



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

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 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.

*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)***

