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Your Military

In a first, active duty transgender service members will testify before Congress on policy, potential ban

By: Tara Copp 5 hours ago

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Navy Lt. Cmdr. Blake Dremann, a transgender service member, deployed to Afghanistan in 2010. Dremann will testify before Congress Wednesday, the first time lawmakers will hear publicly from active duty transgender service members about the impact the White House policy has had on their lives. (Contributed photo)

Army Capt. Alivia Stehlik spent December 2018 deployed in Afghanistan with the 1st Stryker Brigade Combat Team, 4th Infantry Division, volunteering to take the place of another soldier who could not deploy.

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OUT POLITICS AND POLICY

Bill targeting transgender athlete policy fails in South Dakota

It's the fourth bill critics have labeled anti-transgender that state lawmakers have rejected this session.

Sexual Minority (SM) and Transgender/Gender Non-Conforming (TG/GNC) Youth in Hawaii

The Hawaii Sexual and Gender Minority Workgroup







Hawaii Sexual & Gender Minority Health Report 53

Acknowledgements

The Hawaii Sexual and Gender Minority Work Group is comprised of many individuals and community-based organizations that contributed to the report by providing content, feedback, reviews, and expertise on a variety of topics within the report.

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<p>Josephine (Jo) Chang, JD <i>Community and Family Support</i></p>	<p>Lola Irvin, MEd <i>Hawaii State Department of Health</i></p>	<p>Ranjani Starr, MPH <i>Hawaii State Department of Health</i></p>
<p>Lance Ching, PhD, MPH <i>Hawaii State Department of Health</i></p>	<p>Tonya Lowery St. John, PhD, MPH <i>Hawaii Journal of Medicine & Public Health</i></p>	<p>Rebecca Stotzer, PhD, MSW <i>University of Hawaii</i></p>
<p>E. Julia Chosy, PhD <i>Hawaii Health Data Warehouse</i></p>	<p>Jacoe Mikulanec, MA <i>Community Advocate</i></p>	<p>Kevin Tomita, MS <i>University of Hawaii</i></p>
<p>Allison Colby, MSW <i>Farrington High School Teen Center; Gay-Straight Alliance Program</i></p>	<p>Gwen Murakami, MSW <i>Farrington High School Teen Center; Gay-Straight Alliance Program</i></p>	<p>Laura Young, BA <i>Hawaii State Department of Health</i></p>
<p>Hep Free Hawaii Kua'ana Project</p>	<p>Life Foundation The CHOW Project</p>	

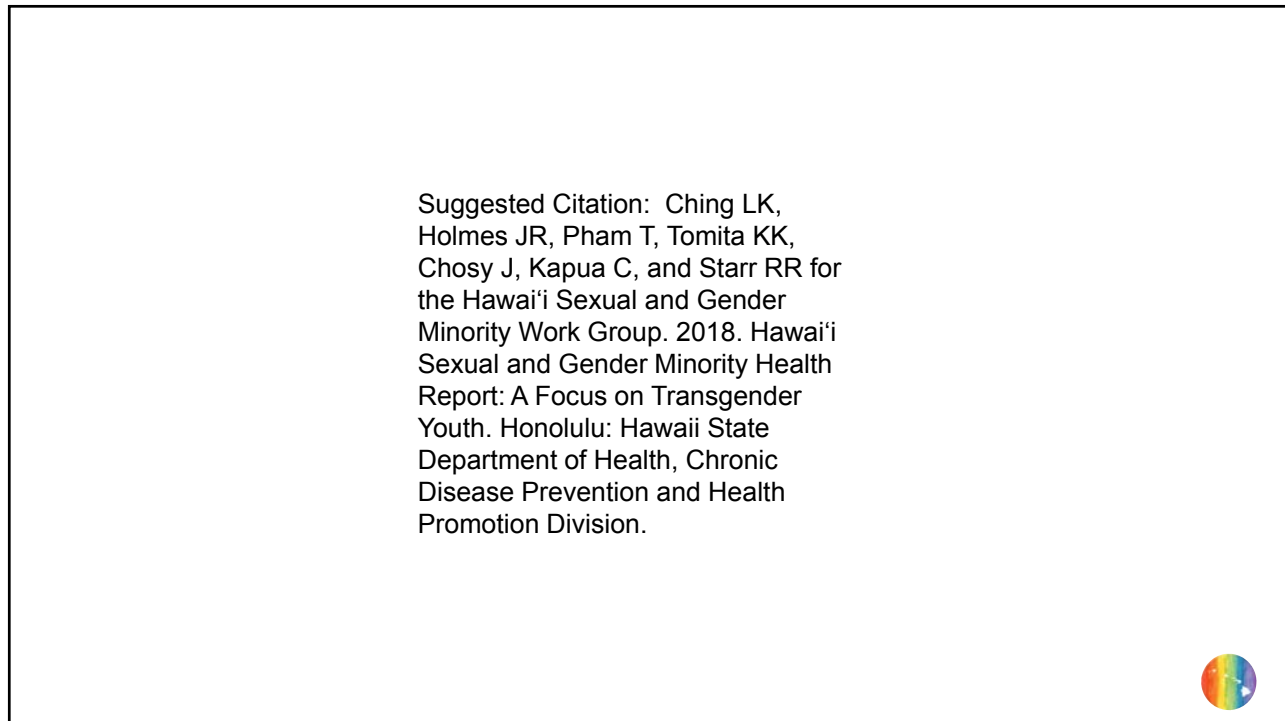


Suggested Citation: Holmes JR, Ching LK, Tomita KK, Chosy EJ, Pham T, Bowie AY, Young LA, Ryan J, Starr RR for the Hawaii Sexual and Gender Minority Workgroup. *Hawaii Sexual and Gender Minority Health Report*. Honolulu, HI: Hawaii State Department of Health, Chronic Disease Prevention and Health Promotion Division; 2017.



