

2021 PRIDE SURVEY REPORT

Social Determinants of Health and Barriers to Health Care for LGBTQ+ People in Washington State



2021 Pride Survey Report: Social Determinants of Health and Barriers to Health Care for LGBTQ+ People in Washington State

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Introduction & Executive Summary

An estimated 5.2% of people living in Washington (WA) state identify as LGBTQ+, or approximately 400,000 people.¹ In addition, at least 32,850 transgender adults are estimated to live in WA state.² The 2021 Pride Survey found that LGBTQ+ people in WA experience high levels of poverty, food insecurity, and unstable housing. Although WA has some of the most robust sexual orientation and transgender anti-discrimination and insurance coverage laws in the US, we found that LGBTQ+ people in WA experience high levels of recent and lifetime discrimination and barriers to accessing health care. The Pride Survey is one of the main data sources used by Public Health—Seattle & King County to monitor the health of LGBTQ+ people. This report presents data on social determinants of health, barriers to health care, and experiences of discrimination. For additional data on HIV, STIs, testing, and pre-exposure prophylaxis (PrEP) use, please see the [2021 HIV/AIDS Epidemiology Report](#).³

Social Determinants of Health

- 20% of LGBTQ+ people in WA had annual incomes below \$15,000. Poverty was highest among transgender (30%) and Native American (28%) participants.
- 22% of LGBTQ+ people experienced food insecurity in the last year. Food insecurity was highest among trans women (30%), non-binary/genderqueer people (33%), trans men (38%), Black (33%), Hispanic/Latinx (41%), and Native American (42%) participants.
- 11% of Black LGBTQ+ participants were unstably housed.

Barriers to Health Care

- 76% of LGBTQ+ people in WA preferred an LGBTQ+ specific clinic or a provider who is LGBTQ+.
- Among participants of color, 36% preferred to receive medical care from a provider who shares the same racial identity. Black/African American participants were most likely (53%) to prefer a provider of the same race.
- 57% of transgender and gender diverse people had an unmet need for gender affirming care.
- 69% of transgender and gender diverse people experienced financial or structural barriers to accessing gender affirming care in the past year.

Experiences of Discrimination

- 58% of LGBTQ+ people had ever experienced discrimination due to their LGBTQ+ identity (32% experienced discrimination in the last year).
- 54% of transgender and gender diverse people in WA were misgendered or dead-named in a health care setting in the last year.
- 34% of transgender and gender diverse people had ever been physically or verbally mistreated or assaulted in a health care setting.
- 19% of transgender and gender diverse people had ever been denied access to trans-related care to due body size, weight, or BMI.
- 40% of LGBTQ+ people reported ever being fired, denied a job promotion, or receiving a negative evaluation (17% in the last year), and 69% ever experienced microaggressions in the workplace.
- 34% of LGBTQ+ people reported ever being denied equal treatment or service in a place of business, government agency, or public place for any reason (18% in the last year).
- 57% of LGBTQ+ people reported ever being hit, physically attacked, sexually assaulted, threatened with violence, verbally insulted/abused for any reason (11% in the last year).

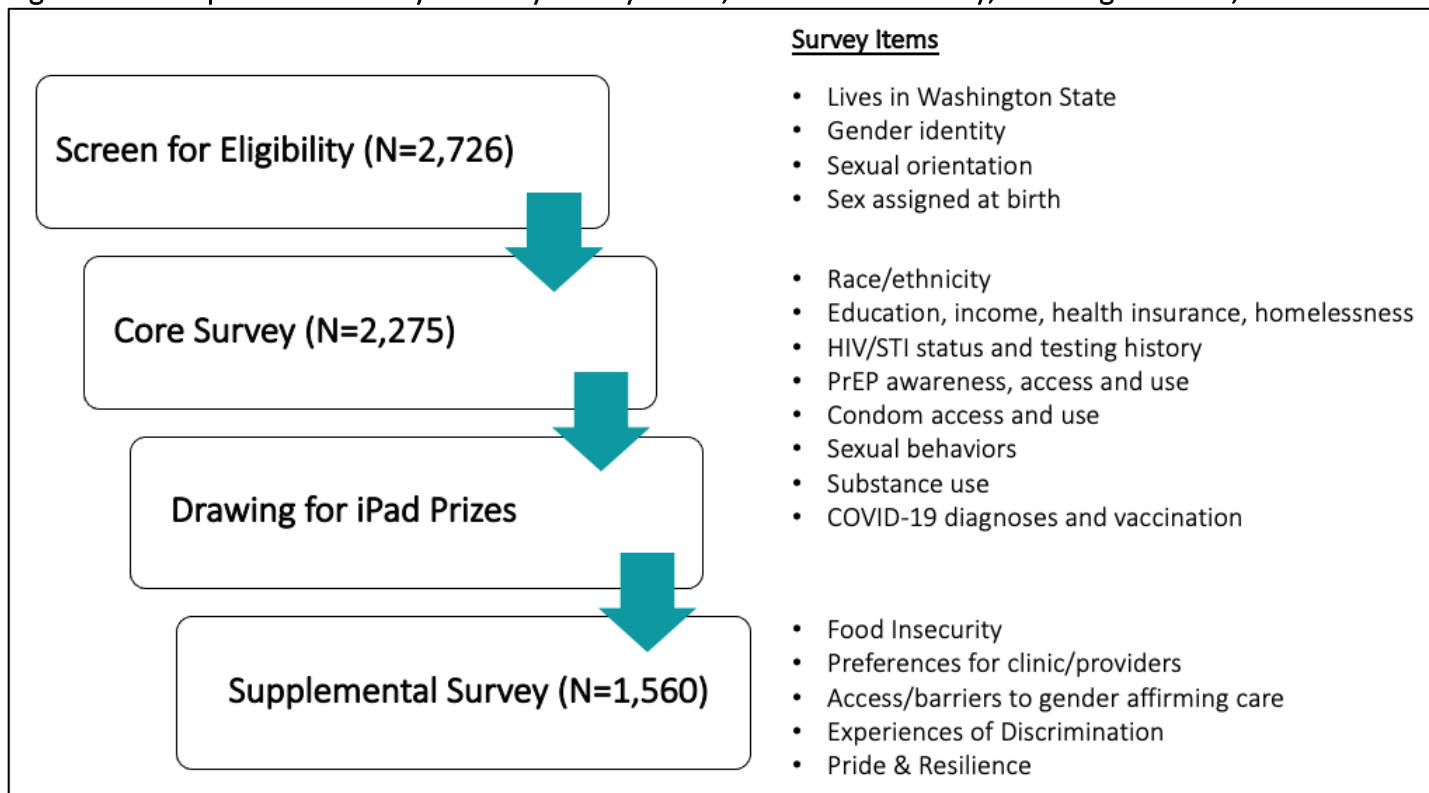
Methodology

Public Health-Seattle & King County’s annual Pride Survey has been conducted since 2009 by the Prevention Division’s HIV/STD Program for the primary purpose of surveillance and monitoring of HIV/STI related behaviors and health care utilization among men who have sex with men (MSM) and transgender people in King County, WA. In response to the COVID-19 pandemic, the 2020 and 2021 surveys were adapted to be administered as anonymous, online surveys that were broadly inclusive of all LGBTQ people in Washington State.

In 2021, researchers at the University of Washington added an optional survey module to the end of the core 2021 Pride Survey that included questions related to food insecurity, health care access, and discrimination. These questions were chosen and created by the Seattle Trans and Non-binary Sexual Health (STARS) advisory board—a group of queer, transgender and non-binary people from the Seattle area—as topics that were important for the LGBTQ+ community. This study received ethical approval from the University of Washington Institutional Review Board.

Inclusion criteria for both surveys included anyone who lived in Washington state at the time of the survey and who self-identified as a gay, lesbian, bisexual, pansexual, queer, asexual, transgender, non-binary, genderqueer, gender non-conforming, two-spirit, or intersex. The survey was conducted online over a 6-day period from June 25-30, 2021 using a REDCap computer assisted self-interview instrument that could be accessed on desktop or by mobile device. The survey was available in English and Spanish. The survey was advertised through King County’s social media (Instagram, Facebook, Twitter), through LGBTQ-focused social media groups, at virtual pride events, at in-person COVID-19 vaccine clinics, and fliers. Participants who completed the core survey could optionally enter into a drawing for one of 5 iPad prizes.

Figure 1. Participants and Survey Items by Survey Phase, PHSKC Pride Survey, Washington State, June 2021



There were 2,275 eligible participants who completed the core surveillance survey (Figure 1). Overall, 1,560 (69%) participants who took the core survey also consented to the supplemental survey (Table 1). People of color were slightly less likely to consent to the supplement (63%) compared to people who only reported White race/ethnicity (71%). Transgender and gender diverse participants were slightly more likely to consent to the supplement (74%) compared to cisgender participants (66%).

This report presents data on social determinants of health, substance use, barriers to health care, and experiences of discrimination ascertained in the core and supplemental Pride Surveys. For additional data on HIV, STIs, testing, pre-exposure prophylaxis (PrEP) and sexual behaviors among people living in King County, WA, please see the [2021 HIV/AIDS Epidemiology Report](#).³ When data allow, we report data disaggregated by gender identity or by race/ethnicity. However, due to the relatively small number of participants who were racial/ethnic minorities, we were limited in our ability to report on intersectional patterns (e.g. by gender identity *and* race/ethnicity).

Pride Survey data are available upon request. For questions about survey methodology or data requests, please contact Sara Glick (sara.glick@kingcounty.gov).

Table 1. Participation in the Supplemental Survey, LGBTQ+ Participants in the PHSKC Pride Survey, Washington State, June 2021

| Participant Characteristics | Consented to the Supplemental Survey, n (%) | |
|----------------------------------|---|-------|
| Overall | 1560 | 68.6% |
| Race/ethnicity ¹ | | |
| Asian | 147 | 62.8% |
| Black/African American | 45 | 56.3% |
| Hispanic/Latinx | 142 | 60.4% |
| Native American/Alaska Native | 65 | 73.0% |
| Native Hawaiian/Pacific Islander | 18 | 54.5% |
| White | 1304 | 71.3% |
| More than one race/ethnicity | 116 | 69.5% |
| Age | | |
| <18 | 83 | 65.9% |
| 18-24 | 202 | 71.1% |
| 25-34 | 550 | 72.3% |
| 35-44 | 319 | 69.2% |
| 45-64 | 303 | 65.3% |
| 65+ | 37 | 53.6% |
| Gender Identity ¹ | | |
| Cisgender Men | 400 | 65.1% |
| Cisgender Women | 629 | 66.9% |
| Gender Non-conforming | 142 | 70.0% |
| Genderqueer | 189 | 74.7% |
| Non-binary | 331 | 75.4% |
| Transgender Men | 110 | 82.7% |
| Transgender Women | 56 | 72.7% |
| Two-Spirit | 22 | 66.7% |

¹Participants could select more than one race/ethnicity and gender identity

Section 1. Geography and Demographics

Most participants lived in three neighboring counties: King County (58%), Snohomish County (8%), and Pierce County (8%). Among participants from King County, 66% (879 out of 1328) lived in the city of Seattle.

The average age of participants was 36.7 years, and participants ranged in age from 9 to 81 years old (Figure 3). Eighteen percent (18%) of participants were adolescents or young adults and only 3% of participants were age 65 or older. The majority of participants were adults age 25-34 (34%), age 35-44 (20%) and age 45-64 (20%).

The survey sample was predominantly White; 27% of participants were people of color, and 73% of participants only reported White race/ethnicity. Ten percent (10%) of participants were Asian, 4% were Black/African American, 10% were Hispanic/Latinx, 4% were Native American/Alaska Native, and 2% were Native Hawaiian/Pacific Islander (Figure 4). Most participants completed the survey in English (99%), and 1% of participants completed in the survey in Spanish.

Figure 2. Geographic Distribution of the Number of LGBTQ+ Participants by County in Washington State, PHSKC Pride Survey, June 2021

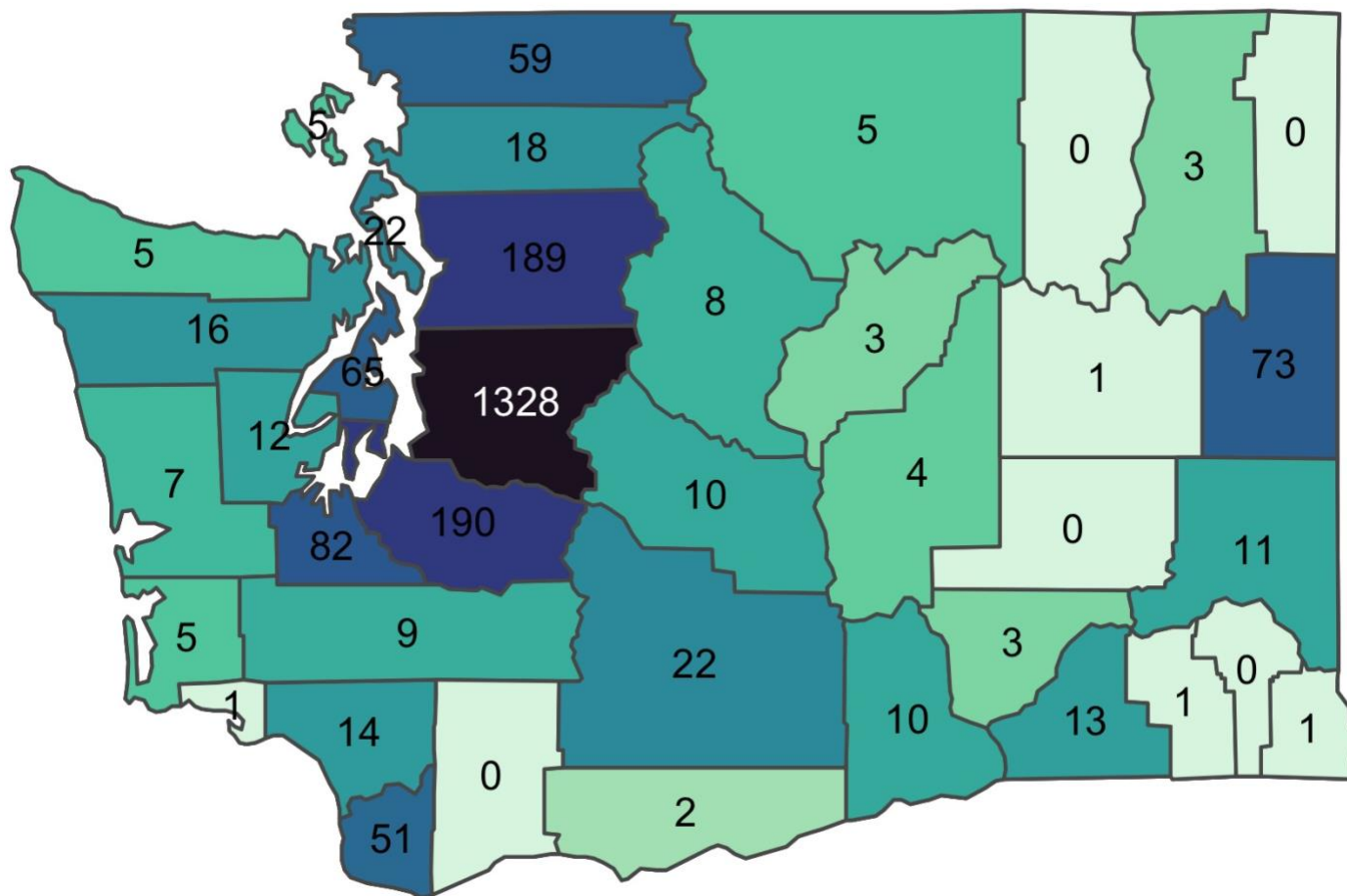


Figure 3. Age Distribution of LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021

