



SDOH and suicide/other health outcomes among LGBTQ+ populations

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Overview

Define the population

Summarize disparities in suicide morbidity and mortality

Explain social determinants - differences/uniqueness

Consider health equity issues for LGBTQ+ people and suicide prevention

Common terms related to gender identity

Transgender

having a gender identity, expressions, or behaviors that are different from those traditionally associated with one's assigned sex at birth

Transgender woman

assigned male sex at birth and identifies as woman/feminine

Transgender man

assigned female sex at birth and identifies as man/masculine

Many other identities (USTS, 2016)

Genderqueer: 29%

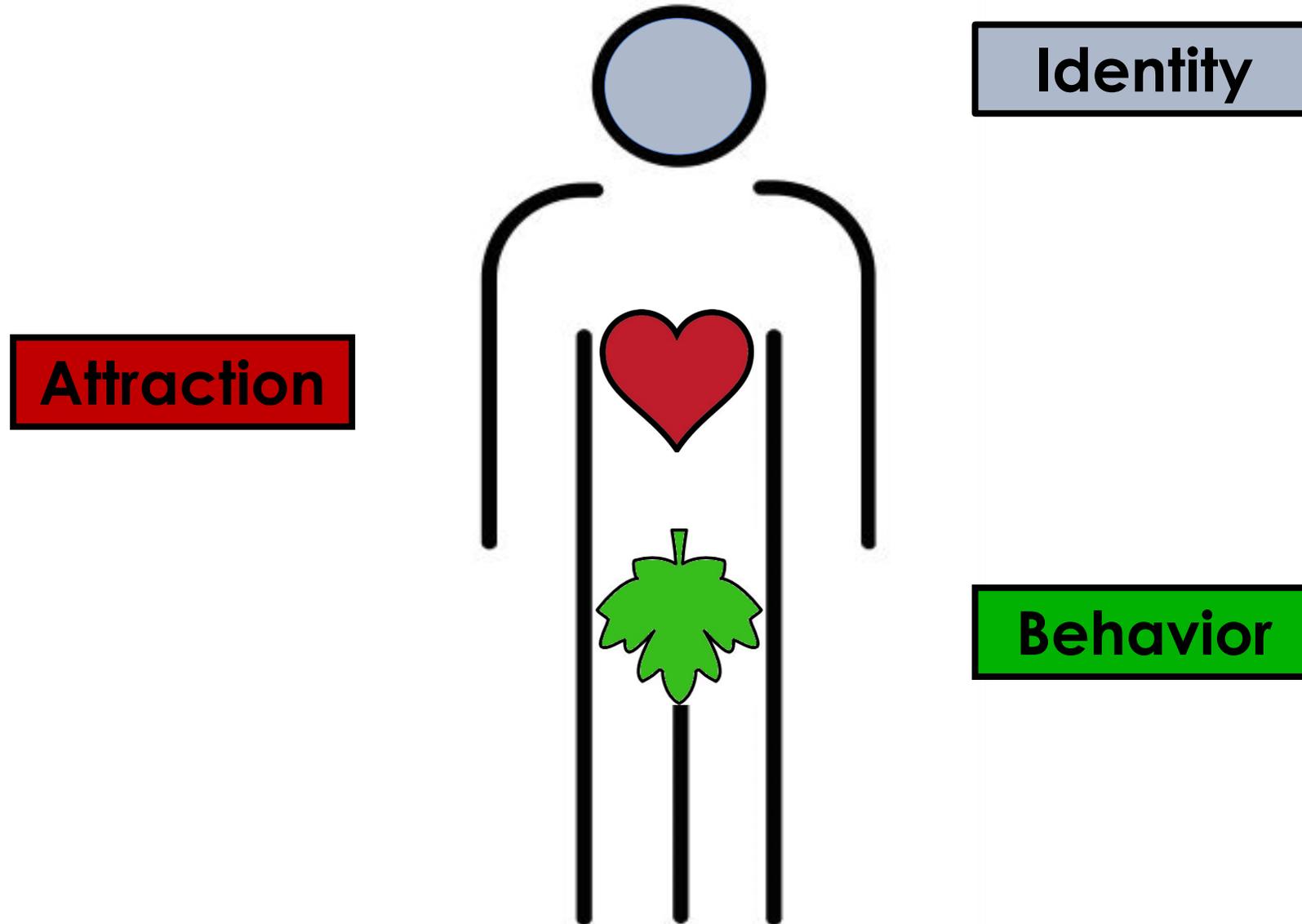
Androgynous: 18%

Non-binary: 31%

Gender fluid: 20%

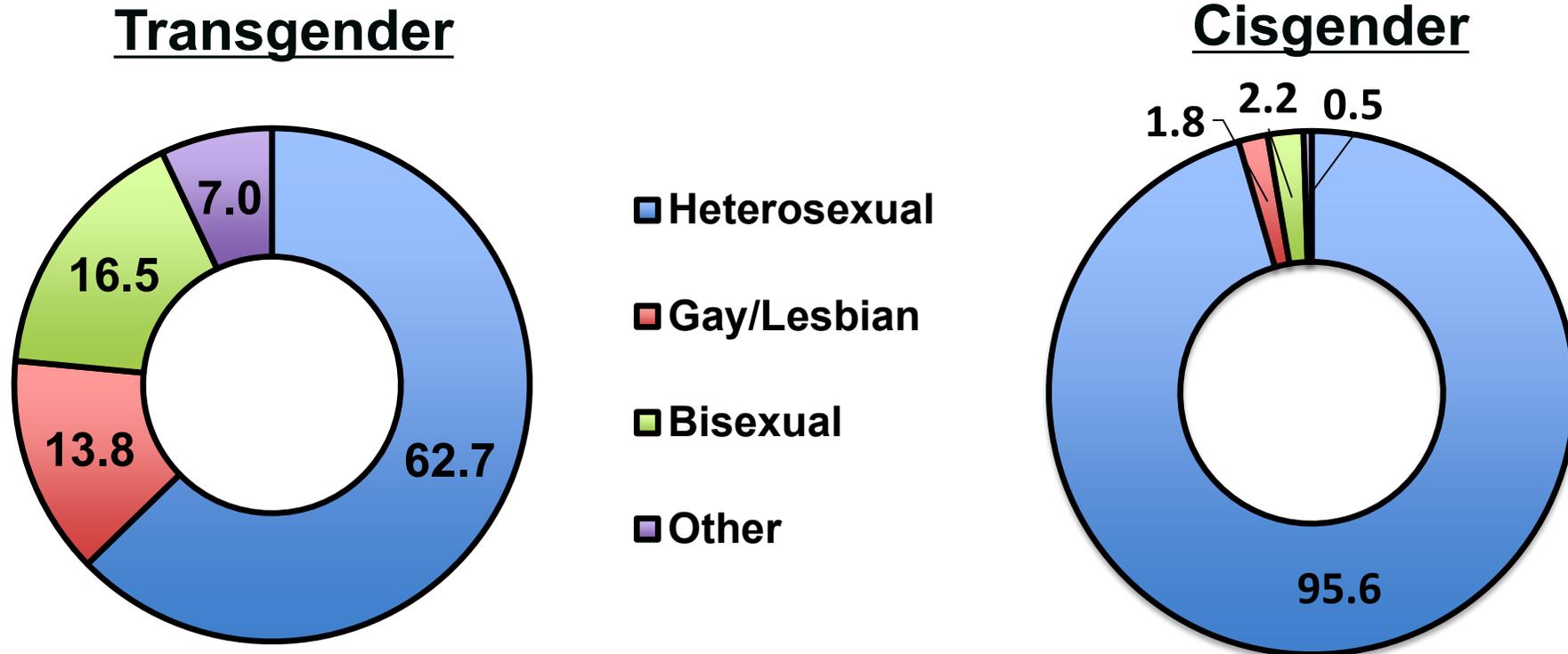
Gender identity does not depend on medical therapies or medical interventions

