



apicha  
community health center

**The Health & Wellness of New York City's  
LGBTQ Asians and Pacific Islanders**

2023

### **Apicha CHC Executive Staff**

Therese Rodriguez, Chief Executive Officer

Yumiko Sano, Chief Program and Data Operations Officer

Gertrudes Pajaron, Chief of Business Strategies and Development Officer

Ira Rothblut, Chief Financial Officer

Raymund Sison, MD, Director of Medicine

Mihaela Mihai, Senior Director of Administration and Clinic Operations

### **Apicha CHC Vision**

Healthy communities, a future in which equity and equality are the norm.

### **Apicha CHC Mission**

Provide high quality, equitable, whole person and culturally responsive care delivered in an inclusive and welcoming manner. Build and expand on our long tradition of care for AAPI, LGBTQ+ and persons living with HIV.

### **Health Care Services**

- Primary Care, Preventive Medical Care, and Mental health as part of regular care
- STD / HIV/AIDS Testing, Treatment, and Prevention (PrEP/PEP)
- Transgender Health & Gender Affirming Services
- Behavioral Health Services
- Voluntary Family Planning / Contraceptive Services / Pregnancy Testing
- Health Insurance Enrollment
- Dental Care
- Pediatric Services
- On-Site Pharmacy

### **Community-Based Services**

- Assistance in Navigating Health Systems
- Health Insurance Enrollment
- Enrollment in Cash Assistance for Groceries
- Access to SNAP (Supplemental Nutrition Assistance Program)
- LGBTQ+ API Health and Wellness (Project Connect)
- COVID-19 Pop-Up Vaccination
- Social Media Health Education Campaigns

### **Credits**

The Principal Investigator is Glenn D. Magpantay, Esq., Principal of Magpantay & Associates and Adjunct Professor of Law and Asian American Students at Hunter College/ CUNY.

### **Apicha Community Health Center**

Manhattan: 400 Broadway, New York, NY 10013

Phone: (212) 334-6029

Queens: 82-11 37th Avenue, Jackson Heights, NY 11372

Phone: (718) 567-5200

© Apicha Community Health Center (CHC) 2023



## TABLE OF CONTENTS

<b>EXECUTIVE SUMMARY</b> .....	5
SUMMARY OF KEY FINDINGS .....	7
<b>I. BACKGROUND</b>	
A. Literature Review .....	15
B. Methodology of Needs Assessment .....	20
C. LGBTQ APIs in New York City: Stakeholder Findings .....	21
<b>II. FINDINGS</b>	
A. MULTILINGUAL SURVEY (Quantitative)	
1. Profile of Survey Respondents .....	25
2. Needs Identified from Survey of 344 LGBTQ APIs .....	31
3. Health Needs of LGBTQ APIs .....	32
4. Wellness Needs of LGBTQ APIs .....	38
5. Social Determinants .....	40
6. Delivery Models .....	43
7. Pharmaceutical Needs .....	44
8. Health and Wellness of Survey Respondents .....	45
9. Health Education .....	49
B. FOCUS GROUPS, MEETINGS, INTERVIEWS (Qualitative)	
1. Summary of Health and Well-Being Needs .....	51
2. Summary of Social Determinants .....	51
3. Summary of Delivery Models .....	52
4. Recommendations for Health Education .....	53
5. Observations from Meetings and Focus Groups .....	53

### C. DETAILED ANALYSIS BY

Ethnicity .....	63
Borough .....	77
Queens & Jackson Heights (Zip Code 11372) .....	87
Income .....	91
Age .....	99
Gender .....	109
Immigrant; Leather/BDSM; Sex Worker .....	115

### III. SURVEY INSTRUMENT

English .....	125
Bengali .....	133
Chinese (Simplified Script) .....	137
Chinese (Traditional Script) .....	143
Hindi .....	151
Korean .....	159
Punjabi .....	165
Thai .....	173
Filipino (Tagalog) .....	181
Vietnamese .....	189

### IV. APPENDIX

A. Partners .....	199
B. Outreach .....	200
1. Promotion by Apicha, Partners, Ads, Articles .....	200
2. Multilingual Press Conference for Asian Ethnic Media .....	205
3. Translated Messages .....	206
4. Social Media Posts .....	207

### V. CREDITS

Apicha CHC LGBTQ API Planning Committee & Acknowledgments .....	211
---	-----



## **The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders**

### EXECUTIVE SUMMARY

Apicha Community Health Center (CHC) undertook an ambitious effort to address the health and wellness needs of New York City's lesbian, gay, bisexual, transgender, and queer (LGBTQ) Asian, Asian American, South Asian, Southeast Asian, and Pacific Islander<sup>i</sup> (API) communities. Apicha CHC explored:

- (1) the health and wellness needs of the New York City LGBTQ API community
- (2) barriers or "social determinants" that frustrate access to these needs
- (3) services and programs or "delivery models" to address these needs

This comprehensive needs assessment will help Apicha CHC develop programs at its new Center in Jackson Heights, Queens.

Formerly named the Asian and Pacific Islander Coalition on HIV/AIDS, Apicha CHC was founded in 1989 to address unmet HIV/AIDS-related needs of Asians and Pacific Islanders in New York City. After two decades of HIV-focused practice, in 2009, Apicha CHC expanded its nationally recognized HIV care model to include general primary care. Then in 2015, Apicha became a full-fledged Federally Qualified Health Center (FQHC), providing a wide range of health and wellness services. Today, Apicha Community Health Center provides Primary Care, Behavioral Health, Dental Care, Pediatric Care, Registered Dietitian Care, Care Management and other vital support services to clients and patients regardless of race, ethnicity, sexual orientation, or gender identity.

Yet the needs of LGBTQ API people still remain overlooked. Many studies have examined the needs of LGBTQ people<sup>ii</sup> or APIs,<sup>iii</sup> but few have examined the needs of those living at the intersection<sup>iv</sup> and specifically in New York City.<sup>v</sup> Many Asian American healthcare providers are reluctant to provide services to LGBTQ people. LGBTQ providers often only speak English or do not understand culturally specific API experiences. Apicha CHC provides culturally-competent, linguistically-appropriate, and LGBTQ-sensitive care to the most vulnerable New Yorkers.

Apicha CHC's needs assessment is a groundbreaking, comprehensive, and multi-faceted study that explores the breadth, depth, and priority of LGBTQ API health needs. Every aspect explores health and wellness needs, social determinants, and services. The assessment includes:

- A confidential and anonymous survey of 344 LGBTQ APIs in 10 languages
- Discussions with local LGBTQ API organizations
- Focus groups of specific underserved high-risk groups
- Individual interviews with people belonging to groups with special needs
- Professional assessments from Apicha CHC staff, physicians, and other healthcare providers.

This study contributes to the larger body of literature and studies that assess the health or wellness of LGBTQ or API communities. But Apicha CHC's study adds a more precise intersectional analysis. It also builds off of and addresses needs that might have been missing in the New York City Department of Health and Mental Hygiene's acclaimed 2021 report, *Health of Asians and Pacific Islanders in New York City*.

The findings in this assessment are quantifiable, assessing how widespread certain needs are, as well as qualitative, revealing specific needs and social determinants affecting access to care. Data was collected over five (5) months, from June through October 2022.

The **key recommendations** that address the most prevalent **health and wellness needs** of New York City's LGBTQ API community are:

- Expansion of **Mental Health Services** and **Psychiatry**
- More publicity about **Free Testing for STDs / HIV/AIDS**
- Health Education on **Sexual Health & Hygiene**
- **Dermatology**
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers

## **SUMMARY OF KEY FINDINGS**

The most prevalent **health and wellness needs** of New York City's LGBTQ API community are:

- Mental Health Services
- Testing for STDs / HIV/AIDS
- Sexual Health & Hygiene
- Dermatology
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers

Mental health services<sup>vi</sup> often include the need for culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental psychotherapists or peer support groups. Treatments for depression, anxiety, Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Obsessive-Compulsive Disorder (OCD), and Post-Traumatic Stress Disorder (PTSD) are also highly ranked. Other wellness needs are treatment for addiction (e.g., smoking, alcohol, crystal meth, etc.) and finding LGBTQ-sensitive providers.

Apicha CHC currently incorporates mental health in its primary care services. An expansion of services is needed to provide free psychotherapy, regular peer-support groups for vulnerable or struggling individuals facing similar challenges, and psychiatrists who can diagnose and prescribe necessary psychotropic medications.

Testing for STDs / HIV/AIDS and Sexual Health & Hygiene were both listed as recurrent needs. Respondents repeatedly identified the need for free testing for STDs / HIV/AIDS, especially more often than every six months. Apicha CHC currently provides free testing for STDs / HIV/AIDS, but respondents did not know of this service. Expanded promotion and communication to inform the LGBTQ API community of Apicha CHC's free testing for STDs / HIV/AIDS is needed.

Sexual Health & Hygiene arose as a need that is best addressed through public health education. This priority often arose in the survey as "anal health," but focus groups revealed that this was part of a larger need for overall sexual health, hygiene, and care. An emerging need is for family planning contraception and pregnancy testing. With the advent of PrEP, PEP, and increased sexual activity, anal sex has become more prevalent. The need for more regular free testing for STDs / HIV/AIDS and greater awareness on Sexual Health & Hygiene was voiced several times, especially by more vulnerable populations such as youth, immigrants, sex workers, and those in the kink/leather/BDSM communities.

Dermatology was ranked as a new emerging need (following Mental Health, STD / HIV/AIDS testing, and Sexual Health) in the survey. It was identified from a list of services that Apicha does not address in-house, but makes referrals for. Dermatology was also mentioned in focus groups and interviews. Respondents commented that occasional skin rashes, itchy skin thought to be eczema, skin growths, or skin breaks in the genital area required a specialist in dermatology for diagnosis and treatment.

The most prevalent **social determinants** of health that frustrate access to these needs are:

- Lack of culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers
- Lack of insurance or navigating insurance bureaucracy, such as finding providers covered by one's insurance
- Finances; specifically high co-pays, deductibles, or the need to self-pay for mental health services. Many LGBTQ APIs are paying out of pocket for therapy from LGBTQ-affirming therapists of color.

Moreover, access to culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental mental health services is challenging because of clients' undocumented immigrant status, insurance limitations, or needing to self-pay for therapists since many do not take insurance.

Anti-Asian violence and hate crimes have increased significantly, especially in New York City, since the onset of the COVID-19 pandemic. However, survey respondents did not identify that violence or fear of violence was a continuing barrier in seeking health care. This was probably due to the timing of the survey. Survey responses were collected over five (5) months, from June through October 2022. During this time, most COVID-19 restrictions had already been lifted and anti-Asian hate crimes had subsided. Moreover, Apicha CHC participated in a quick community response to anti-Asian violence, along with agencies, community-based organizations, and state and municipal political leaders.

Few respondents said that they had no insurance. Apicha CHC's own efforts to sign up LGBTQ APIs for health care under the Affordable Care Act, along with the numerous "health care navigators" in both the LGBTQ and API communities in New York City seem to have been effective. However, problems with navigating insurance policies and finding a provider covered by insurance are widespread.

**Services and programs** to address these needs include:

- More frequent free testing for STDs / HIV/AIDS
- Peer support groups as a method to deliver mental health services
- Hiring culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental psychotherapists and psychiatrists
- Hiring culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers
- Health education on Sexual Health & Hygiene

Members of vulnerable communities—such as sex workers, young people struggling to come out to their families, and victims of violence—identified that peer support groups facilitated by licensed professionals, or at least a trained and experienced facilitator, could effectively address their needs.

The major **pharmaceutical needs** of LGBTQ APIs are PrEP / PEP as well as medications to treat mental illnesses such as ADD / ADHD / OCD / PTSD (Attention Deficit Disorder,



Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder).

Patient interviews revealed that doctors have become much more reluctant in prescribing psychotropic medications. Medications to treat ADD / ADHD / OCD / PTSD such as Adderall or Klonopin are stimulants. Though effective, they can be abused. The national opioid epidemic has made doctors more cautious, if not resistant, toward prescribing these medications.

Primary care physicians have been more willing to prescribe antidepressants, but have been reluctant to prescribe other psychotropic medications. Sometimes they are unfamiliar with how to assess the appropriate dosage and how to make adjustments. Patients often assume that a primary care physician can diagnose and treat all conditions, but oftentimes specialists are needed.

This study recommends that Apicha CHC hire a **psychiatrist** who can provide comprehensive mental health care, including appropriate diagnosis, treatments, and prescription medications. Likewise, that psychiatrist should be familiar with the nuances of Asian cultures, possess some bilingual ability, and be LGBTQ-sensitive and nonjudgmental of various sexual practices and lifestyles.

Additionally, ADD / ADHD medications must be taken daily, but patients are limited to refills of only 30 days at a time. Insurance coverage is very strict and pharmacies will not release the medication beforehand.

**Health education** on Sexual Health & Hygiene is highly needed, with a focus on anal health. Respondents also identified the need for education on Mental Health, Addiction, and Cancer. "Mental Health" included mental health in general, Emotional Issues / Anxiety / Depression, and ADD / ADHD / OCD / PTSD, and more than half (54%) of respondents identified it as the most important health/well-being need that they wanted to learn about.

Health education on cancer treatment and diagnosis is also needed, but to a lesser degree. Cancer arose as statistically significant in the survey as a widespread need, but it rarely arose during any focus group or community meetings examining issues more in depth. More vulnerable low-wage immigrant workers and seniors did identify cancer in individual interviews.

Further analysis through interviews revealed that the priority of cancer was not so much about respondents' own personal diagnoses and treatment plans, but rather a general lack of awareness of cancer, how it is diagnosed, and its treatability. Interviewees heard of "skin cancer," "ovarian cancer," and "testicular cancer," but had little awareness of the warning signs. Lymphoma has a higher preponderance among gay men and correlates closely with those who have HIV/AIDS.<sup>vii</sup> Nasopharyngeal (nasal) cancer has a higher preponderance among APIs.<sup>viii</sup> The perception that cancer is terminal, even though it is often treatable and manageable, heightened community fears and statistically elevated its ranking. Indeed, 40% of people are expected to get a cancer diagnosis sometime in their lives.<sup>ix</sup>

LGBTQ API New Yorkers are also generally healthy. Apicha CHC's assessment found that most LGBTQ API respondents exercise regularly, try to eat a balanced diet, and take time for self-care.

They generally feel "good" about themselves physically and about their attractiveness to others. But when asked about their mental health, most positive responses dropped from "good" to "fair." Women and transgender respondents reflected the same, but with small drops in the percentages of those who said "good"; more responded "fair." Men also experienced this drop when asked about their mental health. LGBTQ API respondents who engaged in unhealthy or high-risk activities did so infrequently.

Monkeypox was not identified as a frequent concern, even though the survey was conducted during the height of the monkeypox outbreak in New York City. This could have been because of city and nonprofit efforts to educate the larger LGBTQ community about monkeypox.<sup>x</sup>

Certain issues like weight and body image, excessive drug use (including party drugs), and difficulty in coming out to Asian families were not widespread. However, when examining young people under the age of 24 specifically, these issues arose with much more frequency.

Detailed analysis and breakouts are provided at the end by:

- Ethnicity
- Borough
- Queens & Jackson Heights (Zip Code 11372)
- Income
- Age
- Special Needs Group: Immigrant, Leather/BDSM/Kink, Sex Worker

Apicha CHC's health and wellness needs assessment surveyed 344 LGBTQ APIs in New York City in 10 languages, and also collected qualitative input from local LGBTQ API organizational stakeholders, focus groups of specific underserved high-risk groups, and one-on-one interviews with people with special needs, front-line workers, physicians, and other healthcare providers. The findings leads to **five recommendations** for:

- Mental Health Services and Psychiatry
- Free Testing for STDs / HIV/AIDS
- Health Education on Sexual Health & Hygiene
- Dermatology
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers

## Endnotes from Executive Summary

---

<sup>i</sup> The term “Asian Pacific Islander” or “API” is intended to be inclusive and is used throughout this report. However, we recognize that the term is also imperfect. Asian Americans and Pacific Islanders are each numerous in population size and have different needs across the country. But in New York City, as well as in this study, the overwhelming majority of “APIs” are Asian American and there are very few Pacific Islanders. Still, to be consistent with the New York City Department of Health, this report uses the terminology of “Asian Pacific Islander” or “API.”

<sup>ii</sup> At the same time, they had a fear that the benefits that they are currently able to receive through various municipal and state programs, regardless of immigrant status, might end.

<sup>iii</sup> New York City Department of Health and Mental Hygiene (NYC Health Department), *Health of Asians and Pacific Islanders in New York City*, 2021. Hereinafter as “NYC Health Department, “Health of APIs in NYC” 2021.”

<sup>iv</sup> Sel Hwahng & Alison J. Lin, “The Health of Lesbian, Gay, Bisexual, Transgender, Queer and Questioning People” in *Asian American Communities and Health: Context, Research, Policy, and Action*. (2009), eds. Chau Trinh-Shevrin, Mariano Jose Rey, Nadia S. Islam.

<sup>v</sup> National Gay and Lesbian Task Force Policy Institute, Alain Dang & Mandy Hu, *Asian Pacific American Lesbian, Gay, Bisexual and Transgender People: A Community Portrait. A report from New York’s Queer Asian Pacific Legacy Conference*. New York (2005).

<sup>vi</sup> The need for mental health services were especially needed after the onset of COVID-19. See Asian American COVID-19 Needs Assessment Executive Summary (May 2021).

<sup>vii</sup> Grulich AE, van Leeuwen MT, Falster MO, Vajdic CM. Incidence of cancers in people with HIV/AIDS compared with immunosuppressed transplant recipients: a meta-analysis. *Lancet* 2007; 370(9581):59–67.

<sup>viii</sup> Lee AW, Sou A, Liu H. Disparities in nasopharyngeal cancer incidence among Asian American ethnic subgroups. Presented at: AACR 2021 Virtual Cancer Health Disparities; October 6-8, 2021. Abstract PO-198. See also Sucharita Mistry, Data Hide ‘Critical Disparities’ in Nasopharyngeal Carcinoma Incidence Among Asian Americans Presented at AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. Oct. 2021.

<sup>ix</sup> “Cancer Statistics,” National Cancer Institute at the National Institutes of Health, last modified September 25, 2020, <https://www.cancer.gov/about-cancer/understanding/statistics#:~:text=Approximately%2039.5%25%20of%20men%20and,will%20die%20of%20the%20disease>.

<sup>x</sup> See also, NYC Department of Health, Webpage for "Gay Men, Bisexual Men and Other Men Who Have Sex with Men" (2022) discussing Monkeypox.

blank page

## **I. BACKGROUND**

### **A. Literature Review**

### **B. Methodology of Needs Assessment**

### **C. LGBTQ APIs in New York City: Stakeholder Findings**

blank page

## **I. BACKGROUND**

### **A. Literature Review**

There have been several studies on LGBTQ people<sup>1</sup> and APIs,<sup>2</sup> but few have examined those at the intersection,<sup>3</sup> and almost none specifically of those living in New York City.<sup>4</sup> This assessment builds on those previous studies.

#### **APIs in New York City**

The New York City Department of Health and Mental Hygiene examined the “Health of Asians and Pacific Islanders in New York City” in a groundbreaking report in 2021.<sup>5</sup> Yet only one page of that fifty-page report discussed sexual orientation and gender identity. Still, the NYC Health Department’s report provided a tremendous launching pad from which to develop this needs assessment. Apicha CHC’s findings for LGBTQ APIs are consistent with the Department of Health’s study, but there are some notable nuances.

The Department of Health study highlighted differences in demographic characteristics, health behaviors, and health status among the largest API ethnicities in New York City, and it provided comparisons with the overall API population and NYC population. They noted that “more granular-level data need to be collected ... to better understand the gaps within the API community...” *Herein, Apicha CHC responds to the Department of Health’s call.*

Most critically, the Department of Health found that:

Numerous public health challenges exist for reaching and engaging API populations, including language inaccessibility in our health systems that delay and prevent access to care, culturally inappropriate assessment and diagnostic criteria between the service system and people served, and trauma associated with immigration status.

Apicha CHC’s study confirmed exactly the same concerns for LGBTQ APIs in NYC, but with the added complexity of sexual orientation, gender identity, and those who engage in more dynamic sexual practices.

---

<sup>1</sup> The Williams Institute at UCLA, *AAPI LGBTQ Adults in the U.S.: LGBT Well-Being at the Intersection of Race*, May 2021. Hereinafter as “UCLA Williams Institute, AAPI LGBTQ Adults : LGBT Well-Being and Race, 2021.”

<sup>2</sup> New York City Department of Health and Mental Hygiene (NYC Health Department), *Health of Asians and Pacific Islanders in New York City*, 2021. Hereinafter as “NYC Health Department, “Health of APIs in NYC” 2021.”

<sup>3</sup> Sel Hwahng & Alison J. Lin, “The Health of Lesbian, Gay, Bisexual, Transgender, Queer and Questioning People” in *Asian American Communities and Health: Context, Research, Policy, and Action*. (2009), eds. Chau Trinh-Shevrin, Mariano Jose Rey, Nadia S. Islam.

<sup>4</sup> National Gay and Lesbian Task Force Policy Institute, Alain Dang & Mandy Hu, *Asian Pacific American Lesbian, Gay, Bisexual and Transgender People: A Community Portrait. A report from New York’s Queer Asian Pacific Legacy Conference*. New York (2005).

<sup>5</sup> New York City Department of Health and Mental Hygiene (NYC Health Department), *Health of Asians and Pacific Islanders in New York City*, 2021. Hereinafter as “NYC Health Department, “Health of APIs in NYC” 2021.”

The Department of Health found that fewer API adults identified as gay, lesbian, or bisexual, as compared to all adults in NYC. Less than 1% of API adults identified as transgender, similar to NYC adults overall. This was somewhat inconsistent with national trends. Most APIs according to the Census are foreign-born immigrants. The Williams Institute at UCLA found APIs to be disproportionately higher in percentage in the LGBTQ immigrant population.<sup>6</sup> It is possible, but should be studied further, whether *native-born* Asians are disproportionately LGBTQ. The Department does affirm that:

The multiple overlapping identities of LGBTQ APIs affect how they experience discrimination. Not only do they experience racism, homophobia and transphobia from within and outside the LGBTQ community but also from within and outside the API community. Cultural norms, anticipated stigma and family expectations can make identity disclosure, or “coming out,” particularly difficult for LGBTQ APIs. These overlapping or intersecting forms of oppression can lead to social isolation and can limit access to support, health information and public health messaging, which may not be appropriately targeted to one or multiple parts of their identity.

Findings from Apicha CHC’s study of LGBTQ APIs were generally consistent<sup>7</sup> with what the Department of Health found for all APIs in NYC. For example, LGBTQ APIs, like all APIs in NYC, are generally healthy. They try to eat a balanced diet and exercise regularly, and they refrain from binge drinking. Most LGBTQ APIs, like all APIs in NYC, reported that they generally feel good about themselves.

However, there were some significant differences. The Department of Health found that two-thirds of API adults (66%) reported their general health as “excellent,” “very good,” or “good,” compared with 78% of all adult New Yorkers. But for LGBTQ APIs, only 58% reported their physical health was “very good” or “good.” The percentage drops further for LBQ women and people of transgender experience.

About 13% of API adult New Yorkers currently smoke, but more LGBTQ APIs (17%) smoke cigarettes or vape.

The percentage of API New Yorkers who experienced depression (7%) is lower than the citywide average (9%). That number skyrockets for LGBTQ APIs, where 31% identified depression or anxiety as their most important health need.

Only 2% of APIs and 4% of all NYC adults reported needing mental health treatment but not getting it in the past year. Apicha CHC’s survey did not ask whether respondents who needed mental health treatment had obtained it. But survey respondents noted that such

---

<sup>6</sup> Gary Gates, “LGBTQ Adult Immigrants in the United States.” The Williams Institute, UCLA School of Law, Los Angeles (2013), finding that AAPIs comprise a larger and disproportionate share of LGBTQ immigrant populations, with 15 percent of undocumented LGBTQ adults and 35 percent of documented LGBTQ adults identifying as AAPI.

<sup>7</sup> The qualifier of “generally consistent” is because questions were not worded in the same way nor had the exact same responses. Thus, while a perfect comparison cannot be made, the findings drawn from both reports are often similar.



services were not culturally-competent or LGBT-sensitive. Focus groups also revealed financial barriers to obtaining mental health treatment.

The prevalence of depression varied by API ethnicity. Of the LGBTQ API respondents, 45% of Filipinos, 45% of South Asians, and 40% of Southeast Asians identified depression and anxiety as their top health concern, whereas only 34% of Chinese and 35% of Koreans identified the same. One focus group observed racism based on skin tone, saying that darker-skinned Asians (usually Filipinos, South Asians, and Southeast Asians) faced more “challenges” in the LGBTQ community than lighter-skinned Asians such as Chinese and Koreans.

### **LGBTQ APIs in the United States and the Northeast**

The Williams Institute at UCLA School of Law examined AAPI LGBTQ Adults in the U.S. with a focus on “LGBT Well-Being at the Intersection of Race” in 2021.<sup>8</sup> The report took an in-depth look at LGBTQ AAPIs across the country and in the Northeast. It found that most LGBTQ AAPIs resided in urban areas. Apicha CHC’s study focused on LGBTQ APIs in one specific urban area, New York City.

The Williams Institute report was national in scope and only had a short subsection on the Northeast. Moreover, most comparisons in the Williams Institute study were made between LGBTQ AAPIs and the larger LGBTQ population. Still, the Williams Institute provided an initial set of insights, needs, and concerns by which we focused our study. Apicha CHC confirmed similar needs and concerns for LGBTQ APIs, but particularized for those in New York City.

In the Northeast, 35% of LGBTQ API adults and 24% of non-LGBTQ API adults have not completed college. In New York City, only 20% of APIs have not completed college. Moreover, 59% of all API LGBTQ people 25 and older in New York have a college education. In Apicha CHC’s New York City survey, 80% of LGBTQ APIs in NYC had completed a college education, which was consistent with the findings of the Williams Institute.

In the Northeast, LGBTQ API adults and non-LGBTQ API adults have similar annual household incomes overall. About 30% of both groups are earning more than \$120,000/year. However, Apicha CHC found that only 19% of all LGBTQ API respondents reported earning an income of over \$100,000.

The model minority myth notwithstanding, by doing deeper analysis and looking at lower income levels, significant trends emerge. In the Northeast, about 37% of LGBTQ API adults have low incomes (live at or below 200% of the federal poverty level) compared with 28% of non-LGBTQ API adults. In Apicha CHC’s study, among LGBTQ APIs in New York City, 31% have low incomes (under \$36,000).

---

<sup>8</sup> The Williams Institute at UCLA, *AAPI LGBTQ Adults in the U.S.: LGBT Well-Being at the Intersection of Race*, May 2021. Hereinafter as “UCLA Williams Institute, AAPI LGBTQ Adults: LGBT Well-Being and Race, 2021.”

21% of AAPI LGBTQ adults in the Northeast have been diagnosed with depression compared to 7% of AAPI non-LGBTQ adults. Though Apicha CHC did not ask about formal diagnoses, 24% of LGBTQ API respondents said that Depression or Anxiety was their most important health concern. *On all surveys, rates among women slightly increased.*

34% of AAPI LGBTQ adults in the Northeast reported having a mild or high disability. For non-LGBTQ AAPIs, only 25% reported having a disability. Apicha CHC found the same, where 33% of LGBTQ APIs in New York City identified as having a disability.

Interestingly, 17% of AAPI LGBTQ adults in the Northeast and 17% of LGBTQ APIs in New York City are smokers, compared with all non-LGBTQ adults (10%).

7% of AAPI LGBTQ adults in the Northeast are heavy drinkers. Only 2% of non-LGBTQ AAPI are heavy drinkers. But in Apicha CHC's study, 20% of LGBTQ APIs in New York City are heavy drinkers, wherein they consume "more than 2 alcoholic drinks per day (beer, wine, cocktails, etc.)."

### **U.S. Census Bureau for LGBTQs in New York City**

The U.S. Census Bureau revealed differences in the experience of LGBT and non-LGBT respondents during the COVID-19 Pandemic.<sup>9</sup> The Bureau's findings were entirely consistent with Apicha CHC's findings of LGBTQ APIs in New York City one year after the onset of COVID-19.

Both the Bureau and Apicha CHC found that more people identified as LGBTQ within young age groups. The Census found that nearly a quarter (24.6%) of LGBTQ respondents were 18-24 years old, compared to 7.3% of non-LGBTQ respondents. Apicha CHC found 19% of LGBTQ APIs in NYC were 18-24 years old.

The Bureau found that a larger share (38.2%) of LGBT respondents than non-LGBT respondents (16.1%) experienced depression. Apicha CHC's survey found that depression among LGBTQ APIs specifically was enduring, where 31% identified depression and anxiety as their most important health concerns even one year after the onset of COVID-19.

### **SAMHSA Asian American / Native Hawaiian / Pacific Islander Boys and Men**

Finally, a pioneering report by the Substance Abuse and Mental Health Services Administration (SAMHSA) examined behavioral health issues for Asian American / Native Hawaiian / Pacific Islander boys and men in 2016.<sup>10</sup> That report was national in focus but was LGBTQ-inclusive. This needs assessment by Apicha CHC expands on that effort by including LGBTQ API women, APIs of transgender experience, and non-binary and gender non-conforming APIs.

---

<sup>9</sup> New Household Pulse Survey Data Reveals Differences between LGBT and Non-LGBT Respondents During COVID-19 Pandemic (2021).

<sup>10</sup> Substance Abuse and Mental Health Services Administration (SAMHSA), A Snapshot Of Behavioral Health Issues For Asian American/ Native Hawaiian/Pacific Islander Boys And Men: Jump Starting An Overdue Conversation, HHS Publication No. (SMA) 16-4959. (2016). Hereinafter as "SAMHSA, Behavioral Health of AAPI Boys and Men (SMA) 16-4959 (2016)."

Still, findings were consistent. SAMHSA found that 17% of Asian American men reported a substance abuse disorder, which is similar to Asian American women (17.4%). But this was well below the U.S. national average of 46% for American men and women of all racial groups. Meanwhile, rates for depression and anxiety were consistently higher for LGBTQ APIs in NYC compared to the national average.

SAMHSA found that gay Asian American men who experienced their racial group as being devalued were more likely to report depressive symptoms and were also more likely to engage in risky sexual behaviors than those who did not view their racial group as devalued.<sup>11</sup> Apicha's focus groups and individual interviews found the same testimonies of devaluation, but which also leads to destructive behaviors, lower self-esteem, less confidence, and mental health issues.

Most importantly, SAMHSA reported on the challenges that Asian men and boys face with "racial microaggressions."

Racial microaggressions are brief and commonplace daily verbal, behavioral, and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults to the target person or group. In recent years, microaggressions have been found to negatively impact various historically marginalized groups, including AANHPI boys and men, with people who experience microaggressions reporting more mental health issues, self-esteem issues, binge drinking, and other negative outcomes.

While there are many types of microaggressions that affect the entire AANHPI population, examples of microaggressions that may specifically influence AANHPI men and boys include:

- Desexualization/Emasculation: experiences in which AANHPI men are perceived or treated as being physically inferior and/or less masculine than non-AANHPI men (e.g., making a generalized statement that AANHPI men are not physically attractive or are weak)
- Assumptions of Stereotypes: instances in which people assume that AANHPI men would behave or be a certain way (e.g., someone who assumes that an Asian American man would be highly intellectual or physically weak, or that an NHPI man would be intellectually inferior or violent).

In this needs assessment, focus groups and interviews with GBT men also uncovered concerns of desexualization, emasculation, and assumptions of stereotypes.

---

<sup>11</sup> See Chae, D. H., & Yoshikawa, H. (2008). Perceived group devaluation, depression, and HIV-risk behavior among Asian gay men. *16 Health Psychology, 27(2)*, 140-148.

All of these studies provided critical findings that informed the development of this needs assessment. The findings from these other studies of LGBTQ people and/or APIs have been generally consistent with the findings in Apicha CHC's study. Consistencies and differences have been noted throughout.

## **B. Methodology of Apicha CHC's NYC LGBTQ<sup>12</sup> API Needs Assessment**

Apicha CHC's needs assessment included a confidential and anonymous multilingual survey of 344 LGBTQ APIs, guided discussions with local LGBTQ API organizations, in-depth focus groups of specific underserved high-risk groups, interviews with people belonging to groups with special needs, and professional assessments from Apicha CHC front-line staff and other health care providers.

### Survey of 344 LGBTQ APIs in 10 Languages

A confidential, anonymous, and multilingual survey of 344 LGBTQ APIs living in the New York metropolitan area provided a widespread quantitative assessment of their health and wellness needs.<sup>13</sup> The questionnaire consisted of thirty-four (34) questions encompassing write-ins; ranking of selected health and wellness needs, social determinants and services, and behaviors; and demographic information. It was offered digitally over Survey Monkey. Incentive prizes encouraged participation. See Appendix for all questions.

The survey was available in nine (9) Asian languages and scripts: Chinese (simplified and traditional scripts), Korean, Vietnamese, Thai, Tagalog, Bengali, Hindi, and Punjabi. The NYC Department of Health found that a higher proportion of API New Yorkers speak English "less than very well" compared with New Yorkers overall. Among foreign-born APIs, 59% are limited English proficient (LEP) compared with 46% of APIs overall."<sup>14</sup> Therefore a translated survey was critical to ensure an assessment that is reflective of LGBTQ APIs in New York.

Recruitment to ensure a sizable and representative sample relied on promotion via social media posts, paid advertisements, partnering agencies and community-based organizations, a press conference for the ethnic Asian language media, phone banking, paper mailings, distribution at Apicha CHC's waiting rooms in sites in Manhattan and Queens, and Apicha CHC's outreach at various sites and community venues. See Appendix for details.

---

<sup>12</sup> This needs assessment focused on API's who self-identified as lesbian, gay, bisexual, transgender, queer, or LGBTQ. Many other surveys study "men who have sex with men" or "MSM," but this study is more inclusive in that it includes lesbian women, bisexual women, and people of transgender experience.

<sup>13</sup> In total, 506 individuals completed this survey but this included non-LGBTQ people, non-APIs, and people outside New York.

<sup>14</sup> New York City Department of Health and Mental Hygiene (NYC Health Department), "Health of Asians and Pacific Islanders in New York City," 2021.

The survey also targeted outreach to particular populations. This included traditionally underrepresented groups such as women,<sup>15</sup> transgender people,<sup>16</sup> bisexuals,<sup>17</sup> Pacific Islanders, South Asians, and Muslims; specific groups with special needs such as elders/seniors citizens and parents; and underserved high-risk groups such as sex workers and people in the kink / BDSM / leather community. The survey also reached ethnic populations corresponding with the translated questionnaires, namely limited-English proficient Chinese, Koreans, Vietnamese, Thais, Filipinos, Bangladeshis, Sikhs, and South Asians in general.

### **C. LGBTQ APIs in New York City: Stakeholder Findings**

Apicha CHC conducted a more focused community needs assessment by interviewing Queens stakeholders and partner organizations in April 2021.<sup>18</sup> The interviewees and organizations described what they saw as the needs of communities of color, APIs, LGBTQ people, and immigrants in Queens. They were inclusive of, but not solely focused on, LGBTQ APIs.

The sessions revealed that the major community need was “culturally-competent mental health care.” This study measures the breadth of that need. 21% of LGBTQ APIs stated that the most significant barrier to mental health care was finding a culturally-competent LGBT-sensitive provider.

Another need was “HIV and Sexual Health Services,” for more STI and HIV testing resources and education. In this quantitative study, HIV, STDs, and Sexual Health was a consistent and paramount concern.

#### Discussions with Local LGBTQ API Organizations

Focused discussions with local organizations that serve or are made up of LGBTQ APIs provided deeper qualitative insights. These discussions involved both the leadership and the memberships of the organizations. Groups included Red Canary Song and API Rainbow Parents. Small honorariums were provided to each organization for their time and effort to organize and recruit participants for these meetings. Individual meetings with members of GAPIMNY, QWAVE, SALGA, and CEP also supplemented findings.

---

<sup>15</sup> Statistics about “women” in this survey includes those who self-identify as cisgender women and who self-identify as “women” even if they are a transgender woman. Transgender women have the option of self-identifying as a “woman” or “transgender woman.”

<sup>16</sup> The World Professional Association for Transgender Health (WPATH) released guidelines on collecting gender data in surveys late in 2022. Those guidelines, which discuss Transsexual, Transgender, and Gender Nonconforming People, were released after the completion of this survey and were not able to be included. Further studies will employ these guidelines.

<sup>17</sup> Battle, Juan, Angelique Harris, Vernisa Donaldson, and Omar Mushtaq. “Understanding Identity Making in the Context of Sociopolitical Involvement among Asian and Pacific Islander American Lesbian and Bisexual Women.” *Women, Gender, and Families of Color* 3, no. 2 (2015): 214.

<sup>18</sup> Apicha CHC Community Needs Assessment Narrative: Queens Stakeholder and Partner Organization Interviews, Compiled by Nicole Kormendi April 2021.

### Focus Groups of Specific Underserved High-Risk Groups and Groups with Special Needs

This needs assessment also included confidential focus groups with specific underserved high-risk groups and groups with special needs. These included:

- Undocumented low-wage immigrant workers
- Sex workers
- LGBTQ APIs in the kink / BDSM / leather community
- Elder APIs over 60 years old.

These focus groups gave more directed and identifiable qualitative input that was supported by quantifiable responses in the survey's targeted outreach.

### Individual Interviews with People Belonging to Groups with Special Needs

One-on-one interviews were also held with specific underrepresented, underserved, or special needs groups. These included LGBTQ API parents and LGBTQ APIs over 50 years old. Other input was gathered from young people with no income and students at public colleges. These interviews helped Apicha CHC understand the community's needs from directly affected individuals.

### Professional Assessments: Health Care Providers and Apicha CHC Staff

The experiences and insights of agency staff, advocates, and long-time leaders in the LGBTQ API community were also collected. Apicha CHC staff and health care providers shared their day-to-day observations of working with clients as well as feedback from patients.

Input and insights from primary care physicians—in Chelsea, Manhattan; Woodside, Queens; and Memorial Sloan Kettering Cancer Center—who have large numbers of LGBTQ API patients, as well as the National LGBT Cancer Network, were also included.

## **II. FINDINGS**

### **A. Findings from Multilingual Survey** (Quantitative)

### **B. Findings from Focus Groups, Meetings, And Interviews** (Qualitative)

blank page



## **II. FINDINGS**

### **A. Findings From Multilingual Survey (Quantitative)**

Three hundred and forty-four (344) LGBTQ Asian and Pacific Islanders in New York City participated in a confidential, anonymous, and multilingual survey.<sup>19</sup> The questionnaire consisted of thirty-four (34) questions, available in nine (9) Asian languages and scripts: Chinese (simplified and traditional scripts), Korean, Vietnamese, Thai, Tagalog, Bengali, Hindi, and Punjabi. It was offered digitally over Survey Monkey. Some respondents who could not access or easily use a computer were orally interviewed. Incentive prizes encouraged participation.

#### **1. Profile of Survey Respondents**

Survey respondents largely reflected the overall demographic profile of the LGBTQ API community with regards to ethnicity, gender identity, age, income, and educational attainment. However, respondents reflected a larger share of persons who self-identified as having a physical, mental, developmental, or behavioral disability (28%).

With regards to income and education, most respondents were middle or upper-middle class with at least a college degree. This too is reflective of the LGBTQ API community. Studies have found that larger shares of the LGBTQ community have higher incomes and are college educated.<sup>20</sup> The same is true for APIs.<sup>21</sup> When exploring those at the intersection of LGBTQ API identity, it statistically flows that they would also have higher incomes and higher educational attainment. Still, additional cross-tabulations further explore the needs of low-income Asian Americans, those with low levels of educational attainment, and immigrants; these are supplemented by interviews.

Indeed, APIs as a racial group have extensive income inequality, wherein the overall population is bifurcated in income, very high and very low. New York City has a large number of APIs in low-wage industries such as restaurants, street vendors, taxi-cab drivers, and garment factory sweatshops. However, no survey respondents identified themselves as street vendors, withstanding targeted outreach. Very few survey-takers were low-wage immigrant workers, but in-person interviews supplemented this underrepresentation.

Moreover, there are unique challenges in “coming out” among low-wage immigrant workers. This study focused on API self-identified LGBTQ people. Relatively few low-wage immigrant workers self-identify as being LGBTQ. Indeed, the struggle for day-to-day economic survival

---

<sup>19</sup> In total, 506 individuals completed this survey, but this included non-LGBTQ people, non-APIs, and people outside New York.

<sup>20</sup> The Williams Institute at UCLA, LGBT Data and Demographics 201 at <https://williamsinstitute.law.ucla.edu/visualization/lgbt-stats/?topic=LGBT#about-the-data>

<sup>21</sup> Abby Budiman and Neil G. Ruiz, Pew Research Center, Key facts about Asian Americans, a diverse and growing population, April 29, 2021.

and the immigrant experience makes coming out as LGBTQ difficult. Even the low-wage immigrant workers who are LGBTQ API had few friends or colleagues who were also API LGBTQ low-wage immigrant workers. Therefore, this study uncovers only some of the needs of low-wage immigrant workers who are LGBTQ API. It could be that many of these needs are consistent with the larger LGBTQ API community, with added barriers for those who are undocumented (e.g., inability to sign up for Obamacare health insurance enrollment).

### **Ethnicity<sup>22</sup>**

The largest group of survey respondents were Chinese (43%), Korean (12%), Asian Indian (10%), Japanese (9%), Filipino (9%), and Taiwanese (6%). The remaining respondents (11%) were of other Asian ethnicities, such as Pakistani, Indonesian, and multiracial Asians, as well as Pacific Islander.<sup>23</sup>

### **Sexual Orientation<sup>24</sup>**

Most respondents identified as being “gay” (44%), “queer” (28%), “bisexual or pansexual” (25%), “lesbian” (17%), and “asexual” (7%). However, 88% of “gay” respondents identified as “male,” whereas a larger share of “queer” (46%) and “bisexual” (56%) respondents identified as “female.” Over half (56%) of transgender, non-binary/more than one gender/no gender respondents identified as “queer.”

### **Gender / Gender Identity<sup>25</sup>**

Respondents reported their gender identity as male (47%), female (30%), non-binary/more than one gender/no gender (24%), transgender male (4%), transgender female (3%), and other (2%).

Respondents were not asked about their “sex” which would have been their sex assigned at birth based on anatomical features. Individual interviews revealed that some transgender respondents choose to identify with the binary gender (male or female) that they were *transitioning into*, rather than identify as a “transgender male” or “transgender female” respondent. Interviews also lead us to conclude that a much larger share of respondents who identified as “non-binary,” “more than one gender,” and “no gender” would have been female in sex assigned at birth.

---

<sup>22</sup> It is important to note that ethnicity is not the same as language groups.

<sup>23</sup> In this report, the term “Asian Pacific Islander” or “API” is intended to be inclusive and is used throughout. However, the term is imperfect. Asian Americans and Pacific Islanders are each numerous in population sizes and have different needs across the country. But in New York City, as reflected in this study, the overwhelming majority of “APIs” are Asian American and there are very few Pacific Islanders. Still, to be consistent with the New York City Department of Health, this report uses the terminology of “Asian Pacific Islander” or “API.”

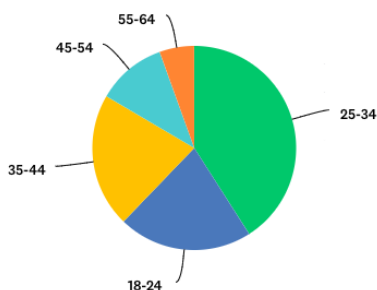
<sup>24</sup> This study intentionally moved beyond the more common assessment of other health surveys that examine “men who have sex with men” or “MSM.” This study required LGBTQ self-identification and is more inclusive in that it includes lesbian women, bisexual women, and people of transgender experience.

<sup>25</sup> The World Professional Association for Transgender Health (WPATH) released guidelines on collecting gender data in surveys late in 2022. Those guidelines, which discuss Transsexual, Transgender, and Gender Nonconforming People, were released after the completion of this survey and were not able to be included. Further studies will employ the guidelines.

Many other surveys are using the terminology of “cisgender women” and “cisgender men,” where the gender identity of the person matches with their sex assigned at birth. But this survey instrument did not ask “sex assigned at birth,” and therefore the report did not use this terminology.

Indeed, gender is a social construction and today is a developing concept. The modern-day vocabulary around gender identity is rapidly changing. Late in 2022, the World Professional Association for Transgender Health (WPATH) released guidelines on collecting gender data in surveys. Those guidelines, which discuss Transsexual, Transgender, and Gender Nonconforming People, were released after the completion of this survey and were not able to be included.

Surveys are often static, imperfect, and reflect a specific period of time. They can never fully capture the breadth of human experience. Whereas Facebook, for example, has over 52 gender identities, the U.S. Census Bureau has only 2. Apicha CHC and this survey attempted to be gender inclusive, but even pre-selected options could be seen as insufficient. At the same time, the survey instrument also had to be consistent with other surveys to allow for some comparative analysis.



### Age

Respondents identified their age as 25-34 years old (41%), 18-24 years old (21%), 35-44 years old (21%), 45-54 years old (11%), and 55-64 years old (5%).

### Language / Dialect

A majority of survey respondents (57%) were bilingual. Only 43% said that English is their native language. It is important to note that language ability is not the same as ethnicity.

One in five respondents selected Chinese as their native language, with dialects of Mandarin (15%), Cantonese (4%), Taiwanese (2%), and Fuzhounese (0.8%). One in ten selected the Filipino language, with dialects of Tagalog (9%) and Ilocano (0.4%). 12% selected a South Asian language: Hindi (3%), Bengali (2%), Gujarati (1%), Nepali (0.4%), and Urdu (0.4%). Other languages included Korean (8%), Thai (4%), Vietnamese (3%), and Lao (1%).

### Disability

More than one in four respondents (28%) said that they had some physical, mental, developmental, or behavioral disability. Among transgender respondents, half of them (50%) identified as having a disability.

## Income

27% of respondents identified as having annual income below \$27,000. Among them, 11% had some income up to \$27,000, and 16% had no income. 32% identified as having annual income over \$75,000, attributable to a large number of professionals in the New York City area.

Over \$100,000	(21%)
\$75,001 - \$100,000	(11%)
\$65,001 - \$75,000	(5%)
\$55,001 - \$65,000	(8%)
\$46,001 - \$55,000	(9%)
\$36,001 - \$46,000	(8%)
\$27,001 - \$36,000	(4%)
\$22,501 - \$27,000	(3%)
\$18,001 - \$22,500	(4%)
\$13,501 - \$18,000	(2%)
Under \$13,500	(2%)
No income-student	(9%)
No income-unemployed	(6%)
No income-on public assistance	(1%)

This income distribution was generally consistent but overall slightly lower for women and transgender respondents. Among transgender respondents, only 9% reported annual income over \$100,000; 12% were unemployed at the time of survey; and they exhibited a more consistent distribution across each bracket between \$75,001 and \$27,001, at 9% each.

As noted, API low-wage immigrant workers face particular challenges in coming out as LGBTQ, and low-wage restaurant workers, street vendors, taxi-cab drivers, domestic workers, and garment factory seamstresses may have been underrepresented.<sup>26</sup> Still, some were interviewed to adjust for this deficiency. Apicha CHC's study does reliably reflect the mainstream and a majority of LGBTQ APIs in New York City.

## Education

A plurality (42%) of respondents obtained at least a bachelor's degree. 23% obtained a master's degree, 4% obtained a doctorate, and 7% obtained a professional degree.

23% of respondents had less than a bachelor's degree: some college/no degree (6%); high school graduate (9%); trade school (4%); and associate's degree (4%).

---

<sup>26</sup> See New York City Department of Health and Mental Hygiene (NYC Health Department), "Health of Asians and Pacific Islanders in New York City," 2021 for a discussion on Economic Stress among APIs in New York City.

This distribution was generally consistent among women and men. Among transgender respondents, nearly half (47%) had at least a bachelor’s degree.

**A Model Minority or Myth?**  
*With regards to income and education, the majority of respondents had at least a post-secondary education and annual income levels higher than \$50,000. This is mostly consistent with the overall LGBTQ and API populations of the United States.<sup>27</sup>*

*Larger shares of the overall LGBTQ community and overall API community have higher incomes and higher educational attainment. Thus, people who identify as LGBTQ APIs would also have higher incomes and higher educational attainment. The profile of the survey sample reflects the demographics of the overall LGBTQ API population.*

**Data disaggregation** shows different and lower rates for particular Asian ethnic groups.<sup>28</sup> Additional cross-tabulations were run to explore the needs of low-income Asian Americans and those with low levels of educational attainment.

**Underserved Communities & Groups with Special Needs**

Respondents were asked if they self-affiliated with particular underserved communities or groups with special needs. They responded:

	All	Women <sup>29</sup>	Men
Transgender (including gender non-conforming/gender variant/non-binary)	32%	16%	18%
Students	23%	25%	18%
Youth (18-25)	22%	28%	14%
Youth (under 18)	3%	3%	4%
Immigrants	22%	28%	20%
Parents with Children	10%	19%	8%
Elder/Senior Citizens	8%	6%	8%
Leather/SM/Kink/Fetish	8%	6%	6%
Sex Workers	7%	3%	6%

<sup>27</sup> Abby Budiman and Neil G. Ruiz, Pew Research Center, Key facts about Asian Americans, a diverse and growing population, April 29, 2021.

<sup>28</sup> See *ibid* Pew Research Center. Despite doing well on economic indicators overall, income varies widely among Asian origin groups, as do poverty rates (2019).

<sup>29</sup> Statistics about “women” in this survey includes those who self-identify as cisgender women and who self-identify as “women” even if they are a transgender woman. Transgender women had the option of self-identifying as a “woman” or “transgender woman.” The same applies for “man” and “transgender man.”

Almost a quarter of all respondents self-identified as “immigrants.” This number would likely be higher if they were asked to identify as “foreign-born.” Foreign-born Asian Americans acculturate after several years, and they sometimes drop the label of “immigrant” after long-term residency in the United States or once they are naturalized U.S. citizens.

Supplemental interviews and focus groups were organized for certain individuals who had special needs or who were 10% or less of our sample. These included senior citizens, parents, low-wage immigrant workers, leather/SM/kink/fetish community members, and sex workers.

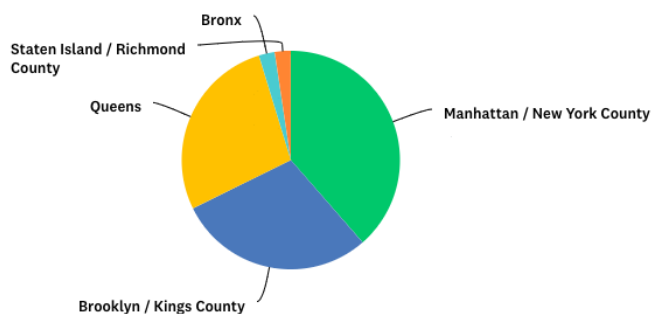
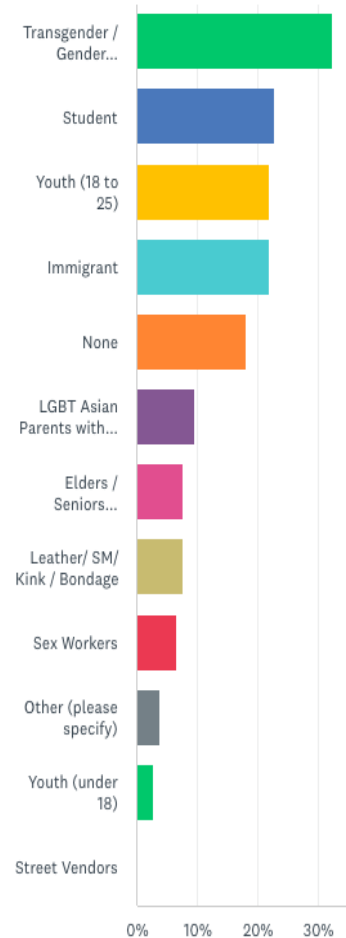
**Borough**

Respondents resided in Manhattan (38%), Brooklyn (29%), Queens (28%), The Bronx (2%), and Staten Island (2%). New York City demographics show that most APIs live in Queens, and most LGBTQ people live in Manhattan and Brooklyn relative to the other boroughs.

More respondents who identified as “women”<sup>30</sup> resided in Brooklyn (41%), then Manhattan (30%), Queens (26%), and Staten Island (3%).

More respondents who identified as “men” resided in Manhattan (42%), then Queens (27%), Brooklyn (25%), Staten Island (3%), and The Bronx (3%).

Respondents who identified as “transgender” resided evenly between Manhattan and Queens (both 35%), in Brooklyn (27%), and The Bronx (3%). None resided in Staten Island.



<sup>30</sup> Statistics about “women” includes those who self-identify as cisgender women and who self-identify as “women” even if they are a transgender woman. Transgender women have the option of self-identifying as a “woman” or “transgender woman.”

## **2. Needs Identified from Survey of 344 LGBTQ APIs**

Questions about health and wellness needs, social determinants, and services were asked in a variety of ways. Respondents were asked to both write-in and rank their most important health and wellness needs. Open-ended write-in questions were asked before and again after a list of identified health and wellness needs were offered for ranking. This allowed for other needs to be identified at the outset and additional needs to be identified at the end after being prompted with a set of choices.

Respondents were also asked about specific health and wellness needs:

- For themselves personally
- For the larger LGBTQ API community in general
- STDs / HIV/AIDS
- Parental needs for their children
- Pharmaceutical medications
- Health education (needs to learn about)

The first set of choices for health and wellness needs corresponded to the services that Apicha CHC already provides. Thus, the survey identified the needs specific to the LGBTQ API target population in order to prioritize them accordingly.

Another question asked about respondents' needs from a list of health services that Apicha CHC does *not* currently provide. This explored emerging needs for LGBTQ APIs. Additional questions were also asked about self-esteem and self-care. Questions asked how respondents felt about their physical, mental, and emotional health. Another question asked how they felt others viewed them aesthetically.

Respondents were asked about activities to take care of themselves, such as regular exercise or eating a balanced diet.<sup>31</sup> They were also asked about whether they engaged in any high-risk activities such as drug use, sex work, smoking, or drinking.

### ***Understanding Primary Care: "Not Every Doctor is Created Equal"***

*Focus group and interview discussions revealed a lack of understanding about primary care and the role of a primary care provider (PCP). People misunderstood the necessity and role of a PCP. Some thought they could simply self-diagnose a particular symptom and go directly to a specialist without seeing a PCP or obtaining a referral. Others thought that a PCP could diagnose and treat every ailment, and they did not understand the need to see specialists. Some did not fully appreciate the need for regular annual checkups by a PCP and only visited a PCP when something was wrong. Basic education about what is "primary care" is needed.*

---

<sup>31</sup> Consistent with New York City Department of Health and Mental Hygiene, "Health of Asians and Pacific Islanders in New York City," 2021 ["Healthy Living: Self-reported health" stating that "About two-thirds of API adults (66%) report their general health as "excellent," "very good" or "good" compared with 78% of all adult New Yorkers."]

### **3. Health Needs of LGBTQ APIs**

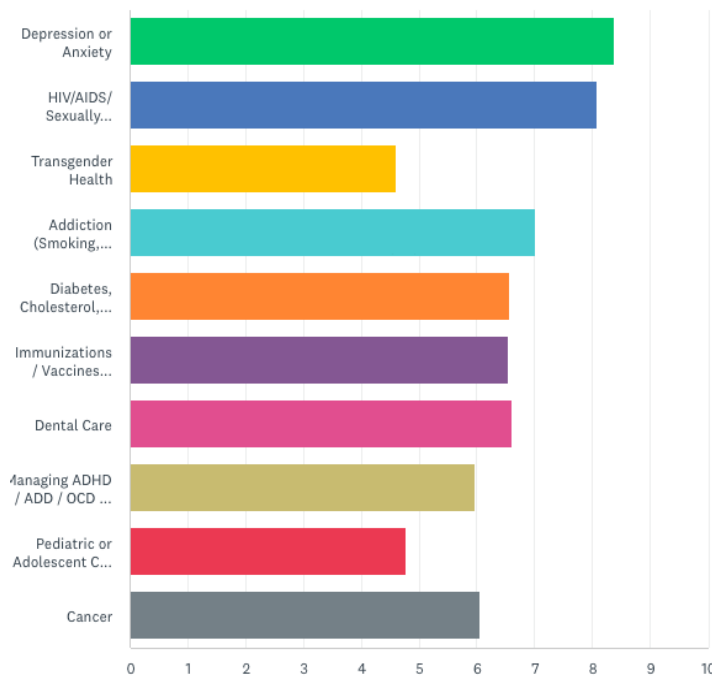
Consistently and across all demographic groups, the two most important health and wellness needs that respondents identified were **Mental Health Services** and **Sexually Transmitted Diseases / HIV/AIDS**. Dermatology was identified as an emerging need. These first two needs were also echoed in all focus group meetings.

“Mental Health” encompassed not only their own need for themselves but also what respondents thought was the need of the larger LGBTQ API community. The specific type of mental health care that they thought the larger community most needed was addressing depression and/or anxiety.

Mental health was especially critical for respondents who identified as women. People of transgender experience—including transgender males, transgender females, and non-binary/more than one gender/no gender—identified Transgender Health as their priority, followed by Depression or Anxiety, then HIV/AIDS / Sexually Transmitted Diseases, Hepatitis.

Sexually Transmitted Diseases / HIV/AIDS was also front of mind for most survey respondents. In addition, both stigma and misconceptions about HIV/AIDS abound. Some LGBTQ APIs thought that AIDS can be cured, misunderstanding PrEP and PEP. Others were still fearful of catching AIDS through common contact, especially among immigrant and limited English proficient respondents. One immigrant said that his friend scolded him for “dipping his eggroll into the sauce” knowing that he had HIV.

The most important HEALTH needs:





When asked to rank the top six most important health needs, respondents selected: Depression or Anxiety (55%); HIV/AIDS / Sexually Transmitted Diseases, Hepatitis (24%); Transgender Health (9%); Addiction (Smoking, Alcohol, Crystal Meth, etc.) (7%); Diabetes, Cholesterol, Blood Pressure (6%); and Immunizations/Vaccines (6%).

There was some variation by gender. Women ranked: Depression or Anxiety (56%); Immunizations/Vaccines (30%); HIV/AIDS / Sexually Transmitted Diseases, Hepatitis (14%); and Pediatric or Adolescent Care / Family Mental Health Services (13%).

People of transgender experience ranked: Transgender Health (30%); Depression or Anxiety (27%); and HIV/AIDS / Sexually Transmitted Diseases, Hepatitis (18%).

Men ranked: HIV/AIDS / Sexually Transmitted Diseases, Hepatitis (35%); Depression or Anxiety (32%); Addiction (Smoking, Alcohol, Crystal Meth, etc.) (12%); Diabetes, Cholesterol, Blood Pressure (7%); and Immunizations/Vaccines (7%).

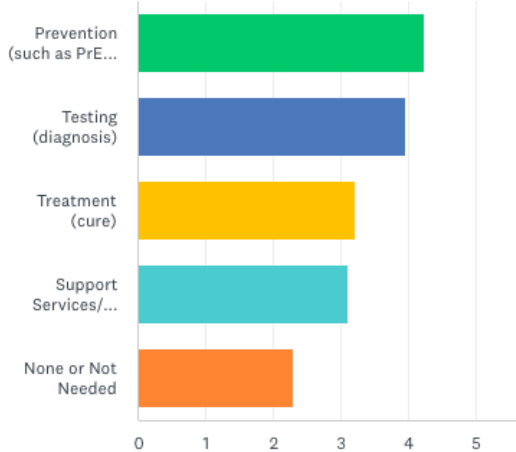
In interviews with LGBTQ API elders, their priority needs shifted to more issues that concerned their higher age. They too identified cancers , but also Geriatric care, and Memory Loss Screenings.

When asked open-ended questions, respondents' write-in responses involved the same. Respondents wrote in these responses as their health needs:

- "Mental health" (stated multiple times)
- "Sexual health and checkup"
- "Mental health, therapy"
- "Sexual health - appropriate and queer-centered"
- "STD testing that is efficient, reliable, and nonjudgmental. Many times I have to wait long times for testing."
- "More access to quality tertiary healthcare facilities in Lower Manhattan"

The types of STDs / HIV/AIDS needs that were most important were **prevention** and **testing**. People of transgender experience generally identified the same, with only modest differences in percentages.

The most important needs for Sexually Transmitted Diseases / HIV/AIDS:



The most important needs for Sexually Transmitted Diseases / HIV/AIDS were: Prevention (44%), Testing (32%), Treatment (10%), and Support Services / Navigating the Bureaucracy (10%).

People of transgender experience ranked: Prevention (39%), Testing (38%), Treatment (3%), and Support Services / Navigating the Bureaucracy (9%).

***Has AIDS Ended?***

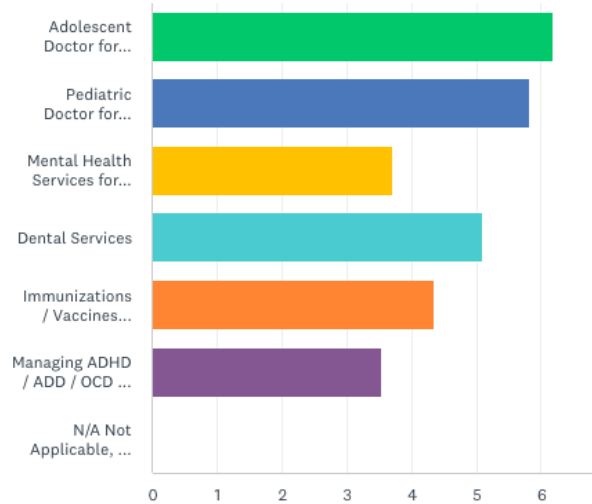
*The Centers for Disease Control (CDC) found that between 2005 and 2014, the rate of HIV diagnosis among the Asian American population in New York City increased by nearly **70%**, making it the only racial group to experience a statistically significant percentage increase.<sup>32</sup> But misconceptions about HIV/AIDS abound. Some LGBTQ APIs thought that the AIDS epidemic ended. Others thought that AIDS can be cured, misunderstanding the nature of PrEP and PEP. Many heard of the decline of new infections among gay white men and assumed the same for API LGBTQ people. Members of special needs groups voiced concerns about heightened sexual activity and diminished use of safer sex practices because of PrEP and PEP. Physician comments that HIV/AIDS is now a very manageable disease seem to have undermined the importance of testing. People have generally not heard of the campaign of "U=U" or they are familiar with it, except for HIV advocates and providers. Undetectable viral loads render HIV untransmittable, but testing and treatment are still required. Therefore, the need for HIV prevention, testing, and treatment by culturally-competent providers who can reduce stigma is still critical.*

<sup>32</sup> Karen Tang and Wei-Ti Chen, HIV and religion in HIV-positive Asians: A qualitative study, Applied Nursing Research, vol. 4, 18-24 (citing the CDC Center for Disease Control and Prevention, HIV Among Asian Americans (2018)).

Among **LGBTQ API parents**, the most important need for their children was adolescent and then pediatric primary care physician services. Next were mental health services and immunizations.

