



apicha
community health center

**The Health & Wellness of
New York City's
LGBTQ Asians and Pacific Islanders**

2023



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders

EXECUTIVE SUMMARY

Apicha Community Health Center (CHC) undertook an ambitious effort to address the health and wellness needs of New York City's lesbian, gay, bisexual, transgender, and queer (LGBTQ) Asian, Asian American, South Asian, Southeast Asian, and Pacific Islander¹ (API) communities. Apicha CHC explored:

- (1) the health and wellness needs of the New York City LGBTQ API community
- (2) barriers or "social determinants" that frustrate access to these needs
- (3) services and programs or "delivery models" to address these needs

This comprehensive needs assessment will help Apicha CHC develop programs at its new Center in Jackson Heights, Queens.

Formerly named the Asian and Pacific Islander Coalition on HIV/AIDS, Apicha CHC was founded in 1989 to address unmet HIV/AIDS-related needs of Asians and Pacific Islanders in New York City. After two decades of HIV-focused practice, in 2009, Apicha CHC expanded its nationally recognized HIV care model to include general primary care. Then in 2015, Apicha became a full-fledged Federally Qualified Health Center (FQHC), providing a wide range of health and wellness services. Today, Apicha Community Health Center provides Primary Care, Behavioral Health, Dental Care, Pediatric Care, Registered Dietitian Care, Care Management and other vital support services to clients and patients regardless of race, ethnicity, sexual orientation, or gender identity.

Yet the needs of LGBTQ API people still remain overlooked. Many studies have examined the needs of LGBTQ people or APIs, but few have examined the needs of those living at the intersection and specifically in New York City. Many Asian American healthcare providers are reluctant to provide services to LGBTQ people. LGBTQ providers often only speak English or do not understand culturally specific API experiences. Apicha CHC provides culturally-competent, linguistically-appropriate, and LGBTQ-sensitive care to the most vulnerable New Yorkers.

¹ The term "Asian Pacific Islander" or "API" is intended to be inclusive and is used throughout this report. However, we recognize that the term is also imperfect. Asian Americans and Pacific Islanders are each numerous in population size and have different needs across the country. But in New York City, as well as in this study, the overwhelming majority of "APIs" are Asian American and there are very few Pacific Islanders. Still, to be consistent with the New York City Department of Health, this report uses the terminology of "Asian Pacific Islander" or "API."

Apicha CHC's needs assessment is a groundbreaking, comprehensive, and multi-faceted study that explores the breadth, depth, and priority of LGBTQ API health needs. Every aspect explores health and wellness needs, social determinants, and services. The assessment includes:

- A confidential and anonymous survey of 344 LGBTQ APIs in 10 languages
- Discussions with local LGBTQ API organizations
- Focus groups of specific underserved high-risk groups
- Individual interviews with people belonging to groups with special needs
- Professional assessments from Apicha CHC staff, physicians, and other healthcare providers.

This study contributes to the larger body of literature and studies that assess the health or wellness of LGBTQ or API communities. But Apicha CHC's study adds a more precise intersectional analysis. It also builds off OF and addresses needs that might have been missing in the New York City Department of Health and Mental Hygiene's acclaimed 2021 report, *Health of Asians and Pacific Islanders in New York City*.

The findings in this assessment are quantifiable, assessing how widespread certain needs are, as well as qualitative, revealing specific needs and social determinants affecting access to care. Data was collected over five (5) months, from June through October 2022.

The **key recommendations** that address the most prevalent **health and wellness needs** of New York City's LGBTQ API community are:

- Expansion of **Mental Health Services** and **Psychiatry**
- More publicity about **Free Testing for STDs / HIV/AIDS**
- Health Education on **Sexual Health & Hygiene**
- **Dermatology**
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders

SUMMARY OF KEY FINDINGS

The most prevalent **health and wellness needs** of New York City's LGBTQ API community are:

- Mental Health Services
- Testing for STDs / HIV/AIDS
- Sexual Health & Hygiene
- Dermatology
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers

Mental health services often include the need for culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental psychotherapists or peer support groups. Treatments for depression, anxiety, Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Obsessive-Compulsive Disorder (OCD), and Post-Traumatic Stress Disorder (PTSD) are also highly ranked. Other wellness needs are treatment for addiction (e.g., smoking, alcohol, crystal meth, etc.) and finding LGBTQ-sensitive providers.

