

# The Health of the Finger Lakes/Southern Tier LGBT Community

A Report from the 2015 NY State LGBT Health and Human Services Needs Assessment

## HIGHLIGHTS

- In the Finger Lakes/Southern Tier region, more than two in five respondents reported annual incomes below 200% of the poverty line.
- More than one third of respondents from the Finger Lakes/Southern Tier region reported frequent mental distress. Respondents from this region were most likely to identify personal financial resources and not enough psychological support groups as barriers to accessing health care services.

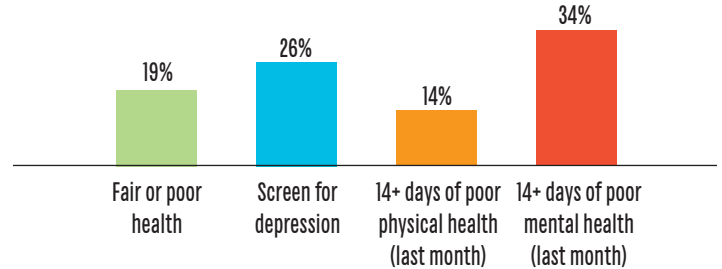
## Current Health Status, Access, and Barriers to Care

Just under one in five (19%) of respondents from the Finger Lakes/Southern Tier region had “fair” or “poor” health, while about one in three (34%) had frequent mental distress (14+ days of poor mental health in the past month). While just nine percent had no health insurance, more than twice as many (23%) could not access needed health care in the last 12 months because of cost. Almost two in five (38%) had no health home and 17% had no primary care provider. Among the barriers to health care services measured in the survey, respondents most frequently selected the following as “somewhat” or “major” problems: personal financial resources (41%), not enough psychological support groups (41%), not enough health professionals who are trained and competent with the LGBT community (30%), community fear or dislike of LGBT people (26%) and inadequate insurance coverage (25%).

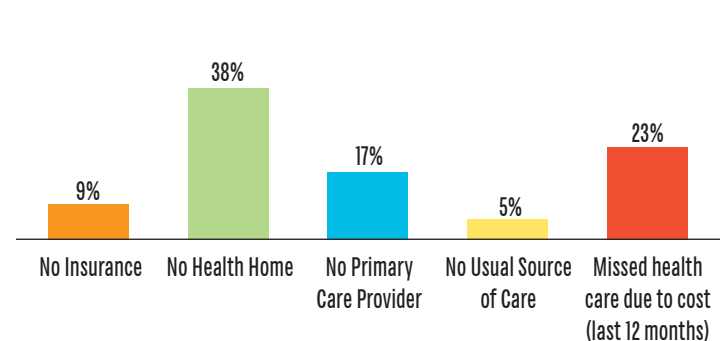
## Background

The Finger Lakes/Southern Tier region includes Broome, Chemung, Chenango, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tioga, Wayne and Yates counties. The total population of this region is 1.6 million.<sup>1</sup> There are two members of the LGBT Health & Human Services (HHS) Network and/or AIDS Institute LGBT HHS Initiative grantees based in this region, Identity Youth Center at Southern Tier AIDS Program and Out for Health at Planned Parenthood of the Southern Finger Lakes. Three hundred and seventy one people responded to the New York State LGBT needs assessment from the Finger Lakes/Southern Tier region. Nearly three quarters (74%) of respondents had been to an LGBT center in the last year, while one in four (25%) visited at least once a month.