2018

Transgender Youth



Sexual and Gender Minority Youth

SM and TG/GNC youth face ongoing stigma and discrimination into adulthood that contribute to sexual orientation and gender identity/expression specific disparities.

Minority stress is defined as the additional stressors that people experience due to a stigmatized minority status

Some of these include:

- Access to health services
- Mental health
- Physical health



Youth Risk Behavior Survey (YRBS)

National and state-wide survey administered in odd years to public middle and high school students

Used to assess and monitor six health-risk behaviors

Transgender data collected since 2017

Healthcare
Access

Injury,
Violence &
Bullying

Mental
Health

Behavioral
Risk Factors

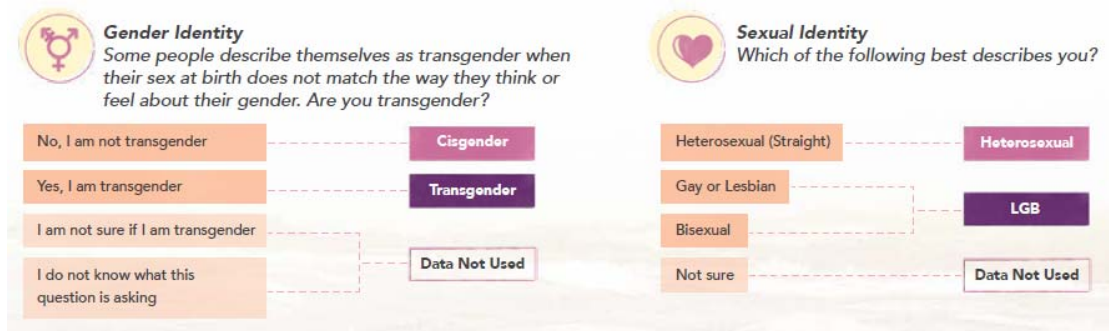
Academic
Achievement
& Protective
Factors



Indicator Definitions & Years

2017 Report: Combined 2011, 2013, and 2015 **high school** datasets

2018 Report: Only included the 2017 **high school** dataset



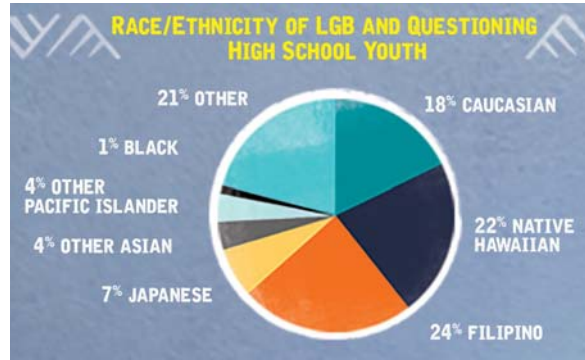
Magnitudes of Disparity

- Two reports intended to convey disparity between **LGB and heterosexual students** & **transgender and cisgender** students.
- Direct comparisons of LGB and transgender students are inappropriate

