



University of Brighton



Reducing health inequalities experienced by LGBTI people

What is your role as a health professional?

Lausanne June 2021

HEALTH₄LGBTI

REDUCING HEALTH INEQUALITIES EXPERIENCED BY LGBTI PEOPLE



University of Brighton



Development and evaluation of a training course for health professionals to improve attitudes, knowledge and skills in providing healthcare for LGBTI people

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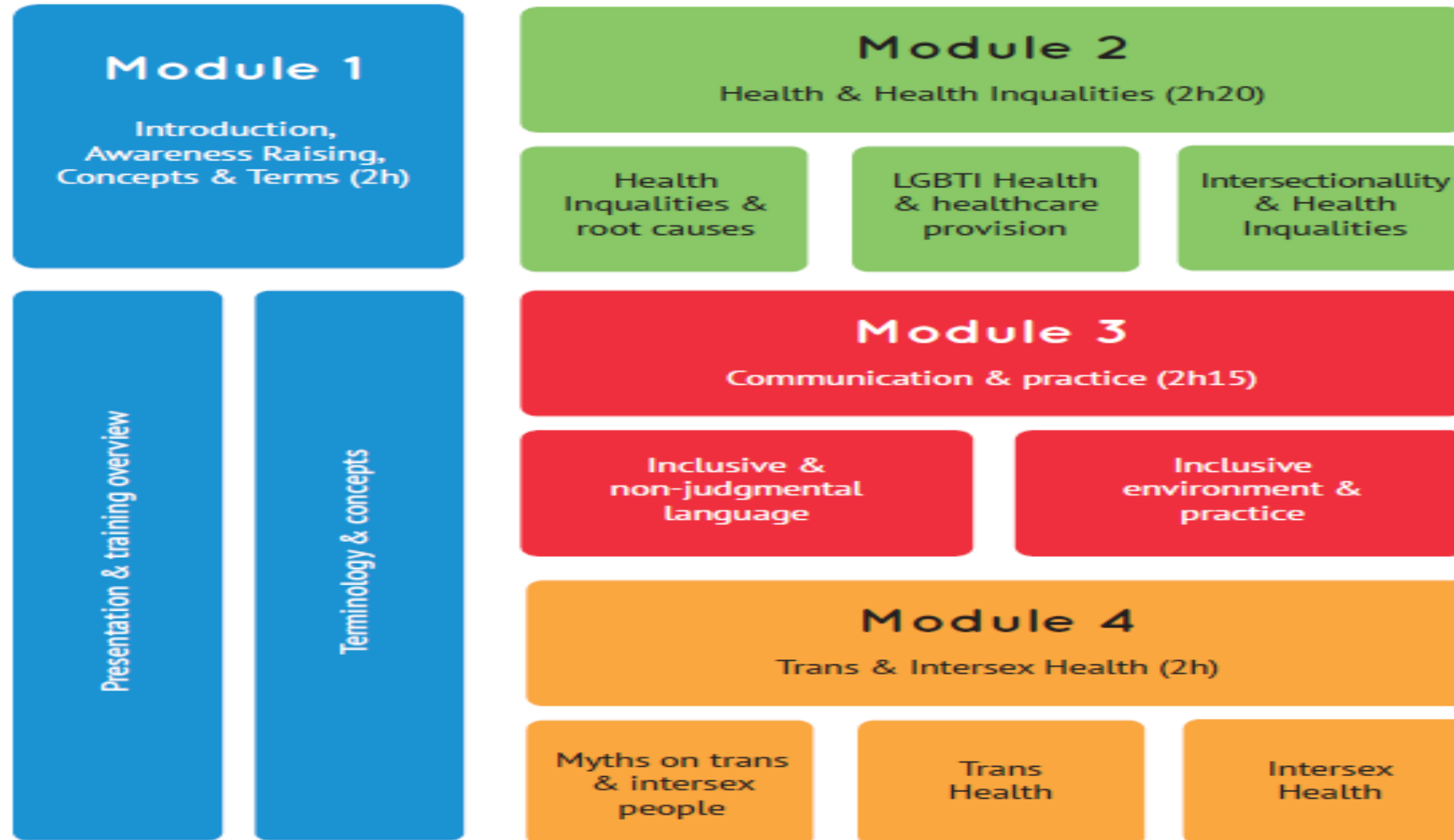
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HEALTH LGBTI