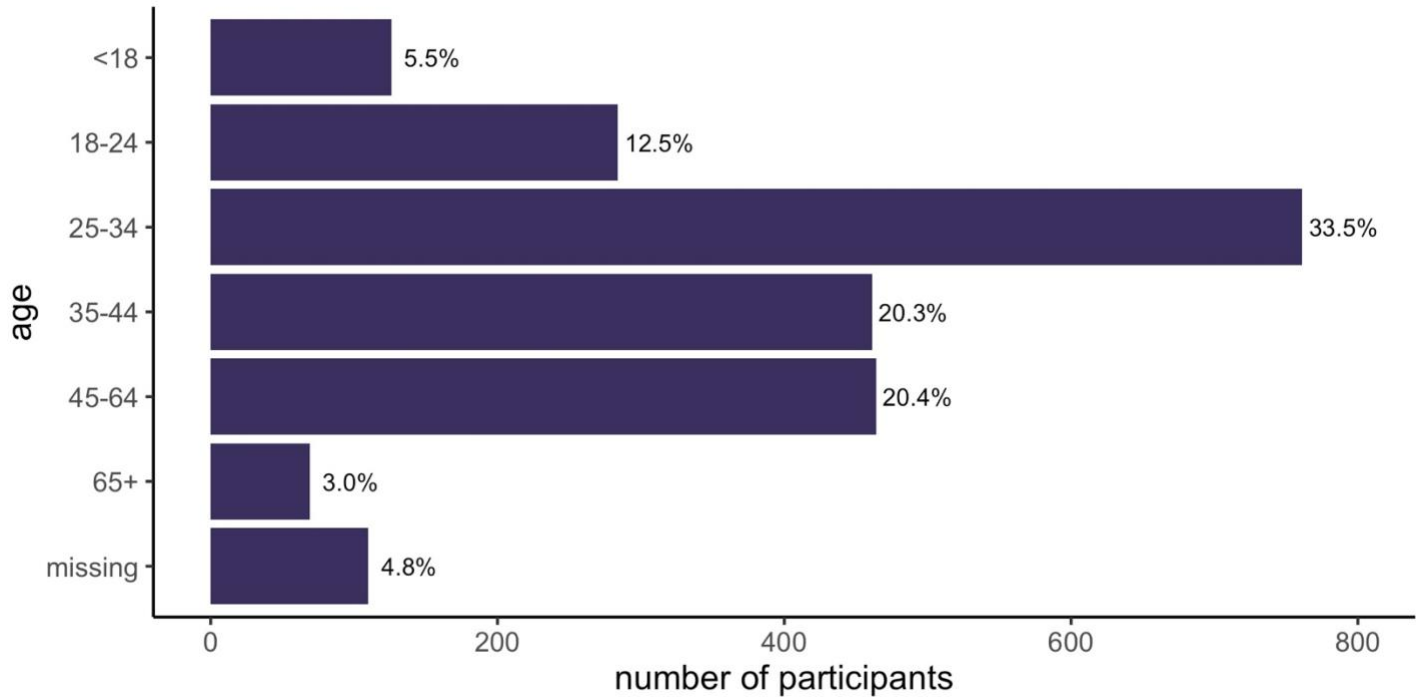
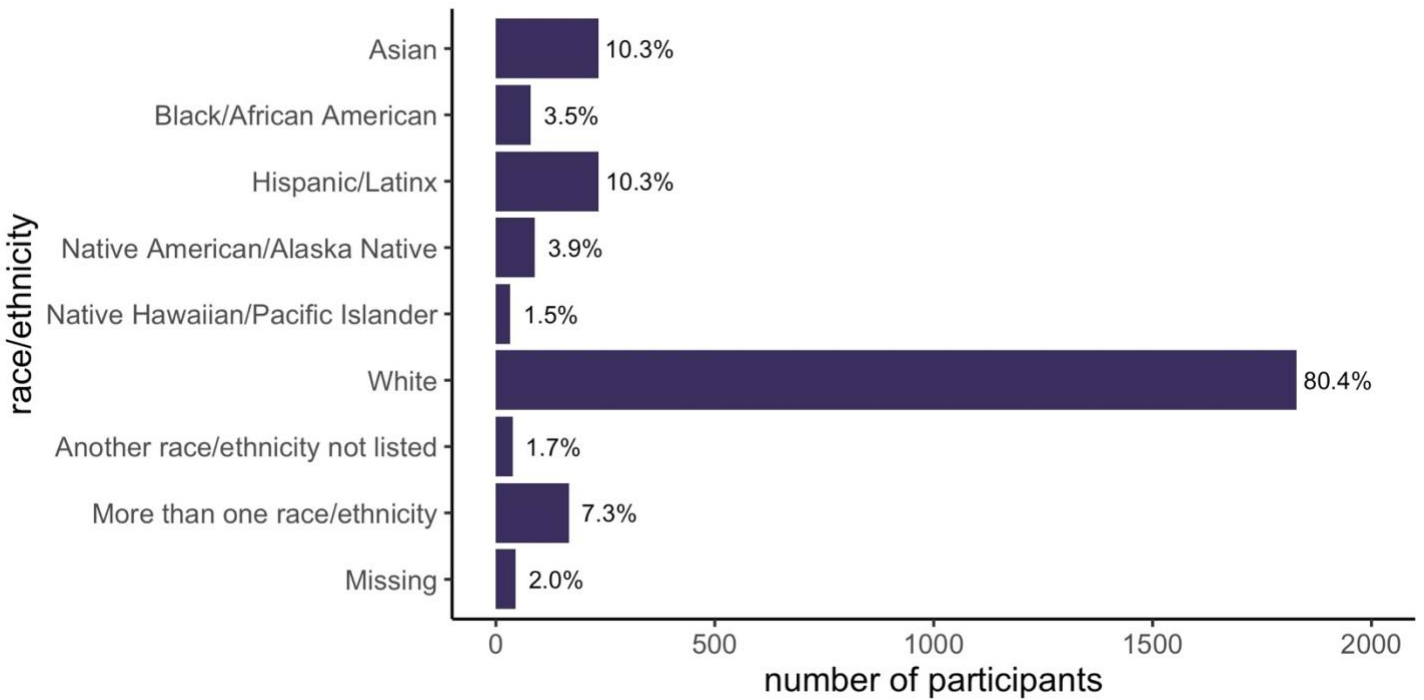


Figure 4. Race/Ethnicity Distribution of LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021



Note: Participants were able to select more than one race/ethnicity, and the above percentages sum to more than 100%

Section 2. Gender Identity and Sexual Orientation

Gender identity was assessed using a multidimensional question that asked about current gender identity, sex assigned at birth, and if participants identified as transgender. Participants were able to select more than one gender identity and sexual orientation, and were also given the option to write-in additional identities not listed. The exact questions used to ask about participant's LGBTQ+ identities are included in Box 1.

Overall, 27% of participants were cisgender men, 41% were cisgender women, and 36% were transgender and gender diverse (20% non-binary, 11% genderqueer, 9% gender non-conforming, 6% transgender men, 3% transgender women). Cisgender participants included individuals who self-identified as cisgender (e.g. as cisgender men or cisgender women) or who reported a current gender that was the same as their sex assigned at birth (for example, currently identified as "man/male" and was assigned male at birth). Transgender men and women included participants who self-identified as transgender (for example, participants who selected "transgender women" or who currently identified as a "woman/female" and responded yes to the question "are you transgender?") or participants who reported a current gender that differs from their sex assigned at birth (for example, currently identified as "man/male" and was assigned female at birth).

Many transgender and gender diverse participants reported more than one gender: 72% of gender non-conforming, 72% of genderqueer, 56% of non-binary, and 67% of two-spirit participants, as well as 42% of transgender men, and 27% of transgender women selected more than one current gender identity (Figure 7). Approximately half of gender diverse participants identified as transgender (40% of gender-nonconforming, 49% of genderqueer, 60% of non-binary and 21% of two-spirit participants) while some participants responded that they "don't know" if they are transgender (12% of gender-nonconforming, 12% of genderqueer, 10% of non-binary and 9% of two-spirit participants).

Overall 31% of participants identified as gay, 29% as queer, 27% as bisexual, 20% as lesbian, 13% as pansexual, and 8% as asexual. Many (23%) participants also reported more than one sexual orientation (Figure 8). Sexual orientation also varied by gender identity (Figure 9). Notably, 89% of cisgender men identified as gay. Cisgender women most commonly identified as bisexual (39%), lesbian (37%), and queer (24%). Transgender men most commonly identified as queer (56%), bisexual (36%), and gay (26%). Transgender women most commonly identified as lesbian (40%), bisexual (31%), and queer (31%). Lastly, non-binary, genderqueer, and gender non-conforming people most commonly identified as queer (54%), bisexual (29%), and pansexual (24%).

Box 1. Sexual Orientation and Gender Identity Questions

In terms of your sexual identity, do you consider yourself...? (check all that apply)

- Asexual
- Bisexual
- Gay
- Lesbian
- Pansexual
- Queer
- Straight/heterosexual
- A sexual identity not listed here (write-in)
- Don't know

Do you consider yourself to be...? (check all that apply)

- Cisgender man
- Cisgender women
- Gender non-conforming
- Genderqueer
- Non-binary
- Man/male
- Transgender man/trans man
- Transgender woman/trans woman
- Two-spirit
- Woman/female
- Not listed, specify below (write-in)
- Don't know

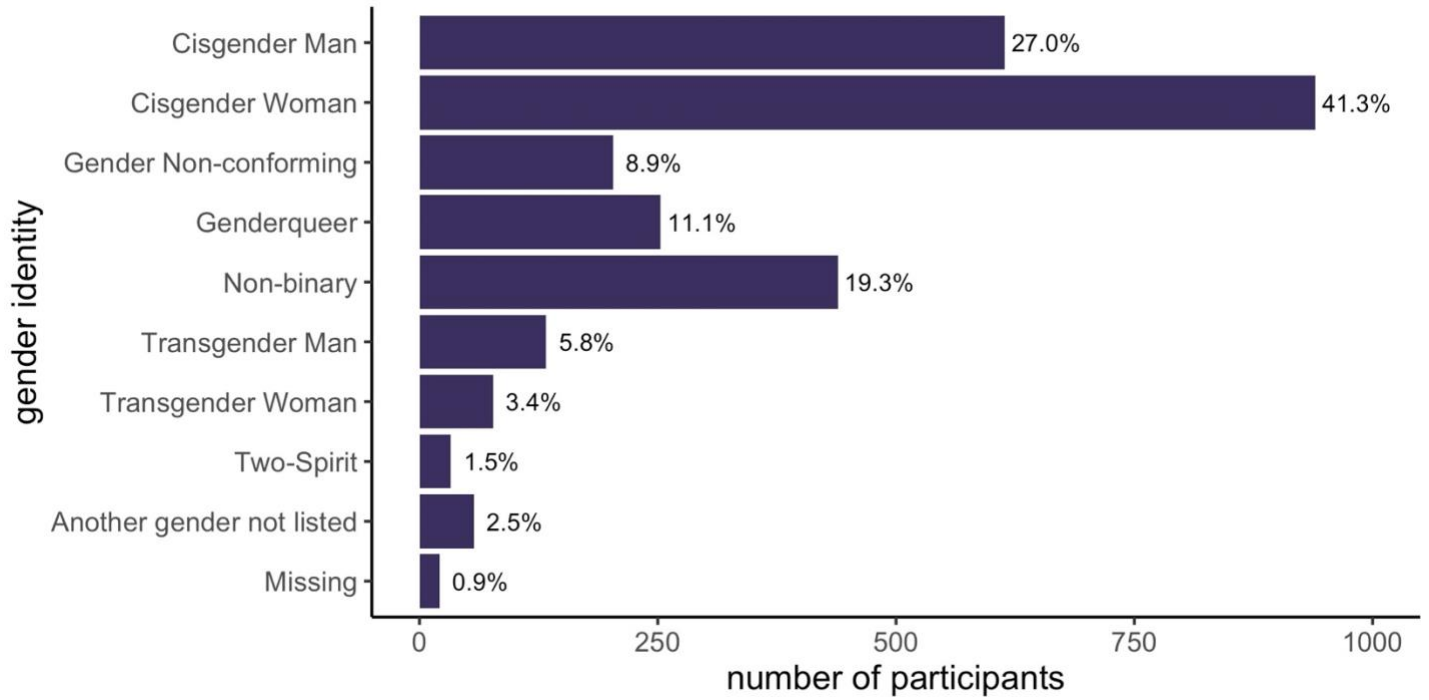
Are you transgender? (select one)

- Yes
- No
- Don't know

What was your sex assigned at birth? (select one)

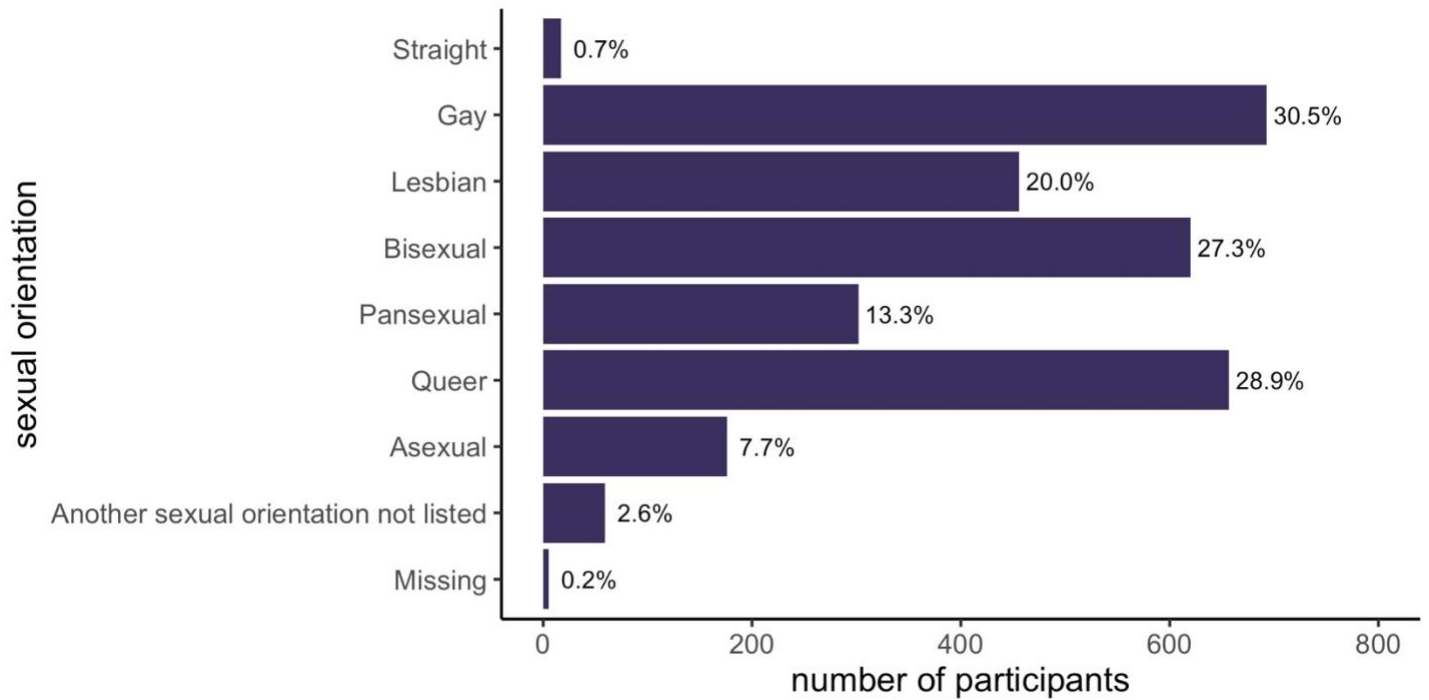
- Female
- Intersex
- Male
- Don't know

Figure 5. Gender Identity of LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021



Note: Participants were able to select more than one gender identity, and the above percentages sum to more than 100%

Figure 6. Sexual Orientation of LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021



Note: Participants were able to select more than one sexual orientation, and the above percentages sum to more than 100%

Figure 7. LGBTQ+ Participants Who Reported Multiple Genders and Transgender Self-Identification, by Gender Identity, PHSKC Pride Survey, Washington State, June 2021

| | Cisgender Man | Cisgender Woman | Gender Non-conforming | Genderqueer | Non-binary | Transgender Man | Transgender Woman | Two-Spirit | Another Gender |
|--|---------------|-----------------|-----------------------|-------------|------------|-----------------|-------------------|------------|----------------|
| N | 614 | 940 | 203 | 253 | 439 | 133 | 77 | 33 | 57 |
| Self-identifies as transgender? | | | | | | | | | |
| No | 99% | 98% | 48% | 39% | 30% | 0% | 0% | 70% | 33% |
| Yes | 0% | 0% | 40% | 49% | 60% | 99% | 99% | 21% | 58% |
| Don't Know | 1% | 1% | 12% | 12% | 10% | 1% | 1% | 9% | 9% |
| Reported Single Gender | 96% | 91% | 28% | 28% | 44% | 58% | 73% | 33% | 32% |
| Reported Multiple Genders | 4% | 9% | 72% | 72% | 56% | 42% | 27% | 67% | 33% |
| Additional Genders Reported | | | | | | | | | |
| Cisgender Man | | 0% | 4% | 3% | 2% | 0% | 0% | 9% | 0% |
| Cisgender Woman | 0% | | 18% | 13% | 9% | 0% | 0% | 24% | 9% |
| Gender Non-conforming | 1% | 4% | | 30% | 23% | 14% | 13% | 21% | 23% |
| Genderqueer | 1% | 4% | 37% | | 32% | 13% | 9% | 21% | 25% |
| Non-binary | 2% | 4% | 49% | 55% | | 35% | 22% | 30% | 49% |
| Transgender Man | 0% | 0% | 9% | 7% | 10% | | 0% | 6% | 9% |
| Transgender Women | 0% | 0% | 5% | 3% | 4% | 0% | | 3% | 5% |
| Two-Spirit | 0% | 1% | 3% | 3% | 2% | 2% | 1% | | 0% |
| Another Gender | 0% | 1% | 6% | 6% | 6% | 4% | 4% | 0% | |

