

Examining Health Inequities Among Sexual and Gender Minority Older Adults

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Advancing Equity in Diagnostic Excellence to Reduce Health Disparities:
National Academies

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SGM Older Adults and Health Disparities

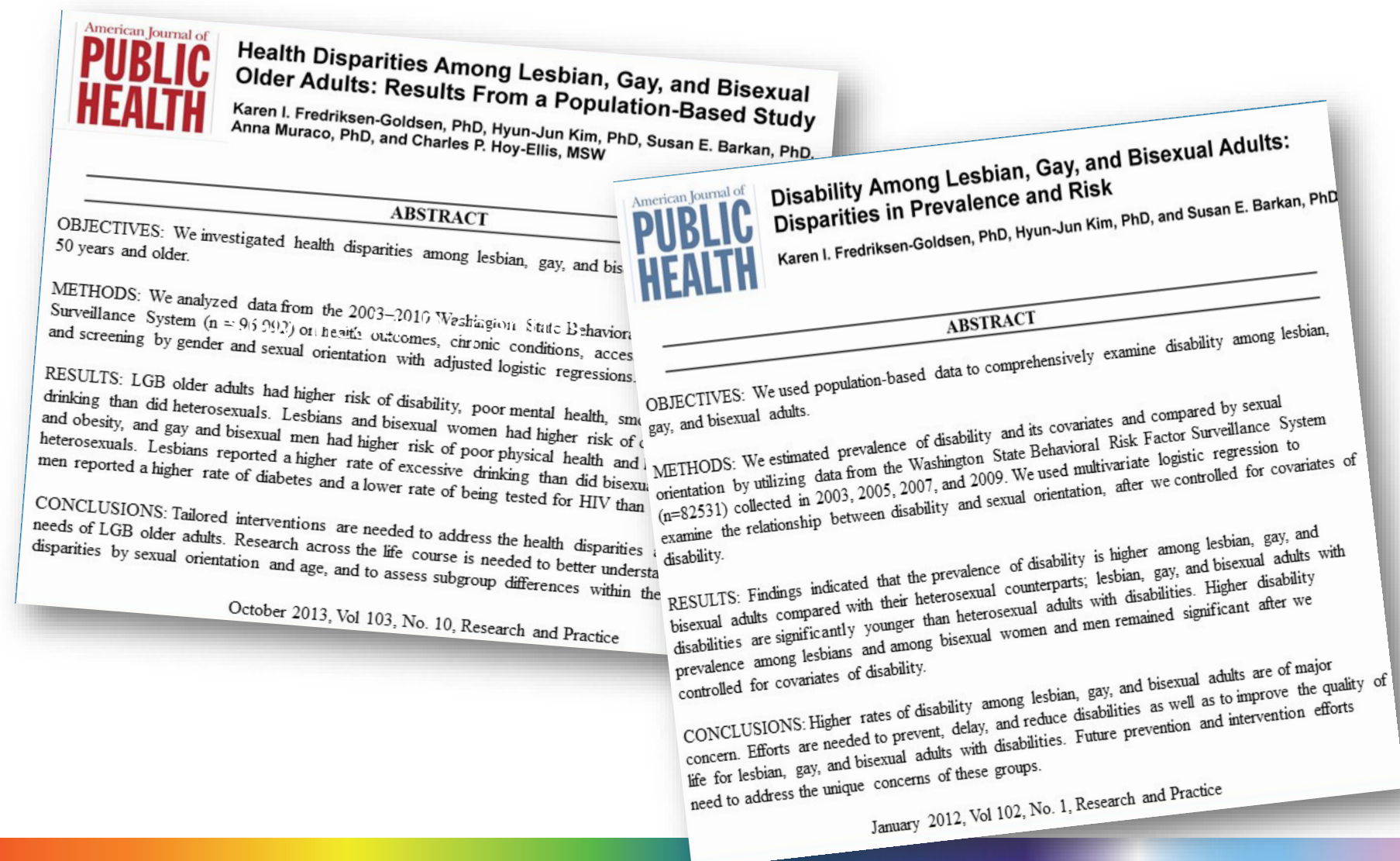


Table 1. Chronic Conditions and Health Disparities by Sexual Orientation and Gender: Age 50 and Older, National Health Interview Survey, (2013-2014)

