



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders "By Ethnicity: Chinese and Taiwanese"

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 "Chinese and Taiwanese" respondents had identified. 17% of the total number of respondents were Chinese or Taiwanese.

HEALTH & WELLNESS

- Among the most important **health needs**, Chinese and Taiwanese respondents ranked: Depression or Anxiety (34%), HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (20%), Transgender Health (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (45%), Testing (25%), Support Services / Navigating the Bureaucracy (15%), and Treatment (12%).
- Among **parents**, the most important needs for their children were: Pediatric Doctor for Primary Care (13%), Adolescent Doctor for Primary Care (9%), and Mental health Services for Children, Adolescents, or Family (7%).
- **New services** that Apicha CHC could offer in the future were: Dermatology (24%), Vision (22%), Cancers (19%), Anal Health (19%).
- The most important **well-being** needs were: Emotional Health (35%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (30%), and Health Insurance Enrollment (18%).
- The most important health and wellness **needs in general** were: Finances (Money for Food, Rent, Job) (23%), Finding an LGBT-Sensitive Asian Doctor (22%), Depression or Anxiety (19%), and Finding a Doctor Covered by my Insurance (In-Network) (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) (30%), Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (26%), and Finding a Health Care Provider who is Covered by Insurance (17%).
- The health/well-being needs that respondents most want **to learn about** were: Mental Health (25%), Emotional Issues/Anxiety/Depression (16%), and Coming Out to Asian Parents (16%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (29%), Immunizations/Vaccines (23%), and HIV/AIDS Prevention (17%).

HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (8%), Good (56%), Fair (31%), Poor (3%), and Very Poor (2%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (32%), Fair (42%), Poor (12%), and Very Poor (3%).
- Trying to eat a healthy/balanced diet (68%); Regular exercise (54%); Self-Care (37%); Trying to start a family / having children (5%).
- Smoking/Vaping (16%); Drinking more than 2 alcoholic drinks per day (17%); Drinking more than 2 sugary drinks per day (10%); Party Drugs (10%); Other drugs (34%); Hard drugs (3%).
- Sex without condoms or dental dams (and not on PREP) (29%); Sell or exchange sex for money, drugs, or other (3%); Buy, pay, or exchange money, drugs, or other for sex (5%).

DEMOGRAPHIC PROFILE OF CHINESE & TAIWANESE RESPONDENTS

Ethnicity – 89% were Chinese and 12% were Taiwanese. **Sexual Orientation** – Most selected Gay (44%), Queer (29%), “Bisexual/Pansexual/Gender Fluid” (24%), “Lesbian” (12%), and “Asexual” (8%). **Gender Identity**: Male (51%), Female (28%), Non-Binary/More than one Gender/No Gender (25%), Transgender Male (3%), and Transgender Female (2%). **Disability** – 26% said that they had some physical, mental, developmental, or behavioral disability. **Age**: 25-34 (36%), 18-24 (27%), 35-44 (24%), 45-54 (8%), and 55-64 (5%). **Native Language**: English (78%), Chinese-Mandarin (36%), Cantonese (15%), Chinese-Other dialect (7%), and Taiwanese (5%). **Income**: Income Over \$100,000 (22%), No Income-Student (10%), No Income-Unemployed (8%), \$75,001 - \$100,000 (8%), and \$65,001- \$75,000 (7%). **Education**: 47% had obtained a Bachelor's Degree, 25% Master's Degree, 9% Some College, High School or Equivalent (7%), and 5% Professional Degree. **Special Group Affiliation**: Youth (18 to 25) (29%), Transgender/Gender Non-Conforming (29%), Student (25%), Immigrant (22%), and Sex Workers (8%). **Borough**: 41% reside in Manhattan, 37% in Brooklyn, 20% 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***