

LGBTQ Cultural Competency Update for MPV response

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Objectives

- Share important definitions and updated language
- Discuss relevant cultural practices in the community to increase comprehensive understanding of the health needs of the community
- Raise awareness of the diversity of experience within the LGBTQ community

“LGBT persons vary in sociodemographic characteristics such as cultural, ethnic, or racial identity; age; education; income; and place of residence. They are also diverse in the degree to which their LGBT identities are central to their self-definition, their level of affiliation with other LGBT people, and their rejection or acceptance of societal stereotypes and prejudice.”

-Ilan H. Meyer, PhD

American Journal of Public Health- June 2001

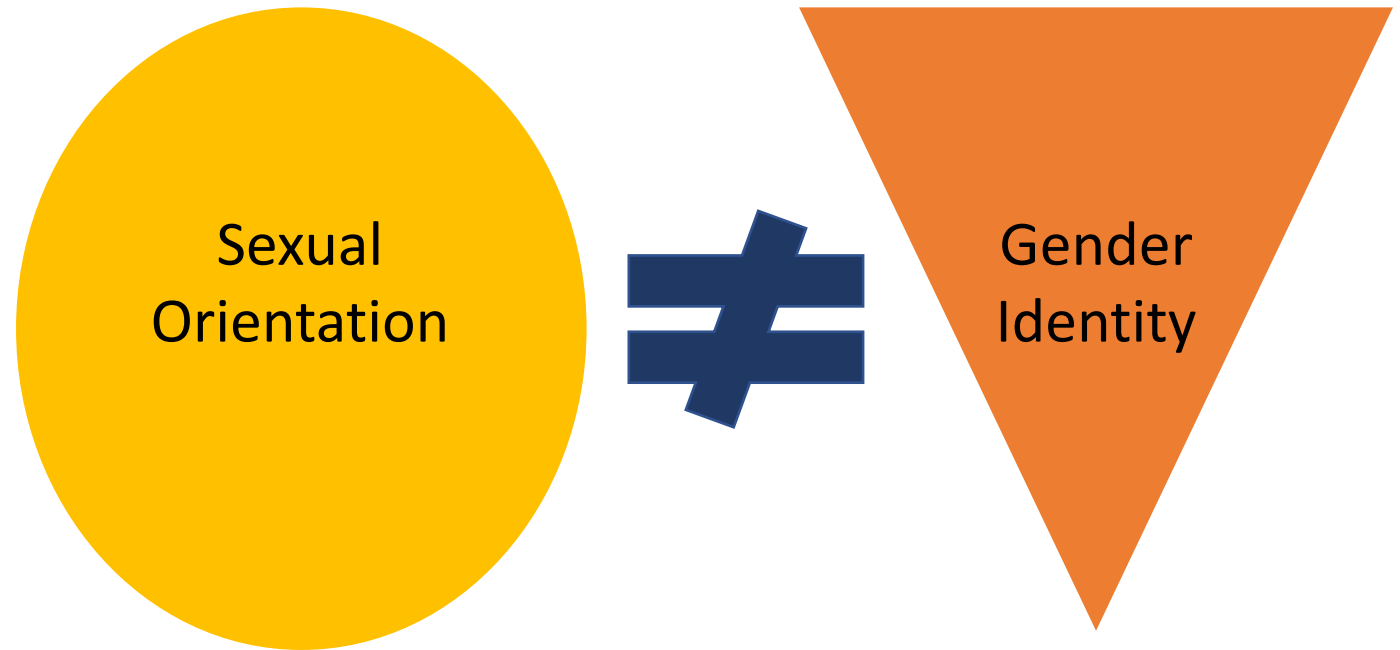
From a special issue of the American Journal of Public Health, the first issue dedicated to this subject in the Journal's 91-year history

Why this update?

