



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

Apicha Community Health Center (CHC) examined 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. 344 LGBTQ APIs responded to a confidential and anonymous survey, available in nine (9) Asian languages and scripts, as well as focus groups and individual interviews. The overall recommendations are:

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

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.

*Apicha Community Health Center improves the health of our community and increases access to comprehensive primary care, preventive health services, mental health, and supportive services. **To make an appointment, got to www.apicha.org***