Parents ranked their most important health needs for their children as follows:

- Adolescent Doctor for Primary Care (21%)
- Pediatric Doctor for Primary Care (16%)
- Mental Health Services (14%)
- Immunizations (14%)
- Managing ADHD (13%)



### Emerging Health Needs of LGBTQ APIs

Apicha CHC provides many but not all imaginable health care services. Among a list of certain health services that Apicha CHC does not readily provide in-house, respondents ranked their most important health needs. The top three were Dermatology, Anal Health, and Cancers (Skin, Lymphoma, Nasal, Ovarian, and Testicular).

Women also first ranked Dermatology, but then listed Vision, Anal Health, and In Vitro Fertilization (IVF parenting) / Sperm or Egg Preservation. Transgender respondents identified Anal Health first, then Cancers and Vision. Finally, men ranked Anal Health first, followed by Dermatology, and then Cancers.

Though respondents often selected "Anal Health," in-depth focus groups, organizational discussions, and interviews uncovered that LGBTQ APIs were most interested in **sexual health and hygiene**<sup>33</sup> as a whole, which are services that Apicha already provides.

Dermatology was highly ranked and was also occasionally mentioned in focus groups and interviews. Respondents commented that occasional skin rashes, itchy skin thought to be eczema, redness, skin growths and moles, or skin breaks in the genital area required a specialist in dermatology for diagnosis and treatment. One respondent simply commented regarding this need, "If I have a rash, what is it?" Vulnerable community members also identified eczema as a condition that they were experiencing, and that they sometimes resorted to over the counter creams as treatment.

<sup>33</sup> See also, NYC Department of Health, Webpage for "Gay Men, Bisexual Men and Other Men Who Have Sex with Men" (2022) discussing Sexual Health and Anal Health at <https://www1.nyc.gov/site/doh/health/health-topics/lgbtq-men-sex-men.page>

Moreover, certain skin lesions in the genital area were due to sexually transmitted diseases. These could be treated in-house by Apicha's primary care physician and do not require a dermatologist. Apicha staff also noted that nearly one in ten referrals made in 2022 were to a dermatologist.

Survey respondents also selected "Cancer" as a health need, but this was never raised in any focus group or community meetings. Individual interviews revealed that concerns of cancer were about a general lack of awareness regarding warning signs and treatability. Interviewees had heard of "skin cancer," "ovarian cancer," and "testicular cancer," but knew little about the warning signs.

The perception that cancer is terminal, even though it is often treatable and manageable, heightened community fears and statistically elevated its ranking. In reality, 40% of people are expected to get a cancer diagnosis sometime in their lives.<sup>34</sup> Lymphoma has a higher preponderance among gay men and correlates closely with those who have HIV/AIDS.<sup>35</sup> Nasopharyngeal (nasal) cancer has a higher preponderance among APIs.<sup>36</sup>

One interviewee, a patient at Memorial Sloan Kettering Cancer Center who was treated for lymphoma, observed stigma and lack of awareness. She noted that LGBTQ API cancer survivors tended to be "closeted." When she and others came out as having cancer, many of her LGBTQ API friends "dropped them as friends." Rather than show them support and compassion, their friends did not know what to say or do and, unfortunately, simply discontinued communication.

Another patient at Weill Cornell Medicine's Cancer Center at New York-Presbyterian who was treated for ovarian cancer echoed the same. He said that when he came out with cancer, he rarely heard from his friends again. Another interviewee said that when people talked about her cancer, they would say the word "cancer" very quietly so no one could hear. This did not seem to be about confidentiality, but rather "stigma" or the feeling that it was "contagious."

LGBTQ APIs are afraid of "catching cancer" and dying from it because they hear that there is "no cure." Rather than conclude that oncology and cancer treatment is an emerging need, interviews revealed that health education on cancer, how it is diagnosed, and its treatability is most needed.

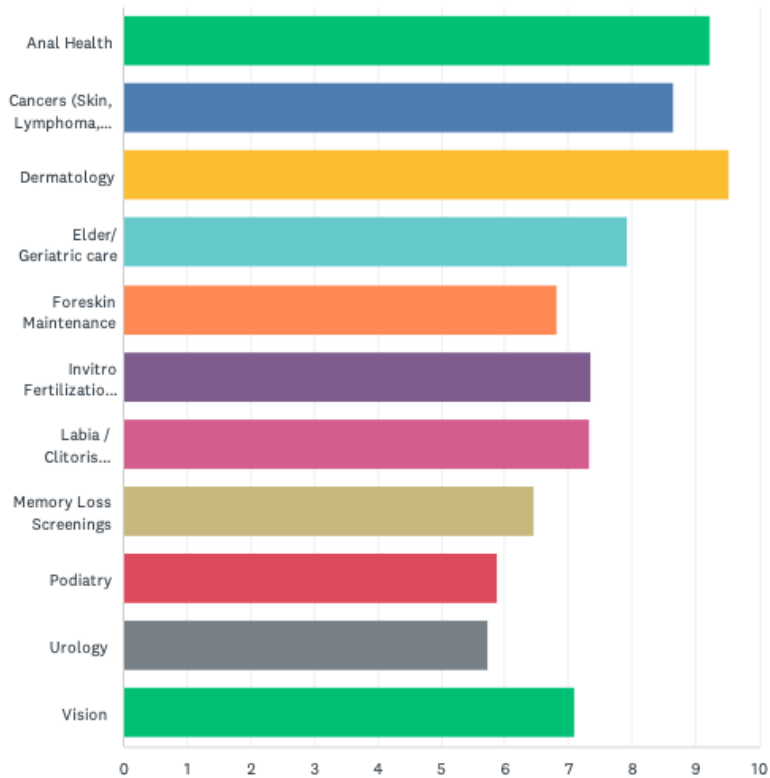
---

<sup>34</sup> National Cancer Institute at the National Institutes of Health, at <https://www.cancer.gov/about-cancer/understanding/statistics#:~:text=Approximately%2039.5%25%20of%20men%20and,will%20die%20of%20the%20disease>

<sup>35</sup> Grulich AE, van Leeuwen MT, Falster MO, Vajdic CM. Incidence of cancers in people with HIV/AIDS compared with immunosuppressed transplant recipients: a meta-analysis. *Lancet* 2007; 370(9581):59-67.

<sup>36</sup> Lee AW, Sou A, Liu H. Disparities in nasopharyngeal cancer incidence among Asian American ethnic subgroups. Presented at: AACR 2021 Virtual Cancer Health Disparities; October 6-8, 2021. Abstract PO-198. See also Sucharita Mistry, Data Hide 'Critical Disparities' in Nasopharyngeal Carcinoma Incidence Among Asian Americans Presented at AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. Oct. 2021.

The most important HEALTH needs (which are **not** offered by Apicha CHC)



Of the services not currently offered by Apicha CHC, respondents listed their most important health needs as: Anal Health (34%); Dermatology (21%); Cancers (Skin, Lymphoma, Nasal, Ovarian, Testicular) (16%); Vision (14%); In vitro Fertilization (IVF Parenting) / Sperm or Egg Preservation (10%); Elder/Geriatric Care (6%); Labia/Clitoris Maintenance (5%); Foreskin Maintenance (1%); Memory Loss Screenings (5%); Podiatry (1%); and Urology (1%). Apicha CHC does provide anal health as part of its general screenings.

As noted above, focus groups and interviews discerned that "Anal Health" was actually part of overall "Sexual Health & Hygiene." As with cancer, there seemed to be a general lack of knowledge about anal care and hygiene. Sexual health and hygiene are current services that Apicha CHC provides, but they are not named as such.

Men ranked: Anal Health (47%), Dermatology (20%), and Cancers (16%).

Women ranked: Dermatology (29%), Vision (23%), Anal Health (19%), and In vitro Fertilization (IVF Parenting) / Sperm or Egg Preservation (19%).

People of transgender experience ranked: Anal Health (29%), Cancers (21%), Vision (19%), Dermatology (14%), and Labia / Clitoris Maintenance (14%).

Respondents who are over 50 years old similarly identified Anal Health and Elder/Geriatric Care (both at 50%) as top concerns. Their next most important ranked needs pertained to Cancers (20%) and Memory Loss Screenings (20%).

#### **4. Wellness Needs of LGBTQ APIs**

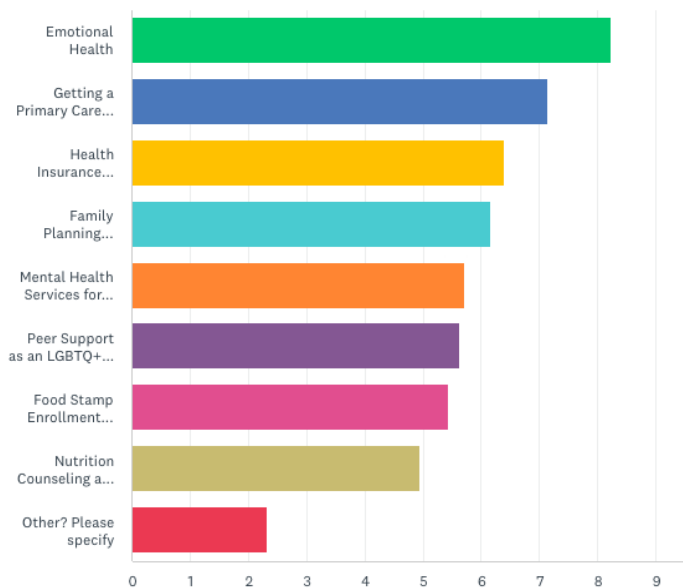
The most important wellness need reported by LGBTQ APIs was emotional health. Second was securing an LGBTQ-API-receptive primary care physician and pharmacist.

Finding an LGBTQ-sensitive Asian doctor was also respondents’ second ranked need for the larger LGBTQ API community. Third was health insurance enrollment, followed by family planning contraception or pregnancy testing.

This points to the need for Asian American doctors who are LGBTQ-sensitive. One interviewee commented that she wanted to see a Korean-speaking doctor who is LGBT-affirming. Many APIs see non-API doctors, and this points to the lack of LGBT-affirming care for those who specifically need bilingual Asian doctors.

These priorities were generally consistent among all gender identities with only minor variations in percentage ranking.

The most important WELL-BEING needs:



The most important well-being needs were: Emotional Health (55%); Getting a Primary Care Physician (PCP) and LGBTQ-API-Friendly Pharmacy (21%); Health Insurance Enrollment (11%); Family Planning Contraception or Pregnancy Testing (4%); and Peer Support as an LGBTQ API (5%).

The survey then introduced a *combined question* that incorporated all the health and well-being choices from above, and respondents re-ranked each need by priority. Again, mental health topped the list (specifically depression or anxiety and addiction), followed by finding an LGBTQ-sensitive doctor.

Respondents who identified as women also ranked depression or anxiety as the number one priority, but their next priority was finances, then followed by finding an LGBTQ-sensitive doctor.

The most important NEEDS IN GENERAL given both health and well-being needs:

The top general needs are:

- Depression or Anxiety (26%)
- Addiction (Smoking, Alcohol, Crystal Meth, etc.) (20%)
- Finding an LGBTQ-sensitive Doctor (17%)
- Finding a Doctor Covered By My Insurance (In-Network) (11%)
- Finances, Money for Food, Rent, and Job (15%)
- Managing ADD / ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder) (6%)

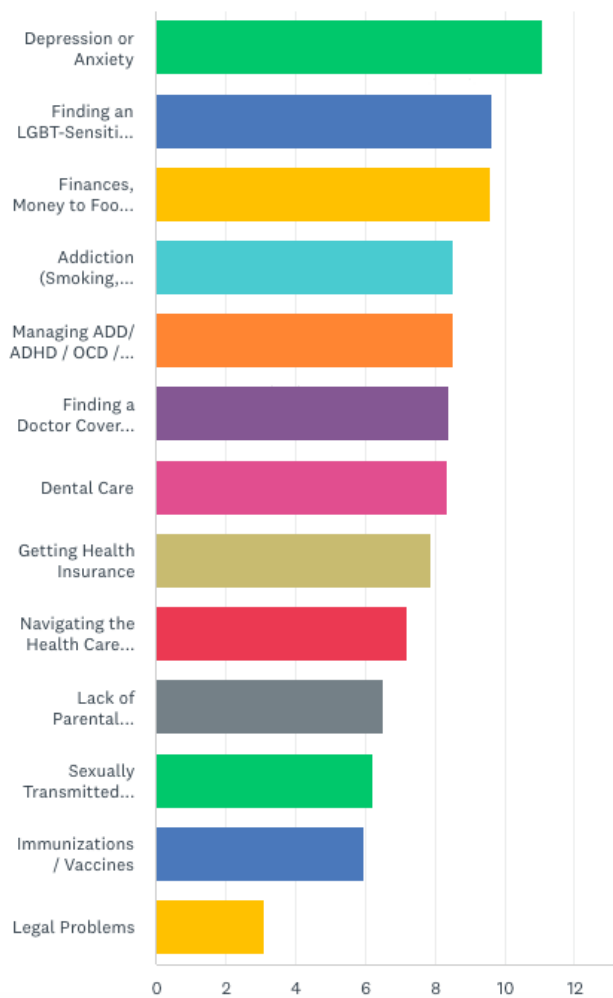
Among women respondents:

- Depression or Anxiety (41%)
- Finances, Money for Food and Rent, a Job (19%)
- Finding an LGBTQ-sensitive Doctor (16%)
- Addiction (Smoking, Alcohol, Crystal Meth, etc.) (12%)

Among men respondents:

- Depression or Anxiety (24%)
- Addiction (Smoking, Alcohol, Crystal Meth, etc.) (24%)
- Finances, Money for Food and Rent, a Job (15%)
- Finding an LGBTQ-sensitive Doctor (13%)

Among transgender respondents:



- Depression or Anxiety (26%)
- Finding an LGBTQ-sensitive Doctor (19%)
- Finances, Money for Food, Rent, and Job (16%)
- Addiction (Smoking, Alcohol, Crystal Meth, etc.) (15%)

What respondents think is the LGBTQ API COMMUNITY’S most important needs overall:

The responses were as follows: Depression or Anxiety (36%); Finding an LGBTQ-sensitive Asian Doctor<sup>37</sup> (15%); Finances (14%); Addiction (15%); Managing ADD (14%); and Finding a Doctor Covered By My Insurance (10%).

Overall, the most prevalent health and well-being needs of New York City’s LGBTQ API community are Mental Health, Sexual Health (including hygiene and testing for STDs / HIV/AIDS), and Dermatology. Apicha CHC was originally founded to address HIV among APIs. That need is ongoing<sup>38</sup> and has expanded into overall sexual health, which Apicha CHC currently provides. Apicha CHC has provided some mental health services, and such programs must be significantly expanded. Dermatology is a new priority need among LGBTQ APIs and should be considered moving forward.

## **5. Social Determinants**

Respondents identified the most significant barriers that they faced in addressing their health and well-being needs. The most significant barrier was Finances, followed by Finding an LGBTQ-sensitive Asian Doctor or other health care provider, and finally Finding a Health Care Provider Covered by Insurance. These barriers were generally consistent among all gender identities, with only minor variations in ranking.

The survey did not conclusively find whether poverty was a significant social determinant for health care among LGBTQ APIs. This was due to an overall lack of APIs living in poverty who self-identify as LGBTQ, combined with the lack of LGBTQ API survey respondents who said they were living in poverty. Two low-wage immigrant workers were interviewed identified finances as a barrier, but also stated that being undocumented was more of a barrier than his economic conditions.

Other surveys found that poverty was a significant social determinant of health and wellness for APIs.<sup>39</sup> The NYC Department of Health and U.S. Census Bureau documented that APIs had the highest income inequality of all racial and ethnic groups.<sup>40</sup> This reality, coupled with the economic security often necessary to come out as LGBTQ, dictated that most New Yorkers who self-identified as both API and LGBTQ were not necessarily living in poverty.

---

<sup>37</sup> Often, respondents selected an "Asian Doctor" but were searching for a doctor bilingual in their native language.

<sup>38</sup> In 2005, HIV/AIDS was a top concern of LGBTQ APIs, see National Gay and Lesbian Task Force Policy Institute, Alain Dang & Mandy Hu, *Asian Pacific American Lesbian, Gay, Bisexual and Transgender People: A Community Portrait. A report from New York’s Queer Asian Pacific Legacy Conference*. New York (2005).

<sup>39</sup> New York City Department of Health and Mental Hygiene (NYC Health Department), "Health of Asians and Pacific Islanders in New York City," 2021

<sup>40</sup> U.S. Census Bureau, American Community Survey (ACS), 2013-2017.



Thus, APIs who live in poverty and self-identify as LGBTQ were few both in these government surveys and among Apicha CHC's survey respondents.

The most significant BARRIERS to addressing these health and well-being needs

The respondents reported the following top barriers:

- Finances (39%)
- Finding an LGBTQ-sensitive Asian Doctor or other Health Care Provider (24%)
- Finding a Health Care Provider Covered by Insurance (In-Network) (18%)
- Having ADHD (8%)
- Food Insecurity (5%)
- Housing Insecurity (4%)

When asked open-ended questions, respondents' write-in responses were grouped as:

- Cost of health care
- Insurance
- Limited access to health care services
- Discrimination (Racism, Sexism, Homophobia)
- Work-Life Balance

Some respondents wrote in the following responses as their barriers towards addressing health and wellness needs:

- "Lack of high-quality mental health care covered by insurance"
- "financial accessibility to expensive health services"
- "Finding the right therapist"
- "language barriers, not proficient in English for those technical terms"
- "Hard to get in to see doctor"
- "Budgeting for unusual events such as unexpected surgeries (I can generally work it out, but many people close to me often can't even w insurance)"

The income barrier seemed initially surprising given that a third (32%) of all respondents had annual incomes over \$75,000. At the same time, mental health services were the greatest need. Further analysis and individual interviews uncovered that respondents *are having to self-pay for mental health services*. Many culturally-competent, LGBTQ-sensitive mental health providers do not take insurance.

Some other social determinants expected to limit access to care were not found to be as significant for LGBTQ APIs. The NYC Health Department's study "Health of Asians and Pacific Islanders in New York City" was conducted just before the onslaught of horrific acts of anti-Asian violence in New York.<sup>41</sup> Many expected that violence, fear of violence, and having to take public transit to get to one's doctor would become a barrier to accessing care. Yet respondents did not identify it as a significant barrier. This could be because by the time this study began in June and July of 2022, much of the anti-Asian violence had subsided.

---

<sup>41</sup> Chris Kwok and Karen King, Asian American Bar Association of New York (AABANY), "A Rising Tide of Hate and Violence Against Asian Americans in New York During COVID-19" (2021).

Citywide campaigns and Apicha CHC's own efforts to address violence and hate crimes against APIs seem to have had much success in lowering the risk and/or fear of violence when seeking care. Apicha CHC undertook several programs to educate its patients, clients, and the general community about hate crimes. Several elected officials and API organizations also stood up against anti-Asian hate.

It is also important to note that at the time of survey collection, many highly-publicized incidents of anti-Asian violence and killings had passed, and thus fear had also passed. Apicha CHC front-line staff, however, observed that when the media reported serious incidents of anti-Asian violence, patients and clients were afraid to come to Apicha CHC for health care services. Thus, during times of anti-Asian violence, either actual or highly reported in the media, fear of targeted violence becomes a social determinant for seeking care.

Further interviews and focus groups also showed that people who were victims of anti-Asian violence were in greater need of post-traumatic mental health support.

Respondents were also encouraged to identify other social determinants.

**Do you have any other HEALTH / WELL-BEING needs that were not listed?**

Respondents identified isolation from other LGBTQ API people or wanting more community and health education. They wrote:

- "Social health/ healthy ways to interact with others"
- "Education and resources for movement towards altering physical gender manifestation"
- "Community with other AAPI and queer people/Feeling isolated and lonely"
- "I would like to meet queer Asian families with children like mine"
- "Education on screening for anal cancer"

**Do you have any other major BARRIERS that you face in addressing your health / wellbeing needs?**

Respondents wrote several responses that were grouped as:

- Self-confidence
- Lack of information
- Social stigma on STDs or mental health status
- Access to the right doctors

They wrote:

- "Just the fear of being judged mostly by a healthcare worker when I ask for an STD check at Urgent Care [centers]"
- "Lack of reliable doctors nearby/ that accept insurance"
- "Social stigma of mental health status"
- "Self-confidence"

## **6. Delivery Models**

Respondents were asked open-ended questions about ideas for programs and services to address these health and wellness needs. This same question was asked twice, once at the beginning and again at the end of the survey. The write-in responses were grouped as:

- Free counseling/therapy
- Accept all insurance
- Sliding scale fees
- Telehealth
- Grants/stipends for healthcare
- Outreach, training, and health education
- Finding LGBTQ-API-friendly services in different neighborhoods

### **Do you have any IDEAS for SERVICES or WAYS to deliver these services to help you meet your health / well-being needs?**

Written responses included:

- "Sliding scale high-quality play therapy for kids"
- "Healthcare workers or any establishments that work with or deal with our community should have attended a seminar to learn more about us"
- "Free Therapy" (stated multiple times)
- "Telehealth for Sexual Health checkup and getting PrEP"
- "Just offer seminars"
- "Outreach support"
- "Finding + listing lgbtq+/aapi friendly practitioners in all different neighborhoods"
- "Maybe community/group activities or seminars for queer Asians and Pacific Islanders, both for learning about health services and for community building"

Respondents were also asked open-ended questions about anything else they wanted to share. Respondents' write-in responses focused on suggestions for improvements or changes to Apicha CHC's existing programs. Some suggested expanded language capability, that Apicha CHC staff should more routinely ask for people's pronouns, and that reaching Apicha CHC by email should be more reliable. These suggestions were shared with Apicha CHC staff, and they are working on addressing those issues and making improvements.

## **7. Pharmaceutical Needs**

Apicha CHC maintains its pharmacy which provides culturally-competent, LGBTQ-sensitive pharmaceutical services. The most important pharmaceutical needs were medications to address Depression or Anxiety, ADD / ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder), HIV/AIDS Prevention, and Immunizations/Vaccines. These needs were generally consistent among all gender identities, with some variations in ranking. For instance, women respondents also ranked Depression or Anxiety at the top, but at a much larger share (52% of women versus 31% overall). Men respondents' rankings were consistent with the overall result.

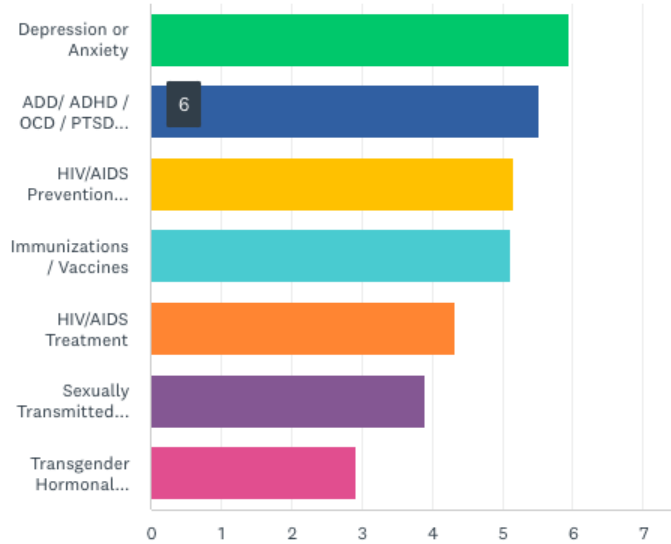
Patient interviews revealed that doctors have become much more reluctant in prescribing psychotropic medications. Medications to treat ADD / ADHD / OCD / PTSD such as Adderall or Klonopin are stimulants. Though effective, they can be abused. The national opioid epidemic has made doctors more cautious, if not resistant, toward prescribing these medications.

Additionally, ADD / ADHD medications must be taken daily but patients are limited to refills of only 30 days at a time. Insurance coverage is very strict and pharmacies will not release the medication beforehand.

Primary care physicians are more willing to prescribe antidepressants, but have been reluctant to prescribe other psychotropic medications. Sometimes they are unfamiliar with how to assess the appropriate dosage and how to make adjustments. Patients often assume that a primary care physician can diagnose and treat all conditions, but oftentimes specialists are needed.

The recommendation that Apicha CHC should expand its mental health services by hiring a psychiatrist comports well with these respondents' pharmaceutical needs. A psychiatrist can diagnose and prescribe necessary psychotropic medications at the appropriate dosage.

### The most important PHARMACEUTICAL needs (medications to treat ... ):



The most important pharmaceutical needs are: Depression or Anxiety (31%); ADD / ADHD / OCD / PTSD (22%); HIV/AIDS Prevention (11%); Immunizations/Vaccines (22%); STDs (Not HIV/AIDS) (3%); and Transgender Hormonal Therapy (9%).

Women ranked: Depression or Anxiety (52%); Immunizations/Vaccines (23%); and ADD / ADHD / OCD / PTSD (20%).

Men ranked: Depression or Anxiety (22%); Immunizations/Vaccines (22%); and ADD / ADHD / OCD / PTSD (24%).

Respondents of transgender experience ranked: Depression or Anxiety (37%); Transgender Hormonal Therapy (25%); Immunizations/Vaccines (23%); and ADD / ADHD / OCD / PTSD (23%).

## **8. Health and Wellness of Survey Respondents**

The survey asked LGBTQ APIs how they felt about themselves physically, mentally, emotionally, and about their attractiveness to others. The majority of respondents ranked their physical health as "good." Most ranked their mental and emotional health as "good" or "fair." Most said that they exercise regularly, try to eat a balanced diet, and try to take time for self-care. They did not regularly engage in unhealthy, high-risk, or self-destructive activities.

LGBTQ APIs are generally healthy, but at lower levels than when compared to all other LGBTQ people or all other APIs in New York. They generally feel "good" about themselves physically and about their attractiveness to others. But when asked about their mental health, many responses dropped from "good" to "fair."

Women and transgender respondents mostly said they felt that their physical health and mental health were “fair”. Women feel “good,” and transgender respondents feel evenly “good” and “fair” about their attractiveness to others. Men respondents mostly said they felt that their physical health was “good”, while their mental health was mostly “fair”. Men mostly felt “good” about their attractiveness to others.

LGBTQ APIs do engage in some unhealthy or high-risk activities, but only from time to time. Most often these include: using drugs that are usually not regulated or have been decriminalized (such as marijuana, poppers, molly, and ecstasy); drinking more than two sugary drinks per day; kinky sex / bondage / SM; and smoking/vaping.

More than one in four respondents said they had sex without condoms or dental dams (while not on PREP), but this was for all survey respondents. By gender, the frequency for men increases to about one in three (30%), for women decreases to about one in five (21%), and for people of transgender experience increases to about one in two (44%).

Fortunately, LGBTQ APIs overall do not engage in many unhealthy or self-destructive activities. They limit drinking more than two alcoholic drinks per day and do not use party or hard drugs regularly. Respondents of all genders generally reflect the same.

Contrary to popular perception, sex workers and LGBTQ APIs in the kink / BDSM / leather / fetish communities seem to work especially hard at staying fit, eating well, and refraining from high drug or alcohol use. Indeed, their work and lifestyles often dictate their physique and health.

One respondent noted that colorism pressured them to work harder at their physique and health: “At the bars, I think East Asian men [with lighter skin complexion] are more sought after than [South Asian or] Southeast Asian men who have darker skin complexion. So there is greater pressure to look better, to look good, and stay fit. But I think it’s a sexual perpetuation of the Model Minority Myth.”

Another respondent, when asked an open-ended question about their health and well-being, wrote in, “Intergenerational trauma, C-PTSD in Asian American families.”

Interviews with low-wage immigrants, who were often undocumented, were also quite satisfied with their lives. They said that they feel “good” or “very good” about their health, wellness, and mental health. Some were Apicha CHC patients and they felt that the services that Apicha provided made them feel supported. They also mentioned other city programs for food stamps and rental assistance for low-income New Yorkers, regardless of immigrant status. This evidences that Apicha CHC’s services for low-income and/or undocumented immigrants not only addresses their medical and health needs, but also gives them better self-esteem and a better outlook on life, as another interviewee noted.

How do you feel about your overall PHYSICAL HEALTH?

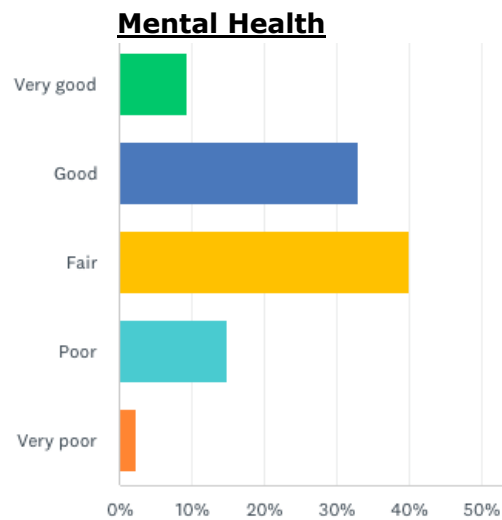
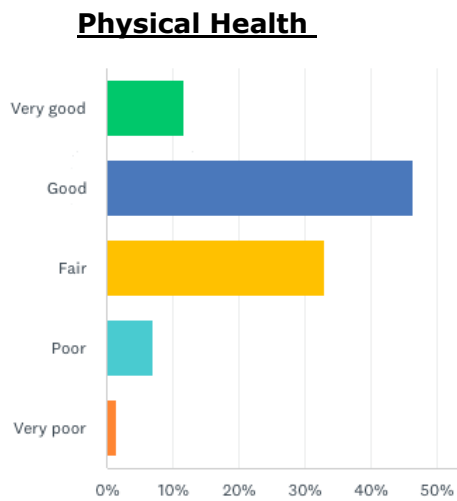
These were the responses to overall physical health:

	All	Women	Trans	Men
Very Good	12%	13%	9%	14%
Good	46%	36%	32%	55%
Fair	33%	38%	38%	25%
Poor	7%	10%	18%	5%
Very Poor	2%	3%	3%	2%

How do you feel about your overall MENTAL / EMOTIONAL HEALTH?

These were the responses to overall mental/emotional health:

	All	Women	Trans	Men
Very Good	10%	5%	3%	16%
Good	33%	36%	29%	33%
Fair	40%	44%	41%	39%
Poor	15%	13%	21%	13%
Very Poor	2%	2%	6%	0%

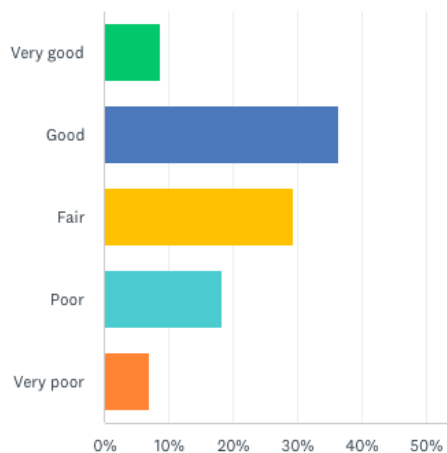


**How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

These were the responses to how survey-takers felt about themselves aesthetically:

	All	Women	Trans	Men
Very Good	9%	13%	9%	8%
Good	37%	34%	32%	42%
Fair	29%	26%	32%	25%
Poor	18%	13%	24%	20%
Very Poor	7%	13%	3%	5%

### **Attractiveness to Others**



### **Do you engage in any of these activities nowadays? (select all that apply)**

- Trying to eat a healthy/balanced diet (60%)
- Regular exercise (50%)
- Self-care (42%)
  
- Other drugs (marijuana, poppers, molly, ecstasy) (29%)
- Sex without condoms or dental dams (and not on PREP) (28%)
- Drinking more than 2 sugary drinks per day (soda, fruit punch, lemonade) (20%)
  
- Kinky sex / bondage / SM (19%)
- Smoking / vaping (17%)
- Drinking more than 2 alcoholic drinks per day (beer, wine, cocktails, etc.) (16%)
  
- Party drugs (ketamine, crystal meth, Ice, blue pill, oxy, cocaine, fentanyl, f3nt/fent or TNT, mushrooms) (11%)
- Sex work (8%)
  
- Trying to start a family/having children (6%)
  
- Sell or exchange sex for money, drugs, or other (5%)
- Exchange money, drugs, or other for sex (5%)
- Hard drugs (acid, heroin, crack cocaine) (4%)



## **9. Health Education**

Respondents were asked about the health / well-being needs that they most wanted to learn about. Again, mental health topped the list, followed by Addiction and then Cancer. When "Mental Health" included mental health in general, Emotional Issues / Anxiety / Depression, and ADD / ADHD / OCD / PTSD, more than half (54%) of respondents identified it as the most important health / well-being need that they wanted to learn about.

Cancer arose as statistically significant in the survey as a widespread need, but it rarely arose during any focus group or community meetings to examine issues more in depth. More vulnerable low-wage immigrant workers and seniors did identify cancer in individual interviews. Further analysis revealed that LGBTQ APIs wanted to learn more about cancer in general, how to prevent it, diagnoses, and treatability. The perception that cancer is terminal, even though it is often treatable and manageable, heightened community fears and statistically elevated its ranking.

These priorities were generally consistent among women and transgender respondents. Both groups first ranked General Mental Health. But women ranked second Coming Out to Asian Parents, followed by Addiction. People of transgender experience ranked ADD / ADHD / OCD / PTSD second, followed by Addiction. Men ranked Addiction the highest, followed by General Mental Health, and then Emotional Issues.

Curiously, monkeypox was lowly ranked. The survey was taken from June through September 2022, at the height of the monkeypox outbreak in New York City. Yet LGBTQ API respondents did not identify this as something they wanted to learn about. This may have been due to Apicha CHC's and other public efforts<sup>42</sup> to educate the community about monkeypox. Governor Kathy Hochul made a state disaster emergency declaration to deal with the monkeypox outbreak, and the state health department called monkeypox an "imminent threat to public health."<sup>43</sup>

Weight/Body Image was lowly ranked (less than 4%), notwithstanding recent reports that young people are driven to mirror ideal weight/body images they see on social media.

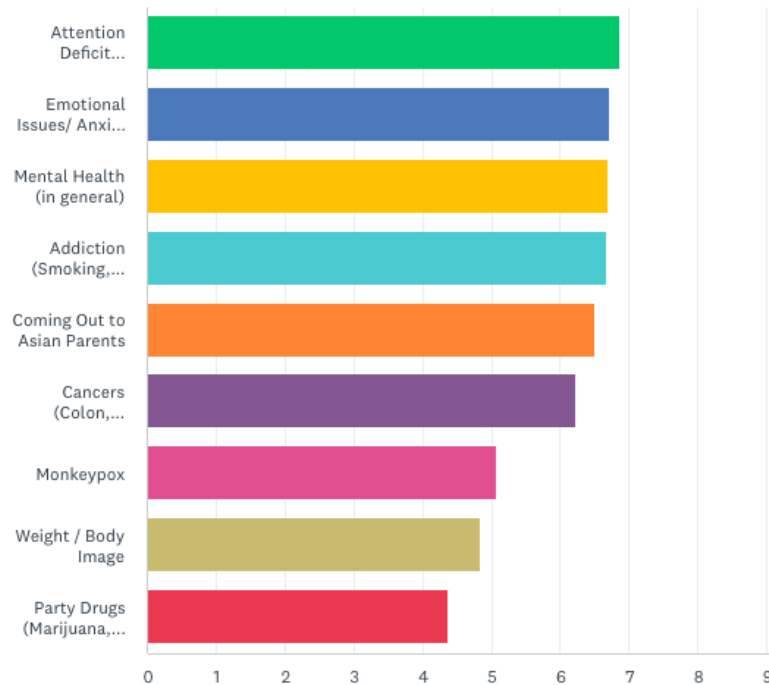
In conclusion, greater public health education is needed for LGBTQ APIs on Mental Health, Sexual Health & Hygiene, Addiction, and Cancer.

---

<sup>42</sup> See also, NYC Department of Health, Webpage for "Gay Men, Bisexual Men and Other Men Who Have Sex with Men" (2022) discussing Monkeypox at <https://www1.nyc.gov/site/doh/health/health-topics/lgbtq-men-sex-men.page>

<sup>43</sup> Newser Wire Services, "New York City: Monkeypox Is a Public Health Emergency," Jul 31, 2022 at <https://www.newser.com/story/323615/new-york-city-monkeypox-is-a-public-health-emergency.html>

## The health/well-being needs that respondents most want to LEARN about:



When asked to rank, respondents answered that they wish to learn more about: General Mental Health (22%); Addiction (19%); Coming Out to Asian Parents (17%); Emotional Issues / Anxiety / Depression (15%); ADD / ADHD / OCD / PTSD (12%); Cancers (11%); Monkeypox (8%); Weight / Body Image (6%); and Party Drugs (4%).

Women ranked: General Mental Health (29%); Coming Out to Asian Parents (26%); and Addiction (22%).

Men ranked: Addiction (22%); General Mental Health (21%); and Emotional Issues (12%).

Transgender respondents ranked: General Mental Health (23%); ADD / ADHD / OCD / PTSD (21%); Emotional Issues / Anxiety / Depression (21%); and Addiction (15%).

Respondents were also asked the following open-ended question:

Do you have any other health/well-being needs that you WANT TO KNOW more about?

Their write-in responses were grouped as:

- Social networks
- ADHD care
- Transgender health

## **B. FINDINGS FROM FOCUS GROUPS, MEETINGS, AND INTERVIEWS** **(Qualitative)**

Health and well-being needs, social determinants that affect access, and delivery models to address these needs were explored in depth through meetings with LGBTQ API organizations, focus groups, and individual interviews.

### **1. Summary of Health and Well-Being Needs**

- STD testing, HIV testing, and treatment at various times and locations
  - Offer for free and more regularly
  - Testing is needed every 3 months
- Women's health services: pregnancy testing, contraception counseling, contraception services, ob-gyn, mammogram including for women over 60 years old
- Mental health
  - Especially for victims of violence and direct counseling for emotional distress
  - Provide compassionate providers when learning about patients' different, sometimes unorthodox sexual practices (i.e., kinky sex)
  - Culturally competent, LGBTQ-sensitive care
- Dental health
- Dermatology
  - Eczema, skin rashes, and allergic reactions were identified

Many of these needs are already provided for by Apicha CHC's usual services for PrEP, pharmaceutical medicines, physician services, screenings, and dentistry.

### **2. Summary of Social Determinants**

- Being undocumented and one's immigrant status makes access to health care services difficult.
- Needing assistance in navigating health insurance including Medicare
- Family, especially if still dependent on them (e.g., coming out, getting care on parent's insurance, etc.)
- Needing assistance in navigating applications for benefits such as food assistance (e.g., SNAP)

- Sex workers and people in the kink and BDSM communities need free STD and HIV testing more frequently, once per month. Currently, insurance only covers testing once every six months.
- Portability of health insurance when people are transitioning jobs
- Cultural barriers: stigma, shame, and anxiety about being sick; gender-inclusive care providers should transcend from being an “ally” to a “partner” in a patient’s health and wellness; sometimes API patients are shy and have a hard time speaking up.
- PrEP is still seen as taboo, yet there is peer pressure resulting in more uncontrolled sex when one is a new user of PrEP.
- Difficulty in accessing mental health providers:
  - People often have to self-pay for a therapist.
  - When they search for and contact providers, they don’t get a response.
  - Difficult to access when on parent’s health insurance
- Financial hurdles impact access to health care.
  - Large deductibles make health care and therapy impossible until they meet their deductible.
  - Co-pay for PreP is \$50. Getting PrEP that is covered by insurance is complicated.
  - Difficult to access when on parent’s health insurance

### **3. Summary of Delivery Models**

- Bilingual providers proficient in Chinese (Cantonese and Mandarin dialects), Korean, and Vietnamese, especially for female and trans-feminine sex workers
- More sustained partnerships with Apicha CHC, with periodic gatherings or a summit
- Nonjudgmental providers when patients engage in sex work, kinky sex, or BDSM
- Sex-positive psychotherapy
- Ongoing peer support group of sex workers
  - Meeting once a month on a Sunday afternoon in Manhattan
  - Including a skilled and nonjudgmental facilitator. A licensed health care provider is not necessarily needed.
- More ongoing relationships with community groups that are all volunteer-run. Such groups do not have staff, so Apicha CHC must do more to support and coordinate with them due to their limited capacity.
- Greater sexual health and hygiene education on men’s social networking apps, especially on Grindr; outreach to kink bars

- For sex workers, incentives such as stipends, food at meetings, travel reimbursement, free testing, peer advice, and anonymity are essential.

#### **4. Recommendations for Health Education**

- Health education on PrEP (e.g., Does it damage the liver and kidneys, or does it compromise bone density?)
- “What is ‘U = U?’” (Undetectable = Untransmittable); people did not understand what positive but undetectable means.
- Greater visible support system for APIs who are into kink and BDSM. Include gatherings with combined educational aspects and casual social discussion. Help people learn how to master and manage intimate kinky relationships, with education on when “healthy kinky play” crosses the line and becomes non-consensual.
- Basic sexual health maintenance should be explained, such as sexual hygiene and frequency of cleaning, after-sex care, PrEP, mucus discharges, drying of anal lining from frequent douching, preparation for anal sex, medications to treat erectile dysfunction, and laser hair treatment.
- Education for and about sex workers. Sex workers reported that after they render services to clients, they often feel drained and need to take care of themselves. Sex workers are not sex toys with unlimited use. The same applies to kink / BDSM relationships.

#### **5. Observations from Meetings and Focus Groups**

##### a. Meeting with Red Canary Song

Red Canary Song supports and advocates on behalf of immigrant women in the sex work industry. Attendees of this virtual meeting identified that their priority health and wellness needs are first and foremost STD testing and HIV testing & treatment. But such services must also be provided at convenient times and in various locations that are accessible to sex workers.

Women’s health services such as pregnancy testing, contraception counseling, contraception services, ob-gyn, and mammograms are also needed. Mental health services are critical, especially for victims of trafficking crimes. Many are undocumented immigrants and are seeking T visas, but for that they need direct counseling for emotional distress after their trauma from being a victim of trafficking. Attendees also identified that they need dental services and a dermatologist for ecthyma.

Sex workers expressed the need for providers who speak their native languages, namely Chinese (Cantonese and Mandarin dialects), Korean, and Vietnamese. Neither the leaders nor members of Red Canary Song had a general awareness of Apicha CHC, and they did not know about its services. For example, they were unaware that Apicha CHC provides assistance with navigating health systems (e.g., health insurance enrollment) and applying

for public benefits (e.g., SNAP). And they stated that a more sustained partnership would be beneficial.

#### b. Focus Group with Sex Workers

A private and confidential meeting was held with Asian male identifying sex workers. Primary recruitment avenues included Apicha CHC's clients (but who Apicha CHC did not know were sex workers), RentMen.com, and social media.

The group expressed the need for sexual health services such as STD testing and access to PrEP. Testing for STDs and HIV/AIDS must be more readily available. One barrier is that STD and HIV/AIDS testing is only covered by insurance for free once every six months; sex workers need free testing more frequently, once a month. Providers should also explain basic sexual health maintenance topics such as frequency of cleaning, after-sex care, PrEP, preparation for anal sex, mucus discharges, drying of anal lining from frequent douching, medications to treat erectile dysfunctions, and laser hair treatment.

The group also expressed the need for mental health care. They were unsure of any psychotherapists who are sex-positive and compassionate regarding different, unorthodox sexual practices. Another barrier to seeking care is simply having a lot of work plus their personal life, amidst which folks just learn to navigate things on their own. And there is plenty to navigate. The past months had been difficult for sex workers given monkeypox, COVID-19, and the economic recession. Some were living month-to-month and needed assistance with navigating health insurance and/or applying for public benefits. Their work can take significant time, including long-distance travel and overnight stays. And some of the men encountered problematic clients who were abusive or demanded different services than what they stated. Such encounters are traumatizing.

Furthermore, sex workers lack community support because their work is still stigmatized. For example, there is little understanding about how their services can be a form of "healing and care" for people struggling with loneliness and/or sexual repression. Indeed, the group reported that after they render services, they often feel drained and need to take care of themselves. Sex workers are not sex toys with unlimited uses. Given all this, health care providers need to be more understanding and supportive. Sex workers need to feel that the provider will not judge them for their profession or treat them as a "client with problems."

For greater community support, the group recommended an ongoing peer support group of sex workers that would meet once or twice a month on a Sunday afternoon in Manhattan. It could be run by a skilled, nonjudgmental facilitator (a licensed health care provider is not necessarily needed). Incentives such as a stipend, food at meetings, travel reimbursement, free testing, peer advice, and anonymity are essential.

When asked about their overall health, the group expressed that contrary to stereotypes of sex workers as destitute and self-destructive, their profession encourages them to eat well and take care of themselves since their bodies and fitness are their assets. They also do not

engage in high drug use, smoking, or heavy drinking. What's more, they reported feeling high levels of personal agency and ability to communicate consent during sex.

### c. Meeting with API Rainbow Parents

API Rainbow Parents supports Asian parents who have LGBTQ kids. Two meetings were held, one with the leaders of the group and another with members. Both the leaders and members had a general awareness of Apicha CHC but did not know exactly what services Apicha CHC provided.

One leader said that parents and their LGBTQ kids need mental health services, but they must be with providers who know their cultural contexts, norms, and attitudes. Sometimes patients do not tell their health care provider everything or their real concerns due to anxiety or because they do not know what questions to ask. There are certain "cultural barriers" in rendering care. Providers should receive training on how to be more gender-inclusive and gender-affirmative. A physician for transgender patients should transcend from being an "ally" to being a "partner" in the patient's health, wellness, and care. This dynamic has been observed and has been remarkably successful in managing HIV/AIDS infection.

Other attendees said that health insurance for low-income people is needed, as well as mammography for people over 60 years old. The portability of health insurance also has been a concern since the beginning of the "Great Resignation" following COVID-19. Many people transitioned or are transitioning between jobs, which then leads to uncertainty and anxiety about whether their health care coverage will carry over, be temporarily suspended, or cease altogether. Though people's jobs change, their health care services should not.

Leaders also commented that API Rainbow Parents, like other local LGBTQ API groups, is all volunteer-run. They do not have staff. And so Apicha CHC must do more to support and coordinate with a group that has limited capacity.

### d. Focus Group with LGBTQ Asians in Kink / BDSM / Leather / Fetish Community

A private and confidential meeting was held with LGBTQ APIs who engage in "kinky sexual activities; practice bondage, domination or sadomasochism (BDSM); use leather; or are in the fetish community." Primary recruitment avenues included survey takers who volunteered to share deeper insight, social men's networking apps such as Recon and Grindr, and social media.

Regarding primary care, attendees explained that they need an Asian and LGBTQ-sensitive health care provider who is receptive to kink and advanced sexual practices. For example, one person asked, "If you have an anal tear, would you feel comfortable telling your doctor that it was because you were fisted?" Patients must feel they can honestly disclose the various kinds of sexual activity they engage in to their provider. Attendees also expressed the need for more frequent (every 3 months) free testing for STDs and HIV/AIDS.

There were various needs identified concerning sexual health education. There are certain myths about PrEP use, namely that it causes damage to the liver and kidneys, and that it compromises bone density. There is also peer pressure for new users of PrEP to have more unprotected sex, though PrEP only prevents HIV and not other STDs. Thus, education about PrEP would be helpful, particularly through men's social networking apps such as Grindr and Recon, as well as outreach to kink bars. Beyond PrEP, there is more general concern that others engage in risky activities without fully knowing the consequences (e.g., having sex without condoms) or without disclosing their status for STDs or HIV. Regarding HIV, attendees did not understand what it means to be positive but *not* at risk of transmitting the virus (U=U; Undetectable = Untransmittable).

As for mental health, one attendee observed that while needs are complex, in the kink and BDSM community there seems to be less stigma in seeking and treating mental health. Thus the community's mental health needs are primarily about access. There is the challenge of finding competent mental health providers who are Asian, queer, and respectful of a kinky sexual lifestyle. When searching for providers, people often do not get a response. And if they do find a therapist, they often have to pay out of pocket. Family issues can also make seeking care difficult for those who still depend on their family for health insurance coverage.

One person explained that they have a large deductible, so even an in-network therapist would not be covered until the deductible is met. Another person wants to use Apicha CHC's mental health services but was told she cannot unless she names Apicha CHC as her primary care provider (PCP). She does not want to do this, as she already has a good and long-term relationship with her current PCP. Another person expressed that he receives long-term disability benefits and has life insurance. He is afraid that if he takes PrEP, he will have to disclose his "risky lifestyle" which could impact these benefits.

Finally, visibility and networking opportunities affirm APIs who are into kink and BDSM. Attendees recommended more gatherings that combine educational and social aspects, with topics for discussion such as how to manage intimate relationships, and when "healthy kinky play" crosses the line and becomes non-consensual.

#### e. Meeting with Low-Wage Immigrant Workers

Patients of Apicha who were low-wage immigrant workers, both of whom were undocumented, agreed to be interviewed for the survey. Most of their health and wellness needs reflected the same needs of all other LGBTQ API survey respondents, but with a higher priority on needs that concerned finances or where their immigration status became barriers. For example, they could not sign up for Obamacare health insurance because they are undocumented. Accessing culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental mental health services is challenging because of their limited income or undocumented immigrant status, insurance limitations, or needing to self-pay for therapists since many do not take insurance.



While they also identified finances as a barrier, they also noted that being undocumented was more of a barrier to care than their own economic conditions. They too identified cancer, STDs, HIV/AIDS, and at times dentistry and dermatology as their needs. They also expressed fear that the benefits that they are currently able to receive through various municipal and state programs, regardless of immigrant status, might end.

Notwithstanding day-to-day struggles, they also stated that they were quite satisfied with their lives. They are working, albeit “off the books” and are paid only in cash. They said that they feel “good” or “very good” about their health, wellness, and mental health. Some were Apicha CHC patients and they felt that the services that Apicha provided made them feel supported. They also mentioned other city programs for food stamps and rental assistance for low-income New Yorkers, regardless of immigrant status. This evidenced that Apicha CHC’s services for low-income and/or undocumented immigrants not only addresses their medical and health needs, but also gives them better self-esteem and a better outlook on life, as another interviewee noted.

#### f. Focus Group with Seniors

SAGE Services and Advocacy for GLBTQ+ Elders addresses issues related to lesbian, gay, bisexual, transgender, queer and questioning and other self-identifying members of the community (LGBTQ+) aging. In partnership with its constituents and allies, SAGE works to achieve a high quality of life for LGBTQ+ older people, supports and advocates for their rights, fosters a greater understanding of aging in all communities, and promotes positive images of LGBTQ+ life in later years.

SAGE partners with Apicha CHC to host a focus group of LGBTQ Seniors at its Edith Windsor SAGE Senior Center in Manhattan. Most of their health and wellness needs reflected the same needs of all other LGBTQ API survey respondents, but with a higher priority on needs that were more relevant to their higher age. They too identified cancers, but also Geriatric care, and Memory Loss Screenings. They are fearful that they will lose their mobility, memory, or develop cancer in their older years.

#### g. Focus Group with Apicha CHC Staff

Clients and patients at Apicha CHC have stated that they have particular health and wellness needs and concerns. Most of this feedback was used in developing the survey instrument, and it also informed some of the discussions at focus groups or meetings with organizations.

Observed Health and Wellness Needs:

- Weight and body image is a concern for people.
- Mental health services need to meet two levels:
  - Low threshold services are needed. “Sometimes people just need a good listener.”

- At other times, clients need ongoing talk therapy to address more serious mental illness.
- Drug use and party drugs seem to be widespread in the LGBTQ API community, especially among young gay men.
- Alcohol and binge drinking
- Smoking and its impact on testosterone
- There is a difference between public health and individual health needs; sometimes patients conflate the two.
- HIV treatment requires more one-on-one case management and support services for troubleshooting.
- Family planning, contraception, and pregnancy testing are emerging needs.
- Health education needs:
  - Situational awareness
  - Safety and self-defense

#### Observed or Anticipated Social Determinants

- Coming out to families and acknowledging that it is not an end goal; people should not have to come out if they will lose their social support networks or financial security.
- Complexity of identities
- Homelessness and housing instability
- Even competent providers seem to impose their values and biases onto their patients when it comes to coming out or gender identity.
- How to navigate sexual and dating platforms when it comes to race; APIs are often stereotyped as “bottoms.”
- How to handle sexual assault
- Language barriers (both English and medical jargon), information access, and discrimination
- Young people on parents’ health insurance can have difficulty accessing mental health services or gender-affirming care.
- Transgender people sometimes transition later in life because of financial inability to transition earlier.
- Basic sex education in schools is lacking.

#### Brainstormed Delivery Models and Services

- The language of health care providers should be colloquial enough for the general public and LGBTQ APIs to comprehend.

- Should have a one-stop model for accessing comprehensive care
- Program idea: create a health advisory group for the Jackson Heights clinic to ensure that Apicha CHC is consistently informed of what's going on.
- Maintain ongoing relationships with local LGBTQ API organizations, with the understanding that this can be difficult because they are volunteer-based with no staff and leadership can change from year to year. A periodic meeting of stakeholders, in the form of a structured "LGBTQ API Summit" would be effective.

Many of these issues came up and were reflected in the survey results of the focus groups, but others were not echoed. Issues that were rarely, if ever, raised by survey respondents as social determinants were homelessness, housing stability, and sexual assault. Certain issues like weight and body image, excessive drug use and party drugs, and coming out to Asian families were not widespread. However, when examining young people specifically, these issues arose with greater frequency.

#### Regard the Jackson Heights Site

- The new clinic site in Queens could be an LGBTQ API Center
- Apicha CHC Center is a gift to the community.
- The intersection of LGBTQ API center x needs x delivery model, focused on Jackson Heights
- Underscore that when it comes to the community center, it is not a clinical space, but an accessory space for nonclinical programs that will still enhance health care work.
- The larger health center has an API core so that LGBTQ API are not isolated, and venues are easily accessible to the larger community.
- Space is precious in Queens!
- Overall needs involve addressing social determinants in the community building, and providing a safe space for the community, staff, and volunteers with consistent updates. The aim is to network in a safe space and empower the user of services. We need to work with providers to make sure they are brought into the community, with cultural understanding and humility (e.g. knowing the difference between gender identity versus sexual orientation).
- A formal needs assessment was done that is client-based and is a client-empowered partnership.

blank page

**DETAILED ANALYSIS BREAKOUTS BY**

**ETHNICITY**

**BOROUGH**

**QUEENS & JACKSON HEIGHTS (Zip Code 11372)**

**INCOME**

**AGE**

**SPECIAL NEEDS GROUP:**

**Immigrant; Leather/BDSM/Kink; Sex Worker**

blank page

## C. DETAILED ANALYSIS BREAKOUTS BY

### ETHNICITY

**Chinese (Ch) Korean (Kor) Filipino (Fil) South Asian (S.As) Southeast Asian (SEA)**

NOTE: Ethnicity is based on self-identification. Because respondents could choose multiple ethnicities, each ethnic group encompassed those who are multi-ethnic and single ethnic.

*Percentages are based on respondents' "first choice" ranking as the most important.*

#### **1. HEALTH NEEDS of LGBTQ by ETHNICITY**

**Q9. The most important HEALTH needs:**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Depression or Anxiety	34%	35%	45%	45%	40%
HIV/AIDS / STD, Hepatitis	20%	8%	10%	28%	40%
Transgender Health	9%	23%	0%	11%	20%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	5%	7%	30%	6%	0%
Diabetes, Cholesterol, Blood Pressure	7%	8%	20%	0%	0%
Dental Care	7%	9%	0%	0%	0%
Immunizations / Vaccines	8%	0%	13%	12%	0%

**Q10. The most important needs for Sexually Transmitted Diseases/HIV/AIDS:**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Prevention	45%	25%	38%	35%	50%
Testing	25%	42%	38%	42%	40%
Treatment	11%	17%	14%	0%	0%
Support Services/Navigating Bureaucracy	15%	10%	0%	5%	0%

**Q17. The most important HEALTH needs among the list below (which are not offered by Apicha CHC):**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Dermatology	24%	40%	0%	17%	33%
Anal health	19%	50%	57%	33%	70%
Cancers	19%	13%	0%	29%	0%
Elder/Geriatric Care	9%	10%	0%	0%	0%
Labia/Clitoris Maintenance	4%	0%	0%	13%	25%
Vision	22%	0%	38%	6%	0%
IVF / Sperm/Egg Preservation	10%	17%	14%	12%	0%

## **2. WELLNESS NEEDS of LGBTQ by ETHNICITY**

### **Q12. The most important WELL-BEING needs:**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Emotional Health	35%	77%	64%	75%	40%
LGBTQ-API-friendly PCP & Pharmacist	30%	17%	10%	15%	40%
Health Insurance Enrollment	18%	9%	11%	6%	0%
Family Planning, Pregnancy Testing	0%	8%	0%	0%	20%
Peer Support as LGBTQ API	7%	0%	9%	5%	0%

### **Q13. The most important NEEDS IN GENERAL among health and well-being needs:**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Depression or Anxiety	19%	25%	42%	37%	25%
Addiction	7%	25%	13%	27%	33%
ADD / ADHD / OCD / PTSD	4%	25%	0%	0%	0%
LGBTQ-sensitive Doctor	22%	22%	22%	11%	20%
Doctor covered by my insurance	14%	0%	10%	13%	25%
Finances, Money for Food, Rent, Job	23%	17%	11%	0%	33%
Dental Care	6%	20%	0%	0%	0%

## **3. SOCIAL DETERMINANTS**

### **Q15. The most significant BARRIERS to addressing these health and well-being needs:**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Finances	31%	45%	25%	44%	25%
Lack of LGBTQ-Sensitive Asian Doctor	26%	17%	22%	35%	0%
Health Care Provider (in-network)	17%	22%	50%	11%	25%
ADD / ADHD / OCD / PTSD	10%	11%	13%	13%	0%
Food Insecurity	0%	0%	0%	0%	0%
Housing Insecurity	4%	11%	0%	0%	0%
Shame / Embarrassment	9%	0%	0%	0%	0%



#### **4. HEALTH EDUCATION AND PHARMACEUTICAL NEEDS by ETHNICITY**

##### **Q16. The health/well-being needs that respondents most want to LEARN about:**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
ADD/ ADHD / OCD / PTSD	15%	43%	0%	6%	0%
Emotional Issues/Anxiety/Depression	16%	18%	18%	11%	25%
General Mental Health	25%	27%	27%	12%	0%
Addiction	9%	0%	33%	27%	33%
Coming out to Asian Parents	16%	33%	0%	28%	0%
Cancers	10%	14%	13%	13%	33%
Monkeypox	11%	14%	11%	6%	0%
Weight/Body Image	2%	0%	9%	6%	0%
Party Drugs	7%	0%	11%	6%	25%

##### **Q18. The most important PHARMACEUTICAL NEEDS are to treat:**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Depression or Anxiety	29%	38%	40%	40%	20%
ADD / ADHD / OCD / PTSD	10%	29%	11%	29%	25%
HIV/AIDS Prevention	17%	0%	13%	7%	20%
HIV/AIDS Treatment	9%	0%	0%	7%	0%
Immunizations/Vaccines	23%	13%	29%	16%	50%
STDs (Not HIV/AIDS)	4%	0%	11%	0%	0%
Transgender Hormonal Therapy	9%	29%	0%	20%	0%

#### **5. HEALTH AND WELLNESS OF SURVEY RESPONDENTS**

##### **Q19. How do you feel about your overall PHYSICAL HEALTH?**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Very Good	8%	20%	25%	5%	0%
Good	56%	47%	17%	48%	40%
Fair	31%	27%	33%	29%	60%
Poor	3%	17%	17%	14%	0%
Very Poor	2%	0%	8%	4%	0%

##### **Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Very Good	10%	13%	17%	10%	0%
Good	32%	33%	17%	24%	40%
Fair	42%	40%	33%	52%	60%
Poor	12%	13%	33%	10%	0%
Very Poor	3%	0%	0%	5%	0%

**Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Very Good	5%	20%	17%	0%	20%
Good	40%	40%	33%	43%	40%
Fair	34%	13%	17%	33%	0%
Poor	16%	27%	17%	14%	40%
Very Poor	5%	0%	17%	10%	0%

**Q22. Do you engage in any of these activities nowadays?**

	<b>Ch.</b>	<b>Kor.</b>	<b>Fil</b>	<b>S.As</b>	<b>SEA</b>
Eat a healthy/balanced diet	68%	67%	33%	62%	20%
Regular Exercise	54%	47%	67%	43%	20%
Self-care	37%	53%	50%	57%	20%
Starting a family / children	5%	0%	8%	19%	20%
Sex without condoms / dental dams	29%	27%	33%	29%	0%
Other Drugs (Marijuana, Poppers, E)	34%	40%	25%	29%	40%
Party Drugs	10%	27%	0%	5%	20%
Hard drugs (Acid, Heroin, Cocaine)	3%	13%	0%	5%	0%
Smoking/Vaping	19%	20%	17%	14%	0%
Drinking 2 alcoholic drinks/day	10%	53%	0%	10%	0%
Drinking 2 sugary drinks/day	17%	33%	17%	14%	40%
Kinky sex/Bondage/SM	19%	7%	25%	19%	80%
Sex work	8%	7%	17%	0%	0%
Sell / exchange sex for money, drugs, other	3%	13%	0%	0%	20%
Buy, pay, exchange money, drugs for sex	5%	0%	8%	5%	0%

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
“By Ethnicity: Chinese and Taiwanese”

There were unique findings that “Chinese and Taiwanese” respondents had identified. 17% of the total number of respondents were Chinese or Taiwanese.

#### HEALTH & WELLNESS

- Among the most important **health needs**, Chinese and Taiwanese respondents ranked: Depression or Anxiety (34%), HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (20%), Transgender Health (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (45%), Testing (25%), Support Services / Navigating the Bureaucracy (15%), and Treatment (12%).
- Among **parents**, the most important needs for their children were: Pediatric Doctor for Primary Care (13%), Adolescent Doctor for Primary Care (9%), and Mental health Services for Children, Adolescents, or Family (7%).
- **New services** that Apicha CHC could offer in the future were: Dermatology (24%), Vision (22%), Cancers (19%), Anal Health (19%).
- The most important **well-being** needs were: Emotional Health (35%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (30%), and Health Insurance Enrollment (18%).
- The most important health and wellness **needs in general** were: Finances (Money for Food, Rent, Job) (23%), Finding an LGBT-Sensitive Asian Doctor (22%), Depression or Anxiety (19%), and Finding a Doctor Covered by my Insurance (In-Network) (14%).

#### 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) (30%), Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (26%), and Finding a Health Care Provider who is Covered by Insurance (17%).
- The health/well-being needs that respondents most want **to learn about** were: Mental Health (25%), Emotional Issues/Anxiety/Depression (16%), and Coming Out to Asian Parents (16%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (29%), Immunizations/Vaccines (23%), and HIV/AIDS Prevention (17%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (8%), Good (56%), Fair (31%), Poor (3%), and Very Poor (2%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (32%), Fair (42%), Poor (12%), and Very Poor (3%).
- Trying to eat a healthy/balanced diet (68%); Regular exercise (54%); Self-Care (37%); Trying to start a family / having children (5%).
- Smoking/Vaping (16%); Drinking more than 2 alcoholic drinks per day (17%); Drinking more than 2 sugary drinks per day (10%); Party Drugs (10%); Other drugs (34%); Hard drugs (3%).
- Sex without condoms or dental dams (and not on PREP) (29%); Sell or exchange sex for money, drugs, or other (3%); Buy, pay, or exchange money, drugs, or other for sex (5%).