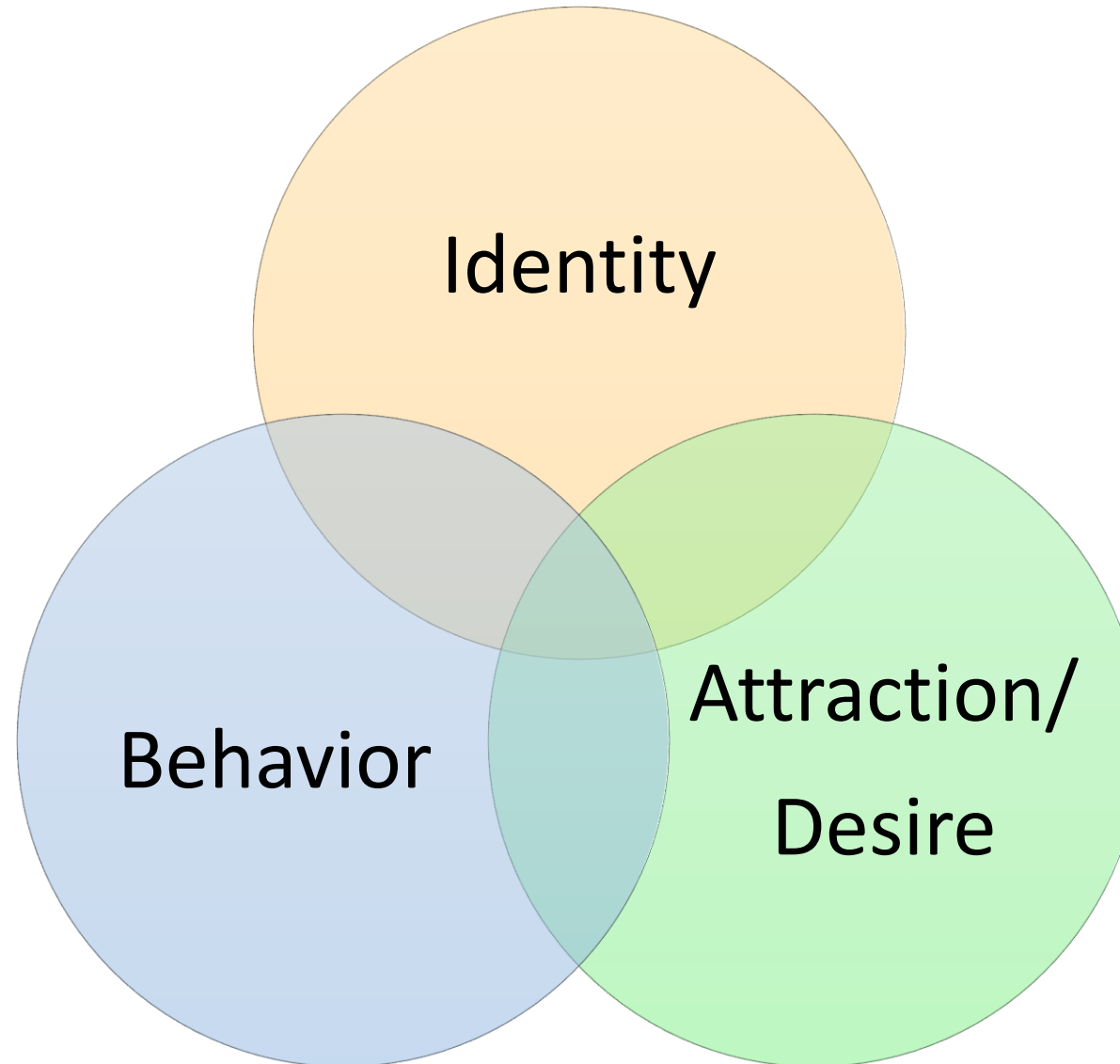
- As of October 9th 3,656 people in New York City have tested positive for monkeypox (MPV).
- The people affected have primarily been in the social and sexual networks of gay, bisexual and other men who have sex with men
- NYC has the largest population of people who identify as LGBTQ of any metropolitan in the United States.
- The LGBTQ community has a long and storied history in New York City with a large cultural footprint locally, nationally and globally.
- Language and culture shift

Sexual Orientation and Gender Identity

- All people have a sexual orientation and a gender identity
- Terminology can vary
- How people identify can change