Health indicators	Women	Men
	LB vs. Heterosexual (ref) AOR ^c (95% CI)	GB vs. Heterosexual (ref) AOR ^c (95% CI)
Chronic Conditions		
Stroke	2.12*** (1.57, 2.87)	0.56 (0.27, 1.17)
Heart Attack	2.28*** (1.58, 3.29)	1.08 (0.83, 1.40)
Angina Pectoris	1.29 (0.88, 1.90)	1.69** (1.21, 2.35)
High Blood Pressure	0.88 (0.74, 1.04)	0.94 (0.80, 1.10)
COPD	1.08 (0.83, 1.41)	1.06 (0.71, 1.57)
Asthma	1.28** (1.12, 1.53)	1.06 (0.77, 1.44)
Arthritis	1.57*** (1.32, 1.88)	0.84 (0.71, 1.01)
Low Back/Neck Pain	1.78*** (1.46, 2.17)	1.21* (1.04, 1.41)
Diabetes	0.77* (0.63, 0.96)	0.85 (0.68, 1.07)
Obesity	1.18 (0.98, 1.41)	0.67*** (0.55, 0.80)
Cancer	1.07 (0.88, 1.30)	1.41*** (1.17, 1.69)
Weakened Immune System	1.69** (1.16, 2.46)	3.16*** (2.25, 4.43)
General Health, Poor	1.75*** (1.36, 2.24)	1.18 (0.94, 1.47)
Disability	1.57*** (1.32, 1.87)	1.46*** (1.22, 1.75)
Cognitive impairment	1.83** (1.25, 2.68)	1.18 (0.94, 1.47)
Limitations in ADL	0.34*** (0.20, 0.59)	2.64*** (1.82, 3.82)
Limitations in IADL	1.30 (0.93, 1.82)	1.87** (1.31, 2.66)
Mental Distress	1.33** (1.08, 1.63)	1.64*** (1.29, 2.08)

Fredriksen-Goldsen, K. I., Kim, H. J., Shui, C., & Bryan, A. E. (2017). Chronic health conditions and key health indicators among lesbian, gay, and bisexual older US adults, 2013–2014. *American Journal of Public Health*, 107(8), 1332–1338.

Aging with Pride: National Health, Aging, and Sexuality/Gender Study (NHAS)

- 2,450 SGM adults (birth year ≤ 1964)
- Dual sampling frame
 - 17 organizations across all U.S. census divisions
 - Social network clustering of subgroups
- Stratification: sex, gender, age, race/ethnicity, region
- Survey, in-person assessment and biological markers
- Two-step post-survey adjustment (Lee & Valliant, 2009)
- Five time points: 2014, 2016, 2018, 2020, 2022
- High retention rates: 94% 2016, 88% 2018, 85% 2020



Health Equity Promotion Model (HEPM)