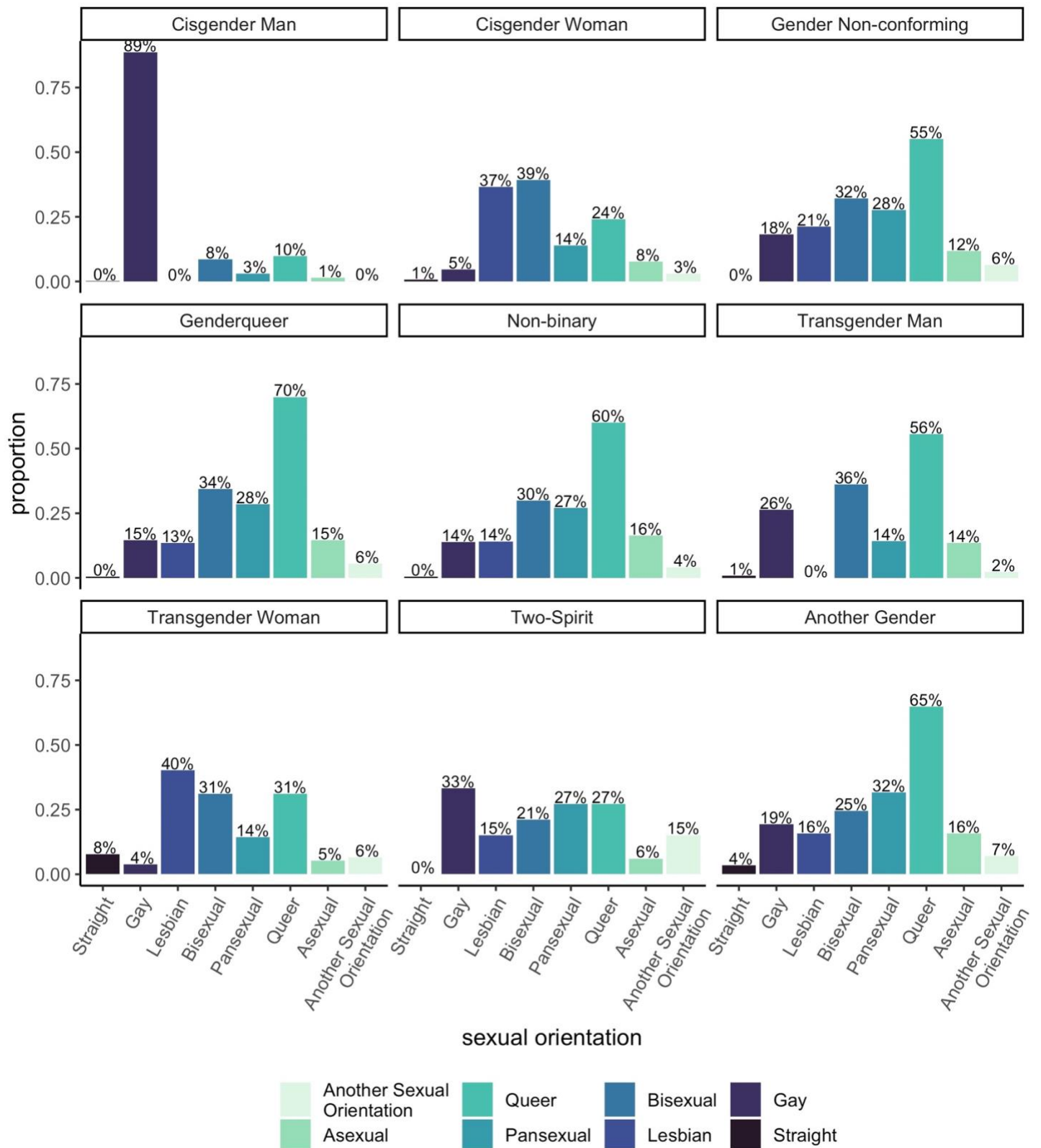
Note: Participants who selected more than one gender identity appear in multiple columns.

Figure 8. LGBTQ+ Participants Who Reported Multiple Sexual Orientations, PHSKC Pride Survey, Washington State, June 2021

| | Straight | Gay | Lesbian | Bisexual | Pansexual | Queer | Asexual | Another Sexual Orientation |
|---|----------|-----|---------|----------|-----------|-------|---------|----------------------------|
| N | 17 | 693 | 456 | 620 | 302 | 657 | 176 | 59 |
| Reported Single Sexual Orientation | 47% | 80% | 75% | 61% | 39% | 39% | 39% | 34% |
| Reported Multiple Sexual Orientations | 53% | 20% | 25% | 39% | 61% | 61% | 61% | 66% |
| Additional Sexual Orientations Reported: | | | | | | | | |
| Straight | | 0% | 0% | 0% | 1% | 0% | 1% | 3% |
| Gay | 0% | | 8% | 6% | 7% | 16% | 10% | 8% |
| Lesbian | 0% | 5% | | 2% | 4% | 13% | 9% | 12% |
| Bisexual | 12% | 5% | 3% | | 30% | 26% | 24% | 22% |
| Pansexual | 12% | 3% | 3% | 15% | | 19% | 10% | 22% |
| Queer | 12% | 15% | 19% | 28% | 41% | | 38% | 32% |
| Asexual | 6% | 2% | 4% | 7% | 6% | 10% | | 15% |
| Another Sexual Orientation | 12% | 1% | 2% | 2% | 4% | 3% | 5% | |

Note: Participants who selected more than one sexual orientation appear in multiple columns.

Figure 9. Sexual Orientation by Gender Identity among LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021



Note: Participants were able to select more than one gender identity and sexual orientation, and the above percentages sum to more than 100%

Section 3. Income and Education

Many LGBTQ+ participants are living in poverty, with 20% earning less than \$15,000 and an additional 15% earning between \$15,000-\$30,000 annually. Nearly a third of transgender men, transgender women, and non-binary, genderqueer, and gender non-conforming participant assigned female at birth have incomes below \$15,000 (32%, 30%, and 30% respectively). Most (58%) participants had a 4-year college degree or higher.



Figure 10. Annual Income Distribution among LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021

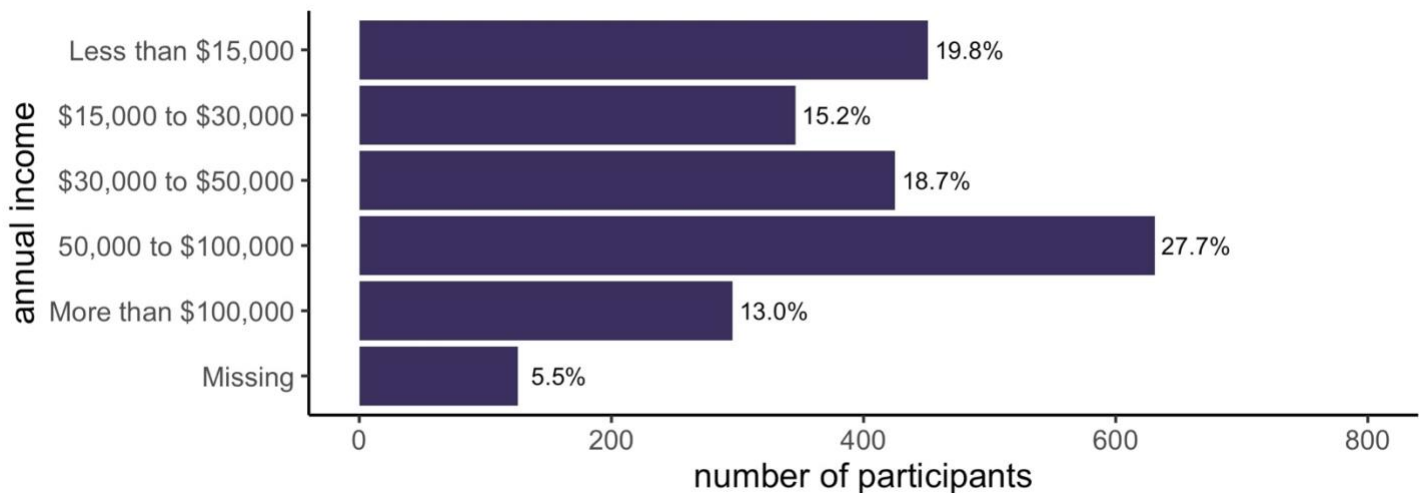


Figure 11. Education Level among LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021

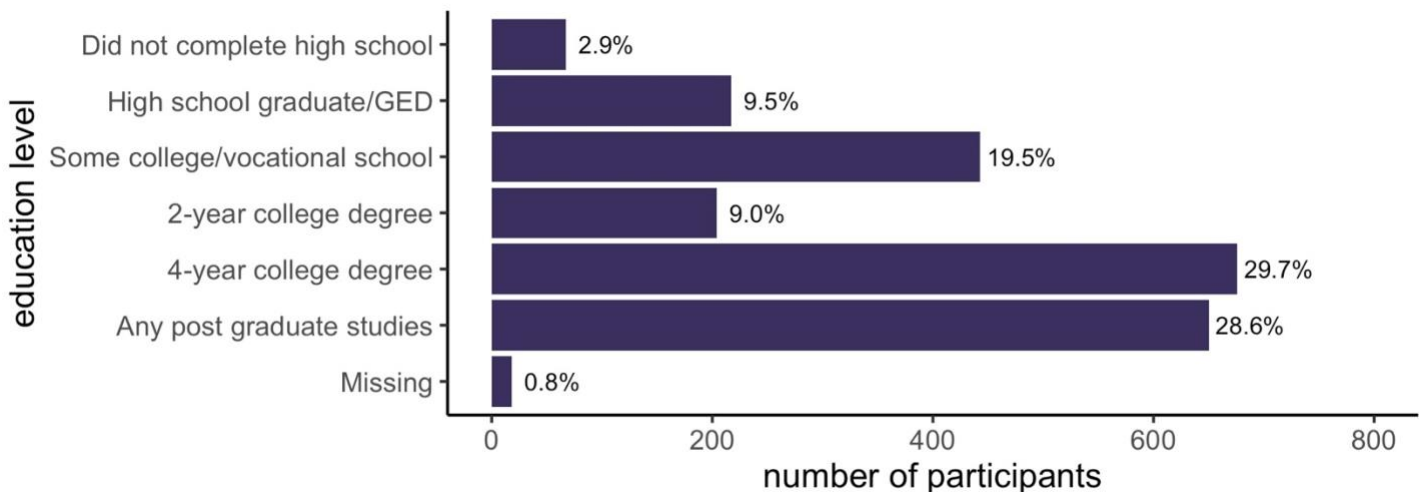
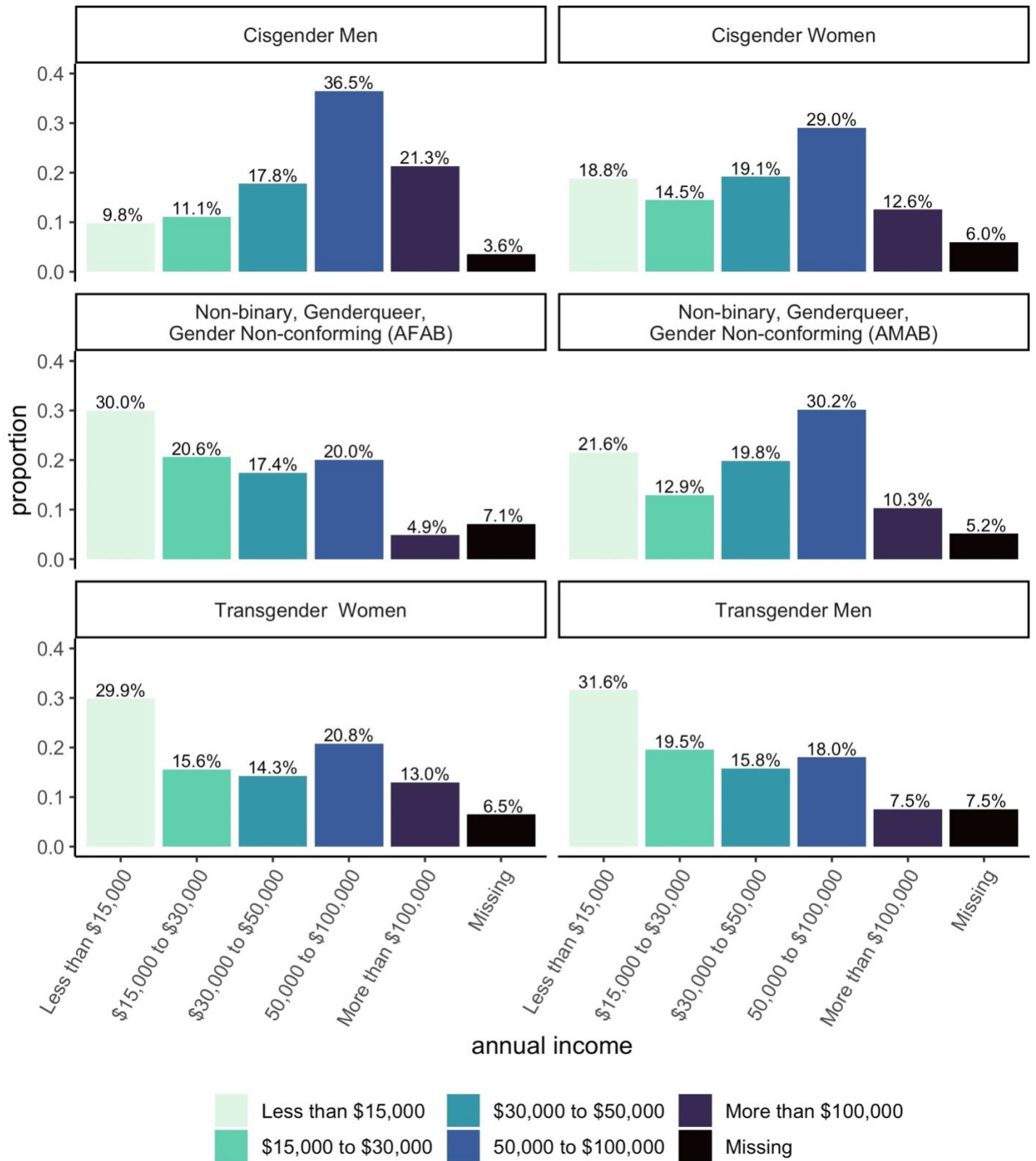


Figure 12. Annual Income Distribution among LGBTQ+ Participants, by Gender Identity, PHSKC Pride Survey, Washington State, June 2021



Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Figure 13. Annual Income Distribution among LGBTQ+ Participants, by Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021

