



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders "By Special Needs Group: Leather/BDSM/Kink"

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 "Leather/BDSM/Kink" respondents had identified. 7% of the total number of respondents are affiliated with the leather/BDSM/Kink special needs group.

HEALTH & WELLNESS

- Among the most important **health needs**, "Leather/BDSM/Kink" respondents ranked: Depression or Anxiety (35%), HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (23%), Immunizations/Vaccines (14%), and Transgender Health (13%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (55%), Testing (35%), Treatment (5%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (33%), Vision (21%), Labia/Clitoris Maintenance (17%), and Dermatology (11%).
- The most important **well-being** needs were: Emotional Health (55%), Health Insurance Enrollment (21%), and Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (15%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (23%), Addiction (Smoking, Alcohol, Crystal Meth, etc.) (22%), and Finding an LGBT-Sensitive Asian Doctor (20%).

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) (43%), Finding a Health Care Provider who is Covered by Insurance (32%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (26%), Mental Health (18%), and Emotional/Issues/Anxiety/Depression (15%).
- The most important **pharmaceutical needs** were: Depression or Anxiety (26%), HIV/AIDS Prevention (26%), and ADD/ADHD/OCD/PTSD (24%).

HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (25%), Good (29%), Fair (33%), Poor (13%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (8%), Good (33%), Fair (33%), Poor (21%), and Very Poor (4%).
- Trying to eat a healthy/balanced diet (54%); Regular exercise (46%); Self-Care (38%); Trying to start a family / having children (8%)
- Smoking/Vaping (33%); Drinking more than 2 alcoholic drinks per day (21%); Drinking more than 2 sugary drinks per day (21%); Party Drugs (21%); Other drugs (50%); Hard drugs (4%).
- Sex without condoms or dental dams (and not on PREP) (46%); Sell or exchange sex for money, drugs, or other (8%); Buy, pay, or exchange money, drugs, or other for sex (8%).

DEMOGRAPHIC PROFILE OF “LEATHER/BDSM/KINK” GROUP RESPONDENTS

Ethnicity – Most were Chinese (42%), Filipino (13%), and Indian (13%). **Sexual Orientation** – Most selected Gay (54%), Queer (38%), “Bisexual/Pansexual/Fluid” (33%), “Lesbian” (21%), and “Asexual” (4%). **Gender Identity**: Male (46%), Female (33%), Non-Binary/More than one Gender/No Gender (33%), Transgender Male (4%), and Transgender Female (4%). **Disability** – 25% had some physical, mental, developmental, or behavioral disability.

Age: 25-34 (46%), 18-24 (29%), 35-44 (13%), and 45-54 (13%). **Native Language**: English (83%), Chinese-Mandarin (13%), and Filipino-Tagalog (8%). **Income**: Over \$100,000 (13%), \$75,000-\$100,000 (17%), \$55,001-\$65,000 (13%), and \$18,001-\$22,500 (13%). **Education**: 50% obtained a Bachelor's Degree, 13% High School or Equivalent, 13% Professional Degree, and 8% Master's Degree. **Special Group Affiliation**: Transgender/Gender Non-Conforming (41%), Youth (18 to 25) (27%), and Student (27%). **Borough**: 54% reside in Manhattan, 29% in Brooklyn, 13% in Queens.

*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***