Apicha CHC currently incorporates mental health in its primary care services. An expansion of services is needed to provide free psychotherapy, regular peer-support groups for vulnerable or struggling individuals facing similar challenges, and psychiatrists who can diagnose and prescribe necessary psychotropic medications.

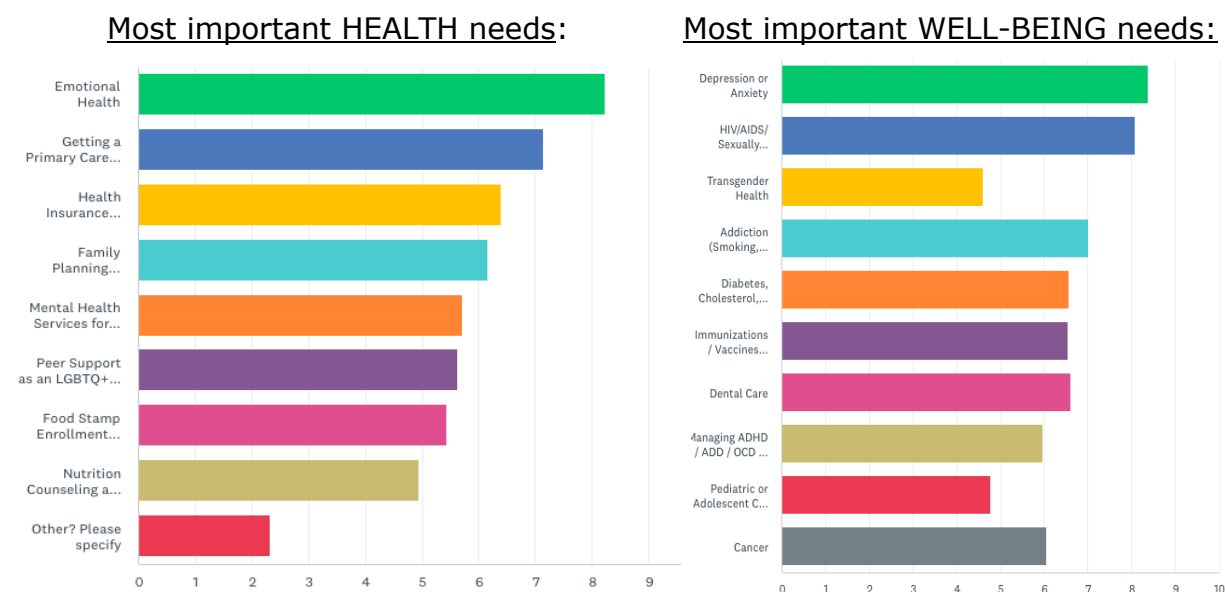
Testing for STDs / HIV/AIDS and Sexual Health & Hygiene were both listed as recurrent needs. Respondents repeatedly identified the need for free testing for STDs / HIV/AIDS, especially more often than every six months. Apicha CHC currently provides free testing for STDs / HIV/AIDS, but respondents did not know of this service. Expanded promotion and communication to inform the LGBTQ API community of Apicha CHC's free testing for STDs / HIV/AIDS is needed.

Sexual Health & Hygiene arose as a need that is best addressed through public health education. This priority often arose in the survey as "anal health," but focus groups revealed that this was part of a larger need for overall sexual health, hygiene, and care. An emerging need is for family planning contraception and pregnancy testing. With the advent of PrEP, PEP, and increased sexual activity, anal

sex has become more prevalent. The need for more regular free testing for STDs / HIV/AIDS and greater awareness on Sexual Health & Hygiene was voiced several times, especially by more vulnerable populations such as youth, immigrants, sex workers, and those in the kink/leather/BDSM communities.

Dermatology was ranked as a new emerging need (following Mental Health, STD / HIV/AIDS testing, and Sexual Health) in the survey. It was identified from a list of services that Apicha does not address in-house, but makes referrals for.

Dermatology was also mentioned in focus groups and interviews. Respondents commented that occasional skin rashes, itchy skin thought to be eczema, skin growths, or skin breaks in the genital area required a specialist in dermatology for diagnosis and treatment.