Sexual orientation is related to, but distinct from, gender identity



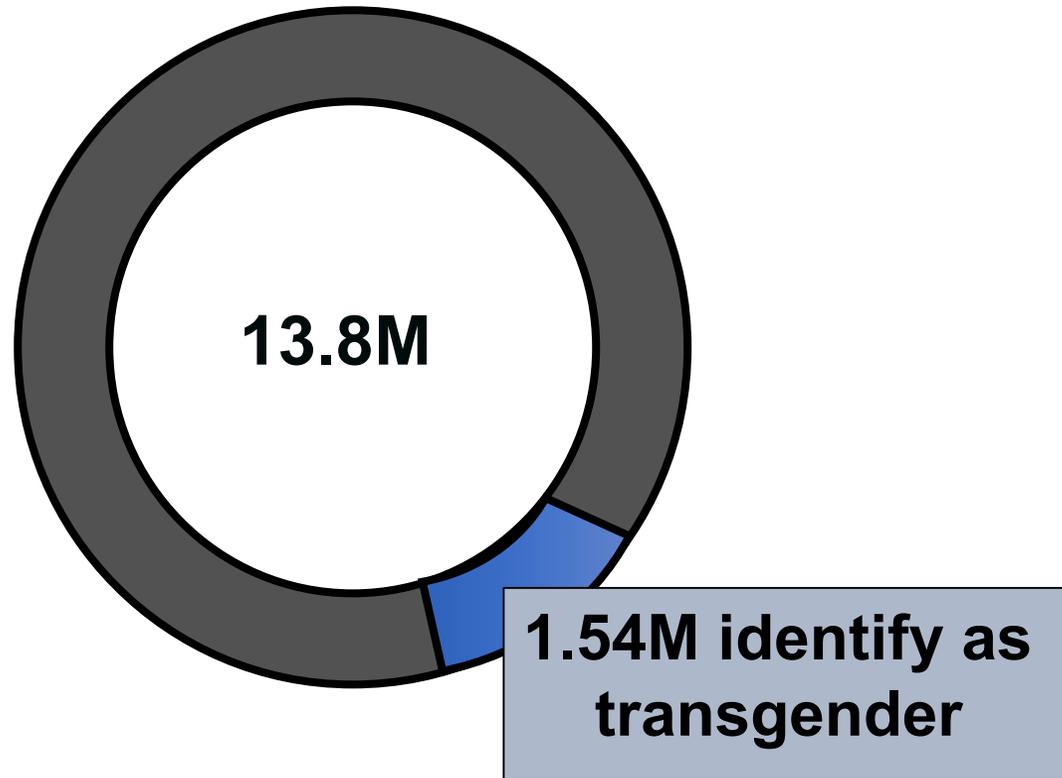
To emphasize distinction of sexual orientation and gender identity

756 transgender adults answered questions about their sexual orientation (BRFSS, 2016)



How many adults are LGBT in the US?

**2021 Gallup survey: 5.6%
identified as LGB or T**



- **Could be the 5th most populous state in the US**
- **More people than Pennsylvania**

LGBT identities more common among younger generations

Americans' Self-Identification as LGBT, by Generation

	LGBT	Straight/Heterosexual	No opinion
	%	%	%
Generation Z (born 1997-2002)	15.9	78.9	5.2
Millennials (born 1981-1996)	9.1	82.7	8.1
Generation X (born 1965-1980)	3.8	88.6	7.6
Baby boomers (born 1946-1964)	2.0	91.1	6.9
Traditionalists (born before 1946)	1.3	89.9	8.9

GALLUP, 2020

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Explain social determinants - both unique and disparate

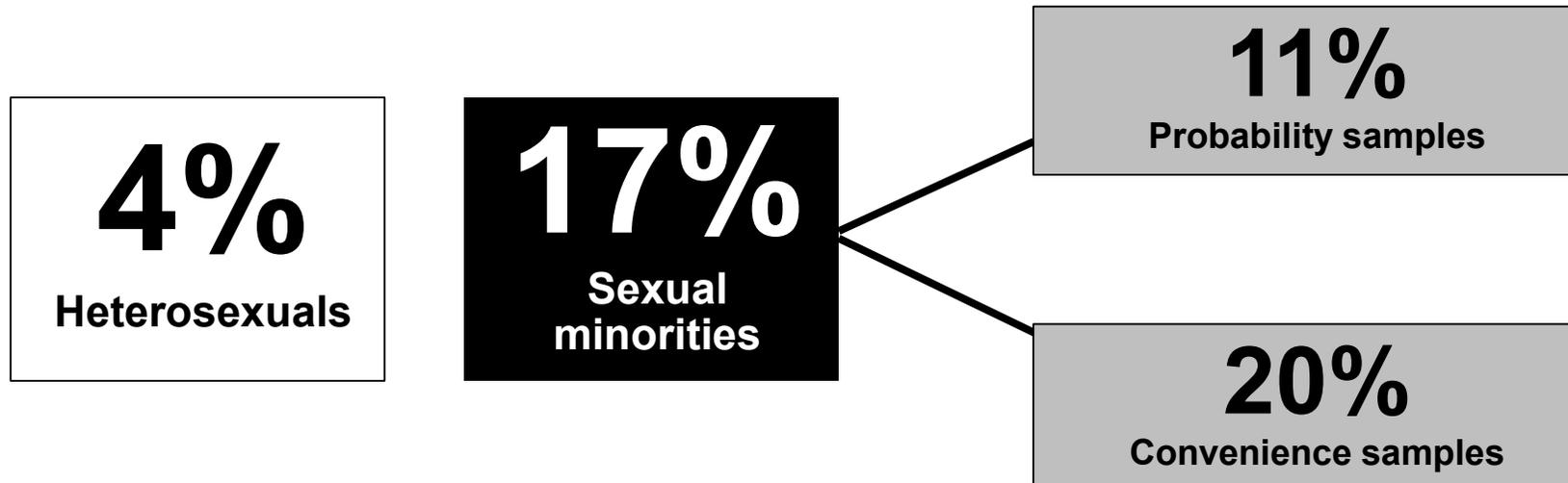
Consider suicide prevention health equity for LGBTQ+ people

