

Atlantic Centre  
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## **RESEARCH PROJECT:**

**HEALTHY LIVING:  
RETHINKING  
LGBTQ HEALTH**

# Rethinking LGBTQ Health

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## **What research is happening around LGBTQ Health?**

Ellen Taylor, Andrew Jantzen and Barbara Clow completed a Literature Review and Critical Analyses on the Social Exclusion of Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) population health entitled "*Rethinking LGBTQ Health*" in February 2013. The literature scan included peer reviewed articles and grey literature from countries Canada, US, Australia and the UK to review and identify gaps in health research for LGBTQ people.

## **Who is ACEWH collaborating with on this project?**

The ACEWH collaborated with Capital Health (through PRIDEhealth) and Dalhousie University to disseminate findings and provide education to local healthcare practitioners, policy makers and interested professionals.

## **Why is Social Exclusion an Issue for LGBTQ people?**

This work highlights the ways in which social exclusion contributes to the many negative health outcomes that LGBTQ people experience such as lack of access to competent primary care, high STI and HIV risk, Alcohol and Drug abuse, increased likelihood of poverty and low job security, high rates of violence and high

rates of suicide. This review also explores the gaps in literature in exploring LGBTQ people especially due to the amalgamation of all populations under this acronym being assumed as having identical health issues and outcomes. Due to the lack of research on specific populations in the LGBTQ acronym it is difficult to say exactly how many LGBTQ populations are affected by exclusion. However, some research has noted that LGBTQ people of colour (POC) are especially at risk for poor health outcomes and as noted in the last section of the review - transgender populations are massively excluded from health research across the board.

## **What were the findings?**

We found that there are two main types of exclusion for LGBTQ populations. Erasure/complete exclusion in which LGBTQ populations are not incorporated into survey research, care protocols and health policy - and Regulated Inclusion - in which researchers and healthcare practitioners acknowledge that LGBTQ people exist, but do not treat them as a population with different needs or health outcomes than straight populations. The latter is found to

be particularly problematic as it gives lip-service to these populations without actually addressing their needs to access health and healthy living.

## **What key themes emerged?**

This review is separated into four main sections: Understanding the Acronym, Body Weights and Health, Sexual Health and Behaviour and Transgender Health. These themes were selected based on the focus of the majority of research on LGBTQ people. Highlighted themes that emerged were the risk of disordered eating among gay and bisexual men, the lack of protocol and policy for sexual health practices among lesbian and bisexual women and the complete lack of trans-positive forms of research, healthcare policy, protocol and standards of care.

## **What was the feedback?**

Ellen and Andrew presented "Rethinking LGBTQ Health" in November 2012 at Dalhousie University for the IWK "interdisciplinary research conference" and were one of three posters to receive an award for top poster presentation. Later in February 2013 they presented a lunch and learn at the IWK hospital in coordination with Capital Health where findings were extremely well received.

