



## The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders “By Special Needs Groups: Immigrant”

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 “Immigrants” had identified. 7% of the total number of respondents were immigrants.

### HEALTH & WELLNESS

- Among the most important **health needs**, elders/senior citizens ranked: Depression or Anxiety (48%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (25%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (6%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (45%), Testing (45%), Support Services / Navigating the Bureaucracy (10%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (25%), Pediatric Doctor for Primary Care (25%), and Mental health Services for Children, Adolescents, or Family (18%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (41%), Dermatology (29%), Cancers (24%).
- The most important **well-being** needs were: Emotional Health (71%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (26%), and Health Insurance Enrollment (6%).
- The most important health and wellness **needs in general** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (47%), Finances (Money to Food, Rent, Job) (17%), Depression or Anxiety (16%).

## 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) (53%), Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (28%), and Immigration Status (11%).
- The health/well-being needs that respondents most want to **learn** about were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (31%), Coming Out to Asian Parents (19%), and Emotional Issues/Anxiety/Depression (15%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (32%), ADD/ADHD/OCD/PTSD (31%), Immunizations/Vaccines (18%).

## HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (13%), Good (48%), Fair (39%), Poor (0%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (9%), Good (48%), Fair (26%), Poor (17%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (61%); Regular exercise (57%); Self-Care (52%); Trying to start a family / having children (4%).
- Smoking/Vaping (26%); Drinking more than 2 alcoholic drinks (13%) and 2 sugary drinks per day (17%); Party Drugs (17%); Other drugs (26%); Hard drugs (9%).
- Sex without condoms or dental dams (and not on PREP) (17%); Sell or exchange sex for money, drugs, or other (4%); Buy, pay, or exchange money, drugs, or other for sex (0%).

## DEMOGRAPHIC PROFILE OF IMMIGRANT RESPONDENTS

**Ethnicity** – Most were Chinese (43%), Korean (13%), and Japanese (13%). **Sexual Orientation** – Most selected Queer (35%), Gay (30%), “Bisexual/Pansexual/Fluid” (26%), “Lesbian” (22%), and “Asexual” (13%). **Gender Identity**: Female (39%), Male (39%), Non-binary/More than one Gender/No Gender (17%), Transgender Female (9%), and Transgender Male (4%). **Disability** – 24% said that they had some physical, mental, developmental, or behavioral disability.

**Age**: 25-34 (43%), 35-44 (30%), 18-24 (13%), and 45-54 (13%). **Native Language**: English (70%) and Chinese-Mandarin (22%). **Income**: \$75,001-\$100,000 (17%), Over \$100,000 (13%), \$36,001-\$46,000 (13%), and No Income-Student (9%). **Education**: 30% obtained a Bachelor’s Degree, 30% Master’s Degree, and 9% High School or Equivalent. **Special Group Affiliation**: Transgender/Gender Non-Conforming (22%), Student (17%), and Youth (18 to 25) (9%). **Borough**: 39% reside in Brooklyn, 30% in Manhattan, 22% in Queens, and 9% 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)***