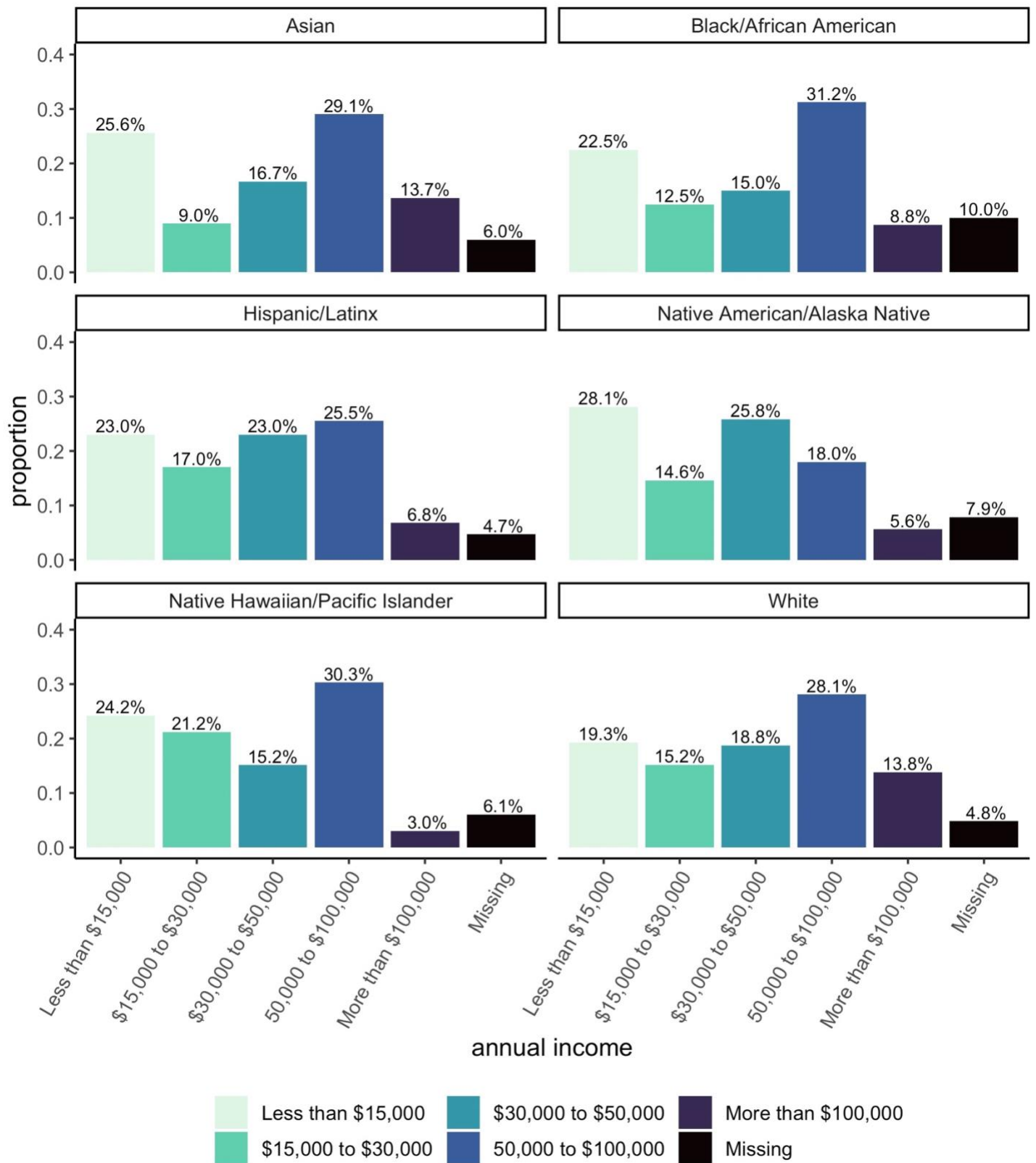
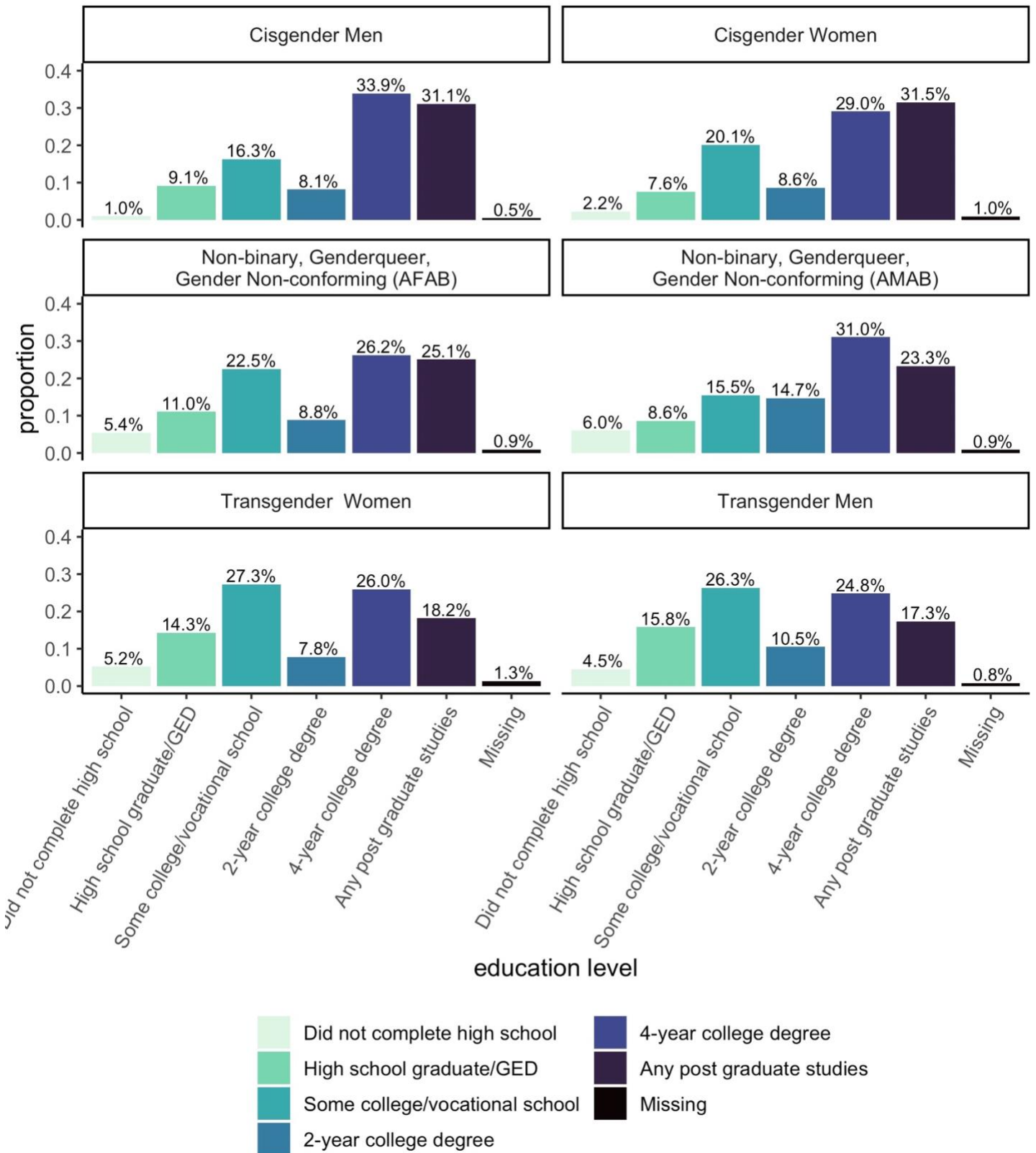
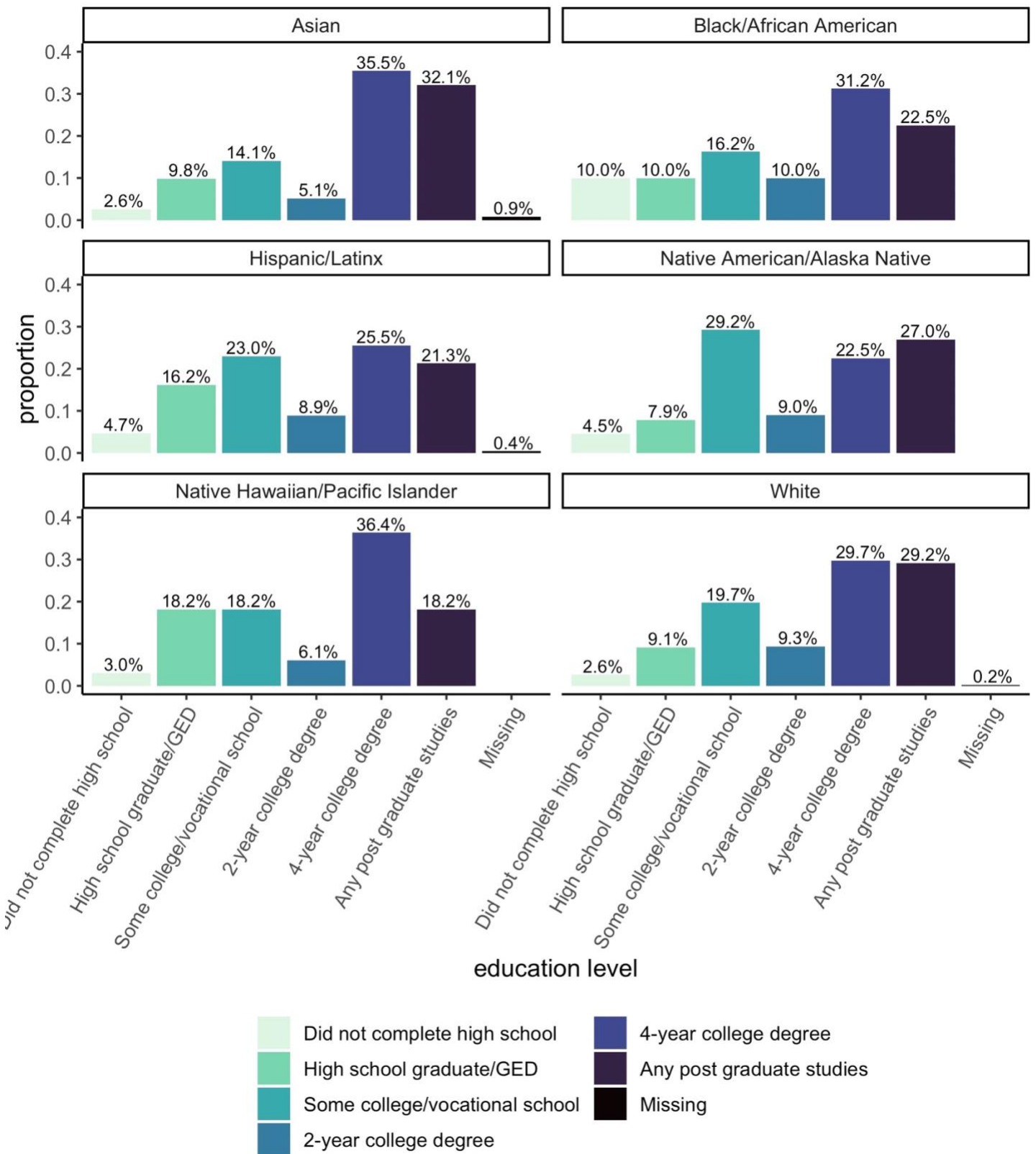


Figure 14. Education Level among LGBTQ+ Participants, by Gender Identity, PHSKC Pride Survey, Washington State, June 2021



Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Figure 15. Education Level among LGBTQ+ Participants, by Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021



Section 4. Housing and Food Insecurity

Overall, 3% of LGBTQ+ people reported living on the street, in a shelter, hotel, or car in the past 12 months. Transgender and gender diverse people were more likely to experience unstable housing: 5% of transgender women and nonbinary, genderqueer, and gender non-conforming people lived on the street, shelter, hotel or car in the past year. There were significant disparities in unstable housing by race and ethnicity: 11% of Black/African American participants, 7% of Hispanic/Latinx, 6% of Native American/Alaska Native, and 9% of Native Hawaiian/Pacific Islander participants experienced unstable housing in the past year. Notably, Black/African American participants were nearly 5 times as likely to experience unstable housing in the past year compared to White participants.

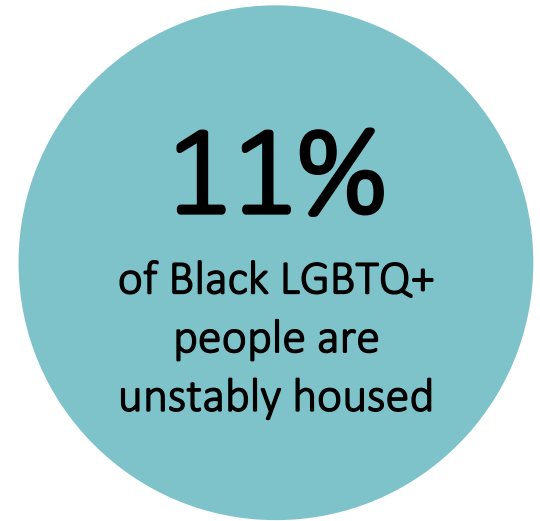
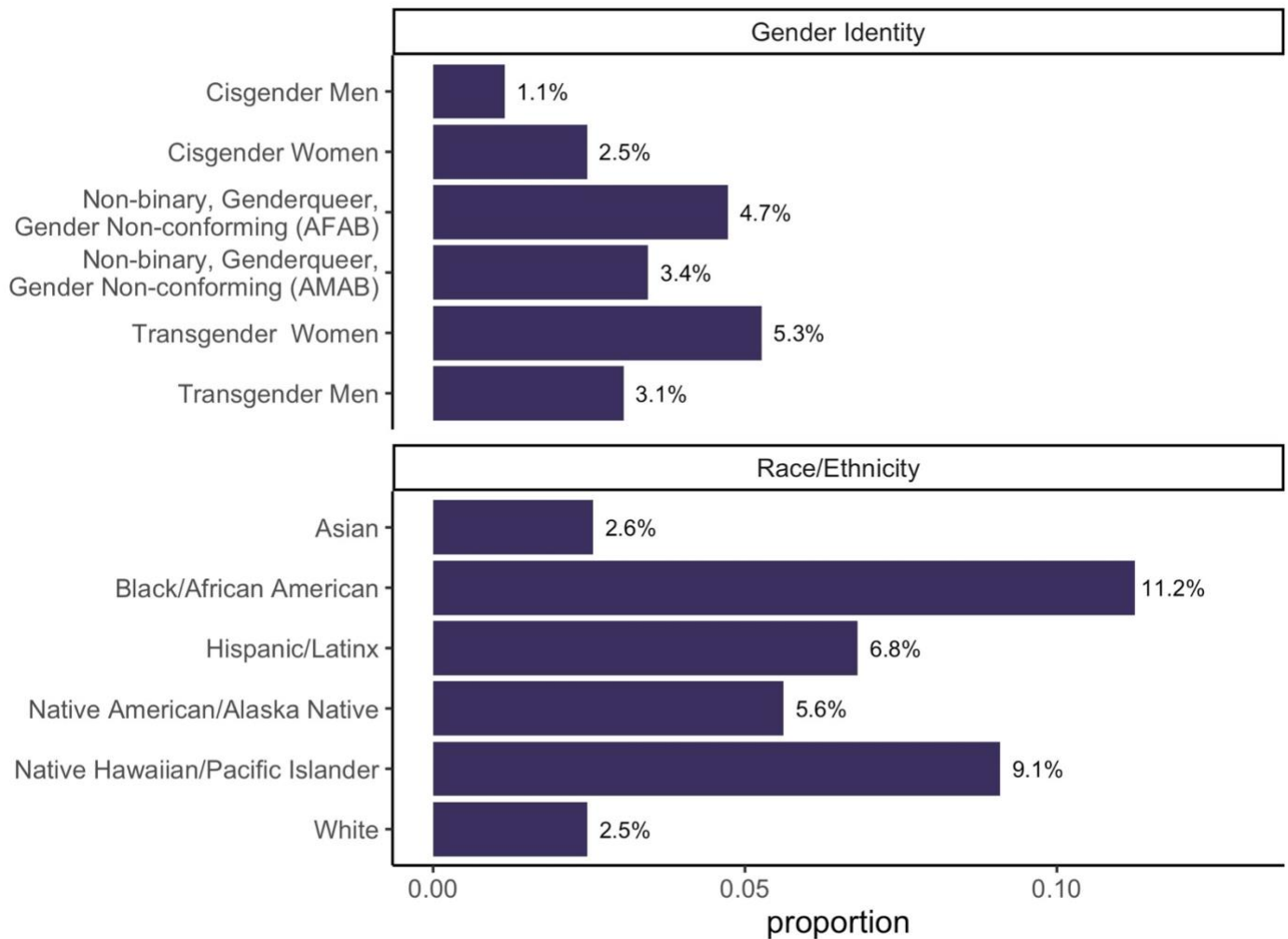


Figure 16. Unstable Housing in the Past Year among LGBTQ+ Participants, by Gender Identity and Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021



Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Overall, 22% of LGBTQ+ people experienced food insecurity in the past year, which was assessed with a question that asked “in the past 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?”

Transgender and gender diverse people were approximately twice as likely to experience food insecurity in the past year, compared to cisgender participants (17%). Specifically, 38% of transgender men, 30% of transgender women, and 33% of nonbinary, genderqueer, and gender non-conforming people experienced food insecurity

Black/African American (33%), Hispanic/Latinx (41%), and Native American/Alaska Native (42%) were most likely to experience food insecurity in the past year.