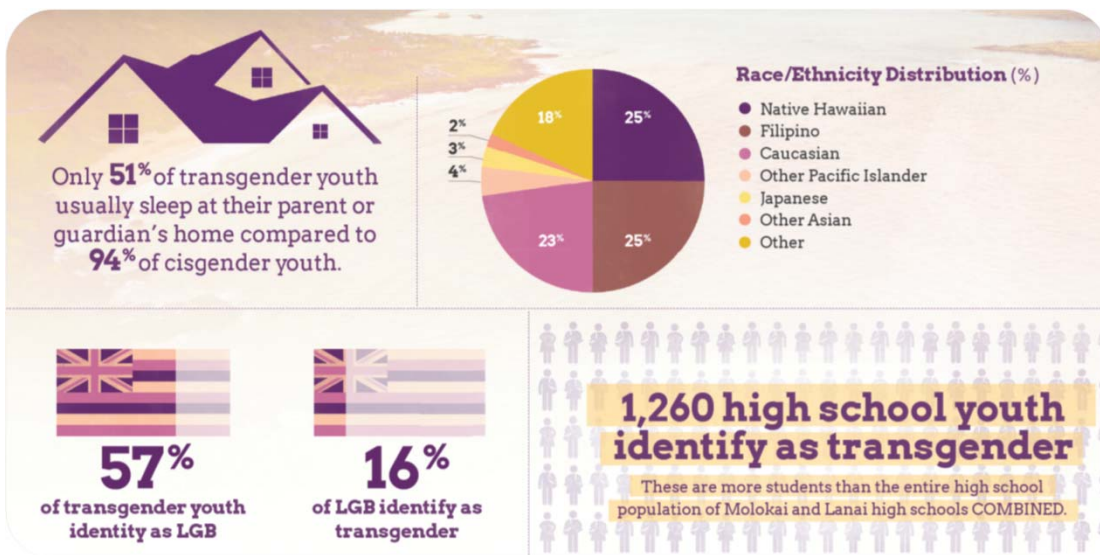


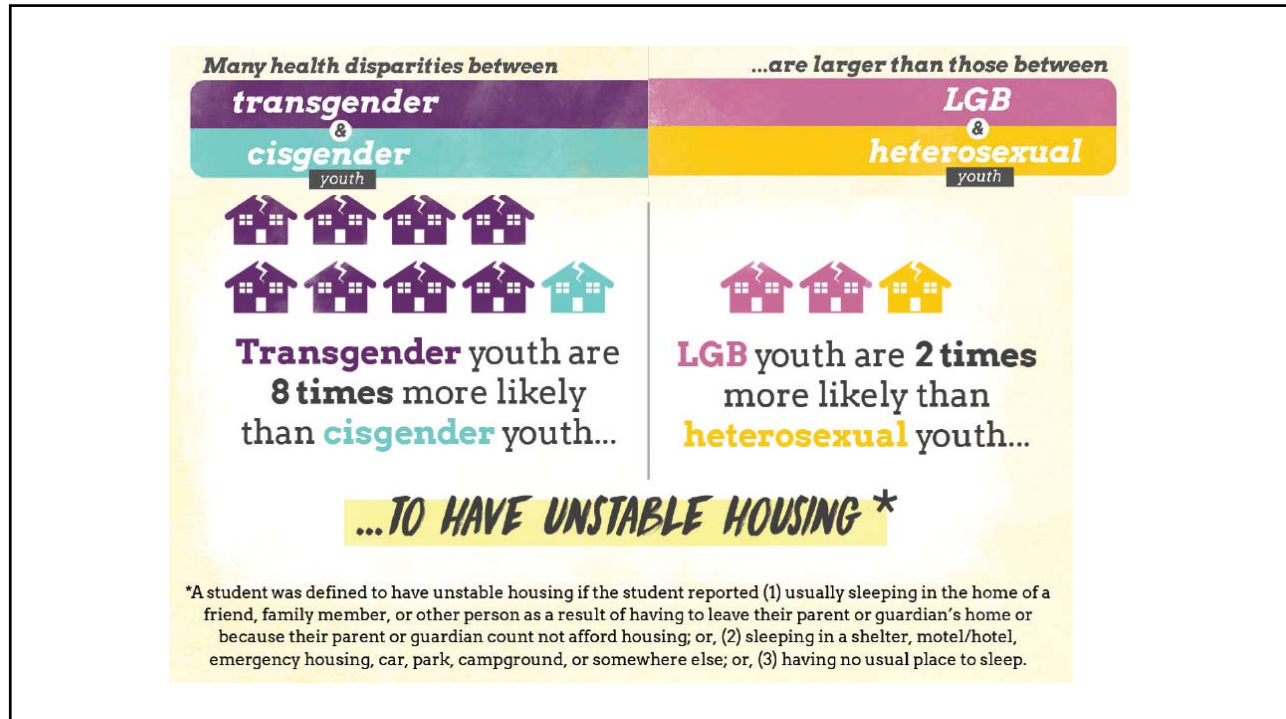
- Therefore, we compared the magnitude of disparities using 2017 data for both comparisons (LGB/heterosexual and Transgender/Cisgender) – *select findings highlighted*

LGBQ Youth in Hawaii



Transgender Youth in Hawaii





Healthcare Access

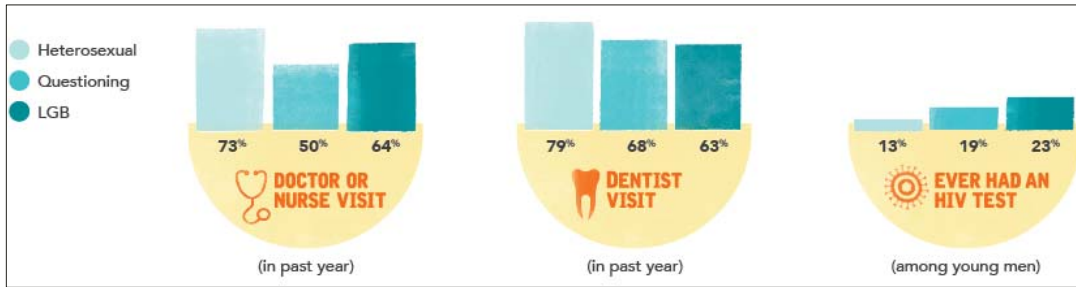


When seeking health services, SM & TG/GNC youth are:

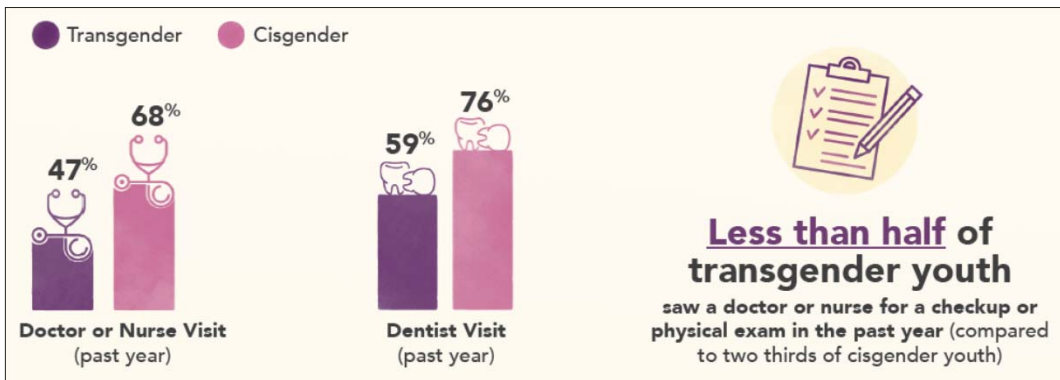
- Denied care
- Treated harshly, harassed, or refused to be touched by providers
- Subject to excessive questioning or examination
- Denied access to hormonal therapy
- Referred to harmful healthcare practices such as conversion therapy
- Less likely to receive routine health services like dental care
- Less likely to receive testing for STDs

In a policy statement the American Academy of Pediatrics (AAP) affirmed the positive role healthcare providers can play in serving as a supportive role model to SM & TG/GNC youth





LGBQ YOUTH



TRANSGENDER YOUTH

General Health



SM and/or TG/GNC youth are:

- Less likely to report consumption of fruits and vegetables
- Less likely to participate on at least one sports team
- Less likely to engage in daily physical activity, or meet recommended aerobic and muscle strengthening guidelines
- More likely to spend three or more hours per day playing video games or engaging in non-academic computer time
- More likely to have an eating disorder
- Have higher rates of obesity

Having PE teachers who students feel comfortable talking to about SM & TG/GNC issues and having policies that explicitly offer protections from bullying and harassment encourage greater SM & TG/GNC student involvement in PE & team sports



LGBQ YOUTH

1 in 5 transgender youth are overweight or obese

Cisgender youth are **6 times** more likely to get enough sleep compared to transgender youth

Transgender youth are **3 times more likely** to go hungry because there isn't enough food in the home compared to cisgender youth

TRANSGENDER YOUTH

Many health disparities between **transgender & cisgender youth** ...are larger than those between **LGB & heterosexual youth**

Cisgender youth are **six times** more likely than **transgender** youth...