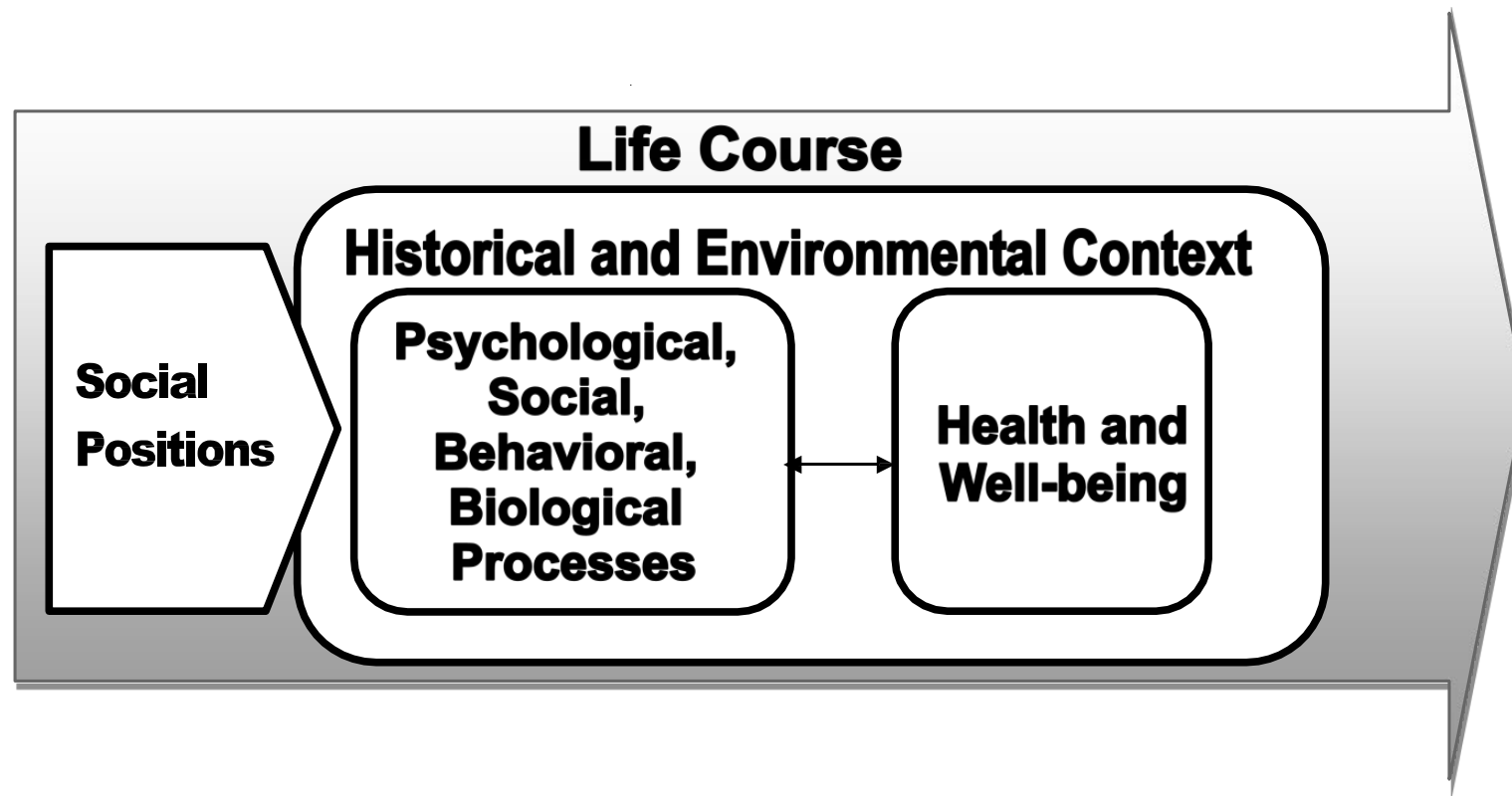


Table 2. Unweighted and Weighted Demographic Characteristics Compared to Estimates from NHIS, HRS, and ACS

