

Beyond the Binary: Health Resources for the **LGBTQIA+** Community

Presented by April Wright, Brandon Kennedy, and Debra Trogdon
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Your Presenters



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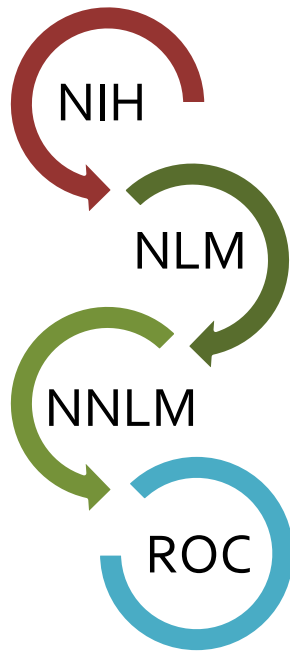
Code of Conduct

In order to provide a welcoming and supportive environment for all people, regardless of background or identity, we expect respectful interactions with instructors and learners.



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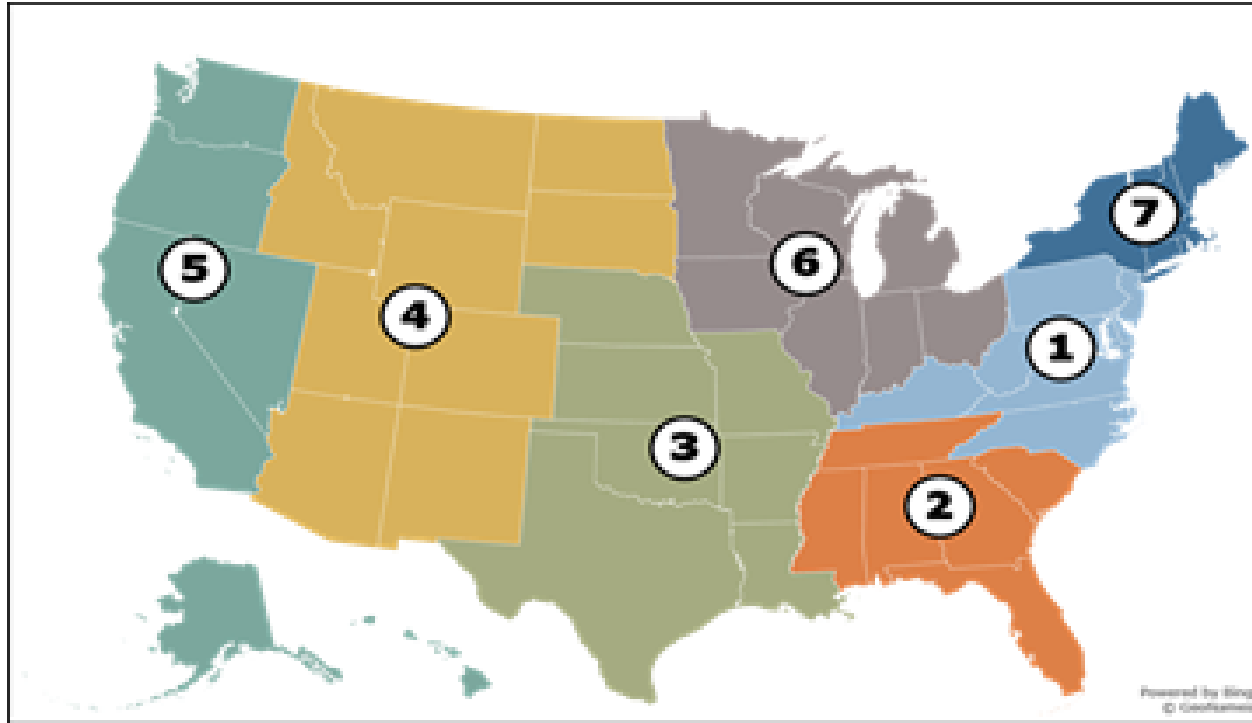
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Outreach program of the
NLM



National Library of Medicine
World's largest biomedical
library

Regions, Offices, and Centers
7 regional medical libraries
4 national centers
3 national offices

Network of the National Library of Medicine



What NNLM Does

- Offers **free webinars & classes** to librarians, health professionals and the general public
- **Access** to a network of libraries and other organizations
- **Funding** for health information outreach, digital equity, and data services projects and even professional development.
- NNLM Discovery Podcast