Heterosexual youth are **two times** more likely than **LGB** youth...

...TO MEET NATIONAL GUIDELINES FOR PHYSICAL ACTIVITY

Injury, Violence & Bullying



SM and/or TG/GNC youth are at greater risk of:

- Experiencing bullying (teasing, harassment, physical and sexual assault, and cyber bullying)
- Experiencing dating violence, including physical abuse by dating partners and sexual coercion
- Perpetrate dating violence

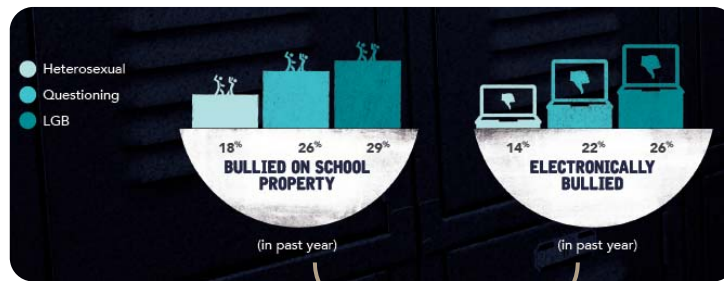


8 states prohibit the inclusion of sexual and gender minority content in sexual education

4 states and the District of Columbia expressly require sexual education to be inclusive of sexual and gender minorities

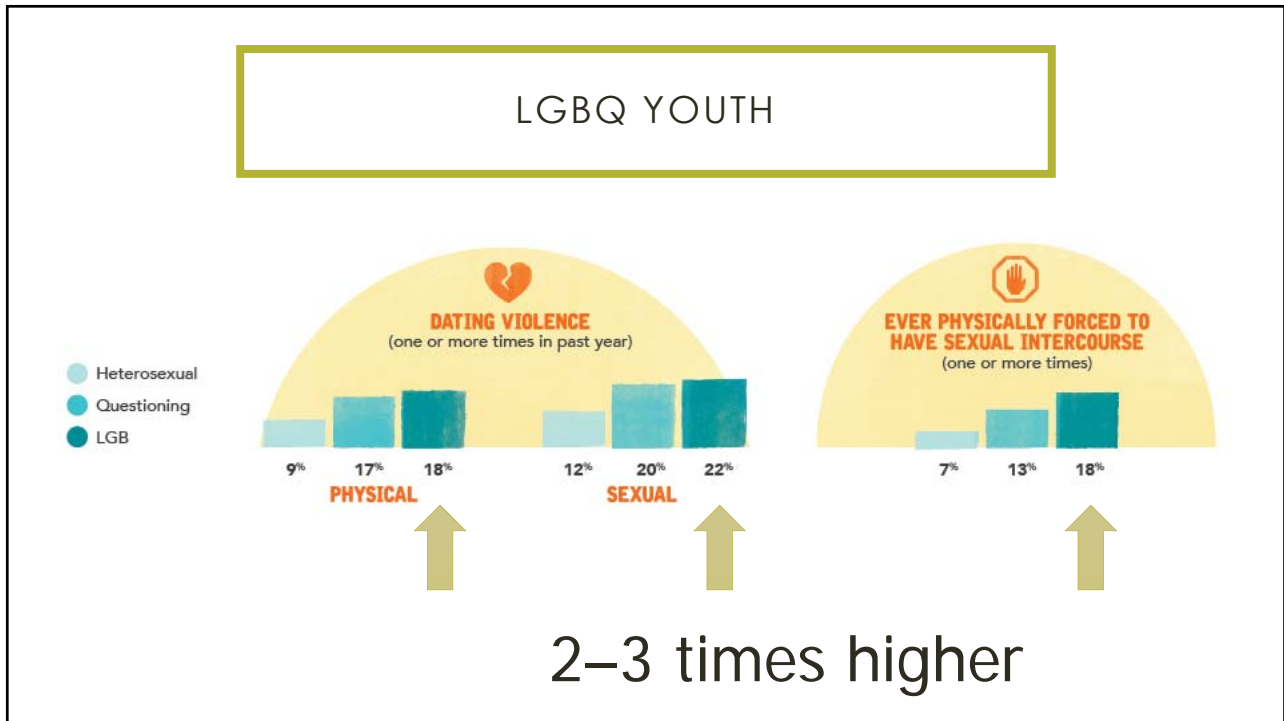
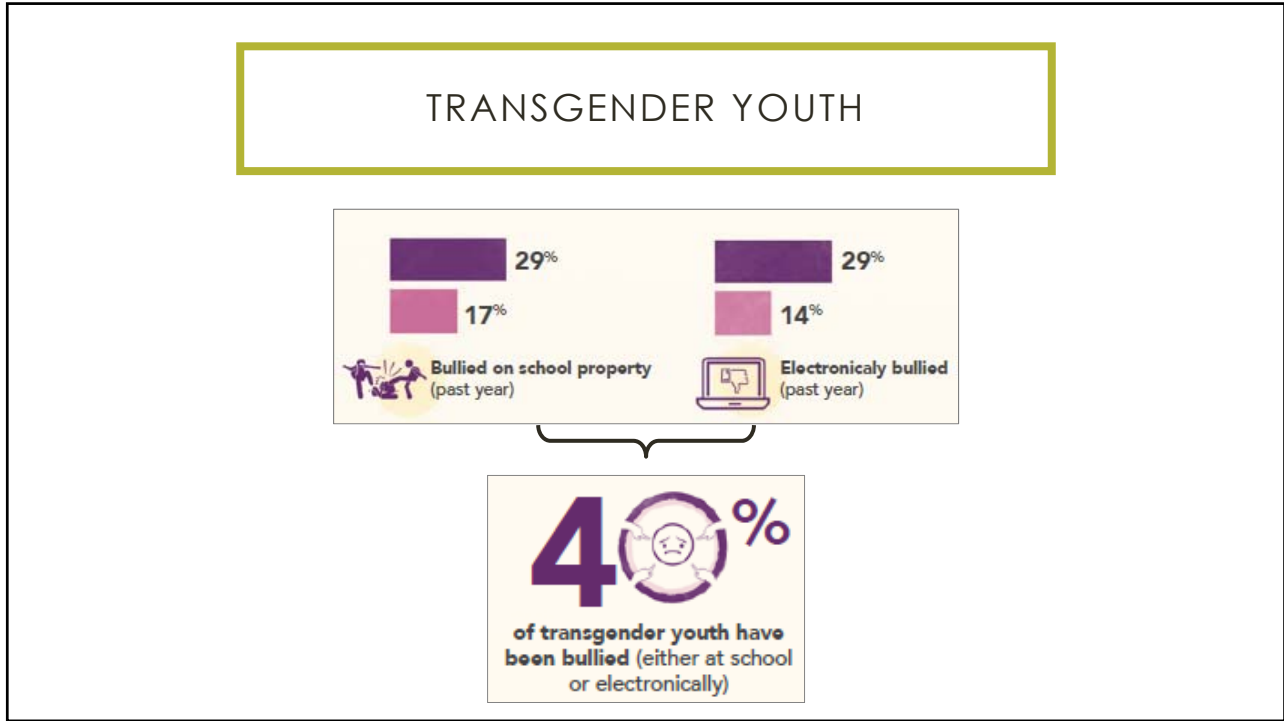