	Lesbian, gay, and bisexual adults aged 50 and older			Adults aged 50 and older and living with same-sex partner				
	Aging with Pride: NHAS (n = 2450)		NHIS (n = 632)	Aging with Pride: NHAS (n = 778)		HRS (n = 140)	NHIS (n = 147)	ACS (n = 4134)
	unweighted % (n)	weighted % (SE)	weighted % (SE)	unweighted % (n)	weighted % (SE)	weighted % (SE)	weighted % (SE)	weighted % (SE)
Sexual Identity								
Lesbian or Gay	85.97 (2,102)	72.26 (1.62)	71.56 (2.56)	95.37 (742)	89.15 (1.99)	--	85.23 (4.09)	--
Bisexual/Others	14.03 (343)	27.74 (1.62)	28.44 (2.56)	4.63 (36)	10.85 (1.99)	--	14.77 (4.09)	--
Sex								
Female	41.74 (995)	46.13 (1.69)	48.79 (2.91)	49.10 (382)	51.05 (2.86)	45.55 (2.32)	58.47 (5.33)	49.97 (2.26)
Male	58.26 (1389)	53.87 (1.69)	51.21 (2.91)	50.90 (396)	48.95 (2.86)	54.45 (2.32)	41.53 (5.33)	50.03 (2.26)
Age Group								
50-64	44.53 (1092)	70.18 (1.35)	74.93 (2.50)	48.59 (378)	72.79 (2.20)	79.59 (3.83)	84.12 (3.63)	69.22 (1.68)
65+	55.47 (1358)	29.82 (1.35)	25.07 (2.50)	51.41 (400)	27.21 (2.20)	20.41 (3.83)	15.88 (3.63)	30.78 (1.68)
Race								
White	81.96 (1,995)	82.30 (1.33)	87.16 (1.52)	86.69 (671)	88.20 (2.14)	84.61 (3.51)	96.20 (1.12)	88.47 (0.91)
Black	9.29 (226)	9.59 (1.03)	9.23 (1.28)	6.85 (53)	4.86 (1.49)	4.96 (1.83)	3.45 (1.08)	5.42 (0.49)
Others	8.75 (213)	8.11 (0.97)	3.50 (0.9)	6.46 (50)	6.94 (1.66)	10.42 (3.08)	0.34 (0.30)	6.10 (0.78)
Ethnicity, Hispanic	6.91 (168)	9.05 (1.04)	9.27 (1.84)	3.87 (30)	7.27 (1.88)	8.53 (2.76)	10.40 (4.1)	7.52 (0.58)

Fredriksen-Goldsen, K. I. & Kim, H.-J. (2017). The science of conducting research with LGBT older adults – An introduction to Aging with Pride: National Health, Aging, and Sexuality/Gender Study (NHAS). *The Gerontologist*, 57(S1), S1-S14.

Access and Quality of Care Disparities

- Access and barriers to care
- Utilization
- Quality of care
- Multidimensional approach
 - Patient factors
 - Provider factors
 - System/structural factors

Table 3. Patient Factors, SGM Health Literacy and Help-Seeking

		Sexual identity					Gender identity			Gender			
	Total	Gay	Lesbian	Bisexual	Diverse	F	Trans	Cis	F	Women	Men	Non-Binary	F
Health literacy, <i>M (SE)</i>	3.06 (.02)	3.11 (.03)	3.08 (.03)	3.02 (.05)	2.93 (.07)*	2.2	2.89 (.06)**	3.10 (.02)	11.3***	3.06 (.03)	3.09 (.03)	2.83 (.08)**	4.5*
Help-seeking, % (CI)													
Obtain	82.5 (79.8,85.0)	83.8 (79.8,87.1)	82.4 (77.5,86.4)	85.2 (77.5,90.6)	74.0* (62.8,82.8)	1.5	74.5* (65.4,81.8)	84.2 (81.4,86.6)	6.1*	82.0 (77.6,85.7)	85.1 (81.6,88.0)	64.6* (47.5,78.6)	4.6**
Comfort	85.4 (82.7,87.8)	88.3 (84.5,91.3)	85.2 (80.1,89.1)	84.5 (76.2,90.2)	77.9* (66.7,86.1)	1.9	79.3* (70.4,86.0)	86.8 (84.0,89.2)	4.1*	83.9 (79.2,87.6)	88.4 (84.9,91.1)	73.0 (56.7,84.8)	4.0*
Confidence	78.2 (75.2,80.9)	75.7 (71.1,86.3)	82.3* (77.5,86.3)	78.6 (70.0,85.2)	75.4 (63.9,84.1)	1.5	74.5 (65.3,82.0)	78.8 (75.6,81.6)	1.0	81.8 (77.4,85.5)	75.9* (71.7,79.6)	72.8 (55.1,85.3)	2.3

