourable health care experiences.

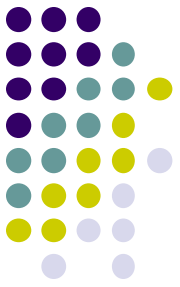
Elliott M, et al. Sexual Minorities in England Have Poorer Health and Worse Health Care Experiences: A National Survey. *Journal of General Internal Medicine*. **30**, pages 9–16 (2015)

Preventing premature mortality



- Higher levels of risk behaviours associated with preventable mortality (lung cancer) e.g. smoking, substance misuse and screening;
- Factors associated with risk of CVD: weight, and alcohol consumption;
- Binge drinking and liver disease;
- Suicide and self-harm and worse mental health outcomes;
- Health related QOL among older people.

Trans people's health and social care



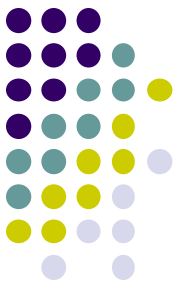
- GEO transgender survey 2011;
- Health was identified by respondents as being the top area of concern for the trans community, with nearly half of respondents (49%) selecting this as their priority;
- Preventing suicide
- Training of staff and research
- Collaboration with voluntary sector

LGBT government survey 2018

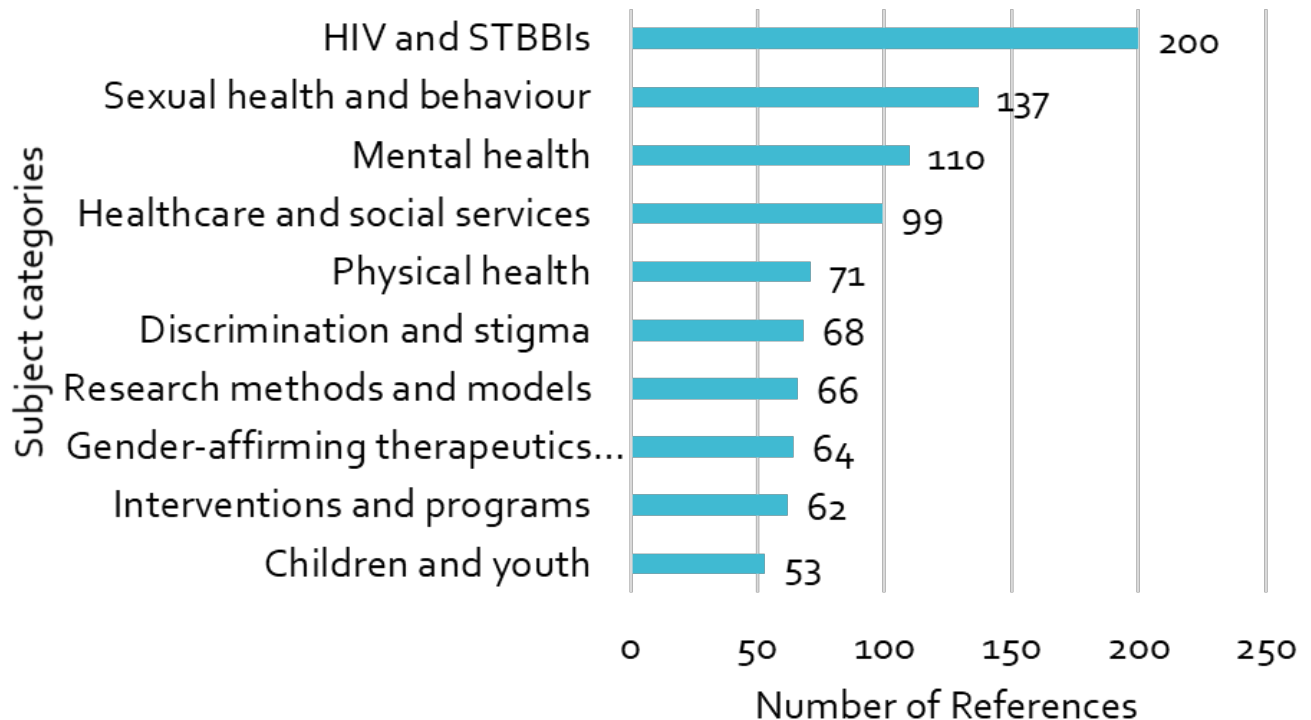


- LGBT respondents are less satisfied with their life than the general UK population;
- Trans respondents had particularly low scores (around 5.4 out of 10);
- Two thirds don't hold hands in public;
- Increase in LGBT hate crime;
- 24% of respondents had accessed mental health services in the 12 months preceding the survey