The most prevalent **social determinants** of health that frustrate access to these needs are:

- Lack of culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers
- Lack of insurance or navigating insurance bureaucracy, such as finding providers covered by one’s insurance
- Finances; specifically high co-pays, deductibles, or the need to self-pay for mental health services. Many LGBTQ APIs are paying out of pocket for therapy from LGBTQ-affirming therapists of color.

Moreover, access to culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental mental health services is challenging because of clients’ undocumented immigrant status, insurance limitations, or needing to self-pay for therapists since many do not take insurance.

Anti-Asian violence and hate crimes have increased significantly, especially in New York City, since the onset of the COVID-19 pandemic. However, survey respondents

did not identify that violence or fear of violence was a continuing barrier in seeking health care. This was probably due to the timing of the survey. Survey responses were collected over five (5) months, from June through October 2022. During this time, most COVID-19 restrictions had already been lifted and anti-Asian hate crimes had subsided. Moreover, Apicha CHC participated in a quick community response to anti-Asian violence, along with agencies, community-based organizations, and state and municipal political leaders.

Few respondents said that they had no insurance. Apicha CHC's own efforts to sign up LGBTQ APIs for health care under the Affordable Care Act, along with the numerous "health care navigators" in both the LGBTQ and API communities in New York City seem to have been effective. However, problems with navigating insurance policies and finding a provider covered by insurance are widespread.

Services and programs to address these needs include:

- More frequent free testing for STDs / HIV/AIDS
- Peer support groups as a method to deliver mental health services
- Hiring culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental psychotherapists and psychiatrists
- Hiring culturally competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers
- Health education on Sexual Health & Hygiene

Members of vulnerable communities—such as sex workers, young people struggling to come out to their families, and victims of violence—identified that peer support groups facilitated by licensed professionals, or at least a trained and experienced facilitator, could effectively address their needs.

The major **pharmaceutical needs** of LGBTQ APIs are PrEP / PEP as well as medications to treat mental illnesses such as ADD / ADHD / OCD / PTSD (Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder).

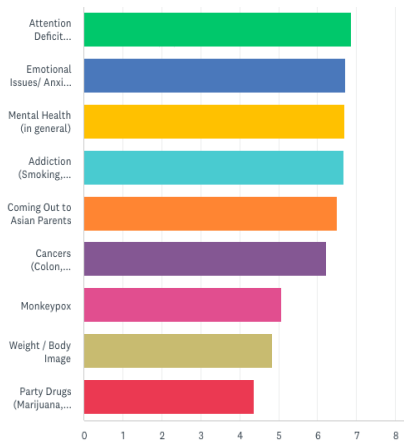
Patient interviews revealed that doctors have become much more reluctant in prescribing psychotropic medications. Medications to treat ADD / ADHD / OCD / PTSD such as Adderall or Klonopin are stimulants. Though effective, they can be abused. The national opioid epidemic has made doctors more cautious, if not resistant, toward prescribing these medications.

Primary care physicians have been more willing to prescribe antidepressants, but have been reluctant to prescribe other psychotropic medications. Sometimes they are unfamiliar with how to assess the appropriate dosage and how to make adjustments. Patients often assume that a primary care physician can diagnose and treat all conditions, but oftentimes specialists are needed.

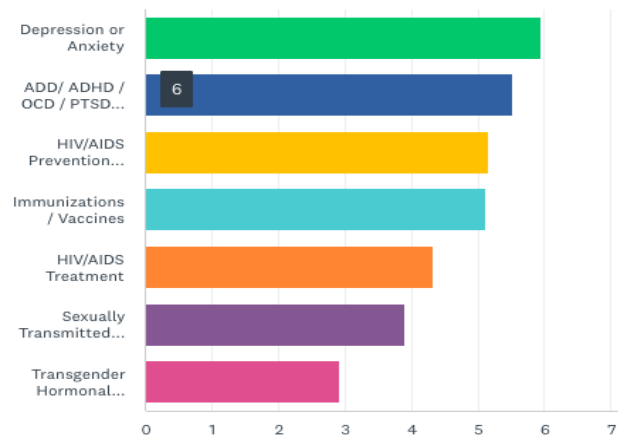
This study recommends that Apicha CHC hire a **psychiatrist** who can provide comprehensive mental health care, including appropriate diagnosis, treatments, and prescription medications. Likewise, that psychiatrist should be familiar with the nuances of Asian cultures, possess some bilingual ability, and be LGBTQ-sensitive and nonjudgmental of various sexual practices and lifestyles.

