



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

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 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 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%).

*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***