



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

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 "Filipino" respondents had identified. 3% of the total number of respondents were Filipino.

HEALTH & WELLNESS

- Among the most important **health needs**, Filipino respondents ranked: Depression or Anxiety (45%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (30%), Diabetes, Cholesterol, Blood Pressure (20%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (38%), and Treatment (29%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (29%), Managing ADHD/ADD/OCD/PTSD (11%), and Mental Health Services for Children, Adolescents, or Family (11%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (57%), Vision (38%), and In Vitro Fertilization (14%).
- The most important **well-being** needs were: Emotional Health (63%), Nutrition Counseling and Weight Management by a Registered Dietitian (11%), and Health Insurance Enrollment (11%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (42%), Finding an LGBTQ-Sensitive Asian Doctor (22%), and Immunizations/Vaccines (14%).

HEALTH EDUCATION AND PHARMACEUTICAL NEEDS

- The most significant **barriers** or “social determinants” to addressing these health/well-being needs were: Finding a Health Care Provider who is covered by my insurance / in-network (50%), Finances (Ability to pay for services) (25%), and Finding an LGBT-Sensitive Asian Doctor (22%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (33%), Mental Health (27%), and Emotional Issues/Anxiety/Depression (18%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (40%), Immunization/Vaccines (29%), and HIV/AIDS Prevention (13%).

HEALTH AND WELLNESS OF FILIPINO SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (25%), Good (17%), Fair (33%), Poor (17%), and Very Poor (8%).
- About their **mental / emotional health**, they responded: Very Good (17%), Good (17%), Fair (33%), Poor (33%), and Very Poor (0%).
- Trying to eat a healthy/balanced diet (33%); Regular exercise (67%); Self-Care (50%); Trying to start a family / having children (8%)
- Smoking/Vaping (17%); Drinking more than 2 alcoholic drinks per day (0%); Drinking more than 2 sugary drinks per day (17%); Party Drugs (0%); Other drugs (25%); Hard drugs (0%).
- Sex without condoms or dental dams (and not on PREP) (33%); Sell or exchange sex for money, drugs, or other (0%); Buy, pay, or exchange money, drugs, or other for sex (8%).

DEMOGRAPHIC PROFILE OF FILIPINO RESPONDENTS

Ethnicity – Filipino (100%), mixed-Chinese (8%), and Bhutanese (8%). **Sexual Orientation** – Most selected Gay (67%), “Bisexual/Pansexual/Fluid” (17%), “Lesbian” (17%), and Queer (17%). **Gender Identity**: Male (58%), Female (25%), Non-Binary/More than One Gender/No Gender (17%), and Transgender Male (8%). **Disability** – 42% had some physical, mental, developmental, or behavioral disability. **Age**: 25-34 (42%), 35-44 (42%), 18-24 (0%), 45-54 (0%), 55-64 (0%). **Native Language**: English (83%), Tagalog (33%), Filipino-Other dialect (8%). **Income**: Income between \$46,001 - \$55,000 (42%), Over \$100,000 (25%), and \$13,501 - \$18,000 (8%). **Education**: 25% obtained a Bachelor's Degree, 25% High School or Equivalent, 17% Master's Degree, 17% Professional Degree, 8% Some College, and 8% Trade/Technical/Vocational Training. **Special Group Affiliation**: Transgender/Gender Non-Conforming (50%), Sex Worker (33%), Elder/Senior Citizen (17%), and LGBT Asian Parents with Children (via adoption, surrogacy, IVF) (17%). **Borough**: 50% reside in Manhattan, 33% in Queens, 8% in the Bronx, and 8% in Brooklyn.

*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***