Additionally, ADD / ADHD medications must be taken daily, but patients are limited to refills of only 30 days at a time. Insurance coverage is very strict and pharmacies will not release the medication beforehand.

Needs to LEARN about:



PHARMACEUTICAL Needs to treat:



Health education on Sexual Health & Hygiene is highly needed, with a focus on anal health. Respondents also identified the need for education on Mental Health, Addiction, and Cancer. “Mental Health” included mental health in general, Emotional Issues / Anxiety / Depression, and ADD / ADHD / OCD / PTSD, and more than half (54%) of respondents identified it as the most important health/well-being need that they wanted to learn about.

Health education on cancer treatment and diagnosis is also needed, but to a lesser degree. Cancer arose as statistically significant in the survey as a widespread need, but it rarely arose during any focus group or community meetings examining issues more in depth. More vulnerable low-wage immigrant workers and seniors did identify cancer in individual interviews.

Further analysis through interviews revealed that the priority of cancer was not so much about respondents' own personal diagnoses and treatment plans, but rather a general lack of awareness of cancer, how it is diagnosed, and its treatability. Interviewees heard of “skin cancer,” “ovarian cancer,” and “testicular cancer,” but had little awareness of the warning signs. Lymphoma has a higher preponderance among gay men and correlates closely with those who have HIV/AIDS. Nasopharyngeal (nasal) cancer has a higher preponderance among APIs. The perception that cancer is terminal, even though it is often treatable and

manageable, heightened community fears and statistically elevated its ranking. Indeed, 40% of people are expected to get a cancer diagnosis sometime in their lives.

LGBTQ API New Yorkers are generally healthy. Apicha CHC's assessment found that most LGBTQ API respondents exercise regularly, try to eat a balanced diet, and take time for self-care.

They generally feel "good" about themselves physically and about their attractiveness to others. But when asked about their mental health, most positive responses dropped from "good" to "fair." Women and transgender respondents reflected the same, but with small drops in the percentages of those who said "good"; more responded "fair." Men also experienced this drop when asked about their mental health. LGBTQ API respondents who engaged in unhealthy or high-risk activities did so infrequently.

Monkeypox was not identified as a frequent concern, even though the survey was conducted during the height of the monkeypox outbreak in New York City. This could have been because of city and nonprofit efforts to educate the larger LGBTQ community about monkeypox.

Certain issues like weight and body image, excessive drug use (including party drugs), and difficulty in coming out to Asian families were not widespread. However, when examining young people under the age of 24 specifically, these issues arose with much more frequency.

Detailed analysis and breakouts are provided by Ethnicity, Borough, Queens & Jackson Heights (Zip Code 11372), Income, Age, and Special Needs Group: Immigrant, Leather/BDSM/Kink, Sex Worker.

A comprehensive Literature Review revealed been several studies on LGBTQ people and APIs, but few have examined those at the intersection,² and almost none specifically of those living in New York City.³ This assessment builds on these previous studies:

The New York City Department of Health and Mental Hygiene examined the "Health of Asians and Pacific Islanders in New York City" in a groundbreaking report in 2021.⁴ Yet only one page of that fifty-page report discussed sexual orientation and

² Sel Hwahng & Alison J. Lin, "The Health of Lesbian, Gay, Bisexual, Transgender, Queer and Questioning People" in *Asian American Communities and Health: Context, Research, Policy, and Action*. (2009), eds. Chau Trinh-Shevrin, Mariano Jose Rey, Nadia S. Islam.

³ National Gay and Lesbian Task Force Policy Institute, Alain Dang & Mandy Hu, *Asian Pacific American Lesbian, Gay, Bisexual and Transgender People: A Community Portrait. A report from New York's Queer Asian Pacific Legacy Conference*. New York (2005).

⁴ New York City Department of Health and Mental Hygiene (NYC Health Department), *Health of Asians and Pacific Islanders in New York City*, 2021. Hereinafter as "NYC Health Department, "Health of APIs in NYC" 2021."

gender identity. Still, the NYC Health Department’s report provided a tremendous launching pad from which to develop this needs assessment. Apicha CHC’s findings for LGBTQ APIs are consistent with the Department of Health’s study, but there are some notable nuances.