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Health4LGBTI

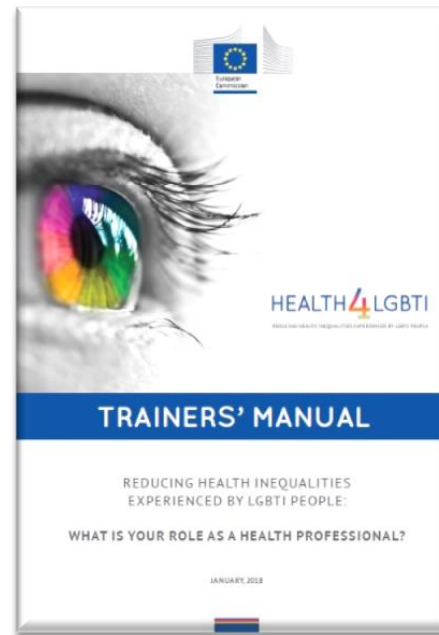
Training Programme



**The training programme with the trainers' manual is free
via the European Commission website here:**

TRAINERS' MANUAL

- ➔ Structure and contents of the training course
- ➔ Detailed description of the content of the training course (slides, training documents, training materials)
- ➔ Recommendations for managing a proper delivery of the training modules



**[http://ec.europa.eu/health/
social_determinants/project
s/ep_funded_projects_en.ht
m#fragment2](http://ec.europa.eu/health/social_determinants/projects/ep_funded_projects_en.htm#fragment2)**

Health4LGBTI research

Key questions informing the training

1. What are the health **inequalities** experienced by LGBTI people?
2. What are the **causes** of these inequalities?
3. What are the **barriers** faced by health professionals when providing care for LGBTI people; and the barriers LGBTI people face when accessing care?
4. How can these barriers be addressed?

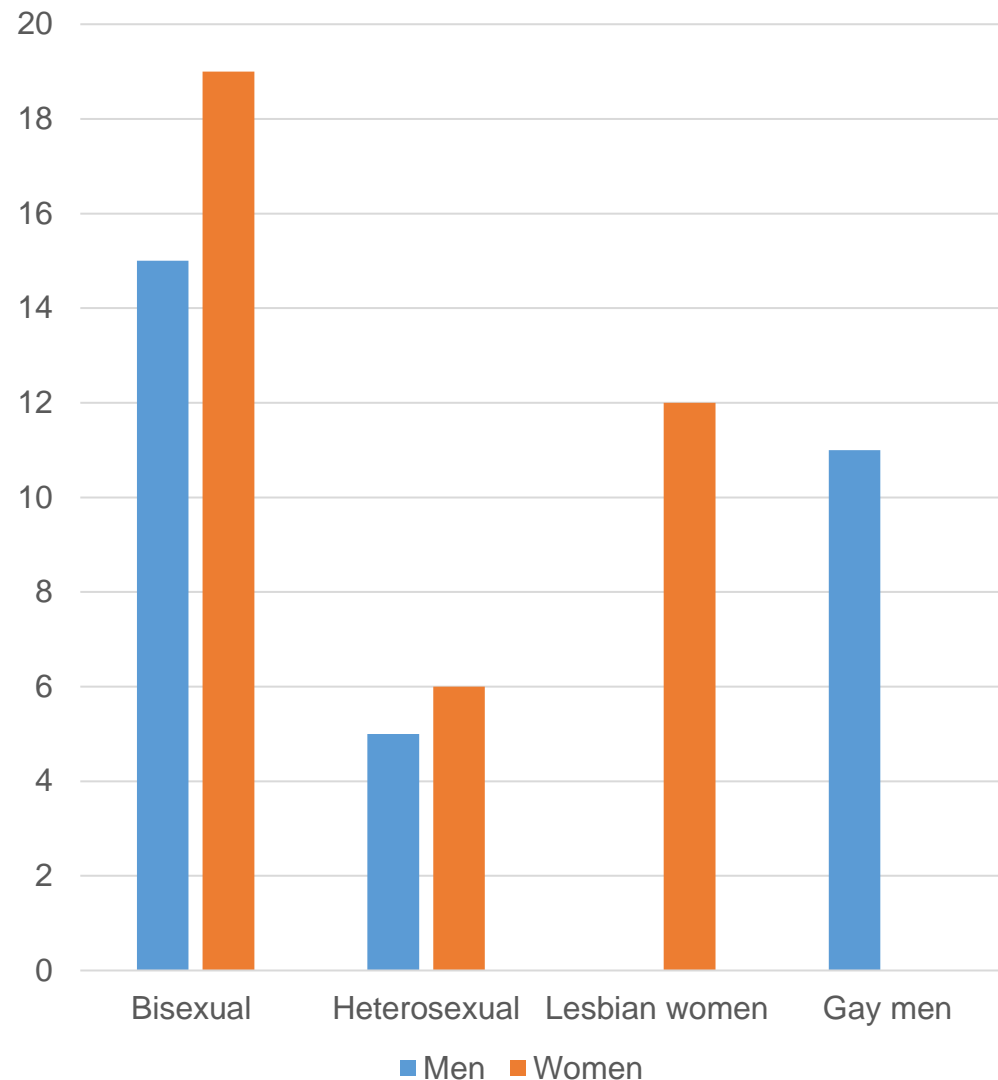
What are the health inequalities of LGBTI people?

