

General References Regarding Health, Well-Being, & Spirituality for LGBT Individuals

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List compiled by Lee Beckstead, Ph.D., Aspen Grove Counseling, updated 11/08. Lee has not read all these references, but they come recommended. If you have any questions, concerns, or feedback about any of them—or want to add to the list for others—let Lee know at leebeckst@yahoo.com or 801-581-0422.

Lesbian, gay, bisexual, and transgender (LGBT) individuals often face challenges and barriers to accessing needed health services and, as a result, can experience worse health outcomes.Â of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding, the Institute of Medicine defines sexual orientation as “an enduring pattern of or disposition to experience sexual or romantic desires for, and relationships with, people of one’s same sex, the other sex, or both sexes.”⁵ This definition incorporates elements of attraction, behavior, and identity.Â Research has found that LGBT individuals are at elevated risk for some mental health and behavioral health conditions, with studies finding that they are two and a half times more likely to experience. Improving health and well-being for all will bring wider economic, social and environmental benefits. The circumstances in which we are born, grow up, live, work and age should not affect our chance of good health. How does your region ensure equal health for all?Â 6. Reducing health inequalities is crucial to ensure better health for the population as a whole, which will result in a positive development of the society. Other facts and figures. Â In some countries, for some indicators, there have been improvements but unfortunately, most factors influencing health equality have not changed in the last ten years. LGBT individuals are twice as likely to be uninsured as non-LGBT individuals and many have difficulty finding providers who will treat them without passing judgment on their sexual orientation or gender identity or offer the services they need, particularly in rural areas.Â When LGBT people face discrimination in health care, the options for recourse are usually limited. As of this writing in June 2018, 37 states do not expressly prohibit health insurance discrimination based on sexual orientation and gender identity, and New Jersey prohibits discrimination based on gender identity alone. [19] Only 19 states and the District of Columbia prohibit health insurers from excluding medical services for transgender people in insurance plans.[20] States offer varying degrees of protection in. HHS Advancing LGBT Health and Well-being 2016 Report. 2016 report. HHS LGBT Policy coordinating committee.Â HHS continues working to ensure that across the lifespan, and in all communities, all LGBT individuals, including people living with HIV and AIDS, have the best possible hope for healthy futures. Among other landmark accomplishments in 2016, the Department took three major steps this past year to advance the health and well-being of LGBT individuals: Â In May, the Office for Civil Rights (OCR) released the final rule implementing Section 1557 (the non-discrimination provision) of the Affordable Care Act (ACA) which protects against discrimination on the basis, including gender identity and sex...