## DEMOGRAPHIC PROFILE OF CHINESE & TAIWANESE RESPONDENTS

**Ethnicity** – 89% were Chinese and 12% were Taiwanese.

**Sexual Orientation** – Most selected Gay (44%), Queer (29%), “Bisexual/Pansexual/Gender Fluid” (24%), “Lesbian” (12%), and “Asexual” (8%).

**Gender Identity**: Male (51%), Female (28%), Non-Binary/More than one Gender/No Gender (25%), Transgender Male (3%), and Transgender Female (2%).

**Disability** – 26% said that they had some physical, mental, developmental, or behavioral disability.

**Age**: 25-34 (36%), 18-24 (27%), 35-44 (24%), 45-54 (8%), and 55-64 (5%).

**Native Language**: English (78%), Chinese-Mandarin (36%), Cantonese (15%), Chinese-Other dialect (7%), and Taiwanese (5%).

**Income**: Income Over \$100,000 (22%), No Income-Student (10%), No Income-Unemployed (8%), \$75,001 - \$100,000 (8%), and \$65,001- \$75,000 (7%).

**Education**: 47% had obtained a Bachelor's Degree, 25% Master's Degree, 9% Some College, High School or Equivalent (7%), and 5% Professional Degree.

**Special Group Affiliation**: Youth (18 to 25) (29%), Transgender/Gender Non-Conforming (29%), Student (25%), Immigrant (22%), and Sex Workers (8%).

**Borough**: 41% reside in Manhattan, 37% in Brooklyn, 20% in Queens.

### **“By Ethnicity: Filipino”**

There were unique findings that “Filipino” respondents had identified. 3% of the total number of respondents were Filipino.

#### HEALTH & WELLNESS

- Among the most important **health needs**, Filipino respondents ranked: Depression or Anxiety (45%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (30%), Diabetes, Cholesterol, Blood Pressure (20%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (38%), and Treatment (29%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (29%), Managing ADHD/ADD/OCD/PTSD (11%), and Mental Health Services for Children, Adolescents, or Family (11%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (57%), Vision (38%), and In vitro Fertilization (14%).
- The most important **well-being** needs were: Emotional Health (63%), Nutrition Counseling and Weight Management by a Registered Dietitian (11%), and Health Insurance Enrollment (11%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (42%), Finding an LGBTQ-Sensitive Asian Doctor (22%), and Immunizations/Vaccines (14%).

#### HEALTH EDUCATION AND PHARMACEUTICAL NEEDS

- The most significant **barriers** or “social determinants” to addressing these health/well-being needs were: Finding a Health Care Provider who is covered by my insurance / in-network (50%), Finances (Ability to pay for services) (25%), and Finding an LGBTQ-Sensitive Asian Doctor (22%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (33%), Mental Health (27%), and Emotional Issues/Anxiety/Depression (18%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (40%), Immunization/Vaccines (29%), and HIV/AIDS Prevention (13%).

## HEALTH AND WELLNESS OF FILIPINO SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (25%), Good (17%), Fair (33%), Poor (17%), and Very Poor (8%).
- About their **mental / emotional health**, they responded: Very Good (17%), Good (17%), Fair (33%), Poor (33%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (33%); Regular exercise (67%); Self-Care (50%); Trying to start a family / having children (8%)
- Smoking/Vaping (17%); Drinking more than 2 alcoholic drinks per day (0%); Drinking more than 2 sugary drinks per day (17%); Party Drugs (0%); Other drugs (25%); Hard drugs (0%).
- Sex without condoms or dental dams (and not on PREP) (33%); Sell or exchange sex for money, drugs, or other (0%); Buy, pay, or exchange money, drugs, or other for sex (8%).

## DEMOGRAPHIC PROFILE OF FILIPINO RESPONDENTS

**Ethnicity** – Filipino (100%), mixed-Chinese (8%), and Bhutanese (8%).

**Sexual Orientation** – Most selected Gay (67%), “Bisexual/Pansexual/Fluid” (17%), “Lesbian” (17%), and Queer (17%).

**Gender Identity:** Male (58%), Female (25%), Non-Binary/More than One Gender/No Gender (17%), and Transgender Male (8%).

**Disability** – 42% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (42%), 35-44 (42%), 18-24 (0%), 45-54 (0%), 55-64 (0%).

**Native Language:** English (83%), Tagalog (33%), Filipino-Other dialect (8%).

**Income:** Income between \$46,001 - \$55,000 (42%), Over \$100,000 (25%), and \$13,501 - \$18,000 (8%).

**Education:** 25% obtained a Bachelor's Degree, 25% High School or Equivalent, 17% Master's Degree, 17% Professional Degree, 8% Some College, and 8% Trade/Technical/Vocational Training.

**Special Group Affiliation:** Transgender/Gender Non-Conforming (50%), Sex Worker (33%), Elder/Senior Citizen (17%), and LGBT Asian Parents with Children (via adoption, surrogacy, IVF) (17%).

**Borough:** 50% reside in Manhattan, 33% in Queens, 8% in the Bronx, and 8% in Brooklyn.

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Ethnicity: Korean"

There were unique findings that "Korean" respondents had identified who were 4% of the total number of respondents.

#### HEALTH & WELLNESS

- Among the most important **health needs**, Korean respondents ranked: Depression or Anxiety (36%), Transgender Health (23%), Dental Care (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Testing (42%), Prevention (25%), Treatment (17%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (11%), Pediatric Doctor for Primary Care (10%), and Mental Health Services for Children, Adolescents, or Family (9%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (50%), Dermatology (40%), Memory Loss Screenings (17%), and Cancers (13%).
- The most important **well-being** needs were: Emotional Health (77%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (17%), and Health Insurance Enrollment (9%).
- The most important health and wellness **needs in general** were: Managing ADD/ADHD/OCD/PTSD (25%), Depression or Anxiety (25%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (25%).

#### 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) (45%), Finding a Health Care Provider who is Covered by Insurance (In-Network) (22%), and Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (17%).
- The health/well-being needs that respondents most want to **learn about** were: ADD/ADHD/OCD/PTSD (43%), Coming Out to Asian Parents (33%), and Emotional Issues/Anxiety/Depression (18%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (38%), ADD/ADHD/OCD/PTSD (29%), Transgender Hormonal Therapy (29%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (20%), Good (47%), Fair (27%), Poor (7%), Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (13%), Good (33%), Fair (40%), Poor (13%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (67%); Regular exercise (47%); Self-Care (53%); Trying to start a family / having children (0%).
- Smoking/Vaping (20%); Drinking more than 2 alcoholic drinks per day (53%); Drinking more than 2 sugary drinks per day (33%); Party Drugs (27%); Other drugs (40%); Hard drugs (13%).
- Sex without condoms or dental dams (and not on PREP) (27%); Sell or exchange sex for money, drugs, or other (13%); Buy, pay, or exchange money, drugs, or other for sex (0%).

## DEMOGRAPHIC PROFILE OF KOREAN RESPONDENTS

**Sexual Orientation** – Most selected “Bisexual/pansexual/Fluid” (40%), Queer (33%), “Lesbian” (27%), Gay (20%), and “Asexual” (7%).

**Gender Identity:** Non-Binary/More than One Gender/No Gender (40%), Female (33%), Male (33%), and Transgender Female (13%).

**Disability** – 29% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (53%), 55-64 (13%), 18-24 (20%), 35-44 (7%), and 45-54 (7%).

**Native Language:** English (73%), Korean (40%).

**Income:** Income Over \$100,000 (27%), \$46,001 - \$55,000 (13%), and between \$27,001 - \$27,000 (13%).

**Education:** 40% obtained a Bachelor's Degree, 20% Master's Degree, 20% Doctorate Degree, 7% High School or Equivalent, 7% Some College, and 7% Professional Degree.

**Special Group Affiliation:** Transgender/Gender Non-Conforming (50%), Immigrant (25%), Youth (under 18) (25%), and Elders/Senior Citizens (17%).

**Borough:** 40% reside in Brooklyn, 40% in Queens, 13% in Manhattan, and 7% in the Bronx.



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Ethnicity: South Asian"

There were unique findings that "South Asians" had identified. 6% of the total number of respondents were Chinese or Taiwanese.

#### HEALTH & WELLNESS

- Among the most important **health needs**, South Asian respondents ranked: Depression or Anxiety (45%), HIV/AIDS/Sexually Transmitted Diseases/Hepatitis (28%), and Immunization/Vaccines (12%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Testing (42%), Prevention (35%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (50%), Pediatric Doctor for Primary Care (10%), and Dental Services (10%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (33%), Cancers (29%), Labia/Clitoris Maintenance (13%).
- The most important **well-being** needs were: Emotional Health (75%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (15%), and Health Insurance Enrollment (6%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (37%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (27%), Finding a Doctor Covered by my Insurance (In-Network) (13%), and Finding an LGBT-Sensitive Asian Doctor (11%).

#### 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) (44%), and Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (35%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (27%), Coming Out to Asian Parents (28%), Cancers (13%), and Mental Health (12%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (40%), ADD/ADHD/OCD/PTSD (29%), Transgender Hormone Therapy (20%), and Immunizations/Vaccines (16%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (5%), Good (48%), Fair (29%), Poor (14%), and Very Poor (5%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (24%), Fair (52%), Poor (10%), and Very Poor (5%).
- Trying to eat a healthy/balanced diet (62%); Regular exercise (43%); Self-Care (57%); Trying to start a family / having children (19%).
- Smoking/Vaping (14%); Drinking more than 2 alcoholic drinks per day (10%); Drinking more than 2 sugary drinks per day (14%); Party Drugs (5%); Other drugs (29%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (29%); Sell or exchange sex for money, drugs, or other (0%); Buy, pay, or exchange money, drugs, or other for sex (5%).

## DEMOGRAPHIC PROFILE OF SOUTH ASIAN RESPONDENTS

**Ethnicity** – Most were Indian (62%), Bangladeshi (14%), Bhutanese (10%), and Sri Lankan (10%).

**Sexual Orientation** – Most selected Queer (43%), Gay (33%), “Lesbian” (33%), “Bisexual/Pansexual/Fluid” (19%), and “Asexual” (10%).

**Gender Identity:** Non-Binary/More than One Gender/No Gender (43%), Female (38%), Male (19%), and Transgender Male (14%).

**Disability** – 43% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (43%), 35-44 (24%), 18-24 (24%), and 45-54 (10%).

**Native Language:** English (86%), Hindi (14%), Bengali (10%).

**Income:** Over \$100,000 (24%), \$75,001 - \$100,000 (24%), \$65,001 - \$75,000 (10%), and \$18,001 - \$22,500 (5%).

**Education:** 33% Achieved a Bachelor's Degree, 29% Master's Degree, 10% Trade/Technical/Vocational Training, 10% Professional Degree, 5% Primary or Grammar School.

**Special Group Affiliation:** Transgender / Gender Non-Conforming (45%), Student (30%), Youth (18 to 25) (20%), and Immigrant 20%).

**Borough:** 38% reside in Queens, 33% in Manhattan, 24% in Brooklyn, and 5% in Staten Island.

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Ethnicity: Southeast Asian"

There were unique findings that LGBTQ API "Southeast Asians" had identified who were 1% of the total number of respondents.

#### HEALTH & WELLNESS

- Among the most important **health needs**, Southeast Asians ranked: HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (40%), Depression or Anxiety (40%), and Transgender Health (20%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (50%), Testing (40%), and None or Not Needed (25%).
- Among **parents**, the most important needs for their children were: Mental Health Services for Children, Adolescents, or Family (9%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (75%), Dermatology (33%), and Labia/Clitoris Maintenance (25%).
- The most important **well-being** needs were: Emotional Health (40%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (40%), Family Planning, Contraception, or Pregnancy Testing (20%).
- The most important health and wellness **needs in general** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (33%), Finances (Money to Pay Food, Rent, Job) (33%), Finding a Doctor Covered by my Insurance (In-Network) (25%), and Depression or Anxiety (25%).

#### HEALTH EDUCATION AND PHARMACEUTICAL NEEDS

- The most significant **barriers** or "social determinants" to addressing these health/well-being needs were: Time (40%), Finances (Ability to pay for services) (25%), and Finding a Health Care Provider who is Covered by Insurance (In-Network) (25%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (33%), Cancers (33%), and Emotional Issues/Anxiety/Depression (25%).
- The most important **pharmaceutical needs** were: Immunizations/Vaccines (50%), ADD/ADHD/OCD/PTSD (25%), Depression or Anxiety (20%), and HIV/AIDS Prevention (20%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (0%), Good (40%), and Fair (60%), Poor (0%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (0%), Good (40%), Fair (60%), Poor (0%) and Very Poor (0%).
- Trying to eat a healthy/balanced diet (20%); Regular exercise (20%); Self-Care (20%); Trying to start a family / having children (20%).
- Smoking/Vaping (0%); Drinking more than 2 alcoholic drinks per day (0%); Drinking more than 2 sugary drinks per day (40%); Party Drugs (20%); Other drugs (40%); Hard drugs (0%).
- Sex without condoms or dental dams (0%); Sell or exchange sex for money, drugs, or other (20%); Buy, pay, or exchange money, drugs, or other for sex (0%).

## DEMOGRAPHIC PROFILE OF SOUTHEAST ASIAN RESPONDENTS

**Ethnicity** – Most were Vietnamese (60%), mixed-Chinese (20%), Thai (20%), and Burmese (20%).

**Sexual Orientation** – Most selected Gay (60%), “Bisexual/Pansexual/Fluid” (40%), and “Lesbian” (20%).

**Gender Identity:** Male (60%), Female (20%), Transgender Female (20%), and Non-binary / More than One Gender / No Gender (20%).

**Age:** 25-34 (100%).

**Native Language:** English (60%), Thai (20%), and Vietnamese (20%).

**Income:** Income No Income-Student (20%), \$22,501 - \$27,000, and \$75,001 - \$100,000 (20%).

**Education:** 60% obtained a Bachelor's Degree, 20% Associate Degree, and 20% Master's Degree.

**Special Group Affiliation:** Immigrant (50%), Transgender/Gender Non-Conforming (50%), Student (50%), and Youth (18 to 25) (25%).

**Borough:** 40% reside in Brooklyn, 40% in Queens, and 20% in Manhattan.

**DETAILED ANALYSIS BREAKOUT BY BOROUGH**

**Manhattan                  Queens                  Brooklyn                  Bronx                  Staten Island**

*Percentages are based on respondents' "first choice" ranking as the most important.*

**1. HEALTH NEEDS of LGBTQ APIs by BOROUGH**

**Q9. The most important HEALTH needs:**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Depression or Anxiety	37%	38%	40%	33%	0%
HIV/AIDS / STD, Hepatitis	14%	33%	29%	0%	33%
Transgender Health	11%	9%	6%	0%	0%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	9%	6%	3%	33%	0%
Diabetes, Cholesterol, Blood Pressure	9%	3%	6%	0%	0%
Dental Care	6%	6%	0%	0%	0%
Immunizations/Vaccines	12%	3%	3%	0%	0%

**Q10. The most important needs for Sexually Transmitted Diseases / HIV/AIDS:**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Prevention	36%	43%	48%	50%	100%
Testing	34%	32%	33%	0%	0%
Treatment	11%	7%	10%	50%	0%
Support Services/Navigating Bureaucracy	12%	9%	10%	0%	0%

**Q17. The most important HEALTH needs among the list below (which are not offered by APICHA):**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Dermatology	15%	24%	31%	50%	0%
Anal health	33%	39%	21%	0%	100%
Cancers	12%	17%	24%	0%	0%
Elder/Geriatric Care	7%	8%	5%	0%	0%
Labia/Clitoris Maintenance	5%	0%	9%	50%	0%
Vision	20%	7%	12%	0%	0%
IVF/ Sperm/Egg Preservation	5%	20%	10%	0%	0%

## **2. WELLNESS NEEDS of LGBTQ APIs by BOROUGH**

### **Q12. The most important WELL-BEING needs:**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Emotional Health	47%	58%	57%	67%	100%
LGBTQ-API-friendly PCP & Pharmacist	23%	24%	19%	0%	0%
Health Insurance Enrollment	13%	6%	13%	50%	0%
Family Planning, Pregnancy Testing	7%	3%	0%	0%	0%
Peer Support as LGBTQ API	0%	16%	3%	0%	0%

### **Q13. The most important NEEDS IN GENERAL among the health and well-being needs:**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Depression or Anxiety	27%	31%	23%	0%	0%
Addiction	18%	12%	14%	67%	100%
ADD / ADHD / OCD / PTSD	2%	15%	4%	0%	0%
LGBTQ-sensitive Doctor	14%	13%	30%	0%	0%
Doctor covered by my insurance	9%	11%	17%	0%	0%
Finances, Money for Food, Rent, Job	13%	7%	28%	50%	0%
Dental Care	5%	7%	5%	0%	0%

## **3. SOCIAL DETERMINANTS**

### **Q15. The most significant BARRIERS to addressing these health/well-being needs:**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Finances	47%	24%	36%	33%	100%
LGB-Sensitive Asian Doctor	17%	34%	26%	33%	0%
Health Care Provider (in-network)	19%	19%	20%	0%	0%
ADD / ADHD / OCD / PTSD	3%	19%	8%	0%	0%
Food Insecurity	0%	0%	0%	0%	0%
Housing Insecurity	5%	0%	0%	33%	0%
Shame / Embarrassment	2%	10%	7%	0%	0%

#### **4. HEALTH EDUCATION AND PHARMACEUTICAL NEEDS by BOROUGH**

##### **Q16. The health/well-being needs that respondents most want to LEARN about:**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
ADD / ADHD / OCD / PTSD	8%	12%	18%	33%	0%
Emotional Issues / Anxiety / Depression	7%	16%	23%	33%	0%
General Mental Health	24%	14%	30%	0%	0%
Addiction	16%	15%	17%	33%	100%
Coming out to Asian Parents	18%	28%	8%	0%	0%
Cancers	11%	15%	10%	0%	0%
Monkeypox	11%	4%	13%	0%	0%
Weight / Body Image	5%	7%	0%	0%	0%
Party Drugs	7%	0%	5%	0%	0%

##### **Q18. The most important PHARMACEUTICAL NEEDS are to treat:**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Depression or Anxiety	27%	38%	37%	0%	0%
ADD / ADHD / OCD / PTSD	24%	11%	17%	100%	67%
HIV/AIDS Prevention	15%	11%	9%	0%	0%
HIV/AIDS Treatment	5%	16%	9%	0%	0%
Immunizations/Vaccines	20%	30%	16%	0%	33%
STDs (Not HIV/AIDS)	2%	0%	8%	0%	0%
Transgender Hormonal Therapy	10%	11%	5%	0%	0%

#### **5. HEALTH AND WELLNESS OF SURVEY RESPONDENTS**

##### **Q19. How do you feel about your overall PHYSICAL HEALTH?**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Very Good	16%	6%	14%	0%	0%
Good	41%	46%	57%	33%	33%
Fair	39%	37%	19%	67%	33%
Poor	4%	9%	8%	0%	33%
Very Poor	0%	3%	3%	0%	0%

**Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Very Good	8%	11%	11%	0%	0%
Good	35%	34%	27%	33%	67%
Fair	39%	37%	46%	67%	0%
Poor	16%	17%	11%	0%	33%
Very Poor	2%	0%	5%	0%	0%

**Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Very Good	12%	0%	14%	0%	0%
Good	33%	37%	44%	33%	0%
Fair	39%	26%	14%	67%	67%
Poor	10%	31%	17%	0%	33%
Very Poor	6%	6%	11%	0%	0%

**Q22. Do you engage in any of these activities nowadays?**

	<b><u>Manh.</u></b>	<b><u>Queens</u></b>	<b><u>Brook.</u></b>	<b><u>Bronx</u></b>	<b><u>S.I.</u></b>
Eat a healthy/balanced diet	65%	57%	62%	33%	0%
Regular Exercise	51%	40%	65%	33%	0%
Self-care	41%	40%	49%	33%	0%
Starting a family / children	2%	17%	3%	0%	0%
Sex without condoms / dental dams	33%	20%	30%	0%	0%
Other Drugs (Marijuana, Poppers, E)	39%	17%	32%	0%	0%
Party Drugs	12%	9%	8%	0%	67%
Hard drugs (Acid, Heroin, Cocaine)	6%	0%	3%	33%	0%
Smoking/Vaping	16%	11%	14%	67%	67%
Drinking 2 alcoholic drinks/day	18%	9%	16%	33%	33%
Drinking 2 sugary drinks/day	18%	23%	16%	67%	33%
Kinky sex/Bondage/SM	27%	9%	19%	33%	0%
Sex work	8%	9%	5%	0%	33%
Sell/ exchange sex for money, drugs, other	4%	3%	5%	33%	0%
Buy, pay, exchange money, drugs for sex	6%	3%	3%	0%	33%



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Borough: Brooklyn"

There were unique findings that LGBTQ API residing in "Brooklyn" had identified. 11% of the total number of respondents were from Brooklyn.

#### HEALTH & WELLNESS

- Among the most important **health needs**, Brooklyn residents ranked: Depression or Anxiety (40%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (29%), and Pediatric or Adolescent Mental Health Services (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (48%), Testing (33%), None or Not Needed (17%), Treatment (10%), and Support Services / Navigating the Bureaucracy (10%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (20%), Mental Health Services for Children, Adolescents, or Family (14%), and Pediatric Doctor for Primary Care (5%).
- **New services** that Apicha CHC could offer in the future were: Dermatology (31%), Cancers (24%), Anal Health (21%), Vision (12%).
- The most important **well-being** needs were: Emotional Health (57%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (19%), Health Insurance Enrollment (13%), and Mental Health Services for Children, Adolescents, or Family (10%).
- The most important health and wellness needs in general were: Finding an LGBT- Sensitive Asian Doctor (30%), Finances (Money to Food, Rent, Job) (28%), Finding a Doctor Covered by my Insurance (In-Network) (17%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (14%).

#### 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) (36%), Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (26%), and Finding a Health Care Provider who is covered by my insurance (20%).
- The health/well-being needs that respondents most want **to learn about** were: Mental Health (in general) (30%), Emotional Issues/ Anxiety / Depression (23%), ADD/ADHD/OCD/PTSD (18%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (17%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (37%), ADD/ADHD/OCD/PTSD (17%), and Immunizations/Vaccines (16%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (14%), Good (57%), Fair (19%), Poor (8%), and Very Poor (3%).
- About their **mental / emotional health**, they responded: Very Good (11%), Good (27%), Fair (46%), Poor (11%), and Very Poor (5%).
- Trying to eat a healthy/balanced diet (62%); Regular exercise (65%); Self-Care (49%); Trying to start a family / having children (3%).
- Smoking/Vaping (14%); Drinking more than 2 alcoholic drinks per day (16%); Drinking more than 2 sugary drinks per day (16%); Party Drugs (8%); Other drugs (32%); Hard drugs (3%).
- Sex without condoms or dental dams (and not on PREP) (30%); Sell or exchange sex for money, drugs, or other (5%); Buy, pay, or exchange money, drugs, or other for sex (3%).

## DEMOGRAPHIC PROFILE OF BROOKLYN RESPONDENTS

**Ethnicity** – Most were Chinese (57%), Korean (16%), Indian (14%), Japanese (11%).

**Sexual Orientation** – Most selected Gay (43%), Queer (35%), “Lesbian” (22%), “Bisexual/Pansexual/Fluid” (19%), and “Asexual” (3%).

**Gender Identity:** Female (43%), Male (43%), Non-Binary/More than One Gender/No Gender (27%), and Other (3%).

**Disability:** 14% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (32%), 35-44 (27%), 18-24 (24%), 45-54 (11%), 55-64 (5%).

**Native Language:** English (73%), Chinese-Mandarin (19%), Chinese-Cantonese (19%), and Korean (5%).

**Income:** Over \$100,000 (30%), No Income-Student (14%), No Income-Unemployed (8%), \$75,001 - \$100,000 (8%), and \$46,001 - \$55,000 (8%).

**Education:** 46% obtained a Bachelor's Degree, 26% a Master's Degree, 6% High School or Equivalent, and Some College (6%).

**Special Group Affiliation:** Immigrant (29%), Transgender / Gender Non-Conforming (29%), Youth (18 to 25) (26%), and Student (26%).

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Borough: Manhattan"

There were unique findings that LGBTQ API residing in "Manhattan" had identified. 14% of the total number of respondents were from Manhattan.

#### HEALTH & WELLNESS

- Among the most important **health needs**, Manhattan residents ranked: Depression or Anxiety (37%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (14%), Immunizations/Vaccines (12%), and Transgender Health (11%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (36%), Testing (34%), Treatment (11%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (16%), Pediatric Doctor for Primary Care (16%), and Dental Services (5%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (33%), Vision (20%), Dermatology (14%), Cancers (12%), and Elder/Geriatric Care (7%).
- The most important **well-being** needs were: Emotional Health (47%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (23%), and Health Insurance Enrollment (13%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (27%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (18%), and Finding an LGBTQ-Sensitive Asian Doctor (14%).

#### 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) (47%), Finding a Health Care Provider who is Covered by Insurance (In-Network) (19%), and Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (17%).
- The health/well-being needs that respondents most want to **learn about** were: Mental Health (24%), Coming out to Asian Parents (18%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (16%), and Cancers (11%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (27%), ADD/ADHD/OCD/PTSD (24%), Immunizations/Vaccines (20%), and HIV/AIDS Prevention (15%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (16%), Good (41%), Fair (38%), Poor (4%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (8%), Good (35%), Fair (39%), Poor (16%), and Very Poor (2%).
- Trying to eat a healthy/balanced diet (65%); Regular exercise (51%); Self-Care (41%); Trying to start a family / having children (2%).
- Smoking/Vaping (16%); Drinking more than 2 alcoholic drinks (18%) and more than 2 sugary drinks per day (18%); Party Drugs (12%); Other drugs (39%); Hard drugs (6%).
- Sex without condoms or dental dams (and not on PREP) (33%); Sell or exchange sex for money, drugs, or other (4%); Buy, pay, or exchange money, drugs, or other for sex (6%).

## DEMOGRAPHIC PROFILE OF MANHATTAN RESPONDENTS

**Ethnicity** – Most were Chinese (43%), Japanese (12%), Filipino (12%), Indian (12%), and Taiwanese (12%).

**Sexual Orientation** – Most selected Gay (47%), Queer (33%), “Bisexual/pansexual/Fluid” (27%), “Lesbian” (16%), and “Asexual” (8%).

**Gender Identity:** Male (53%), Female (24%), Non-Binary/More than One Gender/No Gender (24%), and Transgender Male (4%).

**Disability** – 24% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (39%), 18-24 (24%), 45-54 (16%), 35-44 (14%), and 55-64 (6%).

**Native Language:** English (76%), Chinese-Mandarin (18%), and Filipino-Tagalog (6%).

**Income:** Over \$100,000 (20%), \$55,001 - \$65,000 (14%), and No Income-Student (8%).

**Education:** 49% obtained a Bachelor's Degree, 22% Master's Degree, 10% High School or Equivalent, and 6% Professional Degree.

**Special Group Affiliation:** Transgender / Gender Non-Conforming (31%), Student (31%), Youth (18 to 25) (28%), and Immigrant (18%).

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Borough: Queens"

There were unique findings that LGBTQ API residing in "Queens" had identified. 10% of the total number of respondents were from Queens.

#### HEALTH & WELLNESS

- Among the **most important health needs**, Queens residents ranked: Depression or Anxiety (38%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (33%), and Transgender Health (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (43%), Testing (32%), Support Services / Navigating the Bureaucracy (9%), and Treatment (7%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (19%), Pediatric Doctor for Primary Care (12%), and Mental Health Services for Children, Adolescents, or Family (7%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (39%), Dermatology (24%), In Vitro Fertilization (20%), and Cancers (17%).
- The most important **well-being** needs were: Emotional Health (58%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (24%), and Peer Support as an LGBTQ+ Asian or South Asian (16%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (31%), Managing ADD/ADHD/OCD/PTSD (15%), and Finding an LGBTQ-Sensitive Asian Doctor (13%).

#### HEALTH EDUCATION AND PHARMACEUTICAL NEEDS

- The most **significant barriers** or "social determinants" to addressing these health/well-being needs were: Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (34%), Finances (Ability to pay for services) (24%), and Finding a Health Care Provider who is Covered by Insurance (18%).
- The health/well-being needs that respondents **to learn about** were: Coming Out to Asian Parents (28%), Emotional Issues/ Anxiety / Depression (16%), Cancers (15%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (15%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (38%), Immunizations/Vaccines (30%), HIV/AIDS Treatment (16%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (6%), Good (46%), Fair (37%), Poor (9%), and Very Poor (3%).
- About their **mental / emotional health**, they responded: Very Good (11%), Good (34%), Fair (37%), Poor (17%), Very Poor (0%).
- Trying to eat a healthy/balanced diet (57%); Regular exercise (40%); Self-Care (40%); Trying to start a family / having children (17%).
- Smoking/Vaping (11%); Drinking more than 2 alcoholic drinks (9%) and 2 sugary drinks per day (23%); Party Drugs (9%); Other drugs (17%); Hard drugs (0%).
- Sex without condoms or dental dams (and not on PREP) (20%); Sell or exchange sex for money, drugs, or other (3%); Buy, pay, or exchange money, drugs, or other for sex (3%).

## DEMOGRAPHIC PROFILE OF QUEENS RESPONDENTS

**Ethnicity** – Most were Chinese (34%), Korean (17%), Filipino (11%), and Japanese (6%).

**Sexual Orientation** – Most selected Gay (43%), “Bisexual/Pansexual/Fluid” (23%), Queer (20%), “Lesbian” (14%), and “Asexual” (9%).

**Gender Identity:** Male (43%), Female (29%), Non-Binary/More than One Gender/No Gender (23%), Transgender Female (9%), and Transgender Male (6%).

**Disability** – 41% said that they had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (51%), 35-44 (23%), 18-24 (14%), 45-54 (6%), 55-64 (6%).

**Native Language:** English (80%), Chinese-Mandarin (11%), Chinese-Other dialect (9%), Korean 9%, and Bengali (3%).

**Income:** Over \$100,000 (17%), \$75,001 - \$100,000 (17%), \$27,001 - \$36,000 (11%), and \$36,001 - \$46,000 (11%).

**Education:** 29% obtained a Bachelor's Degree, 26%, Master's Degree, 11% Professional Degree.

**Special Group Affiliation:** Transgender / Gender Non-Conforming/ Gender Variant/ Non-Binary (41%), Immigrant (17%), and Student (14%).

**DETAILED ANALYSIS BREAKOUT BY  
QUEENS & JACKSON HEIGHTS (Zip Code 11372)**

*Percentages are based on respondents' "first choice" ranking as the most important.*

**1. Health Needs of LGBTQ API Residents of Queens and Jackson Heights**

**Q9. The most important HEALTH needs:**

	<u>Queens</u>	<u>Jackson Heights</u>
Depression or Anxiety	38%	20%
HIV/AIDS/ STD, Hepatitis	33%	40%
Transgender Health	9%	0%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	6%	0%
Diabetes, Cholesterol, Blood Pressure	3%	25%
Dental Care	3%	25%
Immunizations / Vaccines	3%	0%

**Q10. The most important needs for Sexually Transmitted Diseases/HIV/AIDS:**

	<u>Queens</u>	<u>Jackson Heights</u>
Prevention	43%	60%
Testing	32%	20%
Treatment	7%	0%
Support Services/Navigating Bureaucracy	9%	0%

**Q17. The most important HEALTH needs among the list below (which are not offered by Apicha CHC)**

	<u>Queens</u>	<u>Jackson Heights</u>
Dermatology	24%	0 %
Anal health	40%	0%
Cancers	17%	25%
Elder/Geriatric Care	8%	25%
Labia/Clitoris Maintenance	0%	0%
Vision	7%	33%
IVF/ Sperm/Egg Preservation	20%	50%

## **2. Wellness Needs of LGBTQ API Residents in Queens and Jackson Heights**

### **Q12. The most important WELL-BEING needs:**

	<u>Queens</u>	<u>Jackson Heights</u>
Emotional Health	58%	40%
LGBT-API-friendly PCP & Pharmacist	24%	25%
Health Insurance Enrollment	6%	0%
Family Planning, Pregnancy Testing	3%	0 %
Peer Support as LGBTQ API	16%	50%

### **Q13. The most important NEEDS IN GENERAL among the health and well-being needs:**

	<u>Queens</u>	<u>Jackson Heights</u>
Depression or Anxiety	31%	0%
Addiction	12%	0%
ADD / ADHD / OCD / PTSD	15%	0%
LGBTQ-sensitive Doctor	13%	67%
Doctor covered by my insurance	11%	50%
Finances, Money for Food, Rent, Job	7%	0%
Dental Care	7%	25%

## **3. Social Determinants of LGBTQ API Residents**

### **Q15. The most significant BARRIERS to addressing these health / well-being needs:**

	<u>Queens</u>	<u>Jackson Heights</u>
Finances	24%	20%
LGBTQ-sensitive Asian Doctor	34%	50%
Health Care Provider (in-network)	19%	50%
ADD / ADHD / OCD / PTSD	19%	0%
Food Insecurity	0%	0%
Housing Insecurity	0%	0%
Shame / Embarrassment	10%	0%



#### **4. Health Education and Pharmaceutical Needs in Queens and Jackson Heights**

##### **Q16. The health / well-being needs that respondents most want to LEARN about:**

	<u>Queens</u>	<u>Jackson Heights</u>
ADD / ADHD / OCD / PTSD	12%	0%
Emotional Issues / Anxiety / Depression	16%	0%
General Mental Health	14%	20%
Addiction	15%	0%
Coming out to Asian Parents	28%	75%
Cancers	15%	0%
Monkeypox	4%	0%
Weight / Body Image	7%	0%
Party Drugs	8%	25%

##### **Q18. The most important PHARMACEUTICAL NEEDS are to treat:**

	<u>Queens</u>	<u>Jackson Heights</u>
Depression or Anxiety	38%	20%
ADD / ADHD / OCD / PTSD	11%	0%
HIV/AIDS Prevention	11%	25%
HIV/AIDS Treatment	16%	25 %
Immunizations/Vaccines	30%	40%
STDs (Not HIV/AIDS)	0%	0%
Transgender Hormonal Therapy	11%	0%

#### **5. Health and Wellness of Survey Respondents in Queens and Jackson Heights**

##### **Q19. How do you feel about your overall PHYSICAL HEALTH?**

	<u>Queens</u>	<u>Jackson Heights</u>
Very Good	6%	20%
Good	46%	60%
Fair	37%	0%
Poor	9%	20%
Very Poor	3%	0%

**Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?**

	<u>Queens</u>	<u>Jackson Heights</u>
Very Good	11%	20%
Good	34%	40%
Fair	37%	20%
Poor	17%	20%
Very Poor	0%	0%

**Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

	<u>Queens</u>	<u>Jackson Heights</u>
Very Good	0%	0%
Good	37%	40%
Fair	26%	0%
Poor	31%	40%
Very Poor	6%	20%

**Q22. Do you engage in any of these activities nowadays?**

	<u>Queens</u>	<u>Jackson Heights</u>
Eat a healthy/balanced diet	57%	80%
Regular Exercise	40%	60%
Self-care	40%	40%
Starting a family/ children	17%	20%
Sex without condoms / dental dams	20%	20%
Other Drugs (Marijuana, Poppers, E)	17%	20%
Party Drugs	9%	0%
Hard drugs (Acid, Heroin, Cocaine)	0%	0%
Smoking/Vaping	12%	20%
Drinking 2 alcoholic drinks/day	9%	0%
Drinking 2 sugary drinks/day	23%	0%
Kinky sex/Bondage/SM	9%	20%
Sex work	9%	20%
Sell, exchange sex for money, drugs, other	3%	0%
Buy, pay, exchange money, drugs for sex	3%	20%

**DETAILED ANALYSIS BREAKOUT BY INCOME**

**No Income    Under \$35,000    \$75,001 - \$100,000    Over \$100,000**

*Percentages are based on respondents' "first choice" ranking as the most important.*

**1. HEALTH NEEDS of LGBTQ APIs by INCOME**

**Q9. The most important HEALTH needs:**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Depression or Anxiety	28%	44%	39%	15%
HIV/AIDS / STD, Hepatitis	39%	5%	25%	33%
Transgender Health	0%	10%	13%	12%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	6%	15%	0%	4%
Diabetes, Cholesterol, Blood Pressure	6%	0%	10%	17%
Dental Care	6%	5%	0%	4%
Immunizations / Vaccines	12%	5%	10%	9%

**Q10. The most important needs for Sexually Transmitted Diseases / HIV/AIDS:**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Prevention	53%	53%	33%	32%
Testing	29%	33%	46%	39%
Treatment	0%	18%	0%	10%
Support Services/Navigating Bureaucracy	22%	0%	10%	14%

**Q17. The most important HEALTH needs among the list below (which are not offered by Apicha CHC):**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Dermatology	19%	20%	23%	30%
Anal health	30%	33%	60%	30%
Cancers	13%	14%	10%	17%
Elder/Geriatric Care	8%	6%	0%	4%
Labia/Clitoris Maintenance	23%	7%	0%	0%
Vision	13%	25%	11%	5%
IVF/ Sperm/Egg Preservation	9%	7%	18%	15%

## **2. WELLNESS NEEDS of LGBTQ APIs by INCOME**

### **Q12. The most important WELL-BEING needs:**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Emotional Health	53%	53%	77%	48%
LGBTQ-API-friendly PCP & Pharmacist	17%	27%	9%	32%
Health Insurance Enrollment	11%	17%	0%	5%
Family Planning, Pregnancy Testing	6%	0%	0%	0%
Peer Support as LGBTQ API	6%	0%	17%	8%

### **Q13. The most important NEEDS IN GENERAL among the health and well-being needs:**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Depression or Anxiety	29%	20%	33%	18%
Addiction	14%	13%	33%	11%
ADD / ADHD / OCD / PTSD	0%	18%	0%	5%
LGBTQ-sensitive Doctor	13%	0%	30%	24%
Doctor covered by my insurance	0%	12%	10%	23%
Finances, Money for Food, Rent, Job	29%	17%	0%	18%
Dental Care	0%	12%	0%	9%

## **3. SOCIAL DETERMINANTS**

### **Q15. The most significant BARRIERS to addressing these health/well-being needs:**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Finances	31%	44%	36%	20%
LGBTQ-sensitive Asian Doctor	21%	18%	42%	16%
Health Care Provider (in-network)	20%	25%	18%	29%
ADD / ADHD / OCD / PTSD	23%	6%	9%	5%
Food Insecurity	0%	0%	0%	0%
Housing Insecurity	0%	0%	0%	10%
Shame / Embarrassment	7%	6%	0%	14%

#### **4. HEALTH EDUCATION AND PHARMACEUTICAL NEEDS by INCOME**

##### **Q16. The health / well-being needs that respondents most want to LEARN about:**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
ADD / ADHD / OCD / PTSD	17%	12%	0%	10%
Emotional Issues /Anxiety / Depression	18%	28%	0%	4%
General Mental Health	21%	21%	31%	22%
Addiction	31%	29%	18%	10%
Coming out to Asian Parents	7%	15%	18%	23%
Cancers	8%	15%	10%	14%
Monkeypox	8%	0%	10%	17%
Weight / Body Image	8%	0%	9%	4%
Party Drugs	8%	0%	20%	10%

##### **Q18. The most important PHARMACEUTICAL NEEDS are to treat:**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Depression or Anxiety	38%	28%	25%	18%
ADD / ADHD / OCD / PTSD	42%	18%	45%	10%
HIV/AIDS Prevention	29%	12%	18%	5%
HIV/AIDS Treatment	0%	0%	0%	10%
Immunizations/Vaccines	13%	29%	45%	35%
STDs (Not HIV/AIDS)	0%	6%	0%	9%
Transgender Hormonal Therapy	0%	2%	10%	14%

#### **5. HEALTH AND WELLNESS OF SURVEY RESPONDENTS by INCOME**

##### **Q19. How do you feel about your overall PHYSICAL HEALTH?**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Very Good	10%	10%	14%	15%
Good	40%	25%	43%	60%
Fair	40%	45%	36%	26%
Poor	10%	15%	7%	0%
Very Poor	0%	5%	0%	0%

**Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Very Good	10%	0%	0%	22%
Good	25%	25%	43%	44%
Fair	40%	55%	43%	33%
Poor	10%	20%	14%	0%
Very Poor	15%	0%	0%	0%

**Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Very Good	10%	10%	7%	7%
Good	25%	35%	36%	48%
Fair	45%	20%	36%	30%
Poor	10%	30%	14%	15%
Very Poor	10%	5%	7%	0%

**Q22. Do you engage in any of these activities nowadays?**

	<u>None</u>	<u>&lt; \$35K</u>	<u>\$75-\$100K</u>	<u>&gt; \$100K</u>
Eat a healthy/balanced diet	70%	55%	50%	63%
Regular Exercise	55%	50%	43%	67%
Self-care	25%	55%	64%	44%
Starting a family / children	0%	5%	21%	7%
Sex without condoms / dental dams	25%	10%	21%	26%
Other Drugs (Marijuana, Poppers, E)	25%	45%	7%	30%
Party Drugs	5%	25%	14%	4%
Hard drugs (Acid, Heroin, Cocaine)	5%	10%	0%	0%
Smoking/Vaping	10%	30%	14%	7%
Drinking 2 alcoholic drinks/day	10%	25%	7%	11%
Drinking 2 sugary drinks/day	25%	25%	7%	11%
Kinky sex/Bondage/SM	15%	30%	29%	11%
Sex work	15%	10%	14%	0%
Sell / exchange sex for money, drugs, other	5%	5%	7%	4%
Buy, pay, exchange money, drugs for sex	0%	5%	14%	0%

## The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders

### “By Income: No Income”

There were unique findings that LGBTQ API “No Income” respondents had identified. 6% of the total number of respondents reported having no income.

#### HEALTH & WELLNESS

- Among the most important **health needs**, respondents ranked: HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (39%), Depression or Anxiety (28%), and Immunizations/Vaccines (13%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (53%), Testing (29%), and Support Services / Navigating the Bureaucracy (22%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (30%), Pediatric Doctor for Primary Care (11%), and Immunizations/Vaccines (11%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (31%), Labia/Clitoris Maintenance (23%), Dermatology (19%), and Vision (13%).
- The most important **well-being** needs were: Emotional Health (53%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (17%), Health Insurance Enrollment (11%), and Food Stamp Enrollment (6%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (29%), Finances (Money for Food, Rent, Jobs) (29%), and Finding an LGBTQ-Sensitive Asian Doctor (13%).

#### 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) (31%), Having ADHD/ADD/OCD/PTSD (23%), Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (21%), and Finding a Health Care Provider who is Covered by Insurance (In-Network) (20%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (31%), Mental Health (21%), ADD/ADHD/OCD/PTSD (17%), and Emotional Issues/Anxiety/Depression (18%).
- The most important **pharmaceutical needs** were: ADD/ADHD/OCD/PTSD (42%), Depression or Anxiety (38%), HIV/AIDS Prevention (29%), and Immunizations/Vaccines (13%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (10%), Good (40%), Fair (40%), Poor (10%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (25%), Fair (40%), Poor (10%), and Very Poor (15%).
- Trying to eat a healthy/balanced diet (70%); Regular exercise (55%); Self-Care (25%); Trying to start a family / having children (0%).
- Smoking/Vaping (10%); Drinking more than 2 alcoholic drinks (10%) and 2 sugary drinks per day (25%); Party Drugs (5%); Other drugs (25%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (25%); Sell or exchange sex for money, drugs, or other (5%); Buy, pay, or exchange money, drugs, or other for sex (0%).

## DEMOGRAPHIC PROFILE OF NO INCOME RESPONDENTS

**Ethnicity** – Most were Chinese (55%), Japanese (15%), Indian (15%), and Korean (5%).

**Sexual Orientation** – Most selected Gay (35%), “Bisexual/Pansexual/Fluid” (25%), Queer (25%), “Asexual” (15%), and “Lesbian” (10%).

**Gender Identity:** Male (40%), Non-Binary/More than One Gender/No Gender (40%), and Female (30%).

**Disability** – 22% said that they had some physical, mental, developmental, or behavioral disability.

**Age:** 18-24 (60%), 25-34 (30%), 45-54 (5%), 55-64 (5%).

**Native Language:** English (70%), Chinese-Cantonese (20%), and Chinese-Mandarin (15%).

**Income:** No Income-Student (60%), No Income-Unemployed (35%), No Income-On Public Assistance (5%).

**Education:** 45% obtained a Bachelor's Degree, 20% High School or Equivalent, 15% Some College, 15% Master's Degree, and 5% Associate Degree.

**Special Group Affiliation:** Student (67%), Youth (18 to 25) (56%), Transgender/ Gender Non-Conforming (39%), and Immigrant (22%).

**Borough:** 45% reside in Brooklyn, 35% in Manhattan, and 20% in Queens.



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Income: Under \$35,000"

There were unique findings that LGBTQ API with an income "Under \$35," had identified. 6% of the total number of respondents reported having an income below \$35,000.

#### HEALTH & WELLNESS

- Among the most important **health needs**, respondents ranked: Depression or Anxiety (44%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (15%), Transgender Health (11%), and Pediatric or Adolescent Care / Family Mental Health Services (10%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (53%), Testing (33%), and Treatment (18%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (19%), Mental Health Services for Children, Adolescents, or Family (11%), Pediatric Doctor for Primary Care (6%), and Dental Services (6%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (33%), Vision (25%), Dermatology (20%), and Cancers (14%).
- The most important **well-being** needs were: Emotional Health (53%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (26%), and Health Insurance Enrollment (17%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (20%), Managing ADD/ADHD/OCD/PTSD (18%), Finances (Money for Food, Rent, Job) (17%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (13%).
- 

#### 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) (44%), Finding a Health Care Provider who is Covered by Insurance (25%), and Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (18%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (29%), Emotional Issues/Anxiety/Depression (28%), Mental Health (21%), and Cancers (15%).
- The most important **pharmaceutical needs** were: Immunizations/Vaccines (29%), Depression or Anxiety (28%), ADD/ADHD/OCD/PTSD (18%), and HIV/AIDS Prevention (13%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (10%), Good (25%), Fair (45%), Poor (15%), and Very Poor (5%).
- About their **mental / emotional health**, they responded: Very Good (0%), Good (25%), Fair (55%), Poor (20%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (55%); Regular exercise (50%); Self-Care (55%); Trying to start a family / having children (5%).
- Smoking/Vaping (30%); Drinking more than 2 alcoholic drinks (25%) and 2 sugary drinks per day (25%); Party Drugs (25%); Other drugs (45%); Hard drugs (10%).
- Sex without condoms or dental dams (and not on PREP) (10%); Sell or exchange sex for money, drugs, or other (5%); Buy, pay, or exchange money, drugs, or other for sex (5%).

## DEMOGRAPHIC PROFILE OF INCOME UNDER \$35,000 RESPONDENTS

**Ethnicity** – Most were Chinese (40%), Korean (20%), Filipino (10%), and Indian (5%).

**Sexual Orientation** – Most selected Gay (30%), Queer (30%), “Bisexual/ Pansexual/ Fluid” (25%), “Lesbian” (25%), and “Asexual” (10%).

**Gender Identity:** Male (40%), Female (30%), Non-Binary/More than One Gender/No Gender (30%), Transgender Female (10%), and Transgender Male (5%).

**Disability** – 45% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (45%), 18-24 (20%), 35-44 (15%), 45-54 (15%), 55-64 (5%).

**Native Language:** English (90%), Chinese-Mandarin (5%), and Filipino Tagalog (5%).

**Income:** Income between \$18,001 - \$22,000 (25%), \$27,001 - \$36,000 (25%), \$22,501 - \$27,000 (20%), Under \$13,500 (15%), and \$13,501 - \$18,000 (15%).

**Education:** 40% Bachelor’s Degree, 15% High School or Equivalent, 15% Master’s Degree, and 10% Trade/Technical/Vocational Training.

**Special Group Affiliation:** Transgender/Gender Non-Conforming (32%), Student (26%), Youth (18 to 25) (16%), Immigrant (16%), and Sex Workers (11%).

**Borough:** 35% Reside in Manhattan, 35% in Queens, 20% in Brooklyn, and 10% in the Bronx.

**DETAILED ANALYSIS BREAKOUT BY AGE**

**18-24 Years Old    25-34 Years Old    Over 55 Years Old**

*Percentages are based on respondents' "first choice" ranking as the most important.*

**1. HEALTH NEEDS of LGBTQ APIs by AGE**

**Q9. The most important HEALTH needs:**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Depression or Anxiety	36%	51%	0%
HIV/AIDS / STD, Hepatitis	20%	26%	33%
Transgender Health	8%	11%	0%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	0%	8%	0%
Diabetes, Cholesterol, Blood Pressure	4%	0%	20%
Dental Care	4%	0%	33%
Immunizations/Vaccines	13%	0%	0%

**Q10. The most important needs for Sexually Transmitted Diseases / HIV/AIDS:**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Prevention	46%	50%	14%
Testing	29%	30%	17%
Treatment	4%	9%	43%
Support Services/Navigating Bureaucracy	16%	9%	17%

**Q17. The most important HEALTH needs among the list below (which are not offered by Apicha CHC):**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Dermatology	19%	29%	0%
Anal health	26%	38%	50%
Cancers	17%	7%	20%
Elder/Geriatric Care	0%	2%	50%
Labia/Clitoris Maintenance	16%	5%	0%
Vision	19%	15%	0%
IVF/ Sperm/Egg Preservation	11%	8%	0%

## **2. WELLNESS NEEDS of LGBTQ APIs by AGE**

### **Q12. The most important WELL-BEING needs:**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Emotional Health	50%	55%	29%
LGBTQ-API-friendly PCP & Pharmacist	13%	28%	29%
Health Insurance Enrollment	17%	10%	50%
Family Planning, Pregnancy Testing	4%	7%	0%
Peer Support as LGBTQ API	4%	4%	0%

### **Q13. The most important NEEDS IN GENERAL among the health and well-being needs:**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Depression or Anxiety	32%	33%	0%
Addiction	10%	26%	0%
ADD / ADHD / OCD / PTSD	13%	8%	0%
LGBTQ-sensitive Doctor	8%	19%	25%
Doctor covered by my insurance	0%	7%	17%
Finances, Money for Food, Rent, Job	27%	10%	14%
Dental Care	0%	11%	40%

## **3. SOCIAL DETERMINANTS**

### **Q15. The most significant BARRIERS to addressing these health/well-being needs:**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Finances	35%	52%	71%
LGBT-Sensitive Asian Doctor	14%	18%	20%
Health Care Provider (in-network)	5%	18%	0%
ADD / ADHD / OCD / PTSD	24%	8%	0%
Food Insecurity	0%	0%	0%
Housing Insecurity	0%	2%	0%
Shame / Embarrassment	10%	2%	0%

#### **4. HEALTH EDUCATION AND PHARMACEUTICAL NEEDS by AGE**

##### **Q16. The health/well-being needs that respondents most want to LEARN about:**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
ADD / ADHD / OCD / PTSD	32%	5%	0%
Emotional Issues / Anxiety / Depression	17%	18%	0%
General Mental Health	17%	20%	29%
Addiction	22%	21%	0%
Coming out to Asian Parents	19%	13%	20%
Cancers	6%	14%	67%
Monkeypox	0%	8%	0%
Weight / Body Image	0%	5%	0%
Party Drugs	6%	8%	0%

##### **Q18. The most important PHARMACEUTICAL NEEDS are to treat:**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Depression or Anxiety	33%	37%	29%
ADD / ADHD / OCD / PTSD	47%	22%	0%
HIV/AIDS Prevention	6%	12%	20%
HIV/AIDS Treatment	0%	5%	40%
Immunizations/Vaccines	14%	18%	14%
STDs (Not HIV/AIDS)	0%	0%	0%
Transgender Hormonal Therapy	0%	11%	0%

#### **5. HEALTH AND WELLNESS OF SURVEY RESPONDENTS by AGE**

##### **Q19. How do you feel about your overall PHYSICAL HEALTH?**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Very Good	7%	8%	14%
Good	37%	48%	71%
Fair	48%	33%	0%
Poor	7%	8%	14%
Very Poor	0%	4%	0%

**Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Very Good	4%	6%	43%
Good	19%	35%	29%
Fair	48%	38%	29%
Poor	19%	21%	0%
Very Poor	11%	0%	0%

**Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Very Good	7%	8%	14%
Good	33%	35%	43%
Fair	33%	29%	14%
Poor	15%	23%	14%
Very Poor	10%	6%	14%

**Q22. Do you engage in any of these activities nowadays?**

	<u>18-24</u>	<u>25-34</u>	<u>Over 55</u>
Eat a healthy/balanced diet	67%	55%	71%
Regular Exercise	29%	44%	71%
Self-care	41%	46%	43%
Starting a family / children	0%	10%	0%
Sex without condoms / dental dams	30%	31%	14%
Other Drugs (Marijuana, Poppers, E)	37%	33%	14%
Party Drugs	7%	19%	0%
Hard drugs (Acid, Heroin, Cocaine)	0%	8%	0%
Smoking/Vaping	19%	12%	0%
Drinking 2 alcoholic drinks/day	19%	17%	0%
Drinking 2 sugary drinks/day	19%	27%	14%
Kinky sex/Bondage/SM	26%	21%	0%
Sex work	4%	8%	14%
Sell/ exchange sex for money, drugs, other	4%	6%	0%
Buy, pay, exchange money, drugs for sex	15%	2%	0%

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Age: 18-24" or "Generation Z"

There were unique findings that LGBTQ API Gen Z respondents had identified. 8% of the total number of respondents were 18-24 years old.

#### HEALTH & WELLNESS

- Among the most important **health needs**, respondents 18-24 years old ranked: Depression or Anxiety (36%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (20%), Managing ADHD/ADD/OCD/PTSD (13%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (46%), Testing (29%), Support Service / Navigating the Bureaucracy (16%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (26%), Vision (19%), Dermatology (19%), and Cancers (17%).
- The most important **well-being** needs were: Emotional Health (50%), Health Insurance Enrollment (17%), and Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (13%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (32%), Finances (Money for Food, Rent, Job) (27%), and Managing ADHD/ADD/OCD/PTSD (13%).

#### 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) (35%), having ADHD/ADD/OCD/PTSD (24%), and Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (14%).
- The health/well-being needs that respondents most want to **learn about** were: ADD/ADHD/OCD/PTSD (32%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (22%), Coming Out to Asian Parents (19%), and Emotional Issues/Anxiety/Depression (17%).
- The most important **pharmaceutical needs** were: ADD/ADHD/OCD/PTSD (47%), Depression or Anxiety (33%), Immunizations/Vaccines (14%), and HIV/AIDS Prevention (6%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (7%), Good (37%), Fair (48%), Poor (7%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (4%), Good (19%), Fair (48%), Poor (19%), and Very Poor (11%).
- Trying to eat a healthy/balanced diet (67%); Regular exercise (30%); Self-Care (41%); Trying to start a family / having children (0%).
- Smoking/Vaping (19%); Drinking more than 2 alcoholic drinks (19%) and 2 sugary drinks per day (19%); Party Drugs (7%); Other drugs (37%); Hard drugs (0%).
- Sex without condoms or dental dams (and not on PREP) (30%); Sell or exchange sex for money, drugs, or other (4%); Buy, pay, or exchange money, drugs, or other for sex (15%).

## DEMOGRAPHIC PROFILE OF 18-24 YEARS OLD RESPONDENTS

**Ethnicity** – Most were Chinese (52%), Korean (11%), Taiwanese (11%), and Japanese (7%).

**Sexual Orientation** – Most selected “Bisexual/Pansexual/Gender Fluid” (41%), Queer (33%), Gay (15%), “Asexual” (19%) and “Lesbian” (12%).

**Gender Identity:** Female (44%), Non-Binary/More than One Gender/No Gender (33%), Male (30%), and Transgender Male (4%).

**Disability** – 44% had some physical, mental, developmental, or behavioral disability.

**Native Language:** English (74%), Chinese-Mandarin (19%), and Chinese-Cantonese (15%).

**Income:** No-Income Student (30%), No-Income Unemployed (11%), \$65,001-\$75,000 (11%), and Under \$13,500 (7%).

**Education:** 58% obtained a Bachelor's Degree, 23% High School or Equivalent, 15% Some College, and 4% Associate degree.

**Special Group Affiliation:** Youth (18 to 25) (84%), Transgender/Gender Non-Conforming (44%), Student (44%), and Immigrant (12%).

**Borough:** 44% reside in Manhattan, 33% in Brooklyn, 19% in Queens, and 4% in the Bronx.



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
“By Age: 25-34” or “Millennials”

There were unique findings that LGBTQ API Millennial respondents had identified. 15% of the total number of respondents were 25-34 years old.

#### HEALTH & WELLNESS

- Among the most important **health needs**, 25-34 years old ranked: Depression or Anxiety (51%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (26%), Transgender Health (10%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (8%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (50%), Testing (30%), Treatment (9%), and Support Services / Navigating the Bureaucracy (9%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (17%) and Pediatric Doctor for Primary Care (11%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (38%), Dermatology (29%), Vision (15%).
- The most important **well-being** needs were: Emotional Health (55%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (28%), and Health Insurance Enrollment (10%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (33%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (26%), and Finding an LGBT-Sensitive Asian Doctor (19%).

#### 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) (52%), Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (18%), and Finding a Health Care Provider who is Covered by Insurance (18%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (20%), Mental Health (20%), Emotional Issues/Anxiety/Depression (18%), and Coming Out to Asian parents (15%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (37%), ADD/ADHD/OCD/PTSD (22%), Immunizations/Vaccines (18%), and HIV/AIDS Preventions (5%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (7%), Good (48%), Fair (33%), Poor (8%), and Very Poor (4%).
- About their **mental / emotional health**, they responded: Very Good (6%), Good (35%), Fair (38%), Poor (21%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (54%); Regular exercise (44%); Self-Care (46%); Trying to start a family / having children (10%).
- Smoking/Vaping (12%); Drinking more than 2 alcoholic drinks per day (17%); Drinking more than 2 sugary drinks per day (27%); Party Drugs(19%); Other drugs (33%); Hard drugs (8%).
- Sex without condoms or dental dams (and not on PREP) (31%); Sell or exchange sex for money, drugs, or other (6%); Buy, pay, or exchange money, drugs, or other for sex (2%).

## DEMOGRAPHIC PROFILE OF 25-34 YEAR OLD RESPONDENTS

**Ethnicity** – Most were Chinese (38%), Korean (15%), and Indian (12%).

**Sexual Orientation** – Most selected Gay (44%), “Bisexual/Pansexual/Gender Fluid” (33%), Queer (27%), “Lesbian” (15%), and “Asexual” (2%).

**Gender Identity:** Male (44%), Female (33%), Non-Binary/More than one Gender/No Gender (31%), Transgender Female (4%), and Transgender Male (2%).

**Disability** – 27% had some physical, mental, developmental, or behavioral disability.

**Native Language:** English (71%), Chinese-Mandarin (15%), and Korean (10%).

**Income:** \$75,001-\$100,000 (17%), \$36,001-\$46,000 (13%), and \$46,001-\$55,000 (12%).

**Education:** 42% Bachelor's Degree, 31% Master's Degree, 8% Some College, and 6% Professional Degree.

**Special Group Affiliation:** Transgender/Gender Non-Conforming (32%), Student (27%), and Immigrant (23%).

**Borough:** 37% reside in Manhattan, 35% Queens, 23% Brooklyn, 4% Staten Island, and 2% the Bronx.

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Age: Over 55"

There were unique findings that LGBTQ API respondents "Over 55" years old had identified. 2% of the total number of respondents were over 55 years old.

#### HEALTH & WELLNESS

- Among the most important **health needs**, respondents over the age of 55 ranked: HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (33%), Dental Care (33%), Diabetes, Cholesterol, Blood Pressure (20%), and Cancer (14%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Treatment (43%), Testing (17%), Support Services / Navigating the Bureaucracy (17%), and Prevention (14%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (20%) and Pediatric Doctor for Primary Care (20%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (50%), Elder/Geriatric Care (50%), Cancers (20%), and Memory Loss Screenings (20%).
- The most important **well-being** needs were: Health Insurance Enrollment (50%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (29%), and Emotional Health (29%).
- The most important health and wellness **needs in general** were: Dental Care (40%), Sexually Transmitted Diseases, HIV/AIDS, Hepatitis (33%), Finding an LGBT-Sensitive Asian Doctor (25%), and Getting Health Insurance (20%).

#### 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) (71%) and Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (20%).
- The health/well-being needs that respondents most want to **learn about** were: Cancers (67%), Mental Health (29%), and Coming Out to Asian Parents (20%),
- The most important **pharmaceutical needs** were: HIV/AIDS Treatment (40%), Depression or Anxiety (29%), and HIV/AIDS Prevention (20%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (14%), Good (71%), Fair (0%), Poor (14%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (43%), Good (29%), Fair (29%), Poor (0%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (71%); Regular exercise (71%); Self-Care (43%); Trying to start a family / having children (0%).
- Smoking/Vaping (0%); Drinking more than 2 alcoholic drinks per day (0%); Drinking more than 2 sugary drinks per day (14%); Party Drugs (0%); Other drugs (14%); Hard drugs (0%).
- Sex without condoms or dental dams (and not on PREP) (14%); Sell or exchange sex for money, drugs, or other (0%); Buy, pay, or exchange money, drugs, or other for sex (0%).

## DEMOGRAPHIC PROFILE OF RESPONDENTS OVER 55 YEARS OLD

**Ethnicity** – Most were Chinese (29%), Korean (29%), Japanese (29%), and Taiwanese (29%).

**Sexual Orientation** – Most selected Gay (71%) and Queer (29%).

**Gender Identity:** Male (71%), Female (14%), and Transgender (14%).

**Disability** – 14% had some physical, mental, developmental, or behavioral disability.

**Native Language:** English (71%) and Chinese-Mandarin (29%).

**Income:** No Income-Unemployed (14%), \$22,501-\$27,000 (14%), \$36,001-\$46,000 (14%), and \$55,001-\$65,000 (14%).

**Education:** 43% Bachelor's Degree, 29% Doctorate Degree, 14% High School or Equivalent, and 14% Master's Degree.

**Special Group Affiliation:** Elders/Senior Citizens (60%), None (40%), and Transgender/Gender Non-Conforming (20%).

**Borough:** 43% reside in Manhattan, 29% in Brooklyn, and 29% in Queens.

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

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%), Invitro 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.

### **“By Gender: Transgender / Gender Nonconforming”**

There were unique findings that LGBTQ API “Transgender and Gender Nonconforming” respondents had identified. 11% of the total number of respondents identified as transgender or gender nonconforming.

#### HEALTH & WELLNESS

- Among the most important **health needs**, respondents ranked: Depression or Anxiety (31%), Transgender Health (28%), HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (14%), Immunizations/Vaccines (10%), and Managing ADHD/ADD/OCD/PTSD (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Testing (40%), Prevention (34%), None or Not Needed (19%), and Support Services/Navigating the Bureaucracy (12%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (16%) and Mental Health Services for Children, Adolescents, or Family (8%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (25%), Vision (23%), Cancers (19%), Labia/Clitoris Maintenance (14%), and Dermatology (13%).
- The most important **well-being** needs were: Emotional Health (54%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (21%), and Health Insurance Enrollment (16%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (26%), Finding an LGBT-Sensitive Asian Doctor (19%), and Managing ADD/ADHD/OCD/PTSD (11%).