Enduring emotional or psychological conditions

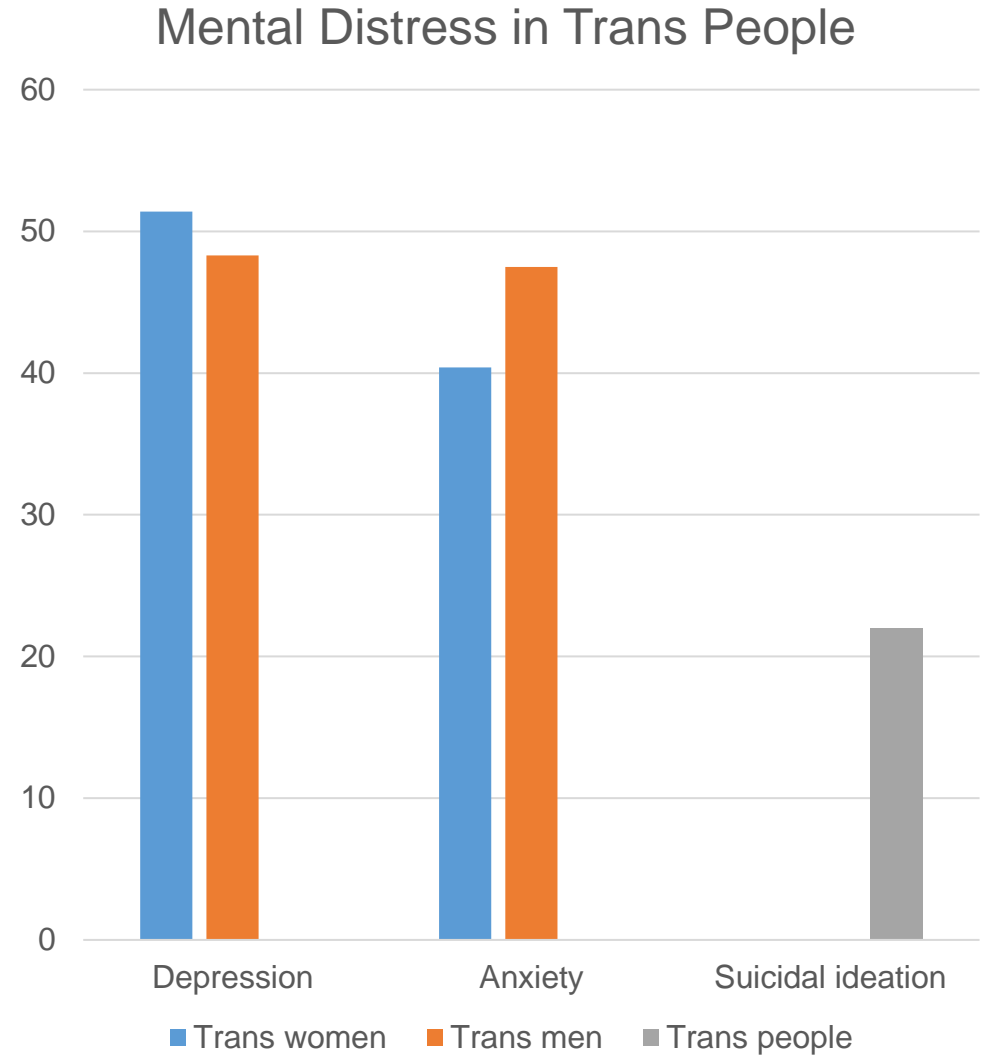
In a UK study of over 2 million people including 27,497 LGB people, 15% of bisexual men reported an enduring emotional or psychological condition and 18.8% bisexual women, compared to 12.3% lesbian women and 10.9% gay men.