Sexual minority adults 3-5x higher prevalence lifetime suicide attempt

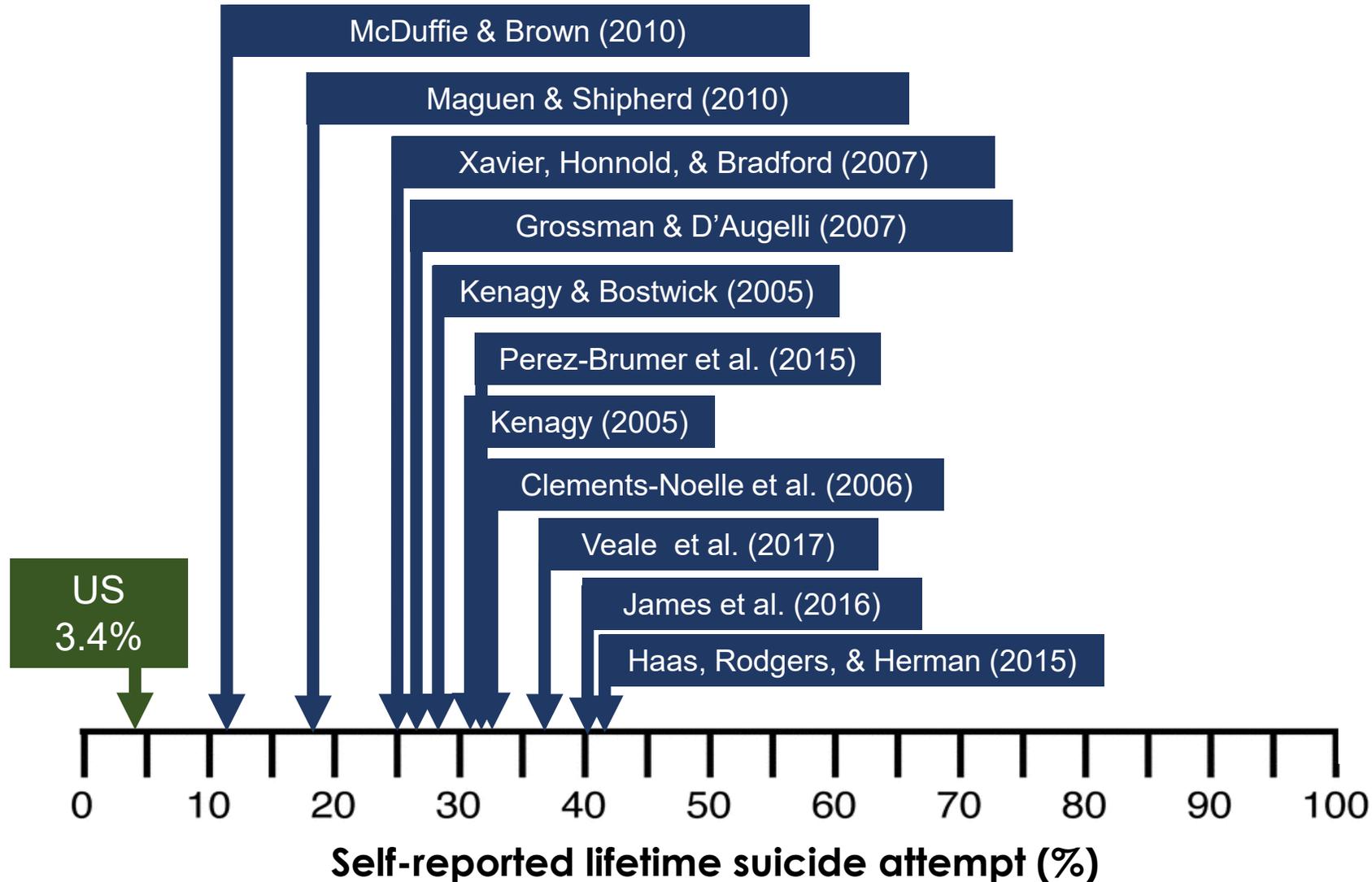
AJPH RESEARCH

Lifetime Prevalence of Suicide Attempts Among Sexual Minority Adults by Study Sampling Strategies: A Systematic Review and Meta-Analysis

Travis Salway Hottes, MSc, Laura Bogaert, MSc, Anne E. Rhodes, PhD, David J. Brennan, PhD, and Dionne Gesink, PhD