The Dimensions of Sexual Orientation



The Trouble with MSM

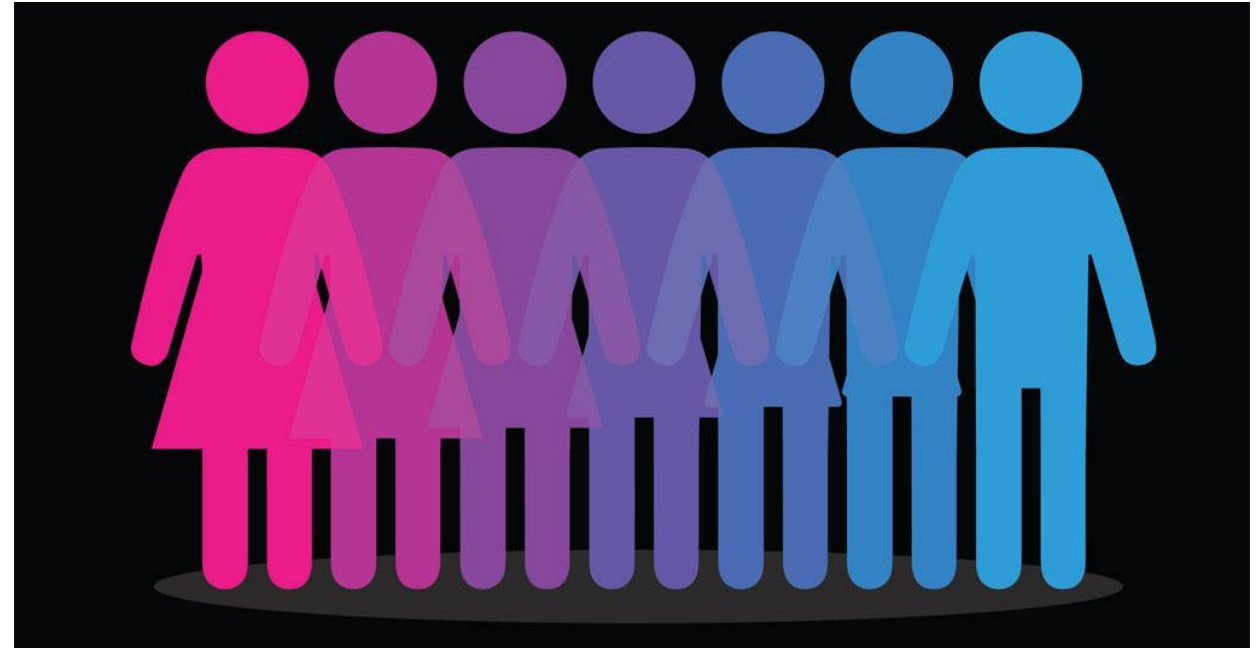
- The behavioral category “men who have sex with men” has been used in HIV literature since at least 1990. The acronym MSM, coined in 1994
- MSM refers to behavior, **not identity**. Some MSM do not identify as gay, same gender loving, or bisexual
- The terms MSM (and WSW- women who have sex with women) often imply a lack of lesbian or gay identity and an absence of community, networks, and relationships in which same-gender pairings and pairings of gender diverse people mean more than merely sexual behavior

Gender Identity and Gender Expression

Gender Identity: A person's internal sense of their gender. Unlike gender expression, gender identity is not outwardly visible to others.

Gender Expression: How one presents themselves outwardly, through their behavior, clothing, mannerisms, speech, dress etc.

Both can change with time



<https://www.downtoearth.org.in/news/science-technology/binary-blunders-59736>

Gender Identity

- **Transgender**, or simply trans, is an adjective used to describe someone whose gender identity differs from the sex assigned at birth. A transgender man, for example, is someone who was listed as female at birth but whose gender identity is male.
- **Cisgender**, or simply cis, is an adjective that describes a person whose gender identity aligns with the sex they were assigned at birth.
- **Intersex*** is an umbrella term used to describe people with differences in reproductive anatomy, chromosomes or hormones that don't fit typical definitions of male and female.

* Being intersex is not the same as being nonbinary or transgender, which are terms typically related to gender identity



The Transgender pride flag

Life Beyond the Binary

- **Gender-expansive** is an adjective that can describe someone with a gender identity than might be beyond the gender binary.
- **Nonbinary** is a term that can be used by people who do not describe themselves or their genders as fitting into the categories of man or woman.
- **Agender** is an adjective that can describe a person who does not identify as any gender.