For heterosexual women where 6% reported an enduring psychological or emotional condition and 5.2% of heterosexual men.

(Elliott et al 2015)



- Depressive symptoms in 51.4% of trans women; 48.3% of trans men (Budge *et al.*, 2013) with some estimates of depression as high as 64% (Reisner *et al.*, (2016).
- Anxiety in 40.4% for trans women; 47.5% for trans men (Budge *et al.*, 2013).
- Suicidal ideation and suicide attempts reported in 22-42% of trans people (Bauer *et al.*, 2014; Bailey *et al.*, 2014; Haas *et al.*, 2010).



Protective factors Trans people

Increased support from health professionals, family and friends;

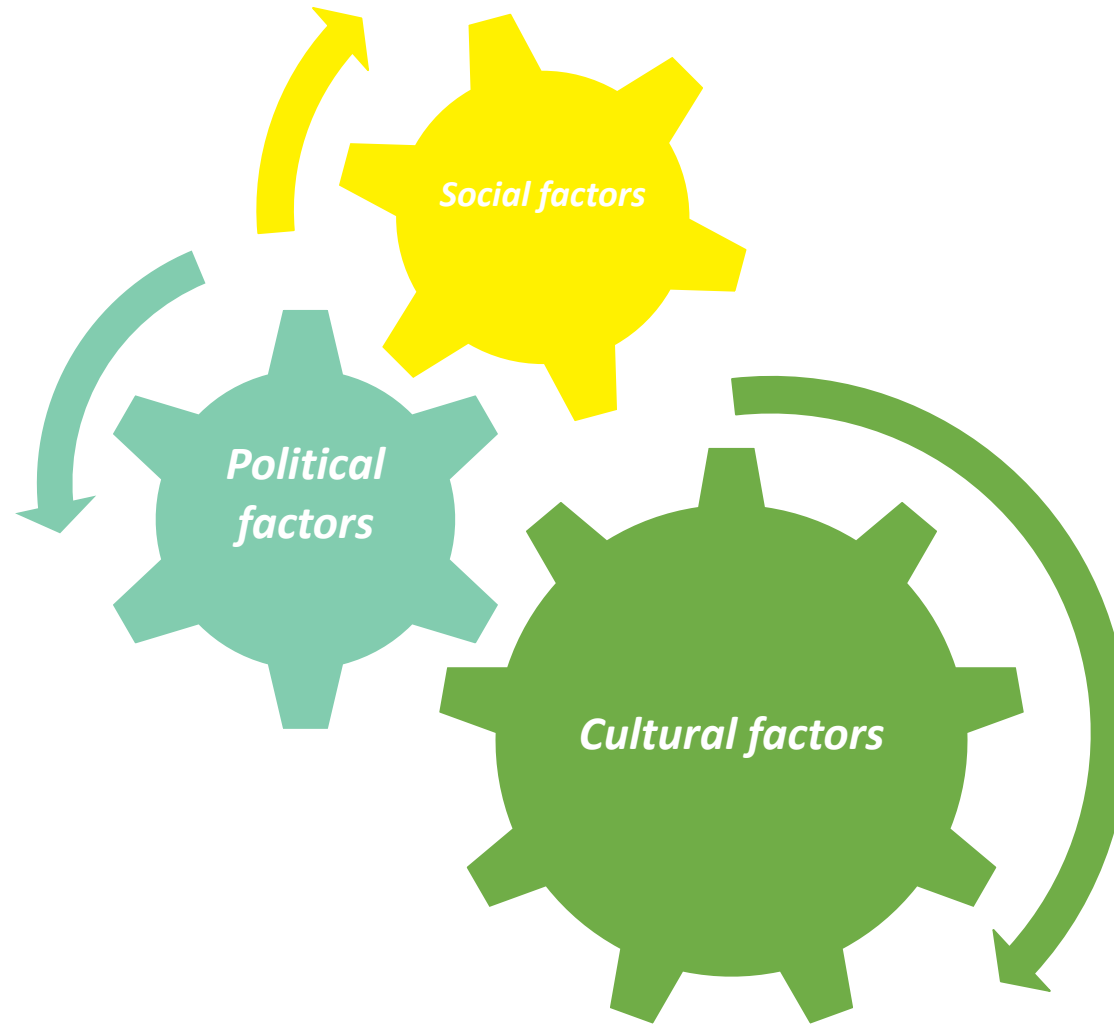
parental support for their gender identity;

reduced transphobia;

having personal identification documents changed to reflect the appropriate gender

(Bauer *et al.* 2015)

What are the causes of LGBTI health inequalities?



- ✓ Cultural and social norms
- ✓ Minority stress
- ✓ Victimisation
- ✓ Discrimination (individual and institutional)
- ✓ Stigma

Position and Privilege

**“When I access healthcare, my
sexual orientation, gender
identity is not relevant”**

**“When I access healthcare, I
am afraid to disclose my sexual
orientation or gender identity”**

**“When I seek healthcare, I go
where I know treatment and care
will be LGBTI inclusive and
friendly**

Diversity, equality and equity



Video

Vanessa goes to the Dr. ([8 min](#))

<https://www.youtube.com/watch?v=S3eDKf3PFRo>