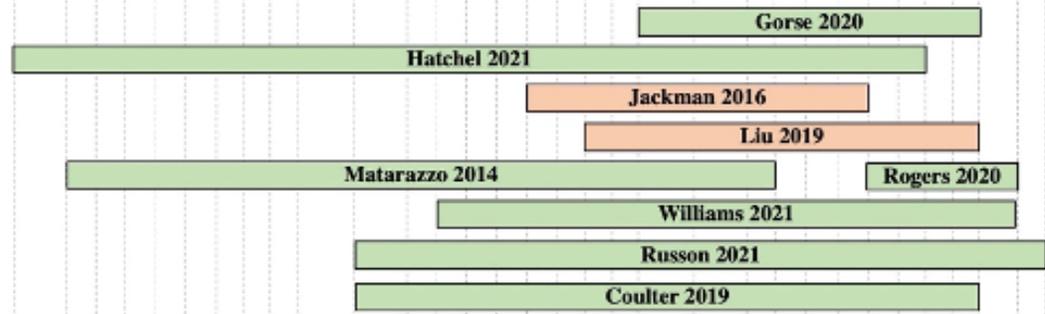


High prevalence of lifetime suicide attempt among TGD individuals

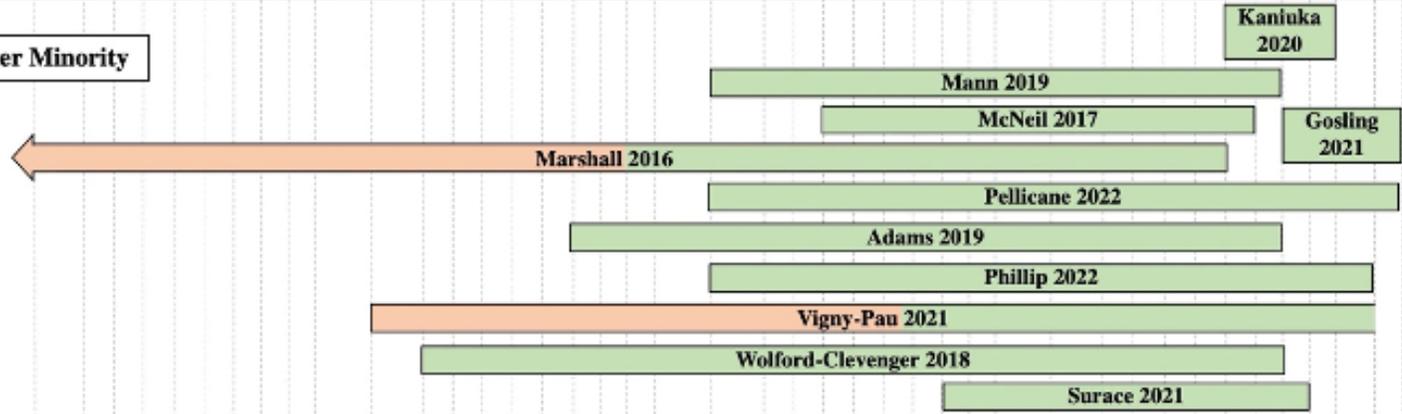


1980 1990 2000 2010 2020

Both Sexual and Gender Minority



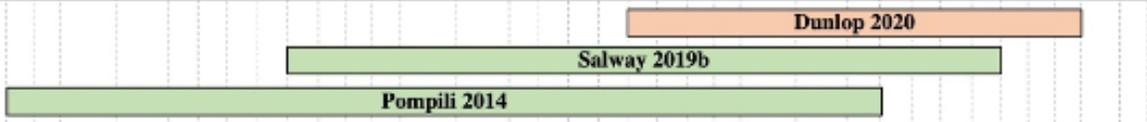
Gender Minority



Sexual Minority



Bisexual



MSM



Legend: Suicidal Ideation & Attempt (Green), Suicide Attempt (Yellow), Non-suicidal Self Injury (Orange), Suicidal Ideation (Blue)

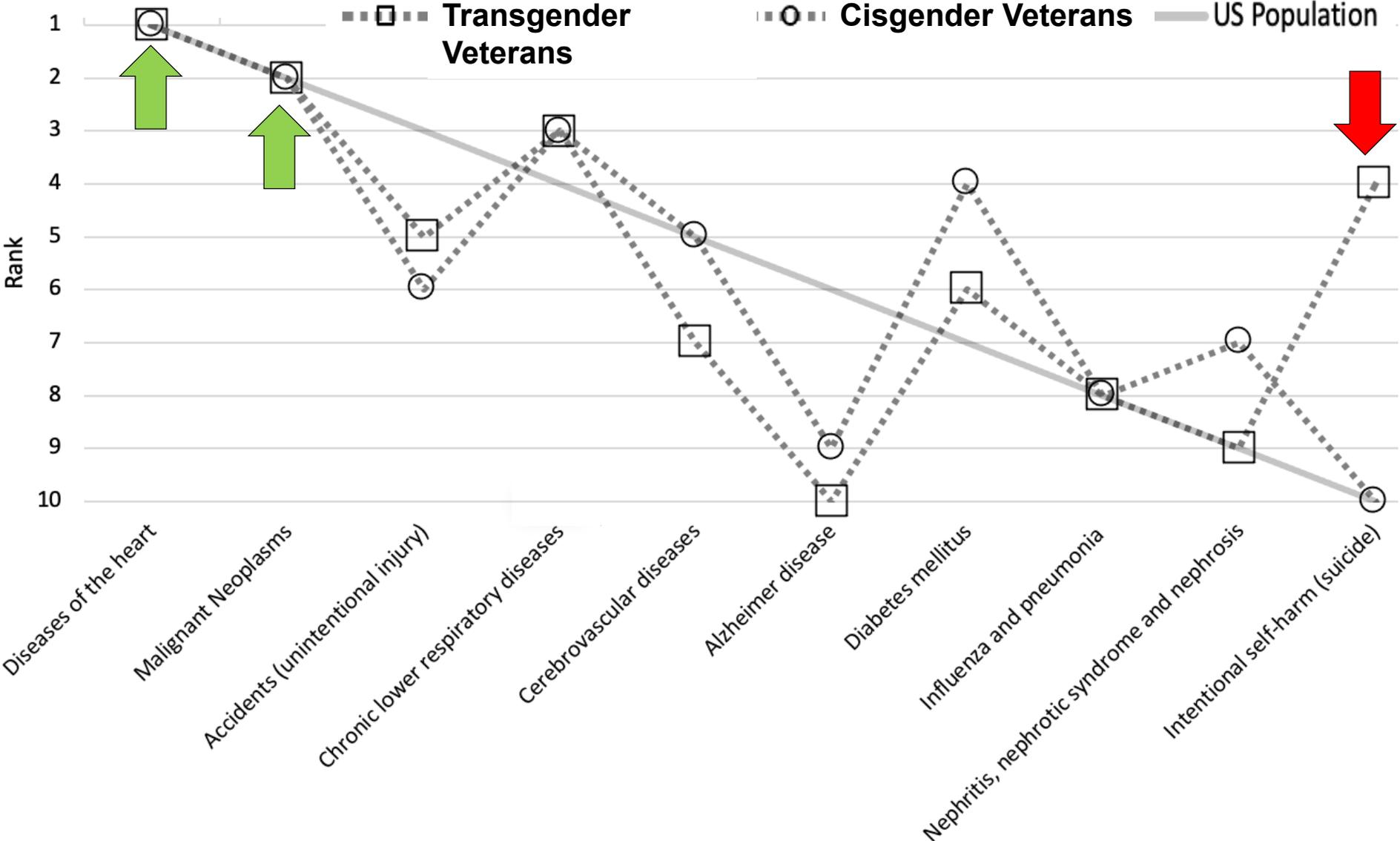
Ample evidence of LGBTQ+ suicide morbidity disparities