#### 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) (39%), Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (23%), Having ADHD/ADD/OCD/PTSD (14%), and Finding a Health Care Provider who is Covered by Insurance (In-Network) (13%).
- The health/well-being needs that respondents most want to **learn about** were: ADD/ADHD/OCD/PTSD (19%), Emotional Issues/Anxiety/Depression (19%), Mental Health (19%), Cancers (15%), and Coming Out to Asian Parents (14%).

- The most important **pharmaceutical needs** were: Depression or Anxiety (41%), Transgender Hormonal Therapy (28%), Immunizations/Vaccines (21%), and ADD/ADHD/OCD/PTSD (18%).

#### HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (5%), Good (35%), Fair (43%), Poor (14%), and Very Poor (3%).
- About their **mental / emotional health**, they responded: Very Good (3%), Good (24%), Fair (49%), Poor (19%), and Very Poor (5%).
- Trying to eat a healthy/balanced diet (70%); Regular exercise (30%); Self-Care (51%); Trying to start a family / having children (11%).
- Smoking/Vaping (19%); Drinking more than 2 alcoholic drinks (16%); 2 sugary drinks per day (27%); Party Drugs (16%); Other drugs (43%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (35%); Sell or exchange sex for money, drugs, or other (8%); Buy, pay, or exchange money, drugs, or other for sex (0%).

#### DEMOGRAPHIC PROFILE OF TRANSGENDER/GCN RESPONDENTS

**Ethnicity** – Most were Chinese (43%), Korean (19%), Indian (19%), and Filipino (8%).

**Sexual Orientation** – Most selected Queer (57%), “Bisexual/Pansexual/Fluid” (41%), “Lesbian” (24%), Gay (19%), and “Asexual” (8%).

**Gender Identity:** Non-Binary/More than One Gender/No Gender (84%), Female (22%), Transgender Male (14%), Transgender Female (11%), and Male (5%).

**Disability** – 41% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (49%), 18-24 (27%), 35-44 (19%), 45-54 (3%), and 55-64 (3%).

**Native Language:** English (84%), Chinese-Cantonese (11%), and Korean (11%).

**Income:** Income \$75,001 - \$100,000 (19%), Over \$100,000 (14%), No Income-Student (11%), and No-Income-Unemployed (11%).

**Education:** 43% obtained a Bachelor's Degree, 22% Master's Degree, 11% Some College, 8% Doctorate Degree, and 5% Trade/Technical/Vocational Training.

**Special Group Affiliation:** Student (31%), Youth (18 to 25) (29%), Immigrant (17%), and Sex Workers (9%).

**Borough:** 35% reside in Manhattan, 32% in Queens, 27% in Brooklyn, 3% in the Bronx, and 3% in Staten Island.



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

There were unique findings that LGBTQ API "men" had identified. Out of the total sample 17% identified as male and 1% identified as transgender male.

#### HEALTH & WELLNESS

- Among the most important **health needs**, men ranked: HIV/AIDS / Sexually Transmitted Diseases, Hepatitis (35%), Depression or Anxiety (32%), Addiction (smoking, Alcohol, Crystal Meth, etc.) (11%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (56%), Testing (29%), Treatment (13%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (22%), Pediatric Doctor for Primary Care (12%), and Immunizations/Vaccines (4%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (42%), Dermatology (20%), Cancers (16%), Elder/Geriatric Care (7%).
- The most important **well-being** needs were: Emotional Health (52%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (29%), and Health Insurance Enrollment (7%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (24%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (24%), and Finances (Money for Food, Rent, Job) (15%).

#### 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) (35%), Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (32%), and Finding a Health Care Provider who is Covered by Insurance (In-Network) (17%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (22%), Mental Health (21%), and Emotional Issues/Anxiety/Depression (12%).
- The most important **pharmaceutical needs** were: ADD/ADHD/OCD/PTSD (24%), Depression or Anxiety (22%), and Immunizations/Vaccines (22%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (14%), Good (55%), Fair (25%), Poor (5%), and Very Poor (2%).
- About their overall **mental / emotional health**, they responded: Very Good (16%), Good (33%), Fair (39%), Poor (13%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (56%); Regular exercise (66%); Self-Care (36%); Trying to start a family / having children (5%).
- Smoking/Vaping (20%); Drinking more than 2 alcoholic drinks (17%) and 2 sugary drinks per day (22%); Party Drugs (8%); Other drugs (25%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (31%); Sell or exchange sex for money, drugs, or other (5%); Buy, pay, or exchange money, drugs, or other for sex (5%)

## DEMOGRAPHIC PROFILE OF MALE RESPONDENTS

**Ethnicity** – Most were Chinese (45%), Filipino (13%), Japanese (9%), Korean (8%), and Taiwanese (6%).

**Sexual Orientation** –Gay (80%), “Bisexual/Pansexual/Fluid” (13%), “Asexual” (6%), and Queer (6%).

**Gender Identity:** Male (94%), 8% Transgender (8%), and Non-Binary / More than One Gender / No Gender (3%).

**Disability** – 77% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (38%), 35-44 (31%), 18-24 (13%), 45-54 (11%), and 55-64 (8%).

**Native Language:** English (72%), Chinese-Mandarin (25%), Chinese-Cantonese (6%), Filipino-Tagalog (6%), and Chinese-Taiwanese (5%).

**Income:** Over \$100,000 (27%), \$36,001 - \$46,000 (13%), \$46,001 - \$55,000 (11%), No income-student (8%), and \$75,001 - \$100,000 (6%).

**Education:** 40% Bachelor's Degree, 24% Master's Degree, 11% High School Graduate or Equivalent, 8% Trade/Technical/Vocational Training, and 8% Professional Degree.

**Special Group Affiliation:** Immigrant (20%), Transgender/Gender Non-Conforming (18%), Student (18%), Youth (18 to 25) (14%), and Elders/Senior Citizen (8%).

**Borough:** 42% reside in Manhattan, 27% in Queens, 25% in Brooklyn, 3% in the Bronx, and 3% in Staten Island.

## DETAILED ANALYSIS BREAKOUT BY

### SPECIAL NEEDS GROUP: Immigrant; Leather/BDSM/Kink; Sex Worker

Percentages are based on respondents' "first choice" ranking as the most important.

#### **1. HEALTH NEEDS of LGBTQ APIs by SPECIAL NEEDS GROUP**

##### **Q9. The most important HEALTH needs:**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Depression or Anxiety	48%	25%	17%
HIV/AIDS / STD, Hepatitis	25%	38%	50%
Transgender Health	5%	13%	0%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	6%	14%	17%
Diabetes, Cholesterol, Blood Pressure	5%	0%	0%
Dental Care	0%	0%	17%
Immunizations/Vaccines	5%	14%	20%

##### **Q10. The most important needs for Sexually Transmitted Diseases / HIV/AIDS:**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Prevention	45%	63%	67%
Testing	45%	25%	17%
Treatment	0%	14%	0%
Support Services/Navigating Bureaucracy	10%	0%	0%

##### **Q17. The most important HEALTH needs among the list below (which are not offered by Apicha CHC):**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Dermatology	29%	0%	33%
Anal health	41%	17%	0%
Cancers	24%	14%	0%
Elder/Geriatric Care	0%	0%	0%
Labia/Clitoris Maintenance	0%	29%	0%
Vision	0%	17%	33%
IVF/ Sperm/Egg Preservation	13%	29%	33%

## **2. WELLNESS NEEDS of LGBTQ APIs by SPECIAL NEEDS GROUP**

### **Q12. The most important WELL-BEING needs:**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Emotional Health	71%	50%	33%
LGBTQ-API-friendly PCP & Pharmacist	26%	0%	0%
Health Insurance Enrollment	6%	29%	50%
Family Planning, Pregnancy Testing	0%	29%	0%
Peer Support as LGBTQ API	0%	0%	17%

### **Q13. The most important NEEDS IN GENERAL among health and well-being needs:**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Depression or Anxiety	16%	29%	0%
Addiction	47%	33%	0%
ADD / ADHD / OCD / PTSD	6%	0%	0%
LGBTQ-sensitive Doctor	16%	0%	40%
Doctor covered by my insurance	0%	25%	17%
Finances, Money for Food, Rent, Job	17%	13%	29%
Dental Care	7%	0%	0%

## **3. SOCIAL DETERMINANTS**

### **Q15. The most significant BARRIERS to addressing these health / well-being needs:**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Finances	53%	57%	20%
LGBT-Sensitive Asian Doctor	28%	13%	17%
Health Care Provider (in-network)	6%	38%	50%
ADD / ADHD / OCD / PTSD	0%	0%	0%
Food Insecurity	0%	0%	0%
Housing Insecurity	0%	0%	0%
Shame / Embarrassment	5%	0%	0%

#### **4. HEALTH EDUCATION AND PHARMACEUTICAL NEEDS**

##### **Q16. The health / well-being needs that respondents most want to LEARN about:**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
ADD / ADHD / OCD / PTSD	13%	17%	0%
Emotional Issues / Anxiety / Depression	15%	0%	0%
General Mental Health	15%	1%	57%
Addiction	31%	50%	20%
Coming out to Asian Parents	19%	0%	0%
Cancers	0%	0%	20%
Monkeypox	13%	0%	0%
Weight / Body Image	0%	0%	0%
Party Drugs	13%	17%	17%

##### **Q18. The most important PHARMACEUTICAL NEEDS are to treat:**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Depression or Anxiety	32%	50%	17%
ADD / ADHD / OCD / PTSD	31%	13%	0%
HIV/AIDS Prevention	17%	25%	40%
HIV/AIDS Treatment	0%	0%	0%
Immunizations/Vaccines	18%	13%	40%
STDs (Not HIV/AIDS)	6%	0%	17%
Transgender Hormonal Therapy	7%	0%	0%

#### **5. HEALTH AND WELLNESS OF SURVEY RESPONDENTS**

##### **Q19. How do you feel about your overall PHYSICAL HEALTH?**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Very Good	13%	25%	43%
Good	48%	25%	29%
Fair	39%	25%	29%
Poor	0%	25%	0%
Very Poor	0%	0%	0%

**Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Very Good	9%	0%	0%
Good	48%	50%	57%
Fair	26%	13%	14%
Poor	17%	25%	14%
Very Poor	0%	13%	14%

**Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Very Good	4%	13%	14%
Good	26%	25%	43%
Fair	39%	38%	29%
Poor	30%	0%	0%
Very Poor	0%	25%	14%

**Q22. Do you engage in any of these activities nowadays?**

	<u>Immigrant</u>	<u>Kink/BDSM</u>	<u>Sex Worker</u>
Eat a healthy/balanced diet	61%	38%	57%
Regular Exercise	56%	50%	71%
Self-care	52%	38%	43%
Starting a family / children	4%	0%	0%
Sex without condoms / dental dams	17%	50%	57%
Other Drugs (Marijuana, Poppers, E)	26%	25%	57%
Party Drugs	17%	25%	29%
Hard drugs (Acid, Heroin, Cocaine)	9%	0%	0%
Smoking/Vaping	26%	25%	43%
Drinking 2 alcoholic drinks/day	13%	25%	14%
Drinking 2 sugary drinks/day	17%	25%	29%
Kinky sex/Bondage/SM	22%	63%	57%
Sex work	13%	38%	100%
Sell/exchange sex for money, drugs, other	4%	13%	43%
Buy, pay, exchange money, drugs for sex	0%	25%	14%

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Special Group: Sex Worker"

There were unique findings that LGBTQ API "Sex Workers" had identified. 3% of the total number of respondents were sex workers.

#### HEALTH & WELLNESS

- Among the most important **health needs**, sex workers ranked: HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (44%), Depression or Anxiety (22%), and Immunizations/Vaccines (13%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (67%), Testing (22%), and None or Not Needed (13%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (29%), Pediatric Doctor for Primary Care (14%), and Mental health Services for Children, Adolescents, or Family (11%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (38%), Dermatology (22%), Vision (22%).
- The most important **well-being** needs were: Emotional Health (56%), Health Insurance Enrollment (29%), and Food Stamp Enrollment (11%).
- The most important health and wellness **needs in general** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (25%), Finding an LGBT-Sensitive Asian Doctor (25%), Finances (Money to Food, Rent, Job) (20%), and Getting Health Insurance (11%).

#### 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) (38%), Finding a Health Care Provider who is Covered by Insurance (In-Network) (33%), and Finding an LGBTQ-Sensitive Asian Doctor / Provider (22%).
- The health/well-being needs that respondents most want to **learn about** were: Mental Health (40%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (25%), Cancers (13%), and Coming Out to Asian Parents (13%).
- The most important **pharmaceutical needs** were: HIV/AIDS Prevention (38%), Immunizations/Vaccines (25%), Depression or Anxiety (22%), and ADD/ADHD/OCD/PTSD (11%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (40%), Good (30%), Fair (30%), Poor (0%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (40%), Fair (20%), Poor (20%), and Very Poor (10%).
- Trying to eat a healthy/balanced diet (50%); Regular exercise (70%); Self-Care (30%); Trying to start a family / having children (0%).
- Smoking/Vaping (40%); Drinking more than 2 alcoholic drinks (10%) and 2 sugary drinks per day (30%); Party Drugs (30%); Other drugs (40%); Hard drugs (0%).
- Sex without condoms or dental dams (and not on PREP) (40%); Sell or exchange sex for money, drugs, or other (30%); Buy, pay, or exchange money, drugs, or other for sex (10%).

## DEMOGRAPHIC PROFILE OF RESPONDENTS WHO IDENTIFIED AS SEX WORKERS

**Ethnicity** – Most were Chinese (50%) and Filipino (2%).

**Sexual Orientation** – Most selected Gay (50%), Queer (30%), “Asexual” (10%), “Bisexual/Pansexual/Fluid” (10%), and “Lesbian” (10%).

**Gender Identity:** Male (60%), Non-binary/More than one Gender/No Gender (30%), and Female (10%).

**Disability** – 33% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (40%), 35-44 (20%), 45-54 (20%), 55-64 (10%), and 18-24 (10%).

**Native Language:** English (80%), Filipino-Tagalog (20%), and Bengali (10%).

**Income:** No-Income-Unemployed (30%), \$36,001-\$46,000 (30%), and \$18,001-\$22,500 (20%).

**Education:** 50% obtained a Bachelor's Degree, 20% High School or Equivalent, 20% Trade/Technical/Vocational Training, and 10% Professional Degree.

**Special Group Affiliation:** Immigrant (30%), Transgender/Gender Non-Conforming (30%), and Leather/SM/Kink/Bondage (30%).

**Borough:** 40% reside in Manhattan, 30% in Queens, 20% in Brooklyn, and 10% in Staten Island.



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
"By Special Needs Group: Leather/BDSM/Kink"

There were unique findings that LGBTQ API "Leather/BDSM/Kink" respondents had identified. 7% of the total number of respondents are affiliated with the leather/BDSM/Kink special needs group.

#### HEALTH & WELLNESS

- Among the most important **health needs**, "Leather/BDSM/Kink" respondents ranked: Depression or Anxiety (35%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (23%), Immunizations/Vaccines (14%), and Transgender Health (13%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (55%), Testing (35%), Treatment (5%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (33%), Vision (21%), Labia/Clitoris Maintenance (17%), and Dermatology (11%).
- The most important **well-being** needs were: Emotional Health (55%), Health Insurance Enrollment (21%), and Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (15%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (23%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (22%), and Finding an LGBT-Sensitive Asian Doctor (20%).

#### 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) (43%), Finding a Health Care Provider who is Covered by Insurance (32%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (26%), Mental Health (18%), and Emotional/Issues/Anxiety/Depression (15%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (26%), HIV/AIDS Prevention (26%), and ADD/ADHD/OCD/PTSD (24%).

#### HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (25%), Good (29%), Fair (33%), Poor (13%), and Very Poor (0%).

- About their **mental / emotional health**, they responded: Very Good (8%), Good (33%), Fair (33%), Poor (21%), and Very Poor (4%).
- Trying to eat a healthy/balanced diet (54%); Regular exercise (46%); Self-Care (38%); Trying to start a family / having children (8%)
- Smoking/Vaping (33%); Drinking more than 2 alcoholic drinks per day (21%); Drinking more than 2 sugary drinks per day (21%); Party Drugs (21%); Other drugs (50%); Hard drugs (4%).
- Sex without condoms or dental dams (and not on PREP) (46%); Sell or exchange sex for money, drugs, or other (8%); Buy, pay, or exchange money, drugs, or other for sex (8%).

#### DEMOGRAPHIC PROFILE OF "LEATHER/BDSM/KINK" GROUP RESPONDENTS

**Ethnicity** – Most were Chinese (42%), Filipino (13%), and Indian (13%).

**Sexual Orientation** – Most selected Gay (54%), Queer (38%), "Bisexual/Pansexual/Fluid" (33%), "Lesbian" (21%), and "Asexual" (4%).

**Gender Identity:** Male (46%), Female (33%), Non-Binary/More than one Gender/No Gender (33%), Transgender Male (4%), and Transgender Female (4%).

**Disability** – 25% had some physical, mental, developmental, or behavioral disability.

**Age:** 25-34 (46%), 18-24 (29%), 35-44 (13%), and 45-54 (13%).

**Native Language:** English (83%), Chinese-Mandarin (13%), and Filipino-Tagalog (8%).

**Income:** Over \$100,000 (13%), \$75,000-\$100,000 (17%), \$55,001-\$65,000 (13%), and \$18,001-\$22,500 (13%).

**Education:** 50% obtained a Bachelor's Degree, 13% High School or Equivalent, 13% Professional Degree, and 8% Master's Degree.

**Special Group Affiliation:** Transgender/Gender Non-Conforming (41%), Youth (18 to 25) (27%), and Student (27%).

**Borough:** 54% reside in Manhattan, 29% in Brooklyn, 13% in Queens.

### **III. SURVEY INSTRUMENT**

#### **English**

#### **Translations**

Bengali

Chinese (Simplified Script)

Chinese (Traditional Script)

Hindi

Korean

Punjabi

Thai

Filipino (Tagalog)

Vietnamese

blank page

## **Survey Instrument**

### **Apicha CHC Community Needs Assessment Survey Questions**

#### **Health & Wellness Needs of NYC's LGBTQ+ Asian Pacific Islander Community**

Apicha CHC Community Health Center (CHC) is launching a new effort to address the health and wellness needs of New York City's LGBTQ+ Asian, Asian American, South Asian, Southeast Asian, and Pacific Islander communities.

Apicha CHC is also exploring the barriers that frustrate access to services (like trust, access to housing, cultural concerns, stigma, etc.) and ideas on programs to address these needs.

This confidential and anonymous survey will help Apicha CHC develop programs and services at its new Center in Jackson Heights, Queens.

Please respond to this anonymous and confidential questionnaire. **Prizes** include:

- Free safer sex kit and a copy of the final report - All participants
- \$25 Amazon Gift Card - 10 participants from a random drawing
- T-shirt "I love Rice" or "Pacific Rim" - 25 participants

Please only respond if you identify as LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer,+) AND Asian, Asian American, South Asian, Southeast Asian, or Pacific Islander.

The survey should take **16 minutes**. Afterward, you will be redirected to a separate google form to receive your free gift or to enter the raffle drawing for one of the prizes.

To see all the questions asked and responses go here:

[https://docs.google.com/document/d/1IZFab\\_pa86fYT90P-5eKEwDdkOIKW7a953yaWxbz32o/edit](https://docs.google.com/document/d/1IZFab_pa86fYT90P-5eKEwDdkOIKW7a953yaWxbz32o/edit)  
<https://bit.ly/Apicha-CHC-Survey>

If you have any questions or comments, please contact Glenn D. Magpantay at magpantay.esq@gmail.com with the Subject "Apicha CHC Survey" or call 917-439-3158.

#### **About Apicha CHC**

Apicha CHC is a community health center dedicated to providing inclusive, comprehensive care to those in need, regardless of their ability to pay. We are dedicated to acting as a safe haven for marginalized communities, including immigrants, the uninsured, and LGBTQ+ people. We offer primary medical care, HIV specialty care, access to PrEP/PEP, transgender health care, STI/STD testing and screening, behavioral health, and women's health services. In addition to medical services, Apicha CHC also offers a range of support services, including nutrition, health education, health insurance, SNAP enrollment, health home, and community engagement programs. We want to emphasize that we as medical providers are committed to treating patients holistically. We are always accepting new patients.

Anonymous & Confidential. <https://www.surveymonkey.com/r/TTKJRXN>

To see all the questions and responses go here: <https://bit.ly/Apicha-CHC-Survey>

**Part A. ELIGIBILITY**

**1. What is your Asian Ethnicity?**

- |            |             |            |                 |
|------------|-------------|------------|-----------------|
| Chinese    | Korean      | Japanese   | Filipino        |
| Indian     | Bangladeshi | Thai       | Vietnamese      |
| Bhutanese  | Burmese     | Guamanian  | Hawaiian Native |
| Malaysian  | Singaporean | Taiwanese  | Tibetan         |
| Indonesian | Laotian     | Pakistani  | Nepalese        |
| Sri Lankan | Tongan      | West Asian | Central Asian   |
- Other Asian or Pacific Islander Ethnicity: (please specify)  
Not Asian: Write in (please specify)

**2. What is your Sexual Orientation?**

- |                         |                              |       |
|-------------------------|------------------------------|-------|
| Asexual                 | Bisexual / Pansexual / Fluid | Gay   |
| Heterosexual / Straight | Lesbian                      | Queer |
- Other (please specify)

**3. What is your Gender or Gender-Identity?**

- |   |                        |
|---|------------------------|
| Female                                    | Male                   |
| Transgender male                          | Transgender female     |
| Non-binary/more than one gender/no gender | Other (please specify) |

**4. What is your Age group?**

- |       |       |       |       |
|-------|-------|-------|-------|
| 18-24 | 25-34 | 35-44 | 45-54 |
| 55-64 | 65-74 | 75-84 | 85+   |

**Part B. WRITE-IN**

*Just give your initial thoughts. If you do not know, SKIP this section.  
You will have an opportunity to answer these questions again at the end.*

**5. What are your top three (3) HEALTH / WELL-BEING NEEDS?**

\_\_\_\_\_

**6. What are the major BARRIERS that you face in addressing your health/wellbeing needs?**

\_\_\_\_\_

**7. Do you have any IDEAS for SERVICES or WAYS to deliver these services to help you meet your health/well-being needs?**

\_\_\_\_\_

**8. Are there any other issues you want to raise or tell us about?**

\_\_\_\_\_

**Part B. RANK ONLY THE ITEMS THAT ARE IMPORTANT**

*1 = Most Important. Only choose from the options listed. If an "Other" applies, you can include that at the end of this section. If an item is not important at all, you can click on the 'not relevant' box to the right. You also do not need to rank all options but please rank at least 3. All responses are confidential and anonymous.*

**9. Rank your most important HEALTH needs:**

- HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis
- Addiction (Smoking, Alcohol, Crystal Meth, etc.)
- Cancer
- Depression or Anxiety
- Diabetes, Cholesterol, Blood Pressure
- Dental Care
- Immunizations / Vaccines (COVID, Flu, Hepatitis, HPV (genital warts), meningitis, pneumonia, shingles, chicken pox, measles, mumps, rubella, tetanus, diphtheria, whooping cough)
- Managing ADHD / ADD / OCD / PTSD (Attention Deficit Hyperactivity Disorder, Attention Deficit Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Pediatric or Adolescent Care / Family Mental Health Services
- Transgender Health
- Other? Please specify \_\_\_\_\_

**10. Rank your most important needs for Sexually Transmitted Diseases / HIV/AIDS:**

- Prevention (such as PrEP / PEP)
- Treatment (cure)
- Testing (diagnosis)
- Support Services/ Navigating the Bureaucracy
- None or Not Needed
- Other? Please specify \_\_\_\_\_

**11. If you are a PARENT, Rank your most important HEALTH needs for your CHILDREN:**

- Adolescent Doctor for Primary Care
- Pediatric Doctor for Primary Care
- Dental Services
- Immunizations / Vaccines (COVID, Flu, Hepatitis, HPV (genital warts), meningitis, pneumonia, shingles, chicken pox, measles, mumps, rubella, tetanus, diphtheria, whooping cough)
- Managing ADHD / ADD / OCD / PTSD (Attention Deficit Hyperactivity Disorder, Attention Deficit Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Mental Health Services for Children, Adolescents, or Family

- N/A Not Applicable, Not a parent of a child
- Other? Please specify \_\_\_\_\_

**12. Rank your most important WELL-BEING needs:**

- Emotional Health
- Family Planning Contraception or Pregnancy Testing
- Food Stamp Enrollment (SNAP, money to buy food)
- Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy
- Health Insurance Enrollment
- Mental Health Services for Children, Adolescents, or Family
- Nutrition Counseling and Weight Management by Registered Dietitian
- Peer Support as an LGBTQ+ Asian or South Asian
- Other? Please specify \_\_\_\_\_

**13. Rank YOUR most important NEEDS IN GENERAL among the health and well-being needs below:**

- Addiction (Smoking, Alcohol, Crystal Meth, etc.)
- Depression or Anxiety
- Managing ADD/ ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Dental Care
- Finances, Money for Food, Rent, Job
- Finding an LGBT-Sensitive Asian Doctor
- Finding a Doctor Covered by my Insurance (In-Network)
- Getting Health Insurance
- Immunizations / Vaccines
- Navigating the Health Care System / Health Insurance Coverage
- Sexually Transmitted Diseases, HIV/AIDS, Hepatitis
- Lack of Parental Support
- Legal Problems

**14. Rank what you think are the LGBTQ+ ASIAN / SOUTH ASIAN/ PACIFIC ISLANDER COMMUNITY'S most important NEEDS among the health and well-being needs below:**

- Addiction (Smoking, Alcohol, Crystal Meth, etc.)
- Depression or Anxiety
- Managing ADD/ ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Dental Care
- Finances, Money for Food, Rent, Job
- Finding an LGBT-Sensitive Asian Doctor
- Finding a Doctor Covered by my Insurance (In-Network)



- Getting Health Insurance
- Immunizations / Vaccines
- Navigating the Health Care System / Health Insurance Coverage
- Sexually Transmitted Diseases, HIV/AIDS, Hepatitis
- Lack of Parental Support
- Legal Problems

**15. Rank your most significant BARRIERS toward addressing these health/well-being needs**

- Finances (Ability to pay for services)
- Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider
- Finding a Health Care Provider who is covered by my insurance / in-network
- Food Insecurity (Getting enough to eat)
- Having ADHD / ADD / OCD / PTSD (Attention Deficit Hyperactivity Disorder, Attention Deficit Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Housing Insecurity (High rent)
- Immigration status
- Job Security (Steady employment, pay amount)
- Lack of Parental Support
- Legal Problems/ Need a lawyer
- Navigating the Health Care System / Health Insurance Coverage
- No Health Insurance
- Personal Safety/ Self Defense
- Shame/ Embarrassment/ Stigma/ Saving Face
- Time (No time to take off work/ too busy, Doctor has inconvenient hours, no weekend or evening)
- Violence (Hate crimes, domestic violence, abusive or controlling partner)
- Other? Please specify \_\_\_\_\_

**16. Rank the health/well-being needs that you most want to LEARN about:**  
(Health Education)

- Addiction (Smoking, Alcohol, Crystal Meth, etc.)
- Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Obsessive-Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD)
- Cancers (Colon, Cervical, Breast)
- Coming Out to Asian Parents
- Emotional Issues/ Anxiety / Depression
- Mental Health (in general)
- Monkeypox
- Party Drugs (Marijuana, Molly, Ketamine, Crystal Meth, Ice, Blue Pill, Oxy, Poppers, Cocaine, Fentanyl, f3nt/fent or TNT)
- Weight / Body Image
- Other? Please specify \_\_\_\_\_

**17. Rank your most important HEALTH needs among the list below:**

- Anal Health
- Cancers (Skin, Lymphoma, Nasal, Ovarian, Testicular)
- Dermatology
- Elder/ Geriatric care
- Foreskin Maintenance
- In vitro Fertilization (IVF parenting) / Sperm or Egg Preservation
- Labia / Clitoris maintenance
- Memory Loss Screenings
- Podiatry
- Urology
- Vision
- Other? Please specify \_\_\_\_\_

**18. Rank your most important PHARMACEUTICAL needs (medications to treat ... ):**

- ADD/ ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit, Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Depression or Anxiety
- HIV/AIDS Prevention (PrEP / PEP)
- HIV/AIDS Treatment
- Immunizations / Vaccines
- Sexually Transmitted Diseases (Not HIV/AIDS)
- Transgender Hormonal Therapy
- Other? Please specify \_\_\_\_\_

**19. How do you feel about your overall PHYSICAL HEALTH?**

- Very good · Good · Fair · Poor · Very poor

**20. How do you feel about your overall MENTAL/ EMOTIONAL HEALTH?**

- Very good · Good · Fair · Poor · Very poor

**21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?**

- Very good · Good · Fair · Poor · Very poor

**22. Do you engage in any of these activities nowadays?** (select all that apply)

Remember, your responses are confidential and anonymous.

- Drinking more than 2 alcoholic drinks per day (beer, wine, cocktails, etc.)
- Drinking more than 2 sugary drinks per day (soda, fruit punch, lemonade)
- Kinky Sex / Bondage/ SM
- Hard Drugs (Acid, Heroin, Crack Cocaine)
- Party Drugs (Ketamine, Crystal Meth, Ice, Blue Pill, Oxy, Cocaine, Fentanyl, f3nt/fent or TNT, mushrooms)
- Other Drugs (Marijuana, 420, Poppers, Molly, Ecstasy)
- Self-Care (seeing a therapist or psychiatrist, yoga, meditation)

- Regular exercise
- Sex without condoms or dental dams (and not on PREP)
- Sex work (any kind)
- Sell or exchange Sex for money, drugs, or other
- Buy, pay, or exchange money, drugs, or other for Sex
- Smoking / Vaping
- Trying to start a family/ having children
- Trying to eat a healthy/balanced diet

**Part C. WRITE-IN – Optional**

After reviewing all options above, these questions below re-ask the first set of open-end questions that were asked at the beginning of this survey. Leave blank if the same or no change.

**23. Do you have any other HEALTH / WELL-BEING needs that were not listed?**

\_\_\_\_\_

**24. Do you have any other major BARRIERS that you face in addressing your health/wellbeing needs?**

\_\_\_\_\_

**25. Do you have any IDEAS for SERVICES or WAYS to deliver these services to help you meet your health/well-being needs?**

\_\_\_\_\_

**26. Do you have any other health/well-being needs that you WANT TO KNOW more about?**

\_\_\_\_\_

**27. Are there any other issues you want to raise or tell us about?**

\_\_\_\_\_

**Part D. SELECT**

*Remember all answers are anonymous and confidential. Check all that apply.*

**28. What is your Native Language/ Dialect?**

- |                        |                   |                        |
|------------------------|-------------------|------------------------|
| English                | Arabic            | Bengali                |
| Chinese-Mandarin       | Chinese-Cantonese | Chinese-Taiwanese      |
| Chinese-Fuzhounese     | Chinese-Fukienese | Chinese-Other dialect  |
| Filipino-Tagalog       | Filipino-Ilocano  | Filipino-Visayan       |
| Filipino-Other dialect |                   |                        |
| Gujarati               | Hindi             | Korean                 |
| Lao                    | Nepali            | Punjabi                |
| Thai                   | Tibetan           | Urdu                   |
| Vietnamese             | Spanish           | Other (please specify) |

**29. Do You Identify as a Person with a Disability (physical, mental, developmental, behavioral, etc.)?**                      Yes                      No

**30. What is your Income group?**

*What is your household size? What is the income group for your household?*

No income-student	No income-unemployed	
No income-on public assistance	No income or fixed income-retired	
Under \$13,500	\$13,501 - \$18,000	\$18,001 - \$22,500
\$22,501 - \$27,000	\$27,001 - \$36,000	\$36,001 - \$46,000
\$46,001 - \$55,000	\$55,001 - \$65,000	\$65,001 - \$75,000
\$75,001 - \$100,000	Over \$100,000	

**31. What is your Highest Level of Education completed?**

No formal education	Primary or Grammar School	
High school graduate, diploma, or the equivalent (e.g., GED)		
Some college/university credit, no degree		
Trade/technical/vocational training	Associate degree (e.g., AA, AS)	
Bachelor’s degree (e.g., BA, BS)	Master’s degree (e.g., MA, MS, MEd)	
Professional degree (e.g., JD, MD, DDS)	Doctorate degree (e.g., Ph.D., EdD)	

**32. Are you affiliated with any underserved community or group with special needs?**

- Youth (18 to 25)
- Elders / Seniors Citizens
- Transgender / Gender Non-Conforming/ Gender Variant/ Non-Binary
- LGBT Asian Parents with children (via adoption, surrogacy, IVF)
- Leather/ SM/ Kink / Bondage
- Street Vendors
- Other (please specify)
- Youth (under 18)
- Immigrant
- Sex Workers
- Student
- None

**33. Which Borough or County do you live in?**

Bronx	Brooklyn / Kings County	Manhattan / New York County
Queens	Staten Island / Richmond County	Westchester
Nassau	Suffolk	Elsewhere in New York State
Bergen County, New Jersey		Hudson County, New Jersey
Not in New York State. Please specify _____		

**34. What Zip Code do you live in?**

*Thank you. To receive your FREE GIFT (safer sex kit) or to enter the RAFFLE DRAWING for a \$25 Amazon Gift Card (10 winners) or free T-shirt "I love Rice" or "Pacific Rim" (25 winners), go to this link and complete the google form. Drawing to be pulled at the completion of the survey. This is a separate form to keep your responses above anonymous and confidential.*

## Survey Instrument - Bengali Translation

### **Apicha CHC** সমাজগোষ্ঠীর প্রয়োজনসূহ মূল্যায়ন সার্ভের প্রশ্নমালা

#### **NYC'র LGBTQ** এশিয়ান প্যাসিফিক আয়ল্যান্ডার সমাজগোষ্ঠীর স্বাস্থ্য এবং সুস্থতার প্রয়োজনসমূহ

নিউ ইয়র্ক সিটির LGBTQ এশিয়ান, এশিয়ান আমেরিকান, দক্ষিণ এশিয়ান, দক্ষিণ পূর্ব এশিয়ান এবং প্যাসিফিক আয়ল্যান্ডার সমাজগোষ্ঠীর স্বাস্থ্য এবং সুস্থতার প্রয়োজন পূরণের অভিপ্রায়ে Apicha CHC Community Health Center (CHC) একটি নতুন কর্মপ্রচেষ্টা শুরু করেছে।

এই প্রয়োজনগুলি পূরণ করার জন্য নানা কর্মসূচির ব্যাপারে আইডিয়া এবং যেসব বাধাবিঘ্নের কারণে সহজে পরিষেবা পেতে অসুবিধা হয় (যেমন আস্থা, বাসস্থানে অ্যাক্সেস, সংস্কৃতি সম্পর্কিত চিন্তা, কলঙ্ক ইত্যাদি) সেসব বিষয়েও Apicha CHC সন্ধান করছে।

এই একান্ত গোপন এবং পরিচয়বিহীন সমীক্ষা অর্থাৎ সার্ভের সাহায্যে Apicha CHC তাদের কুইন্স, জ্যাকসন হাইট স্থিত নতুন কেন্দ্রে প্রোগ্রাম ও পরিষেবার বিকাশ করতে পারবে।

অনুগ্রহ করে এই পরিচয়বিহীন এবং একান্ত গোপন প্রশ্নমালার উত্তর দিন। **পুরস্কারে** আছে:

- ফ্রি সেফার সেব্ল (নিরাপদ সঙ্গম) কিট এবং চূড়ান্ত রিপোর্টের একটা কপি - সব অংশগ্রহণকারী
- \$25 Amazon গিফ্ট কার্ড - এলোমেলোভাবে বেছে নেওয়া 10 জন অংশগ্রহণকারী
- টি-শার্ট "I love Rice" বা "Pacific Rim" - 25 জন অংশগ্রহণকারী

যদি আপনি LGBTQ (লেসবিয়ান, গে, বাইসেক্সুয়াল, ট্রান্সজেন্ডার, কুইর) এবং এশিয়ান, এশিয়ান আমেরিকান, দক্ষিণ এশিয়ান, দক্ষিণ পূর্ব এশিয়ান বা প্যাসিফিক আয়ল্যান্ডার হিসাবে নিজের পরিচয় জানান শুধু তাহলেই উত্তর দিন।

এই সার্ভেতে প্রায় 16 মিনিট সময় লাগবে। তার পর আপনার ফ্রি উপহার পাওয়ার জন্য বা একটা পুরস্কার জিতে নেওয়ার জন্য রাফেল ড্র-তে অংশগ্রহণের সুযোগ দিতে আপনার জন্য একটা আলাদা Google Form খুলে দেওয়া হবে।

জিজ্ঞাসা করা সমস্ত প্রশ্ন এবং উত্তর দেখতে এখানে যান:

<https://bit.ly/Apicha-CHC-Survey-Questions>

আপনার যদি কোনও প্রশ্ন বা মন্তব্য থাকে, অনুগ্রহ করে গ্লেন ডি. ম্যাগপ্যান্টে -কে [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) "Apicha CHC Survey" প্রসঙ্গের উল্লেখ করে চিঠি লিখুন বা 917-439-3158-এ ফোন করুন।

### **Apicha CHC-র বিষয়ে**

যাদের প্রয়োজন তাদের, দাম দেওয়ার ক্ষমতা নির্বিশেষে, সবসময়ে, ব্যাপক পরিচর্যা দেওয়ায় উৎসর্গীকৃত সামাজিক স্বাস্থ্য কেন্দ্র Apicha CHC. অভিবাসী, বিমা সুরক্ষা বঞ্চিত এবং LGBTQ+ জন সাধারণ সময়ে প্রান্তিক সমাজগোষ্ঠীর জন্য নিরাপদ আশ্রয়স্থল দেওয়া আমাদের মূল উদ্দেশ্য। আমরা প্রাথমিক মেডিকাল সেবা, HIV স্পেশালিটি সেবা, PrEP/PEP-তে অ্যাক্সেস, ট্রান্সজেন্ডার স্বাস্থ্য সেবা, STI/STD টেস্ট এবং স্ক্রীনিং, স্বভাবসিদ্ধ আচরণগত স্বাস্থ্য, এবং মহিলাদের স্বাস্থ্য পরিষেবা দিই। মেডিকাল পরিষেবা ছাড়াও Apicha CHC বিবিধ সহায়ক পরিষেবা দেয়, যেমন পুষ্টি সংক্রান্ত স্বাস্থ্য সচেতনতা, স্বাস্থ্য বিমা এবং SNAP এ নথিভুক্তকরণ, হেলথ হোম এবং সামাজিক অংশগ্রহণের প্রোগ্রাম। আমরা সবিশেষ উল্লেখ করতে চাই যে আমরা রোগীর সবসময়ে নিরাময়ে প্রতিজ্ঞাবদ্ধ মেডিকাল ব্যবস্থাপক। আমরা সবসময় নতুন রোগীদের সাগ্রহে গ্রহণ করে নিই।

পরিচয়বিহীন এবং একান্ত গোপনীয় <https://www.surveymonkey.com/r/TTKJRXN>

সমস্ত প্রশ্ন এবং উত্তর দেখতে এখানে যান : <https://bit.ly/Apicha-CHC-Survey>

### **বিভাগ A. যোগ্যতা**

#### **1. আপনার এশিয়ান জাতিগত পরিচয় কি?**

চীনা	কোরিয়ান	জাপানি	ফিলিপিনো	ভারতীয়	বাংলাদেশী	থাই
ভিয়েতনামি	ভুটানি	বর্মী	গুয়ামানিয়ান	হাওয়াইয়ান	নেটিভ	
মালয়শিয়ান	সিঙ্গাপুরী	তাইওয়ানি	তিব্বতী	ইন্দোনেশিয়ান	লাওশিয়ান	
পাকিস্তানি	নেপালি	শ্রীলঙ্কান	তংগান		পশ্চিম এশিয়ান	

মধ্য এশিয়ান অন্য এশিয়ান বা প্যাসিফিক আয়ল্যান্ডার জাতিভুক্ত: (অনুগ্রহ করে উল্লেখ করুন)  
এশিয়ান নয়: লিখুন (অনুগ্রহ করে উল্লেখ করুন)

## 2. আপনার যৌন অভিমুখীতা কি?

অযৌন বাইসেক্সুয়াল/প্যানসেক্সুয়াল/ফ্লুইড গে  
হেটেরোসেক্সুয়াল/স্ট্রেইট লেসবিয়ান কুইর অন্য কিছু (অনুগ্রহ করে উল্লেখ করুন)

## 3. আপনার লিঙ্গ বা লিঙ্গগত পরিচয় কি?

মহিলা পুরুষ ট্রান্সজেন্ডার পুরুষ  
ট্রান্সজেন্ডার মহিলা নন-বাইনারি/একাধিক লিঙ্গ/লিঙ্গগত পরিচয় নেই  
অন্য কিছু (অনুগ্রহ করে উল্লেখ করুন)

## 4. আপনার বয়স শ্রেণী কোনটি?

18-24	25-34	35-44	45-54
55-64	65-74	75-84	85+

## বিভাগ B. লেখা

শুধু আপনার মূল ধারণাগুলি জানান। যদি জানা না থাকে, তাহলে এই অংশটা বাদ দিন।

শেষে আবার আপনি এইসব প্রশ্নের উত্তর দেওয়ার সুযোগ পাবেন।

## 5. 1. আপনার স্বাস্থ্য / সুস্থতার তিনটি (3) প্রধান প্রয়োজনগুলি কি?

## 6. আপনার স্বাস্থ্য/সুস্থতার প্রয়োজন পূরণে আপনাকে মূলত কোন বাধাগুলির মুখোমুখি হতে হয়?

## 7. আপনার স্বাস্থ্য/সুস্থতার প্রয়োজন পূরণের জন্য এইসব পরিষেবা দেওয়ার বিষয়ে পরিষেবা বা উপায়ের ব্যাপারে আপনার কোনও আইডিয়া আছে কি?

## 8. অন্য কোন সমস্যা আছে যা আপনি জানাতে বা আমাদের বলতে চান?

## বিভাগ B. যে জিনিসগুলি জরুরী শুধু সেইগুলি ক্রমানুসার জানান

1=সবচেয়ে জরুরী।

শুধু তালিকাভুক্ত বিকল্পগুলির মধ্যে থেকে বেছে নিন। যদি "অন্য" প্রয়োজ্য হয়, এই বিভাগশেষে আপনার তা জানাতে পারেন।

যদি বিষয়টি একেবারেই জরুরী না হয়, আপনি ডান দিকে 'প্রাসঙ্গিক না' বক্সে ক্লিক করতে পারেন।

আপনাকে সবকটি বিকল্প ক্রমানুসার জানাতে হবে না, তবে অনুগ্রহ করে অন্তত 3টি ক্রমানুসার জানান।

সমস্ত উত্তর একান্ত গোপনীয় এবং পরিচয়বিহীন রাখা হয়।

## 9. আপনার স্বাস্থ্যের সবচেয়ে জরুরী প্রয়োজনগুলি ক্রমানুসার জানান:

- HIV/AIDS/ যৌন সংক্রমিত রোগ, হেপাটাইটিস
- ক্যান্সার
- দাঁতের যত্ন
- টাকাকরণ / টীকা (COVID, ফ্লু, হেপাটাইটিস, HPV (যৌনজ্ঞে আঁচিল), মেনাঞ্জাইটিস, নিউমোনিয়া, শিংগল, জল বসন্ত, হাম, মাম্পস, রুবেলা, টিটেনাস, ডিপথেরিয়া, ছপিং কাফ)
- ADHD / ADD / OCD / PTSD (অ্যাটেনশন ডেফিসিট হাইপারঅ্যাক্টিভিটি ডিসঅর্ডার, অ্যাটেনশন ডেফিসিট ডিসঅর্ডার, অবসেসিভ-কমপালসিভ ডিসঅর্ডার, পোস্ট-ট্রমাটিক স্ট্রেস ডিসঅর্ডার) সামলানো
- শৈশব বা কৈশোরে যত্ন পরিচর্যা/পারিবারিক মানসিক স্বাস্থ্য পরিষেবা
- ট্রান্সজেন্ডার স্বাস্থ্য
- নেশা (ধূমপান, অ্যালকহল, ক্রিস্টাল মেথ ইত্যাদি)
- ডায়বেটিস, কোলেস্টেরল, রক্তচাপ
- অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

## 10. যৌন সংক্রমিত রোগ/HIV/AIDS এ আপনার সবচেয়ে জরুরী প্রয়োজনগুলি ক্রমানুসার জানান:

- প্রতিরোধ (যেমন PrEP / PEP)
- চিকিৎসা (নিরাময়)
- টেস্ট (রোগ নির্ণয়)
- সহায়ক পরিষেবা/ আমলাতন্ত্রের নিয়মে ন্যাভিগেট করা
- কোনওটাই না বা প্রয়োজন নেই
- অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

### 11. আপনি যদি মা বাবা হন, আপনার সন্তানদের স্বাস্থ্যের সবচেয়ে জরুরী প্রয়োজনগুলি ক্রমানুসার জানান:

- প্রাইমারি কেয়ারে কিশোরদের ডাক্তার
- প্রাইমারি কেয়ারে শিশুদের ডাক্তার
- দাঁতের পরিষেবা
- টাকাকরণ / টাকা (COVID, ফ্লু, হেপাটাইটিস, HPV (যৌনাঙ্গে আঁচিল), মেনাজাইটিস, নিউমোনিয়া, শিংগল, জল বসন্ত, হাম, মাস্পস, রুবেলা, টিটেনাস, ডিপথেরিয়া, ছুপিং কাফ)
- ADHD / ADD / OCD / PTSD (অ্যাটেনশন ডেফিসিট হাইপারঅ্যাক্টিভিটি ডিসঅর্ডার, অ্যাটেনশন ডেফিসিট ডিসঅর্ডার, অবসেসিভ-কমপালসিভ ডিসঅর্ডার, পোস্ট-ট্রমাটিক স্ট্রেস ডিসঅর্ডার) সামলানো
- ছোটদের, কিশোর ও পরিবারের জন্য মানসিক স্বাস্থ্য পরিষেবা
- N/A অপ্রযোজ্য, সন্তানের মা বা বাবা না
- অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

### 12. আপনার সুস্থতার সবচেয়ে জরুরী প্রয়োজনগুলি ক্রমানুসার জানান:

- অনুভূতিগত স্বাস্থ্য
- পরিবার পরিকল্পনা গর্ভনিরোধ বা গর্ভবস্থা পরীক্ষা
- ফুড স্ট্যাম্প নাম নথিভুক্তকরণ (SNAP, খাবার কেনার জন্য অর্থ)
- প্রাইমারি কেয়ার ফিজিশিয়ান (PCP) এবং LGBTQ+ API বান্ধব ফার্মাসি পাওয়া
- স্বাস্থ্য বিমায় নাম নথিভুক্তকরণ
- ছোটদের, কিশোর ও পরিবারের জন্য মানসিক স্বাস্থ্য পরিষেবা
- রেজিস্ট্রিকৃত ডায়েটিশিয়ান দ্বারা খাদ্যপুষ্টির বিষয়ে পরামর্শ এবং ওজন সামলানো
- LGBTQ + এশিয়ান বা দক্ষিণ এশিয়ান হিসাবে সমবায়ীদের সমর্থন
- অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

### 13. নিচের তালিকাবদ্ধ স্বাস্থ্য এবং সুস্থতার প্রয়োজনগুলির মধ্যে থেকে আপনার সবচেয়ে জরুরী প্রয়োজনগুলি ক্রমানুসার জানান:

- নেশা (ধূমপান, অ্যালকহল, ক্রিস্টাল মেথ ইত্যাদি)
- ডিপ্রেশন বা মানসিক উদ্বেগ
- ADD / ADHD / OCD / PTSD (অ্যাটেনশন ডেফিসিট ডিসঅর্ডার, অ্যাটেনশন ডেফিসিট হাইপারঅ্যাক্টিভিটি ডিসঅর্ডার, অবসেসিভ-কমপালসিভ ডিসঅর্ডার, পোস্ট-ট্রমাটিক স্ট্রেস ডিসঅর্ডার) সামলানো
- দাঁতের যত্ন
- অর্থসম্বল, খাবারের জন্য অর্থসংস্থান, বাসা ভাড়া, চাকরি
- LGBT-সংবেদনশীল এশিয়ান ডাক্তার খুঁজে পাওয়া
- আমার বিমা (নেটওয়ার্কের সুরক্ষা) পরিধিতে একজন ডাক্তার খুঁজে পাওয়া
- স্বাস্থ্য বিমা পাওয়া
- টাকাকরণ/টাকা
- স্বাস্থ্য বিমা সিস্টেম/স্বাস্থ্য বিমা কভারেজ ন্যাভিগেট করা
- যৌন সংক্রমিত রোগ, HIV/AIDS হেপাটাইটিস
- মা বাবার সমর্থনের অভাব
- আইনী সমস্যা

### 14. আপনার মতে নিম্নোক্ত স্বাস্থ্য এবং সুস্থতার প্রয়োজনগুলির মধ্যে থেকে LGBTQ+ এশিয়ান / দক্ষিণ এশিয়ান/ প্যাসিফিক আয়ল্যান্ডার সমাজগোষ্ঠীর সবচেয়ে জরুরী প্রয়োজনগুলি ক্রমানুসার জানান:

- নেশা (ধূমপান, অ্যালকহল, ক্রিস্টাল মেথ ইত্যাদি)
- ডিপ্রেশন বা মানসিক উদ্বেগ
- ADD / ADHD / OCD / PTSD (অ্যাটেনশন ডেফিসিট ডিসঅর্ডার, অ্যাটেনশন ডেফিসিট হাইপারঅ্যাক্টিভিটি ডিসঅর্ডার, অবসেসিভ-কমপালসিভ ডিসঅর্ডার, পোস্ট-ট্রমাটিক স্ট্রেস ডিসঅর্ডার) সামলানো
- দাঁতের যত্ন
- অর্থসম্বল, খাবারের জন্য অর্থসংস্থান, বাসা ভাড়া, চাকরি
- LGBT-সংবেদনশীল এশিয়ান ডাক্তার খুঁজে পাওয়া
- আমার বিমা (নেটওয়ার্কের সুরক্ষা) পরিধিতে একজন ডাক্তার খুঁজে পাওয়া
- স্বাস্থ্য বিমা পাওয়া
- টাকাকরণ/টাকা
- স্বাস্থ্য বিমা সিস্টেম/স্বাস্থ্য বিমা কভারেজ ন্যাভিগেট করা
- যৌন সংক্রমিত রোগ, HIV/AIDS হেপাটাইটিস
- মা বাবার সমর্থনের অভাব
- আইনী সমস্যা

সার্ভেতে নতুন পৃষ্ঠা

অর্ধেক হয়েছে!

বিভাগ B. ক্রমশ

যে জিনিসগুলি জরুরী শুধু সেইগুলি ক্রমানুসার জানান

অবশিষ্ট প্রশ্নগুলি দেখতে এখানে দেখুন: <https://bit.ly/Apicha CHC-Survey>

**15. এইসব স্বাস্থ্য/সুস্থতার প্রয়োজন পূরণে আপনার সবচেয়ে জরুরী বাধাগুলি ক্রমানুসার জানান**

- আর্থিক (পরিষেবার দাম দেওয়ার ক্ষমতা)
- LGBT-সংবেদনশীল এশিয়ান ডাক্তার বা অন্য স্বাস্থ্য পরিচর্যা ব্যবস্থাপক অর্থাৎ হেলথ কেয়ার প্রোভাইডার খুঁজে পাওয়া
- আমার বিমা/নেটওয়ার্কের সুরক্ষার পরিধিতে একজন হেলথ কেয়ার প্রোভাইডার খুঁজে পাওয়া
- খাদ্য নিরাপত্তাহীনতা (যথেষ্ট খেতে পাওয়া)
- ADHD / ADD / OCD / PTSD (অ্যাটেনশন ডেফিসিট হাইপারঅ্যাক্টিভিটি ডিসঅর্ডার, অ্যাটেনশন ডেফিসিট ডিসঅর্ডার, অবসেসিভ-কমপালসিভ ডিসঅর্ডার, পোস্ট-ট্রমাটিক স্ট্রেস ডিসঅর্ডার) হওয়া
- আবাসীয় নিরাপত্তাহীনতা (বাসা ভাড়া বেশি) • অভিবাসন স্থিতি
- চাকরি নিরাপত্তা (বাঁধধরা চাকরি, বেতনের পরিমাণ) • মা বাবার সমর্থনের অভাব
- আইনী সমস্যা/উকিল দরকার • স্বাস্থ্য বিমা সিস্টেম/স্বাস্থ্য বিমা কভারেজ ন্যাভিগেট করা
- স্বাস্থ্য বিমা নেই • ব্যক্তিগত নিরাপত্তা/আত্মরক্ষা • লজ্জা/বিরত অবস্থা/কলঙ্ক/অপমান এড়ানো
- সময় (কাজ থেকে ছুটি পাওয়ার সময় সুযোগ নেই/খুব ব্যস্ত, ডাক্তারের সময় সুবিধাজনক না, সপ্তাহশেষে বা বিকালে ছুটি নেই)
- হিংস্রতা (ঘৃণাভিত্তিক অপরাধ, পারিবারিক হিংস্রতা, সঙ্গী উত্যাগ বা কতৃৎ করে)
- অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

**16. আপনি যে স্বাস্থ্য/ সুস্থতার প্রয়োজনগুলির বিষয়ে সবচেয়ে বেশি জানতে চান: (স্বাস্থ্য শিক্ষা)**

- নেশা (ধূমপান, অ্যালকহল, ক্রিস্টাল মেথ ইত্যাদি)
- অ্যাটেনশন ডেফিসিট ডিসঅর্ডার (ADD), অ্যাটেনশন ডেফিসিট হাইপারঅ্যাক্টিভিটি ডিসঅর্ডার (ADHD), অবসেসিভ-কমপালসিভ ডিসঅর্ডার (OCD), পোস্ট-ট্রমাটিক স্ট্রেস ডিসঅর্ডার (PTSD)
- ক্যান্সার (কোলোন, সার্ভাইকাল, স্তন) • এশিয়ান মা বাবার কাছে নিজের বিষয়ে জানানো
- অনুভূতিগত সমস্যা/উদ্বেগ/ডিপ্রেসন • মানসিক স্বাস্থ্য (সাধারণ) • মানসিক স্বাস্থ্য (সাধারণ) • মানসিক স্বাস্থ্য (সাধারণ) • মানসিক স্বাস্থ্য (সাধারণ)
- পাটি ড্রাগস (গাঁজা, মলি, কেটামেন, ক্রিস্টাল মেথ, আইস, রু পিল, অক্সি, প্যাস, কোকেন, ফেন্টানাইল, ফেন্ট বা TNT)
- শরীরের ওজন/ভারমূর্তি • অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

**17. নিচের তালিকা থেকে আপনার স্বাস্থ্যের সবচেয়ে জরুরী প্রয়োজনগুলি ক্রমানুসার জানান:**

- পায়ুগত স্বাস্থ্য • ক্যান্সার (ত্বক, লিম্ফোমা, নাক সংক্রান্ত, ডিম্বাশয়, অন্ডকোষ সংক্রান্ত)
- ডার্মাটোলজি অর্থাৎ ত্বক সংক্রান্ত • বয়স্ক/বৃদ্ধদের স্বাস্থ্য পরিচর্যা
- লিঙ্গত্বকের যত্ন • ইনভিট্রো ফাটিলাইজেশন (IVF মা বাবা হওয়া) / শুক্রাণু বা ডিম্বাণু সংরক্ষণ
- লাবিয়া/ভগ্নাঙ্করের যত্ন • স্মৃতিশক্তি লোপ স্ক্রীনিং • পায়ের পাতার চিকিৎসা
- মূত্র বিজ্ঞান অর্থাৎ ইউরোলজি • দৃষ্টিশক্তি • অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

**18. আপনার সবচেয়ে জরুরী ফার্মেটিকাল প্রয়োজনগুলি (চিকিৎসার জন্য ওষুধ...) ক্রমানুসার জানান:**

- ADD / ADHD / OCD / PTSD (অ্যাটেনশন ডেফিসিট ডিসঅর্ডার, অ্যাটেনশন ডেফিসিট হাইপারঅ্যাক্টিভিটি ডিসঅর্ডার, অবসেসিভ-কমপালসিভ ডিসঅর্ডার, পোস্ট-ট্রমাটিক স্ট্রেস ডিসঅর্ডার)
- ডিপ্রেশন বা মানসিক উদ্বেগ • HIV/AIDS প্রতিরোধ (যেমন PrEP / PEP)
- HIV/AIDS এর চিকিৎসা • টীকাকরণ/টীকা • যৌন সংক্রমিত রোগ (HIV/AIDS না) •
- ট্রান্সজেন্ডার হরমোনাল থেরাপি • অন্য? অনুগ্রহ করে উল্লেখ করুন \_\_\_\_\_

**19. আপনার সবসময় শারীরিক স্বাস্থ্যের বিষয়ে আপনার কেমন মনে হয়?**

- |            |      |           |       |           |
|------------|------|-----------|-------|-----------|
| • খুব ভালো | ভালো | সন্তোষজনক | খারাপ | খুব খারাপ |
|------------|------|-----------|-------|-----------|

**20. আপনার সবসময় মানসিক/অনুভূতিগত স্বাস্থ্যের বিষয়ে আপনার কেমন মনে হয়?**

- |            |      |           |       |           |
|------------|------|-----------|-------|-----------|
| • খুব ভালো | ভালো | সন্তোষজনক | খারাপ | খুব খারাপ |
|------------|------|-----------|-------|-----------|

**21. শারীরিক বা নান্দনিক ভাবে নিজের বিষয়ে আপনার কেমন মনে হয়? আপনার কি মনে হয় সম্পর্ক, ডেটা বা অন্তরঙ্গতায় অন্যদের দৃষ্টিতে আপনি আকর্ষণীয়?**

- |            |      |           |       |           |
|------------|------|-----------|-------|-----------|
| • খুব ভালো | ভালো | সন্তোষজনক | খারাপ | খুব খারাপ |
|------------|------|-----------|-------|-----------|

**22. আজকাল আপনি কি এর মধ্যে কোনও কাজ করেন? (প্রয়োজ্য সবগুলি নির্বাচন করুন)**

মনে রাখবেন, আপনার উত্তর একান্ত গোপনীয় এবং পরিচয়বিহীন রাখা হয়।



- এক দিনে 2 টি বেশি অ্যালকহল সহ ড্রিঙ্ক (বিয়ার, ওয়াইন, ককটেল ইত্যাদি) নেওয়া
- এক দিনে 2 টি বেশি চিনি সহ ড্রিঙ্ক (সোডা, ফ্রুট পাঞ্চ, লেমনোড) নেওয়া
- হার্ড ড্রাগস (অ্যাসিড, হিরোইন, ক্র্যাক কোকেন)
- পাটি ড্রাগস (কেটামিন, ক্রিস্টাল মেথ, আইস, রু পিল, অক্সি, কোকেন, ফেন্টানাইল, f3nt/ফেন্ট বা TNT, মাশরুম)
- অন্যান্য ড্রাগসেবন (গাঁজা, 420, পপার্স, মলি, এক্সট্যাসি)
- নিজের যত্ন নেওয়া (থেরাপিস্ট বা সাইকিয়াট্রিস্টকে দেখানো, যোগব্যায়াম, ধ্যান)
- কন্ডোম বা ডেন্টাল ড্যাম ছাড়া সঙ্গম (এবং PREP এ না)
- অর্থ, ড্রাগস বা অন্য কিছু জন্ম যৌনক্রিয়া বিনিময় বা বিক্রি
- যৌনক্রিয়ার জন্য অর্থ, ড্রাগস বা অন্য কিছু কেনা, দাম দেওয়া বা বিনিময় করা
- স্মোকিং/ভেপিং
- কিশ্কি সেক্স/বন্ডেজ/SM
- নিয়মিত ব্যায়াম
- যৌন কাজ (যে কোনও)
- পরিবার শুরু করা/সন্তান ধারণের চেষ্টা
- স্বাস্থ্যকর/সুখম খাদ্যাভ্যাসের চেষ্টা

### বিভাগ C. লেখা – ঐচ্ছিক

উপরের সব কটি বিকল্প পুনর্বিচার করার পর, নিচের এই প্রশ্নগুলিতে প্রথম সেটের প্রশ্ন সবিস্তারে আবার জিজ্ঞাসা করা হচ্ছে যা সার্ভের শুরুতে করা হয়েছিল। একই থাকলে বা কোনও পরিবর্তন না হলে স্থানটি শূন্য রাখুন।

**23. আপনার আর কোনও স্বাস্থ্য / সুস্থতার প্রয়োজন আছে কি যা তালিকায় জানানো হয়নি?**

**24. আপনার স্বাস্থ্য/সুস্থতার প্রয়োজন পূরণে আপনাকে আর কোনও বড় ধরনের বাধার মুখোমুখি হতে হয় কি?**

**25. আপনার স্বাস্থ্য/সুস্থতার প্রয়োজন পূরণের জন্য এইসব পরিষেবা দেওয়ার বিষয়ে পরিষেবা বা উপায়ের ব্যাপারে আপনার কোনও আইডিয়া আছে কি?**

**26. আপনার আর কোনও স্বাস্থ্য / সুস্থতার প্রয়োজন আছে কি যার বিষয়ে আপনি আরও জানতে চান?**

**27. অন্য কোন সমস্যা আছে যা আপনি জানাতে বা আমাদের বলতে চান?**

### বিভাগ D. বেছে নিন

মনে রাখবেন সমস্ত উত্তর পরিচয়বিহীন এবং একান্ত গোপনীয়। প্রয়োজ্য সবগুলি বেছে নিন।

**28. আপনি মাতৃভাষা/উপভাষা কি?**

ইংরাজি	আরবি	বাংলা	চিনা- ম্যান্ডারিন
চিনা- ক্যান্টনিজ	চিনা- তাইওয়ানিজ	চিনা- ফুজৌনিজ	চিনা- ফুকিনিজ
চিনা- অন্য উপভাষা	ফিলিপিনো-তাগালগ	ফিলিপিনো-ইলোকানো	ফিলিপিনো-ভিসায়ান
ফিলিপিনো-অন্য উপভাষা	গুজরাতি	হিন্দি	কোরিয়ান
লাও	নেপালি	পাঞ্জাবি	থাই
তিব্বতী	উর্দু	ভিয়েতনামি	স্প্যানিশ
অন্য কিছু (অনুগ্রহ করে উল্লেখ করুন)			

**29. আপনি কি নিজেকে প্রতিবন্ধী (শারীরিক, মানসিক, বিকাশগত, আচরণগত ইত্যাদি) মনে করেন? হ্যাঁ না**

**30. আপনার উপার্জন শ্রেণী কি?**

আপনার পরিবারে কতজন আছেন? আপনার পরিবারের উপার্জন শ্রেণী কি?