****p* < .001, ***p* < .01, **p* < .05.

Table 4. SGM Health Support Available by Confidante in Network

		Sexual identity					Gender identity			Gender			
	Total	Gay	Lesbian	Bisexual	Diverse	X ² or F	Trans	Cis	X ² or F	Women	Men	Non-Binary	X ² or F
No health support, % (CI)	6.7 (4.4,10.1)	7.1 (3.9, 12.3)	3.8 (1.4, 9.8)	8.3 (2.7, 22.9)	12.5 (3.1, 38.7)	2.5	5.6 (0.8,30.8)	6.8 (4.4,10.3)	0.04	5.0 (2.3, 10.7)	7.5 (4.5,12.3)	0.0	1.1
# of health supports, M (SE)	2.51 (.08)	2.43 (.12)	2.77 (.13)	2.47 (.22)	1.81 (.31)	2.8*	2.39 (.35)	2.51 (.08)	0.1	2.69 (.12)	2.41 (.10)	2.20 (.73)	1.6
Likelihood to use support confidante, M (SE)	2.48 (.03)	2.48 (.04)	2.58 (.04)	2.35 (.08)	2.21 (.15)*	4.8**	2.50 (.13)	2.48 (.03)	0.02	2.55 (.04)	2.45 (.03)	2.38 (.21)	1.9

***p < .001, **p < .01, *p < .05.

Table 5. Provider-Patient Relationship and SGM Adverse Experiences in Care

		Sexual identity					Gender identity			Gender			
% (CI)	Total	Gay	Lesbian	Bisexual	Diverse	X ² or F	Trans	Cis	X ² or F	Women	Men	Non-Binary	X ² or F
Understanding	87.3 (84.7,89.5)	89.9 (86.2,92.7)	85.7 (80.8,89.6)	88.5 (71.3,88.8)	81.6* (71.3,88.8)	1.7	84.7 (76.4,90.4)	87.8 (85.0,90.1)	0.8	85.8 (81.5,89.3)	89.4 (86.1,92.)	83.3 (67.4,92.3)	1.4
Time Spent	76.6 (73.6,79.3)	80.5 (76.4,84.1)	75.2 (69.7,80.0)	73.1 (64.0,80.6)	73.0 (62.5,81.4)	1.7	73.1 (64.0,80.6)	77.3 (74.2,80.2)	0.9	74.1 (69.2,78.5)	80.2* (76.5,83.5)	62.8 (46.0,77.0)	4.2*
Trust	61.1 (57.8,64.3)	68.2 (63.6,72.6)	58.2** (52.4,63.8)	56.4* (47.2,65.2)	53.8* (42.5,64.6)	4.1**	55.9 (46.3,65.1)	62.2 (58.7,65.5)	1.5	56.9 (51.7,61.9)	67.1** (62.7,71.1)	42.8 (27.8,59.2)	7.2***
Disrespect	14.4 (12.1,17.0)	10.1 (7.5,13.5)	15.1 (11.4,19.8)	16.4 (10.4,24.9)	24.6** (16.2,35.5)	4.1**	22.4** (15.4,31.4)	12.7 (10.5,15.4)	6.9**	16.9 (13.2,21.4)	10.9* (8.4,14.0)	26.5 (14.5,43.5)	5.1**
Unfair treatment	7.4 (5.8,9.4)	7.8 (5.5,10.9)	5.1 (3.1,8.3)	10.6 (5.9,18.4)	7.9 (3.8,15.5)	1.3	7.0 (3.6,13.2)	7.5 (5.7,9.7)	0.03	6.8 (4.5,10.1)	8.3 (6.1,11.2)	5.1 (1.3,18.5)	0.5
Care Denied, 12 months	8.7 (6.8,11.0)	8.1 (5.6,11.8)	3.7* (2.0,6.6)	14.2 (8.7,22.4)	15.1 (8.9,24.6)	5.5**	25.7*** (18.3,34.9)	5.2 (3.8,7.2)	51.2***	7.1 (4.7,10.5)	9.1 (6.6,12.5)	16.8 (7.6,33.3)	2.1
Care Denied, Lifetime	17.3 (14.9,20.1)	16.3 (13.0,20.4)	10.7* (7.9,14.2)	23.2 (16.4,31.9)	29.9** (20.9,40.9)	7.3***	43.2*** (34.2,52.5)	12.2 (10.2,14.6)	69.1***	13.9 (10.7,17.8)	17.3 (14.1,21.1)	44.3*** (29.5,60.3)	9.8***