Scoping review of reviews from 1990-2022

32 review studies

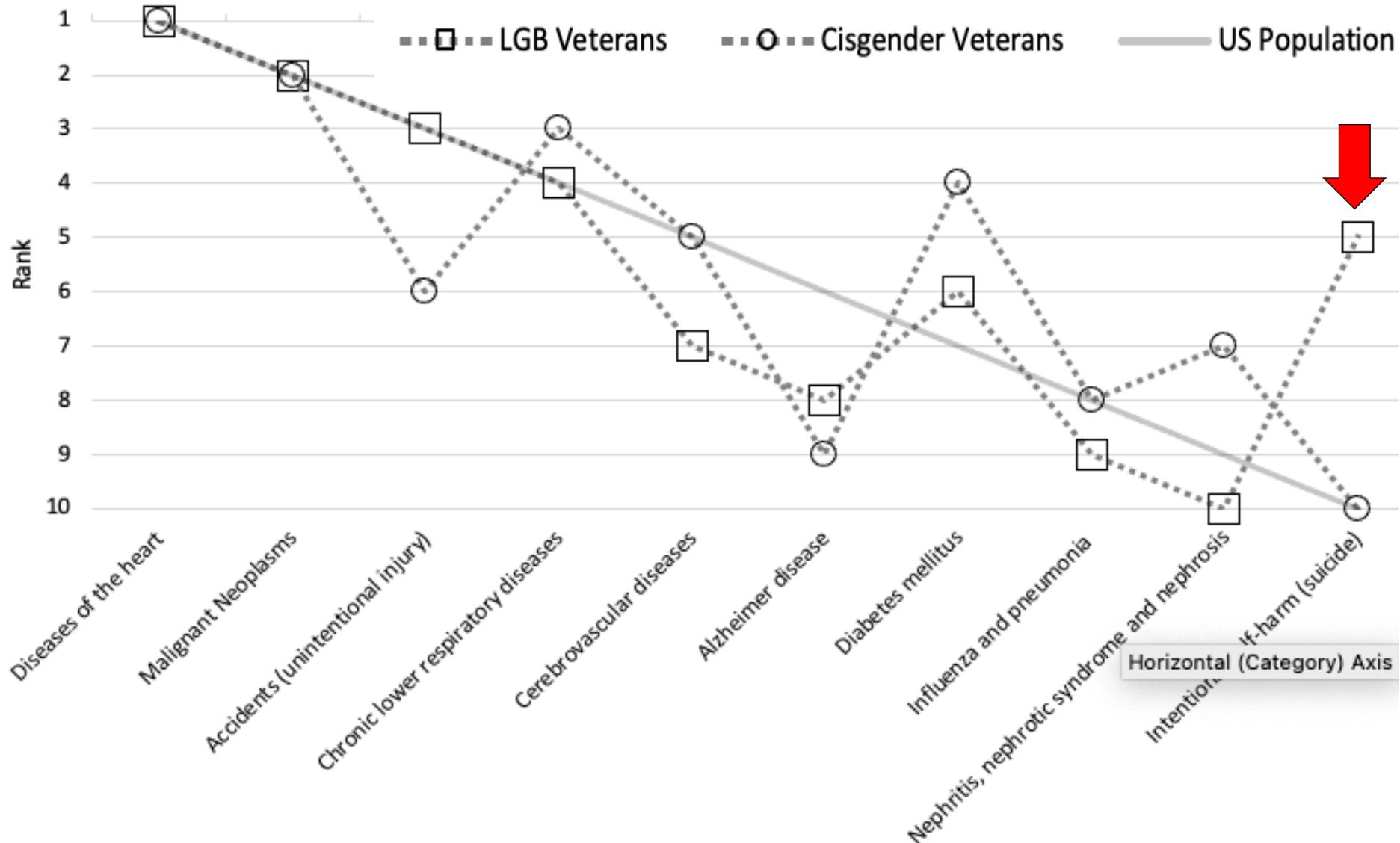
Include 1,148 studies (not de-duplicated)

Suicide 4th leading cause of death for transgender VHA Veterans



Boyer, T. L., Youk, A. O., Haas, A. P., Brown, G. R., Shipherd, J. C., Kauth, M. R., ... & Blosnich, J. R. (2021). Suicide, homicide, and all-cause mortality among transgender and cisgender patients in the Veterans Health Administration. *LGBT health*, 8(3), 173-180.

