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## **The Importance of Sexual Orientation and Gender Identity in Health Research**

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Sexual minority health is an emerging field and the health issues specific to lesbian, gay, bisexual, and transgender (LGBT) people are gaining increasing recognition. However, significant gaps in knowledge exist that warrant immediate study and consideration.

The Lesbian Health & Research Center (LHRC) at the University of California, San Francisco (UCSF) recognizes these gaps can be addressed by ensuring LGBT inclusion in demographic data gathered by researchers. Therefore, LHRC recommends *all* researchers collect sexual orientation and gender identity data as part of their research protocols. This briefing sheet provides background information regarding this recommendation as well as the basic tools necessary to expand data collection.

- The *American Medical Association*, *American Public Health Association*, and *National Coalition for LGBT Health* recommend that research include sexual orientation and gender identity as key demographic variables,<sup>1 2 3</sup> as research that assumes a heterosexual norm may not be generalizable to sexual and gender minorities.
- The emerging field of sexual minority health has been elaborated in a White Paper on LGBT health,<sup>4</sup> two special issues of the *American Journal of Public Health* (June 2001, June 2008), and a report by the *Institute of Medicine* on lesbian health.<sup>5</sup>
- Sexual orientation has been included in 10 of the 28 focus areas for Healthy People 2010. A companion document produced by the *Gay and Lesbian Medical Association* in collaboration with community health experts further explores the HP2010 issues relevant to LGBT people.<sup>6</sup>
- Several large national surveys now collect sexual identity data, including the National Health and Nutrition Examination Survey (NHANES), the Nurses Health Study II, and the National Alcohol Survey. Although the Behavioral Risk Factor Surveillance System (BRFSS) does not assess sexual orientation in its core questions, six states and three localities have collected sexual orientation data through their optional modules (CA, CT, MA, ND, OR, VT; San Francisco CA; New York, NY; and Fulton County, GA).<sup>7</sup>
- The California Health Interview Survey (CHIS), the largest state health survey in the US, now collects sexual orientation data.
- Despite increasing recognition of unique LGBT health issues, there is a lack of representative, population-based data that describes the full extent of LGBT people's health experiences. Much of the literature has focused on sexually transmitted diseases or HIV, especially in gay and bisexual men.<sup>8</sup>
- LGBT people face a number of health disparities compared to the majority, including experiencing reduced access to health care,<sup>9</sup> obtaining fewer cancer screenings,<sup>10 11</sup> greater tobacco use,<sup>12 13</sup> substance abuse,<sup>14 15</sup> obesity,<sup>16</sup> violence,<sup>17</sup> depression,<sup>18</sup> and suicide.<sup>19 20</sup> The magnitude of these health disparities warrants scientific attention.
- There are an estimated 8.8 million LGB adults in the US,<sup>21</sup> which is comparable to the population of North Carolina. This number is likely an under-estimate of sexual and gender minorities since it does not include youth or transgender people.
- The estimated LGBT proportion of the general population varies by location but is comparable to other minority groups, likely greater than Native Americans and Asians (<1% and 4% of the US population, respectively) but less than African-Americans (12%) and Hispanics (15%).<sup>22</sup>
- Response rates to sexual orientation and gender identity questions are good.<sup>23</sup> Inclusion of these items does not offend research participants and they have been shown to be no more likely to refuse to answer or to break off interviews than they have for other sociodemographic items. In the Women Physician's Health Study, non-response to sexual identity (3.6%) was comparable to non-response for alcohol consumption (3.1%) and gun ownership (3.1%); in contrast, 19.8% of respondents refused to answer personal income.<sup>24</sup>
- LGBT people may differ from the majority in other, positive ways. Recent research showed that same-sex couples reported greater relationship quality, compatibility, and intimacy and lower levels of conflict compared to their straight peers.<sup>25 26</sup>



### **Recommended Assessment Item**

Developed by Scout, PhD

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Given the US Census Bureau's successful use of a single "choose all" item to collect race and ethnicity data, the Lesbian Health & Research Center at UCSF recommends the following single item to assess both sexual orientation and gender identity via self-report. This item has undergone cognitive testing by the *National LGBT Tobacco Control Network* and is suitable for general population studies.<sup>27</sup>

**Do you consider yourself to be one or more of the following:**

**A) Straight (heterosexual)**

**B) Gay**

**C) Lesbian**

**D) Bisexual**

**E) Transgender**

***Don't Know***

***No answer***

***[If respondents pause, refuse, or don't know, also say: You can name a different category if that fits you better: \_\_\_\_\_]***

In face-to-face or telephone interviews, reading the letter that corresponds to each answer option allows respondents to answer by letter if they're reluctant to repeat the full answer.

#### *Caveats and Nuances*

This assessment item is recommended for general population research (i.e. non-LGBT) and is intended to differentiate sexual and gender minority sub-groups from majority groups. Analysis plans may vary depending on the research question and context.

The Lesbian Health & Research Center can provide assistance to researchers who seek to implement this item. Please contact us at: 415.502.5209 or [www.lesbianhealthinfo.org](http://www.lesbianhealthinfo.org)

## **Guidance on Inclusive Language**

The American Psychological Association's style guide includes a section entitled "Reducing Bias in Language" that provides guidelines and specifically discusses sexual orientation, race and ethnicity, age, and disabilities.<sup>28</sup> For more detailed information, please also consult the online APA guide "Avoiding Heterosexual Bias in Language." ([www.apastyle.org/sexuality.html](http://www.apastyle.org/sexuality.html))

## **Terminology**

- BISEXUAL**—a person who is attracted emotionally, romantically, and sexually to both women and men. This attraction may not be equally divided between men and women and could vary over time.
- GAY**—most often, a man who is attracted emotionally, romantically, and sexually to men. Sometimes it is used as an umbrella term to refer to both men and women who experience same sex attractions.
- GENDER EXPRESSION**—the outward manifestations of a person's gender identity, which could include actions and appearance.
- GENDER IDENTITY**—a person's deep, innate sense of themselves as male or female as well as their expression of feminine or masculine traits, regardless of their biological sex.
- HETEROSEXUAL**—a general term for people who experience opposite-sex attractions. Widely understood, it is often used interchangeably with "straight."
- HOMOSEXUAL**—a general term for people who experience same-sex attractions. It has fallen out of favor because of prejudicial connotations and its use is discouraged.
- LESBIAN**—a woman who is attracted emotionally, romantically, and sexually to women.
- LGBT**—an acronym for lesbian, gay, bisexual and transgender. It is often used as an umbrella term to include all sexual and gender minorities.
- SEXUAL MINORITY**—an umbrella term that includes lesbian, gay, bisexual and transgender people in contrast to a straight (heterosexual) majority.
- SEXUAL ORIENTATION**—Refers to the object of a person's emotional, romantic, and sexual attractions, for example to women, men, or both. Here, it is an umbrella term that includes both identity and behavior. Sexual orientation is distinct from a person's gender identity.
- STRAIGHT**—A commonly used colloquial term for heterosexual persons.
- TRANSGENDER**—An umbrella term used to describe a person whose gender identity and expression are not congruent with their perceived biological sex. Transgender people may identify as male, female, both, or something else. It includes people who pursue medical interventions like hormones or surgery as well as those who do not.

## **Further Reading: LGBT Health**

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