Developing the evidence base for LGBTQ policymaking



Top 10 Subject Categories



Subject Category Results

Marshall, Z and Farley, N (2020) Creating a Database for LGBTQ2SI+ Knowledge Synthesis (Knowsy): A Mapping Review of Evidence and Gaps to Inform Future Research, Presentation to What Works Global Summit, 30 Oct



LGB&T Open Mind IAPT service was officially opened on:

Wednesday 11 September 2013

By Kevin Mullins, National IAPT Programme Director, NHS England

Kevin Mullins
National IAPT Programme Director,
NHS England

Norman Finlayson
Open Mind,
Leicestershire Partnership
NHS Trust

Paul Fitzgerald
Leicester LGBT Centre

Veronica Nall
Trade Sexual Health

National Organisations

Broken Rainbow

The UK's only organisation offering support to LGBT victims and survivors of domestic violence and abuse. The organisation runs a confidential helpline.

Tel: 0300 999 5428 www.broken-rainbow.org.uk

FFLAG

Families and Friends of Lesbians and Gays

A national voluntary organisation and helpline service supporting the parents and families of lesbian and gay people.

Tel: 0845 652 0311 www.fflag.org.uk

The Gender Trust

Provides support for anyone affected by gender identity issues.

Tel: 0845 231 0505 www.gendertrust.org.uk

Pink Parents

Pink Parents UK is a national project aiming to reduce the isolation and discrimination that LGBT families and families-to-be face.

Tel: 01380 727 935 www.pinkparents.org.uk

Pink Therapy

The UK's largest independent therapy organisation working with gender and sexual diversity clients aims to promote high quality therapy and training services for people who are lesbian, gay, bisexual and transgender and others who identify as being gender or sexual diversities. www.pinktherapy.com

Additional sources of help

Adam Project

The ADAM (Action against Domestic Abuse for Men) Project supports male victims of domestic abuse in Leicestershire and also provides information and advocacy on relationship breakdown, safety planning, housing options, benefits, legal issues, budgeting, tenancy sustainment and signposting and referrals to other agencies.

Adam.project@wallaction.org.uk

Monday-Thursday 9am-5pm – Tel: 0116 242 6440

Friday 9am-4.30pm – Tel: 0116 242 6440

Leicester Parents Support Group

The group is made up of parents of gay, lesbian, bi-sexual and transgender children. It exists to help families and their children to understand, love and offer support where needed.

www.leicesterparents.org.uk

Counselling

Relate (relationship and guidance)
Leicester Counselling

0116 254 3011

0116 255 8801

Money and Legal Advice

Citizens Advice Bureau
Money Advice Centre
National Debtline

0116 285 2081

0116 242 1120

0808 808 4000

Employment

Job Centre Plus
Leicestershire Fit for Work Service

0800 055 6688

0116 285 1710

Addictions

Alcohol Advice Centre
Drug Advice Centre

0116 222 9545

0116 222 9555

Bereavement

CRUSE Bereavement Centre

0116 288 4119

Carers

CLASP for Carers

0116 251 0999

Mental Health

Leicestershire Focus Line
The Adhar Project
Savera Resource Centre
Network for Change
Leicestershire Action for
Mental Health Project LAMP

0800 027 2127

0116 220 0070

0116 261 2837

0116 247 0335

0116 255 6286

Victim Support

0300 303 1947

Domestic Violence Support

SAFE Domestic Violence Support Services
for Women & Men in Leicester

0300 123 0918

Rape Crisis

Leicester Rape Crisis Helpline

0116 255 8852

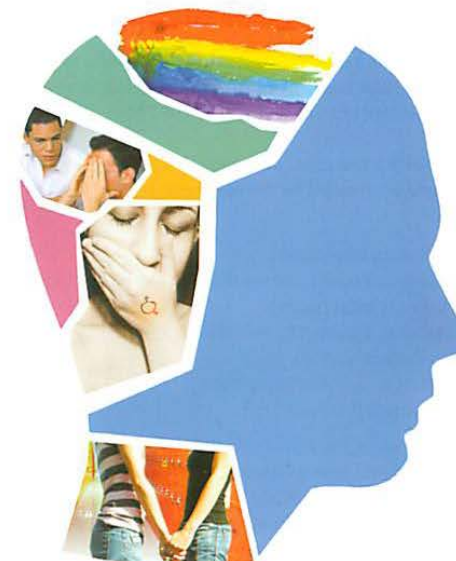
Useful Websites

www.leicspt.nhs.uk

www.lampdirect.org.uk
enquiries@safedvs.co.uk

Leicestershire Partnership 
NHS Trust

Open Mind LGB&T Service



A talking therapy service for LGB&T people living in Leicester City who are feeling stressed, troubled, anxious or depressed, delivered in a safe and confidential LGB&T friendly space