Questions discussed during training

Consider the following

- What are the salient points that arise from the two healthcare encounters?
- What might constructive communication and inclusive care look like for Vanessa and the team?
- What are the considerations when using such a video or training materials?

References

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Reducing Health Inequalities Experienced by LGBTI People (Health4LGBTI)*

*The information and views set out in this presentation are those of the author(s) *Francesco Amadeo, Sophie Aujean, Kath Browne, Clizia Buniotto, Ruth Davis, Valeria Donisi, Francesco Farinella, Lorenzo Gios, Nick McGlynn, Massimo Mirandola, Anne Pierson, Nuno Pinto, Alex Pollard, Magdalena Rosinska, Juliette Sanchez-Lambert, Nigel Sherriff, Marta Niedźwiedzka-Stadnik, Karolina Zakrzewska, Laetitia Zeeman*, and do not necessarily reflect the official opinion of the Commission.

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A close-up, black and white photograph of a person's eye. The iris is replaced by a vibrant rainbow spectrum, with colors transitioning from purple at the top, through blue, green, yellow, and orange, to red at the bottom. The eyelashes are long and dark, and the surrounding skin is in soft focus.

**For further information,
references and project
reports see**

http://ec.europa.eu/health/social_determinants/projects/ep_funded_projects_en.htm#fragment2

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