কোনও উপার্জন নেই-শিক্ষার্থী

কোনও উপার্জন নেই-বেকার

কোনও উপার্জন নেই-সর্বজনীন সহায়তায়

কোনও উপার্জন বা বাঁধাধরা উপার্জন নেই-অবসরপ্রাপ্ত

\$13,500-এর কম \$13,501 - \$18,000 \$18,001 - \$22,500 \$22,501 - \$27,000

\$27,001 - \$36,000 \$36,001 - \$46,000 \$46,001 - \$55,000 \$55,001 - \$65,000

\$65,001 - \$75,000 \$75,001 - \$1,00,000 \$1,00,000-এর বেশি

**31. আপনার সম্পূর্ণ করা শিক্ষার সর্বোচ্চ স্তর কি?**

আনুষ্ঠানিক শিক্ষা নেই	প্রাথমিক বা গ্রামার স্কুল
হাই স্কুল গ্র্যাজুয়েট, ডিপ্লোমা, বা সমশ্রেণীর (যেমন GED)	
কলেজ/বিশ্ববিদ্যালয়ে পড়েছেন, তবে ডিগ্রী নেই	ব্যবসা/টেকনিক্যাল/বৃত্তিগত ট্রেনিং
অ্যাসোসিয়েট ডিগ্রী (যেমন, AA, AS)	স্নাতক ডিগ্রী (যেমন, BA, BS)
স্নাতকোত্তর ডিগ্রী (যেমন, MA, MS, MEd)	পেশাদার ডিগ্রী (যেমন, JD, MD, DDS)
ডক্টরেট ডিগ্রী (যেমন, PhD, EdD)	

### 32. আপনি কি বিশেষ প্রয়োজনসহ অপরিষেবাপ্রাপ্ত জনগোষ্ঠী বা দলের সাথে যুক্ত আছেন?

- তরুণ (18 থেকে 25)
- তরুণ (18 এর কম)
- বয়স্ক/বয়োবৃদ্ধ নাগরিক
- অভিবাসী
- ট্রান্সজেন্ডার/জেন্ডার নন কনফর্মিং/জেন্ডার ভেরিয়েন্ট/ নন-বাইনারি
- (পোষ্য নেওয়া, সারোগেসি, IVF-এর মাধ্যমে) সন্তানসহ LGBT এশিয়ান মা বাবা
- লেদার/SM/কিঙ্ক/বন্ডেজ
- যৌন কর্মী
- ফেরিওয়ালা
- শিক্ষার্থী
- অন্য কিছু (অনুগ্রহ করে উল্লেখ করুন)
- কোনওটাই নয়

### 33. আপনি কোন বোরো বা কাউন্টিতে থাকেন?

ব্রক্স	ব্রুকলিন/কিংস কাউন্টি
ম্যানহাটান/নিউ ইয়র্ক কাউন্টি	কুইন্স
স্টেটেন আয়ল্যান্ড/রিচমন্ড কাউন্টি	ওয়েস্টচেসটার
নাসৌ	সাফক
নিউ ইয়র্ক স্টেটে অন্যত্র	বার্গেন কাউন্টি, নিউ জার্সি
হাডসন কাউন্টি, নিউ জার্সি	নিউ ইয়র্ক স্টেটে নয়। অনুগ্রহ করে উল্লেখ করুন _____

### 4. আপনি যেখানে থাকেন সেখানকার জিপ কোড কি?

ধন্যবাদ। আপনার ফ্রি উপহার (সেফার সেক্স কিট) পাওয়ার জন্য বা \$25 Amazon গিফ্ট কার্ড (10 জন বিজেতা) এর জন্য রাফল ড্র-এ অংশ নেওয়ার জন্য বা "I love Rice" বা "Pacific Rim" (25 জন বিজেতা) ফ্রি টি-শার্ট জিতে নেওয়ার জন্য, এই লিঙ্ক দিয়ে Google Form পূরণ করে দিন। সার্ভে সম্পূর্ণ করার পর ড্র করা হবে।

আপনার উত্তর পরিচয়বিহীন এবং একান্ত গোপন রাখার জন্য এটা একটা আলাদা ফর্ম।

## **APPENDIX VIII**

### **Survey Instrument - Chinese (Simplified Script) Translation**

#### **小区需求评估调查问卷**

<https://www.surveymonkey.com/r/YKVJ79R>

#### **NYC的亚洲/太平洋岛国原住民 LGBTQ 群体健康与福祉需求调查**

Apicha CHC Community Health Center (CHC) 正在发起一项新举措，用以了解NYC的亚洲人、亚裔美国人、南亚人、东南亚人和太平洋岛国原住民 LGBTQ 群体的健康福祉需求。

同时，Apicha CHC 也在了解获取公共服务的障碍（如信任、住房、文化问题、污名化等），以及有哪些办法可以开展计划满足相关需求。

新落成的Apicha CHC 位于皇后区杰克逊高地（Jackson Heights）。这项严格保密的匿名调查将帮助我们制定相关计划和服务。

再次申明，本匿名调查严格保密，敬请答复。**答卷有奖，奖品**包括：

- 免费的安全性行为工具包和调查结果报告副本 - 所有参与者均可领取
- 价值 25 美元的亚马逊礼品卡 - 随机抽取 10 名参与者
- “I love Rice” 或 “Pacific Rim” 文化T-Shirt - 赠送 25 名参与者

仅限自我认同为 LGBTQ（女同性恋、男同性恋、双性恋、变性人、酷儿）的亚洲人、亚裔美国人、南亚人、东南亚人或太平洋岛国原住民参与调查。

完成调查需要**16 分钟**。完成后，您将被跳转到一份单独的谷歌表格，以领取免费礼品或参加抽奖活动赢取奖品。

查看所有问题和回答，请访问 <https://bit.ly/Apicha-CHC-Survey-Questions>

如果有任何疑问或意见，请通过电子邮件 [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) 联系 Glenn D. Magpantay（需注明邮件主题“Apicha CHC Survey”）或致电 917-439-3158。

#### **Apicha CHC 简介**

Apicha CHC 致力于为有需要的人提供包容、全面的关怀服务，无论其能否支付相关费用，都能获取服务。我们致力于为边缘化群体（包括移民、无保险者和 LGBTQ+ 人群）提供安全的庇护所。我们提供基础医疗保健、HIV病毒专科护理、PrEP/PEP、跨性别保健、性传播疾病/性传播感染（STI/STD）检测与筛查、行为健康和女性健康服务。除了医疗服务，Apicha CHC 还提供一系列支持服务，包括营养健康教育、健康保险和SNAP、健康之家和小区参与计划。需要强调的是，作为医疗服务提供机构，我们致力于通过全盘疗法治疗患者。我们长期接收新患者。

匿名且保密

<https://www.surveymonkey.com/r/TTKJRXN>

查看所有问题和回答，请访问 <https://bit.ly/Apicha-CHC-Survey>

#### **A 部分：调查资格**

##### **1. 您属于哪一个亚洲族裔？**

华人	韩裔	日裔	菲律宾裔	印度裔
孟加拉国裔	泰国裔	越南裔	不丹人	缅甸裔
关岛人	夏威夷原住民	马来西亚裔	新加坡人	台湾人
藏族人	印度尼西亚人	老挝人	巴基斯坦人	尼泊尔人

斯里兰卡人 汤加人 西亚人 中亚人  
其他亚洲或太平洋岛国民族：（请注明）  
不是亚洲人：填写（请注明）

**2. 您的性取向是什么？**

无性恋 双性/泛性/模糊 男同性恋 异性恋  
女同性恋 酷儿 其他（请注明）

**3. 您的性别或性别认同是什么？**

女性 男性 跨性别男性 跨性别女性  
非二元/多于一种性别/无性别 其他（请注明）

**4. 您属于哪一个年龄组？**

18-24 岁 25-34 岁 35-44 岁 45-54 岁  
55-64 岁 65-74 岁 75-84 岁 85岁以上

**B 部分：主观回答**

按照您的直觉回答即可。如果不知道，请跳过此部分。问卷末可以重新回答此部分的问题。

**5. 对您而言，排在前三(3)项的健康/福祉需求是什么？**

**6. 在满足健康/福祉需求方面，您有哪些主要障碍？**

**7. 有关健康/福祉服务的哪些服务或管道最能满足您的需求？**

**8. 您还有其他问题想要告诉我们吗？**

**B 部分：给您最关心的选项打分 \_\_\_\_\_ 1 分 = 最为重要，0 分 = 与您无关或不重要**

**9. 对您而言最重要的健康需求是什么，请打分：**

- HIV/AIDS/性传播疾病，肝炎
- 成瘾症（吸烟、酗酒、冰毒等）
- 癌症
- 抑郁或焦虑
- 糖尿病、胆固醇、高血压
- 牙科保健
- 免疫接种/疫苗（COVID、流感、肝炎、HPV（生殖器疣）、脑膜炎、肺炎、带状疱疹、水痘、麻疹、腮腺炎、风疹、破伤风、白喉、百日咳）
- ADHD / ADD / OCD / PTSD（注意力缺陷多动障碍/注意力缺陷障碍/强迫症/创伤后应激障碍）的管理
- 儿科或青少年护理/家庭心理健康服务
- 跨性别健康
- 其他？请注明 \_\_\_\_\_

**10. 对您而言在性传播疾病/HIV/AIDS方面最大的需求是什么，请打分**

- 预防，例如PrEP / PEP（PrEP / PEP）
- 治疗（治愈）
- 检测（诊断）
- 支持服务/查找相关政府服务部门
- 没有或不必要
- 其他？请注明 \_\_\_\_\_

**11. 如果您是家长，请给对孩子的孩子而言最重要的健康需求打分**

- 青少年医生基础保健
- 儿科医生基础保健

- 牙科服务
- 免疫接种/疫苗 (COVID、流感、肝炎、HPV (生殖器疣)、脑膜炎、肺炎、带状疱疹、水痘、麻疹、腮腺炎、风疹、破伤风、白喉、百日咳)
- ADHD / ADD / OCD / PTSD (注意力缺陷多动障碍/注意力缺陷障碍/强迫症/创伤后应激障碍) 的管理
- 儿童、青少年或家庭心理健康服务 · 不适用, 不是家长
- 其他? 请注明\_\_\_\_\_

**12. 对您而言最重要的福祉需求是什么, 请打分:**

- 情绪健康 · 家庭生育计划的避孕或妊娠检测
- 食品券登记 (SNAP, 购买食品的代金券)
- 基础保健医生 (PCP) 和 LGBTQ API 性多元群体友好药房的服务
- 办理健康保险 · 儿童、青少年或家庭心理健康服务
- 注册营养师的营养咨询和体重管理服务 · 作为 LGBTQ 亚洲人或南亚人的同侪支持
- 其他? 请注明\_\_\_\_\_

**13. 在下列的健康和福祉需求中, 对您而言最重要的一般需求是什么, 请打分:**

- 成瘾症 (吸烟、酗酒、冰毒等) · 抑郁或焦虑
- ADD / ADHD / OCD / PTSD (注意缺陷障碍、注意缺陷多动障碍、强迫症、创伤后应激障碍) 的管理
- 牙科保健 · 财务, 购买食物的钱、交租金, 工作
- 寻找一位理解 LGBT 人群的亚洲医生 · 寻找保险指定的医生服务 (定点医疗机构)
- 办理健康保险 · 免疫接种/疫苗
- 了解医疗保健系统/健康保险范围 · 性传播疾病、HIV/AIDS、肝炎
- 缺乏父母支持 · 法律问题

**14. 在下列的健康和福祉需求中, 您认为对亚洲人/南亚人/太平洋岛国原住民 LGBTQ 群体而言最重要的需求是什么, 请打分:**

- 成瘾症 (吸烟、酗酒、冰毒等) · 抑郁或焦虑
- ADD / ADHD / OCD / PTSD (注意缺陷障碍、注意缺陷多动障碍、强迫症、创伤后应激障碍) 的管理
- 牙科保健 · 财务, 购买食物的钱、交租金, 工作
- 寻找一位理解 LGBT 人群的亚洲医生 · 寻找保险指定的医生服务 (定点医疗机构)
- 办理健康保险 · 免疫接种/疫苗
- 了解医疗保健系统/健康保险范围 · 性传播疾病、HIV/AIDS、肝炎
- 缺乏父母支持 · 法律问题

新一页问卷

完成一半了, 加油!

**B 部分 (续)**

只给重要的项目打分 查看剩下的问题, 请访问 <https://bit.ly/Apicha CHC-Survey>

**15. 解决健康/福祉需求的最大障碍是什么, 请打分**

- 财务 (承担服务费用的能力) · 寻找理解 LGBT 人群的亚洲医生或其他医疗保健机构
- 寻找保险报销的医疗保健机构/保险定点服务机构 · 食品安全 (不足温饱)
- ADHD / ADD / OCD / PTSD (注意力缺陷多动障碍/注意力缺陷障碍/强迫症/创伤后应激障碍) 的管理
- 住房安全 (付不起租金) · 移民身份 · 就业保障 (稳定工作, 薪资水平)
- 缺乏父母支持 · 法律问题/需要律师 · 了解医疗保健系统/健康保险范围

- 没有健康保险
- 人身安全/自卫
- 羞耻/愧疚/耻辱/面子问题
- 时间（工作后没时间/太忙，医生不方便安排，周末或晚上没有空闲）
- 暴力（仇恨犯罪、家庭暴力、虐待或控制伴侣）
- 其他？请注明\_\_\_\_\_

**16. 您最想了解哪些健康/福祉需求的知识，请打分：**

（健康教育）

- 成瘾症（吸烟、酗酒、冰毒等）
- 注意力缺陷障碍（ADD）/注意力缺陷多动障碍（ADHD）/强迫症（OCD）/创伤后应激障碍（PTSD）
- 癌症（结肠癌、宫颈癌、乳腺癌）
- 向亚洲父母出柜
- 情绪问题/焦虑/抑郁
- 一般心理健康
- 猴痘
- 派对药物（大麻、Molly、克他命、安非他命、冰毒、Blue Pill、Oxy、Poppers、可卡因、芬太尼、f3nt/fent 或 TNT）
- 体重/身体形象
- 其他？请注明\_\_\_\_\_

**17. 请在下表选择对您而言最重要的健康需求：**

- 肛门健康
- 癌症（皮肤癌、淋巴瘤、鼻癌、卵巢癌、睾丸癌）
- 皮肤科
- 长者/老人护理
- 包皮卫生
- 体外受精（IVF试管婴儿）/冷冻精子或卵子
- 阴唇/阴蒂卫生
- 记忆丧失检查
- 足科
- 泌尿科
- 眼科
- 其他？请注明\_\_\_\_\_

**18. 请选择对您而言最重要的药物需求（治疗药物等）：**

- ADD/ADHD/OCD/PTSD（注意缺陷障碍、注意缺陷多动障碍、强迫症、创伤后应激障碍）
- 抑郁或焦虑
- HIV/AIDS预防（PrEP/PEP）
- HIV/AIDS治疗
- 免疫接种/疫苗
- 性传播疾病（HIV/AIDS以外）
- 跨性别荷尔蒙疗法
- 其他？请注明\_\_\_\_\_

**19. 对自己整体的身体健康，您的感觉如何？**

- 非常好
- 良好
- 一般
- 较差
- 非常差

**20. 对自己的整体心理/情绪健康，您的感觉如何？**

- 非常好
- 良好
- 一般
- 较差
- 非常差

**21. 对自己的身体或审美，您的感觉如何？您觉得自己在恋爱、约会或交往中对他人有吸引力吗？**

- 非常好
- 良好
- 一般
- 较差
- 非常差

**22. 目前，您是否有以下行为？（请选择所有符合的选项）**

- 每天喝的酒精饮料（啤酒、葡萄酒、鸡尾酒等）超过 2 杯
- 每天喝的含糖饮料（苏打水、果汁饮料、柠檬水等）超过 2 种
- 变态/捆绑/SM
- 硬性毒品（海洛因、可卡因）
- 吸食派对药物（克他命、安非他命、冰毒、Blue Pill、Oxy、Poppers、可卡因、芬太尼、f3nt/fent 或 TNT、迷幻蘑菇）
- 其他药物（大麻、420、Poppers、Molly、摇头丸）
- 自我保健（看治疗师或精神科医生、瑜伽、冥想）
- 经常锻炼
- 不戴避孕套或口交保护膜的性行为（未做PREP）
- 以性换取金钱、毒品或其他
- 性工作（任何形式）
- 吸烟草/吸电子烟
- 以金钱、毒品或其他换取性
- 尝试健康饮食/均衡饮食
- 试图组建家庭/生孩子

**C 部分：主观回答 - 可选**

回答了上述全部选项后，以下问题再次提出了问卷开头的开放式问题。如果答案没有变化，留白即可。

- 23. 您是否还有其他健康/福祉需求未列入上述问题？
- 24. 在满足健康/福祉需求方面，您是否有其他的主要障碍？
- 25. 您是否有其他服务或管道来获取服务，以便满足您的健康/福祉需求？
- 26. 您是否还想了解其他的健康/福祉需求？
- 27. 您还有其他问题想要告诉我们吗？

**D 部分：选择**

请记住，所有答案均为匿名并且严格保密。请勾选所有适用的选项。

**28. 您的母语/方言是什么？**

- |           |           |            |           |
|-----------|-----------|------------|-----------|
| 英语        | 阿拉伯语      | 孟加拉国语      | 汉语-普通话    |
| 粤语        | 汉语-台湾国语   | 汉语-福州话     | 汉语-闽南语    |
| 汉语-其他方言   | 菲律宾语-他加禄语 | 菲律宾语-伊洛卡诺语 | 菲律宾语-维萨扬语 |
| 菲律宾语-其他方言 | 古吉拉特语     | 印地语        | 韩语        |
| 老挝语       | 尼泊尔语      | 旁遮普语       | 泰语        |
| 藏语        | 乌尔都语      | 越南语        | 西班牙语      |
| 其他（请注明）   |           |            |           |

**29. 您是否认为自己有身体、心理、发育、行为等方面的残障？**      是      否

**30. 您属于哪一个收入组？您的家庭有多少人？您的家庭属于哪一个收入组？**

- |                       |                        |                       |                       |
|-----------------------|------------------------|-----------------------|-----------------------|
| 无收入-学生                | 无收入-失业者                | 无收入-接受公共援助            | 无收入或固定收入-退休           |
| \$13,500美元以下          | \$13,501 - \$18,000美元  | \$18,001 - \$22,500美元 | \$22,501 - \$27,000美元 |
| \$27,001 - \$36,000美元 | \$36,001 - \$46,000美元  | \$46,001 - \$55,000美元 | \$55,001 - \$65,000美元 |
| \$65,001 - \$75,000美元 | \$75,001 - \$100,000美元 | 超过 \$100,000 美元       |                       |

**31. 您的最高学历是什么？**

- |                                |                              |
|--------------------------------|------------------------------|
| 高中毕业生、高中文凭或同等学历（例如 GED 高中文凭考试） |                              |
| 有一些学院/大学学分，无学位证                | 贸易/技术/职业培训                   |
| 副学士学位 (e.g., AA, AS)           | 学士学位 (e.g., BA, BS)          |
| 硕士学位 (e.g., MA, MS, MEd)       | 应用型研究生学位 (e.g., JD, MD, DDS) |
| 博士学位 (e.g., PhD, EdD)          |                              |

**32. 您是否属于缺少公共服务的群体或有特殊需要的群体？**

- 青少年（18 至 25 岁）
- 青少年（18 岁以下）
- 长者/老年
- 跨性别者
- LGBT 亚洲家长（通过收养、代孕、IVF）
- 皮革/SM/变态/捆绑性爱
- 性工作者
- 街头摊贩
- 其他（请注明）
- 无

**33. 您住在纽约哪个区或县？**

- 布朗克斯 (Bronx)
- 布鲁克林/金斯线 (Brooklyn/Kings County)
- 曼哈顿/纽约县 (Manhattan/New York County)
- 皇后区 (Queens)
- 斯塔滕岛/里士满县 (Staten Island/Richmond County)

威彻斯特 (Westchester)  
纽约州其他地方  
不在纽约州。请注明\_\_\_\_\_

纳苏郡/ (Nassau)  
卑尔根县, 新泽西州

萨福克 (Suffolk)  
哈得孙县, 新泽西州

**34. 您所属邮区的邮政编码是多少?**

谢谢。请访问此链接并填写谷歌表格, 领取您的免费礼品 (安全性爱工具包); 或参加抽奖活动赢取价值 25 美元的亚马逊礼品卡 (限 10 名获奖者) 或免费文化T-Shirt “I love Rice”或 “Pacific Rim” (限 25 名获奖者)。调查结束后进行抽奖。

抽奖表需单独填写, 回复同样保持匿名和保密。 <https://forms.gle/jN8r5xZtjG6H8sXR7>



## **Survey Instrument Chinese (Traditional Script) Translation**

### **社區需求評估調查問卷**

<https://www.surveymonkey.com/r/YKVJ79R>

### **NYC的亞洲/太平洋島國原住民 LGBTQ 群體健康與福祉需求調查**

Apicha CHC Community Health Center (CHC) 正在發起一項新舉措，用以瞭解NYC的亞洲人、亞裔美國人、南亞人、東南亞人和太平洋島國原住民 LGBTQ 群體的健康福祉需求。

同時，Apicha CHC 也在瞭解獲取公共服務的障礙（如信任、住房、文化問題、汙名化等），以及有哪些辦法可以開展計畫滿足相關需求。

新落成的Apicha CHC 位於皇后區傑克遜高地（Jackson Heights）。這項嚴格保密的匿名調查將幫助我們制定相關計畫和服務。

再次申明，本匿名調查嚴格保密，敬請答覆。**答卷有獎，獎品**包括：

- 免費的安全性行為工具包和調查結果報告副本 - 所有參與者均可領取
- 價值 25 美元的亞馬遜禮品卡 - 隨機抽取 10 名參與者
- “I love Rice”或“Pacific Rim”文化T-Shirt - 贈送 25 名參與者

僅限自我認同為 LGBTQ（女同性戀、男同性戀、雙性戀、變性人、酷兒）的亞洲人、亞裔美國人、南亞人、東南亞人或太平洋島國原住民參與調查。

完成調查需要**16分鐘**。完成後，您將被跳轉到一份單獨的彙報表格，以領取免費禮品或參加抽獎活動贏取獎品。

查看所有問題和回答，請訪問 <https://bit.ly/Apicha-CHC-Survey-Questions>

如果有任何疑問或意見，請通過電子郵件 [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) 聯繫 Glenn D. Magpantay（需注明郵件主題“Apicha CHC Survey”）或致電 917-439-3158。

### **Apicha CHC 簡介**

Apicha CHC 致力於為有需要的人提供包容、全面的關懷服務，無論其能否支付相關費用，都能獲取服務。我們致力於為邊緣化群體（包括移民、無保險者和 LGBTQ+ 人群）提供安全的庇護所。我們提供基礎醫療保健、HIV病毒專科護理、PrEP/PEP、跨性別保健、性傳播疾病/性傳播感染（STI/STD）檢測與篩查、行為健康和女性健康服務。除了醫療服務，Apicha CHC 還提供一系列支援服務，包括營養健康教育、健康保險和SNAP、健康之家和社區參與計畫。需要強調的是，作為醫療服務提供機構，我們致力於通過全盤療法治療患者。我們長期接收新患者。

匿名且保密

<https://www.surveymonkey.com/r/TTKJRXN>

查看所有問題和回答，請訪問 <https://bit.ly/Apicha-CHC-Survey>

### **A 部分：調查資格**

#### **1. 您屬於哪一個亞洲族裔？**

華人	韓裔	日裔	菲律賓裔	印度裔	孟加拉裔
泰國裔	越南裔	不丹人	緬甸裔	關島人	夏威夷原住民
馬來西亞裔	新加坡人	臺灣人	藏族人	印尼人	老撾人
巴基斯坦人	尼泊爾人	斯里蘭卡人	湯加人	西亞人	中亞人
其他亞洲或太平洋島國民族：（請注明）			不是亞洲人：填寫（請注明）		

2. 您的性取向是什麼？

- 無性戀                      雙性/泛性/模糊                      男同性戀                      異性戀
- 女同性戀                      酷兒                      其他（請注明）

3. 您的性別或性別認同是什麼？

- 女性                      男性                      跨性別男性                      跨性別女性
- 非二元/多於一種性別/無性別                      其他（請注明）

4. 您屬於哪一個年齡組？

- 18-24 歲                      25-34 歲                      35-44 歲                      45-54 歲
- 55-64 歲                      65-74 歲                      75-84 歲                      85歲以上

**B 部分：主觀回答**

按照您的直覺回答即可。如果不知道，請跳過此部分。問卷末可以重新回答此部分的問題。

5. 對您而言，排在前三 (3) 項的健康/福祉需求是什麼？

6. 在滿足健康/福祉需求方面，您有哪些主要障礙？

7. 有關健康/福祉服務的哪些服務或管道最能滿足您的需求？

8. 您還有其他問題想要告訴我們嗎？

**B 部分：給您最關心的選項打分**

1 分 = 最為重要，0 分 = 與您無關或不重要

9. 對您而言最重要的健康需求是什麼，請打分：

- HIV/AIDS/性傳播疾病，肝炎                      · 成癮症（吸煙、酗酒、冰毒等）
- 癌症                      · 抑鬱或焦慮
- 糖尿病、膽固醇、高血壓                      · 牙科保健
- 免疫接種/疫苗（COVID、流感、肝炎、HPV（生殖器疣）、腦膜炎、肺炎、帶狀皰疹、水痘、麻疹、腮腺炎、風疹、破傷風、白喉、百日咳）
- ADHD / ADD / OCD / PTSD（注意力缺陷多動障礙/注意力缺陷障礙/強迫症/創傷後應激障礙）的管理
- 兒科或青少年護理/家庭心理健康服務
- 跨性別健康                      · 其他？請注明\_\_\_\_\_

10. 對您而言在性傳播疾病/HIV/AIDS方面最大的需求是什麼，請打分

- 預防，例如PrEP / PEP（PrEP / PEP）                      · 治療（治癒）
- 檢測（診斷）                      · 支援服務/查找相關政府服務部門
- 沒有或不必要                      · 其他？請注明\_\_\_\_\_

11. 如果您是家長，請給對您的孩子而言最重要的健康需求打分

- 青少年醫生基礎保健                      · 兒科醫生基礎保健
- 牙科服務
- 免疫接種/疫苗（COVID、流感、肝炎、HPV（生殖器疣）、腦膜炎、肺炎、帶狀皰疹、水痘、麻疹、腮腺炎、風疹、破傷風、白喉、百日咳）
- ADHD / ADD / OCD / PTSD（注意力缺陷多動障礙/注意力缺陷障礙/強迫症/創傷後應激障礙）的管理
- 兒童、青少年或家庭心理健康服務                      · 不適用，不是家長                      · 其他？請注明\_\_\_\_\_

**12. 對您而言最重要的福祉需求是什麼，請打分：**

- 情緒健康
- 家庭生育計畫的避孕或妊娠檢測
- 食品券登記 (SNAP, 購買食品的代金券)
- 基礎保健醫生 (PCP) 和 LGBTQ API 性多元群體友好藥房的服務
- 辦理健康保險
- 兒童、青少年或家庭心理健康服務
- 註冊營養師的營養諮詢和體重管理服務
- 作為 LGBTQ 亞洲人或南亞人的同儕支持
- 其他？請注明\_\_\_\_\_

**13. 在下列的健康和福祉需求中，對您而言最重要的一般需求是什麼，請打分：**

- 成癮症 (吸煙、酗酒、冰毒等)
- 抑鬱或焦慮
- ADD/ ADHD / OCD / PTSD (注意缺陷障礙、注意缺陷多動障礙、強迫症、創傷後應激障礙) 的管理
- 牙科保健
- 財務，購買食物的錢、交租金，工作
- 尋找一位理解 LGBT 人群的亞洲醫生
- 尋找保險指定的醫生服務 (定點醫療機構)
- 辦理健康保險
- 免疫接種/疫苗
- 瞭解醫療保健系統/健康保險範圍
- 性傳播疾病、HIV/AIDS、肝炎
- 缺乏父母支持
- 法律問題

**14. 在下列的健康和福祉需求中，您認為對亞洲人/南亞人/太平洋島國原住民 LGBTQ 群體而言最重要的需求是什麼，請打分：**

- 成癮症 (吸煙、酗酒、冰毒等)
- 抑鬱或焦慮
- ADD/ ADHD / OCD / PTSD (注意缺陷障礙、注意缺陷多動障礙、強迫症、創傷後應激障礙) 的管理
- 牙科保健
- 財務，購買食物的錢、交租金，工作
- 尋找一位理解 LGBT 人群的亞洲醫生
- 尋找保險指定的醫生服務 (定點醫療機構)
- 辦理健康保險
- 免疫接種/疫苗
- 瞭解醫療保健系統/健康保險範圍
- 性傳播疾病、HIV/AIDS、肝炎
- 缺乏父母支持
- 法律問題

新一頁問卷

完成一半了，加油！

**B 部分 (續)**

只給重要的項目打分

查看剩下的問題，請訪問 [https://bit.ly/Apicha CHC-Survey](https://bit.ly/Apicha_CHC-Survey)

**15. 解決健康/福祉需求的最大障礙是什麼，請打分**

- 財務 (承擔服務費用的能力)
- 尋找理解 LGBT 人群的亞洲醫生或其他醫療保健機構
- 尋找保險報銷的醫療保健機構/保險定點服務機構
- 食品安全 (不足溫飽)
- ADHD / ADD / OCD / PTSD (注意力缺陷多動障礙/注意力缺陷障礙/強迫症/創傷後應激障礙) 的管理
- 住房安全 (付不起租金)
- 移民身份
- 就業保障 (穩定工作，薪資水準)
- 缺乏父母支持
- 法律問題/需要律師
- 瞭解醫療保健系統/健康保險範圍
- 沒有健康保險
- 人身安全/自衛
- 羞恥/愧疚/恥辱/面子問題
- 時間 (工作後沒時間/太忙，醫生不方便安排，週末或晚上沒有空閒)
- 暴力 (仇恨犯罪、家庭暴力、虐待或控制伴侶)
- 其他？請注明\_\_\_\_\_

**16. 您最想瞭解哪些健康/福祉需求的知識，請打分：**

(健康教育)

- 成癮症 (吸煙、酗酒、冰毒等)
- 注意力缺陷障礙 (ADD) / 注意力缺陷多動障礙 (ADHD) / 強迫症 (OCD) / 創傷後應激障礙 (PTSD)
- 癌症 (結腸癌、宮頸癌、乳腺癌)
- 情緒問題/焦慮/抑鬱
- 派對藥物 (大麻、Molly、克他命、安非他命、冰毒、Blue Pill、Oxy、Poppers、可卡因、芬太尼、f3nt/fent 或 TNT)
- 體重/身體形象
- 向亞洲父母出櫃
- 一般心理健康
- 猴痘
- 其他? 請注明\_\_\_\_\_

**17. 請在下表選擇對您而言最重要的健康需求：**

- 肛門健康
- 長者/老人護理
- 陰唇/陰蒂衛生
- 泌尿科
- 癌症 (皮膚癌、淋巴瘤、鼻癌、卵巢癌、睪丸癌)
- 包皮衛生
- 記憶喪失檢查
- 眼科
- 皮膚科
- 體外受精 (IVF 試管嬰兒) / 冷凍精子或卵子
- 足科
- 其他? 請注明\_\_\_\_\_

**18. 請選擇對您而言最重要的藥物需求 (治療藥物等)：**

- ADD / ADHD / OCD / PTSD (注意缺陷障礙、注意缺陷多動障礙、強迫症、創傷後應激障礙)
- 抑鬱或焦慮
- HIV/AIDS 預防 (PrEP / PEP)
- 性傳播疾病 (HIV/AIDS 以外)
- HIV/AIDS 治療
- 跨性別荷爾蒙療法
- 免疫接種/疫苗
- 其他? 請注明\_\_\_\_\_

**19. 對自己整體的身體健康，您的感覺如何？**

- 非常好
- 良好
- 一般
- 較差
- 非常差

**20. 對自己的整體心理/情緒健康，您的感覺如何？**

- 非常好
- 良好
- 一般
- 較差
- 非常差

**21. 對自己的身體或審美，您的感覺如何？您覺得自己在戀愛、約會或交往中對他人有吸引力嗎？**

- 非常好
- 良好
- 一般
- 較差
- 非常差

**22. 目前，您是否有以下行為？ (請選擇所有符合的選項)**

- 每天喝的酒精飲料 (啤酒、葡萄酒、雞尾酒等) 超過 2 杯
- 每天喝的含糖飲料 (蘇打水、果汁飲料、檸檬水等) 超過 2 種
- 變態/捆綁/SM
- 吸食派對藥物 (克他命、安非他命、冰毒、Blue Pill、Oxy、Poppers、可卡因、芬太尼、f3nt/fent 或 TNT、迷幻蘑菇)
- 其他藥物 (大麻、420、Poppers、Molly、搖頭丸)
- 自我保健 (看治療師或精神科醫生、瑜伽、冥想)
- 經常鍛煉
- 性工作 (任何形式)
- 以金錢、毒品或其他換取性
- 試圖組建家庭/生孩子
- 硬性毒品 (酸、海洛因、可卡因)
- 不戴避孕套或口交保護膜的性行為 (未做暴露前預防)
- 以性換取金錢、毒品或其他
- 吸煙草/吸電子煙
- 嘗試健康飲食/均衡飲食

**C 部分：主觀回答 - 可選**

回答了上述全部選項後，以下問題再次提出了問卷開頭的開放式問題。如果答案沒有變化，留白即可。

- 23. 您是否還有其他健康/福祉需求未列入上述問題？
- 24. 在滿足健康/福祉需求方面，您是否有其他的主要障礙？
- 25. 您是否有其他服務或管道來獲取服務，以便滿足您的健康/福祉需求？
- 26. 您是否還想瞭解其他的健康/福祉需求？
- 27. 您還有其他問題想要告訴我們嗎？

**D 部分：選擇。**請記住，所有答案均為匿名並且嚴格保密。請勾選所有適用的選項。

**28. 您的母語/方言是什麼？**

英語	阿拉伯語	孟加拉語	漢語-普通話
粵語	漢語-臺灣國語	漢語-福州話	漢語-閩南語
漢語-其他方言	菲律賓語-他加祿語	菲律賓語-伊洛卡諾語	
菲律賓語-維薩揚語	菲律賓語-其他方言	古吉拉特語	印地語
韓語	老撾語	尼泊爾語	旁遮普語
泰語	藏語	烏爾都語	越南語
西班牙語	其他（請注明）		

29. 您是否認為自己有身體、心理、發育、行為等方面的殘障？ 是 否

**30. 您屬於哪一個收入組？ 您的家庭有多少人？ 您的家庭屬於哪一個收入組？**

無收入-學生	無收入-失業者		
無收入-接受公共援助	無收入或固定收入-退休		
\$13,500美元以下	\$13,501 - \$18,000美元	\$18,001 - \$22,500美元	\$22,501 - \$27,000美元
\$27,001 - \$36,000美元	\$36,001 - \$46,000美元	\$46,001 - \$55,000美元	\$55,001 - \$65,000美元
\$65,001 - \$75,000美元	\$75,001 - \$100,000美元	超過 \$100,000 美元	

**31. 您的最高學歷是什麼？**

高中畢業生、高中文憑或同等學歷（例如 GED 高中文憑考試）	
有一些學院/大學學分，無學位證	貿易/技術/職業培訓
副學士學位 (e.g., AA, AS)	學士學位 (e.g., BA, BS)
碩士學位 (e.g., MA, MS, MEd)	應用型研究生學位 (e.g., JD, MD, DDS)
博士學位 (e.g., PhD, EdD)	

**32. 您是否屬於缺少公共服務的群體或有特殊需要的群體？**

- 青少年（18 至 25 歲）
- 青少年（18 歲以下）
- 長者/老年
- 跨性別者
- LGBT 亞洲家長（通過收養、代孕、IVF）
- 皮革/SM/變態/捆綁性愛
- 性工作者
- 街頭攤販
- 其他（請注明）
- 無

**33. 您住在紐約哪個區或縣？**

布朗克斯（Bronx）	布魯克林/金斯線（Brooklyn/Kings County）
曼哈頓/紐約縣（Manhattan/New York County）	皇后區（Queens）

斯塔滕島/裡士滿縣 (Staten Island/Richmond County)

威徹斯特 (Westchester)

納蘇郡 (Nassau)

薩福克 (Suffolk)

紐約州其他地方

貝根縣，新澤西州

哈得孫縣，新澤西州

不在紐約州。請注明\_\_\_\_\_

### 34. 您所屬郵區的郵遞區號是多少？

謝謝。請訪問此連結並填寫表格，領取您的免費禮品（安全性愛工具包）；或參加抽獎活動贏取價值 25 美元的亞馬遜禮品卡（限 10 名獲獎者）或免費文化 T-Shirt “I love Rice” 或 “Pacific Rim”（限 25 名獲獎者）。調查結束後進行抽獎。

抽獎表需單獨填寫，回復同樣保持匿名和保密。

## **Survey Instrument - Hindi Translation**

### **Apicha CHC समुदाय आवश्यकता आकलन सर्वेक्षण के प्रश्न**

<https://www.surveymonkey.com/r/YKVJ79R>

### **NYC के LGBTQ एशियाई प्रशांत द्वीप वासी समुदाय की स्वास्थ्य और तंदुरुस्ती संबंधी आवश्यकताएँ**

Apicha CHC सामुदायिक स्वास्थ्य केंद्र (कम्युनिटी हेल्थ सेंटर, (CHC)) न्यू यॉर्क शहर के LGBTQ एशियाई, एशियाई अमेरिकी, दक्षिण एशियाई, दक्षिण-पूर्व एशियाई, और प्रशांत द्वीप वासी समुदायों की स्वास्थ्य और तंदुरुस्ती संबंधी आवश्यकताओं पर ध्यान देने के लिए एक नया प्रयास आरंभ कर रहा है।

Apicha CHC उन बाधाओं की भी पड़ताल कर रहा है जो सेवाओं की पहुँच को निष्फल करती हैं (जैसे भरोसा, आवास की पहुँच, सांस्कृतिक चिंताएँ, लांछन, आदि) और इन आवश्यकताओं की पूर्ति पर केंद्रित कार्यक्रमों के विचारों की भी खोजबीन कर रहा है।

इस गोपनीय और बेनामी सर्वेक्षण से Apicha CHC को Jackson Heights, Queens (जैकसन हाइट्स, क्वीन्स) स्थित अपने नए केंद्र में कार्यक्रम और सेवाओं के विकास में मदद मिलेगी।

कृपया इस बेनामी और गोपनीय प्रश्नावली में भाग लें। **पुरस्कारों** में शामिल हैं:

- निःशुल्क सुरक्षित यौन-संबंध किट और अंतिम रिपोर्ट की एक प्रति - सभी प्रतिभागियों के लिए
- \$25 Amazon गिफ्ट कार्ड - संयोगाधारित ड्रॉ से चुने गए 10 प्रतिभागियों के लिए
- टी-शर्ट "I love Rice" या "Pacific Rim" - 25 प्रतिभागियों के लिए

कृपया केवल तब भाग लें यदि आप स्वयं को LGBTQ (लेस्बियन (समलिंगकामी महिला), गे (समलिंगकामी पुरुष), बाइसेक्सुअल (उभयलिंगकामी), ट्रांसजेंडर (विपरीतलिंगी), क्वीर (समलिंगकामी) और एशियाई, एशियाई अमेरिकी, दक्षिण एशियाई, दक्षिण-पूर्व एशियाई, या प्रशांत द्वीप वासी मानते हैं।

इस सर्वेक्षण में **16 मिनट** लगने चाहिए। इसके बाद आपको आपका निःशुल्क उपहार पाने के लिए या किसी एक पुरस्कार हेतु लकी ड्रॉ में प्रवेश के लिए एक अलग Google फ़ॉर्म पर भेजा जाएगा।

पूछे गए सारे प्रश्न और उत्तर देखने के लिए यहाँ जाएँ:

<https://bit.ly/Apicha-CHC-Survey-Questions>

यदि आपके पास कोई प्रश्न या टिप्पणी हो, तो कृपया ग्लेन डी. मगपंताइ (Glenn D. Magpantay) को [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) पर "Apicha CHC Survey" विषय के साथ ईमेल भेजें या 917-439-3158 पर कॉल करें।

### **Apicha CHC का परिचय**

Apicha CHC एक सामुदायिक स्वास्थ्य केंद्र है जो ज़रूरतमंदों को समावेशी और व्यापक देखभाल देने के लिए समर्पित है, चाहे वे भुगतान की योग्यता रखते हों या नहीं। हम वंचित समुदायों, जिनमें आप्रवासी, बीमाहीन, और LGBTQ+ लोग शामिल हैं, के लिए एक सुरक्षित ठिकाने के रूप में कार्य करने के लिए समर्पित हैं। हम प्राथमिक चिकित्सीय देखभाल, HIV विशेषज्ञ देखभाल, PrEP/PEP तक पहुँच, ट्रांसजेंडर स्वास्थ्य देखभाल, STI/STD परीक्षण और स्क्रीनिंग, व्यवहार-संबंधी स्वास्थ्य, और महिला स्वास्थ्य सेवाएँ प्रदान करते हैं। Apicha CHC चिकित्सा सेवाओं के साथ-साथ बहुत सी सहायता सेवाएँ भी प्रदान करता है, जिनमें पोषण स्वास्थ्य शिक्षा, स्वास्थ्य बीमा और SNAP नामांकन, हेल्थ होम, और समुदाय जुड़ाव कार्यक्रम शामिल हैं। हम इस बात

पर ज़ोर देना चाहते हैं कि हम एक ऐसा चिकित्सा प्रदाता हैं जो रोगियों का संपूर्णता से उपचार करने के लिए प्रतिबद्ध है। हम हमेशा नए रोगी स्वीकारते हैं।

बेनामी और गोपनीय <https://www.surveymonkey.com/r/TTKJRXN>

पूछे गए सारे प्रश्न और उत्तर देखने के लिए यहाँ जाएँ: <https://bit.ly/Apicha CHC-Survey>

## भाग A. पात्रता

### 1. आपकी एशियाई नृजाति क्या है?

चीनी	कोरियाई जापानी	फिलिपीनो	भारतीय	बांग्लादेशी
थाई	वियतनामी	भूटानी	बर्मीज	गुआमनियाई मूल हवाई
मलेशियाई	सिंगापुरियाई	ताइवानी तिब्बती	इंडोनेशियाई	ओटियाई
पाकिस्तानी	नेपाली	श्रीलंकाई टॉगन	पश्चिम एशियाई	मध्य एशियाई
अन्य एशियाई या प्रशांत द्वीप वासी नृजाति: (कृपया स्पष्ट करें)				एशियाई नहीं: लिखें (कृपया स्पष्ट करें)

### 2. आपका यौन झुकाव क्या है?

कामाभाव (एसेक्सुअल)  
उभयलिंगकामी (बाइसेक्सुअल) / सर्वलिंगकामी (पैनसेक्सुअल) / परिवर्तनशील (फ्लुइड)  
गे (समलिंगकामी पुरुष) विषमलिंगकामी (हेटरोसेक्सुअल) / सामान्य (स्ट्रेट)  
लेस्बियन (समलिंगकामी महिला) क्वीर (समलिंगकामी)  
अन्य (कृपया स्पष्ट करें)

### 3. आपका लिंग या लैंगिक-पहचान क्या है?

महिला	पुरुष	ट्रांसजेंडर पुरुष	ट्रांसजेंडर महिला
नॉन-बाइनरी/एक से अधिक लिंग/कोई लिंग नहीं			अन्य (कृपया स्पष्ट करें)

### 4. आपका आयु वर्ग क्या है?

18-24	25-34	35-44	45-54
55-64	65-74	75-84	85+

## भाग B. लिखें

बस अपने आरंभिक विचार रखें। यदि आपको जानकारी नहीं है, तो यह अनुभाग छोड़ दें।

आपको इन प्रश्नों के उत्तर देने का अवसर अंत में दोबारा मिलेगा।

5. स्वास्थ्य / कुशलक्षेम से जुड़ी आपकी शीर्ष तीन (3) आवश्यकताएँ क्या हैं?

6. स्वास्थ्य/कुशलक्षेम से जुड़ी अपनी आवश्यकताओं की पूर्ति में आपका सामना किन प्रमुख बाधाओं से होता है?

7. क्या आपके पास सेवाओं के ऐसे कोई विचार या ये सेवाएँ पाने के ऐसे कोई तरीके हैं जो स्वास्थ्य/कुशलक्षेम से जुड़ी आपकी आवश्यकताओं की पूर्ति में आपकी मदद करते हों?

8. क्या ऐसे और कोई मुद्दे हैं जिन्हें आप उठाना या जिनके बारे में हमें बताना चाहते हैं?



## भाग B. केवल महत्वपूर्ण बिंदुओं को रैंक दें

1 = सबसे महत्वपूर्ण।

केवल दिए गए विकल्पों में से ही चुनें। यदि कोई "अन्य" लागू होता हो, तो आप उसे इस अनुभाग के अंत में शामिल कर सकते हैं।

यदि कोई बिंदु बिल्कुल भी महत्वपूर्ण नहीं है, तो आप दायीं ओर स्थित 'अप्रासंगिक' बॉक्स पर क्लिक कर सकते हैं।

साथ ही आपको सभी विकल्पों को रैंक देने की ज़रूरत नहीं है, पर कृपया कम-से-कम 3 को रैंक दें।

सभी उत्तर गोपनीय और बेनामी हैं।

### 9. अपनी सबसे महत्वपूर्ण स्वास्थ्य-संबंधी आवश्यकताओं को रैंक दें:

- HIV/AIDS/यौन संचारित रोग, हेपेटाइटिस
- लत (धूम्रपान, एल्कोहल, क्रिस्टल मेथ, आदि)
- कैंसर
- अवसाद या दुश्चिंता
- डायबिटीज़, कोलेस्टेरॉल, ब्लड प्रेशर
- दाँतों की देखभाल
- टीकाकरण/टीके (COVID, फ़्लू, हेपेटाइटिस, HPV (यौनांगों पर गाँठ), मेनिन्जाइटिस, न्यूमोनिया, शिंगल्स (विसर्पी छाजन), चिकन पॉक्स, मीज़ल्स (खसरा), मम्प्स (गलसुआ), रुबेला, टेटनस, डिफ्थीरिया, हूपिंग कफ़ (काली खाँसी))
- ADHD / ADD / OCD / PTSD (अटेंशन डेफिसिट हायपरएक्टिविटी डिसॉर्डर (एकाग्रता न्यूनता अतिसक्रियता विकार), अटेंशन डेफिसिट डिसॉर्डर (एकाग्रता न्यूनता विकार), ऑब्सेसिव-कम्पल्सिव डिसॉर्डर (धुन-विवशता विकार), पोस्ट-ट्रॉमेटिक स्ट्रेस डिसॉर्डर (अभिघात-पश्चात तनाव विकार)) का प्रबंधन
- बच्चों या किशोरों की देखभाल / पारिवारिक मानसिक स्वास्थ्य सेवाएँ
- ट्रांसजेंडर स्वास्थ्य
- अन्य? कृपया बताएँ \_\_\_\_\_

### 10. यौन संचारित रोगों / HIV/AIDS के लिए अपनी सबसे महत्वपूर्ण आवश्यकताओं को रैंक दें:

- रोकथाम (जैसे PrEP / PEP)
- उपचार (इलाज)
- परीक्षण (निदान)
- सहायता सेवाएँ/ अफ़सरशाही में रास्ता ढूँढ़ना
- कोई नहीं या किसी की आवश्यकता नहीं
- अन्य? कृपया बताएँ \_\_\_\_\_

### 11. यदि आप माता/पिता हैं, तो अपने बच्चों के लिए अपनी सबसे महत्वपूर्ण स्वास्थ्य-संबंधी आवश्यकताओं को रैंक दें:

- प्राथमिक देखभाल के लिए किशोरों का चिकित्सक
- प्राथमिक देखभाल के लिए बच्चों का चिकित्सक
- दंत सेवाएं
- टीकाकरण/टीके (COVID, फ़्लू, हेपेटाइटिस, HPV (यौनांगों पर गाँठ), मेनिन्जाइटिस, न्यूमोनिया, शिंगल्स (विसर्पी छाजन), चिकन पॉक्स, मीज़ल्स (खसरा), मम्प्स (गलसुआ), रुबेला, टेटनस, डिफ्थीरिया, हूपिंग कफ़ (काली खाँसी))
- ADHD / ADD / OCD / PTSD (अटेंशन डेफिसिट हायपरएक्टिविटी डिसॉर्डर (एकाग्रता न्यूनता अतिसक्रियता विकार), अटेंशन डेफिसिट डिसॉर्डर (एकाग्रता न्यूनता विकार), ऑब्सेसिव-कम्पल्सिव डिसॉर्डर (धुन-विवशता विकार), पोस्ट-ट्रॉमेटिक स्ट्रेस डिसॉर्डर (अभिघात-पश्चात तनाव विकार)) का प्रबंधन
- बच्चों, किशोरों या परिवार के लिए मानसिक स्वास्थ्य सेवाएँ
- N/A लागू नहीं, किसी बच्चे की माता/के पिता नहीं
- अन्य? कृपया बताएँ \_\_\_\_\_

### 12. अपनी सबसे महत्वपूर्ण कुशलक्षेम-संबंधी आवश्यकताओं को रैंक दें:

- भावनात्मक स्वास्थ्य

- परिवार नियोजन, गर्भनिरोध या गर्भावस्था परीक्षण
- फूड स्टॉप नामांकन (SNAP, भोजन खरीदने हेतु धन)
- प्राथमिक देखभाल चिकित्सक (प्राइमरी केयर फिजीशियन, PCP) और LGBTQ+ API के प्रति मित्रवत दवा की दुकान ढूँढना
- स्वास्थ्य बीमा में नामांकन
- बच्चों, किशोरों या परिवार के लिए मानसिक स्वास्थ्य सेवाएँ
- पंजीकृत आहारविज्ञानी द्वारा पोषण संबंधी परामर्श और भार प्रबंधन
- साथियों से सहायता जैसे किसी LGBTQ+ एशियाई या दक्षिण एशियाई से
- अन्य? कृपया बताएँ \_\_\_\_\_

**13. नीचे दी गई स्वास्थ्य और कुशलक्षेम संबंधी आवश्यकताओं में से, अपनी सामान्य तौर पर सबसे महत्वपूर्ण आवश्यकताओं को रैंक दें:**

- लत (धूमपान, एल्कोहल, क्रिस्टल मेथ, आदि)
- अवसाद या दुश्चिंता
- ADD / ADHD / OCD / PTSD (अटेंशन डेफिसिट डिऑर्डर (एकाग्रता न्यूनता विकार), अटेंशन डेफिसिट हायपरएक्टिविटी डिऑर्डर (एकाग्रता न्यूनता अतिसक्रियता विकार), ऑब्सेसिव-कम्पल्सिव डिऑर्डर (धुन-विवशता विकार), पोस्ट-ट्रॉमेटिक स्ट्रेस डिऑर्डर (अभिघात-पश्चात तनाव विकार)) का प्रबंधन
- दाँतों की देखभाल
- वित्तीय मामले, भोजन खरीदने हेतु धन, किराया, जॉब
- LGBT के प्रति संवेदनशील एशियाई चिकित्सक ढूँढना
- ऐसा चिकित्सक ढूँढना जिसे मेरा बीमा कवर करता हो (जो इन-नेटवर्क हो)
- स्वास्थ्य बीमा पाना
- टीकाकरण / टीके
- स्वास्थ्य देखभाल प्रणाली / स्वास्थ्य बीमा कवरेज में रास्ता ढूँढना
- यौन संचारित रोग, HIV/AIDS, हेपेटाइटिस
- अभिभावकीय सहायता का अभाव
- कानूनी समस्याएँ

**14. नीचे दी गई स्वास्थ्य और कुशलक्षेम संबंधी आवश्यकताओं में से उन आवश्यकताओं को रैंक दें जो आपके विचार में LGBTQ+ एशियाई / दक्षिण एशियाई / प्रशांत द्वीपवासी समुदाय की सबसे महत्वपूर्ण आवश्यकताएँ हैं:**

- लत (धूमपान, एल्कोहल, क्रिस्टल मेथ, आदि)
- अवसाद या दुश्चिंता
- ADD / ADHD / OCD / PTSD (अटेंशन डेफिसिट डिऑर्डर (एकाग्रता न्यूनता विकार), अटेंशन डेफिसिट हायपरएक्टिविटी डिऑर्डर (एकाग्रता न्यूनता अतिसक्रियता विकार), ऑब्सेसिव-कम्पल्सिव डिऑर्डर (धुन-विवशता विकार), पोस्ट-ट्रॉमेटिक स्ट्रेस डिऑर्डर (अभिघात-पश्चात तनाव विकार)) का प्रबंधन
- दाँतों की देखभाल
- वित्तीय मामले, भोजन खरीदने हेतु धन, किराया, जॉब
- LGBT के प्रति संवेदनशील एशियाई चिकित्सक ढूँढना
- ऐसा चिकित्सक ढूँढना जिसे मेरा बीमा कवर करता हो (जो इन-नेटवर्क हो)
- स्वास्थ्य बीमा पाना
- टीकाकरण / टीके
- स्वास्थ्य देखभाल प्रणाली / स्वास्थ्य बीमा कवरेज में रास्ता ढूँढना
- यौन संचारित रोग, HIV/AIDS, हेपेटाइटिस
- अभिभावकीय सहायता का अभाव
- कानूनी समस्याएँ

आधा रास्ता पार!

भाग B. जारी

केवल महत्वपूर्ण बिंदुओं को रैंक दें

पूछे गए सारे शेष प्रश्न देखने के लिए यहाँ जाएँ: <https://bit.ly/Apicha CHC-Survey>

15. इन स्वास्थ्य/कुशलक्षेम संबंधी आवश्यकताओं की पूर्ति की राह में आने वाली अपनी सबसे बड़ी बाधाओं को रैंक दें

- वित्त (सेवाओं हेतु भुगतान करने की योग्यता)
- LGBT के प्रति संवेदनशील एशियाई चिकित्सक या अन्य स्वास्थ्य देखभाल प्रदाता ढूँढना
- ऐसा स्वास्थ्य देखभाल प्रदाता ढूँढना जिसे मेरा बीमा कवर करता हो/जो इन-नेटवर्क हो
- खाद्य असुरक्षा (पेट भरने लायक भोजन प्राप्त कर पाना)
- ADHD / ADD / OCD / PTSD (अटेंशन डेफिसिट हायपरएक्टिविटी डिसऑर्डर (एकाग्रता न्यूनता अतिसक्रियता विकार), अटेंशन डेफिसिट डिसऑर्डर (एकाग्रता न्यूनता विकार), ऑब्सेसिव-कम्पल्सिव डिसऑर्डर (धुन-विवशता विकार), पोस्ट-ट्रॉमेटिक स्ट्रेस डिसऑर्डर (अभिघात-पश्चात तनाव विकार)) होना
- आवास असुरक्षा (अधिक किराया)
- आप्रवासी स्थिति
- जॉब सुरक्षा (स्थिर रोजगार, वेतन की राशि)
- अभिभावकीय सहायता का अभाव
- कानूनी समस्याएँ/ वकील चाहिए
- स्वास्थ्य देखभाल प्रणाली / स्वास्थ्य बीमा कवरेज में रास्ता ढूँढना
- स्वास्थ्य बीमा नहीं है
- व्यक्तिगत सुरक्षा/ आत्मरक्षा
- बदनामी/ शर्मिंदगी/ लांछन/ इज्जत बचाना
- समय (कार्य से छुट्टी नहीं मिलती/ बहुत व्यस्तता है, चिकित्सक के घंटे असुविधाजनक हैं, वीकेंड या शाम की छुट्टी नहीं मिलती है)
- हिंसा (घृणा अपराध, घरेलू हिंसा, दुर्व्यवहार करने या नियंत्रण रखने वाला साथी)
- अन्य? कृपया बताएँ \_\_\_\_\_

16. उन स्वास्थ्य / कुशलक्षेम संबंधी आवश्यकताओं को रैंक दें जिनके बारे में जानने की आप सबसे अधिक इच्छा रखते हैं:

स्वास्थ्य शिक्षा

- लत (धूमपान, एल्कोहल, क्रिस्टल मेथ, आदि)
- एकाग्रता न्यूनता विकार (अटेंशन डेफिसिट डिसऑर्डर, (ADD)), एकाग्रता न्यूनता अतिसक्रियता विकार (अटेंशन डेफिसिट हायपरएक्टिविटी डिसऑर्डर, (ADHD)), धुन-विवशता विकार (ऑब्सेसिव-कम्पल्सिव डिसऑर्डर, (OCD)), अभिघात-पश्चात तनाव विकार (पोस्ट-ट्रॉमेटिक स्ट्रेस डिसऑर्डर, (PTSD))
- कैंसर (बड़ी आँत, गर्भाशय ग्रीवा (सर्वाइकल), स्तन)
- एशियाई माता-पिता के सामने अपना यौन झुकाव स्वीकारना
- भावनात्मक मुद्दे/ दुश्चिंता / अवसाद
- मानसिक स्वास्थ्य (सामान्य रूप से)
- मंकीपॉक्स
- पार्टी ड्रग्स (गाँजा, मॉली, केटामिन, क्रिस्टल मेथ, आइस, ब्लू पिल, ऑक्सी, पॉपर्स, कोकेन, फ़ैटानिल, f3nt/फ़ैट या TNT)
- भार / शारीरिक छवि
- अन्य? कृपया बताएँ \_\_\_\_\_

**17. नीचे वाली सूची में से अपनी सबसे महत्वपूर्ण स्वास्थ्य-संबंधी आवश्यकताओं को रैंक दें:**

- गुदा का स्वास्थ्य
- कैंसर (त्वचा, लिम्फोमा, नाक, अंडाशय, वृषण)
- चर्मरोग
- बुजुर्गों/ वृद्धजनों की देखभाल
- शिश्न की आगे वाली त्वचा का रखरखाव
- इनविट्रो फर्टिलाइजेशन (IVF से माता/पिता बनना) / शुक्राणु या डिंब (अंड कोशिका) का परिरक्षण
- भगोष्ठ (लेबिया) / भगशिश्निका (क्लाइटोरिस) का रखरखाव
- याददाश्त घटने की जाँच
- पोडियाट्री (पैरों की चिकित्सा)
- मूत्ररोग
- दृष्टि
- अन्य? कृपया बताएँ \_\_\_\_\_

**18. अपनी सबसे महत्वपूर्ण औषधीय आवश्यकताओं (... के उपचार की दवाओं) को रैंक दें:**

- ADD / ADHD / OCD / PTSD (अटेंशन डेफिसिट डिऑर्डर (एकाग्रता न्यूनता विकार), अटेंशन डेफिसिट हायपरएक्टिविटी डिऑर्डर (एकाग्रता न्यूनता अतिसक्रियता विकार), ऑब्सेसिव-कम्पल्सिव डिऑर्डर (धुन-विवशता विकार), पोस्ट-ट्रॉमेटिक स्ट्रेस डिऑर्डर (अभिघात-पश्चात तनाव विकार))
- अवसाद या दुश्चिंता
- HIV/AIDS की रोकथाम (PrEP / PEP)
- HIV/AIDS का उपचार
- टीकाकरण / टीके
- यौन संचारित रोग (HIV/AIDS छोड़कर)
- ट्रांसजेंडर हॉर्मोन चिकित्सा
- अन्य? कृपया बताएँ \_\_\_\_\_

**19. आप अपने संपूर्ण शारीरिक स्वास्थ्य के बारे में कैसा महसूस करते हैं?**

- बहुत अच्छा
- अच्छा
- ठीक-ठाक
- खराब
- बहुत खराब

**20. आप अपने संपूर्ण मानसिक/भावनात्मक स्वास्थ्य के बारे में कैसा महसूस करते हैं?**

- बहुत अच्छा
- अच्छा
- ठीक-ठाक
- खराब
- बहुत खराब

**21. आप स्वयं के बारे में शारीरिक या सुंदरता की दृष्टि से कैसा महसूस करते हैं? क्या आपको लगता है कि आप संबंधों, डेटिंग या हुक अप (वन नाइट स्टैंड आदि) के लिए दूसरों को आकर्षक लगते हैं?**

- बहुत अच्छा
- अच्छा
- ठीक-ठाक
- खराब
- बहुत खराब

**22. क्या आप आजकल इनमें से किसी गतिविधि में शामिल होते हैं? (लागू होने वाले सभी चुनें)**

याद रखें, आपका उत्तर गोपनीय और बेनामी हैं।

- रोज़ाना 2 से अधिक एल्कोहली पेय (बीयर, वाइन, कॉकटेल, आदि) पीना
- रोज़ाना 2 से अधिक, शक्कर से भरपूर पेय (सोडा, फ्रूट पंच, शिकंजी) पीना
- असामान्य व्यवहार वाले यौन संबंध / सहमति से बाँधकर यौन संबंध / SM (अधीनता, स्वपीड़न)
- हार्ड ड्रग्स (एसिड, हेरोइन, क्रैक कोकेन)
- पार्टी ड्रग्स (केटामिन, क्रिस्टल मेथ, आइस, ब्लू पिल, ऑक्सी, कोकेन, फ़ैटानिल, f3nt/फ़ेंट या TNT, मशरूम)
- अन्य ड्रग्स (गाँजा, 420, पॉपर्स, मॉली, एक्सटेसी)
- स्वयं की देखभाल (किसी थेरेपिस्ट या मनोरोगविज्ञानी को दिखाना, योग, ध्यान)
- नियमित व्यायाम
- कॉन्डोम या डेंटल डैम के बिना यौन संबंध (और PREP पर नहीं)
- यौन कार्य (किसी भी प्रकार का)

- धन, ड्रग्स या अन्य चीजों के बदले यौन संबंध बेचना
- यौन संबंध खरीदना, उनके लिए भुगतान करना या उनके बदले में धन, ड्रग्स या अन्य चीजें देना
- धूम्रपान / वैपिंग
- परिवार आरंभ करने/ बच्चे पैदा करने की कोशिश करना
- स्वस्थ / संतुलित आहार खाने की कोशिश करना

### भाग C. लिखें – वैकल्पिक

ऊपर दिए गए सारे विकल्प ध्यान से पढ़ लेने के बाद, नीचे दिए गए ये प्रश्न खुले छोर वाले वे शुरुआती प्रश्न दोबारा पूछते हैं जो इस सर्वेक्षण के आरंभ में पूछे गए थे। यदि उत्तर समान है या कोई बदलाव नहीं है तो खाली छोड़ दें।

23. क्या आपकी ऐसी कोई अन्य स्वास्थ्य / कुशलक्षेम संबंधी आवश्यकता है जो यहाँ नहीं दी गई है?
24. स्वास्थ्य/कुशलक्षेम से जुड़ी अपनी आवश्यकताओं की पूर्ति में क्या आपका सामना किन्हीं अन्य प्रमुख बाधाओं से होता है?
25. क्या आपके पास सेवाओं के ऐसे कोई विचार या ये सेवाएँ पाने के ऐसे कोई तरीके हैं जो स्वास्थ्य/कुशलक्षेम से जुड़ी आपकी आवश्यकताओं की पूर्ति में आपकी मदद करते हों?
26. क्या आपकी ऐसी कोई अन्य स्वास्थ्य / कुशलक्षेम संबंधी आवश्यकता है जिसके बारे में आप और जानना चाहते हैं?
27. क्या ऐसे और कोई मुद्दे हैं जिन्हें आप उठाना या जिनके बारे में हमें बताना चाहते हैं?

