



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

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 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.

*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***