

# The Health of the Hudson Valley LGBT Community

A Report from the 2015 NY State LGBT Health and Human Services Needs Assessment

## HIGHLIGHTS

- More than one quarter of respondents from the Hudson Valley region reported frequent mental distress.
- Respondents from the Hudson Valley region were most likely to identify not enough psychological support groups for LGBT people as a barrier to accessing health care services.

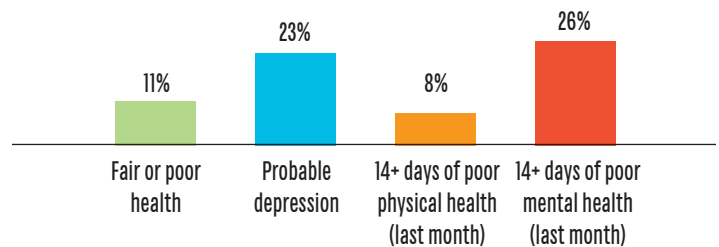
## Background

The Hudson Valley region includes Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester counties. The total population of this region is 2.3 million.<sup>1</sup> There are five members of the LGBT Health & Human Services (HHS) Network and/or AIDS Institute LGBT HHS Initiative grantees based in this region, Center Lane and Westchester Jewish Community Services, Hudson Valley LGBTQ Community Center, The LOFT at LGBT Community Services Center and Youth Pride Initiative at Community Awareness Network for a Drug-Free Life and Environment, Inc. (CANDLE). Three hundred and thirty six people responded to the New York State LGBT needs assessment from the Hudson Valley region. More than three quarters (78%) had been to an LGBT center in the last year, while about one in four (24%) visited at least once a month.

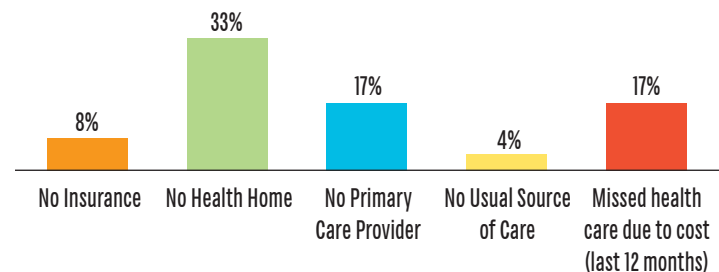
## Current Health Status, Access, and Barriers to Care

Eleven percent of respondents were in “fair” or “poor” health, while about one in four (26%) had frequent mental distress (14+ days of poor mental health in the past month). While just eight percent had no insurance, more than twice as many (17%) could not access needed health care in the last 12 months because of cost. Among the barriers to health care services measured in the survey, respondents most frequently selected the following as “some-what” or “major” problems: not enough psychological support groups (33%), personal financial resources (32%), not enough health professionals who are trained and competent with the LGBT community (31%), community fear or dislike of LGBT people (28%) and long distances to LGBT-sensitive facilities (24%).