### भाग D. चुनें

याद रखें कि सभी उत्तर बेनामी और गोपनीय हैं। लागू होने वाले सभी पर सही का निशान लगाएँ।

#### 28. आपकी मूल भाषा/बोली कौनसी है?

अंग्रेज़ी	अरबी	बंगाली	चाइनीज़-मंदारिन
चाइनीज़-कैटोनीज़	चाइनीज़-ताइवानीज़	चाइनीज़-फुझोनीज़	चाइनीज़-फुकीनीज़
चाइनीज़-अन्य बोली	फ़िलिपिनो-टैगलॉग	फ़िलिपिनो-इलोकानो	फ़िलिपिनो-विसायन
फ़िलिपिनो-अन्य बोली	गुजराती	हिन्दी	कोरियाई
लाओ	नेपाली	पंजाबी	थाई
तिब्बती	उर्दू	वियतनामी	स्पेनी

अन्य (कृपया स्पष्ट करें)

#### 29. क्या आप स्वयं को किसी अशक्तता (शारीरिक, मानसिक, विकास-संबंधी, व्यवहार-संबंधी, आदि) से ग्रस्त व्यक्ति मानते हैं? हाँ नहीं

#### 30. आपका आय वर्ग क्या है? आपकी गृहस्थी में कितने सदस्य हैं? आपकी गृहस्थी का आय वर्ग क्या है?

आयहीन-विद्यार्थी	आयहीन-बेरोज़गार		
आयहीन-सार्वजनिक सहायता पर निर्भर	आयहीन या निश्चित आय-सेवानिवृत्त		
\$13,500 से कम	\$13,501 - \$18,000	\$18,001 - \$22,500	\$22,501 - \$27,000
\$27,001 - \$36,000	\$36,001 - \$46,000	\$46,001 - \$55,000	\$55,001 - \$65,000
\$65,001 - \$75,000	\$75,001 - \$1,00,000	\$100,000 से अधिक	

### 31. आपने किस उच्चतम स्तर की शिक्षा पूरी की है?

कोई औपचारिक शिक्षा नहीं	प्राइमरी या ग्रैमर स्कूल
हाई स्कूल उत्तीर्ण, डिप्लोमा, या समकक्ष (जैसे GED)	कोई कॉलेज/यूनिवर्सिटी क्रेडिट, कोई डिग्री नहीं
ट्रेड/टेक्निकल/व्यावसायिक प्रशिक्षण	एसोसिएट डिग्री (जैसे AA, AS)
बैचलर डिग्री (जैसे BA, BS)	मास्टर डिग्री (जैसे MA, MS, MEd)
पेशेवर डिग्री (जैसे JD, MD, DDS)	डॉक्टरेट डिग्री (जैसे PhD, EdD)

### 32. क्या आप किसी वंचित समुदाय या विशेष आवश्यकताओं वाले समूह से संबद्ध हैं?

- युवा (18 से 25)
- युवा (18 से छोटे)
- बुजुर्ग / वरिष्ठ नागरिक
- आप्रवासी (इमिग्रेंट)
- ट्रांसजेंडर (विपरीतलिंगी) / जेंडर नॉन-कन्फॉर्मिंग (गैर-अनुपालक लिंग) / जेंडर वेरिएंट (परिवर्तनशील लिंग) / नॉन-बाइनरी (लिंगद्वय से इतर)
- LGBT एशियाई माता-पिता जिनके बच्चे हैं (गोद लेने, किराये की कोख, IVF के ज़रिए)
- चमड़े में / SM (अधीनता, स्वपीड़न) वाले / असामान्य व्यवहार वाले / सहमति से बाँधकर यौन संबंध
- यौन कर्मी
- सड़क किनारे के दुकानदार
- विद्यार्थी
- अन्य (कृपया स्पष्ट करें)
- कोई नहीं

### 33. आप किस बरो (नगर-संभाग) या काउंटी में रहते हैं?

ब्रॉक्स (Bronx)	ब्रुकलिन (Brooklyn) / किंग्स (Kings) काउंटी
मैनहैटन (Manhattan) / न्यू यॉर्क (New York) काउंटी	
क्वीन्स (Queens)	स्टेटन आइलैंड (Staten Island) / रिचमंड (Richmond) काउंटी
वेस्टचेस्टर (Westchester)	नासो (Nassau) सफोक (Suffolk)
न्यू यॉर्क राज्य में कहीं और	बर्गन (Bergen) काउंटी, न्यू जर्सी हडसन (Hudson) काउंटी, न्यू जर्सी
न्यू यॉर्क राज्य में नहीं। कृपया बताएँ _____	

### 34. आपके निवास स्थान का ज़िप कोड क्या है?

धन्यवाद। अपना निःशुल्क उपहार (सुरक्षित यौन संबंध किट) पाने या \$25 Amazon गिफ्ट कार्ड (10 विजेता) अथवा निःशुल्क टी-शर्ट "I love Rice" या "Pacific Rim" (25 विजेता) हेतु लकी ड्रॉ में प्रवेश के लिए इस लिंक पर जाकर Google फॉर्म भरें। ड्रॉ सर्वेक्षण पूरा होने के बाद किया जाएगा।

यह एक अलग फॉर्म है जो ऊपर वाले आपके उत्तरों को बेनाम और गोपनीय रखने के लिए है।

## Survey Instrument - Korean Translation

### Apicha CHC지역사회 욕구 평가 설문조사

#### **NYC의 LGBTQ(성소수자) 아시아/태평양 섬 주민 커뮤니티의 건강 및 웰빙 욕구 조사**

Apicha CHC Community Health Center (CHC)는 뉴욕시의 LGBTQ(성소수자) 아시아인, 아시아계 미국인, 남아시아인, 동남아시아 및 태평양 섬 주민 커뮤니티의 건강 및 웰빙 요구를 해결하기 위한 새로운 시도를 하고 있습니다.

Apicha CHC는 또한 서비스 (예 : 신뢰, 주택 접근성, 문화 기인 근심, 낙인 등)에 대한 접근을 좌절 시키는 장벽과 이러한 요구를 해결하기 위한 프로그램에 대한 아이디어를 모색하고 있습니다.

이 기밀 및 익명 설문 조사는 Apicha CHC가 퀸즈 잭슨 하이츠의 새로운 센터에서 프로그램과 서비스를 개발하는데 도움이 될 것입니다.

이 익명의 기밀 설문지에 응답하십시오. 여러분이 받을 보상에 대해서는 다음이 포함됩니다.

- 무료 세이프 섹스 키트 및 최종 보고서 사본 - 모든 참가자
- \$ 25 Amazon 선물 카드 - 무작위 추첨에서 10명의 참가자
- "I love Rice" 또는 "Pacific Rim" 티셔츠 - 25명 참가자

여러분이 LGBTQ(성소수자) (레즈비언, 게이, 양성애자, 트랜스젠더, 퀴어) 및 아시아인, 아시아계 미국인, 남아시아인, 동남아시아 또는 태평양 섬 주민으로 정체화하는 경우에만 응답하십시오.

설문 조사는 16분 정도 소요됩니다. 그 후에는 무료 선물 증정과 경품 추첨을 위해 별도의 구글 양식으로 이동됩니다.

모든 질문과 응답을 확인하시려면 여기로 이동하십시오: <https://bit.ly/Apicha-CHC-Survey-Questions>

질문이나 의견이 있으시면, [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com)의 Glenn D. Magpantay에게 "Apicha CHC Survey"라는 주제로 연락하거나 917-439-3158로 전화하십시오.

### **Apicha CHC에 대하여**

Apicha CHC는 지불 능력에 관계없이 도움이 필요한 사람들에게 포괄적인 치료를 제공하는 데 전념하는 지역 사회 보건 센터입니다. 우리는 이민자, 무보험자 및 LGBTQ(성소수자) + 사람들을 포함하여 소외된 지역 사회의 안전한 피난처 역할을 하기 위해 최선을 다하고 있습니다. 우리는 1차 의료, HIV 전문 치료, PrEP / PEP 이용, 트랜스젠더 건강 관리, STI / STD 검사 및 검진, 행동 건강 및 여성 건강 서비스를 제공합니다. 의료 서비스 외에도 Apicha CHC는 영양 건강 교육, 건강 보험 및 SNAP 등록, 건강 가정 및 지역 사회 참여 프로그램을 포함한 다양한 지원 서비스를 제공합니다. 우리는 의료 제공자로서 환자를 전체적으로 치료하기 위해 최선을 다하고 있음을 강조하고 싶습니다. 우리는 항상 새로운 환자를 받고 있습니다.

### **익명성 및 기밀성**

모든 질문과 응답을 확인하시려면 여기로 이동하십시오: <https://bit.ly/Apicha-CHC-Survey-Questions>

### **파트 A. 적합성 파악**

#### **1. 당신은 어느 아시아 민족에 속하십니까?**

중국	한국	일본	필리핀	인도
방글라데시	태국인	베트남	부탄	미얀마
괌	하와이	말레이시아	싱가포르	대만





- 예방 (예 : PrEP / PEP) · 치료 (완치)
- 테스트 (진단)
- 관심이 없거나 요구 사항 없음
- 지원 서비스 / 관료주의 탐색
- 그 외인 경우 구체적으로 기재해주시시오. \_\_\_\_\_

**11. 부모인 경우, 자녀를 위한 가장 중요한 건강 요구 사항을 평가하십시오.**

- 1차 진료를 위한 청소년 의사
- 1차 진료를 위한 소아과 의사
- 치과 서비스
- 예방 접종 / 백신 (COVID, 독감, 간염, HPV (생식기 사마귀), 수막염, 폐렴, 대상 포진, 수두, 홍역, 유행성 이하선염, 풍진, 파상풍, 디프테리아, 백일해)
- ADHD / ADD / OCD / PTSD 관리 (주의력 결핍 과잉 행동 장애, 주의력 결핍 장애, 강박 장애, 외상 후 스트레스 장애)
- 어린이, 청소년 또는 가족을 위한 정신 건강 서비스
- 해당 없음, 부모가 아님 · 그 외인 경우 구체적으로 기재해주시시오. \_\_\_\_\_

**12. 여러분의 가장 중요한 웰빙 요구 사항을 나열하십시오.**

- 정서적 건강
- 가족 계획 피임 또는 임신 테스트
- 푸드 스탬프 등록 (SNAP, 음식을 사는 돈)
- 주치의(PCP) 및 LGBTQ(성소수자) API 친화적 약국 찾아보기
- 건강 보험 등록
- 어린이, 청소년 또는 가족을 위한 정신 건강 서비스
- 인증된 영양사에 의한 영양 상담 및 체중 관리
- LGBTQ(성소수자) 아시아 또는 남아시아인으로서의 동료 지원
- 그 외인 경우 구체적으로 기재해주시시오. \_\_\_\_\_

**13. 건강 및 웰빙 요구 사항 중에서 당신에게 일반적으로 가장 중요한 요구 사항을 나열하십시오.**

- 중독(흡연, 알코올, 필로폰 등)
- 우울증 또는 불안
- ADD/ADHD/OCD/PTSD(주의력 결핍 장애, 주의력 결핍 과잉 행동 장애, 강박 장애, 외상 후 스트레스 장애) 관리
- 치과 진료
- 재정, 식비, 집세, 직업
- LGBT에 민감한 동양인 의사 찾기
- 내 보험이 적용되는 의사 찾기(네트워크 내)
- 건강 보험
- 예방접종/백신
- 건강 관리 시스템 / 건강 보험 적용 범위 탐색
- 성병, HIV/AIDS, 간염
- 부모 지원 부족
- 법적 문제

**14. 아래의 건강 및 웰빙 요구 사항 중 당신이 성소수자 아시안/남아시안/태평양 섬 커뮤니티에게 가장 중요하다고 생각하는 요구 사항을 나열하십시오:**

- 중독(흡연, 알코올, 필로폰 등)
- 우울증 또는 불안
- ADD/ADHD/OCD/PTSD(주의력 결핍 장애, 주의력 결핍 과잉 행동 장애, 강박 장애, 외상 후 스트레스 장애) 관리
- 치과 진료
- 재정, 식비, 집세, 직업
- LGBT에 민감한 동양인 의사 찾기
- 내 보험이 적용되는 의사 찾기(네트워크 내)
- 건강 보험
- 예방접종/백신
- 건강 관리 시스템 / 건강 보험 적용 범위 탐색
- 성병, HIV/AIDS, 간염
- 부모의 지원 부족
- 법적 문제

설문조사의 새 페이지

절반 완료하셨습니다!

파트 B. 계속

## 우선 순위 매기기

나머지 질문을 모두 보려면 여기로 이동하십시오: <https://bit.ly/Apicha CHC-Survey>

### 15. 이러한 건강 / 복지 요구를 해결하기 위한 여러분의 가장 중요한 장벽은 무엇입니까?

- 재정 (서비스 지불 능력) · LGBT에 민감한 아시아 의사 또는 다른 의료 제공자 찾기
- 내 보험 / 네트워크 내 보험에 가입한 의료 제공자 찾기 · 식량 불안정 (음식 섭취 부족)
- ADHD / ADD / OCD / PTSD (주의력 결핍 과잉 행동 장애, 주의력 결핍 장애, 강박 장애, 외상 후 스트레스 장애)
- 주택 불안정 (높은 임대료) · 이민 신분 · 직업 보장 (꾸준한 고용, 급여 금액)
- 학부모 지원 부족 · 법적 문제 / 변호사 필요
- 건강 관리 시스템 탐색 / 건강 보험 적용 범위 · 건강 보험 없음
- 개인 안전 / 자기 방어 · 부끄러움 / 당혹감 / 낙인 / 체면치레
- 시간 (일을 개시할 시간이 없다 / 너무 바쁘다, 의사는 불편한 시간을 가지고 있으며, 주말이나 저녁이 없다)
- 폭력 (증오 범죄, 가정 폭력, 파트너 학대 또는 통제)
- 그 외인 경우 구체적으로 기재하십시오. \_\_\_\_\_

### 16. 가장 배우고 싶은 건강 / 복지 요구 사항을 평가하십시오.

(건강 교육)

- 중독 (흡연, 알코올, 크리스탈 메스 등)
- 주의력 결핍 장애 (ADD), 주의력 결핍 과잉 행동 장애 (ADHD), 강박 장애 (OCD), 외상 후 스트레스 장애 (PTSD)
- 암 (결장, 자궁 경부, 유방) · 아시아 부모에게 커밍아웃
- 정서적 문제 / 불안 / 우울증 · 정신 건강 (일반적으로)
- 원숭이두창
- 파티 약물 (마리화나, 몰리, 케타민, 크리스탈 메타, 얼음, 블루 알약, 옥시, 포퍼, 코카인, 펜타닐, f3nt / 펜트 또는 TNT)
- 몸무게/신체 이미지 이슈 · 그 외인 경우 구체적으로 기재하십시오. \_\_\_\_\_

### 17. 아래 목록 중에서 여러분의 가장 중요한 건강 요구 사항을 순위로 매기십시오.

- 항문 건강 · 암 (피부, 림프종, 비강, 난소, 고환) · 피부과
- 노인 / 노인 간호 · 포피 유지 · 체외 수정 (IVF 육아) / 정자 또는 난자 보존
- 음순 / 음핵 유지 · 기억 손실 검사 · 발 건강
- 비뇨기과 · 시력 · 그 외인 경우 구체적으로 기재하십시오. \_\_\_\_\_

### 18. 여러분의 가장 중요한 제약 윤리적 요구 사항 (치료를 위한 약물 ...)을 평가하십시오.

- ADD/ADHD / OCD / PTSD (주의력 결핍 장애, 주의력 결핍 과잉 행동 장애, 강박 장애, 외상 후 스트레스 장애)
- 우울증이나 불안 · HIV/AIDS 예방 (PrEP / PEP) · HIV/AIDS 치료
- 예방 접종 / 백신 · 성병 (HIV/AIDS 제외) · 트랜스젠더 호르몬 치료
- 그 외인 경우 구체적으로 기재하십시오. \_\_\_\_\_

### 19. 여러분의 전반적인 신체 건강에 대해 어떻게 생각하십니까?

- 아주 좋음 · 좋음 · 괜찮음 · 나쁨 · 매우 나쁨

### 20. 여러분의 전반적인 정신 / 정서적 건강에 대해 어떻게 생각하십니까?

- 아주 좋음 · 좋음 · 괜찮음 · 나쁨 · 매우 나쁨

21. 신체적으로나 미적으로 자신에 대해 어떻게 생각하십니까? 당신은 당신이 연애, 데이트 또는 가벼운 섹스에 있어서 다른 사람들에게 매력적이라고 생각하십니까?

- 아주 좋음    · 좋음    · 괜찮음 · 나쁨    · 매우 나쁨

**22. 요즘 이러한 활동에 참여하고 있습니까? (해당하는 모든 항목 선택)**

- 하루에 2 잔 이상의 알코올 음료 (맥주, 와인, 칵테일 등)를 마시는 것
- 하루에 2 잔 이상의 설탕 음료 (소다, 과일 펀치, 레모네이드)를 마시는 것
- 취향 지향적(kinky) 섹스 / 속박 / SM                    · 심한 약물 (산, 헤로인, 코카인)
- 파티 약물 (케타민, 크리스탈 메타, 얼음, 블루 알약, 옥시, 코카인, 펜타닐, f3nt / 펜트, 버섯 또는 TNT)
- 기타 약물 (마리화나, 420, 포퍼, 몰리, 엑스터시)
- 자기 관리 (치료사 또는 정신과 의사상담, 요가, 명상)                    · 규칙적인 운동
- 콘돔이나 덴탈 댐이 없는 섹스 (PREP 미복용 포함)                    · 성 노동 (모든 종류)
- 금전, 약물 및 이외 이유로 성 판매 및 교환
- 섹스를 위해 금전, 약물 및 이외 구매, 지불 및 교환                    · 흡연 / 베이핑
- 가족을 이루려고 노력하기 / 자녀 갖기                    · 건강한 식습관 / 균형 잡힌 식단

**파트 C. 주관식 답변 - 선택사항**

위의 모든 옵션을 리뷰한 뒤, 본 설문조사의 첫 부분에서 질의했던 첫 번째 주관식 질문들에 대한 답변을 다시 들었습니다. 답변이 동일하거나 변경되지 않은 경우 건너뛰셔도 좋습니다.

- 23. 목록에 없는 다른 건강 / 웰빙 요구 사항이 있습니까?
- 24. 여러분이 건강 / 복지 요구를 해결할 때 직면하는 다른 주요 장벽이 있습니까?
- 25. 건강 / 복지 요구를 충족시키는 데 도움이 되는 이러한 서비스를 제공 할 수 있는 다른 서비스나 방법이 있습니까?
- 26. 더 알고 싶은 다른 건강 / 복지 요구 사항이 있습니까?
- 27. 제기하거나 말하고 싶은 다른 문제가 있습니까?

**파트 D. 선택형 답변**

모든 답변은 익명이며 기밀로 유지됩니다. 해당되는 모든 항목에 체크해주세요.

**28. 본인의 모국어 / 방언은 무엇입니까?**

- |            |            |            |             |         |
|------------|------------|------------|-------------|---------|
| 영어         | 아랍어        | 베갈어        | 중국어-만다린어    | 중국어-광둥어 |
| 중국어-대만어    | 중국어-푸저우 방언 | 중국어-푸지안 방언 | 중국어 - 기타 방언 |         |
| 필리핀어-타갈로그어 | 필리핀어-일로카노어 | 필리핀어-비샤야어  | 필리핀어-기타 방언  |         |
| 구자라트어      | 힌디어        | 한국어        | 라오스어        |         |
| 네팔어        | 펀자브어       | 태국어        | 티베트어        |         |
| 우르두어       | 베트남어       | 스페인어       | 기타(명시하십시오)  |         |

**29. 본인을 장애인 (신체적, 정신적, 발달적, 행동적 등)으로 식별합니까?**                    네                    아니오

**30. 본인의 소득층은 어떻게 됩니까? 여러분의 가구 규모는 어떠합니까? 본인의 가구 소득층은 어떻게 됩니까?**

- |                     |   |
|---------------------|---|
| 무소득 - 학생            | 무소득-실업자   |
| 무소득- 공공 지원 없음       | 소득 또는 고정 소득 없음- 퇴직함   |
| \$13,500 미만         | \$13,501 - \$18,000    \$18,001 - \$22,500    \$22,501 - \$27,000 |
| \$27,001 - \$36,000 | \$36,001 - \$46,000    \$46,001 - \$55,000    \$55,001 - \$65,000 |
| \$65,001 - \$75,000 | \$75,001 - \$100,000                    \$100,000 이상              |

**31. 본인이 마친 최상위 교육은 무엇인가요?**

- |                             |                     |
|-----------------------------|---------------------|
| 정식 교육을 받지 못함                | 초등학교 또는 그램어스쿨(중학교)  |
| 고등학교 졸업 또는 동일 학위(GED, 검정고시) | 학위 수여가 되지 않는 대학교 수업 |
| 무역/기술/직업 교육                 | 전문대학교 학위(AA,AS 등)   |
| 학사 학위(BA,BS 등)              | 석사 학위(MA,MS,MEd 등)  |
| 전문 학위(JD,MD,DDS 등)          | 박사 학위(PhD, EdD 등)   |

**32. 특별한 도움이 필요한 소외된 지역 사회 또는 그룹과 제휴하고 있습니까?**

- 청소년 (18-25세)
- 청소년(18세 미만)
- 노년층
- 트랜스젠더/젠더 비순응자/논바이너리
- 자녀를 둔 LGBT 아시아 학부모 (입양, 대리모, 체외수정)
- 가족 / SM / Kink / 본디지
- 성노동자
- 노점상
- 학생
- 기타(구체적으로 기재해주세요)
- 없음

**33. 어느 자치구 또는 카운티에 거주하십니까?**

- 브롱크스 (Bronx)
- 브루클린 / 킹스카운티 (Brooklyn / Kings County)
- 맨해튼 / 뉴욕카운티 (Manhattan / New York County)
- 퀸즈 (Queens)
- 스태튼 아일랜드 / 리치몬드카운티 (Staten Island / Richmond County)
- 웨스트체스터 (Westchester)
- 나소 (Nassau)
- 서퍽 (Suffolk)
- 뉴욕주의 다른 지역
- 버겐 카운티, 뉴저지 (Bergen County, New Jersey)
- 허드슨 카운티, 뉴저지 (Hudson County, New Jersey)
- 뉴욕 주에 거주하지 않으면 구체적으로 기재 \_\_\_\_\_

**34. 어떤 우편 번호의 지역에 살고 있습니까?**

감사합니다 무료 선물 (세이프 섹스 키트)을 받고 싶으시거나 \$ 25 아마존 선물 카드 (10 명의 당첨자) 또는 무료 티셔츠 "I love Rice" 또는 "Pacific Rim"(25 명의 당첨자)에 대한 추첨 참여를 하시려면 하단의 링크로 이동하여 구글 양식을 작성해주세요. 추첨은 설문조사 취합이 모두 완료된 뒤 진행됩니다.

이것은 위 응답들의 익명성과 기밀을 유지하기 위한 별도의 양식입니다.

<https://forms.gle/jiN8r5xZtjG6H8sXR7>

## **Survey Instrument - Punjabi Translation**

**Apicha CHC ਭਾਈਚਾਰੇ (ਕਮਿਊਨਿਟੀ) ਦੀਆਂ ਲੋੜਾਂ ਦਾ ਮੁਲਾਂਕਣ ਦਾ ਸਰਵੇਖਣ, ਸਵਾਲ**

<https://www.surveymonkey.com/r/YKVJ79R>

**NYC ਦੇ LGBTQ ਏਸ਼ੀਅਨ ਪੈਸੀਫਿਕ ਆਈਲੈਂਡਰ ਭਾਈਚਾਰੇ ਦੀਆਂ ਸਿਹਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ**

Apicha CHC ਕਮਿਊਨਿਟੀ ਹੈਲਥ ਸੈਂਟਰ (CHC) ਨਿਊਯਾਰਕ ਸਿਟੀ ਦੇ LGBTQ ਏਸ਼ੀਅਨ, ਏਸ਼ੀਅਨ ਅਮਰੀਕਨ, ਸਾਊਥ ਏਸ਼ੀਅਨ, ਦੱਖਣ-ਪੂਰਬੀ ਏਸ਼ੀਆਈ, ਅਤੇ ਪੈਸੀਫਿਕ ਆਈਲੈਂਡਰ ਭਾਈਚਾਰਿਆਂ ਦੀਆਂ ਸਿਹਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਇੱਕ ਨਵਾਂ ਯਤਨ ਸ਼ੁਰੂ ਕਰ ਰਿਹਾ ਹੈ।

Apicha CHC ਉਹਨਾਂ ਰੁਕਾਵਟਾਂ ਦੀ ਵੀ ਪੜਚੋਲ ਕਰ ਰਿਹਾ ਹੈ ਜੋ ਸੇਵਾਵਾਂ ਤੱਕ ਪਹੁੰਚ (ਜਿਵੇਂ ਕਿ ਵਿਸ਼ਵਾਸ, ਰਿਹਾਇਸ਼ ਤੱਕ ਪਹੁੰਚ, ਸੱਭਿਆਚਾਰਕ ਚਿੰਤਾਵਾਂ, ਕਲੰਕ, ਆਦਿ) ਅਤੇ ਇਹਨਾਂ ਲੋੜਾਂ ਨੂੰ ਹੱਲ ਕਰਨ ਲਈ ਪ੍ਰੋਗਰਾਮਾਂ ਬਾਰੇ ਵਿਚਾਰਾਂ ਨੂੰ ਨਿਰਾਸ਼ ਕਰਦੇ ਹਨ।

ਇਹ ਗੁਪਤ ਅਤੇ ਬੇਨਾਮ ਸਰਵੇਖਣ Apicha CHC ਨੂੰ ਜੈਕਸਨ ਹਾਈਟਸ, ਕਵੀਸ ਵਿੱਚ ਇਸਦੇ ਨਵੇਂ ਕੇਂਦਰ ਵਿੱਚ ਪ੍ਰੋਗਰਾਮਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਨੂੰ ਵਿਕਸਤ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰੇਗਾ।

ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਬੇਨਾਮ ਅਤੇ ਗੁਪਤ ਪ੍ਰਸ਼ਨਾਵਲੀ ਦਾ ਜਵਾਬ ਦਿਓ। **ਇਨਾਮਾਂ ਵਿੱਚ ਸ਼ਾਮਲ ਹਨ:**

- ਮੁਫਤ ਸੁਰੱਖਿਅਤ ਸੈਕਸ ਕਿੱਟ ਅਤੇ ਅੰਤਿਮ ਰਿਪੋਰਟ ਦੀ ਇੱਕ ਕਾਪੀ - ਸਾਰੇ ਭਾਗੀਦਾਰ
- \$25 ਐਮਾਜ਼ਾਨ ਗਿਫਟ ਕਾਰਡ - ਇੱਕ ਬੇਤਰਤੀਬ ਡਰਾਅ ਤੋਂ 10 ਭਾਗੀਦਾਰ
- ਟੀ-ਸ਼ਰਟ "ਮੈਨੂੰ ਚਾਵਲ ਪਸੰਦ ਹਨ" ਜਾਂ "ਪੈਸੀਫਿਕ ਰਿਮ" - 25 ਭਾਗੀਦਾਰ

ਕਿਰਪਾ ਕਰਕੇ ਸਿਰਫ਼ ਤਾਂ ਹੀ ਜਵਾਬ ਦਿਓ ਜੇ ਤੁਸੀਂ LGBTQ (ਲੇਸਬੀਅਨ, ਗੇ, ਬਾਇਸੈਕਸੁਅਲ, ਟਰਾਂਸਜੈਂਡਰ, ਕਵੀਰ) ਹੋ ਅਤੇ ਏਸ਼ੀਅਨ, ਏਸ਼ੀਅਨ ਅਮਰੀਕਨ, ਦੱਖਣ ਏਸ਼ੀਅਨ, ਦੱਖਣ-ਪੂਰਬੀ ਏਸ਼ੀਆਈ, ਜਾਂ ਪੈਸੀਫਿਕ ਆਈਲੈਂਡਰ ਹੋ।

ਸਰਵੇਖਣ ਨੂੰ 16 ਮਿੰਟ ਲੱਗਣੇ ਚਾਹੀਦੇ ਹਨ। ਇਸ ਤੋਂ ਬਾਅਦ ਤੁਹਾਨੂੰ ਤੁਹਾਡਾ ਮੁਫਤ ਤੋਹਫਾ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਜਾਂ ਇਨਾਮਾਂ ਵਿੱਚੋਂ ਕਿਸੇ ਇੱਕ ਲਈ ਰੈਫਲ ਡਰਾਅ ਵਿੱਚ ਦਾਖਲ ਹੋਣ ਲਈ ਇੱਕ ਵੱਖਰੇ ਗੂਗਲ ਫਾਰਮ 'ਤੇ ਮੁੜ ਨਿਰਦੇਸ਼ਿਤ ਕੀਤਾ ਜਾਵੇਗਾ।

ਪੁੱਛੇ ਗਏ ਸਾਰੇ ਸਵਾਲਾਂ ਅਤੇ ਜਵਾਬਾਂ ਨੂੰ ਦੇਖਣ ਲਈ ਇੱਥੇ ਜਾਓ: <https://bit.ly/Apicha-CHC-Survey-Questions>

ਜੇਕਰ ਤੁਹਾਡੇ ਕੋਈ ਸਵਾਲ ਜਾਂ ਟਿੱਪਣੀਆਂ ਹਨ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ "Apicha CHC ਸਰਵੇਖਣ" ਵਿਸ਼ੇ ਦੇ ਨਾਲ [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) 'ਤੇ ਗਲੇਨ ਡੀ. ਮੈਗਪੈਂਟੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ ਜਾਂ 917-439-3158 'ਤੇ ਕਾਲ ਕਰੋ।

### **Apicha CHC ਬਾਰੇ**

Apicha CHC ਇੱਕ ਕਮਿਊਨਿਟੀ ਹੈਲਥ ਸੈਂਟਰ ਹੈ ਜੋ ਲੋੜਵੰਦਾਂ ਨੂੰ ਸੰਮਿਲਤ, ਵਿਆਪਕ ਦੇਖਭਾਲ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਸਮਰਪਿਤ ਹੈ, ਭੁਗਤਾਨ ਕਰਨ ਦੀ ਉਹਨਾਂ ਦੀ ਯੋਗਤਾ ਦੀ ਪਰਵਾਹ ਕੀਤੇ ਬਿਨਾਂ। ਅਸੀਂ ਹਾਸ਼ੀਏ 'ਤੇ ਰਹਿ ਗਏ ਭਾਈਚਾਰਿਆਂ ਲਈ ਇੱਕ ਸੁਰੱਖਿਅਤ ਪਨਾਹਗਾਹ ਵਜੋਂ ਕੰਮ ਕਰਨ ਲਈ ਸਮਰਪਿਤ ਹਾਂ, ਜਿਸ ਵਿੱਚ ਪ੍ਰਵਾਸੀ, ਬੀਮਾ ਰਹਿਤ, ਅਤੇ LGBTQ+ ਲੋਕ ਸ਼ਾਮਲ ਹਨ। ਅਸੀਂ ਪ੍ਰਾਇਮਰੀ ਡਾਕਟਰੀ ਦੇਖਭਾਲ, HIV ਵਿਸ਼ੇਸ਼ ਦੇਖਭਾਲ, PrEP/PEP ਤੱਕ ਪਹੁੰਚ, ਟ੍ਰਾਂਸਜੈਂਡਰ ਹੈਲਥ ਕੇਅਰ, STI/STD ਟੈਸਟਿੰਗ ਅਤੇ ਸਕ੍ਰੀਨਿੰਗ, ਵਿਵਹਾਰ ਸੰਬੰਧੀ ਸਿਹਤ, ਅਤੇ ਔਰਤਾਂ ਦੀ ਸਿਹਤ ਸੇਵਾਵਾਂ ਦੀ ਪੇਸ਼ਕਸ਼ ਕਰਦੇ ਹਾਂ। ਡਾਕਟਰੀ ਸੇਵਾਵਾਂ ਤੋਂ ਇਲਾਵਾ, Apicha CHC ਕਈ ਤਰ੍ਹਾਂ ਦੀਆਂ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਵੀ ਪੇਸ਼ ਕਰਦਾ ਹੈ, ਜਿਸ ਵਿੱਚ ਪੇਸ਼ਾ ਸਿਹਤ ਸਿੱਖਿਆ, ਸਿਹਤ ਬੀਮਾ ਅਤੇ SNAP ਨਾਮਾਂਕਣ, ਸਿਹਤ ਘਰ, ਅਤੇ ਭਾਈਚਾਰਕ ਸ਼ਮੂਲੀਅਤ ਪ੍ਰੋਗਰਾਮ ਸ਼ਾਮਲ ਹਨ। ਅਸੀਂ ਇਸ ਗੱਲ 'ਤੇ ਜ਼ੋਰ ਦੇਣਾ

ਚਾਹੁੰਦੇ ਹਾਂ ਕਿ ਅਸੀਂ ਇੱਕ ਮੈਡੀਕਲ ਪ੍ਰਦਾਤਾ ਵਜੋਂ ਮਰੀਜ਼ਾਂ ਦਾ ਸੰਪੂਰਨ ਇਲਾਜ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਹਾਂ। ਅਸੀਂ ਹਮੇਸ਼ਾ ਨਵੇਂ ਮਰੀਜ਼ਾਂ ਨੂੰ ਸਵੀਕਾਰ ਕਰ ਰਹੇ ਹਾਂ।

ਬੇਨਾਮ ਅਤੇ ਗੁਪਤ

<https://www.surveymonkey.com/r/TTKJRXXN>

ਪੁੱਛੇ ਗਏ ਸਾਰੇ ਸਵਾਲਾਂ ਅਤੇ ਜਵਾਬਾਂ ਨੂੰ ਦੇਖਣ ਲਈ ਇੱਥੇ ਜਾਓ: <https://bit.ly/Apicha CHC-Survey>

## ਭਾਗ A. ਯੋਗਤਾ

### 1. ਤੁਹਾਡੀ ਏਸ਼ੀਅਨ ਨਸਲ ਕੀ ਹੈ?

ਚੀਨੀ	ਕੋਰੀਅਨ	ਜਾਪਾਨੀ	ਫਿਲੀਪੀਨੋ	ਭਾਰਤੀ	ਬੰਗਲਾਦੇਸ਼ੀ
ਥਾਈ	ਵੀਅਤਨਾਮੀ	ਭੂਟਾਨੀ	ਬਰਮੀ	ਗੁਆਮਾਨੀਅਨ	ਹਵਾਈਅਨ ਮੂਲ
ਮਲੇਸ਼ੀਅਨ	ਸਿੰਗਾਪੁਰੀ	ਤਾਈਵਾਨੀ	ਤਿਬਤੀ	ਇੰਡੋਨੇਸ਼ੀਅਨ	ਲਾਓਸੀਅਨ
ਪਾਕਿਸਤਾਨੀ	ਨੇਪਾਲੀ	ਸ੍ਰੀਲੰਕਨ	ਟੋਂਗਨ	ਪੱਛਮੀ ਏਸ਼ੀਆਈ	ਮੱਧ ਏਸ਼ੀਆਈ

ਹੋਰ ਏਸ਼ੀਅਨ ਜਾਂ ਪੈਸੀਫਿਕ ਆਈਲੈਂਡਰ ਜਾਤੀ: (ਕਿਰਪਾ ਕਰਕੇ ਵਿਆਖਿਆ ਕਰੋ)

ਏਸ਼ੀਆਈ ਨਹੀਂ: ਲਿਖੋ (ਕਿਰਪਾ ਕਰਕੇ ਵਿਆਖਿਆ ਕਰੋ)

### 2. ਤੁਹਾਡਾ ਜਿਨਸੀ ਰੁਝਾਨ ਕੀ ਹੈ?

ਅਲਿੰਗੀ	ਬਾਇਸੈਕਸੁਅਲ / ਪੈਨਸੈਕਸੁਅਲ / ਫਲੂਡ	ਗੇ
ਟ੍ਰਾਂਸਜੈਂਡਰ / ਸਟ੍ਰੈਂਜਰ	ਲੈਸਬੀਅਨ	ਸਮਲਿੰਗਕ
		ਹੋਰ (ਕਿਰਪਾ ਕਰਕੇ ਵਿਆਖਿਆ ਕਰੋ)

### 3. ਤੁਹਾਡਾ ਲਿੰਗ ਜਾਂ ਲਿੰਗ-ਪਛਾਣ ਕੀ ਹੈ?

ਔਰਤ	ਪੁਰਸ਼	ਟਰਾਂਸਜੈਂਡਰ ਪੁਰਸ਼	ਟਰਾਂਸਜੈਂਡਰ ਔਰਤ
ਗੈਰ-ਬਾਈਨਰੀ/ਇੱਕ ਤੋਂ ਵੱਧ ਲਿੰਗ/ਕੋਈ ਲਿੰਗ ਨਹੀਂ		ਹੋਰ (ਕਿਰਪਾ ਕਰਕੇ ਵਿਆਖਿਆ ਕਰੋ)	

### 4. ਤੁਹਾਡਾ ਉਮਰ ਸਮੂਹ ਕੀ ਹੈ?

18-24	25-34	35-44	45-54
55-64	65-74	75-84	85+

## ਭਾਗ B. ਰਾਈਟ-ਇਨ

ਬਸ ਆਪਣੇ ਸ਼ੁਰੂਆਤੀ ਵਿਚਾਰ ਦਿਓ। ਜੇਕਰ ਤੁਹਾਨੂੰ ਨਹੀਂ ਪਤਾ, ਤਾਂ ਇਸ ਸੈਕਸ਼ਨ ਨੂੰ ਛੱਡ ਦਿਓ।

ਤੁਹਾਡੇ ਕੋਲ ਅੰਤ ਵਿੱਚ ਇਹਨਾਂ ਸਵਾਲਾਂ ਦੇ ਜਵਾਬ ਦੇਣ ਦਾ ਮੌਕਾ ਹੋਵੇਗਾ।

5. 1. ਤੁਹਾਡੀਆਂ ਚੋਟੀ ਦੀਆਂ ਤਿੰਨ (3) ਸਿਹਤ / ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਕੀ ਹਨ?

6. ਤੁਹਾਡੀਆਂ ਸਿਹਤ/ਤੰਦਰੁਸਤੀ ਲੋੜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਤੁਹਾਨੂੰ ਕਿਹੜੀਆਂ ਵੱਡੀਆਂ ਰੁਕਾਵਟਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ?

7. ਕੀ ਤੁਹਾਡੇ ਕੋਲ ਤੁਹਾਡੀਆਂ ਸਿਹਤ/ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਨ ਲਈ ਇਹਨਾਂ ਸੇਵਾਵਾਂ ਨੂੰ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਕੋਈ ਹੋਰ ਪ੍ਰੋਗਰਾਮ ਜਾਂ ਤਰੀਕੇ ਹਨ?

8. ਕੀ ਕੋਈ ਹੋਰ ਮੁੱਦੇ ਹਨ ਜੋ ਤੁਸੀਂ ਉਠਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋ ਜਾਂ ਸਾਨੂੰ ਦੱਸਣਾ ਚਾਹੁੰਦੇ ਹੋ?

## **ਭਾਗ B. ਸਿਰਫ ਉਹਨਾਂ ਚੀਜ਼ਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ ਜੋ ਮਹੱਤਵਪੂਰਨ ਹਨ**

1 = ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ।

ਸਿਰਫ ਸੂਚੀਬੱਧ ਵਿਕਲਪਾਂ ਵਿੱਚੋਂ ਚੁਣੋ। ਜੇਕਰ ਕੋਈ "ਹੋਰ" ਲਾਗੂ ਹੁੰਦਾ ਹੈ, ਤਾਂ ਤੁਸੀਂ ਇਸਨੂੰ ਇਸ ਸੈਕਸ਼ਨ ਦੇ ਅੰਤ ਵਿੱਚ ਸ਼ਾਮਲ ਕਰ ਸਕਦੇ ਹੋ।

ਜੇਕਰ ਕੋਈ ਆਈਟਮ ਬਿਲਕੁਲ ਵੀ ਮਹੱਤਵਪੂਰਨ ਨਹੀਂ ਹੈ, ਤਾਂ ਤੁਸੀਂ ਸੱਜੇ ਪਾਸੇ 'ਪ੍ਰਸੰਗਿਕ ਨਹੀਂ' ਬਾਕਸ 'ਤੇ ਕਲਿੱਕ ਕਰ ਸਕਦੇ ਹੋ।

ਤੁਹਾਨੂੰ ਸਾਰੇ ਵਿਕਲਪਾਂ ਨੂੰ ਦਰਜਾਬੰਦੀ ਕਰਨ ਦੀ ਵੀ ਲੋੜ ਨਹੀਂ ਹੈ, ਪਰ ਕਿਰਪਾ ਕਰਕੇ ਘੱਟੋ-ਘੱਟ 3 ਰੈਂਕ ਦਿਓ।

ਸਾਰੇ ਜਵਾਬ ਗੁਪਤ ਅਤੇ ਬੇਨਾਮ ਹਨ।

### **9. ਆਪਣੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਸਿਹਤ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ:**

- HIV/AIDS/ਜਿਨਸੀ ਤੌਰ 'ਤੇ ਪ੍ਰਸਾਰਿਤ ਬਿਮਾਰੀਆਂ, ਹੈਪੇਟਾਈਟਸ . ਲਤ (ਸਿਗਰਟਨੋਸ਼ੀ, ਅਲਕੋਹਲ, ਕ੍ਰਿਸਟਲ ਮੇਥ, ਆਦਿ)
- ਕੈਂਸਰ . ਉਦਾਸੀ ਜਾਂ ਚਿੰਤਾ . ਸੂਗਰ, ਕੋਲੈਸਟ੍ਰੋਲ, ਬਲੱਡ ਪ੍ਰੈਸ਼ਰ . ਦੰਦਾਂ ਦੀ ਦੇਖਭਾਲ
- ਟੀਕਾਕਰਨ / ਟੀਕੇ (COVID, ਫਲੂ, ਹੈਪੇਟਾਈਟਸ, HPV (ਜਨਨ ਅੰਗਾਂ ਦੇ ਵਾਰਟਸ), ਮੈਨਿਨਜਾਈਟਿਸ, ਨਿਮੋਨੀਆ, ਸ਼ਿੰਗਲਜ਼, ਚਿਕਨ ਪਾਕਸ, ਖਸਰਾ, ਕੰਨ ਪੇੜੇ, ਰੂਬੈਲਾ, ਟੈਟਨਸ, ਡਿਪਥੀਰੀਆ, ਕਾਲੀ ਖੰਘ)
- ADHD / ADD / OCD / PTSD (ਧਿਆਨ ਘਾਟਾ ਹਾਈਪਰਐਕਟੀਵਿਟੀ ਡਿਸਆਰਡਰ, ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਡਿਸਆਰਡਰ, ਐਂਬਸੈਸਿਵ-ਕੰਪਲਿਕਸਿਵ ਡਿਸਆਰਡਰ, ਪੋਸਟ-ਟਰੌਮੈਟਿਕ ਸਟ੍ਰੈਸ ਡਿਸਆਰਡਰ) ਦਾ ਪ੍ਰਬੰਧਨ ਕਰਨਾ
- ਬਾਲ ਜਾਂ ਕਿਸ਼ੋਰ ਦੇਖਭਾਲ / ਪਰਿਵਾਰਕ ਮਾਨਸਿਕ ਸਿਹਤ ਸੇਵਾਵਾਂ
- ਟਰਾਂਸਜੈਂਡਰ ਹੈਲਥ . ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

### **10. ਜਿਨਸੀ ਤੌਰ 'ਤੇ ਸੰਚਾਰਿਤ ਬਿਮਾਰੀਆਂ / HIV/AIDS ਲਈ ਆਪਣੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ:**

- ਰੋਕਥਾਮ (ਜਿਵੇਂ ਕਿ PrEP / PEP) . ਇਲਾਜ (ਚਿਕਿਤਸਾ) . ਇਲਾਜ (ਨਿਦਾਨ)
- ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ/ ਨੈਕਰਸਾਹੀ ਨੂੰ ਨੈਵੀਗੇਟ ਕਰਨਾ . ਕੋਈ ਨਹੀਂ ਜਾਂ ਲੋੜ ਨਹੀਂ
- ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

### **11. ਜੇ ਤੁਸੀਂ ਮਾਪੇ ਹੋ, ਤਾਂ ਆਪਣੇ ਬੱਚਿਆਂ ਲਈ ਆਪਣੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਸਿਹਤ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ:**

- ਪ੍ਰਾਇਮਰੀ ਕੇਅਰ ਲਈ ਕਿਸ਼ੋਰ ਡਾਕਟਰ . ਪ੍ਰਾਇਮਰੀ ਕੇਅਰ ਲਈ ਬਾਲ ਡਾਕਟਰ
- ਦੰਦਾਂ ਦੀਆਂ ਸੇਵਾਵਾਂ
- ਟੀਕਾਕਰਨ / ਟੀਕੇ (COVID, ਫਲੂ, ਹੈਪੇਟਾਈਟਸ, HPV (ਜਨਨ ਅੰਗਾਂ ਦੇ ਵਾਰਟਸ), ਮੈਨਿਨਜਾਈਟਿਸ, ਨਿਮੋਨੀਆ, ਸ਼ਿੰਗਲਜ਼, ਚਿਕਨ ਪਾਕਸ, ਖਸਰਾ, ਕੰਨ ਪੇੜੇ, ਰੂਬੈਲਾ, ਟੈਟਨਸ, ਡਿਪਥੀਰੀਆ, ਕਾਲੀ ਖੰਘ)
- ADHD / ADD / OCD / PTSD (ਧਿਆਨ ਘਾਟਾ ਹਾਈਪਰਐਕਟੀਵਿਟੀ ਡਿਸਆਰਡਰ, ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਡਿਸਆਰਡਰ, ਐਂਬਸੈਸਿਵ-ਕੰਪਲਿਕਸਿਵ ਡਿਸਆਰਡਰ, ਪੋਸਟ-ਟਰੌਮੈਟਿਕ ਸਟ੍ਰੈਸ ਡਿਸਆਰਡਰ) ਦਾ ਪ੍ਰਬੰਧਨ ਕਰਨਾ
- ਬੱਚਿਆਂ, ਕਿਸ਼ੋਰਾਂ, ਜਾਂ ਪਰਿਵਾਰ ਲਈ ਮਾਨਸਿਕ ਸਿਹਤ ਸੇਵਾਵਾਂ
- N/A ਲਾਗੂ ਨਹੀਂ, ਬੱਚੇ ਦੇ ਮਾਤਾ-ਪਿਤਾ ਨਹੀਂ . ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

### **12. ਤੁਹਾਡੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਤੰਦਰੁਸਤੀ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ:**

- ਭਾਵਨਾਤਮਕ ਸਿਹਤ . ਪਰਿਵਾਰਕ ਯੋਜਨਾਬੰਦੀ ਗਰਭ ਨਿਰੋਧ ਜਾਂ ਗਰਭ-ਅਵਸਥਾ ਦੀ ਜਾਂਚ
- ਫੂਡ ਸਟੈਂਪ ਨਾਮਾਂਕਣ (SNAP, ਭੋਜਨ ਖਰੀਦਣ ਲਈ ਪੈਸੇ)
- ਇੱਕ ਪ੍ਰਾਇਮਰੀ ਕੇਅਰ ਫਿਜ਼ੀਸ਼ੀਅਨ (PCP) ਅਤੇ LGBTQ + API ਦੇਸਤਾਨਾ ਫਾਰਮੇਸੀ ਪ੍ਰਾਪਤ ਕਰਨਾ

- ਸਿਹਤ ਬੀਮਾ ਨਾਮਾਂਕਣ
- ਬੱਚਿਆਂ, ਕਿਸ਼ੋਰਾਂ, ਜਾਂ ਪਰਿਵਾਰ ਲਈ ਮਾਨਸਿਕ ਸਿਹਤ ਸੇਵਾਵਾਂ
- ਰਜਿਸਟਰਡ ਡਾਇਟੀਸ਼ੀਅਨ ਦੁਆਰਾ ਪੇਸ਼ ਸੰਬੰਧੀ ਸਲਾਹ ਅਤੇ ਭਾਰ ਪ੍ਰਬੰਧਨ
- ਇੱਕ LGBTQ + ਏਸ਼ੀਆਈ ਜਾਂ ਦੱਖਣੀ ਏਸ਼ੀਆਈ ਵਜੋਂ ਪੀਅਰ ਸਪੋਰਟ
- ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

**13. ਸਿਹਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਵਿੱਚ ਆਮ ਤੌਰ 'ਤੇ ਤੁਹਾਡੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ:**

- ਲਤ (ਸਿਗਰਟਨੋਸ਼ੀ, ਅਲਕੋਹਲ, ਕ੍ਰਿਸਟਲ ਮੇਥ, ਆਦਿ)
- ਉਦਾਸੀ ਜਾਂ ਚਿੰਤਾ
- ADD / ADHD / OCD / PTSD (ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਡਿਸਆਰਡਰ, ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਹਾਈਪਰਐਕਟੀਵਿਟੀ ਡਿਸਆਰਡਰ, ਐਂਬਸੈਸਿਵ-ਕੰਪਲਸਿਵ ਡਿਸਆਰਡਰ, ਪੋਸਟ-ਟਰੌਮੈਟਿਕ ਸਟ੍ਰੈਸ ਡਿਸਆਰਡਰ) ਦਾ ਪ੍ਰਬੰਧਨ ਕਰਨਾ
- ਦੰਦਾਂ ਦੀ ਦੇਖਭਾਲ
- ਵਿੱਤ, ਭੋਜਨ ਲਈ ਪੈਸਾ, ਕਿਰਾਇਆ, ਨੌਕਰੀ
- ਇੱਕ LGBTQ-ਸੰਵੇਦਨਸ਼ੀਲ ਏਸ਼ੀਅਨ ਡਾਕਟਰ ਨੂੰ ਲੱਭਣਾ
- ਮੇਰੇ ਬੀਮੇ (ਇਨ-ਨੈੱਟਵਰਕ) ਦੁਆਰਾ ਕਵਰ ਕੀਤੇ ਡਾਕਟਰ ਨੂੰ ਲੱਭਣਾ
- ਸਿਹਤ ਬੀਮਾ ਪ੍ਰਾਪਤ ਕਰਨਾ
- ਟੀਕਾਕਰਨ / ਟੀਕੇ
- ਹੈਲਥ ਕੇਅਰ ਸਿਸਟਮ / ਸਿਹਤ ਬੀਮਾ ਕਵਰੇਜ ਨੂੰ ਨੈਵੀਗੇਟ ਕਰਨਾ
- ਜਿਨਸੀ ਤੌਰ 'ਤੇ ਪ੍ਰਸਾਰਿਤ ਬਿਮਾਰੀਆਂ, HIV/AIDS, ਹੈਪੇਟਾਈਟਸ
- ਮਾਪਿਆਂ ਦੇ ਸਮਰਥਨ ਦੀ ਘਾਟ
- ਕਾਨੂੰਨੀ ਸਮੱਸਿਆਵਾਂ

**14. ਹੇਠਾਂ ਦਿੱਤੀਆਂ ਸਿਹਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਵਿੱਚੋਂ LGBTQ ਏਸ਼ੀਅਨ/ਦੱਖਣੀ ਏਸ਼ੀਅਨ/ ਪੈਕਫਿਕ ਆਈਲੈਂਡਰ ਕਮਿਊਨਿਟੀਜ਼ ਦੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਲੋੜਾਂ ਬਾਰੇ ਤੁਸੀਂ ਕੀ ਸੋਚਦੇ ਹੋ, ਦਰਜਾ ਦਿਓ:**

- ਲਤ (ਸਿਗਰਟਨੋਸ਼ੀ, ਅਲਕੋਹਲ, ਕ੍ਰਿਸਟਲ ਮੇਥ, ਆਦਿ)
- ਉਦਾਸੀ ਜਾਂ ਚਿੰਤਾ
- ADD / ADHD / OCD / PTSD (ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਡਿਸਆਰਡਰ, ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਹਾਈਪਰਐਕਟੀਵਿਟੀ ਡਿਸਆਰਡਰ, ਐਂਬਸੈਸਿਵ-ਕੰਪਲਸਿਵ ਡਿਸਆਰਡਰ, ਪੋਸਟ-ਟਰੌਮੈਟਿਕ ਸਟ੍ਰੈਸ ਡਿਸਆਰਡਰ) ਦਾ ਪ੍ਰਬੰਧਨ ਕਰਨਾ
- ਦੰਦਾਂ ਦੀ ਦੇਖਭਾਲ
- ਵਿੱਤ, ਭੋਜਨ ਲਈ ਪੈਸਾ, ਕਿਰਾਇਆ, ਨੌਕਰੀ
- ਇੱਕ LGBTQ-ਸੰਵੇਦਨਸ਼ੀਲ ਏਸ਼ੀਅਨ ਡਾਕਟਰ ਨੂੰ ਲੱਭਣਾ
- ਮੇਰੇ ਬੀਮੇ (ਇਨ-ਨੈੱਟਵਰਕ) ਦੁਆਰਾ ਕਵਰ ਕੀਤੇ ਡਾਕਟਰ ਨੂੰ ਲੱਭਣਾ
- ਸਿਹਤ ਬੀਮਾ ਪ੍ਰਾਪਤ ਕਰਨਾ
- ਟੀਕਾਕਰਨ / ਟੀਕੇ
- ਹੈਲਥ ਕੇਅਰ ਸਿਸਟਮ / ਸਿਹਤ ਬੀਮਾ ਕਵਰੇਜ ਨੂੰ ਨੈਵੀਗੇਟ ਕਰਨਾ
- ਜਿਨਸੀ ਤੌਰ 'ਤੇ ਪ੍ਰਸਾਰਿਤ ਬਿਮਾਰੀਆਂ, HIV/AIDS, ਹੈਪੇਟਾਈਟਸ
- ਮਾਪਿਆਂ ਦੇ ਸਮਰਥਨ ਦੀ ਘਾਟ
- ਕਾਨੂੰਨੀ ਸਮੱਸਿਆਵਾਂ

*ਸਰਵੇਖਣ ਵਿੱਚ ਨਵਾਂ ਪੰਨਾ*

**ਅੱਧਾ ਹੋ ਗਿਆ!**

**ਭਾਗ B. ਜਾਰੀ**

**ਸਿਰਫ ਉਹਨਾਂ ਚੀਜ਼ਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ ਜੋ ਮਹੱਤਵਪੂਰਨ ਹਨ**

ਬਾਕੀ ਬਚੇ ਸਾਰੇ ਸਵਾਲਾਂ ਨੂੰ ਦੇਖਣ ਲਈ ਇੱਥੇ ਜਾਓ: <https://bit.ly/Apicha CHC-Survey>

**15. ਇਹਨਾਂ ਸਿਹਤ / ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਆਪਣੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਰੁਕਾਵਟਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ**



- ਵਿੱਤ (ਸੇਵਾਵਾਂ ਲਈ ਭੁਗਤਾਨ ਕਰਨ ਦੀ ਯੋਗਤਾ)
- LGBT-ਸੰਵੇਦਨਸ਼ੀਲ ਏਸ਼ੀਅਨ ਡਾਕਟਰ ਜਾਂ ਹੋਰ ਸਿਹਤ ਸੰਭਾਲ ਪ੍ਰਦਾਤਾ ਨੂੰ ਲੱਭਣਾ
- ਇੱਕ ਸਿਹਤ ਸੰਭਾਲ ਪ੍ਰਦਾਤਾ ਲੱਭਣਾ ਜੇ ਮੇਰੇ ਬੀਐਮ/ਇਨ-ਨੈੱਟਵਰਕ ਦੁਆਰਾ ਕਵਰ ਕੀਤਾ ਗਿਆ ਹੈ
- ਭੋਜਨ ਅਸੁਰੱਖਿਆ (ਖਾਣ ਲਈ ਕਾਫ਼ੀ ਪ੍ਰਾਪਤ ਕਰਨਾ)
- ADHD / ADD / OCD / PTSD (ਧਿਆਨ ਘਾਟਾ ਹਾਈਪਰਐਕਟੀਵਿਟੀ ਡਿਸਆਰਡਰ, ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਡਿਸਆਰਡਰ, ਔਬਸੈਸਿਵ-ਕੰਪਲਸਿਵ ਡਿਸਆਰਡਰ, ਪੋਸਟ-ਟਰੌਮੈਟਿਕ ਸਟ੍ਰੈਸ ਡਿਸਆਰਡਰ) ਹੋਣਾ
- ਹਾਊਸਿੰਗ ਅਸੁਰੱਖਿਆ (ਜ਼ਿਆਦਾ ਕਿਰਾਇਆ) · ਇਮੀਗ੍ਰੇਸ਼ਨ ਸਥਿਤੀ
- ਨੌਕਰੀ ਦੀ ਸੁਰੱਖਿਆ (ਸਥਿਰ ਰੁਜ਼ਗਾਰ, ਤਨਖਾਹ ਦੀ ਰਕਮ) · ਮਾਪਿਆਂ ਦੇ ਸਮਰਥਨ ਦੀ ਘਾਟ
- ਕਾਨੂੰਨੀ ਸਮੱਸਿਆਵਾਂ/ ਵਕੀਲ ਦੀ ਲੋੜ ਹੈ · ਹੈਲਥ ਕੇਅਰ ਸਿਸਟਮ / ਸਿਹਤ ਬੀਮਾ ਕਵਰੇਜ ਨੂੰ ਨੈਵੀਗੇਟ ਕਰਨਾ
- ਕੋਈ ਸਿਹਤ ਬੀਮਾ ਨਹੀਂ · ਨਿੱਜੀ ਸੁਰੱਖਿਆ/ਸਵੈ ਰੱਖਿਆ
- ਸ਼ਰਮ/ਉਲਝਣ/ਕਲੰਕ/ਚਿਹਰਾ ਬਚਾਉਣਾ
- ਸਮਾਂ (ਕੰਮ ਛੱਡਣ ਦਾ ਕੋਈ ਸਮਾਂ ਨਹੀਂ/ਬਹੁਤ ਵਿਅਸਤ, ਡਾਕਟਰ ਕੋਲ ਅਸੁਵਿਧਾਜਨਕ ਘੰਟੇ ਹਨ, ਕੋਈ ਵੀਕੈਂਡ ਜਾਂ ਸ਼ਾਮ ਨਹੀਂ)
- ਹਿੰਸਾ (ਨਫ਼ਰਤ ਸਬੰਧੀ ਅਪਰਾਧ, ਘਰੇਲੂ ਹਿੰਸਾ, ਦੁਰਵਿਵਹਾਰ ਜਾਂ ਨਿਯੰਤਰਣ ਕਰਨ ਵਾਲਾ ਸਾਥੀ)
- ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

**16. ਸਿਹਤ / ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ ਜਿਨ੍ਹਾਂ ਬਾਰੇ ਤੁਸੀਂ ਸਭ ਤੋਂ ਵੱਧ ਜਾਣਨਾ ਚਾਹੁੰਦੇ ਹੋ:**

(ਸਿਹਤ ਸਿੱਖਿਆ)

- ਲਤ (ਸਿਗਰਟਨੋਸ਼ੀ, ਅਲਕੋਹਲ, ਕ੍ਰਿਸਟਲ ਮੇਥ, ਆਦਿ)
- ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਡਿਸਆਰਡਰ (ADD), ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਹਾਈਪਰਐਕਟੀਵਿਟੀ ਡਿਸਆਰਡਰ (ADHD), ਔਬਸੈਸਿਵ-ਕੰਪਲਸਿਵ ਡਿਸਆਰਡਰ (OCD), ਪੋਸਟ-ਟਰੌਮੈਟਿਕ ਸਟ੍ਰੈਸ ਡਿਸਆਰਡਰ (PTSD)
- ਕੈਂਸਰ (ਕੋਲੋਨ, ਸਰਵਾਈਕਲ, ਛਾਤੀ) · ਏਸ਼ੀਅਨ ਮਾਪਿਆਂ ਲਈ ਆ ਰਿਹਾ ਹੈ
- ਭਾਵਨਾਤਮਕ ਮੁੱਦੇ / ਚਿੰਤਾ / ਉਦਾਸੀ · ਮਾਨਸਿਕ ਸਿਹਤ (ਆਮ ਤੌਰ 'ਤੇ) · ਮੰਕੀਪਾਕਸ
- ਪਾਰਟੀ ਡਰੱਗਜ਼ (ਮਾਰੀਜੁਆਨਾ, ਮੈਲੀ, ਕੋਟਾਮਾਈਨ, ਕ੍ਰਿਸਟਲ ਮੇਥ, ਆਈਸ, ਬਲੂ ਪਿਲ, ਆਕਸੀ, ਪੋਪਰਸ, ਕੋਕੀਨ, ਫੈਂਟਾਨਾਇਲ, ਫ3nt/fent ਜਾਂ TNT)
- ਭਾਰ / ਸਰੀਰ ਦੀ ਤਸਵੀਰ · ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

**17. ਹੇਠਾਂ ਦਿੱਤੀ ਸੂਚੀ ਵਿੱਚ ਆਪਣੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਸਿਹਤ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ:**

- ਗੁਦਾ ਸਿਹਤ · ਕੈਂਸਰ (ਚਮੜੀ, ਲਿੰਫੋਮਾ, ਨੱਕ ਸਬੰਧੀ, ਅੰਡਕੋਸ਼, ਟੈਸਟੀਕੂਲਰ) · ਚਮੜੀ ਸਬੰਧੀ
- ਬਜ਼ੁਰਗ / ਜੇਰੀਏਟਿਕ ਦੇਖਭਾਲ · ਉੱਪਰੀ ਚਮੜੀ ਦੀ ਦੇਖਭਾਲ
- ਇਨਵਿਟਰੋ ਫਰਟੀਲਾਈਜ਼ੇਸ਼ਨ (IVF ਪਾਲਣ-ਪੋਸ਼ਣ) / ਸੁਕ੍ਰਾਣੂ ਜਾਂ ਅੰਡੇ ਦੀ ਸੰਭਾਲ
- ਲੈਬੀਆ / ਕਲੀਟੋਰਿਸ ਦੀ ਦੇਖਭਾਲ · ਮੈਮੋਰੀ ਲੋਸ ਸਕ੍ਰੀਨਿੰਗ · ਪੇਡੀਆਟਰੀ · ਯੂਰੋਲੋਜੀ
- ਦ੍ਰਿਸ਼ਟੀ · ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

**18. ਆਪਣੀਆਂ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਫਾਰਮੇਸ਼ੀਕਲ ਲੋੜਾਂ ਨੂੰ ਦਰਜਾ ਦਿਓ (ਇਲਾਜ ਲਈ ਦਵਾਈਆਂ...):**

- ADD / ADHD / OCD / PTSD (ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਡਿਸਆਰਡਰ, ਅਟੈਂਸ਼ਨ ਡੈਫੀਸਿਟ ਹਾਈਪਰਐਕਟੀਵਿਟੀ ਡਿਸਆਰਡਰ, ਔਬਸੈਸਿਵ-ਕੰਪਲਸਿਵ ਡਿਸਆਰਡਰ, ਪੋਸਟ-ਟਰੌਮੈਟਿਕ ਸਟ੍ਰੈਸ ਡਿਸਆਰਡਰ)

- ਉਦਾਸੀ ਜਾਂ ਚਿੰਤਾ
- HIV/AIDS ਰੋਕਥਾਮ (PrEP / PEP)
- HIV/AIDS ਇਲਾਜ
- ਟੀਕਾਕਰਨ / ਟੀਕੇ
- ਜਿਨਸੀ ਤੌਰ 'ਤੇ ਪ੍ਰਸਾਰਿਤ ਬਿਮਾਰੀਆਂ (HIV/AIDS ਨਹੀਂ)
- ਟਰਾਂਸਜੈਂਡਰ ਹਾਰਮੋਨਲ ਥੈਰੇਪੀ
- ਹੋਰ? ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

**19. ਤੁਸੀਂ ਆਪਣੀ ਸਮੁੱਚੀ ਸਰੀਰਕ ਸਿਹਤ ਬਾਰੇ ਕਿਵੇਂ ਮਹਿਸੂਸ ਕਰਦੇ ਹੋ?**

- ਬਹੁਤ ਵਧੀਆ
- ਵਧੀਆ
- ਠੀਕ
- ਖਰਾਬ
- ਬਹੁਤ ਖਰਾਬ

**20. ਤੁਸੀਂ ਆਪਣੀ ਸਮੁੱਚੀ ਮਾਨਸਿਕ/ਭਾਵਨਾਤਮਕ ਸਿਹਤ ਬਾਰੇ ਕਿਵੇਂ ਮਹਿਸੂਸ ਕਰਦੇ ਹੋ?**

- ਬਹੁਤ ਵਧੀਆ
- ਵਧੀਆ
- ਠੀਕ
- ਖਰਾਬ
- ਬਹੁਤ ਖਰਾਬ

**21. ਤੁਸੀਂ ਆਪਣੇ ਬਾਰੇ ਸਰੀਰਕ ਜਾਂ ਸੁਹਜ ਪੱਖੋਂ ਕਿਵੇਂ ਮਹਿਸੂਸ ਕਰਦੇ ਹੋ? ਕੀ ਤੁਸੀਂ ਮਹਿਸੂਸ ਕਰਦੇ ਹੋ ਕਿ ਤੁਸੀਂ ਰਿਸ਼ਤਿਆਂ, ਡੇਟਸ ਜਾਂ ਹੁੱਕ ਅੱਪ ਲਈ ਦੂਜਿਆਂ ਲਈ ਆਕਰਸ਼ਕ ਹੋ?**

- ਬਹੁਤ ਵਧੀਆ
- ਵਧੀਆ
- ਠੀਕ
- ਖਰਾਬ
- ਬਹੁਤ ਖਰਾਬ

**22. ਕੀ ਤੁਸੀਂ ਅੱਜ ਕੱਲ੍ਹ ਇਹਨਾਂ ਵਿੱਚੋਂ ਕਿਸੇ ਵੀ ਗਤੀਵਿਧੀਆਂ ਵਿੱਚ ਸ਼ਾਮਲ ਹੁੰਦੇ ਹੋ? (ਲਾਗੂ ਹੋਣ ਵਾਲੇ ਸਾਰੇ ਚੁਣੋ)**

ਯਾਦ ਰੱਖੋ, ਤੁਹਾਡੇ ਜਵਾਬ ਗੁਪਤ ਅਤੇ ਬੇਨਾਮ ਹਨ।

- ਪ੍ਰਤੀ ਦਿਨ 2 ਤੋਂ ਵੱਧ ਅਲਕੋਹਲ ਵਾਲੇ ਡਰਿੰਕਸ ਪੀਣਾ (ਬੀਅਰ, ਵਾਈਨ, ਕਾਕਟੇਲ, ਆਦਿ)
- ਪ੍ਰਤੀ ਦਿਨ 2 ਤੋਂ ਵੱਧ ਮਿੱਠੇ ਪੀਣ ਵਾਲੇ ਪਦਾਰਥ ਪੀਣਾ (ਸੋਡਾ, ਫਲਾਂ ਦਾ ਪੰਚ, ਨਿੰਬੂ ਪਾਣੀ)
- ਕਿੱਕੀ ਸੈਕਸ / ਬੰਧਨ / SM
- ਹਾਰਡ ਡਰੱਗਜ਼ (ਐਸਿਡ, ਹੈਰੋਇਨ, ਕਰੈਕ ਕੋਕੀਨ)
- ਪਾਰਟੀ ਡਰੱਗਜ਼ (ਕੋਟਾਮਾਈਨ, ਕ੍ਰਿਸਟਲ ਮੈਥ, ਆਈਸ, ਨੀਲੀ ਗੋਲੀ, ਆਕਸੀ, ਕੋਕੀਨ, ਫੈਂਟਾਨਿਲ, f3nt/fent ਜਾਂ TNT, ਮਸ਼ਰੂਮ)
- ਹੋਰ ਡਰੱਗਜ਼ (ਮਾਰੀਜੁਆਨਾ, 420, ਪੇਪਰਸ, ਮੈਲੀ, ਐਕਸਟਰੀ)
- ਸਵੈ-ਸੰਭਾਲ (ਕਿਸੇ ਥੈਰੇਪਿਸਟ ਜਾਂ ਮਨੋਵਿਗਿਆਨੀ ਨੂੰ ਦਿਖਾਉਣਾ, ਯੋਗਾ, ਧਿਆਨ)
- ਨਿਯਮਿਤ ਕਸਰਤ
- ਕੰਡੋਮ ਤੋਂ ਬਿਨਾਂ ਸੈਕਸ ਜਾਂ ਦੰਦਾਂ ਦੇ ਡੈਮ (ਅਤੇ PREP 'ਤੇ ਨਹੀਂ)
- ਸੈਕਸ ਕੰਮ (ਕਿਸੇ ਵੀ ਕਿਸਮ ਦਾ)
- ਪੈਸੇ, ਨਸ਼ੇ, ਜਾਂ ਹੋਰ ਲਈ ਸੈਕਸ ਵੇਚਣਾ ਜਾਂ ਬਦਲਣਾ
- ਸੈਕਸ ਲਈ ਖਰੀਦਣਾ, ਭੁਗਤਾਨ ਕਰਨਾ ਜਾਂ ਪੈਸੇ ਬਦਲਣਾ, ਨਸ਼ੀਲੇ ਪਦਾਰਥ, ਜਾਂ ਹੋਰ
- ਸਿਗਰਟਨੋਸ਼ੀ / ਵੈਪਿੰਗ
- ਇੱਕ ਪਰਿਵਾਰ ਸ਼ੁਰੂ ਕਰਨ / ਬੱਚੇ ਪੈਦਾ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨਾ
- ਸਿਹਤਮੰਦ/ਸੰਤੁਲਿਤ ਖੁਰਾਕ ਖਾਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨਾ

**ਭਾਗ C. ਰਾਈਟ-ਇਨ – ਵਿਕਲਪਕ**

ਉਪਰੋਕਤ ਸਾਰੇ ਵਿਕਲਪਾਂ ਦੀ ਸਮੀਖਿਆ ਕਰਨ ਤੋਂ ਬਾਅਦ, ਹੇਠਾਂ ਦਿੱਤੇ ਇਹ ਸਵਾਲ ਓਪਨ-ਐਂਡ ਸਵਾਲਾਂ ਦੇ ਪਹਿਲੇ ਸੈੱਟ ਨੂੰ ਦੁਬਾਰਾ ਪੁੱਛਦੇ ਹਨ ਜੋ ਇਸ ਸਰਵੇਖਣ ਦੇ ਸ਼ੁਰੂ ਵਿੱਚ ਪੁੱਛੇ ਗਏ ਸਨ। ਜੇ ਸਮਾਨ ਜਾਂ ਕੋਈ ਬਦਲਾਅ ਨਹੀਂ ਹੈ ਤਾਂ ਖਾਲੀ ਛੱਡੋ।

**23. ਕੀ ਤੁਹਾਡੀਆਂ ਕੋਈ ਹੋਰ ਸਿਹਤ / ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਹਨ ਜੋ ਸੂਚੀਬੱਧ ਨਹੀਂ ਸਨ?**

24. ਕੀ ਤੁਹਾਨੂੰ ਕੋਈ ਹੋਰ ਵੱਡੀਆਂ ਰੁਕਾਵਟਾਂ ਹਨ ਜਿਨ੍ਹਾਂ ਦਾ ਤੁਹਾਨੂੰ ਤੁਹਾਡੀ ਸਿਹਤ/ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ?