LGBQ YOUTH



43% of LGB youth

LGB AND QUESTIONING YOUTH ARE NEARLY **3X MORE LIKELY** TO SKIP SCHOOL BECAUSE THEY FEEL UNSAFE COMPARED TO HETEROSEXUAL YOUTH.



TRANSGENDER YOUTH



1 in 4 transgender youth experienced sexual dating violence

1 in 4 of transgender youth skipped school because they felt unsafe



1 in 4

transgender youth were forced into having sexual intercourse

Many health disparities between transgender & cisgender youth ...are larger than those between **LGB & heterosexual youth**

<p>Transgender youth are 4x more likely than cisgender youth...</p>	<p>LGB youth are 2x more likely than heterosexual youth...</p>
<p>Transgender youth are 4 TIMES more likely compared to cisgender youth... ...TO HAVE BEEN PHYSICALLY FORCED TO HAVE SEXUAL INTERCOURSE</p>	<p>LGB youth are 2 TIMES more likely compared to heterosexual youth... ...TO SKIP SCHOOL BECAUSE OF FEELING UNSAFE</p>

Mental Health



SM and/or TG/GNC youth often cope with:

- challenges of social stigma and discrimination
- lack of acceptance, neglect or abuse from their families
- bullying from peers due to their sexual orientation or gender identity/expression
- 2 to 3 times higher risk for depression, anxiety disorders, suicidal ideation, suicide attempts, and self-harm

St. Paul Minnesota's "Out for Equity" program addresses homophobia in schools and at home



LGBQ YOUTH

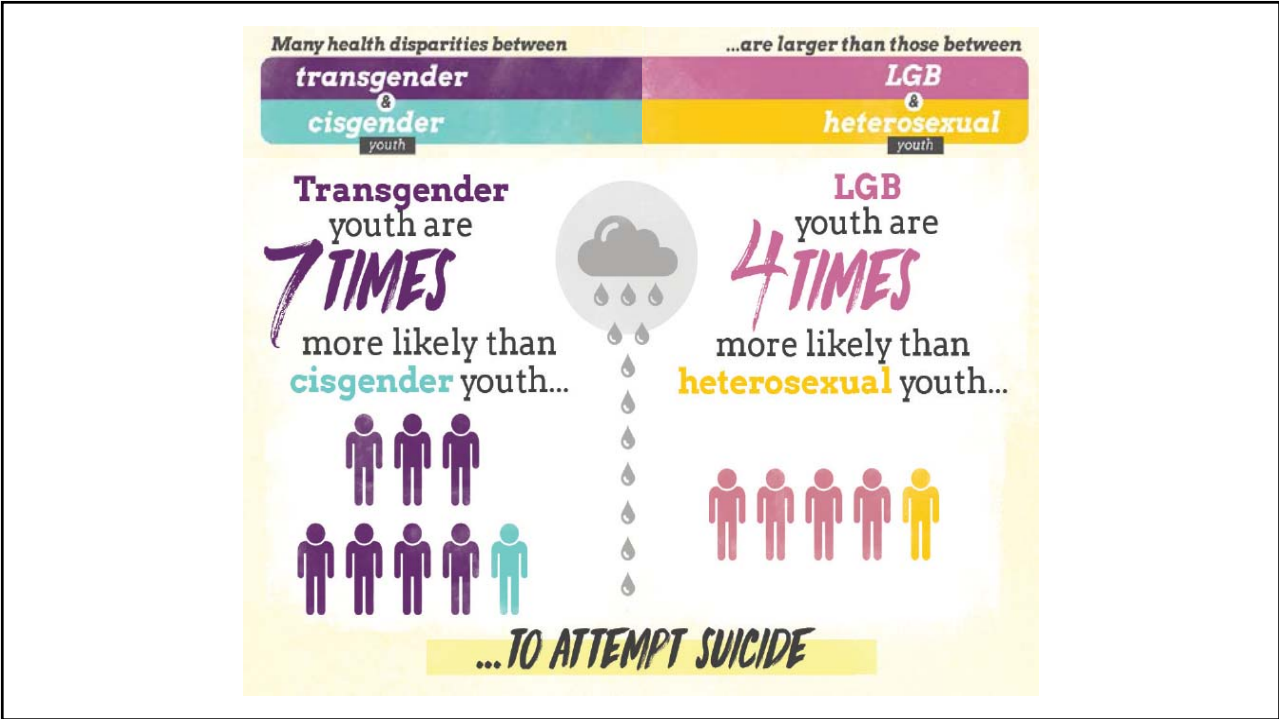




Nearly **HALF** of transgender youth felt sad or hopeless in the past year

HALF transgender youth have attempted suicide in the past year

TRANSGENER YOUTH



Many health disparities between **transgender & cisgender youth** ...are larger than those between **LGB & heterosexual youth**

Transgender youth are **7 TIMES** more likely than **cisgender** youth...