The non-binary pride flag

Call me by your name?

- Sexual and gender minority people have been engaged in advocacy for years over the right to determine the names by which they will be known in public discourse.
- The goal is to expand gender-based health equity. Focusing on inclusion and making sure the language is reflective of people's lived experience.

Americans' Self-Identification as LGBT, by Generation

	LGBT	Straight/Heterosexual
	%	%
Generation Z (born 1997-2002)	15.9	78.9
Millennials (born 1981-1996)	9.1	82.7
Generation X (born 1965-1980)	3.8	88.6
Baby boomers (born 1946-1964)	2.0	91.1
Traditionalists (born before 1946)	1.3	89.9

GALLUP, 2020

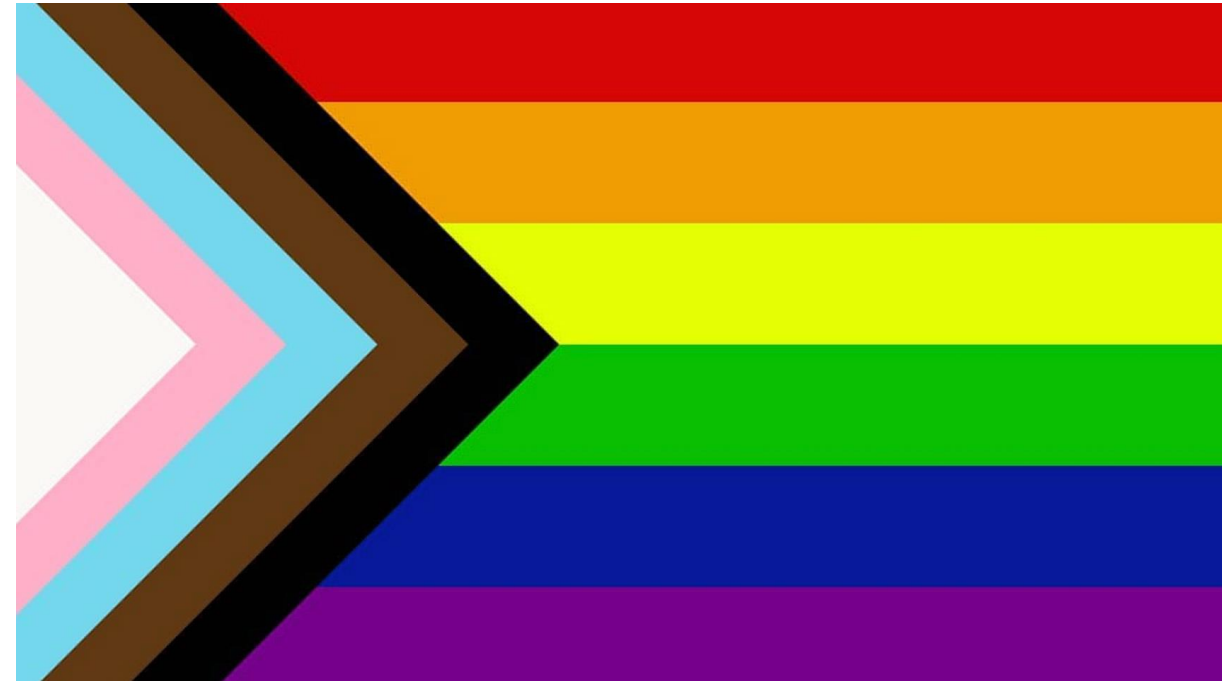
<https://news.gallup.com/poll/329708/lgbt-identification-rises-latest-estimate.aspx>

Language Matters

Outdated Term	Recommendation Term
Biological female/male	Assigned female/male at birth (AFAB/AMAB)
Disorders/differences of sex development	Intersex
Female- to- male (FTM) and Male-to-female (MTF)	Transgender man and transgender woman
Legal name	Administrative name or Name on legal documents
Preferred pronouns	Pronouns
Sexual preference/lifestyle	Sexual orientation
Transgendered	Transgender

A Diversity of Experience

- There is a range of lived experiences across the larger LGBTQ community.
- Its important to consider intersectionality and understand the dynamics that multiple, layered, societally created and reproduced disadvantages can impact health and wellbeing.
- Interaction across different sociocultural communities is often limited due to social segregation.