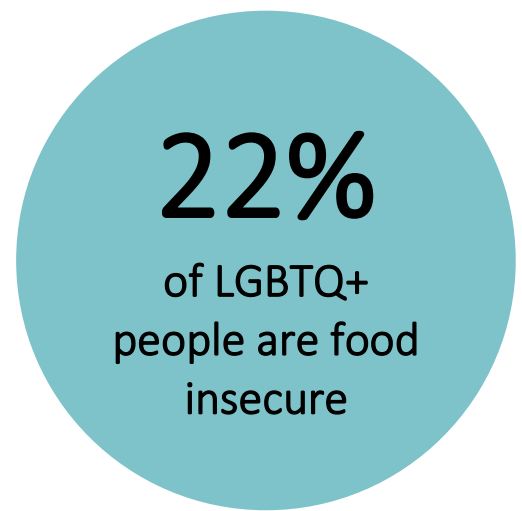
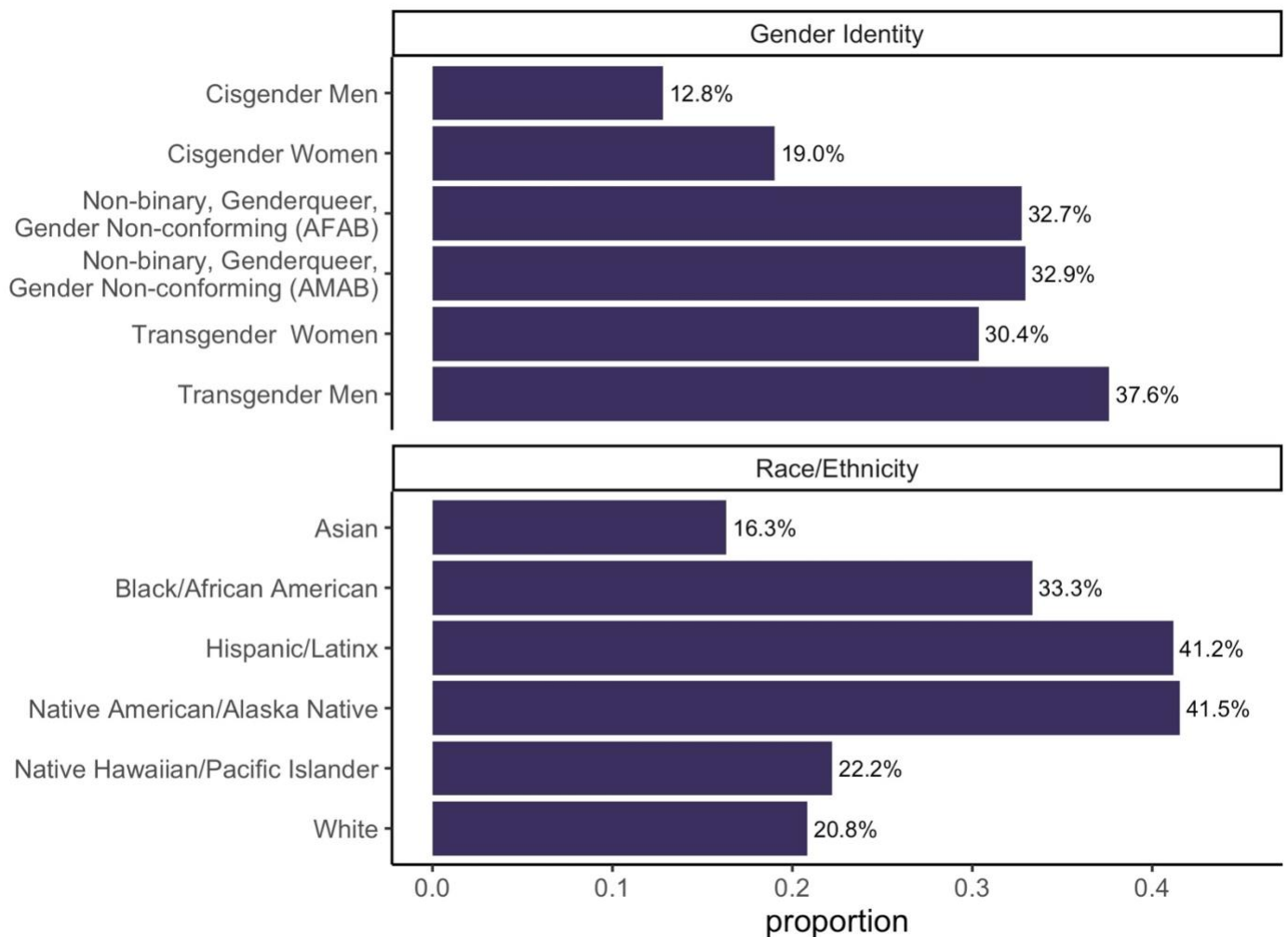


Figure 17. Food Insecurity in the Past Year among LGBTQ+ Participants, by Gender Identity and Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021



Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Approximately a quarter (24%) of participants reported using food assistance programs in the past year. The most commonly used programs included food banks (13%), the Supplemental Nutrition Assistance Program (SNAP, 13%), and the United Way food delivery (7%). Write-in responses included school-based programs, mutual aid programs, free food pantries, and food voucher program for veterans. Write-in responses also mentioned specific benefits programs and organizations that provided food assistance: EBT and Pandemic EBT (i.e. P-EBT), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Asian Counseling And Referral Service (ACRS), City of Seattle Safeway vouchers, Farmers to Family food box, Food for All, Food is Free Project, Food Not Bombs, Lend a Hand Community Outreach, Lifelong Chicken Soup Brigade, Neighbors Feeding Neighbors, Olympia Trans Support Group, and Plant Based Food Share.

Table 2. Food Assistance Programs Used in the Past Year among LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021

| Food Assistance Program | Proportion of Participants who Accessed Program in the past 12 months |
|---|---|
| Any Program | 24.0% |
| Food Banks | 13.2% |
| Fresh Bucks | 2.8% |
| Supplemental Nutrition Assistance Program (SNAP) | 12.8% |
| United Way food box delivery | 7.1% |
| Food voucher programs from an LGBTQ+ organization | 0.8% |
| Write-in Response | 5.1% |

Section 5. Substance Use

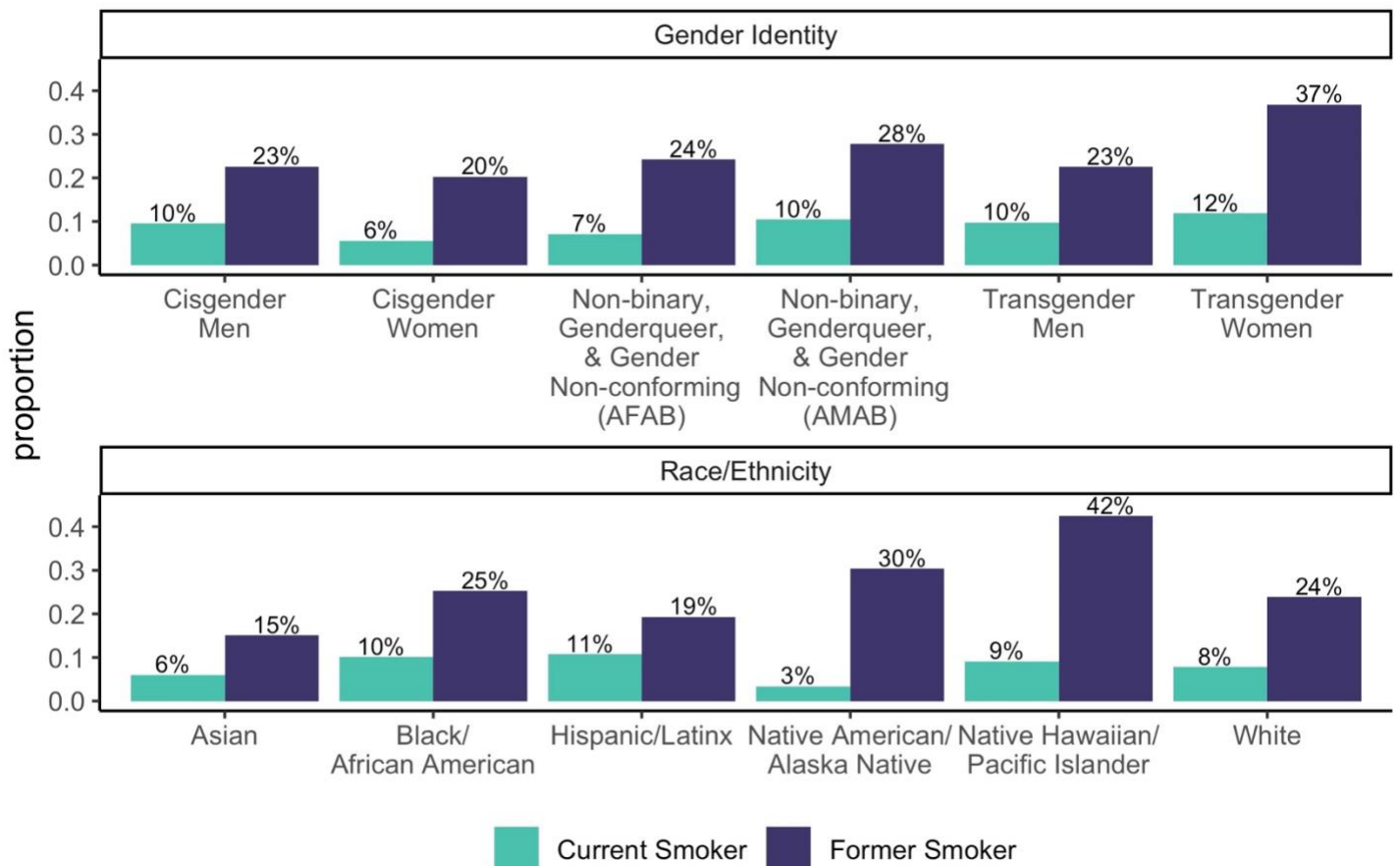
Few participants (5%) reported using cocaine, crack, heroin, methamphetamines, painkillers, or injection drug use in the last year. The most common substance was cocaine or crack (3%). Overall, 8% of LGBTQ+ people in WA currently smoke tobacco and 23% are former tobacco smokers.

8%
of LGBTQ+
people are
current smokers

Table 3. Substance Use in the Past Year among LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021

| Substance Use | Proportion of Participants |
|---|----------------------------|
| Any substance use | 5.2% |
| <i>Cocaine or crack</i> | 2.7% |
| <i>Heroin</i> | 0.1% |
| <i>Methamphetamines</i> | 0.9% |
| <i>Recreational prescriptions painkillers</i> | 1.7% |
| <i>Injection drug use</i> | 0.6% |

Figure 18. Tobacco Smoking among LGBTQ+ Participants, by Gender Identity and Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021



Section 6. Health Insurance and Preferences for Health Care

Overall, 95% of LGBTQ+ people in WA have health insurance. There were no major differences in health insurance access by gender identity. Hispanic/Latinx participants were least likely to report currently having health insurance (82%).

Most (76%) participants preferred to receive medical care at a clinic that specializes in trans or LGBTQ+ health or from a provider who identifies as LGBTQ+. These preferences varied by gender identity. Cisgender men and women were least likely to prefer to receive care at an LGBTQ+ specific clinic (65% and 56%, respectively) or from a provider who is LGBTQ+ (57% and 48%, respectively). In contrast, most nonbinary, genderqueer, and gender non-conforming people prefer an LGBTQ+ clinic (81%) or provider (73%). Transgender men and women were most likely to prefer to receive medical care at a clinic that specializes in trans health (86% and 81%, respectively); half (54%) of nonbinary, genderqueer, and gender non-conforming people also prefer to receive care at a trans specific clinic. Among participants of color, 36% preferred to receive medical care from a provider who shares the same racial identity. Black/African American participants were most likely (53%) to prefer a provider of the same race.

76%
prefer an LGBTQ+ specific clinic or a provider who is LGBTQ+

Figure 19. Proportion of LGBTQ+ Participants who Currently have Health Insurance, by Gender Identity and Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021

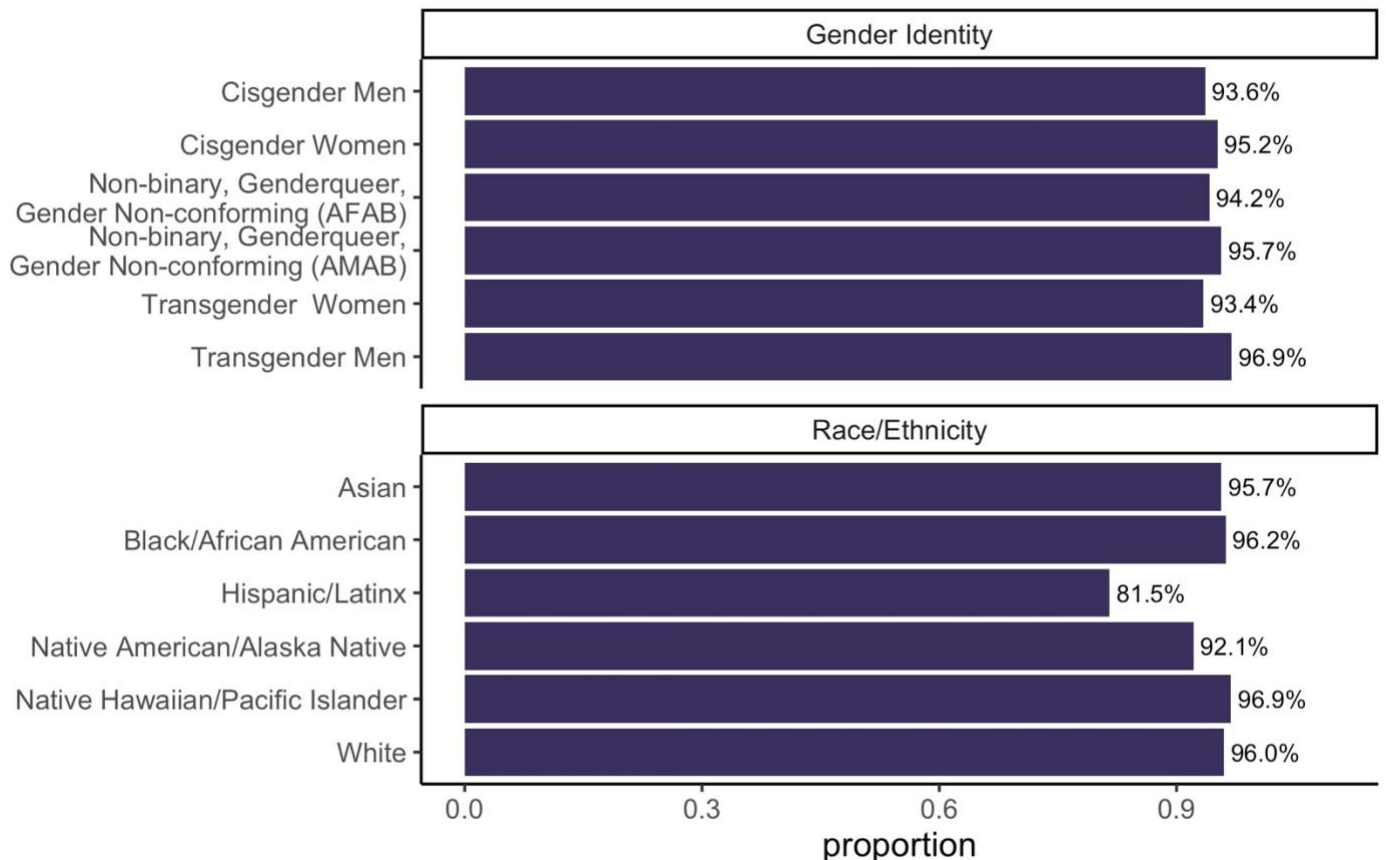
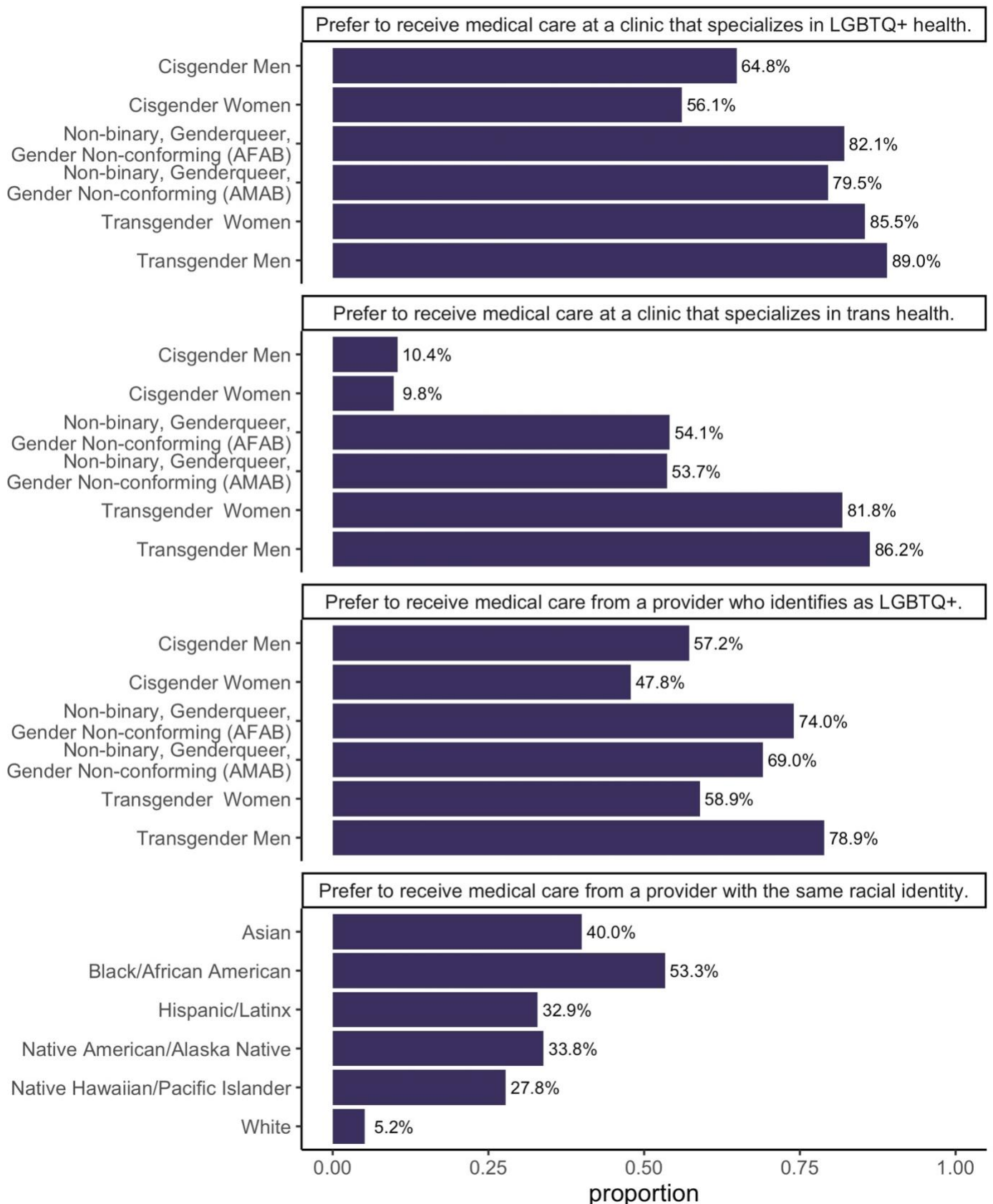