25. ਕੀ ਤੁਹਾਡੇ ਕੋਲ ਤੁਹਾਡੀਆਂ ਸਿਹਤ/ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਨ ਲਈ ਇਹਨਾਂ ਸੇਵਾਵਾਂ ਨੂੰ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਕੋਈ ਹੋਰ ਪ੍ਰੋਗਰਾਮ ਜਾਂ ਤਰੀਕੇ ਹਨ?

26. ਕੀ ਤੁਹਾਡੀਆਂ ਕੋਈ ਹੋਰ ਸਿਹਤ / ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਹਨ ਜਿਨ੍ਹਾਂ ਬਾਰੇ ਤੁਸੀਂ ਹੋਰ ਜਾਣਨਾ ਚਾਹੁੰਦੇ ਹੋ?

27. ਕੀ ਕੋਈ ਹੋਰ ਮੁੱਦੇ ਹਨ ਜੋ ਤੁਸੀਂ ਉਠਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋ ਜਾਂ ਸਾਨੂੰ ਦੱਸਣਾ ਚਾਹੁੰਦੇ ਹੋ?

**ਭਾਗ D. ਚੁਣੋ** \_\_\_\_\_ ਯਾਦ ਰੱਖੋ ਕਿ ਸਾਰੇ ਜਵਾਬ ਬੇਨਾਮ ਅਤੇ ਗੁਪਤ ਹਨ। ਲਾਗੂ ਹੋਣ ਵਾਲੇ ਸਾਰੇ ਚੁਣੋ।

### 28. ਤੁਹਾਡੀ ਮੂਲ ਭਾਸ਼ਾ/ਬੋਲੀ ਕੀ ਹੈ?

ਅੰਗ੍ਰੇਜ਼ੀ	ਅਰਬੀ	ਬੰਗਾਲੀ	ਚੀਨੀ-ਮੈਂਡਰਿਨ	ਚੀਨੀ-ਕੈਂਟੋਨੀਜ਼
ਚੀਨੀ-ਤਾਈਵਾਨੀ	ਚੀਨੀ-ਫੂਜ਼ੋਨੀਜ਼	ਚੀਨੀ-ਫੁਕੀਨੀਜ਼	ਚੀਨੀ-ਹੋਰ ਉਪਭਾਸ਼ਾ	ਫਿਲੀਪੀਨੋ-ਤਾਗਾਲੋਗ
ਫਿਲੀਪੀਨੋ-ਇਲੋਕਾਨੋ	ਫਿਲੀਪੀਨੋ-ਵਿਸਾਯਾਨ	ਫਿਲੀਪੀਨੋ-ਹੋਰ ਉਪਭਾਸ਼ਾ	ਗੁਜਰਾਤੀ	ਹਿੰਦੀ
ਕੋਰੀਅਨ	ਲਾਓ	ਨੇਪਾਲੀ	ਪੰਜਾਬੀ	ਥਾਈ
ਤਿਬਤੀ	ਉਰਦੂ	ਵੀਅਤਨਾਮੀ	ਸਪੇਨੀ	

ਹੋਰ (ਕਿਰਪਾ ਕਰਕੇ ਵਿਆਖਿਆ ਕਰੋ)

29. ਕੀ ਤੁਹਾਡੀ ਇੱਕ ਅਪਾਹਜ ਵਿਅਕਤੀ (ਸਰੀਰਕ, ਮਾਨਸਿਕ, ਵਿਕਾਸ ਸੰਬੰਧੀ, ਵਿਹਾਰਕ, ਆਦਿ) ਦੇ ਰੂਪ ਵਿੱਚ ਪਛਾਣ ਕੀਤੀ ਜਾਂਦੀ ਹੈ? \_\_\_\_\_ ਹਾਂ \_\_\_\_\_ ਨਹੀਂ

30. ਤੁਹਾਡਾ ਆਮਦਨ ਗਰੁੱਪ ਕੀ ਹੈ? ਤੁਹਾਡੇ ਘਰ ਦਾ ਆਕਾਰ ਕੀ ਹੈ? ਤੁਹਾਡੇ ਪਰਿਵਾਰ ਦਾ ਆਮਦਨ ਗਰੁੱਪ ਕੀ ਹੈ?

ਕੋਈ ਆਮਦਨ ਨਹੀਂ-ਵਿਦਿਆਰਥੀ	ਕੋਈ ਆਮਦਨ ਨਹੀਂ-ਬੇਰੋਜ਼ਗਾਰ		
ਕੋਈ ਆਮਦਨ ਨਹੀਂ-ਜਨਤਕ ਸਹਾਇਤਾ	ਕੋਈ ਆਮਦਨ ਜਾਂ ਸਥਿਰ ਆਮਦਨ ਨਹੀਂ - ਸੇਵਾਮੁਕਤ		
\$13,500 ਤੋਂ ਘੱਟ	\$13,501 - \$18,000	\$18,001 - \$22,500	\$22,501 - \$27,000
\$27,001 - \$36,000	\$36,001 - \$46,000	\$46,001 - \$55,000	\$55,001 - \$65,000
\$65,001 - \$75,000	\$75,001 - \$100,000	\$100,000 ਤੋਂ ਜ਼ਿਆਦਾ	

### 31. ਤੁਹਾਡੀ ਸਿੱਖਿਆ ਦਾ ਪੂਰਾ ਕੀਤਾ ਸਭ ਤੋਂ ਉੱਚ ਪੱਧਰ ਕੀ ਹੈ?

ਕੋਈ ਰਸਮੀ ਸਿੱਖਿਆ ਨਹੀਂ	ਪ੍ਰਾਇਮਰੀ ਜਾਂ ਗ੍ਰਾਮਰ ਸਕੂਲ
ਹਾਈ ਸਕੂਲ ਗ੍ਰੈਜੂਏਟ, ਡਿਪਲੋਮਾ, ਜਾਂ ਇਸ ਦੇ ਬਰਾਬਰ (ਉਦਾਹਰਨ ਲਈ, GED)	
ਕੁਝ ਕਾਲਜ/ਯੂਨੀਵਰਸਿਟੀ ਕ੍ਰੈਡਿਟ, ਕੋਈ ਡਿਗਰੀ ਨਹੀਂ	ਟ੍ਰੈਡ/ਤਕਨੀਕੀ/ਵੋਕੇਸ਼ਨਲ ਸਿਖਲਾਈ
ਐਸੋਸੀਏਟ ਡਿਗਰੀ (ਉਦਾਹਰਨ ਲਈ, AA, AS)	ਬੈਚਲਰ ਦੀ ਡਿਗਰੀ (ਉਦਾਹਰਨ ਲਈ, BA, BS)
ਮਾਸਟਰ ਡਿਗਰੀ (ਉਦਾਹਰਨ ਲਈ, MA, MS, MEd)	ਪ੍ਰੋਫੈਸ਼ਨਲ ਡਿਗਰੀ (ਉਦਾਹਰਨ ਲਈ, JD, MD, DDS)
ਡਾਕਟਰੇਟ ਦੀ ਡਿਗਰੀ (ਉਦਾਹਰਨ ਲਈ, PhD, EdD)	

32. ਕੀ ਤੁਸੀਂ ਵਿਸ਼ੇਸ਼ ਲੋੜਾਂ ਵਾਲੇ ਕਿਸੇ ਵੀ ਘੱਟ ਸੇਵਾ ਵਾਲੇ ਭਾਈਚਾਰੇ ਜਾਂ ਸਮੂਹ ਨਾਲ ਸੰਬੰਧਿਤ ਹੋ?

- ਨੈਜਵਾਨ (18 ਤੋਂ 25)
- ਨੈਜਵਾਨ (18 ਸਾਲ ਤੋਂ ਘੱਟ)
- ਬਜ਼ੁਰਗ / ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ
- ਪਰਵਾਸੀ
- ਟ੍ਰਾਂਸਜੈਂਡਰ / ਲਿੰਗ ਗੈਰ-ਅਨੁਕੂਲ / ਲਿੰਗ ਰੂਪ / ਗੈਰ-ਬਾਈਨਰੀ
- ਬੱਚਿਆਂ ਦੇ ਨਾਲ LGBT ਏਸ਼ੀਅਨ ਮਾਪੇ (ਗੇਦ ਲੈਣ, ਸਰੋਗੇਸੀ, IVF ਰਾਹੀਂ)
- ਲੇਦਰ/ SM / ਕਿੰਕ / ਬੰਧਨ
- ਸੈਕਸ ਵਰਕਰ
- ਸਟ੍ਰੀਟ ਵਿਕਰੇਤਾ
- ਵਿਦਿਆਰਥੀ
- ਹੋਰ (ਕਿਰਪਾ ਕਰਕੇ ਵਿਆਖਿਆ ਕਰੋ)
- ਬਿਲਕੁਲ ਨਹੀਂ

### 33. ਤੁਸੀਂ ਕਿਸ ਬੋਰੇ ਜਾਂ ਕਾਉਂਟੀ ਵਿੱਚ ਰਹਿੰਦੇ ਹੋ?

- |        |                              |                           |
|--------|------------------------------|---------------------------|
| ਬ੍ਰੌਕਸ | ਬਰੁਕਲਿਨ / ਕਿੰਗਜ਼ ਕਾਉਂਟੀ      | ਮੈਨਹਟਨ / ਨਿਊਯਾਰਕ ਕਾਉਂਟੀ   |
| ਕੁਈਨਸ  | ਸਟੇਟਨ ਆਈਲੈਂਡ / ਰਿਚਮੰਡ ਕਾਉਂਟੀ | ਵੈਸਟਚੈਸਟਰ                 |
| ਨਾਸਾਓ  | ਸਫੇਕ                         | ਨਿਊਯਾਰਕ ਰਾਜ ਵਿੱਚ ਕਿਤੇ ਹੋਰ |
- ਬਰਗਨ ਕਾਉਂਟੀ, ਨਿਊ ਜਰਸੀ    ਹਜਸਨ ਕਾਉਂਟੀ, ਨਿਊ ਜਰਸੀ
- ਨਿਊਯਾਰਕ ਰਾਜ ਵਿੱਚ ਨਹੀਂ। ਕਿਰਪਾ ਕਰਕੇ ਨਿਰਧਾਰਿਤ ਕਰੋ \_\_\_\_\_

### 34. ਤੁਸੀਂ ਕਿਸ ਜ਼ਿਪ ਕੋਡ ਵਿੱਚ ਰਹਿੰਦੇ ਹੋ?

ਤੁਹਾਡਾ ਧੰਨਵਾਦ। ਆਪਣਾ ਮੁਫਤ ਤੋਹਫਾ (ਸੁਰੱਖਿਅਤ ਸੈਕਸ ਕਿੱਟ) ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਜਾਂ \$25 ਦੇ ਐਮਾਜ਼ਾਨ ਗਿਫਟ ਕਾਰਡ (10 ਵਿਜੇਤਾ) ਜਾਂ ਮੁਫਤ ਟੀ-ਸ਼ਰਟ “ਸੈਨੂੰ ਚਾਵਲ ਪਸੰਦ ਹਨ” ਜਾਂ “ਪੈਸੀਫਿਕ ਰਿਮ” (25 ਵਿਜੇਤਾ) ਲਈ ਰਾਫਲ ਡਰਾਅ ਵਿੱਚ ਦਾਖਲ ਹੋਣ ਲਈ, ਇਸ ਲਿੰਕ 'ਤੇ ਜਾਓ ਅਤੇ ਗੂਗਲ ਫਾਰਮ ਨੂੰ ਪੂਰਾ ਕਰੋ। ਸਰਵੇਖਣ ਦੇ ਪੂਰਾ ਹੋਣ 'ਤੇ ਡਰਾਅ ਕੀਤਾ ਜਾਵੇਗਾ।

ਤੁਹਾਡੇ ਜਵਾਬਾਂ ਨੂੰ ਬੇਨਾਮ ਅਤੇ ਗੁਪਤ ਰੱਖਣ ਲਈ ਇਹ ਇੱਕ ਵੱਖਰਾ ਫਾਰਮ ਹੈ। <https://forms.gle/jN8r5xZtjG6H8sXR7>

## Survey Instrument - Thai Translation

### คำถามแบบสำรวจความต้องการของชุมชนอภิชา CHC

<https://www.surveymonkey.com/r/YKVJ79R>

### **สุขภาพและความต้องการด้านสุขภาพของชุมชนชาวเกาเอย่าง LGBTQ แห่งเอเชียแปซิฟิกของนิวยอร์ก**

ศูนย์สุขภาพชุมชน Apicha CHC (CHC)

กำลังเปิดตัวความพยายามครั้งใหม่เพื่อตอบสนองความต้องการด้านสุขภาพและความเป็นอยู่ที่ดีของชุมชน LGBTQ ชาวเอเชีย ชาวอเมริกันเชื้อสายเอเชีย เอเชียใต้ เอเชียตะวันออกเฉียงใต้ และชาวเกาเอย่างแปซิฟิกในนครนิวยอร์ก

นอกจากนี้ Apicha CHC ยังสำรวจอุปสรรคที่ขัดขวางการเข้าถึงบริการต่างๆ (เช่น ความไว้วางใจ การเข้าถึงที่อยู่อาศัย ความกังวลด้านวัฒนธรรม การตีตรา ฯลฯ) และแนวคิดเกี่ยวกับโครงการต่างๆ เพื่อตอบสนองความต้องการเหล่านี้

แบบสำรวจที่เป็นความลับและไม่เปิดเผยตัวตนนี้จะช่วยให้ Apicha CHC พัฒนาโปรแกรมและบริการที่ศูนย์แห่งใหม่ในเมืองแจ๊คสันไฮท์ส รัฐควีนส์

กรุณาตอบแบบสอบถามที่ไม่เปิดเผยตัวตนและเป็นความลับนี้ **รางวัลได้แก่:**

- ฟรีชุดเพศที่ปลอดภัยยิ่งขึ้นและสำเนารายงานขั้นสุดท้าย - ผู้เข้าร่วมทั้งหมด
- บัตรของขวัญ Amazon \$25 - ผู้เข้าร่วม 10 คนจากการสุ่มจับฉลาก
- เลื่อยยึด "I love Rice" หรือ "Pacific Rim" - จำนวน 25 คน

กรุณาตอบกลับเฉพาะในกรณีที่คุณระบุตัวตนว่าเป็น LGBTQ (เลสเบียน เกย์ ไบเซ็กชวล คนข้ามเพศ เพศทางเลือก) และชาวเอเชีย ชาวอเมริกันเชื้อสายเอเชีย เอเชียใต้ เอเชียตะวันออกเฉียงใต้ หรือชาวเกาเอย่างแปซิฟิก

แบบสำรวจควรจะใช้เวลา **16 นาที** หลังจากนั้นคุณจะถูกนำไปยังแบบฟอร์ม Google แยกต่างหากเพื่อรับของขวัญฟรีของคุณหรือเพื่อเข้าร่วมการจับฉลากเพื่อรับรางวัลใดรางวัลหนึ่ง

ถ้าหากต้องการดูคำถามทั้งหมดที่ถามและตอบกลับไปที่นี้:

<https://bit.ly/Apicha-CHC-Survey-Questions>

ถ้าหากว่าคุณมีคำถามหรือความคิดเห็น กรุณาติดต่อ Glenn D. Magpantay ที่ [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) โดยใช้อีเมลหัวข้อ "Apicha CHC Survey" หรือโทร 917-439-3158

### **เกี่ยวกับ Apicha CHC**

Apicha CHC เป็นศูนย์สุขภาพชุมชนที่อุทิศตนเพื่อให้บริการดูแลผู้ป่วยยากไร้อย่างครอบคลุมและทั่วถึง โดยไม่คำนึงถึงความสามารถในการจ่ายเงิน เราทุ่มเทเพื่อทำหน้าที่เป็นที่หลบภัยสำหรับชุมชนชายขอบ ซึ่งรวมถึงผู้อพยพ ผู้ไม่มีประกัน และกลุ่ม LGBTQ+ เราให้บริการการรักษาพยาบาลเบื้องต้น การดูแลเฉพาะด้านเอชไอวี (HIV) การเข้าถึง PrEP/PEP การดูแลสุขภาพของคนข้ามเพศ การทดสอบและคัดกรอง STI/STD สุขภาพเชิงพฤติกรรม และบริการด้านสุขภาพของผู้หญิง นอกจากนี้บริการทางการแพทย์แล้ว Apicha CHC

ยังเสนอบริการสนับสนุนที่หลากหลาย เช่น การให้ความรู้ด้านสุขภาพด้านโภชนาการ การประกันสุขภาพและการลงทะเบียน SNAP โครงการบ้านสุขภาพ และโครงการการมีส่วนร่วมของชุมชน เราต้องการเน้นว่าเราในฐานะผู้ให้บริการทางการแพทย์มุ่งมั่นที่จะรักษาผู้ป่วยแบบองค์รวม เราได้รับผู้ป่วยรายใหม่อยู่เสมอ

ไม่ระบุชื่อและเป็นความลับ <https://www.surveymonkey.com/r/TTKJRXN>  
 ดูคำถามและคำตอบทั้งหมดได้ที่: <https://bit.ly/Apicha CHC-Survey>

## **ส่วน A. คุณสมบัติ**

### **1. เชื้อชาติเอเชียของคุณคืออะไร?**

คนจีน	ภาษาเกาหลี	คนญี่ปุ่น	คนฟิลิปปินส์
คนอินเดีย	คนบังคลาเทศ	ภาษาไทย	ภาษาเวียดนาม
คนภูฐาน	คนพม่า	คนเกาะกวม	ชนพื้นเมืองฮาวาย
คนมาเลเซีย	คนสิงคโปร์	คนไต้หวัน	ภาษาธิเบต
คนอินโดนีเซีย	คนลาว	คนปากีสถาน	คนเนปาล
คนศรีลังกา	คนตองก่า	คนเอเชียตะวันตก	คนเอเชียกลาง
เชื้อชาติอื่นๆ ของชาวเอเชียหรือชาวเกาะแปซิฟิก: (กรุณาระบุ)			ไม่ใช่คนเอเชีย เอเชียใน (กรุณาระบุ)

### **2. รสนิยมทางเพศของคุณเป็นอย่างไร?**

กะเทย			
ไบเซ็กชวล/ แพนเซ็กชวล / การแสดงออกทางเพศเปลี่ยนแปลงไปมาระหว่างผู้ชาย/ความเป็นชาย และผู้หญิง/ความเป็นหญิง (Fluid)			
เกย์	รักต่างเพศ / ตรงตามเพศที่กำหนด	เลสเบียน	
ไม่ปิดกั้นทางเพศ	อื่น ๆ (กรุณาระบุ)		

### **3. เพศหรืออัตลักษณ์ทางเพศของคุณคืออะไร?**

ผู้หญิง	ผู้ชาย	ชายข้ามเพศ	หญิงข้ามเพศ
ไม่ใช่ไบนารี/มากกว่าหนึ่งเพศ/ไม่มีเพศ		อื่น ๆ (กรุณาระบุ)	

### **4. อายุของคุณคือกลุ่มไหน?**

18-24	25-34	35-44	45-54
55-64	65-74	75-84	85+

## **ส่วน B เขียนเพิ่มเติม**

เพียงแค่ให้ความคิดเริ่มต้นของคุณ หากคุณไม่ทราบ ให้ข้ามส่วนนี้  
 คุณจะมีโอกาสตอบคำถามเหล่านี้อีกครั้งในตอนท้าย

### **5. 1. ความต้องการด้านสุขภาพ / ความเป็นอยู่ที่ดีสามอันดับแรกของคุณ (3) คืออะไร?**

### **6. อะไรคืออุปสรรคสำคัญที่คุณต้องเผชิญในการจัดการกับความต้องการด้านสุขภาพ/ความเป็นอยู่ที่ดีของคุณ?**

7. คุณมีไอดีเดียวสำหรับบริการหรือวิธีการในการให้บริการเหล่านี้เพื่อช่วยให้คุณตอบสนองความต้องการด้านสุขภาพ/ความเป็นอยู่ที่ดีของคุณหรือไม่?

8. มีปัญหาอื่น ๆ ที่คุณต้องการแจ้งหรือไม่?

### ส่วน B. จัดอันดับเฉพาะรายการที่สำคัญ

1 = สำคัญที่สุด

เลือกจากตัวเลือกที่ระบุไว้เท่านั้น ถ้าหากใช้ "อื่นๆ" คุณสามารถรวมไว้ที่ส่วนท้ายของส่วนนี้ได้

ถ้าหากว่ารายการไม่สำคัญเลย คุณสามารถคลิกช่อง "ไม่เกี่ยวข้อง" ทางด้านขวา

คุณไม่จำเป็นต้องจัดอันดับตัวเลือกทั้งหมด แต่กรุณาจัดอันดับอย่างน้อย 3

คำตอบทั้งหมดเป็นความลับและไม่เปิดเผยตัว

9. จัดอันดับความต้องการด้านสุขภาพที่สำคัญที่สุดของคุณ:

- เอชไอวี/เอดส์/ โรคติดต่อทางเพศสัมพันธ์, โรคตับอักเสบ
- การเสพติด (การสูบบุหรี่ แอลกอฮอล์ ยาไอซ์ ฯลฯ)
- มะเร็ง
- อาการซึมเศร้าหรือวิตกกังวล
- เบาหวาน คอเลสเตอรอล ความดันโลหิต
- การดูแลทางทันตกรรม
- การฉีดวัคซีน/วัคซีน (โควิด ไข้หวัดใหญ่ ตับอักเสบบี HPV (หูดที่อวัยวะเพศ) เยื่อหุ้มสมองอักเสบ โรคปอดบวม โรคหัด โรคอีสุกอีใส โรคหัด คางทูม หัดเยอรมัน บาดทะยัก คอตีบ โรคไอกรน)
- การจัดการ ADHD / ADD / OCD / PTSD (ความผิดปกติของสมาธิสั้น, โรคสมาธิสั้น, โรคย้ำคิดย้ำทำ, โรคเครียดหลังเกิดบาดแผล)
- การดูแลเด็กหรือวัยรุ่น / บริการสุขภาพจิตครอบครัว
- สุขภาพของคนข้ามเพศ
- มีอย่างอื่นหรือไม่? โปรดระบุ \_\_\_\_\_

10. จัดอันดับความต้องการที่สำคัญที่สุดของคุณสำหรับโรคติดต่อทางเพศสัมพันธ์ / เอชไอวี/เอดส์:

- การป้องกัน (เช่น PrEP / PEP)
- การรักษา (บับบัต)
- การทดสอบ (การวินิจฉัยโรค)
- บริการสนับสนุน/การนำทางระบบราชการ
- ไม่มีหรือไม่จำเป็น
- มีอย่างอื่นหรือไม่? กรุณาระบุ \_\_\_\_\_

11. ถ้าหากคุณเป็นผู้ปกครอง ให้จัดอันดับความต้องการด้านสุขภาพที่สำคัญที่สุดสำหรับบุตรหลานของคุณ:

- แพทย์ของวัยรุ่น/ผู้หญิงเพื่อการปฐมวัย
- กุมารแพทย์เพื่อการปฐมภูมิ
- บริการทางทันตกรรม
- การฉีดวัคซีน/วัคซีน (โควิด ไข้หวัดใหญ่ ตับอักเสบบี HPV (หูดที่อวัยวะเพศ) เยื่อหุ้มสมองอักเสบ โรคปอดบวม โรคหัด โรคอีสุกอีใส โรคหัด คางทูม หัดเยอรมัน บาดทะยัก คอตีบ โรคไอกรน)

- การจัดการ ADHD / ADD / OCD / PTSD (ความผิดปกติของสมาธิสั้น, โรควิตกกังวล, โรคย้ำคิดย้ำทำ, โรคเครียดหลังเกิดบาดแผล)
- บริการสุขภาพจิตสำหรับเด็ก วัยรุ่น หรือครอบครัว · ไม่มี ใช้งานไม่ได้, ไม่ใช่ผู้ปกครองของเด็ก
- มีอย่างอื่นหรือไม่? กรุณาระบุ \_\_\_\_\_

**12. จัดอันดับความต้องการด้านสุขภาพที่สำคัญที่สุดของคุณ:**

- สุขภาพทางอารมณ์
- การวางแผนครอบครัว การคุมกำเนิดหรือการทดสอบการตั้งครรภ์
- การลงทะเบียนแอดม็อบอาหาร (SNAP เงินเพื่อซื้ออาหาร)
- รับแพทย์ปฐมภูมิ (PCP) และร้านขายยาที่เป็นมิตรกับ LGBTQ + API
- การลงทะเบียนประกันสุขภาพ
- บริการสุขภาพจิตสำหรับเด็ก วัยรุ่น หรือครอบครัว
- การให้คำปรึกษาด้านโภชนาการและการจัดการน้ำหนักโดยนักกำหนดอาหารที่ขึ้นทะเบียน
- การสนับสนุนเพื่อนในกลุ่ม LGBTQ+ ในเอเชียหรือเอเชียใต้
- มีอย่างอื่นหรือไม่? กรุณาระบุ \_\_\_\_\_

**13. จัดอันดับความต้องการที่สำคัญที่สุดของคุณในกลุ่มความต้องการด้านสุขภาพและความเป็นอยู่ที่ดีด้านล่าง:**

- การเสพติด (การสูบบุหรี่ แอลกอฮอล์ ยาไอซ์ ฯลฯ) · อาการซึมเศร้าหรือวิตกกังวล
- การจัดการ ADD / ADHD / OCD / PTSD (ความผิดปกติของสมาธิสั้น, โรควิตกกังวล, โรคย้ำคิดย้ำทำ, โรคเครียดหลังเกิดบาดแผล) · การดูแลทางทันตกรรม
- การเงิน, เงินเพื่ออาหาร, ค่าเช่า, งาน · การหาหมอชาวเอเชียที่อ่อนไหวต่อ LGBT
- หามอบในประกันของฉัน (ในเครือขาย) · การทำประกันสุขภาพ
- การสร้างภูมิคุ้มกัน / วัคซีน
- การนำทางระบบการดูแลสุขภาพ / ความคุ้มครองการประกันสุขภาพ
- โรคติดต่อทางเพศสัมพันธ์, เอชไอวี/เอดส์, ไวรัสตับอักเสบ · ขาดการสนับสนุนจากผู้ปกครอง
- ปัญหาทางกฎหมาย

**14. จัดอันดับสิ่งที่คุณคิดว่าเป็นความต้องการที่สำคัญที่สุดในหมู่ความต้องการด้านสุขภาพและความเป็นอยู่ที่ดีของชุมชน LGBTQ+ เอเชีย / เอเชียใต้/ ชาวเกาะแปซิฟิก ด้านล่าง:**

- การเสพติด (การสูบบุหรี่ แอลกอฮอล์ ยาไอซ์ ฯลฯ) · อาการซึมเศร้าหรือวิตกกังวล
- การจัดการ ADD / ADHD / OCD / PTSD (ความผิดปกติของสมาธิสั้น, โรควิตกกังวล, โรคย้ำคิดย้ำทำ, โรคเครียดหลังเกิดบาดแผล) · การดูแลทางทันตกรรม
- การเงิน, เงินเพื่ออาหาร, ค่าเช่า, งาน · การหาหมอชาวเอเชียที่อ่อนไหวต่อ LGBT
- หามอบในประกันของฉัน (ในเครือขาย) · การทำประกันสุขภาพ
- การสร้างภูมิคุ้มกัน / วัคซีน
- การนำทางระบบการดูแลสุขภาพ / ความคุ้มครองการประกันสุขภาพ
- โรคติดต่อทางเพศสัมพันธ์, เอชไอวี/เอดส์, ไวรัสตับอักเสบ
- ขาดการสนับสนุนจากผู้ปกครอง · ปัญหาทางกฎหมาย





- โรคผิวหนัง
- บำรุงหนังหุ้มปลายลึงค์
- การปฏิสนธินอกร่างกาย (การเลี้ยงเด็กหลอดแก้ว) / การเก็บรักษาอสุจิหรือไข่
- การดูแลริมฝีปาก / คลิตอริส
- นักรักษาอนามัย
- วิสัยทัศน์
- การดูแลผู้สูงอายุ/ผู้สูงอายุ
- การคัดกรองความจำเสื่อม
- ระบบทางเดินปัสสาวะ
- มีอย่างอื่นหรือไม่? กรุณาระบุ \_\_\_\_\_

**18. จัดอันดับความต้องการทางเพศกรรมที่สำคัญที่สุดของคุณ (ยารักษา ...):**

- ADD/ ADHD / OCD / PTSD (โรคสมาธิสั้น, โรคสมาธิสั้น, โรคย้ำคิดย้ำทำ, โรคเครียดหลังเกิดบาดแผล)
- อาการซึมเศร้าหรือวิตกกังวล
- การรักษาเอชไอวี/เอดส์
- โรคติดต่อทางเพศสัมพันธ์ (ไม่ใช่เอชไอวี/เอดส์)
- สอร์โมนเพศทางเลือก
- การป้องกันเอชไอวี/เอดส์ (PrEP / PEP)
- การสร้างภูมิคุ้มกัน / วัคซีน
- มีอย่างอื่นหรือไม่? กรุณาระบุ \_\_\_\_\_

**19. คุณรู้สึกอย่างไรเกี่ยวกับสุขภาพกายโดยรวมของคุณ?**

- ดีมาก
- ดี
- ปานกลาง
- ไม่ดี
- แย่มาก

**20. คุณรู้สึกอย่างไรเกี่ยวกับสุขภาพจิต / อารมณ์โดยรวมของคุณ?**

- ดีมาก
- ดี
- ปานกลาง
- ไม่ดี
- แย่มาก

**21. คุณรู้สึกอย่างไรเกี่ยวกับตัวเองทางร่างกายหรือทางความงาม?**

คุณรู้สึกว่าตัวเองมีเสน่ห์ดึงดูดผู้อื่นในเรื่องความสัมพันธ์ การเดท หรือความสัมพันธ์ใหม่?

- ดีมาก
- ดี
- ปานกลาง
- ไม่ดี
- แย่มาก

**22. คุณมีส่วนร่วมในกิจกรรมเหล่านี้ในปัจจุบันหรือไม่? (เลือกทั้งหมดที่ใช้)**

จำไว้ว่า คำตอบของคุณจะเป็นความลับและไม่เปิดเผยตัว

- ตี๋มเครื่องตี๋มแอลกอฮอล์มากกว่า 2 แก้วต่อวัน (เบียร์ ไวน์ ค็อกเทล ฯลฯ)
- ตี๋มเครื่องตี๋มที่มีน้ำตาลมากกว่า 2 แก้วต่อวัน (โซดา ฟรุ้ตฟัันช์ น้้ามะนาว)
- เซ็กส์แปลกๆ / การมัด/ SM
- ยาเสพติดอย่างหนัก (กรด, เฮโรอีน, โคเคนแคร์ริก)
- ยาสำหรับงานปาร์ตี้ (คีตามีน, ยาไอซ์, ไอซ์, ยาเม็ดลีน้้าเงิน, โอซี, โคเคน, เฟนทานีล, f3nt/fent หรือ TNT, เห็ด)
- ยาอื่่นๆ (กัญชา, 420, บั๊อปเปอ์, มอลลี้, เอสตาซี)
- การดูแลตนเอง (พบนักบ่้าบัตหรือจิตแพทย์ โยคะ ทำสมาธิ)
- การออกกำลั๊งกายปกติ
- เพศสัมพันธ์โดยไม่สวมถุงยางอนามัยหรือเชื่่อนฟััน (ไม่ใช่ PREP)
- งานบริการทางเพศ (ประเภทใดก็ได้)
- ขายหรือแลกเปลี่ยนเซ็กส์กับเงิน ยา หรืออื่่นๆ

- ซื่อ จ่าย หรือแลกเปลี่ยนเงิน ยา หรืออย่างอื่นเพื่อเซ็กส์
- สุนัขหรี / สุนัขไอควัน
- พยายามสร้างครอบครัว/มีลูก
- พยายามกินอาหารเพื่อสุขภาพ / อาหารที่สมดุล

### ส่วน C. เขียนเพิ่มเติม- ทางเลือก

หลังจากตรวจสอบตัวเลือกทั้งหมดข้างต้นแล้ว

คำถามเหล่านี้ด้านล่างให้ถามคำถามปลายเปิดชุดแรกอีกครั้งซึ่งถูกถามเมื่อเริ่มต้นแบบสำรวจนี้  
เว้นว่างไว้ถ้าเหมือนเดิมหรือไม่มีการเปลี่ยนแปลง

23. คุณมีความต้องการด้านสุขภาพ / ความเป็นอยู่ที่ดีขึ้น ๆ ที่ไม่อยู่ในรายการหรือไม่?

24. คุณมีอุปสรรคสำคัญอื่น ๆ

ที่คุณต้องเผชิญในการจัดการกับความต้องการด้านสุขภาพ/ความเป็นอยู่ที่ดีของคุณหรือไม่?

25. คุณมีไอดีเดียวสำหรับบริการหรือวิธีการในการให้บริการเหล่านี้เพื่อช่วยให้คุณตอบสนองความต้องการด้านสุขภาพ/ความเป็นอยู่ที่ดีของคุณหรือไม่?

26. คุณมีความต้องการด้านสุขภาพ/ความเป็นอยู่ที่ดีขึ้น ๆ ที่คุณต้องการทราบเพิ่มเติมหรือไม่?

27. มีปัญหาอื่น ๆ ที่คุณต้องการแจ้งหรือไม่?

### ส่วน D. เลือก

กรุณาจำไว้ว่าคำตอบทั้งหมดไม่ระบุชื่อและเป็นความลับ เลือกทั้งหมดที่ใช้

28. ภาษาท้องถิ่น/ภาษาถิ่นของคุณคืออะไร?

ภาษาอังกฤษ	ภาษาอาราบิก	ภาษาเบงกอล	ภาษาจีนกลาง
ภาษาจีนกวางตุ้ง	ภาษาจีนไต้หวัน	ภาษาจีนฟูโจว	ภาษาฮิญาญ
ภาษาจีน-ภาษาถิ่นอื่นๆ	ภาษาฟิลิปปินส์-ตากาล็อก	ภาษาฟิลิปปินส์-อีโลกาโน	
ภาษาฟิลิปปินส์-วิซายาส	ภาษาฟิลิปปินส์-ภาษาถิ่นอื่นๆ		
ภาษาคุชราต	ภาษาฮินดี	ภาษาเกาหลี	ภาษาลาว
ภาษาเนปาล	ภาษาปัญจาบ	ภาษาไทย	ภาษาธิเบต
ภาษาอูรดู	ภาษาเวียดนาม	ภาษาสเปน	อื่น ๆ (กรุณาระบุ)

29. คุณระบุตัวตนว่าเป็นคนพิการ (ทางร่างกาย จิตใจ พัฒนาการ พฤติกรรม ฯลฯ) หรือไม่? ใช่    ไม่

30. อายุของคุณคือกลุ่มไหน? ขนาดครัวเรือนของคุณคืออะไร? กลุ่มรายได้สำหรับครัวเรือนของคุณคืออะไร?

ไม่มีรายได้-นักเรียน		ไม่มีรายได้-ว่างงาน	
ไม่มีรายได้จากการช่วยเหลือสาธารณะ		ไม่มีรายได้หรือรายได้คงที่เกษียณ	
ต่ำกว่า \$13,500	\$13,501 - \$18,000	\$18,001 - \$22,500	\$22,501 - \$27,000

\$27,001 - \$36,000	\$36,001 - \$46,000	\$46,001 - \$55,000	\$55,001 - \$65,000
\$65,001 - \$75,000	\$75,001 - \$100,000	มากกว่า \$100,000	

**31. ระดับการศึกษาที่สูงที่สุดของคุณคืออะไร?**

ไม่มีการศึกษาในระบบ	โรงเรียนประถมศึกษา
จบการศึกษาระดับมัธยมปลาย อนุปริญญา หรือเทียบเท่า (เช่น GED)	
เครดิตวิทยาลัย/มหาวิทยาลัยบางแห่ง ไม่มีปริญญา	
การฝึกอบรมการค้า/เทคนิค/อาชีวศึกษา	ระดับอนุปริญญา (เช่น AA, AS)
ปริญญาตรี (เช่น BA, BS)	ปริญญาโท (เช่น MA, MS, MEd)
วุฒิการศึกษาเฉพาะทาง (เช่น JD, MD, DDS)	ปริญญาเอก (เช่น PhD, EdD)

**32. คุณมีส่วนเกี่ยวข้องกับชุมชนที่ด้อยโอกาสหรือกลุ่มที่มีความต้องการพิเศษหรือไม่?**

- เยาวชน (18 ถึง 25 ปี)
- เยาวชน (อายุต่ำกว่า 18 ปี)
- ผู้สูงอายุ / พลเมืองอาวุโส
- ผู้อพยพ
- เพศ / เพศไม่เป็นไปตามข้อกำหนด / ตัวแปรทางเพศ / ไม่ใช่ทั้งสองแบบ
- พ่อแม่ชาว LGBT ชาวเอเชียที่มีลูก (ผ่านการรับเลี้ยงบุตรบุญธรรม, การตั้งครรรภ์แทน, การทำเด็กหลอดแก้ว)
- หนัง/ SM/ Kink / การมัต
- ค้าบริการ
- คนที่ค้าขายตามข้างทาง
- นักเรียน
- อื่น ๆ (กรุณาระบุ)
- ไม่มี

**33. คุณอาศัยอยู่ในเขตเทศบาลหรือมณฑลใด?**

บร็องซ์	บรู๊คลิน / คิงส์เคาน์ตี	แมนฮัตตัน / นีวยอร์ก	ควีนส์
เกาะสแตเทน / ริชมอนด์	เวสต์เชสเตอร์	แนสซอ	ซัพฟอล์ก
ไม่ได้อยู่ในนิวยอร์ก	เบอร์เกนเคาน์ตี, นิวเจอร์ซีย์	ฮัดสันเคาน์ตี, รัฐนิวเจอร์ซีย์	
ไม่ได้อยู่ในรัฐนิวยอร์ก	กรุณาระบุ _____		

**34. สถานที่ที่คุณอาศัยอยู่ที่รหัสไปรษณีย์อะไร**

ขอบคุณ หากต้องการรับของขวัญฟรี (ชุดเช็กส์ที่ปลอดภัยกว่า) หรือเข้าร่วมการจับฉลากด้วยบัตรของขวัญ Amazon มูลค่า \$25 (ผู้ชนะ 10 คน) หรือเสื้อยืดฟรี "I love Rice" หรือ "Pacific Rim" (ผู้ชนะ 25 คน) ให้ไปที่ลิงก์นี้ และกรอกแบบฟอร์ม Google ภาพวาดที่จะดึงเมื่อเสร็จสิ้นการสำรวจ

นี่เป็นแบบฟอร์มแยกต่างหากเพื่อให้คำตอบของคุณไม่เปิดเผยตัวตนและเป็นความลับ

<https://forms.gle/jN8r5xZtjG6H8sXR7>

## **Survey Instrument -Filipino (Tagalog) Translation**

Mga Tanong sa Survey ng Pagsusuri sa mga Pangangailangan ng Komunidad

<https://www.surveymonkey.com/r/YKVJ79R>

### **Mga Pangangailangan sa Kalusugan at Kalakasan ng Katawan ng Komunidad ng Asian Pacific Islander na LGBTQ ng NYC**

Ang Apicha CHC Community Health Center (CHC) ay naglulunsad ng isang bagong pagsisikap upang tugunan ang mga pangangailangan sa kalusugan at kagalingan ng mga komunidad ng Asian, Asian American, South Asian, Southeast Asian, at Pacific Islander na LGBTQ ng New York City.

Inaalam din ng Apicha CHC ang mga balakid na humahadlang sa pag-access sa mga serbisyo (tulad ng tiwala, pag-access sa pabahay, mga alalahaning pangkultura, estigma, etc.) at mga ideya sa mga programa upang tugunan ang mga pangangailangang ito.

Makatutulong ang kumpidensyal at anonimong survey na ito sa Apicha CHC na bumuo ng mga programa at serbisyo sa bago nitong Center sa Jackson Heights, Queens.

Mangyaring tumugon sa anonimo at kumpidensyal na questionnaire na ito. Kabilang sa **Mga Premyo** ang:

- Libreng safer sex kit at isang kopya ng pinal na report - Lahat ng kalahok
- \$25 na Amazon Gift Card - 10 kalahok mula sa isang random na pag-draw
- T-shirt na “I love Rice” o “Pacific Rim” - 25 kalahok

Mangyaring tumugon lamang kung ikaw ay kinikilala bilang LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer,) AT Asian, Asian American, South Asian, Southeast Asian, o Pacific Islander.

Ang survey ay dapat tumagal ng **16 na minuto**. Pagkatapos ay dadalhin ka sa isang hiwalay na Google Form upang matanggap ang iyong libreng regalo o para makapasok sa pag-draw ng raffle para sa isa sa mga premyo.

Upang makita ang mga tinanong na katanungan at tugon pumunta rito:<https://bit.ly/Apicha-CHC-Survey-Questions>

Kung ikaw ay may anumang mga katanungan o komento, mangyaring makipag-ugnayan kay Glenn D. Magpantay sa [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) na may Paksang “Apicha CHC Survey” o tawagan ang 917-439-3158.

### **Tungkol sa Apicha CHC**

Ang Apicha CHC ay isang sentro ng kalusugan sa komunidad na nakatuon sa pagbibigay ng inklusibo, komprehensibong pangangalaga sa mga nangangailangan, anuman ang kakayahan nilang magbayad. Nakatuon kami sa pagkilos bilang isang ligtas na kanlungan para sa mga komunidad na nasa laylayan ng lipunan, kabilang ang mga migrante, walang insurance, at mga taong LGBTQ+. Nag-aalok kami ng pangangalagang medikal, pangangalaga na ang espesyalidad ay tungkol sa HIV, pag-access sa PrEP/PEP, pangangalaga sa kalusugan ng transgender, pagsusuri at pag-screen ng STI/STD, kalusugan ng pag-uugali, at mga serbisyo sa kalusugan ng kababaihan. Bilang karagdagan sa mga serbisyong medikal, nag-aalok din ang Apicha CHC ng isang hanay ng mga serbisyo na pang-suporta, kabilang ang edukasyon sa kalusugan ng nutrisyon, insurance ng kalusugan at pag-enroll sa SNAP, health home, at mga programa ng pakikipag-ugnayan sa komunidad. Nais naming bigyang-diin na kami bilang isang medikal na tagapagbigay ay nakatuon na tratuhin ang mga pasyente sa kabuuan. Palagi kaming tumatagtag ng mga bagong pasyente.

Anonimo at Kumpidensyal

<https://www.surveymonkey.com/r/TTKJRXN>

Upang makita ang mga tinanong na katanungan at tugon pumunta rito: <https://bit.ly/Apicha CHC-Survey>

### **Part A. PAGIGING KARAPAT-DAPAT**

#### **1. Ang ang iyong pagiging Lahing Asyano?**

Intsik	Koreano	Hapones	Filipino
Indian	Bangladeshi	Thai	Vietnamese
Bhutanese	Burmese	Guamanian	Hawaiian Native
Malaysian	Singaporean	Taiwanese	Tibetan
Indonesian	Laotian	Pakistani	Nepalese
Sri Lankan	Tongan	West Asian	Central Asian

Iba pang pagiging Lahing Asyano o Pacific Islander: (mangyaring tukuyin)  
Hindi Asyano: Isulat (mangyaring tukuyin)

#### **2. Ano angiyong sekswal na oryentasyon?**

Asexual	Bisexual / Pansexual / Fluid	Bakla
Heterosexual / Straight	Tomboy	Queer
		Iba pa (mangyaring tukuyin)

#### **3. Ano ang iyong Kasarian o Pagkakakilanlan ng Kasarian?**

Babae	Lalaki	Lalaking transgender	Babaeng transgender
Hindi babae o lalaki/higit sa isang kasarian/walang kasarian			Iba pa (mangyaring tukuyin)

#### **4. Ano ang iyong age group?**

18-24	25-34	35-44	45-54
55-64	65-74	75-84	85+

### **Part B. ISULAT**

*Ibigay lang ang iyong inisyal na naiisip. Kung hindi mo alam, LAKTAWAN ang seksyon na ito. Meron kang pagkakataon na saguting muli ang mga tanong na ito sa dulo.*

#### **5. 1. Ano ang tatlo (3) mong pangunahing PANGANGAILANGAN SA KALUSUGAN / KAGALINGAN?**

#### **6. Ano ang mga pangunahing BALAKID na hinaharap mo sa pagtugon sa iyong mga pangangailangan sa kalusugan/kagalingan?**

#### **7. Mayroon ka bang anumang mga IDEYA para sa MGA SERBISYO o PARAAN upang maihatid ang mga serbisyong ito para tulungan kang tugunan ang iyong mga pangangailangan sa kalusugan/kagalingan?**

#### **8. May iba pa bang mga isyu na gusto mong talakayin o sabihin sa amin?**

### **Part B. I-RANK LAMANG ANG MGA ITEM NA IMPORTANTE**

**1 = Pinaka Importante.**

**Piliin lamang ang mga nakalistang opsyon. Kung naaangkop ang "Iba pa", maaari mo iyong isama sa dulo ng seksyong ito.**

**Kung ang isang item ay hindi talaga importante, maaari kang mag-click sa box na "hindi nauugnay" sa kanan.**

**Hindi mo rin kailangang i-rank ang lahat ng opsyon, ngunit mangyaring mag-rank nang hindi bababa sa 3.**

**Lahat ng tugon ay kumpidensyal at aninimo.**

**9. Mga I-rank ang mga pinaka importante mong pangangailangan sa KALUSUGAN:**

- HIV/AIDS/ Mga Sakit na Nakukuha sa Pakikipagtalik, Hepatitis
- Adiksiyon (Paninigarilyo, Alkohol, Shabu, etc.)
- Kanser
- Depresyon o Pagkabalisa
- Diabetes, Cholesterol, Blood Pressure
- Pangangalagang Dental
- Mga pagbabakuna / Bakuna (COVID, Trangkaso, Hepatitis, HPV (kulugo sa ari), meningitis, pulmonya, shingles, bulutong tubig, tigdas, beke, rubella, tetano, diphtheria, whooping cough)
- Pamamahala sa ADHD / ADD / OCD / PTSD (Attention Deficit Hyperactivity Disorder, Attention Deficit Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Pangangalaga ng Sanggol o Kabataan / Mga Serbisyo sa Kalusugan ng Pag-iisip ng Pamilya
- Kalusugan ng Transgender
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**10. I-rank ang mga pinaka importante mong pangangailangan para sa Mga sakit na Nakukuha sa Pakikipagtalik / HIV/AIDS:**

- Pag-iwas (gaya ng PrEP / PEP)
- Gamutan (lunas)
- Pagsusuri (pag-diagnose)
- Mga Serbisyo ng Suporta/ Pag-navigate Burukrasya
- Wala o Hindi Kailangan
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**11. Kung ikaw ay isang Magulang, I-rank ang pinaka importante mong mga pangangailangan sa KALUSUGAN para sa iyong mga ANAK:**

- Doktor ng Kabataan para sa Pangunahing Pangangalaga
- Doktor ng Sanggol para sa Pangunahing Pangangalaga
- Mga Serbisyonang Dental
- Mga pagbabakuna / Bakuna (COVID, Trangkaso, Hepatitis, HPV (kulugo sa ari), meningitis, pulmonya, shingles, bulutong tubig, tigdas, beke, rubella, tetano, diphtheria, whooping cough)
- Pamamahala sa ADHD / ADD / OCD / PTSD (Attention Deficit Hyperactivity Disorder, Attention Deficit Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Mga Serbisyo sa Kalusugan ng Pag-iisip para sa mga Bata, Kabataan, o Pamilya
- N/A Hindi Naaangkop, Hindi magulang ng isang bata
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**12. I-rank ang mga pinaka importante mong pangangailangan sa KAGALINGAN:**

- Kalusugan ng Emosyon
- Contraception sa Pagpapalano ng Pamilya o Pagsusuri kung Nagdadalang Tao
- Pag-enroll sa Food Stamp (SNAP, pera upang bumili ng pagkain)
- Pagkuha ng Primary Care Physician (PCP) at LGBTQ+ API Friendly Pharmacy
- Pag-enroll sa Insurance ng Kalusugan
- Mga Serbisyo sa Kalusugan ng Pag-iisip para sa mga Bata, Kabataan, o Pamilya
- Pagpapayo sa Nutrisyon at Pamamahala ng Timbang ng Rehistradong Dietitian
- Suporta ng kauri bilang isang Asian o South Asian na LGBTQ+
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**13. I-rank ang IYONG mga pinaka importanteng PANGANGAILANGAN SA PANGKALAHATAN sa mga pangangailangan ng kalusugan at kagalingan sa ibaba:**

- Adiksiyon (Paninigarilyo, Alkohol, Shabu, etc.)
- Depresyon o Pagkabalisa

- Pamamahala sa ADD / ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Pangangalagang Dental
- Pananalapi, Pera sa Pagkain, Upa, Trabaho
- Paghahanap ng isang Asyanong Doktor na Madaling Makaunawa sa LGBT
- Paghahanap ng Doktor na Saklaw ng Aking Insurance (Nasa Loob ng Network)
- Pagkuha ng Insurance ng Kalusugan
- Mga Pagbabakuna / Bakuna
- Pag-navigate sa Sistema ng Pangangalaga sa Kalusugan / Saklaw sa Insurance ng Kalusugan
- Mga Sakit na Nakukuha sa Pagtatalik, HIV/AIDS, Hepatitis
- Kakulangan sa suporta ng magulang
- Mga Legal na Problema

**14. I-rank ang kung ano ang sa akala mo ay mga pinaka importanteng PANGANGAILANGAN ng KOMUNIDAD NG LGBTQ+ ASIAN / SOUTH ASIAN/ PACIFIC ISLANDER sa mga pangangailangan ng kalusugan at kagalingan sa ibaba:**

- Adiksiyon (Paninigarilyo, Alkohol, Shabu, etc.)
- Depresyon o Pagkabalisa
- Pamamahala sa ADD / ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Pangangalagang Dental
- Pananalapi, Pera sa Pagkain, Upa, Trabaho
- Paghahanap ng isang Asyanong Doktor na Madaling Makaunawa sa LGBT
- Paghahanap ng Doktor na Saklaw ng Aking Insurance (Nasa Loob ng Network)
- Pagkuha ng Insurance ng Kalusugan
- Mga Pagbabakuna / Bakuna
- Pag-navigate sa Sistema ng Pangangalaga sa Kalusugan / Saklaw sa Insurance ng Kalusugan
- Mga Sakit na Nakukuha sa Pagtatalik, HIV/AIDS, Hepatitis
- Kakulangan sa suporta ng magulang
- Mga Legal na Problema

*Bagong Pahina sa Survey*

**Kalahati na ang natapos!**

**Part B. Pagpapatuloy**

**Part B. I-RANK LAMANG ANG MGA ITEM NA IMPORTANTE**

Upang makita ang mga natitirang katanungan pumunta rito: <https://bit.ly/Apicha CHC-Survey>

**15. I-rank ang mga pinaka makabuluhan mong BALAKID sa pagtugon sa mga pangangailangang ito sa kalusugan / kagalingan**

- Pananalapi (Kakayahang magbayad para sa mga serbisyo)
- Paghahanap ng isang Asyanong Doktor na Madaling Makaunawa sa LGBT o iba pang Tagapagbigay ng Pangangalaga sa Kalusugan
- Paghahanap ng isang Tagapagbigay ng Pangangalaga sa Kalusugan ng sinasaklaw ng aking insurance / nasa loob ng network
- Kawalan ng Seguridad sa Pagkain (Pagkuha ng sapat na makakain)
- Pagkakaroon ng ADHD / ADD / OCD / PTSD (Attention Deficit Hyperactivity Disorder, Attention Deficit Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Kawalan ng Seguridad sa Pabahay (Mataas na renta)
- Katayuan ng imigrasyon
- Seguridad sa Trabaho (Patuloy na pagtatrabaho, halaga ng sweldo)



- Kakulangan sa suporta ng magulang
- Mga Legal na Problema/ Kailangan ng abogado
- Pag-navigate sa Sistema ng Pangangalaga sa Kalusugan / Saklaw sa Insurance ng Kalusugan
- Walang Insurance ng Kalusugan
- Personal na Kaligtasan / Depensa sa Sarili
- Kahihyan / Pagkahiya / Pagligtas sa Sarili mula sa Kahihyan
- Oras (Walang oras para magpahinga sa trabaho/ masyadong abala, ang Doktor ay may mga hindi kombenyenteng oras, walang katapusan ng linggo o gabi)
- Karahasan (Mga hate crime, karahasan sa tahanan, abusado o kumokontrol na partner)
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**16. I-rank ang mga pangangailangan sa kalusugan / kagalingan na pinaka gusto mong**

**MATUTUNAN:**

(Edukasyon sa Kalusugan)

- Adiksiyon (Paninigarilyo, Alkohol, Shabu, etc.)
- Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Obsessive-Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD)
- Mga Kanser (Colon, Cervical, Breast)
- Paglantad sa mga Magulang na Asyano
- Mga Isyung Emosyonal / Pagkabalisa / Depresyon
- Kalusugan ng Pag-iisip (sa pangkalahatan)
- Monkeypox
- Mga Party Drug (Marijuana, Molly, Ketamine, Shabu, Ice, Blue Pill, Oxy, Poppers, Cocaine, Fentanyl, f3nt/fent o TNT)
- Timbang / Imahe ng Katawan
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**17. I-rank ang mga pinaka importante mong pangangailangan sa KALUSUGAN na kabilang sa listahan sa ibaba:**

- Anal Health
- Dermatology
- Foreskin Maintenance
- Invitro Fertilization (Pagiging magulang ng IVF) / Pagpapanatili ng Semilya o Itlog
- Pangangalaga sa Lavia / Clitoris
- Mga Pag-screen sa Pagkawala ng Memorya
- Podiatry
- Mga Kanser (Balat, Lymphoma, Nasal, Ovarian, Testicular)
- Pangangalaga sa Mas Nakatatanda/ Matatandang tao
- Urology
- Bisyon
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**18. I-rank ang mga pinaka importante mong pangangailangan sa GAMOT (mga medikasyon para gamutin ang ...):**

- ADD / ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder)
- Depresyon o Pagkabalisa
- Paggamot sa HIV/AIDS
- Mga Sakit na Nakukuha sa Pagtatalik (Hindi HIV/AIDS)
- Transgender Hormonal Therapy
- Pag-iwas sa HIV/AIDS (PrEP / PEP)
- Mga Pagbabakuna / Bakuna
- Iba pa? Mangyaring tukuyin \_\_\_\_\_

**19. Ano ang pakiramdam mo tungkol sa iyong pangkalahatang PISIKAL NA KALUSUGAN?**

- Napakabuti
- Mabuti
- Katamtaman
- Masama
- Masyadong masama

**20. Ano ang pakiramdam mo tungkol sa iyong pangkalahatang KALUSUGAN NG PAG-IISIP/EMOSYON?**

- Napakabuti · Mabuti · Katamtaman · Masama · Masyadong masama

**21. Ano ang pakiramdam mo tungkol sa sarili mong kagandahang pisikal? Nararamdaman mo ba na ikaw ay kaakit-akit SA IBA para sa pakikipag-relasyon, pakikipag-date, o pakikipag-ugnayan?**

- Napakabuti · Mabuti · Katamtaman · Masama · Masyadong masama

**22. Nakikibahagi ka ba sa alinman sa mga aktibidad na ito sa ngayon? (piliin ang lahat ng naaangkop)**

Tandaan, ang iyong mga tugon ay kumpidensyal at aninimo.