The Williams Institute at UCLA School of Law examined AAPI LGBTQ Adults in the U.S. with a focus on “LGBT Well-Being at the Intersection of Race” in 2021.⁵ The report took an in-depth look at LGBTQ AAPIs across the country and in the Northeast. It found that most LGBTQ AAPIs resided in urban areas. Apicha CHC’s study focused on LGBTQ APIs in one specific urban area, New York City.

The U.S. Census Bureau revealed differences in the experience of LGBT and non-LGBT respondents during the COVID-19 Pandemic.⁶ The Bureau's findings were entirely consistent with Apicha CHC’s findings of LGBTQ APIs in New York City one year after the onset of COVID-19.

Finally, a pioneering report by the Substance Abuse and Mental Health Services Administration (SAMHSA) examined behavioral health issues for Asian American / Native Hawaiian / Pacific Islander boys and men in 2016.⁷ That report was national in focus but was LGBTQ-inclusive. This needs assessment by Apicha CHC expands on that effort by including LGBTQ API women, APIs of transgender experience, and non-binary and gender non-conforming APIs.

Apicha CHC’s health and wellness needs assessment surveyed 344 LGBTQ APIs in New York City in 10 languages, and also collected qualitative input from local LGBTQ API organizational stakeholders, focus groups of specific underserved high-risk groups, and one-on-one interviews with people with special needs, front-line workers, physicians, and other healthcare providers. The findings leads to **five recommendations** for:

- Mental Health Services and Psychiatry
- Free Testing for STDs / HIV/AIDS
- Health Education on Sexual Health & Hygiene
- Dermatology
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers

⁵ The Williams Institute at UCLA, *AAPI LGBTQ Adults in the U.S.: LGBT Well-Being at the Intersection of Race*, May 2021. Hereinafter as “UCLA Williams Institute, AAPI LGBTQ Adults: LGBT Well-Being and Race, 2021.”

⁶ New Household Pulse Survey Data Reveals Differences between LGBT and Non-LGBT Respondents During COVID-19 Pandemic (2021).

⁷ Substance Abuse and Mental Health Services Administration (SAMHSA), *A Snapshot Of Behavioral Health Issues For Asian American/ Native Hawaiian/Pacific Islander Boys And Men: Jump Starting An Overdue Conversation*, HHS Publication No. (SMA) 16-4959. (2016). Hereinafter as “SAMHSA, Behavioral Health of AAPI Boys and Men (SMA) 16-4959 (2016).”

The Health & Wellness of LGBTQ Asians and Pacific Islanders

By ETHNICITY

Chinese (Ch) Korean (Kor) Filipino (Fil) South Asian (S.As) Southeast Asian (SEA)

NOTE: Ethnicity is based on self-identification. Because respondents could choose multiple ethnicities, each ethnic group encompassed those who are multi-ethnic and single ethnic.

Percentages are based on respondents' "first choice" ranking as the most important.

1. HEALTH NEEDS of LGBTQ by ETHNICITY

Q9. The most important HEALTH needs:

	Ch.	Kor.	Fil	S.As	SEA
Depression or Anxiety	34%	35%	45%	45%	40%
HIV/AIDS / STD, Hepatitis	20%	8%	10%	28%	40%
Transgender Health	9%	23%	0%	11%	20%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	5%	7%	30%	6%	0%
Diabetes, Cholesterol, Blood Pressure	7%	8%	20%	0%	0%
Dental Care	7%	9%	0%	0%	0%
Immunizations / Vaccines	8%	0%	13%	12%	0%

Q10. The most important needs for Sexually Transmitted Diseases/HIV/AIDS:

	Ch.	Kor.	Fil	S.As	SEA
Prevention	45%	25%	38%	35%	50%
Testing	25%	42%	38%	42%	40%
Treatment	11%	17%	14%	0%	0%
Support Services/Navigating Bureaucracy	15%	10%	0%	5%	0%

Q17. Most important HEALTH needs among the list below (not offered by Apicha):