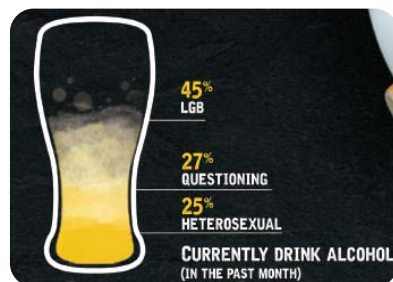
LGB youth are **4 TIMES** more likely than **heterosexual** youth...

...**TO ATTEMPT SUICIDE**

Behavioral Risk Factors



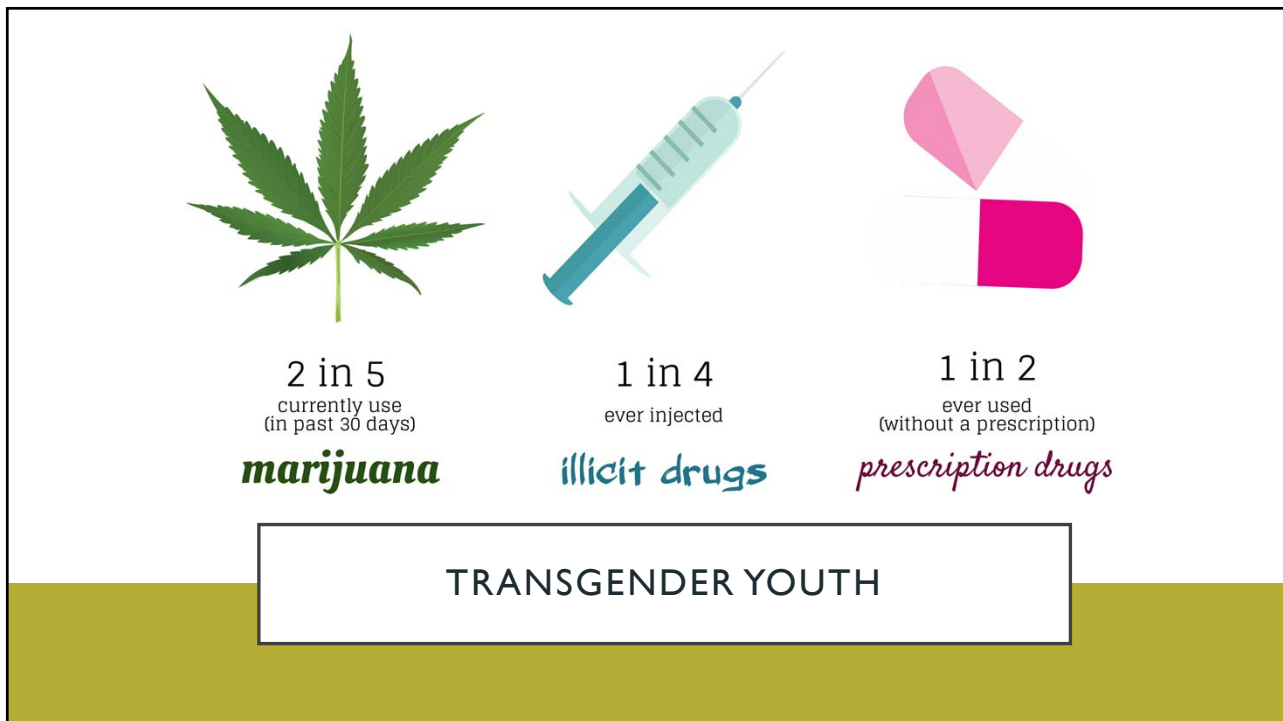
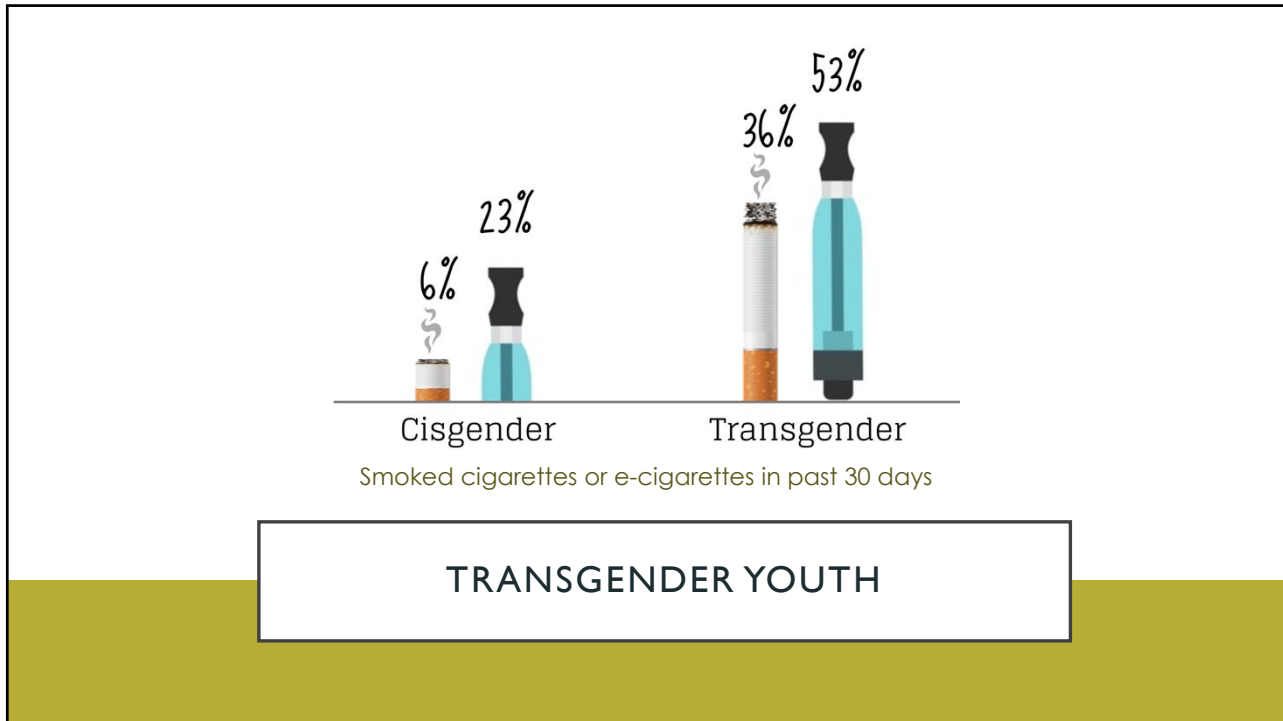
- SM & TG/GNC youth may use substances to cope with bullying and harassment, family conflict and rejection, minority stress, childhood abuse, gender stereotypes, and peer influence. Important interventions to reduce substance use include:
- Social supports in schools
- Community access to preventive health programs specific to SM & TG/GNC youth
- Strategies to reduce family hostility toward SM & TG/GNC youth
- Providing access to one or more adults who are accepting of the youth's sexual or gender identity who they feel comfortable talking with