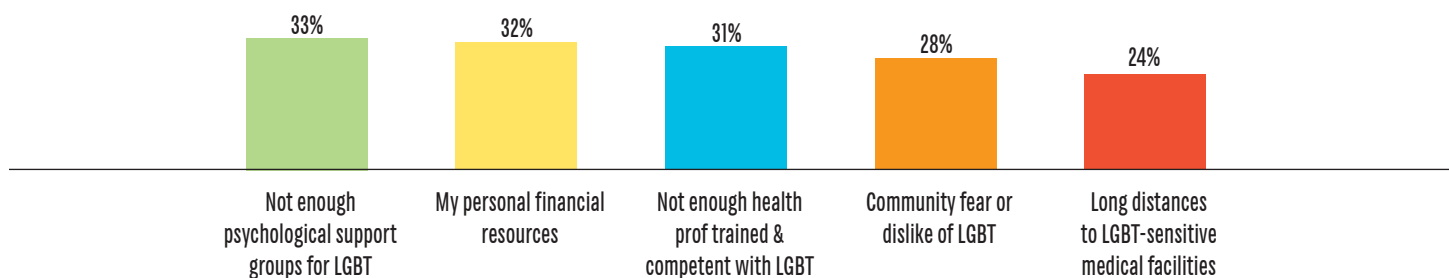
### Health Status



### Health Access

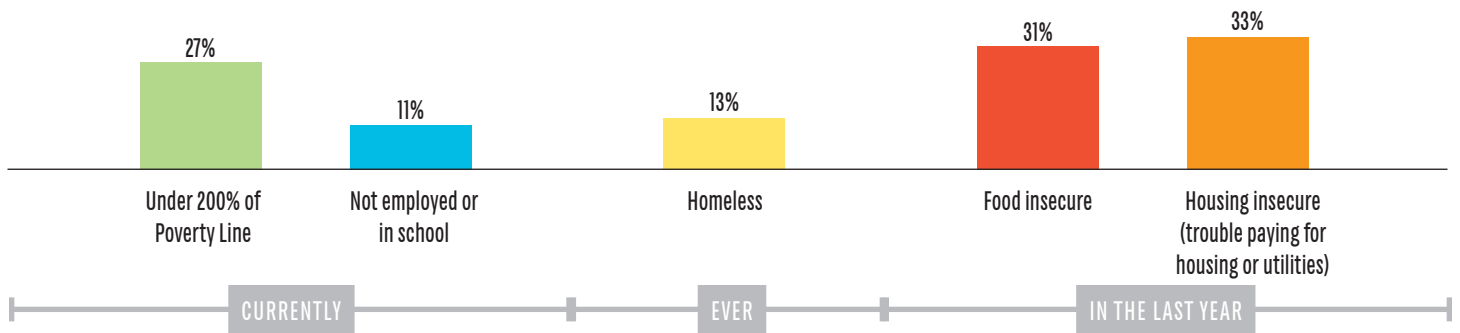


### Barriers to Care



**Works Cited** 1. National Center for Health Statistics Population Data. Department of Health, Information for a Healthy New York. Total Population. 2012 data as of July, 2014. Available at [www.health.ny.gov/statistics/chac/general/g96.htm](http://www.health.ny.gov/statistics/chac/general/g96.htm). Accessed October 12, 2015.

## Economic Vulnerabilities



### Economic Status and Vulnerabilities

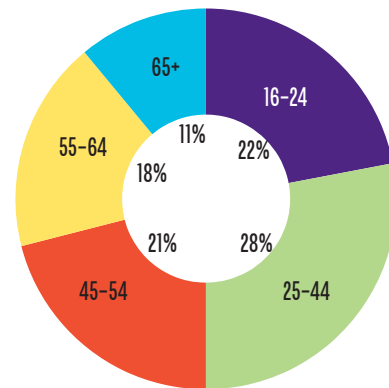
Nearly one in three (27%) reported annual incomes under 200% of the poverty line. Over two thirds (67%) were employed full or part time, one in five (22%) were students and just over one in ten (11%) were neither employed nor in school (and not retired). About one in six (13%) had been homeless at some point in their lives. Nearly one in three (31%) were food insecure and one third (33%) were housing insecure. About one in five (22%) had accessed public benefits in the last year.

### Demographics

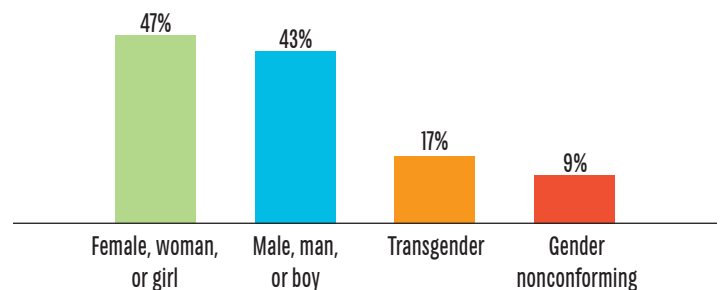
Just over one in five (21%) of those who took the survey identified as transgender or gender nonconforming (respondents could identify as more than one gender). Just over two in five (43%) identified as gay, 26% as lesbian and 19% as bisexual. Fourteen percent reported having a disability.

Eighty three percent identified as white and 23% as people of color (respondents could select more than one race). Just over one in ten (11%) identified as Hispanic or Latino/a and nine percent as Black or African American. Nine percent were multiracial. Other racial and ethnic categories were too small to analyze. A total of 58% had a college degree or higher. Six percent had served in the military.

### Age (in years)



### Gender Identity



**Methods** This fact sheet is part of a larger project to assess the health and human service experiences and needs of LGBT people in New York State. Data sources include (1) 22 focus groups with over 150 people, conducted from November 2014 to April 2015 (2) an online convenience sample survey of 3,792 LGBT people who live, work or receive services in New York State, conducted June to August 2015 and (3) analyses of population based secondary data. The survey was available in English and Spanish. Qualtrics software was used for data collection. Data were analyzed using STATA, a statistical program commonly used by social scientists. In order to preserve confidentiality, data are not shown if there were five or fewer respondents in the numerator and/or 20 or fewer respondents in the denominator. For fact sheets on other topics, a full report on methodology and a final report from the data, please visit [gaycenter.org/thenetwork#reports](http://gaycenter.org/thenetwork#reports).