



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders
"By Special Group: Sex Worker"

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 "Sex Workers" had identified. 3% of the total number of respondents were sex workers.

HEALTH & WELLNESS

- Among the most important **health needs**, sex workers ranked: HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (44%), Depression or Anxiety (22%), and Immunizations/Vaccines (13%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (67%), Testing (22%), and None or Not Needed (13%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (29%), Pediatric Doctor for Primary Care (14%), and Mental health Services for Children, Adolescents, or Family (11%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (38%), Dermatology (22%), Vision (22%).
- The most important **well-being** needs were: Emotional Health (56%), Health Insurance Enrollment (29%), and Food Stamp Enrollment (11%).
- The most important health and wellness **needs in general** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (25%), Finding an LGBT-Sensitive Asian Doctor (25%), Finances (Money to Food, Rent, Job) (20%), and Getting Health Insurance (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) (38%), Finding a Health Care Provider who is Covered by Insurance (In-Network) (33%), and Finding an LGBTQ-Sensitive Asian Doctor / Provider (22%).
- The health/well-being needs that respondents most want to **learn about** were: Mental Health (40%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (25%), Cancers (13%), and Coming Out to Asian Parents (13%).
- The most important **pharmaceutical needs** were: HIV/AIDS Prevention (38%), Immunizations/Vaccines (25%), Depression or Anxiety (22%), and ADD/ADHD/OCD/PTSD (11%).

HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (40%), Good (30%), Fair (30%), Poor (0%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (40%), Fair (20%), Poor (20%), and Very Poor (10%).
- Trying to eat a healthy/balanced diet (50%); Regular exercise (70%); Self-Care (30%); Trying to start a family / having children (0%).
- Smoking/Vaping (40%); Drinking more than 2 alcoholic drinks (10%) and 2 sugary drinks per day (30%); Party Drugs (30%); Other drugs (40%); Hard drugs (0%).
- Sex without condoms or dental dams (and not on PREP) (40%); Sell or exchange sex for money, drugs, or other (30%); Buy, pay, or exchange money, drugs, or other for sex (10%).

DEMOGRAPHIC PROFILE OF RESPONDENTS WHO IDENTIFIED AS SEX WORKERS

Ethnicity – Most were Chinese (50%) and Filipino (2%). **Sexual Orientation** – Most selected Gay (50%), Queer (30%), “Asexual” (10%), “Bisexual/Pansexual/Fluid” (10%), and “Lesbian” (10%). **Gender Identity**: Male (60%), Non-binary/More than one Gender/No Gender (30%), and Female (10%). **Disability** – 33% had some physical, mental, developmental, or behavioral disability.

Age: 25-34 (40%), 35-44 (20%), 45-54 (20%), 55-64 (10%), and 18-24 (10%).

Native Language: English (80%), Filipino-Tagalog (20%), and Bengali (10%).

Income: No-Income-Unemployed (30%), \$36,001-\$46,000 (30%), and \$18,001-\$22,500 (20%). **Education**: 50% obtained a Bachelor's Degree, 20% High School or Equivalent, 20% Trade/Technical/Vocational Training, and 10% Professional Degree.

Special Group Affiliation: Immigrant (30%), Transgender/Gender Non-Conforming (30%), and Leather/SM/Kink/Bondage (30%). **Borough**: 40% reside in Manhattan, 30% in Queens, 20% in Brooklyn, and 10% 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***