Designed in 2018 by Graphic designer Daniel Quasar, Quasar added a five-colored chevron to the classic Rainbow Flag to place a greater emphasis on “inclusion and progression.”

Diverse Social Networks

- Unique social spaces such as the ballroom/ kiki scene or gay family communities are unique to sexual and gender minority persons of color. In these spaces cis gay, lesbian or bisexual men and women, transgender and non-binary persons are all welcomed.
- Social networks provide social and financial support, access to food and shelter, mutual aid, protection and access to other resources and services.
- Social and sexual networks are vital features of wellness

Trauma Informed Care

- Many people in the LGBTQ community have experienced multiple forms of trauma in their lifetimes.
- The trauma can come from family, religious communities, the government, healthcare institutions and the society at large.
- Providing affirming care requires constant attention, consciousness, caring, sensitivity and often organizational cultural change



The Importance of Sexual Histories

Sexual health is an integral part of overall health.

- There are several disparities that affect sexual and gender minority populations relate to sexual health
- Multiple recommended primary care interventions hinge upon the sexual history (STI screenings, vaccines, Birth Control, HIV PrEP)
- Studies suggest that providers may make assumptions about sexual risk and risk for STI acquisition based on sex, age, race or gender identity, leading to missed opportunities for care.
- One study, a clinic chart review of adolescent with public insurance, found that 20.8% of providers obtained a sexual history during routine patient encounters

Sexual practices- 101

- Penetrative Sexual positions:
 - Top: insertive partner
 - Bottom: receptive partner
 - Versatile: engaging in both insertive and receptive sex
- Other types of sex: oral-genital, oral-anal, non-penetrative intercourse/"side", toys, fisting, S&M, kink play etc.
- Hook-up and cruising culture: People meet social and sexual partners in a variety of ways- hook-up/dating apps, bars, cruising spots, gay arcades, glory holes, circuit parties, orgies, sex parties, dark rooms, kink parties etc.

Online Dating Apps

- Cell phone based online geosocial dating applications that are designed to make social connections.
- These apps allow users to create individualized profiles with pictures and demographic information including age, race/ ethnicity, height, and weight.
- With GPS technology, users can locate other nearby users, exchange pictures, messages, and establish both virtual and in-person connections.
- There are dozens of these apps with multiple target demographics.

Lingo: Looking, Side, switch, PNP, ParTy, BB, Poz, Gen, DDF, Clean, undetectable, NSA, anon etc.

<https://www.grindr.com/>



<https://hornet.com/>



App Safety is a part of Sexual Health

Risk reduction techniques

Bring your own condoms and lube

Decide what is safe to you ahead of time

Make your interests and boundaries known beforehand

Trust your gut. Back out if your hook up is acting differently than expected

Don't be afraid to say no and leave at any time

If you're drinking, don't step away from your drink

Tell someone where you're going and how long you will be gone

Carry a cellphone

Be aware of your surroundings and meet in public places

<http://www.gmhc.org/prevent-hiv/online-hookup-tips>

whether it's a
FLING or a
SERIOUS
THING...

We still on tonight?

GET
TESTED!

You can enjoy your sex life and stay healthy by getting tested for sexually transmitted infections (STIs) today.
To get tested at a Sexual Health Clinic, call 311 or visit nyc.gov/health/clinics.

NYC Health
Office of the Mayor
Mary T. Berman, MD, MPH
Commissioner

NYC Health

The poster features a light blue background with diagonal stripes. It includes three speech bubbles: a pink one at the top right, a white one in the center with icons of an eggplant, a water drop, and an orange, and a pink one at the bottom right with a tongue-out emoji. The text is in various fonts and colors, including white, pink, and blue.