	Ch.	Kor.	Fil	S.As	SEA
Dermatology	24%	40%	0%	17%	33%
Anal health	19%	50%	57%	33%	70%
Cancers	19%	13%	0%	29%	0%
Elder/Geriatric Care	9%	10%	0%	0%	0%
Labia/Clitoris Maintenance	4%	0%	0%	13%	25%
Vision	22%	0%	38%	6%	0%
IVF / Sperm/Egg Preservation	10%	17%	14%	12%	0%

2. WELLNESS NEEDS of LGBTQ by ETHNICITY

Q12. The most important WELL-BEING needs:

	Ch.	Kor.	Fil	S.As	SEA
Emotional Health	35%	77%	64%	75%	40%
LGBTQ-API-friendly PCP & Pharmacist	30%	17%	10%	15%	40%
Health Insurance Enrollment	18%	9%	11%	6%	0%
Family Planning, Pregnancy Testing	0%	8%	0%	0%	20%
Peer Support as LGBTQ API	7%	0%	9%	5%	0%

Q13. The most important NEEDS IN GENERAL among health and well-being needs:

	Ch.	Kor.	Fil	S.As	SEA
Depression or Anxiety	19%	25%	42%	37%	25%
Addiction	7%	25%	13%	27%	33%
ADD / ADHD / OCD / PTSD	4%	25%	0%	0%	0%
LGBTQ-sensitive Doctor	22%	22%	22%	11%	20%
Doctor covered by my insurance	14%	0%	10%	13%	25%
Finances, Money for Food, Rent, Job	23%	17%	11%	0%	33%
Dental Care	6%	20%	0%	0%	0%

3. SOCIAL DETERMINANTS

Q15. The most significant BARRIERS to addressing health and well-being needs:

	Ch.	Kor.	Fil	S.As	SEA
Finances	31%	45%	25%	44%	25%
Lack of LGBTQ-Sensitive Asian Doctor	26%	17%	22%	35%	0%
Health Care Provider (in-network)	17%	22%	50%	11%	25%
ADD / ADHD / OCD / PTSD	10%	11%	13%	13%	0%
Food Insecurity	0%	0%	0%	0%	0%
Housing Insecurity	4%	11%	0%	0%	0%
Shame / Embarrassment	9%	0%	0%	0%	0%

4. HEALTH EDUCATION AND PHARMACEUTICAL NEEDS by ETHNICITY

Q16. The health/well-being needs that respondents most want to LEARN about:

	Ch.	Kor.	Fil	S.As	SEA
ADD/ ADHD / OCD / PTSD	15%	43%	0%	6%	0%
Emotional Issues/Anxiety/Depression	16%	18%	18%	11%	25%
General Mental Health	25%	27%	27%	12%	0%
Addiction	9%	0%	33%	27%	33%
Coming out to Asian Parents	16%	33%	0%	28%	0%
Cancers	10%	14%	13%	13%	33%
Monkeypox	11%	14%	11%	6%	0%
Weight/Body Image	2%	0%	9%	6%	0%
Party Drugs	7%	0%	11%	6%	25%

Q18. The most important PHARMACEUTICAL NEEDS are to treat:

	Ch.	Kor.	Fil	S.As	SEA
Depression or Anxiety	29%	38%	40%	40%	20%
ADD / ADHD / OCD / PTSD	10%	29%	11%	29%	25%
HIV/AIDS Prevention	17%	0%	13%	7%	20%
HIV/AIDS Treatment	9%	0%	0%	7%	0%
Immunizations/Vaccines	23%	13%	29%	16%	50%
STDs (Not HIV/AIDS)	4%	0%	11%	0%	0%
Transgender Hormonal Therapy	9%	29%	0%	20%	0%

5. HEALTH AND WELLNESS OF SURVEY RESPONDENTS

Q19. How do you feel about your overall PHYSICAL HEALTH?

	Ch.	Kor.	Fil	S.As	SEA
Very Good	8%	20%	25%	5%	0%
Good	56%	47%	17%	48%	40%
Fair	31%	27%	33%	29%	60%
Poor	3%	17%	17%	14%	0%
Very Poor	2%	0%	8%	4%	0%

Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?

	Ch.	Kor.	Fil	S.As	SEA
Very Good	10%	13%	17%	10%	0%
Good	32%	33%	17%	24%	40%
Fair	42%	40%	33%	52%	60%
Poor	12%	13%	33%	10%	0%
Very Poor	3%	0%	0%	5%	0%

Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?