For access to this service
please contact 0116 295 2151



www.leicspt.nhs.uk

LESBIAN GAY BI & TRANS
the CENTRE
LEICESTER

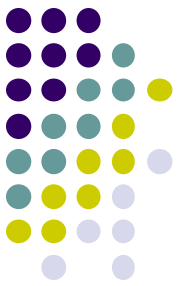




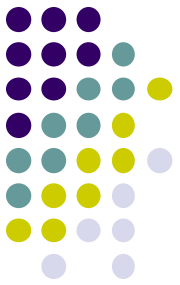
Results:

- Comprehensive LGB&T training programme for both City & County IAPT services
- LGB & Transgender care pathway(s)
- LGB&T Service guide
- Memorandum of Understanding-LPT and LGB&T providers
- COMMS strategy
- Revised demographics screening
- Promotional film
- Opened by National IAPT programme Lead
- Improved trust & rapport between LLR's LGB&T communities and service providers and Leicestershire Partnership NHS Trust and wider NHS health services
- Increased mainstream engagement with NHS services & access to further NHS provision without an increase in funding
- Now have a LGB&T JSNA presence-City/County

References



- Fish, J.; Hafford-Letchfield, T.; Toze, M. Almack, K. (2021) "Health Inequalities and Social Support among LGBT + Populations"
- https://www.mdpi.com/journal/ijerph/special_issues/HI_LGBT
- 14 articles
- Fish, J.; Almack, K.; Hafford-Letchfield, T.; Toze, M. What Are LGBT+ Inequalities in Health and Social Support—Why Should We Tackle Them? *Int. J. Environ. Res. Public Health* **2021**, 18, 3612. <https://doi.org/10.3390/ijerph18073612>
- Toze, M; Fish, J; Hafford-Letchfield, T; Almack, K. (2020) Applying a capabilities approach to understanding older LGBT people’s disclosures in primary care. *Int. J. Environ. Res. Public Health* **2020**, *17*(20), 7614;
- Westwood, S. Willis, P. Fish, J. Hafford-Letchfield, T. Semlyen, J. King, A. Beach, B. Almack, K. Dylan Kneale, Toze, M. & Becares, L. (2020) Older LGBT+ Health Inequalities in the UK: Setting a Research Agenda. 10.1136/**jech**-2019-213068
- Fish, J. and Weis, C. (2019), "All the lonely people, where do they all belong? An interpretive synthesis of loneliness and social support in older lesbian, gay and bisexual communities", [*Quality in Ageing and Older Adults*](#), 20 3, pp. 130-142.



Resources available

Hidden Figures: LGBT health inequalities LGBT Foundation Manchester

<http://www.lgf.org.uk/phof>

[LGBT Public Health Outcomes Framework Companion Doc.pdf \(london.gov.uk\)](#)

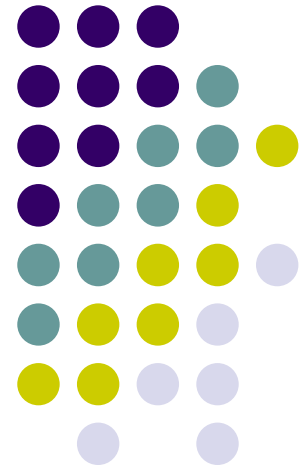
- Knowsy online portal of LGBTQ2SI+* systematic reviews, scoping studies, and evidence maps.
- <https://Knowsy.ca>

Researching intersex populations

- <https://ihra.org.au/research/>

Thanks for listening!

Any questions?



- LGB&T Centre/Trade
- Recognising & responding to specific issues e.g. self-harm, alcohol, wellbeing, hate crime
- Care Pathways into other services
- Understand service provision including monitoring

- Understand LGB&T issues-fully trained & understand specific histories, present & barriers
- Practitioner objectives re language, assumptions, history
- Can ask monitoring question
- Competent language use
- Understand usefulness of knowing how to integrate

Tailored Services

Confident Staff

Obviously welcoming outside service

Visibly inclusive in service

- Care Pathway starting point- self referral
- Marketing & Communications- through local groups & wider LLR communities
- Wider Media
- Robust marketing & Comms Strategy
- Self referral route
- GP's-specific resource e.g. In the Pink
- Signposting e.g. Centre, Trade & associated groups
- Community Engagement Plan

- Monitoring
- visibility-leaflets, posters
 - Website
 - Review Website & non specific marketing-LGB&T
 - How visible in non specific marketing
 - Introducing Monitoring
 - Robust Marketing & Comms Strategy



This project focuses on ensuring that Leicestershire Partnership NHS Trust works closely alongside local City CCG, Public Health, leading LGB&T health academics, LGB&T communities & providers to ensure a co-design approach

LGBT+ health inequalities

