



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders "By Borough: Brooklyn"

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 residing in "Brooklyn" had identified. 11% of the total number of respondents were from Brooklyn.

HEALTH & WELLNESS

- Among the most important **health needs**, Brooklyn residents ranked: Depression or Anxiety (40%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (29%), and Pediatric or Adolescent Mental Health Services (9%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (48%), Testing (33%), None or Not Needed (17%), Treatment (10%), and Support Services / Navigating the Bureaucracy (10%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (20%), Mental Health Services for Children, Adolescents, or Family (14%), and Pediatric Doctor for Primary Care (5%).
- **New services** that Apicha CHC could offer in the future were: Dermatology (31%), Cancers (24%), Anal Health (21%), Vision (12%).
- The most important **well-being** needs were: Emotional Health (57%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (19%), Health Insurance Enrollment (13%), and Mental Health Services for Children, Adolescents, or Family (10%).
- The most important health and wellness needs in general were: Finding an LGBT- Sensitive Asian Doctor (30%), Finances (Money to Food, Rent, Job) (28%), Finding a Doctor Covered by my Insurance (In-Network) (17%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (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) (36%), Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (26%), and Finding a Health Care Provider who is covered by my insurance (20%).
- The health/well-being needs that respondents most want **to learn about** were: Mental Health (in general) (30%), Emotional Issues/ Anxiety / Depression (23%), ADD/ADHD/OCD/PTSD (18%), and Addiction (Smoking, Alcohol, Crystal Meth, etc.) (17%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (37%), ADD/ADHD/OCD/PTSD (17%), and Immunizations/Vaccines (16%).

HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (14%), Good (57%), Fair (19%), Poor (8%), and Very Poor (3%).
- About their **mental / emotional health**, they responded: Very Good (11%), Good (27%), Fair (46%), Poor (11%), and Very Poor (5%).
- Trying to eat a healthy/balanced diet (62%); Regular exercise (65%); Self-Care (49%); Trying to start a family / having children (3%).
- Smoking/Vaping (14%); Drinking more than 2 alcoholic drinks per day (16%); Drinking more than 2 sugary drinks per day (16%); Party Drugs (8%); Other drugs (32%); Hard drugs (3%).
- Sex without condoms or dental dams (and not on PREP) (30%); Sell or exchange sex for money, drugs, or other (5%); Buy, pay, or exchange money, drugs, or other for sex (3%).

DEMOGRAPHIC PROFILE OF BROOKLYN RESPONDENTS

Ethnicity – Most were Chinese (57%), Korean (16%), Indian (14%), Japanese (11%).

Sexual Orientation – Most selected Gay (43%), Queer (35%), “Lesbian” (22%), “Bisexual/Pansexual/Fluid” (19%), and “Asexual” (3%).

Gender Identity: Female (43%), Male (43%), Non-Binary/More than One Gender/No Gender (27%), and Other (3%).

Disability: 14% had some physical, mental, developmental, or behavioral disability.

Age: 25-34 (32%), 35-44 (27%), 18-24 (24%), 45-54 (11%), 55-64 (5%).

Native Language: English (73%), Chinese-Mandarin (19%), Chinese-Cantonese (19%), and Korean (5%).

Income: Over \$100,000 (30%), No Income-Student (14%), No Income-Unemployed (8%), \$75,001 - \$100,000 (8%), and \$46,001 - \$55,000 (8%).

Education: 46% obtained a Bachelor's Degree, 26% a Master's Degree, 6% High School or Equivalent, and Some College (6%).

Special Group Affiliation: Immigrant (29%), Transgender / Gender Non-Conforming (29%), Youth (18 to 25) (26%), and Student (26%).

*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***