Webinar Description

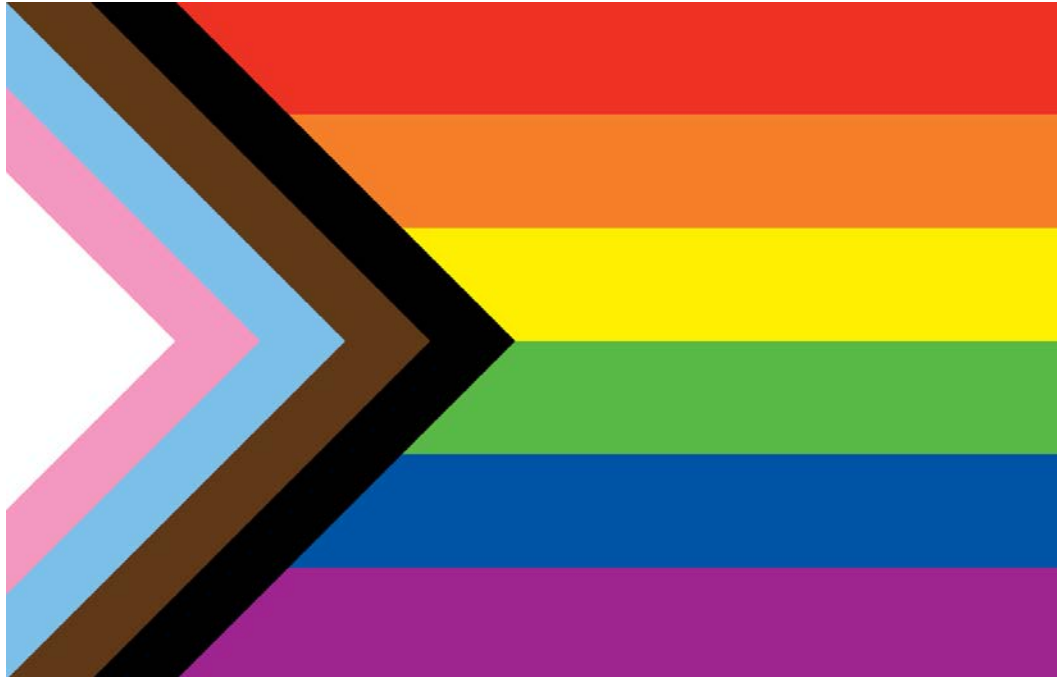
The purpose of the class is to provide introductory language and culturally appropriate health information resources for the LGBTQIA+ community and the librarians and health care practitioners who support them.

Learning Objectives

- List 2 resources for LGBTQIA+ terminology
- Identify 2 sources of LGBTQIA+ inclusive health information
- Discuss strategies for providing a welcoming environment for the LGBTQIA+ community



Terminology



LGBTQ is an acronym

meant to encompass a whole bunch of diverse **sexualities** and **genders**. Folks often refer to the Q (standing for "queer"*) as an **umbrella term**, under which live a whole bunch of identities. This is helpful because **lesbian, gay,** and **bisexual** aren't the only marginalized sexualities, and **transgender*** isn't the only gender identity. In fact, there are many more of both!



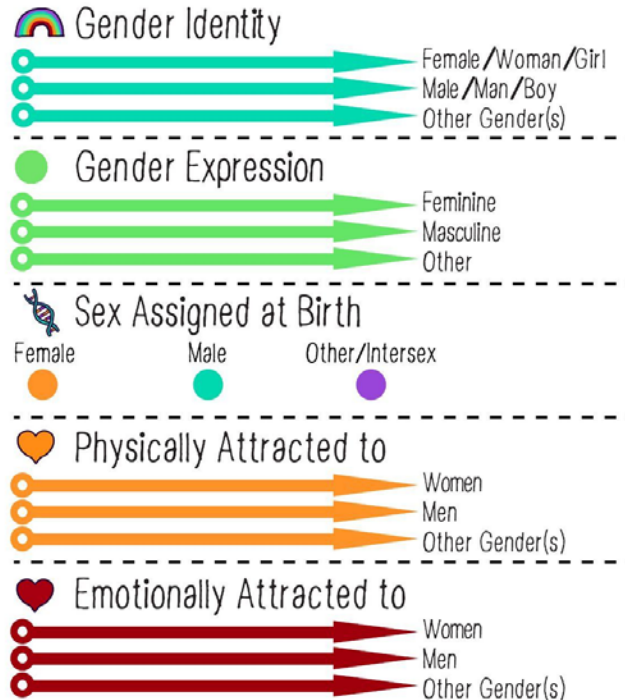
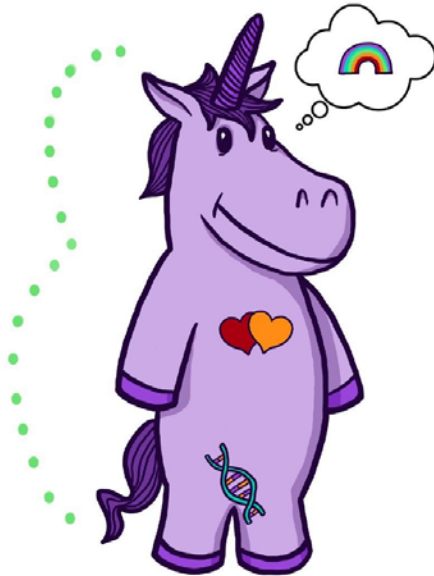
* The "Q" sometimes stands for "questioning" and "transgender" is often thought of as an umbrella term itself (sometimes abbreviated "trans", or "trans*" in writing). Lots of asterisks, lots of exceptions, because hey – we're talking about **lots** of different folks with different lived experiences to be inclusive of.



