



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders
“By Ethnicity: Southeast Asian”

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 “Southeast Asians” had identified who were 1% of the total number of respondents.

HEALTH & WELLNESS

- Among the most important **health needs**, Southeast Asians ranked: HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (40%), Depression or Anxiety (40%), and Transgender Health (20%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (50%), Testing (40%), and None or Not Needed (25%).
- Among **parents**, the most important needs for their children were: Mental Health Services for Children, Adolescents, or Family (9%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (75%), Dermatology (33%), and Labia/Clitoris Maintenance (25%).
- The most important **well-being** needs were: Emotional Health (40%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (40%), Family Planning, Contraception, or Pregnancy Testing (20%).
- The most important health and wellness **needs in general** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (33%), Finances (Money to Pay Food, Rent, Job) (33%), Finding a Doctor Covered by my Insurance (In-Network) (25%), and Depression or Anxiety (25%).

HEALTH EDUCATION AND PHARMACEUTICAL NEEDS

- The most significant **barriers** or “social determinants” to addressing these health/well-being needs were: Time (40%), Finances (Ability to pay for services) (25%), and Finding a Health Care Provider who is Covered by Insurance (In-Network) (25%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (33%), Cancers (33%), and Emotional Issues/Anxiety/Depression (25%).
- The most important **pharmaceutical needs** were: Immunizations/Vaccines (50%), ADD/ADHD/OCD/PTSD (25%), Depression or Anxiety (20%), 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 (0%), Good (40%), and Fair (60%), Poor (0%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (0%), Good (40%), Fair (60%), Poor (0%) and Very Poor (0%).
- Trying to eat a healthy/balanced diet (20%); Regular exercise (20%); Self-Care (20%); Trying to start a family / having children (20%).
- Smoking/Vaping (0%); Drinking more than 2 alcoholic drinks per day (0%); Drinking more than 2 sugary drinks per day (40%); Party Drugs (20%); Other drugs (40%); Hard drugs (0%).
- Sex without condoms or dental dams (0%); Sell or exchange sex for money, drugs, or other (20%); Buy, pay, or exchange money, drugs, or other for sex (0%).

DEMOGRAPHIC PROFILE OF SOUTHEAST ASIAN RESPONDENTS

Ethnicity – Most were Vietnamese (60%), mixed-Chinese (20%), Thai (20%), and Burmese (20%). **Sexual Orientation** – Most selected Gay (60%), “Bisexual/Pansexual/Fluid” (40%), and “Lesbian” (20%). **Gender Identity**: Male (60%), Female (20%), Transgender Female (20%), and Non-binary / More than One Gender / No Gender (20%).

Age: 25-34 (100%). **Native Language**: English (60%), Thai (20%), and Vietnamese (20%). **Income**: Income No Income-Student (20%), \$22,501 - \$27,000, and \$75,001 - \$100,000 (20%). **Education**: 60% obtained a Bachelor's Degree, 20% Associate Degree, and 20% Master's Degree. **Special Group Affiliation**: Immigrant (50%), Transgender/Gender Non-Conforming (50%), Student (50%), and Youth (18 to 25) (25%). **Borough**: 40% reside in Brooklyn, 40% in Queens, and 20% in Manhattan.

*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***