Healthcare and Homosexuality

- For much of Western history, official pronouncements on the meanings of same-sex behaviors came from religion, many of which deemed homosexuality to be morally “bad”
- 19th century Western culture shifted power from religious to secular authority, same-sex behaviors, like other “sins,” received increased scrutiny from the law, medicine, psychiatry, sexology, and human rights activism.
- In 1973, the American Psychiatric Association (APA) officially removed the diagnosis of “homosexuality” from the second edition of its Diagnostic and Statistical Manual (DSM)

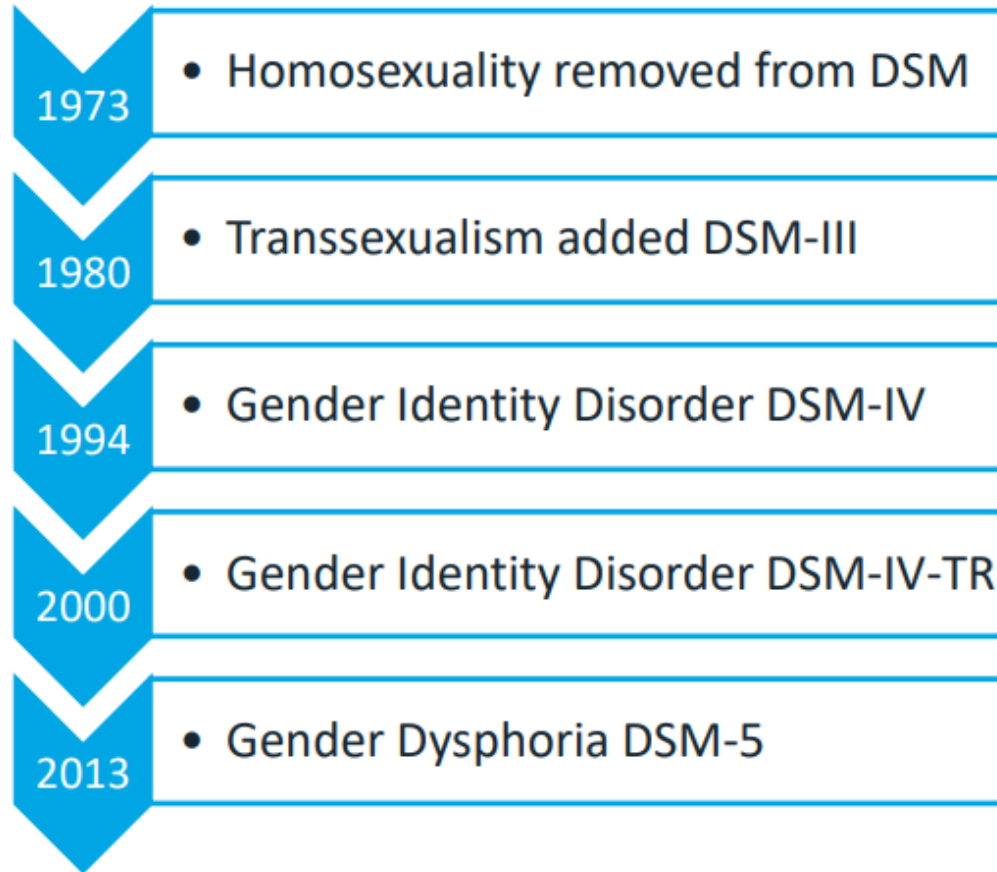


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Medical Gender Affirmation: Paradigm Shift in Transgender Health

- Disorder → Identity
- Gender Diversity ≠ Pathology
- Implications for Clinical Care

History of Diagnostic and Statistical Manual of Mental Disorders:



A Community Under Attack

- Since 2020, there has been a steady rise in anti-LGBTQ legislation moving in state legislatures across the country.
- Anti-LGBTQ lawmakers, television pundits and other public figures- have pushed old tropes mischaracterizing LGBTQ people, particularly gay men and transgender women, as child sex abusers or “groomers”
- All of this has contributed to recent upticks in violence and threats of violence have been reported across the country.



Takeaways from today's presentation

- Sexual health is an integral part of overall health.
- Language is always evolving.
- Its important to consider intersectionality and understand the dynamics that multiple, layered, societally reproduced disadvantages can impact health and wellbeing.
- Marginalization is an active process that we must actively work to undo.
- We must work with communities and see them a part of the solution.

Thank you for your time and
attention

What questions or comments do you
have?

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