



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders  
**“By Gender: Transgender / Gender Nonconforming”**

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 “Transgender and Gender Nonconforming” respondents had identified. 11% of the total number of respondents identified as transgender or gender nonconforming.

#### HEALTH & WELLNESS

- Among the most important **health needs**, respondents ranked: Depression or Anxiety (31%), Transgender Health (28%), HIV/AIDS/ Sexually Transmitted Diseases, Hepatitis (14%), Immunizations/Vaccines (10%), and Managing ADHD/ADD/OCD/PTSD (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Testing (40%), Prevention (34%), None or Not Needed (19%), and Support Services/Navigating the Bureaucracy (12%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (16%) and Mental Health Services for Children, Adolescents, or Family (8%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (25%), Vision (23%), Cancers (19%), Labia/Clitoris Maintenance (14%), and Dermatology (13%).
- The most important **well-being** needs were: Emotional Health (54%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (21%), and Health Insurance Enrollment (16%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (26%), Finding an LGBT-Sensitive Asian Doctor (19%), and Managing ADD/ADHD/OCD/PTSD (11%).

## 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) (39%), Finding an LGBTQ-Sensitive Asian Doctor or other Health Care Providers (23%), Having ADHD/ADD/OCD/PTSD (14%), and Finding a Health Care Provider who is Covered by Insurance (In-Network) (13%).
- The health/well-being needs that respondents most want to **learn about** were: ADD/ADHD/OCD/PTSD (19%), Emotional Issues/Anxiety/Depression (19%), Mental Health (19%), Cancers (15%), and Coming Out to Asian Parents (14%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (41%), Transgender Hormonal Therapy (28%), Immunizations/Vaccines (21%), and ADD/ADHD/OCD/PTSD (18%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (5%), Good (35%), Fair (43%), Poor (14%), and Very Poor (3%).
- About their **mental / emotional health**, they responded: Very Good (3%), Good (24%), Fair (49%), Poor (19%), and Very Poor (5%).
- Trying to eat a healthy/balanced diet (70%); Regular exercise (30%); Self-Care (51%); Trying to start a family / having children (11%).
- Smoking/Vaping (19%); Drinking more than 2 alcoholic drinks (16%); 2 sugary drinks per day (27%); Party Drugs (16%); Other drugs (43%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (35%); Sell or exchange sex for money, drugs, or other (8%); Buy, pay, or exchange money, drugs, or other for sex (0%).

## DEMOGRAPHIC PROFILE OF TRANSGENDER/GCN RESPONDENTS

**Ethnicity** – Most were Chinese (43%), Korean (19%), Indian (19%), and Filipino (8%). **Sexual Orientation** – Most selected Queer (57%), “Bisexual/Pansexual/Fluid” (41%), “Lesbian” (24%), Gay (19%), and “Asexual” (8%). **Gender Identity**: Non-Binary/More than One Gender/No Gender (84%), Female (22%), Transgender Male (14%), Transgender Female (11%), and Male (5%). **Disability** – 41% had some physical, mental, developmental, or behavioral disability. **Age**: 25-34 (49%), 18-24 (27%), 35-44 (19%), 45-54 (3%), and 55-64 (3%). **Native Language**: English (84%), Chinese-Cantonese (11%), and Korean (11%). **Income**: Income \$75,001 - \$100,000 (19%), Over \$100,000 (14%), No Income-Student (11%), and No-Income-Unemployed (11%). **Education**: 43% obtained a Bachelor's Degree, 22% Master's Degree, 11% Some College, 8% Doctorate Degree, and 5% Trade/Technical/Vocational Training. **Special Group Affiliation**: Student (31%), Youth (18 to 25) (29%), Immigrant (17%), and Sex Workers (9%). **Borough**: 35% reside in Manhattan, 32% in Queens, 27% 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)***