Figure 20. Proportion of LGBTQ+ Participants who Responded Agree/Strongly Agree to Questions about their Clinic and Provider Preferences, PHSKC Pride Survey, Washington State, June 2021



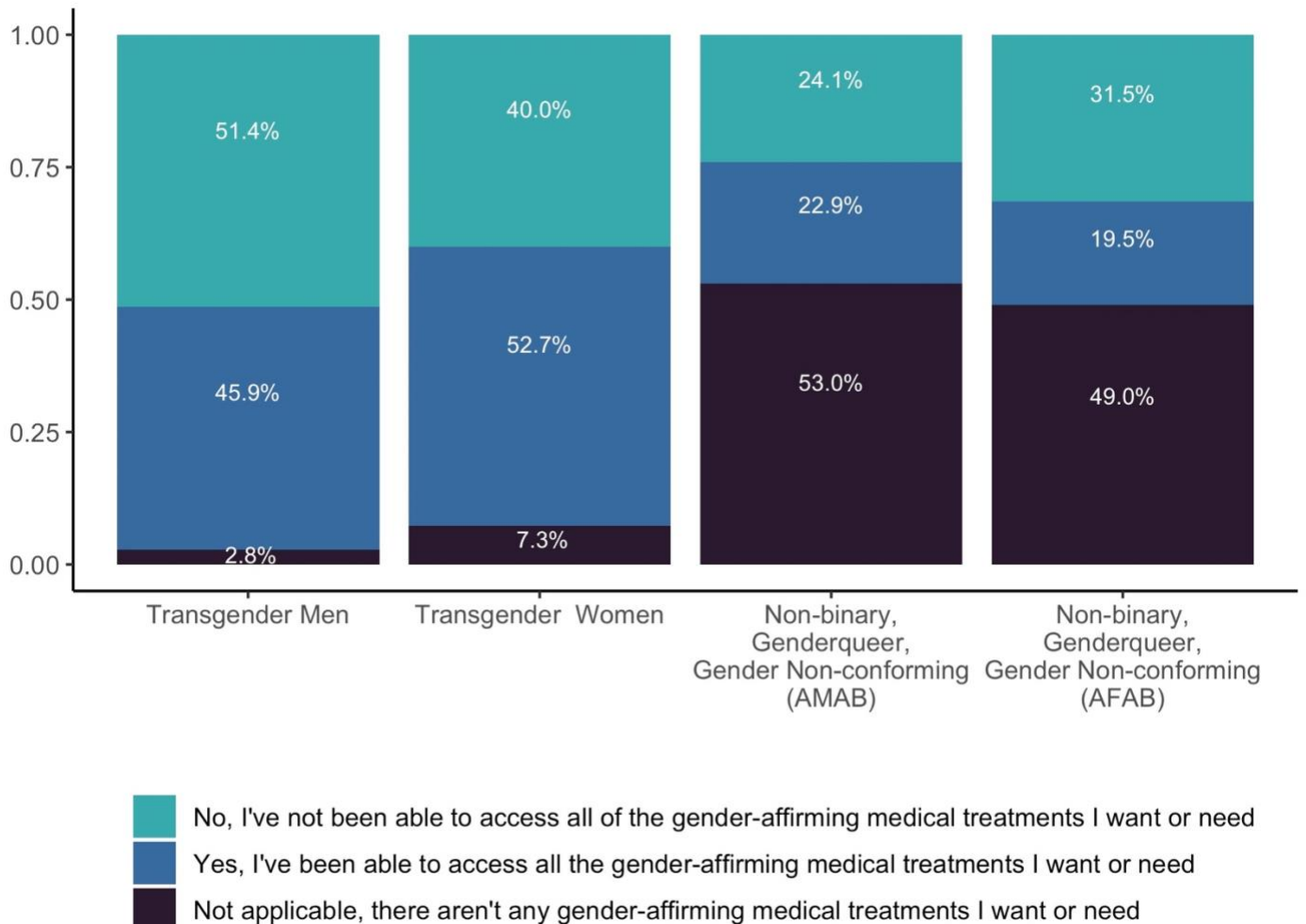
Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Section 7. Access to Gender Affirming Care

Overall, 96% of transgender men and women and 51% of nonbinary, genderqueer and gender non-conforming people reported that they wanted or needed access to gender affirming medical care (Figure 21). Among transgender, nonbinary, genderqueer and gender non-conforming people who wanted/needed access to gender affirming medical treatments, 57% had an unmet need for gender affirming care. Non-binary genderqueer, and gender non-conforming people AFAB had the highest unmet need for gender affirming medical treatments (62%). By race/ethnicity, the proportion of participants with an unmet need for gender affirming medical treatments was highest among Asian (68%), Native Hawaiian/Pacific Islander (71%), Latinx (72%) and Black (75%) participants (Figure 22).

69%
of transgender and gender diverse people experienced barriers to accessing gender affirming care in the past year

Figure 21. Access to Gender Affirming Medical Treatments among Transgender and Gender Diverse Participants, PHSKC Pride Survey, Washington State, June 2021

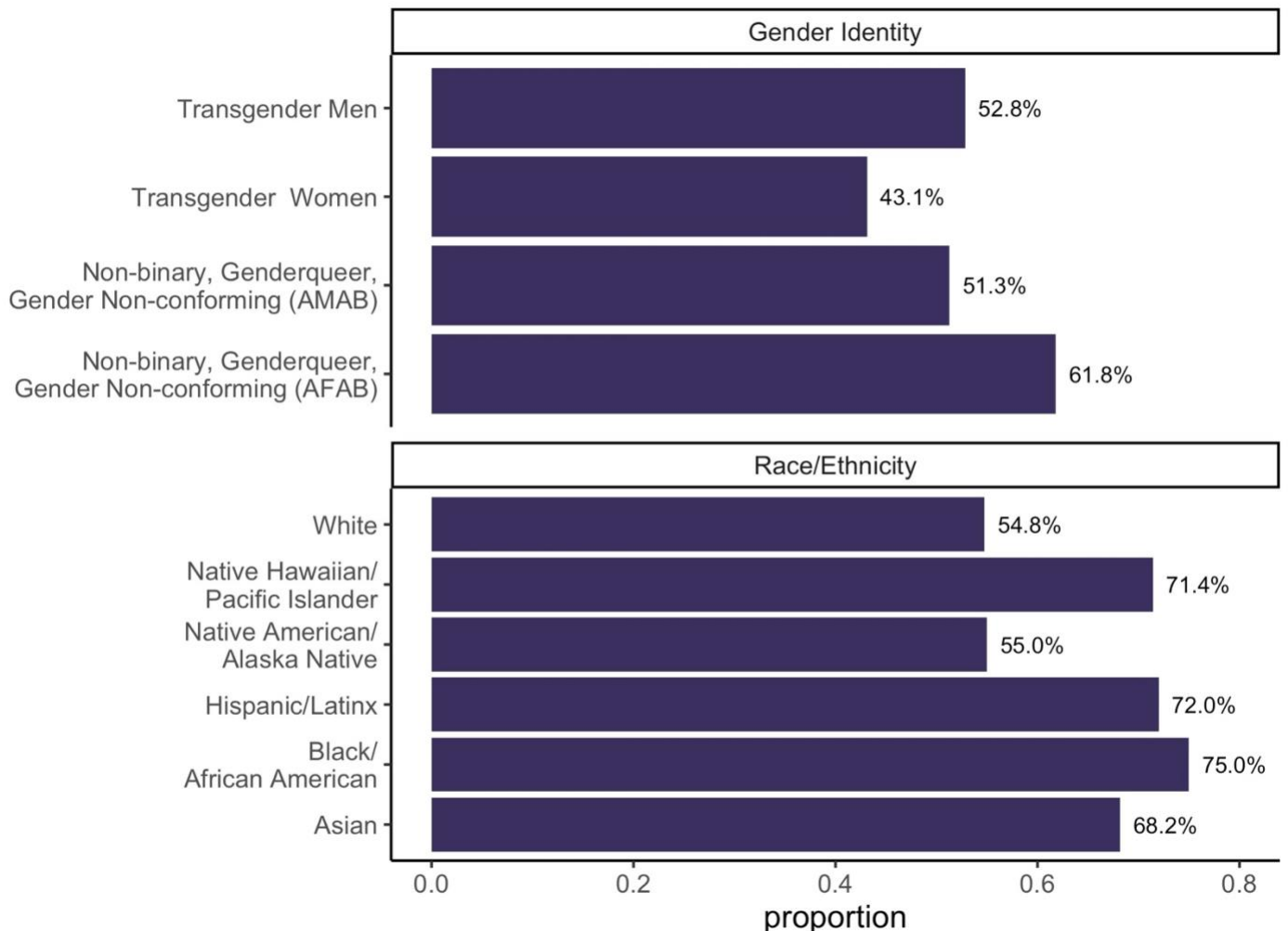


Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Eighty-one percent (81%) of transgender men, 87% of transgender women, and 23% of non-binary, genderqueer, and gender non-conforming people have ever taken gender affirming hormones (e.g. “HRT”, testosterone, estrogen, etc.). Among participants who had ever accessed hormones, 19% had ever accessed hormones that were not prescribed by a doctor (e.g. through friends, or other non-licensed sources like the black market, dark web, streets).

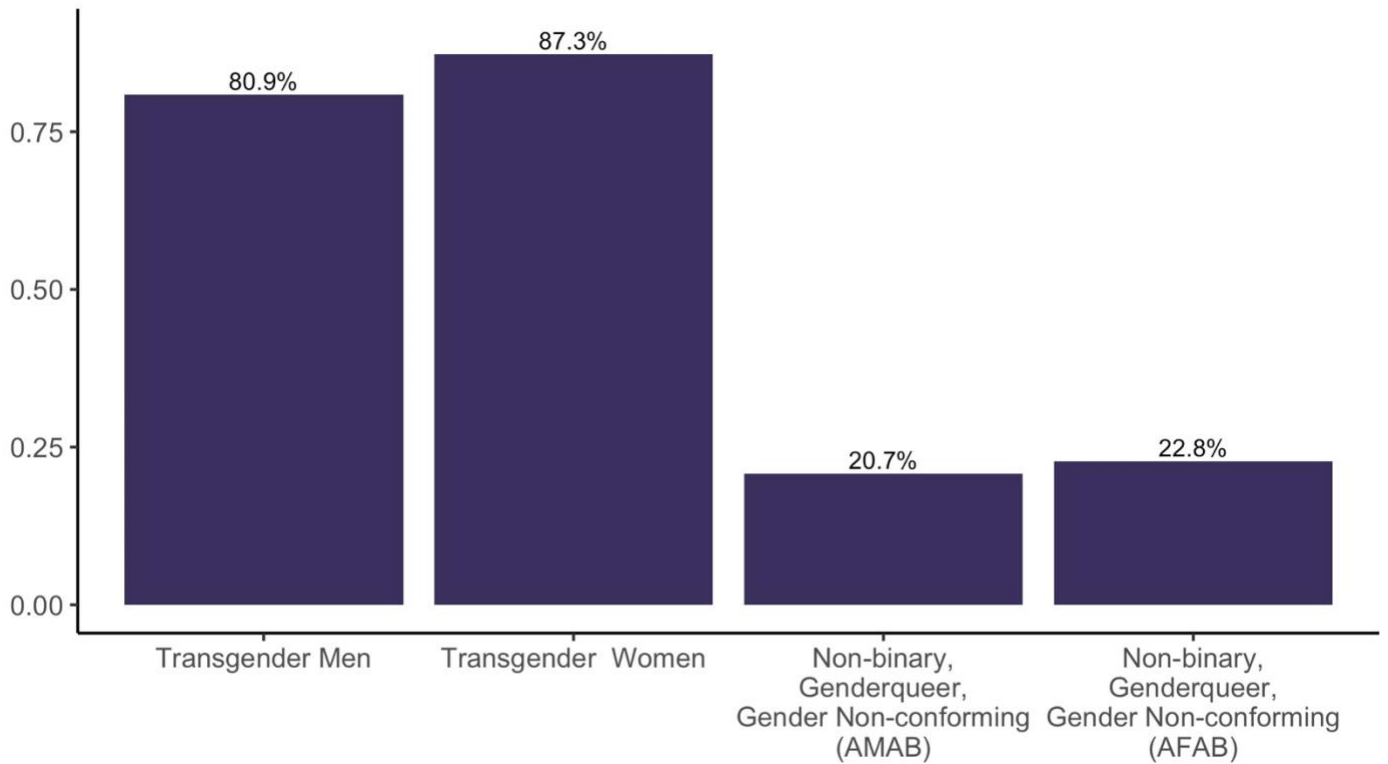
Among transgender, nonbinary, genderqueer and gender non-conforming people who wanted/needed access to gender affirming medical treatments, 69% experienced barriers to accessing or initiating gender affirming medical care in the past year (Table 4). The most commonly reported barriers were financial hardship (39%), lack of knowledge or resources (37%), lack of facilities or providers (31%), lack of medical access (28%). Many participants (17%) provided write in responses describing additional barriers to care. The most common write-in responses included barriers due to the COVID-19 pandemic, lack of family or parental support, insurance coverage issues, BMI/body size surgery restrictions and fatphobia, discrimination and inaccessibility to due disability, lack of transportation and living in a rural area, experiences of “gatekeeping” by providers, barriers to obtaining referral letters for surgeries, and being a legal minor (age 18 or younger).