Suicide 5th leading cause of death for LGB VHA Veterans



Overview

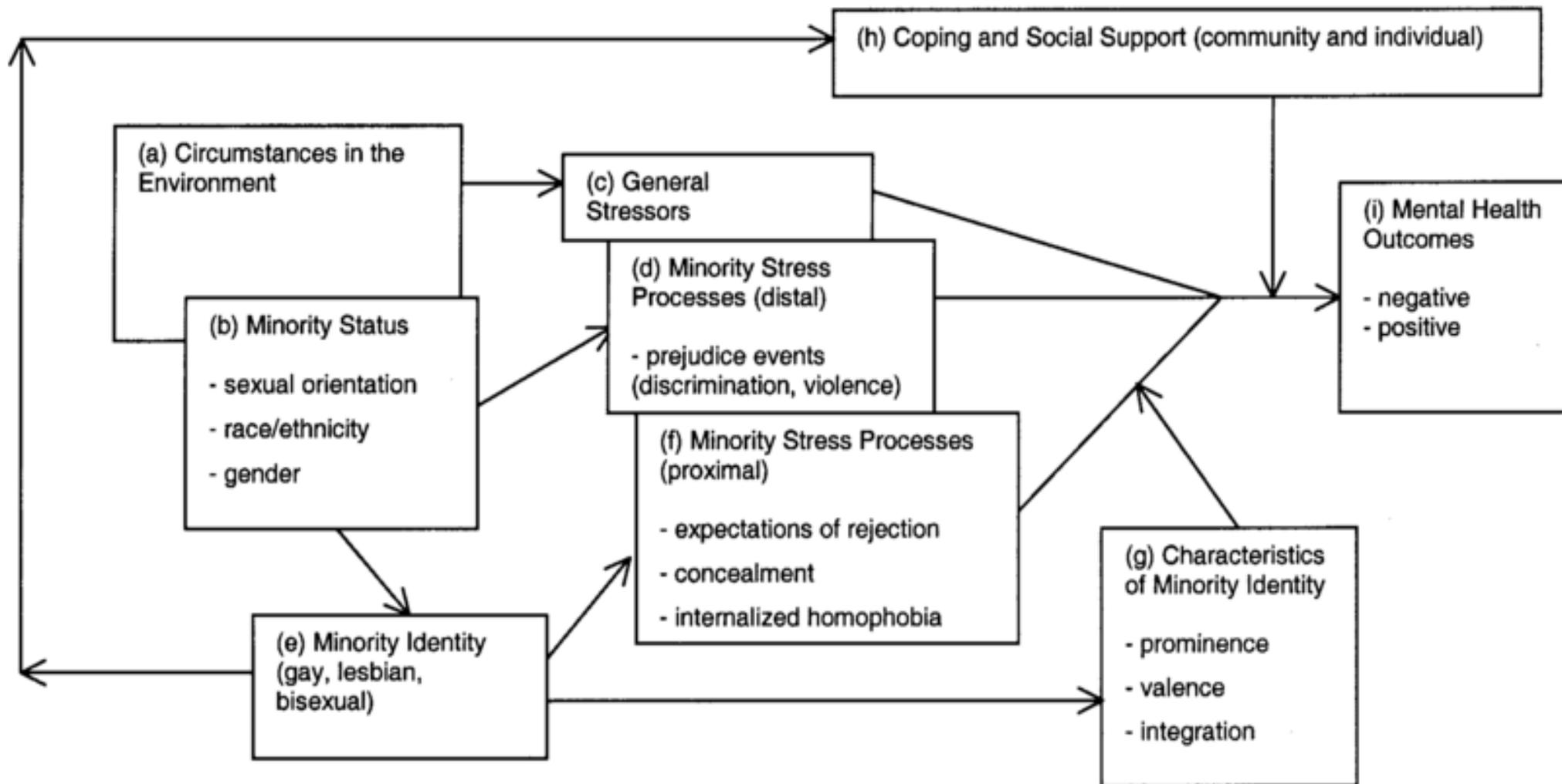
Define the population

Summarize disparities in suicide morbidity and mortality

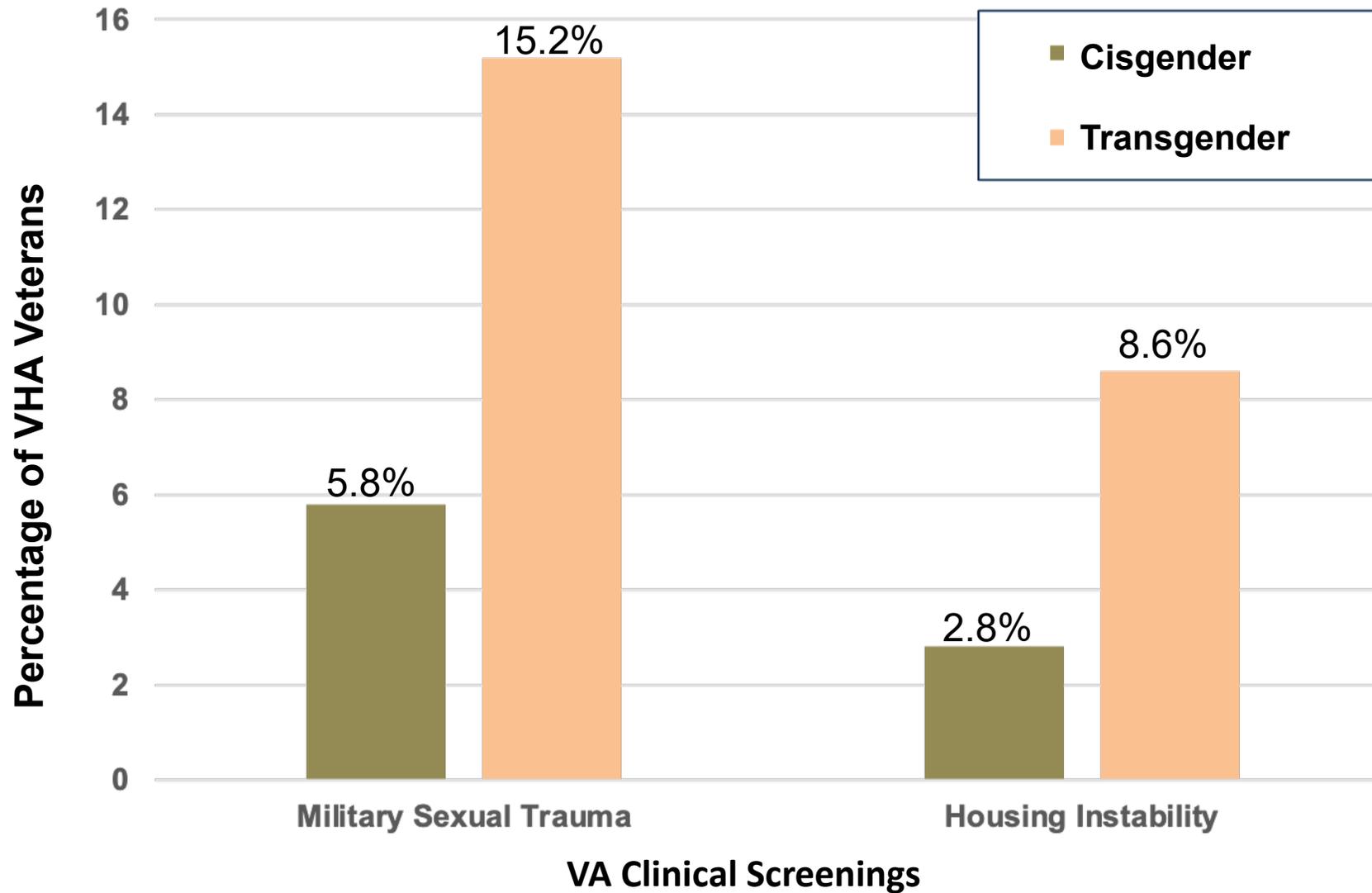
Explain social determinants - both unique and disparate

Consider suicide prevention health equity for LGBTQ+ people

Minority Stress helps explain stigma as a driver of disparities



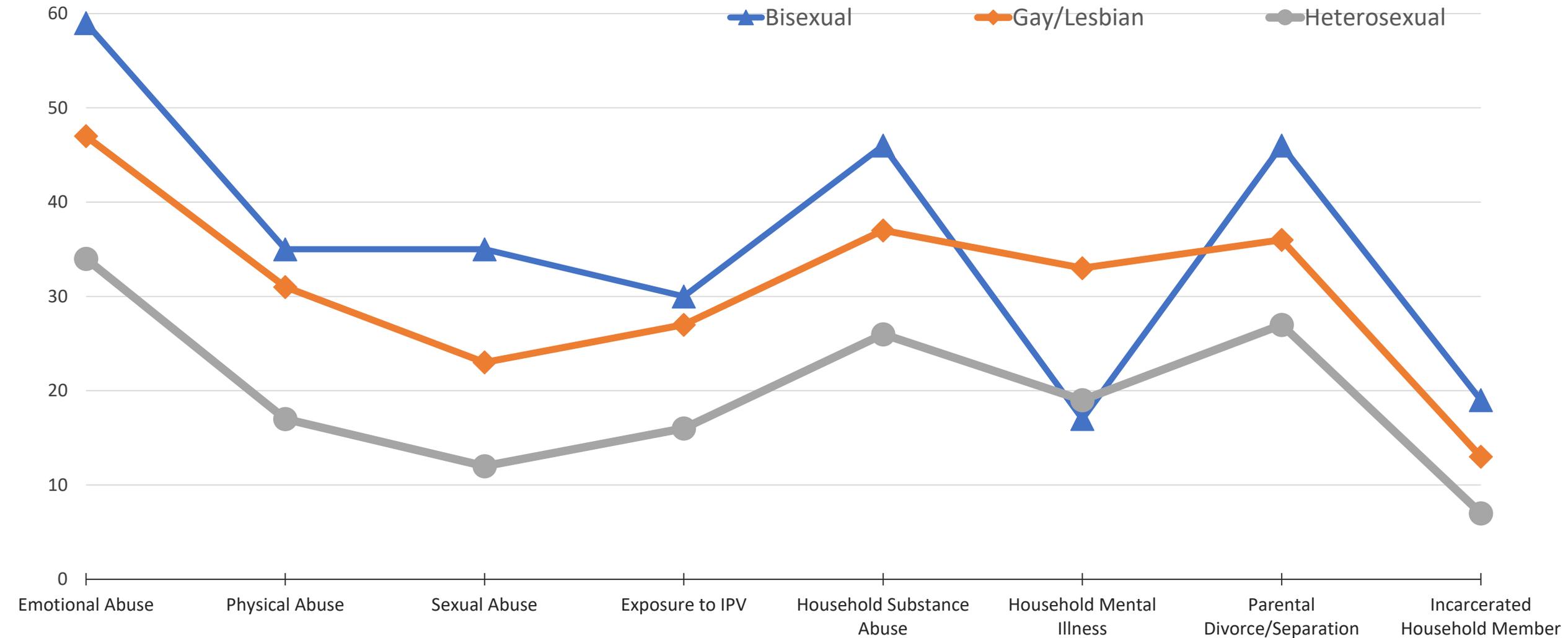
Higher prevalence of housing instability and military sexual trauma among Transgender Veterans