*** $p < .001$, ** $p < .01$, * $p < .05$.

Table 6. Additional System/Structural Barriers to Care

		Sexual identity					Gender identity			Gender			
% (CI)	Total	Gay	Lesbian	Bisexual	Diverse	F	Trans	Cis	F	Women	Men	Non-Binary	F
No insurance	5.3 (3.8,7.4)	3.3 (1.8,6.0)	5.0 (2.8,8.6)	10.0** (5.7,17.0)	3.2 (0.9,10.5)	2.9*	6.3 (3.0,12.8)	5.1 (3.6,7.1)	0.3	5.9 (3.7,9.1)	4.3 (2.6,6.8)	5.9 (1.5,20.6)	0.4
Care unavailable in Area	18.5 (15.9,21.5)	14.5 (11.2,18.6)	16.9 (12.7,22.0)	24.9* (17.8,33.7)	25.3* (16.6,36.6)	3.1*	33.9*** (25.4,43.5)	15.3 (12.8,18.3)	19.8***	19.9 (15.8,24.6)	15.6 (12.4,19.3)	29.1 (16.3,46.4)	2.6
No SGM Friendly Care	24.8 (21.9,27.8)	21.4 (17.6,25.6)	26.9 (22.0,32.5)	30.0 (22.4,39.0)	25.5 (17.1,36.2)	1.7	33.0* (24.9,42.3)	23.3 (20.4,26.4)	4.8*	27.7 (23.3,32.7)	22.1 (18.6,26.1)	28.9 (16.5,45.5)	1.9
Cost of Care	23.0 (20.2,26.1)	19.9 (16.1,24.3)	24.9 (20.1,30.3)	22.1 (15.4,30.7)	32.2* (22.6,43.6)	2.0	33.0** (24.7,42.4)	21.3 (18.5,24.4)	7.0**	24.5 (20.3,29.3)	20.6 (17.1,24.7)	37.3 (23.0,54.3)	2.8
Cost of Meds	16.8 (14.3,19.5)	15.9 (12.4,20.0)	20.6 (16.1,26.0)	13.2 (8.1,20.7)	17.1 (10.2,27.3)	1.3	18.3 (12.1,26.7)	16.7 (14.1,19.7)	0.2	17.9 (14.2,22.3)	16.1 (12.9,19.9)	18.9 (8.9,35.9)	0.3

Past 12 months

*** $p < .001$, ** $p < .01$, * $p < .05$.

Intersectional Disparities

- Racial/ethnic SGM disparities
- Socio-economic SGM disparities
- Disability SGM disparities
- Geographic and rural SGM disparities



Implications for Diagnostic Excellence

- Enhance access and utilization of care
- Investigate diagnostic disparities
- Attend to the heterogeneity of the community
- Use of health records/objective measures of care
- Address explicit and implicit bias in care
- Investigate health care trajectories
- Identify modifiable mechanisms
- Develop of culturally responsive interventions