Figure 22. Unmet Need for Gender Affirming Medical Treatments among Transgender and Gender Diverse Participants, by Gender and Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021



Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Figure 23. Transgender and Gender Diverse Participants who Ever Accessed Gender-Affirming Hormone Therapy, PHSKC Pride Survey, Washington State, June 2021



Note: AFAB = assigned female at birth, AMAB = assigned male at birth

Figure 24. Transgender and Gender Diverse Participants who Ever Accessed Hormones Not Prescribed by a Doctor (e.g. through friends, or other non-licensed sources like the black market, dark web, streets), PHSKC Pride Survey, Washington State, June 2021

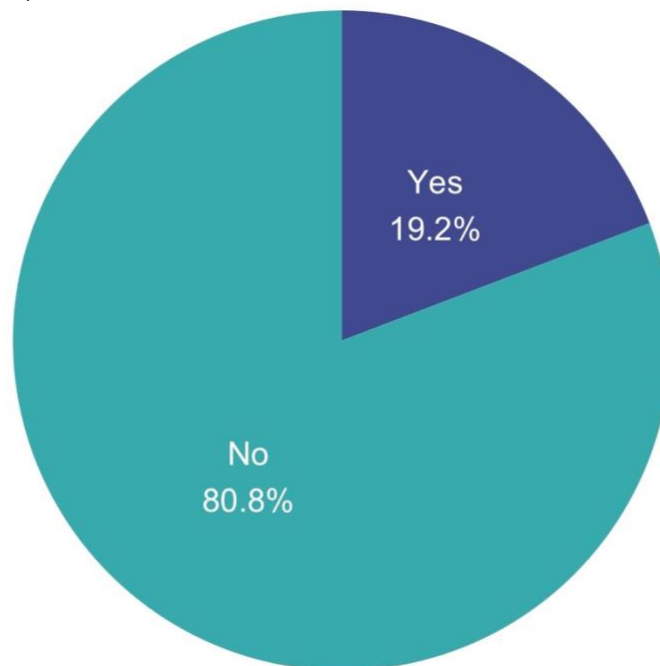


Table 4. Barriers to Initiating or Accessing Care among Transgender and Gender Diverse Participants who Want or Need Gender Affirming Medical Treatments, PHSKC Pride Survey, Washington State, June 2021

| Barriers to Accessing Gender Affirming Care in the Past Year | Proportion of Participants |
|--|----------------------------|
| Any Barrier | 69.0% |
| Financial Hardship | 39.4% |
| Lack of Medical Access | 27.9% |
| Lack of Knowledge or Resources | 37.4% |
| Lack of Facilities or Providers | 30.5% |
| Another Reason Not Listed: | 17.2% |
| <i>BMI or body size restrictions</i> | 1.4% |
| <i>COVID-19</i> | 2.6% |
| <i>Discrimination due to veteran status</i> | 0.6% |
| <i>Discrimination due to disability</i> | 1.1% |
| <i>Family</i> | 3.4% |
| <i>Fear of discrimination</i> | 0.3% |
| <i>“Gatekeeping” by providers</i> | 1.1% |
| <i>Insurance coverage issues</i> | 2.3% |
| <i>Lack of racial/ethnically diverse providers</i> | 0.3% |
| <i>Lack of transportation</i> | 1.1% |
| <i>Language barriers</i> | 0.3% |
| <i>Live in rural areas</i> | 0.6% |
| <i>Mental health (anxiety)</i> | 0.6% |
| <i>Not "out" as trans</i> | 0.6% |
| <i>Other health concerns</i> | 0.9% |
| <i>Pharmacy issues</i> | 0.3% |
| <i>Sports restrictions/requirements for trans athletes</i> | 0.3% |
| <i>Unable to obtain referral letters for surgeries</i> | 0.9% |
| <i>Unable to take time off work/school</i> | 0.9% |
| <i>Under 18 years old</i> | 1.1% |

Section 8. Health Care Experiences of Transgender and Gender Diverse People

Transgender, non-binary, genderqueer, and gender non-conforming participants were asked about their positive and negative health care experiences they ever occurred or occurred in the last year. Figure 25 shows the overall proportion who reported ever or recent experiences. Figure 26 shows the proportion of people who ever reported experiences stratified by gender identity. In general, transgender men and women were more likely to report ever having both positive and negative health care experiences compared to non-binary, genderqueer, and gender non-conforming people.

Many transgender, non-binary, genderqueer, and gender non-conforming participants reported positive health care experiences: 66% reported that their doctor/provider knew they were trans and treated them with respect in the past year, and 77% reported ever being treated with respect by a doctor/provider.

Most participants reported being misgendered (74% ever, 51% in the last year) or dead-named (60% ever, 37% in the last year) in a health care setting. Few participants have had a doctor/provider ask what terms or language they prefer to be used for their anatomy/body (37% ever, 27% in the last year); conversely, many participants reported that their doctor used terms or language to describe their body that they dislike or made them uncomfortable (44% ever, 22% in the last year).

Many (30%) participants reported ever being denied access to trans-related health care by a doctor/provider, and 10% reported being denied care in the last year. Notably, 19% of participants have ever been denied access to trans-related health care due to their body size, weight, or BMI, and this was highest among transgender men (25%) and non-binary, genderqueer, and gender non-conforming people assigned female at birth (19%). In addition, 17% reported ever being denied access to sexual or reproductive health care services or other forms of health care (such as a physical, or diabetes care) due to being transgender.

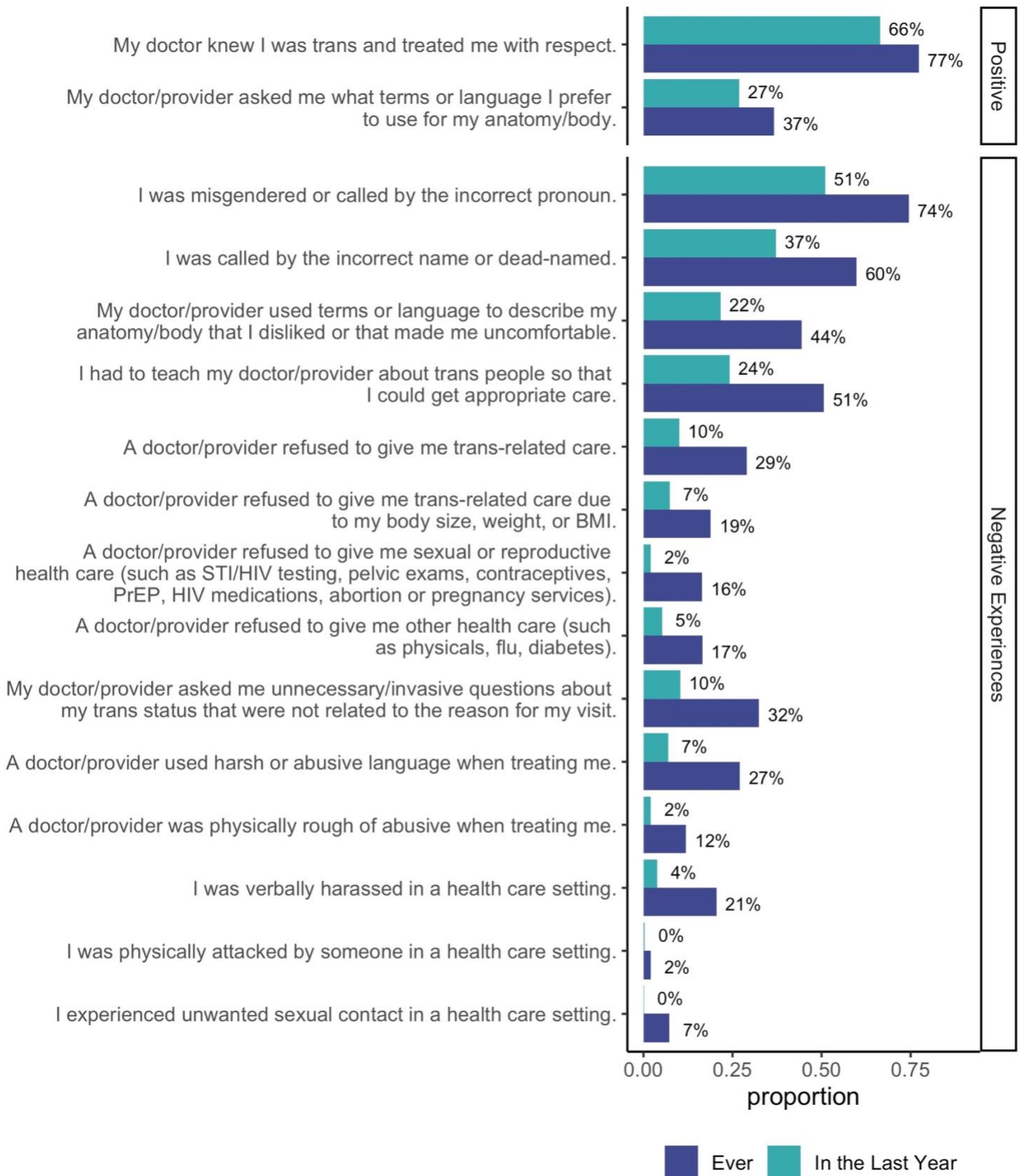
Many participants had to teach their doctor/provider about trans people to obtain appropriate care (51% ever, 24% in the last year) or were asked unnecessary/invasive questions about their trans status that were not related to the reason for their visit (32% ever, 10% in the last year). Lastly, 34% reported ever being physically or verbally mistreated or assaulted in a health care setting (9% in the last year). The most common of these experiences were being verbally (27% ever, 7% in the last year) or physically abused (12% ever, 2% in the last year) by a doctor/provider and being verbally harassed in a health care setting (21% ever, 4% in the last year). In addition, 2% of participants reported ever being physically assaulted and 7% reported ever being sexually assaulted in a health care setting. Transgender men and non-binary, genderqueer, and gender non-conforming people assigned female at birth were most likely to report unwanted sexual contact in a health care setting (10% and 9%).

54%
were
mispgendered or
dead-named in a
health care
setting in the last
year

19%
have ever been
denied access to
trans-related care
to due body size,
weight, or BMI

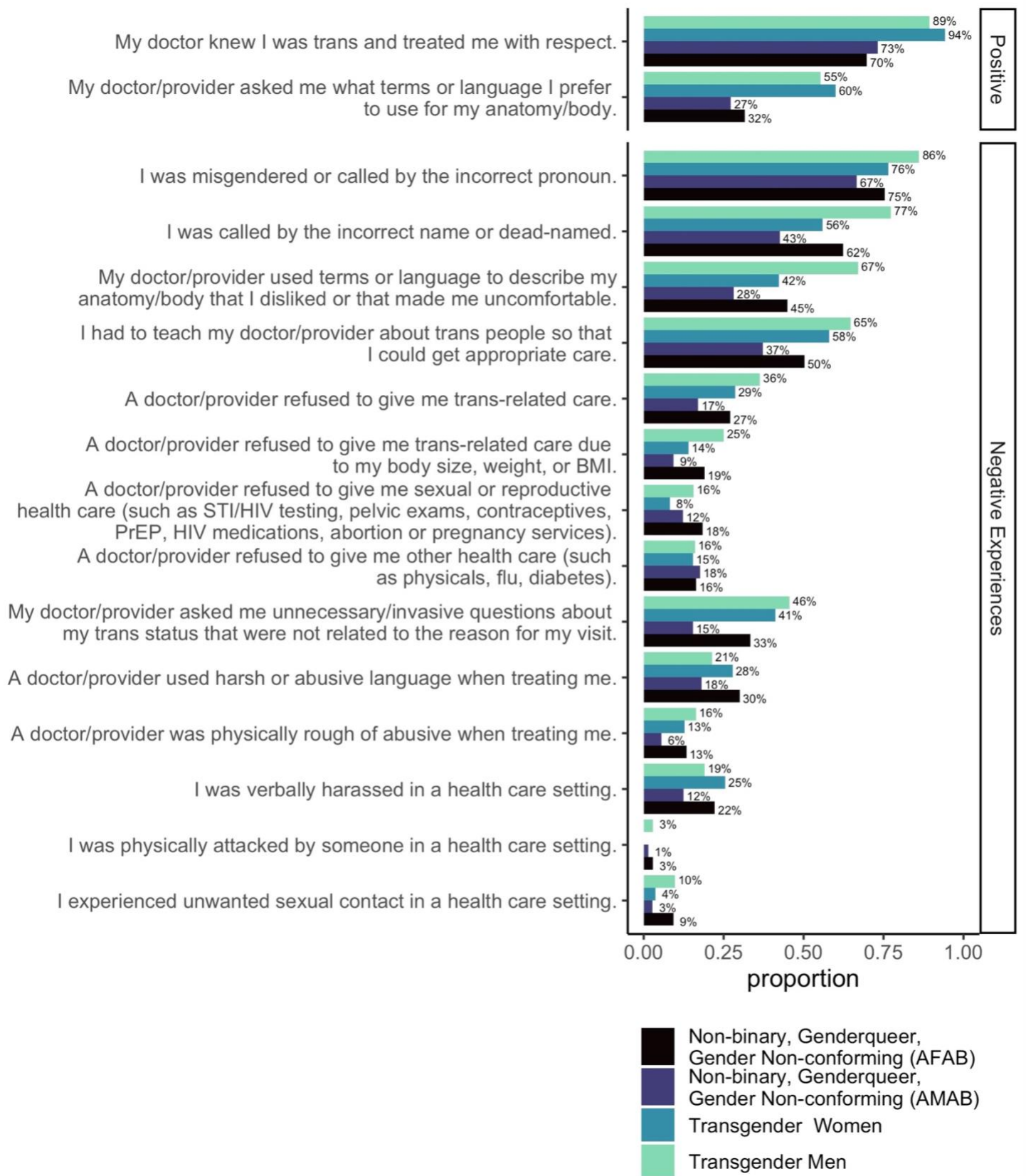
34%
have ever been
physically or
verbally
mistreated or
assaulted in a
health care
setting

Figure 25. Proportion of Transgender and Gender Diverse Participants who reported positive and negative health care experiences in the last year and ever, PHSKC Pride Survey, Washington State, June 2021



Note: This figure excludes participants who selected “N/A” to each question.

Figure 26. Proportion of Transgender and Gender Diverse Participants who ever reported positive and negative health care experiences, by Gender Identity, PHSKC Pride Survey, Washington State, June 2021



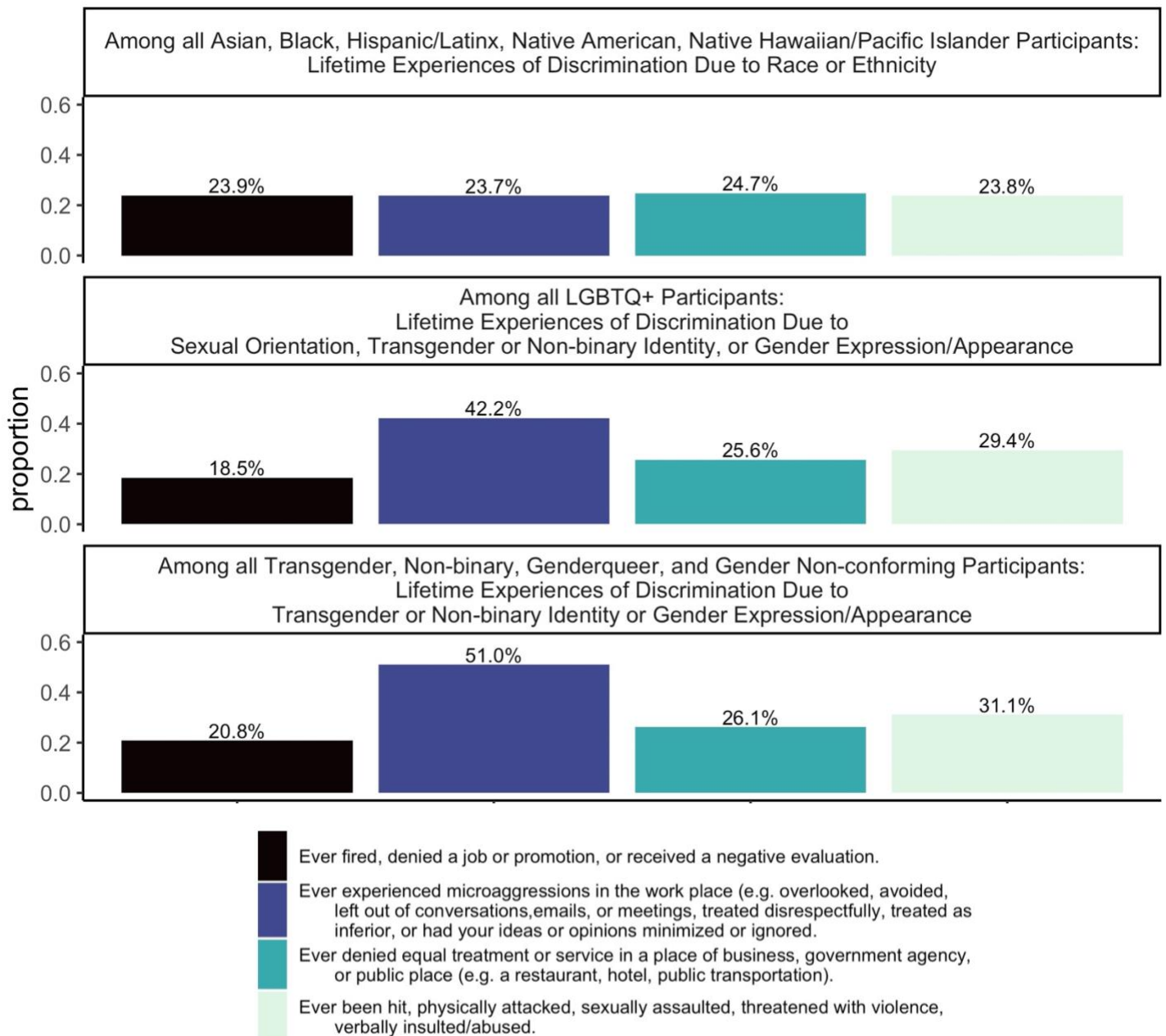
Note: This figure excludes participants who selected “N/A” to each question.