MST: Brown, G. R., & Jones, K. T. (2016). Mental health and medical health disparities in 5135 transgender veterans receiving healthcare in the Veterans Health Administration: A case-control study. *LGBT Health*, 3(2), 122-131.

Housing: Carter, S. P., Montgomery, A. E., Henderson, E. R., Ketterer, B., Dichter, M.... & Blosnich, J. R. (2019). Housing instability characteristics among transgender Veterans cared for in the Veterans Health Administration, 2013-2016. *American Journal of Public Health*, 109(10), 1413-1418

Adverse childhood experiences are highly prevalent



Social environmental factors supportive of sexual and gender minorities have protective associations against suicide ideation/attempt

Inclusive Anti-bullying Policies and Reduced Risk of Suicide Attempts in Lesbian and Gay Youth

Mark L. Hatzenbuehler, Ph.D.^{a,*}, and Katherine M. Keyes, Ph.D.^b

^a Department of Sociomedical Sciences, Columbia University, New York, New York

^b Department of Epidemiology, Columbia University, New York, New York

JAMA Pediatrics | [Original Investigation](#)

Difference-in-Differences Analysis of the Association Between State Same-Sex Marriage Policies and Adolescent Suicide Attempts

Julia Raifman, ScD; Ellen Moscoe, MA; S. Bryn Austin, ScD; Margaret McConnell, PhD

Mental Health of Transgender Veterans in US States With and Without Discrimination and Hate Crime Legal Protection

John R. Blosnich, PhD, MPH, Mary C. Marsiglio, PhD, Shasha Gao, PhD, Adam J. Gordon, MD, MPH, Jillian C. Shipherd, PhD, Michael Kauth, PhD, George R. Brown, MD, and Michael J. Fine, MD

Family determinants: Simply accepting and using a chosen name

Among a sample of 129 transgender youth ages 15–21



Use of their chosen name in more contexts (e.g., home, school, work, with friends) associated with:

- **Lower depressive symptoms**
- **29% lower prevalence of suicidal ideation**
- **56% lower prevalence of suicide attempt**

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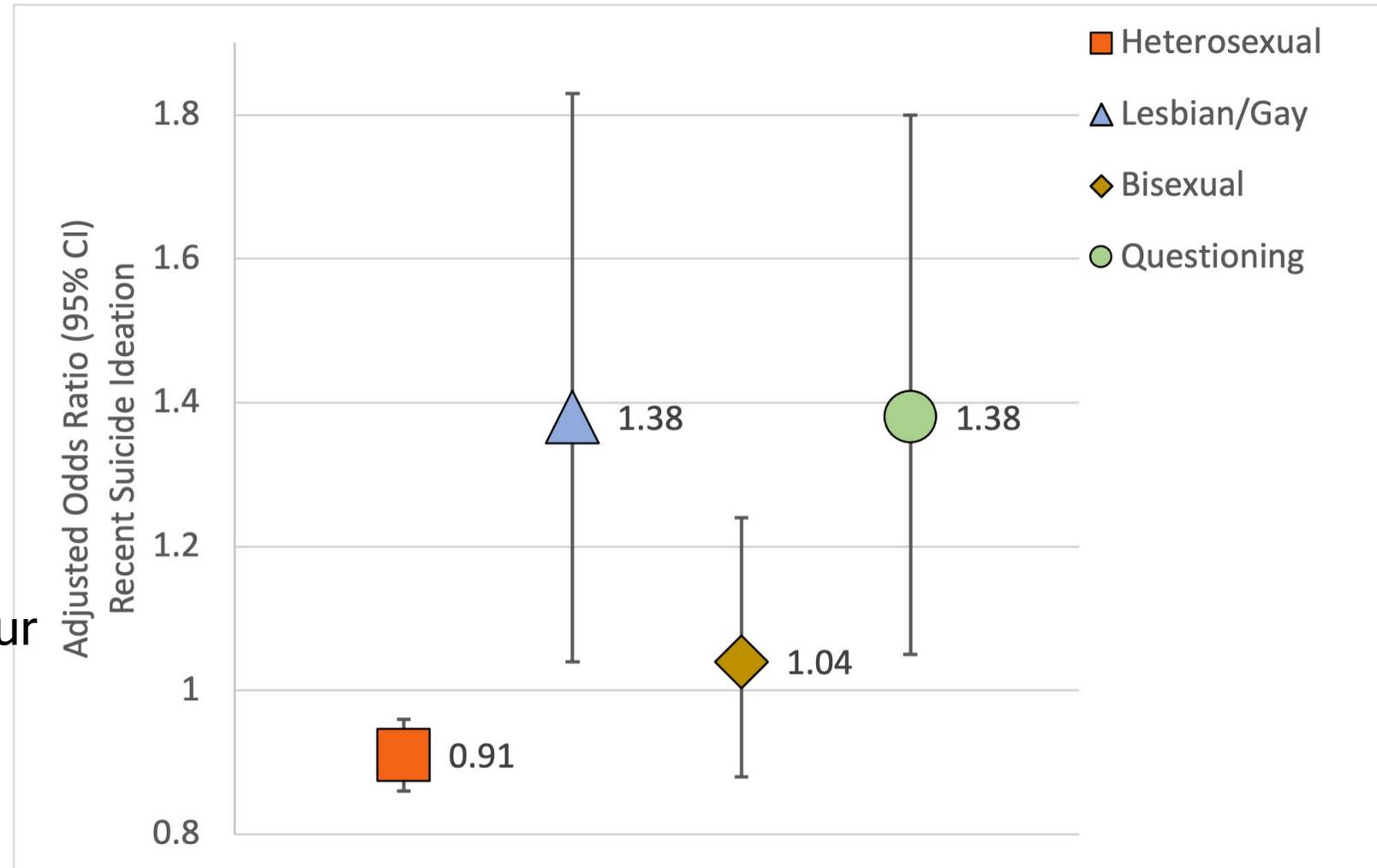
Consider suicide prevention health equity for LGBTQ+ people