The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources

Sex
Gender
Spectrum



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Resources

[It Gets Better Project](#)

Provides glossary of terms, some of which include videos of people who identify with the term defined.

[The Trevor Project](#)

Provides education, support and suicide prevention services and educational resources for and about LGBTQIA+ youth.

[Human Rights Campaign Glossary of Terms](#)

[UC Davis LGBTQIA Center Glossary](#)

[SafeZone Project](#)

Provides free downloadable training materials for anyone who wants to offer an LGBTQIA+ training and awareness in their school or any group.

Sources of LGBTQIA+ Inclusive Health Information



Online Resources

- LGBTQIA+ Health Information Resources can come in a variety of formats
- It can be difficult to review and vet credible sources.
- This section will focus on federal resources from the NLM and Centers for Disease Control and Prevention (CDC)



First Resource:





What is

01 MedlinePlus[®] Trusted Health Information for You

MedlinePlus is a federally funded resource that presents high-quality, relevant health and wellness information that is trusted and easy to understand, in multiple languages.

Nationally Recognized

It is a service of the National Library of Medicine (NLM), the world's largest medical library, and a part of the National Institutes of Health (NIH).

Thousands of Resources

Offers almost 22,000 links to authoritative health information in English and more than 13,000 links to information in Spanish.

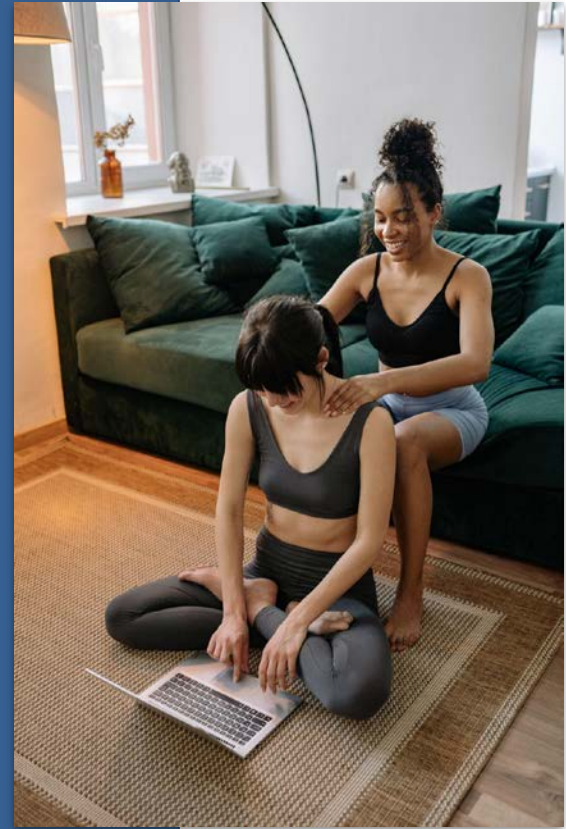


Relevant Information for all your Health Needs

MedlinePlus offers information on health topics, human genetics, medical tests, medications, drugs & supplements, and healthy recipes.

MedlinePlus also sources from more than 500 carefully selected organizations to help bring reliable and carefully studied information to you.

It is a great onestop shop to find relevant information for all your health needs.



Source: Yan Krukau @ Pexels.com



Source: Ketut Subiyanto @ Pexels.com



MedlinePlus is paid for by tax dollars so it is available to anyone, anytime, anywhere!

No Registration Necessary, EVER!



No Advertisements

MedlinePlus is federally funded so there are no ads on the website. Links to off-site websites are carefully chosen to ensure nothing is being sold to users.

Inclusive Information

Information is provided in a variety of accessible formats and are written in plain language.