Section 9. Experiences of Discrimination

We asked participants about their lifetime and recent (past year) experiences of workplace discrimination, discrimination in a place of public accommodation, and verbal harassment or physical violence, and their perceived reasons for this discrimination. Overall, 58% of participants had ever experienced discrimination due to their LGBTQ+ identity, while 32% experienced any form of discrimination due to their LGBTQ+ identity in the last year.

58%
 ever experienced
 discrimination due
 to their LGBTQ+
 identity

Figure 27. Lifetime Experiences of Discrimination Among all LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021



Workplace Discrimination

Workplace discrimination for any reason was most common. Forty percent (40%) reported ever being fired, denied a job promotion, or receiving a negative evaluation (17% in the last year) for any reason, and 69% reported ever experiencing microaggressions in the workplace for any reason (e.g. overlooked, avoided, left out of conversations, emails, or meetings, treated disrespectfully, treated as inferior, or had your ideas or opinions minimized or ignored; 32% in the last year).

The most commonly reported reasons for being fired, denied a job promotion, or receiving a negative evaluation were: sexual orientation (33%), being a woman (25%), disability (21%), and physical appearance (e.g. weight, height) (20%), gender expression/appearance (18%), and age (17%). Among all LGBTQ+ participants, 19% ever experienced job discrimination specifically due to their LGBTQ+ identity. Among transgender and gender diverse participants, 21% ever experienced job discrimination due to being transgender or their gender expression/appearance. Among racial and ethnic minority participants, 24% ever experienced job discrimination due to their race/ethnicity.

The most commonly reported reasons for experiencing microaggressions in the workplace were: being a woman (44%), sexual orientation (43%), age (33%), gender expression/appearance (26%), and being transgender (21%). Among all LGBTQ+ participants, 42% reported ever experiencing microaggressions due to their LGBTQ+ identity. Among transgender and gender diverse participants, 51% ever reported experiencing microaggressions due to being transgender or their gender expression/appearance. Among racial and ethnic minority participants, 24% ever reported experiencing microaggressions due to their race/ethnicity.

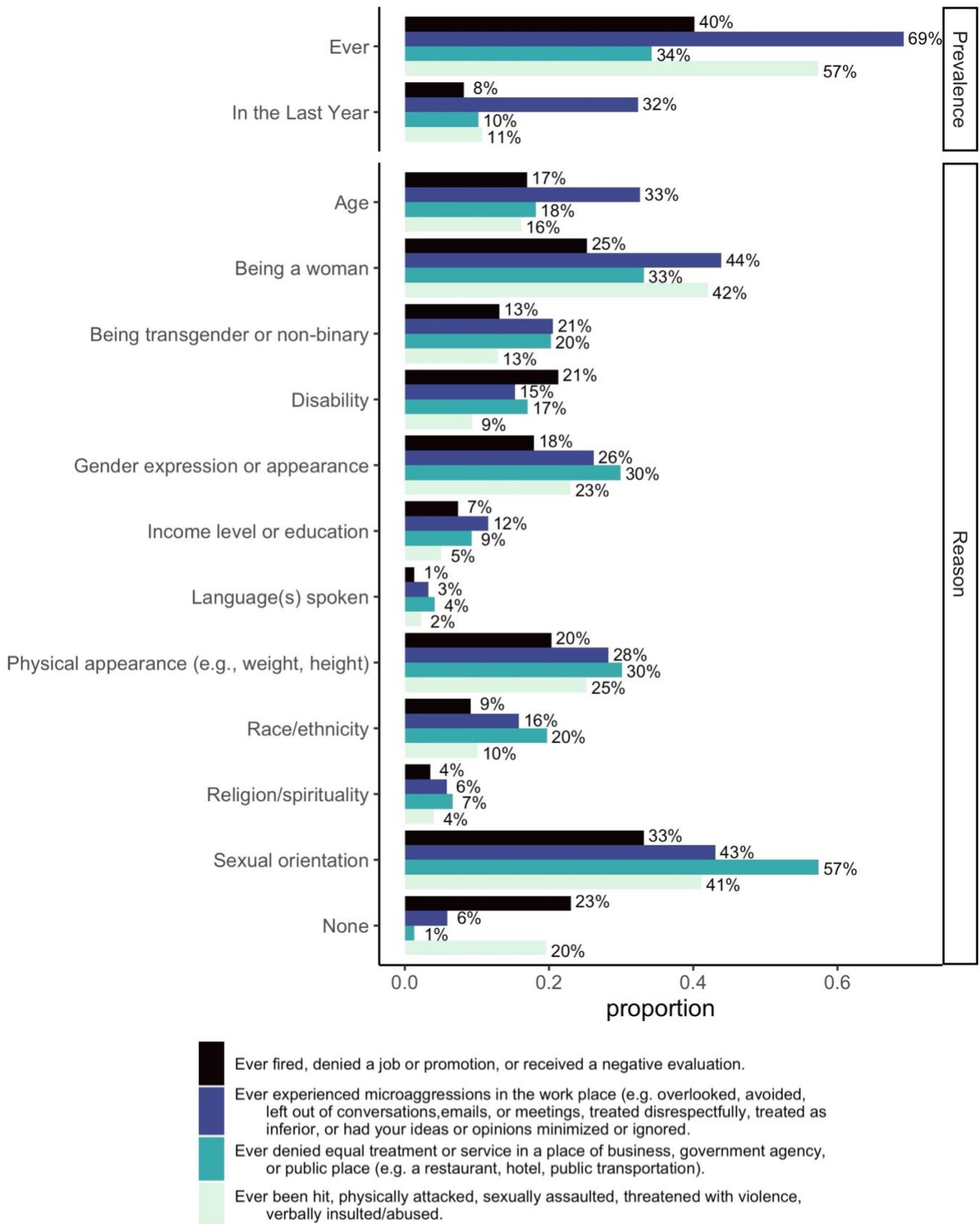
Discrimination in a Place of Public Accommodation

Overall, 34% reported ever being denied equal treatment or service in a place of business, government agency, or public place (e.g. a restaurant, hotel, public transportation) for any reason (18% in the last year). The most common reason were: sexual orientation (57%), being a woman (33%), gender expression/appearance (30%), and physical appearance (e.g. weight, height) (30%). Among all LGBTQ+ participants, 26% were ever denied equal treatment due to their LGBTQ+ identity. Among transgender and gender diverse participants, 26% were ever denied equal treatment due to being transgender or their gender expression/appearance. Among racial and ethnic minority participants, 25% were ever denied equal treatment due to their race/ethnicity.

Experiences of Verbal Harassment and Physical Violence

Overall, 57% reported ever being hit, physically attacked, sexually assaulted, threatened with violence, verbally insulted/abused for any reason (11% in the last year). The most common reasons were: being a woman (42%), sexual orientation (41%), physical appearance (e.g. weight, height) (25%), and gender expression/appearance (23%). Among all LGBTQ+ participants, 29% ever experienced harassment/violence due to their LGBTQ+ identity. Among transgender and gender diverse participants, 31% ever experienced harassment/violence due to being transgender or their gender expression/appearance. Among racial and ethnic minority participants, 24% ever experienced harassment/violence due to their race/ethnicity.

Figure 28. Prevalence of Lifetime and Recent Experiences of Discrimination and Self-Reported Reason among LGBTQ+ Participants, PHSKC Pride Survey, Washington State, June 2021



Section 10. Pride and Resilience

The majority of participants agreed or strongly agreed that their LGBTQ+ identity makes them feel special or unique (62%) and that they are proud to be a person who is LGBTQ+ (86%). Non-binary, genderqueer, and gender non-conforming people as well as Asian and Native Hawaiian/Pacific Islander participants were most likely to be proud of their LGBTQ+ identity (Table 5).

We also asked two questions about resilience. These questions are from the 2-item Connor-Davidson Resilience Scale (CD-RISC 2)⁴ and measure “adaptability” and “bounce-back”. The majority of participants agreed or strongly agreed that they are able to adapt to change (84%) and they tend to bounce back after illness or hardship (73%). Cisgender men and Black/African American participants were most likely to agree that they tend to “bounce back” after illness or hardship (Table 5).

86%
are proud to
be LGBTQ+

Figure 29. Measures of LGBTQ+ Pride among LGBTQ+ Participants, PHSK Pride Survey, Washington State, June 2021

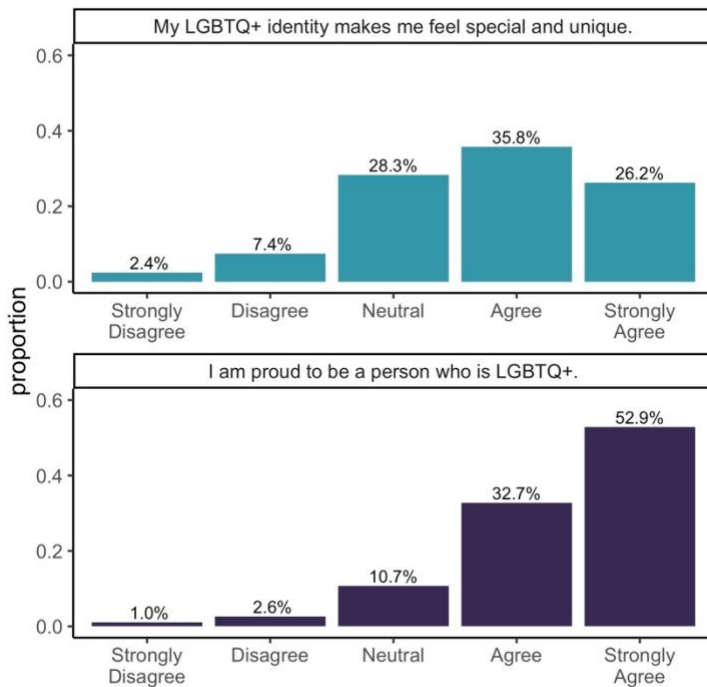
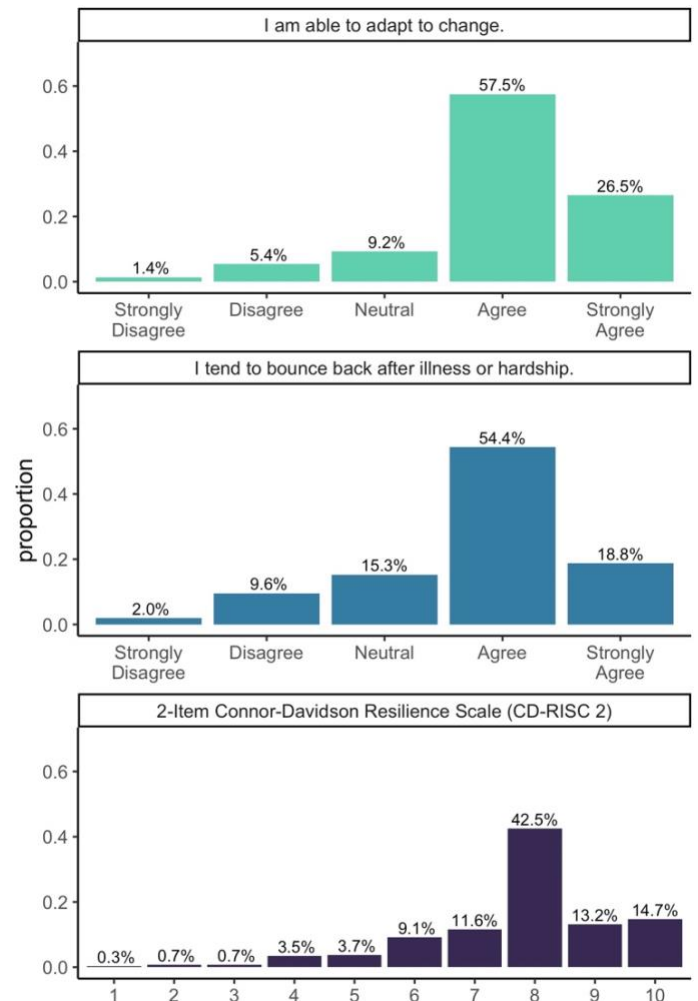


Figure 30. Measures of Resilience among LGBTQ+ Participants, PHSK Pride Survey, Washington State, June 2021



The 2-item Connor-Davidson Resilience Scale (CD-RISC 2)⁴ is obtained by adding the responses two questions displayed in Figure 30 (where 1 equals strongly disagree, and 5 equal strongly agree), so that the score ranges from 2 to 10. Overall, the CD-RISC 2 score for the pride survey participants had a mean of 7.78 (standard deviation [sd] of 1.6). This is nearly an entire point higher than what has been observed in national samples of the overall US population (mean 6.91, sd 1.5),⁵ suggesting that the LGBTQ+ community in WA has a higher resilience than the overall adult population in the US.

Table 5. Response to Pride and Resilience Questions among LGBTQ+ Participants, by Gender Identity and Race/Ethnicity, PHSKC Pride Survey, Washington State, June 2021

| | Percent Who Agree/Strongly Agree | | | | 2-Item Connor-Davidson Resilience Scale (CD-RISC 2) <i>mean (sd)</i> |
|--|---|---|------------------------------|---|---|
| | My LGBTQ+ identity makes me feel special and unique | I am proud to be a person who is LGBTQ+ | I am able to adapt to change | I tend to bounce back after illness or hardship | |
| Overall | 62.0% | 85.6% | 84.0% | 73.1% | 7.78 (1.6) |
| Gender Identity | | | | | |
| Cisgender Men | 62.6% | 84.5% | 88.2% | 80.4% | 7.99 (1.6) |
| Cisgender Women | 61.4% | 83.3% | 87.1% | 73.7% | 7.86 (1.5) |
| Transgender Men | 52.7% | 85.5% | 70.9% | 63.6% | 7.37 (1.9) |
| Transgender Women | 63.6% | 81.8% | 81.8% | 77.8% | 7.83 (1.5) |
| Non-binary, Genderqueer, Gender Non-conforming (AFAB) | 62.3% | 90.0% | 77.4% | 64.1% | 7.48 (1.7) |
| Non-binary, Genderqueer, Gender Non-conforming (AMAB) | 72.3% | 92.8% | 86.4% | 75.6% | 7.80 (1.7) |
| Race/Ethnicity | | | | | |
| Asian | 73.2% | 92.3% | 89.4% | 76.1% | 8.03 (1.3) |
| Black/African American | 68.9% | 88.6% | 86.7% | 81.8% | 8.27 (1.5) |
| Hispanic/Latinx | 54.3% | 80.8% | 83.6% | 70.0% | 7.53 (2.1) |
| Native American/Alaska Native | 53.8% | 87.7% | 81.5% | 69.2% | 7.89 (1.9) |
| Native Hawaiian/Pacific Islander | 83.3% | 94.4% | 88.9% | 66.7% | 7.89 (1.3) |
| White | 61.5% | 85.6% | 83.3% | 73.2% | 7.78 (1.6) |

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