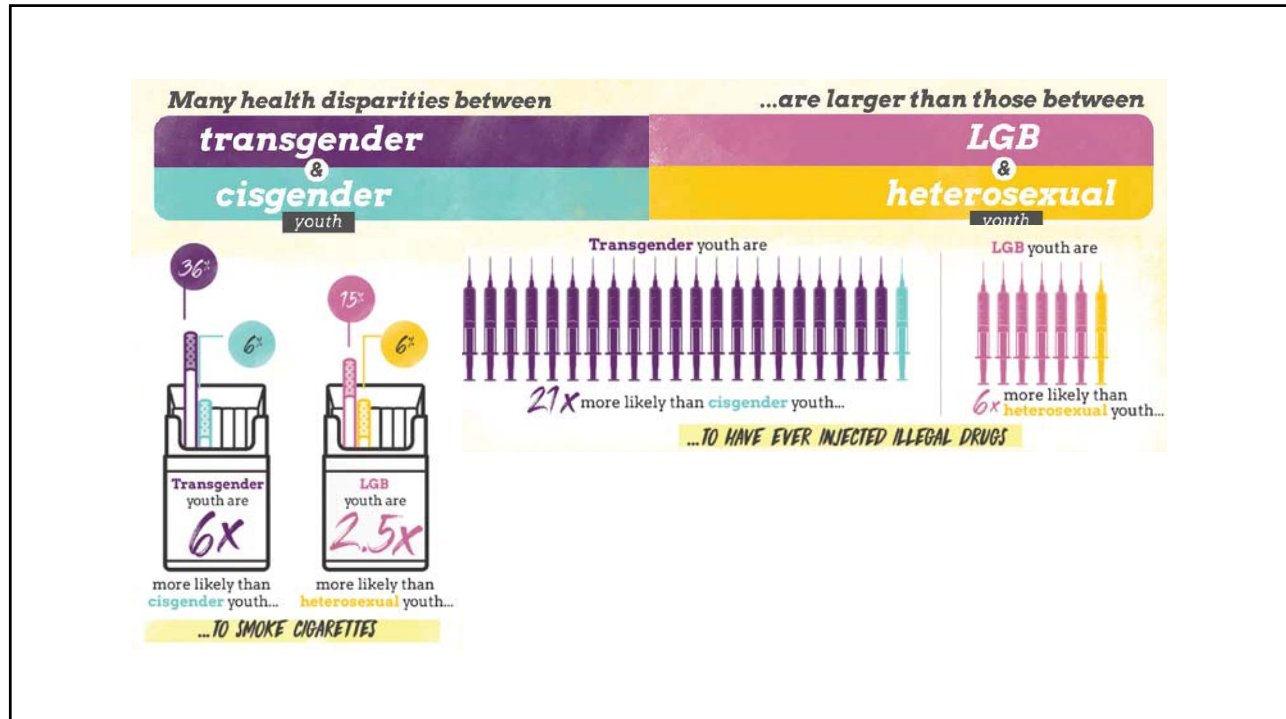


43% LGB VS 26% OF HETEROSEXUAL YOUTH ARE AT INCREASED RISK FOR ALCOHOL AND DRUG DEPENDENCY.