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LGBTQIA+ Health



On this page

Basics

- [Summary](#)
- [Start Here](#)

Learn More

- [Related Issues](#)

See, Play and Learn

- [No links available](#)

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Find an Expert](#)

For You

- [Children](#)
- [Teenagers](#)
- [Men](#)
- [Women](#)



Summary

Members of the LGBTQIA+ community include people who are:

- **L**esbian
- **G**ay
- **B**isexual
- **T**ransgender
- **Q**ueer or **Q**uestioning
- **I**ntersex
- **A**sexual
- Elsewhere on the gender and sexuality spectrum or allies to the community

On this page you'll find information about health issues that are specific to the LGBTQIA+ community.

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our [disclaimer](#) about external links and our [quality guidelines](#).

LGBTQIA+ Health Topic

Centers for Disease Control (CDC)



**CENTERS FOR DISEASE
CONTROL AND PREVENTION**



Lesbian, Gay, Bisexual, and Transgender Health

People who are lesbian, gay, bisexual, or transgender (LGBT) are members of every community. They are diverse, come from all walks of life, and include people of all races and ethnicities, all ages, all socioeconomic statuses, and from all parts of the country. The perspectives and needs of LGBT people should be routinely considered in public health efforts to improve the overall health of every person and eliminate health disparities.

[More](#)



LGBT Health Services

Find health services by state and city on CDC's updated LGBT Health Resources page



Gay and Bisexual Men



LGBTQ+ Youth



Lesbian and Bisexual Women



Resources



Transgender Persons



Health Services

CDC LGBT Health

LGBT Health Services

- LGBT Hotlines
- Referral Services
- LGBT Health Clinics by State & City



Protective Factors for LGBTQ Youth



CDC LGBT Resources

- **Data Resources**
 - [LGBTDData.com](https://www.lgbtdata.com)
- **LGBT Health -Related National Organizations/Coalitions**
 - [GLMA: Health Professionals Advancing LGBT Equality](https://www.gлма.орг)
- **General Information**
 - [Healthy People 2030](https://www.healthyрeople.gov)



Source: Anna Tarazevich @ Pexels



Healthy People Initiative

In 2001, a national collaborative of specialists in LGBT health care put together a Companion Document for Healthy People 2010.

- Healthy People's first companion document of addressing LGBT Health
- Contains Comprehensive data on LGBTQ+ Preventative Health in 2001
- Helped further progress a LGBTQ+ Health in the Healthy People Initiative

The logo for Healthy People 2010 is centered on a large, stylized rainbow triangle. The text 'HEALTHY PEOPLE' is in white, uppercase letters within a purple square. Below it, '2010' is written in a large, yellow, outlined font. The entire graphic is set against a background of overlapping rainbow-colored triangles.

HEALTHY
PEOPLE
2010

**Companion
Document for
Lesbian, Gay,
Bisexual, and
Transgender
(LGBT) Health**





Healthy People 2030

A goal is to improve the health, safety, and well being of lesbian, gay, bisexual, and transgender people.



Source: Ketut Subiyanto @ Pexels.com

- Collect population-level data via state and national surveys
- Release data on LGBT Health
- Provide Evidence-Based Resources on LGBT Health



Providing a Welcome Environment for LGBTQIA+ Communities



Creating a Safe and Welcoming Environment



- Health disparities linked to social stigma, discrimination, and denial of civil and human rights
- At-risk population
- Walking into a space
- Minimum = creating welcoming space

Sharing Pronouns

- Importance of sharing pronouns
- Using gender neutral pronouns in general conversation
- Resource: [Pronouns.org](https://pronouns.org) (new window)



WHAT ARE PERSONAL PRONOUNS AND WHY DO THEY MATTER?

HOW DO I USE PERSONAL PRONOUNS?

WHAT IF SOMEONE MAKES A MISTAKE AND MISPRONOUNS SOMEONE ELSE?

HOW DO I SHARE MY PERSONAL PRONOUNS?

HOW DO I ASK SOMEONE THEIR PERSONAL PRONOUNS?

HOW DO I USE GENDER INCLUSIVE LANGUAGE?

WHAT ADDITIONAL RESOURCES AND LINKS CAN HELP ME?