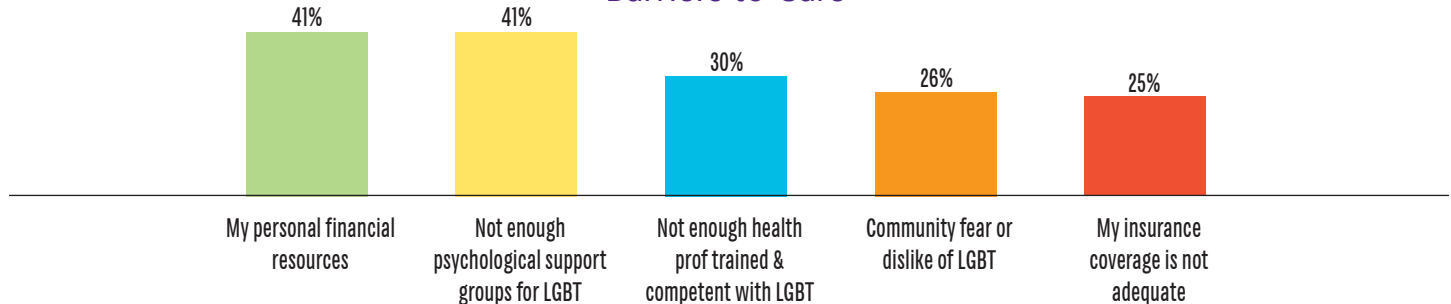
### Health Status



### Health Access

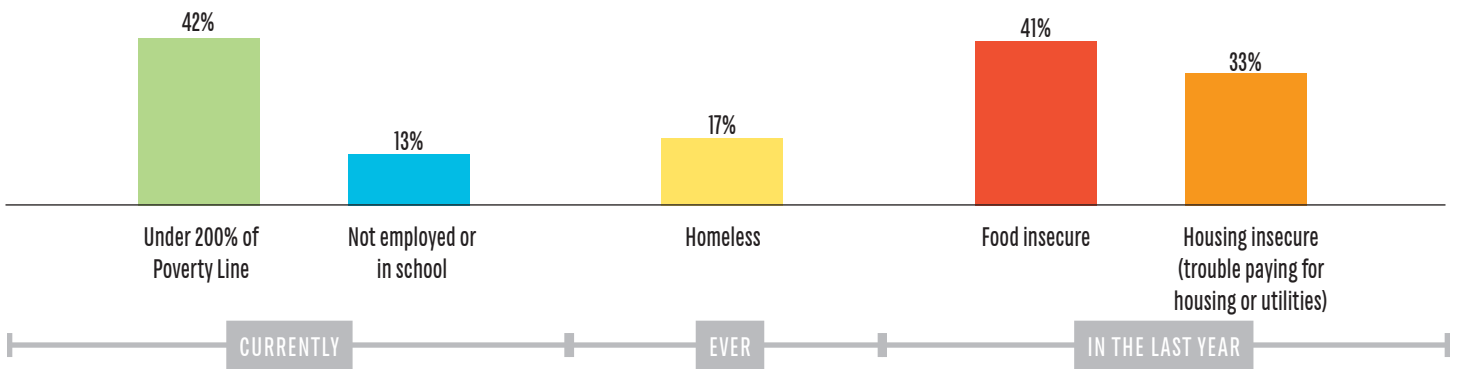


### Barriers to Care



**Works Cited** 1. National Center for Health Statistics Population Data. Department of Health, Information for a Healthy New York. Total Population. 2012 data as of July, 2014. Available at [www.health.ny.gov/statistics/chac/general/g96.htm](http://www.health.ny.gov/statistics/chac/general/g96.htm). Accessed October 12, 2015.

## Economic Vulnerabilities



### Economic Status and Vulnerabilities

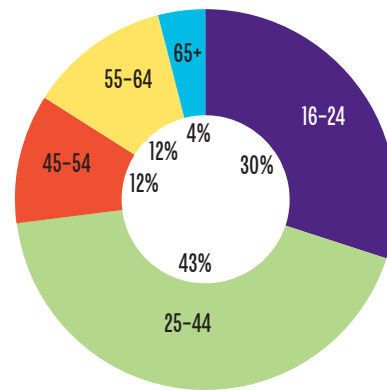
More than two in five (42%) reported annual incomes under 200% of the poverty line. Nearly three quarters (72%) were employed full or part time, almost one third (31%) were students and just over one in ten (13%) were neither employed nor in school (and not retired). Seventeen percent had been homeless at some point in their lives. More than two in five (41%) were food insecure and one third (33%) were housing insecure. About one in four (23%) had accessed public benefits in the last year.

### Demographics

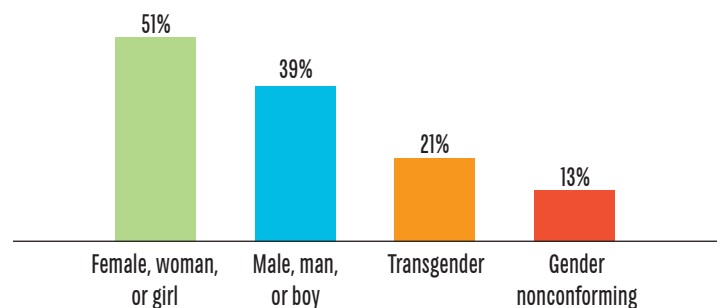
Nearly one third (29%) of those who took the survey identified as transgender or gender nonconforming (respondents could identify as more than one gender). Just under one third (32%) identified as gay and the same percent as lesbian. One in five (20%) identified as queer and an identical percentage as bisexual. Fifteen percent reported having a disability.

Eighty nine percent of survey respondents identified as white and 15% as people of color (respondents could select more than one race or ethnicity). Seven percent identified as Black or African American and five percent as multiracial. Other racial and ethnic categories were too small to analyze. A total of 52% had a college degree or higher. Five percent had served in the military.

### Age (in years)



### Gender Identity



**Methods** This fact sheet is part of a larger project to assess the health and human service experiences and needs of LGBT people in New York State. Data sources include (1) 22 focus groups with over 150 people, conducted from November 2014 to April 2015 (2) an online convenience sample survey of 3,792 LGBT people who live, work or receive services in New York State, conducted June to August 2015 and (3) analyses of population based secondary data. The survey was available in English and Spanish. Qualtrics software was used for data collection. Data were analyzed using STATA, a statistical program commonly used by social scientists. In order to preserve confidentiality, data are not shown if there were five or fewer respondents in the numerator and/or 20 or fewer respondents in the denominator. For fact sheets on other topics, a full report on methodology and a final report from the data, please visit [gaycenter.org/thenetwork#reports](http://gaycenter.org/thenetwork#reports).