	Ch.	Kor.	Fil	S.As	SEA
Very Good	5%	20%	17%	0%	20%
Good	40%	40%	33%	43%	40%
Fair	34%	13%	17%	33%	0%
Poor	16%	27%	17%	14%	40%
Very Poor	5%	0%	17%	10%	0%

Q22. Do you engage in any of these activities nowadays?

	Ch.	Kor.	Fil	S.As	SEA
Eat a healthy/balanced diet	68%	67%	33%	62%	20%
Regular Exercise	54%	47%	67%	43%	20%
Self-care	37%	53%	50%	57%	20%
Starting a family / children	5%	0%	8%	19%	20%
Sex without condoms / dental dams	29%	27%	33%	29%	0%
Other Drugs (Marijuana, Poppers, E)	34%	40%	25%	29%	40%
Party Drugs	10%	27%	0%	5%	20%
Hard drugs (Acid, Heroin, Cocaine)	3%	13%	0%	5%	0%
Smoking/Vaping	19%	20%	17%	14%	0%
Drinking 2 alcoholic drinks/day	10%	53%	0%	10%	0%
Drinking 2 sugary drinks/day	17%	33%	17%	14%	40%
Kinky sex/Bondage/SM	19%	7%	25%	19%	80%
Sex work	8%	7%	17%	0%	0%
Sell / exchange sex for money, drugs, other	3%	13%	0%	0%	20%
Buy, pay, exchange money, drugs for sex	5%	0%	8%	5%	0%

The Health & Wellness of LGBTQ Asians and Pacific Islanders

BY BOROUGH

Manhattan Queens Brooklyn Bronx Staten Island

Percentages are based on respondents' "first choice" ranking as the most important.

1. HEALTH NEEDS of LGBTQ APIs by BOROUGH

Q9. The most important HEALTH needs:

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Depression or Anxiety	37%	38%	40%	33%	0%
HIV/AIDS / STD, Hepatitis	14%	33%	29%	0%	33%
Transgender Health	11%	9%	6%	0%	0%
Addiction (Smoking, Alcohol, Crystal Meth, etc.)	9%	6%	3%	33%	0%
Diabetes, Cholesterol, Blood Pressure	9%	3%	6%	0%	0%
Dental Care	6%	6%	0%	0%	0%
Immunizations/Vaccines	12%	3%	3%	0%	0%

Q10. The most important needs for Sexually Transmitted Diseases / HIV/AIDS:

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Prevention	36%	43%	48%	50	100%
Testing	34%	32%	33%	0%	0%
Treatment	11%	7%	10%	50%	0%
Support Services/Navigating Bureaucracy	12%	9%	10%	0%	0%

Q17. The most important HEALTH needs among the list below (which are not offered by APICHA):

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Dermatology	15%	24%	31%	50%	0%
Anal health	33%	39%	21%	0%	100%
Cancers	12%	17%	24%	0%	0%
Elder/Geriatric Care	7%	8%	5%	0%	0%
Labia/Clitoris Maintenance	5%	0%	9%	50%	0%
Vision	20%	7%	12%	0%	0%
IVF/ Sperm/Egg Preservation	5%	20%	10%	0%	0%

2. WELLNESS NEEDS of LGBTQ APIs by BOROUGH

Q12. The most important WELL-BEING needs:

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Emotional Health	47%	58%	57%	67%	100%
LGBTQ-API-friendly PCP & Pharmacist	23%	24%	19%	0%	0%
Health Insurance Enrollment	13%	6%	13%	50%	0%
Family Planning, Pregnancy Testing	7%	3%	0%	0%	0%
Peer Support as LGBTQ API	0%	16%	3%	0%	0%

Q13. The most important NEEDS IN GENERAL among the health and well-being needs:

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Depression or Anxiety	27%	31%	23%	0%	0%
Addiction	18%	12%	14%	67%	100%
ADD / ADHD / OCD / PTSD	2%	15%	4%	0%	0%
LGBTQ-sensitive Doctor	14%	13%	30%	0%	0%
Doctor covered by my insurance	9%	11%	17%	0%	0%
Finances, Money for Food, Rent, Job	13%	7%	28%	50%	0%
Dental Care	5%	7%	5%	0%	0%