Sharing Pronouns (2)

LGBT Equity Center: Sharing Your Pronouns

YouTube · LGBTQequity · Aug 23, 2017



Inclusive Practices

- Forms and policies
- Behavior and language
- Inclusive environments
- Training
- Representation



Forms and Policies

- Respectful language
- [Focus on Forms and Policy: Creating an Inclusive Environment for LGBT Patients \(new window\)](#)
- [Making Your Clinic Welcoming to LGBTQ Patients \(new window\)](#)



Focus on Forms and Policy:
**Creating an Inclusive Environment
for LGBT Patients**

 NATIONAL LGBT HEALTH
EDUCATION CENTER
A PROGRAM OF THE FENWAY INSTITUTE



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Behavior and Language



- Non-verbal cues
- Aware of bias
- Active listening
- Trauma-Informed Communication Skills (Brown et al., 2021)

Inclusive Environments

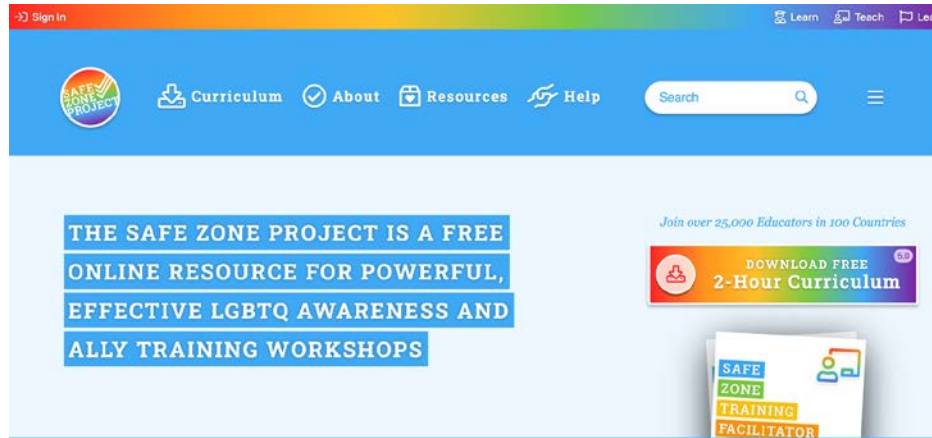
- Access and clear signage to gender neutral bathrooms
- Pronoun pins and rainbows
- Respect for all Families



Training

- Framing
- Frequency
- Open Dialogue

Resource 1: [The Safe Zone Project](#) (new window)

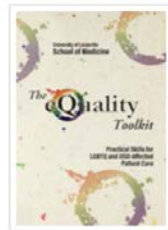


Training (2)

Resource 2: [GLMA Cultural Competence Webinar Series](#) (new window)



Resource 3: [The eQuality Toolkit: Practical Skills for LGBTQ and DSD-Affected Patient Care](#), (new window)



The eQuality Toolkit: Practical Skills for LGBTQ and DSD-Affected Patient Care

[Laura Weingartner, University of Louisville](#)

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Representation

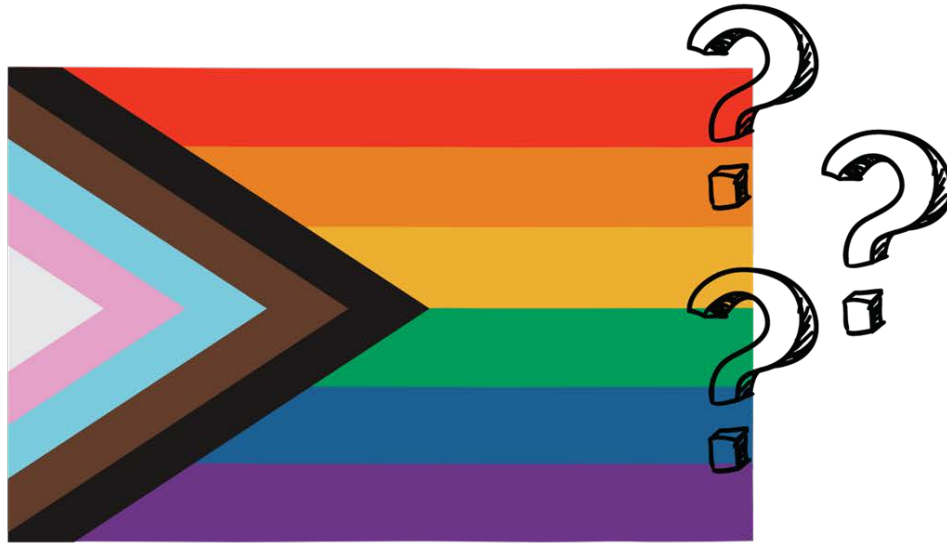


The Gender Spectrum Collection
<https://genderspectrum.vice.com/>

- Clinicians, librarians, staff, program participants, volunteers, etc.
- Are you reflecting the community you intend to support?
- How can you include LGBTQIA+ voices and experiences in material creation?



Questions



Contact Us



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Thank You!

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