LGBQ YOUTH







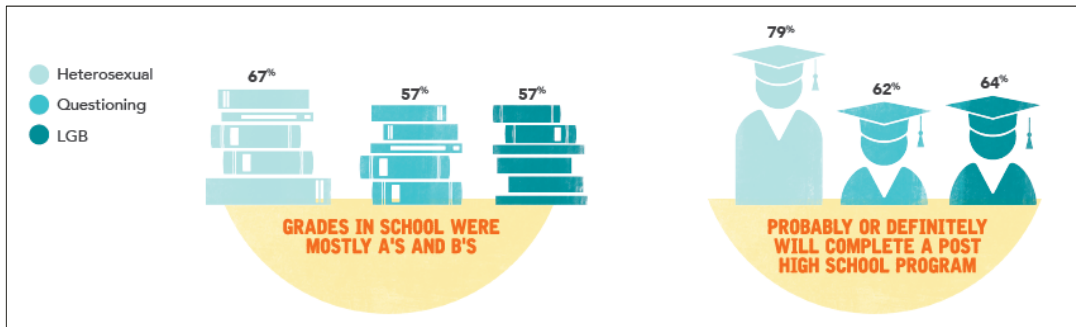
Academic Achievement



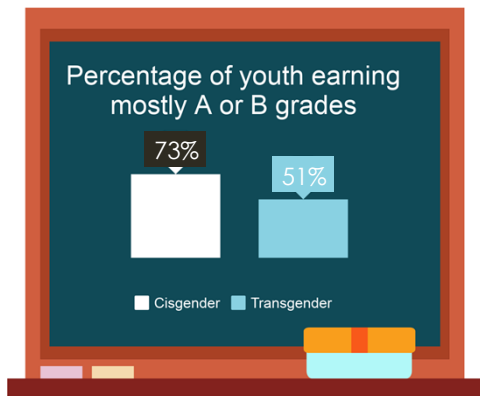
- There is a close relationship between health and academic achievement.
- Attaining higher levels of education is associated with greater income, lower rates of obesity and chronic diseases, and longer life expectancy
- Experiencing negative school climates and victimization are related to lower academic performance and self-esteem
- SM & TG/GNC students who experience a hostile climate at school may miss school to avoid unpleasant and negative experiences

SM & TG/GNC students who feel more supported in school have higher grade point averages and are more likely to intend to pursue post-high school education



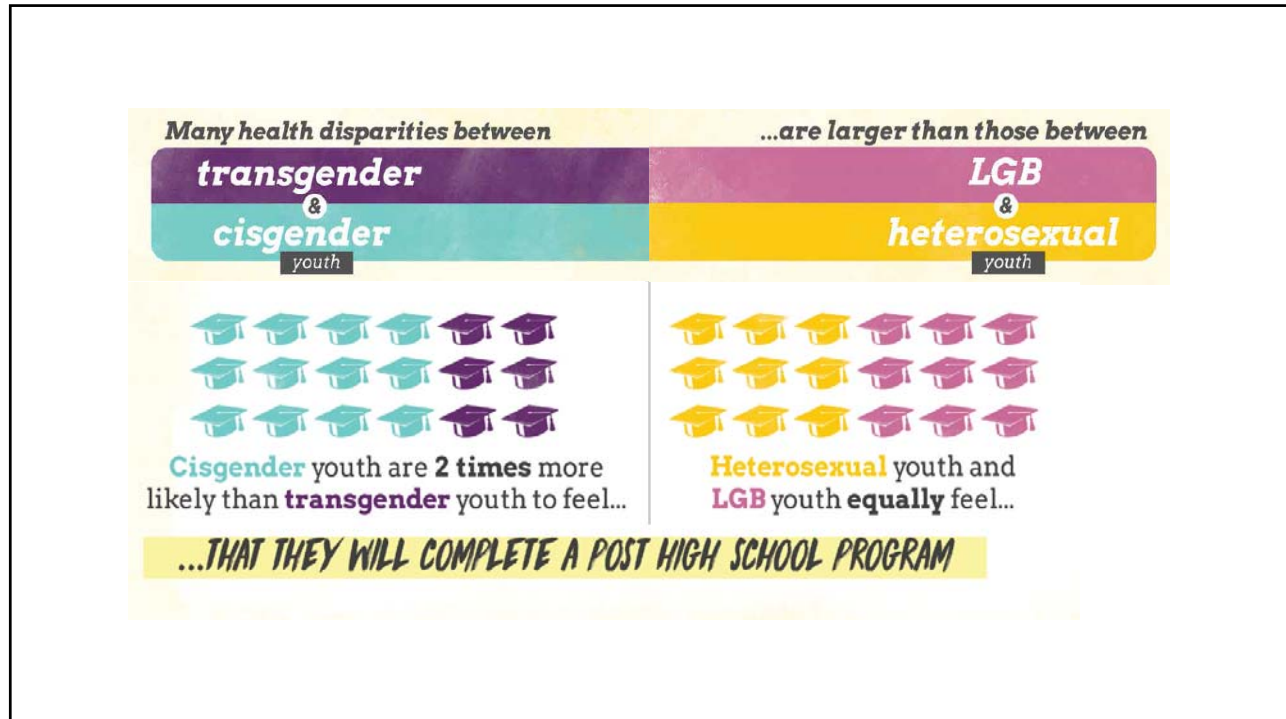


LGBQ YOUTH



33% of transgender youth feel they will probably or definitely complete a post high school program

TRANSGENDER YOUTH



Protective Factors



Factors that help SG and/or TG/GNC youth build resiliency and overcome adversity include:

- family support and acceptance
- presence of Gay-Straight Alliances (GSA) in school
- policies that protect youth from bullying and harassment
- the presence of caring adults, including in the school environment
- positive peer influences
- strong self-esteem
- involvement in school activities
- positive social transition (e.g. utilizing clothing, a name, pronouns, and overall gender expression that is consistent with an individual's gender identity)*





Stories of Resiliency



RESOURCES

- Kua'ana Project & Ka Aha Māhū - youth programs to empower, support, enhance resiliency
- "Grow a Rainbow" - seeks to end harassment and violence against transgender students, staff, and families
- Gay Straight Alliances (e.g. Farrington High School)



Future Directions

- Limited data exists at national and state levels → systematize data collection
- Conduct analyses of adult transgender data when feasible
- Conduct additional sub-analyses of existing data to elucidate disparities experienced by LGBT
- Conduct qualitative research to include Native Hawaiian cultural contexts/stories



2017 Report

<https://health.hawaii.gov/surveillance/files/2017/05/HawaiiSexualandGenderMinorityHealthReport.pdf>

2018 Report

<https://health.hawaii.gov/surveillance/files/2018/09/HawaiiSexualandGenderMinorityHealthReport2018.pdf>