- Pag-inom ng mahigit sa 2 nakalalasing na inumin kada araw (beer, alak, cocktails, etc.)
- Pag-inom ng mahigit sa 2 inuming matamis kada araw (soda, fruit punch, limonada)
- Kinky Sex / Bondage/ SM
- Matinding Droga (Acid, Heroine, Crack Cocaine)
- Mga Party Drug (Ketamine, Crystal Meth, Ice, Blue Pill, Oxy, Cocaine, Fentanyl, f3nt/fent o TNT, mushrooms)
- Iba pang mga Droga (Marijuana, 420, Poppers, Molly, Ecstasy)
- Pangangalaga sa Sarili (pakikipagkita sa isang therapist o psychiatrist, yoga, meditasyon)
- Regular na ehersisyo
- Pakikipagtalik nang walang mga condom o dental dam (at hindi sa PREP)
- Sex work (anumang uri)
- Nagbebenta o nakikipag-sex kapalit ng pera, droga, o iba pa
- Nakikipag-sex para bumili, magbayad, o kapalit ng pera, droga, o iba pa
- Paninigarilyo / Vaping
- Sinusubukang magsimula ng pamilya / pagkakaroon ng mga anak
- Sinusubukang kumain ng masustansiya / isang balanseng diyeta

### **Part C. ISULAT – Opsyonal**

Matapos i-review ang lahat ng opsyon sa itaas, itatanong muli ng mga katanungan sa ibaba ang unang set ng mga open-end na katanungan na tinanong sa simula ng survey na ito. Iwanang blangko kung pareho o walang pagbabago.

**23. Mayroon ka bang iba pang mga pangangailangan sa KALUSUGAN / KAGALINGAN na hindi nakalista?**

**24. Mayroon ka bang iba pang mga pangunahing BALAKID na hinaharap mo sa pagtugon sa iyong mga pangangailangan sa kalusugan/kagalingan?**

**25. Mayroon ka bang anumang mga IDEYA para sa MGA SERBISYO o PARAAN UPANG maihatid ang mga serbisyong ito para tulungan kang tugunan ang iyong mga pangangailangan sa kalusugan/kagalingan?**

**26. Mayroon ka bang iba pang mga pangangailangan sa kalusugan / kagalingan na iyong GUSTO PANG MALAMAN?**

**27. May iba pa bang mga isyu na gusto mong talakayin o sabihin sa amin?**

### **Part D. PUMILI**

Alalahanin na ang lahat ng sagot ay aninimo at kumpidensyal. I-check ang lahat ng naaangkop.

**28. Ano ang iyong Katutubong Wika/ Diyalekto?**

English

Arabic

Bengali

Chinese-Mandarin	Chinese-Cantonese	Chinese-Taiwanese
Chinese-Fuzhounese	Chinese-Fukienese	Chinese-Other dialect
Filipino-Tagalog	Filipino-Ilokano	Filipino-Visaya Filipino-Iba pang diyalekto
Gujarati	Hindi	Koreano
Lao	Nepali	Punjabi
Thai	Tibetan	Urdu
Vietnamese	Espanyol	Iba pa (mangyaring tukuyin)

**29. Kinikilala ka ba bilang isang taong may kapansanan (pisikal, mental, pag-unlad, pag-uugali, etc.)?**

Oo Hindi

**30. Ano ang iyong Income group?**

**Ano ang sukat ng inyong sambahayan? Ano ang income group ng inyong sambahayan?**

Walang kita-istudyante	Walang kita-walang trabaho		
Walang kita-nasa pampublikong tulong	Walang kita o permanenteng kita-retirado		
Mababa sa \$13,500	\$13,501 - \$18,000	\$18,001 - \$22,500	\$22,501 - \$27,000
\$27,001 - \$36,000	\$36,001 - \$46,000	\$46,001 - \$55,000	\$55,001 - \$65,000
\$65,001 - \$75,000	\$75,001 - \$100,000	Higit sa \$100,000	

**31. Ano ang Pinakamataas na Antas ng iyong Edukasyon?**

Walang pormal na edukasyon	
Paaralang Elementarya	
Nagtapos ng high school graduate, diploma, o katumbas nito (hal., GED)	
Ilang kredito sa kolehiyo/unibersidad, walang degree	
Trade/technical/vocational na pagsasanay	Associate degree (hal., AA, AS)
Bachelor's degree (hal., BA, BS)	Master's degree (hal., MA, MS, MEd)
Professional degree (hal., JD, MD, DDS)	Doctorate degree (hal., PhD, EdD)

**32. Kaanib ka ba ng alinmang komunidad na pinagsisilbihan nang hindi sapat o grupong may mga espesyal na pangangailangan?**

- Kabataan (18 hanggang 25)
- Mga Nakatatanda / Senior Citizen
- Transgender / Gender Non-Conforming/ Gender Variant/ Non-Binary
- Mga Asyanong Magulang na LGBT na may mga anak (sa pamamagitan ng pag-ampon, surrogacy, IVF)
- Leather/ SM/ Kink / Bondage
- Mga Nagtitinda sa Kalsada
- Iba pa (mangyaring tukuyin)
- Kabataan (mababa sa 18)
- Migrante
- Mga Sex Worker
- Estudyante
- Wala

**33. Saang Bayan o Lalawigan ka nakatira?**

Bronx	Brooklyn / Kings County	Manhattan / New York County
Queens	Staten Island / Richmond County	Westchester
Nassau	Suffolk	indi sa Estado ng New York
Bergen County, New Jersey	Bergen County, New Jersey	
Hindi sa Estado ng New York	Mangyaring tukuyin _____	

**34. Ano ang Zip Code ng iyong tinitirhan?**

Salamat. Para matanggap ang iyong LIBRENG REGALO (safer sex kit) o para makapasok sa PAG-DRAW NG RAFFLE para sa \$25 na Amazon Gift Card (10 mananalò) o libheng T-shirt na "I love Rice"

o "Pacific Rim" (25 mananalo), pumunta sa link na ito at kumpletuhin ang Google Form. Ang pag-draw ay magsisimula sa pagtatapos ng survey.

Ito ay hiwalay na form para manatiling anonimo at kumpidensyal ang iyong mga tugon sa itaas.

<https://forms.gle/jN8r5xZtjG6H8sXR7>

## **Survey Instrument - Vietnamese Translation**

### **Các câu hỏi khảo sát để đánh giá nhu cầu của cộng đồng CHC Apicha CHC**

<https://www.surveymonkey.com/r/YKVJ79R>

#### **Nhu cầu về sức khỏe & hạnh phúc của Cộng đồng LGBTQ Châu Á Thái Bình Dương của Thành phố New York**

Trung tâm sức khỏe cộng đồng (CHC) Apicha CHC đang nỗ lực để giải quyết các nhu cầu về sức khỏe và phúc lợi của các cộng đồng LGBTQ Châu Á, Người Mỹ gốc Á, Nam Á, Đông Nam Á và Đảo Thái Bình Dương của Thành phố New York.

Apicha CHC cũng đang khám phá các rào cản khiến cộng đồng khó tiếp cận được với các dịch vụ (như niềm tin, khả năng tiếp cận với nhà ở, mối quan ngại về văn hóa, sự kỳ thị, v.v) và ý tưởng về các chương trình để giải quyết những nhu cầu này.

Khảo sát ẩn danh và bí mật này sẽ giúp Apicha CHC phát triển các dịch vụ và chương trình tại Trung tâm mới tại Jackson Heights, Queens.

Vui lòng trả lời bộ câu hỏi ẩn danh và bí mật này. Các phần **thưởng** bao gồm:

- Bộ dụng cụ tình dục an toàn miễn phí và bản sao của báo cáo cuối cùng - Tất cả những người tham gia
- Thẻ quà tặng Amazon trị giá 25\$ - 10 người tham gia bốc thăm ngẫu nhiên
- Áo T-shirt “I Love Rice” hoặc “Pacific Rim” - 25 người tham gia

Vui lòng chỉ tham gia nếu bạn thuộc cộng đồng LGBTQ (Đồng tính nữ, Đồng tính nam, Song tính, Chuyển giới, Đồng tính) VÀ Người Mỹ gốc Á, Người Mỹ gốc Á, Người Nam Á, Người Đông Nam Á hoặc Người đảo ở Thái Bình Dương.

Khảo sát này được hoàn thành trong **16 phút**. Sau khi hoàn thành, bạn sẽ được điều hướng lại tới một biểu mẫu google riêng biệt để nhận phần quà miễn phí của mình hoặc để tham gia vào bốc thăm ngẫu nhiên để nhận được một trong những phần thưởng.

Để xem tất cả các câu hỏi được hỏi và phản hồi, hãy tới: [https://bit.ly/Apicha CHC-Survey-Questions](https://bit.ly/Apicha_CHC-Survey-Questions)

Nếu có bất cứ câu hỏi hoặc bình luận nào, vui lòng liên hệ với Glenn D. Magpantay at [magpantay.esq@gmail.com](mailto:magpantay.esq@gmail.com) với Tiêu đề “Apicha CHC Survey” (Khảo sát CHC Apicha CHC) hoặc gọi 917-439-3158.

#### **Về Apicha CHC**

Apicha CHC là một trung tâm sức khỏe cộng đồng chuyên cung cấp chăm sóc toàn diện và bao quát cho những ai cần, bất kể khả năng chi trả của họ thế nào. Chúng tôi hoạt động tận tâm như một ngôi nhà an toàn dành cho những cộng đồng chịu thiệt thòi, bao gồm những người nhập cư, không có bảo hiểm và cộng đồng LGBTQ+. Chúng tôi cung cấp chăm sóc y tế ban đầu, chăm sóc chuyên khoa HIV, PrEP/PEP, chăm sóc sức khỏe người chuyển giới, thử nghiệm và sàng lọc STI/STD, sức khỏe hành vi và các dịch vụ về sức khỏe phụ nữ. Ngoài các dịch vụ y tế, Apicha CHC cũng cung cấp nhiều dịch vụ hỗ trợ khác nhau, bao gồm giáo dục về sức khỏe dinh dưỡng, bảo hiểm sức khỏe và tham gia SNAP, chăm sóc sức khỏe tại nhà và các chương trình gắn kết cộng đồng. Chúng tôi muốn nhấn mạnh rằng chúng tôi là đơn vị cung cấp dịch vụ y tế cam kết chữa trị cho các bệnh nhân một cách toàn diện. Chúng tôi luôn tiếp nhận các bệnh nhân mới.

Ẩn danh & Bí mật

<https://www.surveymonkey.com/r/TTKJRXN>

Để xem tất cả các câu hỏi và phản hồi, hãy tới: <https://bit.ly/Apicha CHC-Survey>

## **Phần A. ĐỦ ĐIỀU KIỆN**

### **1. Dân tộc Châu Á của bạn là gì?**

Người Trung quốc	Tiếng Hàn	Người Nhật	Người Philippines
Người Ấn Độ	Người Bangladesh	Tiếng Thái	Tiếng Việt
Người Bhutan	Người Miến điện	Người Guam	Người bản xứ Hawaii
Người Malaysia	Người Singapore	Người Đài Loan	Tiếng Tây Tạng
Người Indonesia	Người Lào	Người Pakistan	Người Nepal
Người Sri Lankan	Người Tonga	Người Tây Á	Người Trung Á

Các dân tộc Châu Á hoặc Đảo Thái Bình Dương khác: (Vui lòng nêu rõ)  
Không phải người Châu Á: Điền thông tin (Vui lòng nêu rõ)

### **2. Xu hướng tính dục của bạn là gì?**

Vô tính luyến ái	Song tính luyến ái/ Toàn tính luyến ái/ Giới tính linh hoạt		
Đồng tính	Dị tính luyến ái/ Dị tính	Đồng tính nữ	
Đồng tính nam	Khác (vui lòng nêu rõ) _____		

### **3. Giới tính hoặc bản dạng giới của bạn là gì?**

Nữ	Nam	Chuyển giới nam	Chuyển giới nữ
----	-----	-----------------	----------------

Phi nhị giới/nhiều hơn một giới tính/không có giới tính Khác (vui lòng nêu rõ) \_\_\_\_\_

### **4. Bạn thuộc nhóm độ tuổi nào?**

18-24	25-34	35-44	45-54
55-64	65-74	75-84	85+

## **Phần B. ĐIỀN THÔNG TIN**

*Hãy nói ra những suy nghĩ ban đầu của bạn. Nếu chưa rõ, bạn có thể BỎ QUA phần này. Bạn sẽ có cơ hội trả lời những câu hỏi này một lần nữa ở cuối bản khảo sát.*

### **5. 4. Ba (3) NHU CẦU VỀ SỨC KHỎE/PHÚC LỢI quan trọng nhất của bạn là gì?**

**6. Đây là những RÀO CẢN bạn gặp phải khi giải quyết những nhu cầu về sức khỏe/phúc lợi của mình?**

**7. Bạn có bất cứ Ý TƯỞNG nào về DỊCH VỤ hoặc phương pháp tiếp cận dịch vụ nào để giúp bạn đạt được nhu cầu về sức khỏe/phúc lợi không?**

**8. Bạn có muốn đề cập hoặc bàn về các vấn đề nào khác không**

## **Phần B. CHỈ XẾP HẠNG NHỮNG MỤC QUAN TRỌNG**

**1 = Quan trọng nhất**

Chỉ chọn từ những phương án được liệt kê. Nếu có một lựa chọn "Khác", bạn có thể bao gồm lựa chọn này ở cuối mục này. Nếu một mục hoàn toàn không quan trọng, bạn có thể tích vào hộp 'không liên quan' ở phía bên phải. Bạn cũng không cần xếp hạng tất cả các phương án, tuy nhiên vui lòng xếp hạng ít nhất 3 phương án. Tất cả các phản hồi đều bảo mật và ẩn danh.

### **9. Xếp hạng những nhu cầu về SỨC KHỎE quan trọng nhất của bạn:**

- HIV/AIDS/Các bệnh lây truyền qua đường tình dục, viêm gan
- Nghiện (Hút thuốc, đồ uống có cồn, ma túy đá, v.v)
- Bệnh ung thư
- Trầm cảm hoặc lo lắng

- Tiểu đường, cholesterol, huyết áp
- Chăm sóc răng miệng
- Chủng ngừa/vắc xin (COVID, cúm, viêm gan, HPV (mụn cóc sinh dục), viêm màng não, viêm phổi, zona, thủy đậu, sởi, quai bị, bệnh sởi Đức, uốn ván, bạch hầu, ho gà)
- Quản lý ADHD/ADD/OCD/PTSD (Rối loạn tăng động giảm chú ý, rối loạn giảm chú ý, rối loạn ám ảnh cưỡng chế, rối loạn căng thẳng sau chấn thương tâm lý)
- Chăm sóc trẻ em hoặc vị thành niên/Dịch vụ sức khỏe tinh thần cho gia đình
- Sức khỏe của người chuyển giới
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_

**10. Xếp hạng các nhu cầu quan trọng nhất của bạn đối với các bệnh lây truyền qua đường tình dục/HIV/AIDS:**

- Phòng ngừa (chẳng hạn như PrEP/PEP)
- Điều trị (chữa khỏi)
- Thử nghiệm (chẩn đoán)
- Các dịch vụ hỗ trợ/chi dẫn
- Không phương án nào hoặc Không cần
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_

**11. Nếu là CHA ME, hãy xếp hạng các nhu cầu về SỨC KHỎE quan trọng nhất đối với CON của bạn:**

- Bác sĩ cho trẻ vị thành niên chăm sóc ban đầu
- Bác sĩ nhi khoa chăm sóc ban đầu
- Các dịch vụ răng miệng
- Chủng ngừa/vắc xin (COVID, cúm, viêm gan, HPV (mụn cóc sinh dục), viêm màng não, viêm phổi, zona, thủy đậu, sởi, quai bị, bệnh sởi Đức, uốn ván, bạch hầu, ho gà)
- Quản lý ADHD/ADD/OCD/PTSD (Rối loạn tăng động giảm chú ý, rối loạn giảm chú ý, rối loạn ám ảnh cưỡng chế, rối loạn căng thẳng sau chấn thương tâm lý)
- Dịch vụ sức khỏe tâm thần cho trẻ em, thanh thiếu niên hoặc gia đình
- N/A Không áp dụng, không phải là cha mẹ của một trẻ
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_

**12. Xếp hạng các nhu cầu về PHÚC LỢI quan trọng nhất của bạn:**

- Sức khỏe cảm xúc
- Kế hoạch hóa gia đình ngừa thai hoặc thử thai
- Đăng ký phiếu thực phẩm (SNAP, tiền để mua thực phẩm)
- Gặp bác sĩ chăm sóc chính (PCP) và nhà thuốc thân thiện với cộng đồng LGBTQ+ API
- Đăng ký bảo hiểm sức khỏe
- Dịch vụ sức khỏe tâm thần cho trẻ em, thanh thiếu niên hoặc gia đình
- Tư vấn dinh dưỡng và quản lý cân nặng bởi chuyên gia dinh dưỡng đã đăng ký
- Hỗ trợ người đồng cảnh ngộ với tư cách là một người LGBT+ Châu Á hoặc Nam Á
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_

**13. Xếp hạng NHỮNG NHU CẦU CHUNG quan trọng nhất CỦA BẠN trong số các nhu cầu về sức khỏe/phúc lợi dưới đây:**

- Nghiện (Hút thuốc, đồ uống có cồn, ma túy đá, v.v)
- Trầm cảm hoặc lo lắng
- Quản lý ADD/ADHD/OCD/PTSD (Rối loạn tăng động giảm chú ý, rối loạn tăng động giảm chú ý, rối loạn ám ảnh cưỡng chế, rối loạn căng thẳng sau chấn thương tâm lý)
- Chăm sóc răng miệng
- Tài chính, tiền mua đồ ăn, thuê nhà, công việc
- Tìm một bác sĩ Châu Á thân thiện với người LGBT
- Tìm một bác sĩ chấp thuận bảo hiểm của tôi (trong mạng lưới)
- Tìm một bảo hiểm sức khỏe
- Miễn dịch/Vắc xin

- Tìm kiếm hệ thống chăm sóc sức khỏe/chấp nhận bảo hiểm sức khỏe
- Các bệnh lây truyền qua đường tình dục, HIV/AIDS, viêm gan
- Thiếu sự hỗ trợ của cha mẹ
- Các vấn đề về luật pháp

**14. Xếp hạng NHỮNG NHU CẦU bạn cho là quan trọng nhất của CỘNG ĐỒNG LGBTQ CHÂU Á/NAM Á/THÁI BÌNH DƯƠNG trong số các nhu cầu về sức khỏe/phúc lợi dưới đây:**

- Nghiện (Hút thuốc, đồ uống có cồn, ma túy đá, v.v)
- Trầm cảm hoặc lo lắng
- Quản lý ADD/ADHD/OCD/PTSD (Rối loạn tăng động giảm chú ý, rối loạn tăng động giảm chú ý, rối loạn ám ảnh cưỡng chế, rối loạn căng thẳng sau chấn thương tâm lý)
- Chăm sóc răng miệng
- Tài chính, tiền mua đồ ăn, thuê nhà, công việc
- Tìm một bác sĩ Châu Á thân thiện với người LGBT
- Tìm một bác sĩ chấp thuận bảo hiểm của tôi (trong mạng lưới)
- Tìm một bảo hiểm sức khỏe
- Miễn dịch/Vắc xin
- Tìm kiếm hệ thống chăm sóc sức khỏe/chấp nhận bảo hiểm sức khỏe
- Các bệnh lây truyền qua đường tình dục, HIV/AIDS, viêm gan
- Thiếu sự hỗ trợ của cha mẹ
- Các vấn đề về luật pháp

*Trang mới trong Bản khảo sát*

**Bạn đã hoàn thành một nửa bản khảo sát!**

**Phần B. Tiếp tục**

**CHỈ XẾP HẠNG NHỮNG MỤC QUAN TRỌNG**

Để xem tất cả những câu hỏi còn lại, hãy tới: <https://bit.ly/Apicha CHC-Survey>

**15. Xếp hạng các RÀO CẢN lớn nhất trong việc giải quyết các nhu cầu về sức khỏe/phúc lợi của bạn**

- Tài chính (Khả năng chi trả cho các dịch vụ)
- Tìm một bác sĩ Châu Á thân thiện với cộng đồng LGBT hoặc các đơn vị cung cấp dịch vụ y tế khác
- Tìm một đơn vị cung cấp dịch vụ y tế chấp nhận bảo hiểm/mạng lưới của tôi
- Thiếu thực phẩm (Không có đủ thực phẩm để tiêu thụ)
- Mắc ADHD/ADD/OCD/PTSD (Rối loạn tăng động giảm chú ý, rối loạn giảm chú ý, rối loạn ám ảnh cưỡng chế, rối loạn căng thẳng sau chấn thương tâm lý)
- Nơi ở không đảm bảo (Chi phí thuê cao)
- Tình trạng nhập cư
- Công việc đảm bảo (Việc làm ổn định, có lương)
- Thiếu sự hỗ trợ của cha mẹ
- Các vấn đề luật pháp/cần một luật sư
- Tìm kiếm hệ thống chăm sóc sức khỏe/chấp nhận bảo hiểm sức khỏe
- Không có bảo hiểm sức khỏe
- An toàn cá nhân/tự vệ
- Hỗ trợ/xấu hổ/kỳ thị/che mặt
- Thời gian (Không có thời gian nghỉ việc/quá bận rộn, giờ thăm khám không thuận tiện, không được nghỉ cuối tuần hoặc buổi chiều)
- Bạo lực (Tội ác vì thù ghét, bạo lực gia đình, ngược đãi hoặc kiểm soát vợ/chồng)
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_

**16. Xếp hạng các nhu cầu về sức khỏe/phúc lợi mà bạn muốn TÌM HIỂU nhất:**

(Giáo dục về sức khỏe)



- Nghiện (Hút thuốc, đồ uống có cồn, ma túy đá, v.v)
- Rối loạn thiếu chú ý (ADD), rối loạn tăng động giảm chú ý (ADHD), rối loạn ám ảnh cưỡng chế (OCD), rối loạn căng thẳng sau chấn thương tâm lý (PTSD)
- Bệnh ung thư (Ruột kết, cổ tử cung, vú)
- Các vấn đề về cảm xúc/lo lắng/trầm cảm
- Bệnh đậu mùa khi
- Ma túy tiệc tùng (Cần sa, ma túy tổng hợp, ketamin, ma túy đá, đá, blue pill, oxy, poppers, côcain, Fentanyl, f3nt/fent hoặc TNT)
- Cân nặng/hình ảnh cơ thể
- Công khai giới tính thực với bố mẹ Châu Á
- Sức khỏe tinh thần (nói chung)
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_

**17. Xếp hạng các nhu cầu về SỨC KHỎE quan trọng nhất trong danh sách dưới đây:**

- Sức khỏe hậu môn
- Ung thư (Da, Lymphoma, Mũi, Buồng trứng, Tinh hoàn)
- Bệnh ngoài da
- Chăm sóc lão khoa/người cao tuổi
- Bảo vệ bao quy đầu
- Thụ tinh In vitro (thụ tinh ống nghiệm IVF)/Bảo quản tinh trùng hoặc trứng
- Bảo vệ môi âm hộ/âm hộ
- Sàng lọc mắt trí nhớ
- Thuật chữa bệnh chân
- Khoa tiết niệu
- Tầm nhìn
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_

**18. Xếp hạng các chu cầu về DƯỢC PHẨM quan trọng nhất của bạn (dược phẩm để chữa bệnh...):**

- ADD/ADHD/OCD/PTSD (Rối loạn tăng động giảm chú ý, rối loạn tăng động giảm chú ý, rối loạn ám ảnh cưỡng chế, rối loạn căng thẳng sau chấn thương tâm lý)
- Trầm cảm hoặc lo lắng
- Điều trị HIV/AIDS
- Các bệnh lây truyền qua đường tình dục (Không phải HIV/AIDS)
- Liệu pháp hormone dành cho người chuyển giới
- Bạn có các nhu cầu khác? Vui lòng nêu rõ \_\_\_\_\_
- Ngăn ngừa HIV/AIDS (PrEP/PEP)
- Miễn dịch/Vắc xin

**19. Bạn thấy thế nào về tình trạng SỨC KHỎE THỂ CHẤT nói chung?**

- Rất tốt
- Tốt
- Bình thường
- Kém
- Rất kém

**20. Bạn thấy thế nào về tình trạng SỨC KHỎE CẢM XÚC/TINH THẦN nói chung?**

- Rất tốt
- Tốt
- Bình thường
- Kém
- Rất kém

**21. Bạn cảm thấy thế nào về bản thân về mặt thể chất hoặc thẩm mỹ? Bạn có cảm thấy mình hấp dẫn ĐỐI VỚI NGƯỜI KHÁC trong các mối quan hệ, các buổi hẹn hò hay các buổi gặp gỡ hay không?**

- Rất tốt
- Tốt
- Bình thường
- Kém
- Rất kém

**22. Hiện nay bạn có tham gia vào bất kỳ hoạt động nào trong số những hoạt động này không? (chọn tất cả các hoạt động mà bạn thực hiện)**

Hãy nhớ rằng, các phản hồi của bạn là bí mật và ẩn danh.

- Uống nhiều hơn 2 đồ uống có cồn mỗi ngày (bia, rượu, cocktail, v.v.)
- Uống nhiều hơn 2 đồ uống có đường mỗi ngày (soda, trái cây đậm, nước chanh)
- Quan hệ tình dục lập dị/nô lệ/SM
- Ma túy cực mạnh (Axit, heroin, ma túy đá)
- Ma túy tiệc tùng (Cần sa, thuốc lắc, ketamin, ma túy đá, đá, blue pill, oxy, poppers, côcain, Fentanyl, f3nt/fent hoặc TNT, nấm)
- Các loại ma túy khác (Cần sa, 420, Poppers, ma túy tổng hợp, Thuốc lắc)
- Tự chăm sóc bản thân (gặp bác sĩ trị liệu hoặc bác sĩ tâm thần, yoga, hòa giải)
- Vận động thường xuyên

- Quan hệ tình dục không sử dụng bao cao su hoặc màng chắn miệng (và không sử dụng PREP)
- Hoạt động mại dâm (dưới bất kỳ hình thức nào)
- Bán dâm hoặc trao đổi tình dục lấy tiền, thuốc hoặc bất cứ thứ gì khác
- Mua, thanh toán, hoặc trao đổi tiền, thuốc, hoặc bất cứ thứ gì khác cho tình dục
- Hút thuốc/hút thuốc lá điện tử
- Cố gắng lập gia đình/có con
- Cố gắng ăn uống lành mạnh/có một chế độ ăn cân đối

**Phần C. ĐIỀN THÔNG TIN - Không bắt buộc**

Sau khi xem xét tất cả các tùy chọn ở trên, những câu hỏi dưới đây hỏi lại nhóm câu hỏi mở đầu tiên đã được hỏi ở đầu cuộc khảo sát này. Để trống nếu câu trả lời là tương tự hoặc không thay đổi.

**23. Bạn có bất cứ nhu cầu nào về SỨC KHỎE/PHÚC LỢI chưa được đề cập tới không?**

**24. Bạn có bất cứ RÀO CẢN lớn nào phải đối mặt trong việc giải quyết các nhu cầu về sức khỏe/phúc lợi của bạn không?**

**25. Bạn có bất cứ Ý TƯỞNG nào về DỊCH VỤ hoặc phương pháp tiếp cận dịch vụ nào để giúp bạn đạt được nhu cầu về sức khỏe/phúc lợi không?**

**26. Bạn có bất cứ nhu cầu về sức khỏe/phúc lợi MUỐN TÌM HIỂU THÊM không?**

**27. Bạn có muốn đề cập hoặc bàn về các vấn đề nào khác không?**

**Phần D. LỰA CHỌN**

Hãy nhớ rằng tất cả các câu trả lời đều ẩn danh và bí mật. Hãy tích vào tất cả các phương án đúng.

**28. Ngôn ngữ/phương ngữ bản địa của bạn là gì?**

- |                                     |              |   |
|-------------------------------------|--------------|---|
| Tiếng Anh                           | Tiếng Ả Rập  | Tiếng Bengal                            |
| Tiếng Trung Quốc - tiếng phổ thông  |              | Tiếng Trung Quốc - Quảng Đông           |
| Tiếng Trung Quốc - Đài Loan         |              | Tiếng Trung Quốc - Phúc Châu            |
| Tiếng Trung Quốc - Môn Tuyên Chương |              | Tiếng Trung Quốc - các phương ngữ khác  |
| Tiếng Philippines - Tagalog         |              | Tiếng Philippines - Ilokano             |
| Tiếng Philippines - Visayas         |              | Tiếng Philippines - các phương ngữ khác |
| Tiếng Gujarat                       | Tiếng Hin-đi | Tiếng Hàn                               |
| Tiếng Nepal                         | Tiếng Punjab | Tiếng Lào                               |
| Tiếng Urdu                          | Tiếng Việt   | Tiếng Thái                              |
|                                     |              | Tiếng Tây Ban Nha                       |
|                                     |              | Khác (vui lòng nêu rõ)                  |

**29. Bạn có phải là người khuyết tật (thể chất, tinh thần, sự phát triển, hành vi, v.v.) không?**

- Có                      Không

**30. Bạn thuộc nhóm thu nhập nào?**

**Gia đình bạn có bao nhiêu người? Hộ gia đình của bạn thuộc nhóm thu nhập nào?**

- |   |                      |                                  |                     |
|---|----------------------|----------------------------------|---------------------|
| Không có thu nhập - học sinh                          |                      | Không có thu nhập - không đi làm |                     |
| Không có thu nhập - về hỗ trợ công cộng               |                      |                                  |                     |
| Không có thu nhập - hoặc thu nhập cố định đã nghỉ hưu |                      |                                  |                     |
| Dưới 13.500\$   | 13.501\$ - 18.000\$  | 18.001\$ - 22.500\$              | 22.501\$ - 27.000\$ |
| 27.001\$ - 36.000\$                                   | 36.001\$ - 46.000\$  | 46.001\$ - 55.000\$              | 55.001\$ - 65.000\$ |
| 65.001\$ - 75.000\$                                   | 75.001\$ - 100.000\$ | Tên 100.000\$                    |                     |

**31. Mức giáo dục cấp cao nhất mà bạn đã hoàn thành là gì?**

Không được giáo dục chính thức  
Trường tiểu học hoặc trường chuyên  
Tốt nghiệp trung học, bằng tốt nghiệp hoặc tương đương (ví dụ: GED)  
Một số tín chỉ cao đẳng/đại học, không cần bằng cấp  
Thương mại/kỹ thuật/đào tạo nghề  
Bằng cấp liên kết (ví dụ: AA, AS)  
Bằng cử nhân (ví dụ: BA, BS)  
Bằng thạc sĩ (ví dụ: MA, MS, MEd)  
Bằng cấp chuyên nghiệp (ví dụ: JD, MD, DDS)  
Bằng tiến sĩ (ví dụ: PhD, EdD)

**32. Bạn có liên kết với bất kỳ cộng đồng hoặc nhóm chưa được phục vụ nào có nhu cầu đặc biệt không?**

- Thanh niên (18 đến 25)
- Thanh niên (dưới 18)
- Người cao tuổi/công dân lớn tuổi
- Người nhập cư
- Người chuyển giới/người không rõ giới tính/biến thể giới tính/phi nhị phân
- Cha mẹ LGBT Châu Á có con (thông qua nhận con nuôi, mang thai hộ, IVF)
- Da/SM/lập dị/nô lệ
- Công nhân tình dục
- Môi giới
- Học sinh
- Khác (vui lòng nêu rõ) \_\_\_\_\_
- Không có

**33. Bạn sống ở Khu hoặc Hạt nào?**

Bronx	Hạt Brooklyn/Kings	Hạt New York/Manhattan
Queens	Staten Island/Hạt Richmond	Westchester
Nassau	Suffolk	Những nơi khác ở Bang New York
Hạt Bergen, New Jersey	Hạt Hudson, New Jersey	
Không ở Bang New York	Vui lòng nêu rõ _____	

**34. Bạn sống tại vùng có mã Zip nào?**

Xin cảm ơn. Để nhận QUÀ TẶNG MIỄN PHÍ của bạn (bộ dụng cụ tình dục an toàn hơn) hoặc tham gia RÚT THĂM Thẻ quà tặng Amazon trị giá 25\$ (10 người chiến thắng) hoặc áo phông miễn phí “I love Rice” hoặc “Pacific Rim” (25 người chiến thắng), hãy truy cập liên kết này và hoàn thành biểu mẫu google. Bốc thăm sẽ được thực hiện khi hoàn thành khảo sát.

Đây là một biểu mẫu riêng để lưu giữ các phản hồi của bạn ẩn danh và bí mật.

<https://forms.gle/jN8r5xZtjG6H8sXR7>

blank page

## **APPENDIX**

### **I. Partners**

### **II. Outreach**

A. Promotion

B. Multilingual Press Conference for Asian Ethnic Media

C. Translated Messages and Links to bilingual translated bilingual surveys

D. Social Media Posts - Survey Promotion & Focus Group Promotion

E. Paper Survey Promotion & Article

### **III. Credits**

Apicha CHC LGBTQ API Planning Committee Members  
Acknowledgments

blank page

## IV. APPENDIX

### A. PARTNERS

Partners assisted in survey distribution, focus group recruitment, and arranged meetings.

### Community-Based Organizations

API Rainbow Parents  
 Caribbean Equality Project  
 GAPIMNY Empowering Asian Communities (Gay Asian & Pacific Islander Men of New York)  
 Q-WAVE (Queer Women Asian Visible and Empowered)  
 SALGA-NYC (South Asian Lesbian & Gay Association)  
 Chinese Rainbow Network

### Agency Partners

AARP - American Association of Retired Persons  
 Asian American Studies Program at Hunter College/ CUNY  
 Family Equality  
 Grindr For Equality  
 Griot Circle  
 National Queer Asian & Pacific Islander Alliance (NQAPIA)  
 Recon  
 RentMen.com  
 SAGE - Services and Advocacy for GLBT Elders  
 Sex Worker Project at Urban Justice Center (UJC)  
 Street Vendor Project at Urban Justice Center (UJC)  
 Red Canary Song



Street Vendor Project



## **B. OUTREACH**

### **1. Promotion**

A multi-prong approach promoted survey participation and also educated people about Apicha CHC and its services. This included the following activities, mostly in June and July 2022.

- Social media posts
- Paid advertisements
- Promotion via partnering agencies and community-based organizations above
- Ethnic press conference for the Asian language media
- Phone banking
- Paper mailings
- Distribution at Apicha CHC’s waiting rooms in Manhattan and Queens

### **Apicha CHC Outreach**

Facebook	4,620 followers
FB Project Connect	557 followers
Instagram	1,640 followers
Twitter	1,243 followers
LinkedIn	1,044 connections
TikTok	27 followers

### **Partner Outreach**

Partners assisted in survey distribution, focus group recruitment, and arranged meetings.

<u>Six (6) Organizations</u>	<u>Email</u>	<u>Facebook</u>	<u>Instagram</u>	<u>Twitter</u>
Caribbean Equality Proj.	4,000	7,407	5,742	854
GAPIMNY	1,228	3,320	738	692
API Rainbow Parents	436	669	-	-
SALGA	-	1,824	55	-
Q-WAVE	430	200	520	-
<u>NQAPIA</u>	<u>6,700</u>	<u>7,700</u>	<u>3,100</u>	<u>4,800</u>
TOTAL	13,088	16,337	4,565	6,075

= 40,065, plus Glenn’s post on Linked In - 566 views.

**TOTAL Media Impressions = 40,631**



### Consultant Outreach Magpantay & Associates on LinkedIn

Apicha CHC Survey 1,273 impressions

Survey Prizes 2,453 impressions

Metrics are not available for Agency Partners

- AARP - American Association of Retired Persons
- Asian American Studies Program at Hunter College/ CUNY
- Family Equality
- Grindr For Equality
- Griot Circle
- Recon
- RentMen.com
- SAGE - Services and Advocacy for GLBT Elders
- Sex Worker Project at Urban Justice Center (UJC)
- Street Vendor Project at Urban Justice Center (UJC)
- Red Canary Song

### **Email Deployment**

Survey Instrument Email - Total Reach 3,516

English - Emailed to 702 contacts

Follow Up Email to 276 people

Translated

o Chinese (simplified and traditional scripts) - Emailed to 490 contacts

o Korean - Emailed to 129 contacts

o Vietnamese - Emailed to 67 contacts

o Tagalog - Emailed to 124 contacts

o Bengali, Hindi, Punjabi - Emailed to 257 contacts

Underrepresented Groups in Sample

o Women / Transgender - Emailed to 893 contacts

o Elders over 50 years old - Emailed to 438 contacts

o Parents and Future Parents - Emailed to 140 contacts

Paper mailing to 697 people

Telephone Phone Bank -Total Reach 272

- o 211 voicemail messages
- o 61 conversations with people who agreed to take the survey and learn about Apicha

Text bank to 78 people

Media Outlets from Apicha CHC Ethnic Press Conference - Aug 11, 2022

- o Korean Radio Broadcast (KRB) - Syndicated 210,000
- o Korea Daily - Circulation 220,000
- o Chinese Sing Tao Daily Newspaper - Circulation 130,000
- o MBC TV - Syndicated 27,000
- o The Korea Chanel (TKC) TV – 160,000 viewers
- o Bangladeshi Weekly Bangalee - Circulation 136,472
- o Indian Sher E Punjab - Circulation 81,811

**Total Media Impressions: 965,283**

TikTok video

- o 7 Views

### Apicha CHC Survey Paid Media Ads

- o 100,002 Impressions on Facebook
- o 64,864 Reach on Facebook

### Article Promotion

#### **Health & Wellness Needs of NYC’s LGBTQ API community**

APICHA Community Health Center is launching a new survey to uncover the health and wellness needs of New York City’s LGBTQ API community; as well as the barriers or “social determinants” that frustrate access to services for those needs; and ideas on programs to address these needs. This needs assessment will help APICHA develop programs and services at its new Center in Jackson Heights, Queens.

**Please help answer this survey:**  
[bit.ly/APICHA-Needs-Survey](https://bit.ly/APICHA-Needs-Survey)



Paper Survey Promotion

**apicha**  
community health center

**We're here to support you!**  
Tell us your Health and Wellness needs so we can help!

**Only 16-minutes and win a prize.**  
For NYC's LGBTQ+ Asian, South Asian, Southeast Asians and Pacific Islanders.

**Anonymous and Confidential**  
This survey will help APICHA develop programs at its new Center in Jackson Heights, Queens.

**You can help us:**

1. meet the health and wellness needs of New York's LGBTQ+ API community;
2. overcome barriers that frustrate access for these needs; and
3. Identify new services to address these needs.

**Only 16-minutes and you can win a prize:**

- Free safer sex kit (All survey takers)
- \$25 Amazon Gift Card (10 participants from a random drawing)
- T-shirt "I love Rice" or "Pacific Rim" (25 participants)

LGBTQ+中文調查! 調查為匿名形式, 請告知我們您的健康與福利需求, 以便我們為您提供支持。僅需16分鐘即可完成, 還有機會贏得獎品



LGBTQ+中文调查! 调查为匿名形式, 请告知我们您的健康与福利需求, 以便我们为您提供支持。仅需16分钟即可完成, 还有机会赢得奖品。



Thai & LGBTQ+!  
บอกเราถึงความต้องการด้านสุขภาพและสุขภาพของคุณในแบบที่สะดวกและสบายใจใช้เวลาเพียง 16 นาที และลุ้นรับรางวัล



বাংলাদেশী এবং সমকামী (LGBTQ+)!  
একটা খরচিৎ বক্বিন সাত্বততে আপনার স্বাস্থ্য এবং সুখভরা সংক্ৰান্তিত পুরবত্া জনপুলি আামাদের জানান যাত্রে আমরা আপনাকে সাহায্য করত্রে পারি। যাত্রে 16-মিনিটি আর একটা পুরস্কার জিত্ব ননি



ਪੰਜਾਬੀ ਅਤੇ LGBTQ+! ਇੱਕ ਬੇਨਾਮ ਸਰਵੇਖਣ ਵੱਲੋਂ ਸਾਨੂੰ ਆਪਣੀ ਸਹਿਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਬਾਰੇ ਦੱਸੋ ਤਾਂ ਜੋ ਅਸੀਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕੀਏ। ਸਹਿਤ 16-ਮਿੰਟ ਅਤੇ ਇਨਾਮ ਜਿੱਤੋ



क्या आप दक्षिण एशिया से हैं और LGBTQ+ हैं? एक बेनामी सर्वे में हमें अपनी सेहत और खुशहाली से जुड़ी जरूरतें बताएं ताकि हम आपकी मदद कर सकें। अपने बस 16 मिनट हमें दें और पुरस्कार जीतें।



한국계 성소수자 여러분! 단 16 분 만에 익명 설문조사를 통해 여러분의 건강 및 웰빙 요구사항을 작성하고 경품 당첨을 노력해보세요!



Người Việt & LGBTQ+! Hãy cho chúng tôi biết về sức khỏe và nhu cầu về sức khỏe của bạn trong một khảo sát ẩn danh để chúng tôi có thể hỗ trợ bạn. Chỉ mất 16 phút và giành được một giải thưởng



Pin@y / Filipin@ at LGBTQ+! Upang masuportahan namin kayo, sabihin ang inyong mga pangangailangan sa kalusugan sa isang survey. Hindi ipaaalam kung sino kayo. Labing anim (16) na minuto lamang at manalo ng premyo.



Tell us your health and wellness needs in an anonymous survey so we can support you. Only 16-minutes and win a prize.

## 2. Multilingual Press Conference for Asian Ethnic Media

### Apicha CHC MEDIA ADVISORY

For Immediate Release: Thursday, August 4, 2022

#### Ground-Breaking Efforts to Address the Health & Wellness of New York's LGBTQ Asian and Pacific Islanders

NEW MULTILINGUAL SURVEY LAUNCH at <https://bit.ly/Apicha-CHC-Needs-Survey>

Apicha CHC Community Health Center (CHC) is launching a new effort to address 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. The [survey](#) will also uncover the **barriers** that frustrate access to health care (such as trust, access to housing, cultural concerns, stigma, etc.) and new innovative **services** to address these needs.

The needs of LGBTQ Asians are often forgotten. Many Asian American healthcare providers are reluctant to provide services to LGBTQ people. LGBTQ providers often only speak English or do not understand the unique Asian experience. Apicha CHC provides culturally competent, linguistically-appropriate, and LGBTQ-sensitive care to the most vulnerable New Yorkers.

Findings will also help Apicha CHC develop programs and services at its new Center in Jackson Heights, Queens. The survey also targets specific underserved high-risk groups and groups with special needs such as LGBTQ API Elders / Seniors Citizens; sex workers; and LGBTQ Asian parents of children.

The short (16-minute) confidential and anonymous questionnaire at <https://bit.ly/Apicha-CHC-Needs-Survey> is bilingual and available in nine (9) Asian languages and scripts: Chinese ([simplified](#) and [traditional](#) script), [Korean](#), [Vietnamese](#), [Thai](#), [Tagalog](#), [Bengali](#), [Hindi](#), and [Punjabi](#). The full set of questions is here: <https://bit.ly/Apicha-CHC-Survey-Questions>

Incentive prizes for participating include free safer sex kits (including condoms, lube, and dental dams), \$25 Amazon Gift Cards, and free "I love Rice" T-shirts.

**EVENT:** Launch of Apicha CHC LGBTQ Asian Health & Wellness Survey  
**DATE/TIME:** Thursday, August 11, 2022, at 1:30 pm  
**PLACE:** Video Conference over Zoom. The link is provided after RSVP.  
**SPEAKERS:** Theresa Rodriguez, Apicha CHC Chief Executive Officer  
Chinese: Timothy Au, Assistant Director of Support Services  
Gujarati/ Hindi: Devika Patel, Associate Director of Support Services  
Korean: Mark Byon, Men's Health Prevention Associate (To be confirmed)

###

### **3. Translated Messages and Links to Bilingual Surveys**

#### **Bengali**

বাংলাদেশী এবং সমকামী (LGBTQ+)! একটি পরচিয় বহীন সার্ভতে আপনার স্বাস্থ্য এবং সুস্থতা সংক্রান্ত প্রয়োজনগুলি আমাদের জানান যাতে আমরা আপনাকে সাহায্য করতে পারি। মাত্র 16-মিনিট আর একটা পুরস্কার জিতে নিন। <https://bit.ly/Apicha CHC-Survey-Bengali>

#### **Chinese (Simplified)**

LGBTQ+ 中文调查！调查为匿名形式，请告知我们您的健康与福利需求，以便我们为您提供支持。仅需16分钟即可完成，还有机会赢得奖品。简体中文 <https://bit.ly/Apicha CHC-Survey-Chinese-Simp>

#### **Chinese (Traditional)**

LGBTQ+ 中文調查！調查為匿名形式，請告知我們您的健康與福利需求，以便我們為您提供支持。僅需16分鐘即可完成，還有機會贏得獎品。繁體中文 <https://bit.ly/Apicha CHC-Survey-Chinese-Trad>

#### **Filipino**

Pinay / Filipina at LGBTQ+! Sabihin sa amin ang inyong mga pangangailangan sa kalusugan at kagalingan sa isang anonimong survey upang kayo ay masuportahan namin. Labing anim na minuto lamang at manalo ng premyo. <https://bit.ly/Apicha CHC-Survey-Tagalog>

#### **Hindi**

क्या आप दक्षिण एशिया से हैं और LGBTQ+ हैं? एक बेनामी सर्वे में हमें अपनी सेहत और खुशहाली से जुड़ी जरूरतें बताएँ ताकि हम आपकी मदद कर सकें। अपने बस 16 मिनट हमें दें और पुरस्कार जीतें।

हिंदी: <https://bit.ly/Apicha CHC-Survey-Hindi>

#### **Korean**

한국계 성소수자 여러분! 단 16분 만에 익명 설문조사를 통해 여러분의 건강 및 웰빙 요구사항을 작성하고 경품 당첨을 노려보세요! <https://bit.ly/Apicha CHC-Survey-Korean>

#### **Thai**

Thai & LGBTQ+! บอกเราถึงความต้องการด้านสุขภาพและสุขภาพของคุณในแบบสำรวจแบบไม่ระบุตัวตน เพื่อให้เราสามารถช่วยเหลือคุณได้ ใช้เวลาเพียง 16 นาที แล้วลุ้นรับรางวัล <https://bit.ly/Apicha CHC-Survey-Thai>

#### **Punjabi**


ਪੰਜਾਬੀ ਅਤੇ LGBTQ+! ਇੱਕ ਬੇਨਾਮ ਸਰਵੇਖਣ ਵਿੱਚ ਸਾਨੂੰ ਆਪਣੀ ਸਿਹਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਲੋੜਾਂ ਬਾਰੇ ਦੱਸੋ ਤਾਂ ਜੋ ਅਸੀਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕੀਏ। ਸਿਰਫ 16-ਮਿੰਟ ਅਤੇ ਇਨਾਮ ਜਿੱਤੋ <https://bit.ly/Apicha CHC-Survey-Punjabi>

#### **Vietnamese**

Người Việt & LGBTQ+! Hãy cho chúng tôi biết về sức khỏe và nhu cầu về sức khỏe của bạn trong một khảo sát ẩn danh để chúng tôi có thể hỗ trợ bạn. Chỉ mất 16 phút và giành được một giải thưởng <https://bit.ly/Apicha CHC-Survey-Viet>

## 4. Social Media Posts - Survey Promotion

**HELP APICHA ADDRESS THE HEALTH AND WELLNESS NEEDS OF NYC'S LGBTQ+ ASIANS & SOUTH ASIANS!**



**TAKE OUR ANONYMOUS AND CONFIDENTIAL SURVEY! IT SHOULD ONLY TAKE 16-MINUTES & YOU'LL BE ENTERED TO WIN A PRIZE AUTOMATICALLY**



**DO YOU WANT TO BE ELIGIBLE FOR A \$25 AMAZON GIFT CARDS, T-SHIRTS "I LOVE RICE" OR "PACIFIC RIM", OR A SAFER SEX KIT?**

**COME FILL OUT OUR ANONYMOUS HEALTH & WELLNESS SURVEY FOR A CHANCE TO WIN!**

**LGBTQ+ ASIANS WANTED!**

**TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO APICHA COMMUNITY HEALTH CENTER CAN SUPPORT YOU!**



**THE SURVEY IS ONLY 16 MINUTES AND YOU'LL BE ENTERED TO WIN A PRIZE!**

**WANTED!**

**LGBTQ+ ASIANS, SOUTH ASIANS, SOUTHEAST ASIANS, AND PACIFIC ISLANDERS**



**COME FILL OUT OUR SURVEY TO TELL US WHAT YOU NEED IN THE COMMUNITY. WE WOULD LOVE TO HEAR FROM YOU!**

**LGBTQ+ CHINESE! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE**

**16870+中文调查! 调查为匿名形式, 请告知我们您的健康与福利需求, 以便我们为为您提供支持. 仅需分钟即可完成, 还有机会赢得奖品**

**16870+中文调查! 调查为匿名形式, 请告知我们您的健康与福利需求, 以便我们为为您提供支持. 仅需分钟即可完成, 还有机会赢得奖品.**


[bit.ly/Apicha-Survey-Chinese-Trad](https://bit.ly/Apicha-Survey-Chinese-Trad)  
[bit.ly/Apicha-Survey-Chinese-Simp](https://bit.ly/Apicha-Survey-Chinese-Simp)



**LGBTQ+ PINOYS AND FILIPINX! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE.**

**PINAY / FILIPINA AT LGBTQ+ I UPANG MASUPORTAHAN NAMIN KAYO, SABIHIN ANG INYONG MGA PANGANGAILANGAN SA KALUSUGAN SA ISANG SURVEY. HINDI IPAAALAM KUNG SINO KAYO. LABING ANIM (16) NA MINUTO LAMANG AT MANGALO NG PREMIYO.**

[bit.ly/Apicha-Survey-Tagalog](https://bit.ly/Apicha-Survey-Tagalog)



**LGBTQ+ KOREANS! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE.**

**한국계 성소수자 여러분! 단 16분 만에 익명 설문조사를 통해 여러분의 건강 및 웰빙 요구사항을 작성하고 경품 당첨을 노려보세요!**

[bit.ly/Apicha-Survey-Korean](https://bit.ly/Apicha-Survey-Korean)



**LGBTQ+ MUSLIMS! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE.**


**QUEER MUSLIM & PROUD**

**बस आप दखिय एचिया से हें और LGBTQ+ हें? एक बेनामी सर्वे में हमें अपनी सेहत और खुशहाली से जुड़ी ज़रूरतें बताएं ताकि हम आपकी मदद कर सकें। आपसे बस 16मिनट हमें हें और पुरस्कार जीतें।**

**হিউ:**  
বাংলাদেশী এবং সসকামী (LGBTQ+) একটি অধিষ্ঠিত বিহীন আবেগিত আশ্রয়স্থল যা যা এবং সুস্থতা সংক্রান্ত সমস্যাগুলোর উপস্থাপনকে জ্ঞানমূলক আশ্রয়স্থল হিসেবে পরিচালনা করে থাকে। আমরা 16 মিনিটে আপনার একটি পুরস্কার বিজয়িত হব।

**ਪੰਜਾਬੀ ਅਤੇ LGBTQ+ ਇੱਕ ਬੇਨਾਮ ਸਰਵੇਖਣ ਵਿੱਚ ਸਾਨੂੰ ਆਪਣੀ ਸਿਹਤ ਅਤੇ ਖੁਸ਼ਹਾਲੀ ਦੀਆਂ ਜ਼ਰੂਰਤਾਂ ਬਾਰੇ ਦੱਸੋ ਤਾਂ ਅਸੀਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਵਰ ਸਕੀਏ। ਸਿਰਫ਼ 16 ਮਿੰਟ ਅਤੇ ਇਨਾਮ ਜਿੱਤੋ।**

[bit.ly/Apicha-Survey-Hindi](https://bit.ly/Apicha-Survey-Hindi)  
[bit.ly/Apicha-Survey-Bengali](https://bit.ly/Apicha-Survey-Bengali)  
[bit.ly/Apicha-Survey-Punjabi](https://bit.ly/Apicha-Survey-Punjabi)



**LGBTQ+ VIETNAMESE! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE**

**NGƯỜI VIỆT & LGBTQ+! HÃY CHO CHÚNG TÔI BIẾT VỀ SỨC KHỎE VÀ NHU CẦU VỀ SỨC KHỎE CỦA BẠN TRONG MỘT KHUẾ O SÁT 16 PHÚT ĐỂ CHÚNG TÔI CÓ THỂ HỖ TRỢ BẠN. CHỈ MẤT 16 PHÚT VÀ GIÀNH ĐƯỢC MỘT GIẢI THƯỞNG**

[bit.ly/Apicha-Survey-Viet](https://bit.ly/Apicha-Survey-Viet)



**LGBTQ+ THAI! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE**

**THAI & LGBTQ+! บอกเราถึงความต้องการด้านสุขภาพและสุขภาพของคุณในแบบสำรวจแบบไม่ระบุตัวตน เพื่อให้เราสามารถช่วยเหลือคุณได้ใช้เวลาเพียง 16 นาที แล้วลุ้นรับรางวัล**

[bit.ly/Apicha-Survey-Thai](https://bit.ly/Apicha-Survey-Thai)

**QUEER THAI**

**PRIDE**



**WANTED! LGBTQ+ ASIAN, SOUTH ASIAN, PACIFIC ISLANDER ELDERS!**



**TELL US YOUR HEALTH & WELLNESS NEEDS SO WE CAN HELP ADDRESS YOUR NEEDS!**  
**TAKE OUR 16 MINUTE CONFIDENTIAL SURVEY**

**DO YOU IDENTIFY AS A LESBIAN, BISEXUAL, OR TRANS WOMAN?**

**ARE YOU APART OF THE ASIAN COMMUNITY?**

**IF YOU ANSWERED YES TO THESE QUESTIONS WE WOULD LOVE TO HEAR FROM YOU!**

**FILL OUT OUR ANONYMOUS SURVEY SO WE CAN BETTER UNDERSTAND YOUR HEALTH & WELLNESS NEEDS!**



**WANTED! LGBTQ+ DESIS**



**TELL US YOUR HEALTH & WELLNESS NEEDS SO WE CAN BETTER SUPPORT YOU!**

**TAKE OUR 16 MINUTE SURVEY AND BE ENTERED TO WIN A PRIZE!**

**LBTGQ+ Asian Parents With Kids!**



Tell us your kid's health & wellness needs in an anonymous survey so APICHA Community Health Center can support you!

Only 16 minutes + a chance to win a prize

**LGBTQ+ PACIFIC ISLANDERS IN NYC WANTED!**

**TELL US YOUR HEALTH & WELLNESS NEEDS ONLY 16 MINUTES OF YOUR TIME AND YOU WILL AUTOMATICALLY BE ENROLLED FOR A CHANCE TO WIN A PRIZE!**



**LGBTQ+ Asian Sex Workers**

Tell us your health & wellness needs in an anonymous and confidential survey so APICHA Community Health Center can support you!

Only 16 minutes + a chance to win a prize

**LGBTQ+ South Asian Leather/ SM/ Kinkers/ Fetish Lovers**

Tell us your health & wellness needs in an anonymous survey so APICHA Community Health Center can support you!

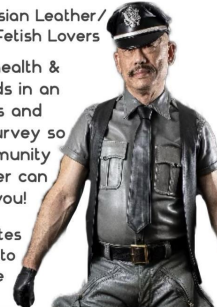
Only 16 minutes + a chance to win a prize



**LGBTQ+ EAST Asian Leather/ SM/ Kinkers/ Fetish Lovers**

Tell us your health & wellness needs in an anonymous and confidential survey so APICHA Community Health Center can support you!

Only 16 minutes + a chance to win a prize



**LGBTQ+ ASIAN STREET VENDORS WE WANT TO HEAR FROM YOU!**

TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO APICHA COMMUNITY HEALTH CENTER CAN SUPPORT YOU

THE SURVEY WILL ONLY TAKE 16 MINUTES AND YOU'LL BE ENTERED TO WIN A PRIZE!

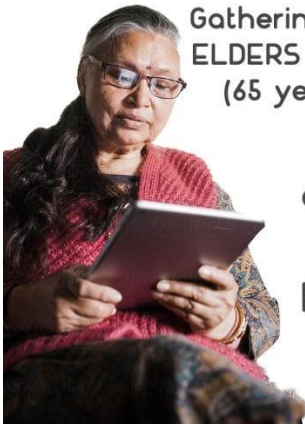
**LGBTQ+ ASIAN STUDENTS NEEDED!**

TELL US WHAT IS LACKING IN YOUR COMMUNITY IN AN ANONYMOUS SURVEY SO APICHA COMMUNITY HEALTH CENTER CAN BETTER SUPPORT YOU

ONLY 16 MINUTES OF YOUR TIME AND YOU WILL AUTOMATICALLY BE ENROLLED FOR A CHANCE TO WIN A PRIZE!



## Social Media Posts - Focus Group Promotion



Gathering of LGBTQ+ Asian  
ELDERS & SENIOR CITIZENS  
(65 years and older)

Lite lunch,  
drinks, beer  
& wine  
provided by  
APICHA!

RSVP with your  
scheduling preferences.



Gathering of LGBTQ+ Asian  
PARENTS (Children welcome)

Lite lunch,  
drinks, beer  
& wine  
provided by  
APICHA!

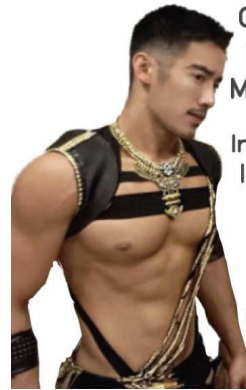
RSVP with your  
scheduling preferences.



Gathering of LGBTQ+  
Asian Leather/ SM/  
KINKERS/ FETISH LOVERS

Free food, beer,  
wine, cocktails by APICHA!

Address provided after RSVP.  
In a private and discrete  
location. All information  
strictly confidential.



Gathering of LGBTQ  
Asian/South Asian  
MALE SEX WORKERS

In a private and discrete  
location. All information  
strictly confidential.  
Free Legal advice by  
lawyer on-site.

Address provided after RSVP.  
\$25 stipend, food, beer,  
wine, cocktails by APICHA!

## Linked Promotion

Apicha CHC Survey	1,273 impressions
Survey Prizes	2,453 impressions



**Glenn D. Magpantay** · You  
CEO Exec.Dir., Civil Rights Attorney & Nonprofit Consultant  
4mo · 🌐

⋮

APICHA Community Health Center is launching an exciting project to address the health & wellness needs of New York City's LGBTQ+ Asian, Asian American, South Asian, Southeast Asian, and Pacific Islander communities. Would you help by answering a brief anonymous and confidential survey? <https://lnkd.in/g8vukk69>

Help us:

- (1) meet the health and wellness needs of New York's LGBTQ+ API community;
- (2) overcome barriers that frustrate access for these needs; and
- (3) identify new services to address these needs.

This survey will help APICHA develop programs at its new Center in Jackson Heights, Queens. To see all the questions, go here.

Only 16-minutes and you can win a prize:

- Free safer sex kit - All survey takers
- \$25 Amazon Gift Card - 10 participants from a random drawing
- T-shirt "I love Rice" or "Pacific Rim" - 25 participants

We're here to support you! Tell us what you need by answering this survey: <bit.ly/APICHA-Needs-Survey>  
To see all the questions, go here: <https://lnkd.in/gUuUMijz>

#aapi #lgbtq #asianamerican #southasian #pridemonth #health #community #love #wellness #help #doctors #drug

with Phillip Miner and 13 others

3 comments · 4 reposts

Reactions

1,276 impressions

[View analytics](#)

**Glenn D. Magpantay** · You  
CEO Exec.Dir., Civil Rights Attorney & Nonprofit Consultant  
2mo · 🌐

⋮

Help APICHA Community Health Center address the health and wellness needs of NYC's LGBTQ+ Asians & South Asians through an anonymous and confidential survey. Only 16-minutes and win a prize.

<https://lnkd.in/e-mcbRrq>

Free \$25 Amazon Gift Cards, Free T-shirt "I love Rice", and safer sex kits!

#wellness #healthcare #aapi #asian #southasian #hivprevention #lgbtq #health #help #community

DO YOU WANT TO BE ELIGIBLE FOR A \$25 AMAZON GIFT CARDS, T-SHIRTS "I LOVE RICE" OR "PACIFIC RIM", OR A SAFER SEX

**WANTED! LGBTQ+ DESI:**

TELL US YOUR HEALTH & WELLNESS NEEDS: SO WE CAN BETTER SUPPORT YOU!

TAKE OUR 16 MINUTE SURVEY AND BE ENTERED TO WIN PRIZES!

with Phillip Miner and 8 others

**LGBTQ+ ASIANS WANTED!**

TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO APICHA COMMUNITY HEALTH CENTER CAN SUPPORT YOU!

THE SURVEY IS ONLY 16 MINUTES AND YOU'LL BE ENTERED TO WIN PRIZES!

**WANTED!**

LGBTQ+ ASIANS, TH ASIANS, LEAST ASIANS, ID PACIFIC ISLANDERS

OUR SURVEY TO TELL US NEED IN THE COMMUNITY. LOVE TO HEAR FROM YOU!

2 reposts

Reactions

1,603 impressions

[View analytics](#)

## **V. APPENDIX**

### **Apicha CHC LGBTQ API Planning Committee Members**

Therese Rodriguez, Chief Executive Officer

Yumiko Sano, Chief Program and Data Operations Officer

Gertrudes "Ding" Pajaron, Chief of Business Strategies and Development Officer

Mihaela Mihai, Senior Director of Administration and Clinic Operations

Jun Matsuyoshi, Director of Mental Health Services

Melanie Dulfo, Director of Community Health Education

Venus Vacharakitja, Senior Director of Support Services

Devika Patel, Associate Director of Support Services - Operations

Timothy Au, Assistant Director of Support Services - Member Services

Sabeen Shalwani, Manager of Community Engagement and Communications

### **About the Principal Investigator and Author**

Glenn D. Magpantay, Esq. is a long-time civil rights attorney, professor of law and Asian American Studies, and LGBTQ rights activist. He is Principal of Magpantay & Associates: a nonprofit consulting & legal services firm. He co-founded and served as Executive Director of the National Queer Asian Pacific Islander Alliance (NQAPIA). Before that, he was a nationally recognized civil rights attorney at the Asian American Legal Defense and Education Fund (AALDEF). He teaches at Hunter College/ CUNY.

### **Acknowledgments**

This report was written by Glenn D. Magpantay, Esq. from Magpantay & Associates: a nonprofit consulting & legal services firm, with the assistance of the following:

- Survey expert review provided by Dr. Ken Sherrill, Professor Emeritus of Political Science at Hunter College/ CUNY; Jennifer Chudy, Professor of Social Sciences and Assistant Professor of Political Science at Wellesley College; and Logan Casey, Senior Policy Researcher & Advisor at Movement Advancement Project (MAP).
- Questionnaire programming in Survey Monkey was provided by Natasha Berger, and analysis by Rafael Garcia, Hunter Macaulay Honors Program.
- Designers Sophie Tsang for printed promotional cards and Sabrina Martinez and Annick Howland Kruse for social media posts.
- Additional research on Health Disparities Amongst LGBTQ+ Asian Americans by Dana Ho, Irene Zhang, and Sammi Zheng.
- Additional writing and editing by Susan Chen and Sarah Kang.

Apicha CHC thanks the assistance of the CUNY Hunter College Asian American Studies Program and its students.