Re-thinking Traditional Suicide Prevention: Religiosity

Ex: National Strategy emphasized faith-based partners for suicide prevention

Religion/religiosity protective based on research that hasn't included sexual orientation or gender identity

Study of >20,000 young adults asked "How important are your religious or spiritual beliefs to your personal identity?"



Re-thinking Traditional Suicide Prevention: Firearms

Ex: Firearms less prevalent in the households of sexual minorities than heterosexuals

General Social Survey

Sexual minorities had 45% lower odds of firearm in household compared to heterosexuals

Behavioral Risk Factor Surveillance System – CA & TX

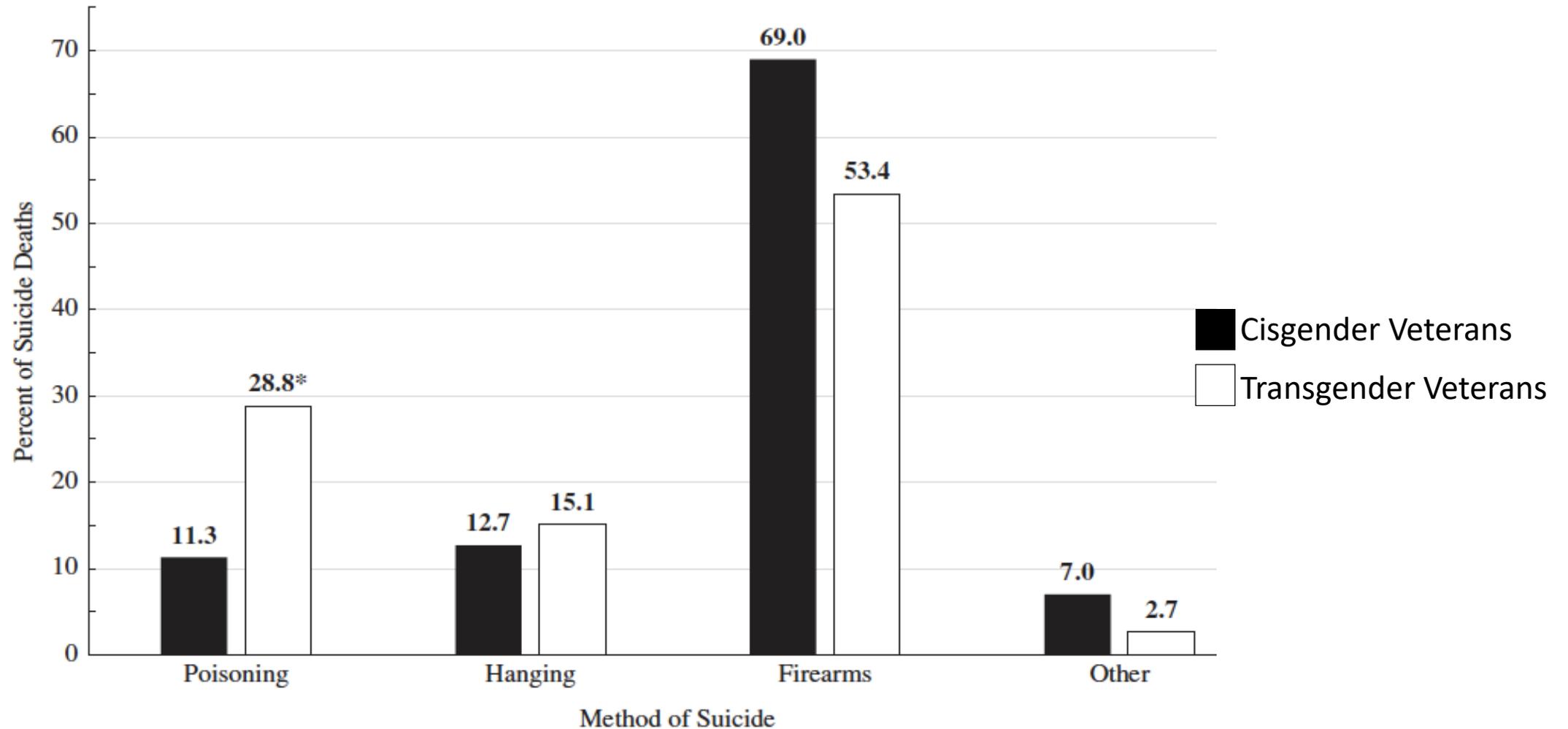
Sexual minorities had 53% lower odds of firearm in household compared to heterosexuals

Clark KA, Blosnich JR, Coulter RW, Bamwine P, Bossarte RM, Cochran SD. Sexual orientation differences in gun ownership and beliefs about gun safety policy, General Social Survey 2010–2016. *Violence and Gender*. 2020;7(1):6-10.

Blosnich JR, Clark KA, Mays VM, Cochran SD. Sexual and gender minority status and firearms in the household: findings from the 2017 Behavioral Risk Factor Surveillance System Surveys, California and Texas. *Public Health Reports*. 2020;135(6):778-784.

Re-thinking Traditional Suicide Prevention: Firearms

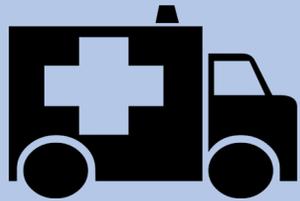
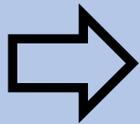
Firearms still important



LGBTQ people not represented in mortality statistics



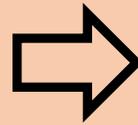
More likely
to be victims
of assault



Greater
risk of
homicide?



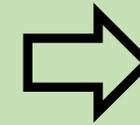
Greater
chronic stress



Greater risk of
death from
heart attack or
stroke?



Frequent
suicide ideation
and attempt



Greater risk
of suicide?

Lack of representation in administrative datasets means:

Cannot measure burdens of disease

Cannot direct resources

Cannot evaluate public health and clinical interventions