



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

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 "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.

*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](http://www.apicha.org)***