Intervention Development: IDEA & Safe Home

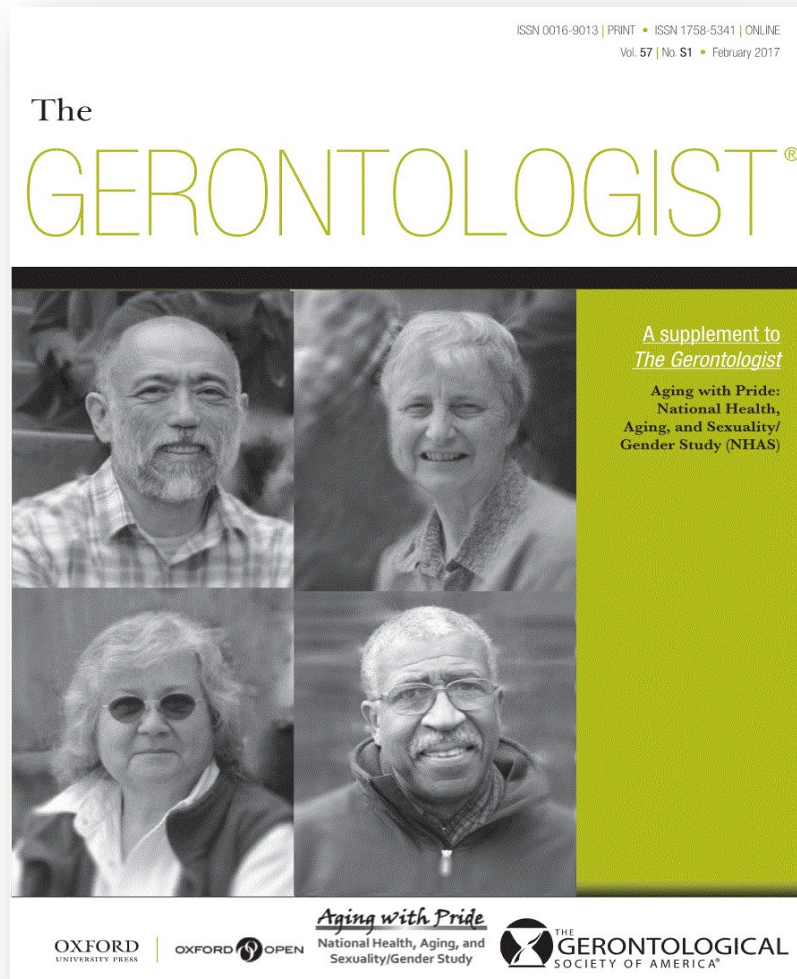
- First randomized controlled trial (RCT) (MPI Fredriksen-Goldsen, Teri, MPI (R01AG055488). SGM ADRD/care partners. Efficacious stigma reduction cognitive behavioral culturally tailored intervention
- Safe Home: First evidenced based training program to address the needs of SGM older adults and underserved communities in long term care. DSHS, Fredriksen Goldsen, PI (67-3999)



Fredriksen-Goldsen, K., Teri, L., Kim, H.-J., La Fazia, D., McKenzie, G., Petros, R., Jung, H. H., Jones, B. R., Brown, C., & Emlet, C. A. (2023). Design and development of the first randomized controlled trial of an intervention (IDEA) for sexual and gender minority older adults living with dementia and care partners. *Contemporary Clinical Trials*, 128, 107143. <https://doi.org/10.1016/j.cct.2023.107143>

Fredriksen-Goldsen, K. I., Jen, S., Bryan, A. E. B., & Goldsen, J. (2018). Cognitive impairment, Alzheimer's disease, and other dementias in the lives of lesbian, gay, bisexual and transgender (LGBT) older adults and their caregivers: Needs and competencies. *Journal of Applied Gerontology*, 37(5), 545-569. doi:10.1177/0733464816672047

Resources



www.GoldsenInstitute.org/agingwithpride

Publications, resources, and information
available at www.GoldsenInstitute.org

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Fredriksen-Goldsen, K. I. (Supplement Ed.) (2017). LGBT aging emerging from the margins - Aging with Pride: National Health, Aging and Sexuality/Gender Study [Supplemental issue]. *The Gerontologist*, 57(S1).