3. SOCIAL DETERMINANTS

Q15. The most significant BARRIERS to addressing these health/well-being needs:

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Finances	47%	24%	36%	33%	100%
LGB-Sensitive Asian Doctor	17%	34%	26%	33%	0%
Health Care Provider (in-network)	19%	19%	20%	0%	0%
ADD / ADHD / OCD / PTSD	3%	19%	8%	0%	0%
Food Insecurity	0%	0%	0%	0%	0%
Housing Insecurity	5%	0%	0%	33%	0%
Shame / Embarrassment	2%	10%	7%	0%	0%

4. HEALTH EDUCATION AND PHARMACEUTICAL NEEDS by BOROUGH

Q16. The health/well-being needs that respondents most want to LEARN about:

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
ADD / ADHD / OCD / PTSD	8%	12%	18%	33%	0%
Emotional Issues / Anxiety / Depression	7%	16%	23%	33%	0%
General Mental Health	24%	14%	30%	0%	0%
Addiction	16%	15%	17%	33%	100%
Coming out to Asian Parents	18%	28%	8%	0%	0%
Cancers	11%	15%	10%	0%	0%
Monkeypox	11%	4%	13%	0%	0%
Weight / Body Image	5%	7%	0%	0%	0%
Party Drugs	7%	0%	5%	0%	0%

Q18. The most important PHARMACEUTICAL NEEDS are to treat:

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Depression or Anxiety	27%	38%	37%	0%	0%
ADD / ADHD / OCD / PTSD	24%	11%	17%	100%	67%
HIV/AIDS Prevention	15%	11%	9%	0%	0%
HIV/AIDS Treatment	5%	16%	9%	0%	0%
Immunizations/Vaccines	20%	30%	16%	0%	33%
STDs (Not HIV/AIDS)	2%	0%	8%	0%	0%
Transgender Hormonal Therapy	10%	11%	5%	0%	0%

5. HEALTH AND WELLNESS OF SURVEY RESPONDENTS

Q19. How do you feel about your overall PHYSICAL HEALTH?

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Very Good	16%	6%	14%	0%	0%
Good	41%	46%	57%	33%	33%
Fair	39%	37%	19%	67%	33%
Poor	4%	9%	8%	0%	33%
Very Poor	0%	3%	3%	0%	0%

Q20. How do you feel about your overall MENTAL / EMOTIONAL HEALTH?

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Very Good	8%	11%	11%	0%	0%
Good	35%	34%	27%	33%	67%
Fair	39%	37%	46%	67%	0%
Poor	16%	17%	11%	0%	33%
Very Poor	2%	0%	5%	0%	0%

Q21. How do you feel about yourself physically or aesthetically? Do you feel you are attractive TO OTHERS for relationships, dates, or hookups?

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Very Good	12%	0%	14%	0%	0%
Good	33%	37%	44%	33%	0%
Fair	39%	26%	14%	67%	67%
Poor	10%	31%	17%	0%	33%
Very Poor	6%	6%	11%	0%	0%

Q22. Do you engage in any of these activities nowadays?

	<u>Manh.</u>	<u>Queens</u>	<u>Brook.</u>	<u>Bronx</u>	<u>S.I.</u>
Eat a healthy/balanced diet	65%	57%	62%	33%	0%
Regular Exercise	51%	40%	65%	33%	0%
Self-care	41%	40%	49%	33%	0%
Starting a family / children	2%	17%	3%	0%	0%
Sex without condoms / dental dams	33%	20%	30%	0%	0%
Other Drugs (Marijuana, Poppers, E)	39%	17%	32%	0%	0%
Party Drugs	12%	9%	8%	0%	67%
Hard drugs (Acid, Heroin, Cocaine)	6%	0%	3%	33%	0%
Smoking/Vaping	16%	11%	14%	67%	67%
Drinking 2 alcoholic drinks/day	18%	9%	16%	33%	33%
Drinking 2 sugary drinks/day	18%	23%	16%	67%	33%
Kinky sex/Bondage/SM	27%	9%	19%	33%	0%
Sex work	8%	9%	5%	0%	33%
Sell/ exchange sex for money, drugs, other	4%	3%	5%	33%	0%
Buy, pay, exchange money, drugs for sex	6%	3%	3%	0%	33%

The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders

PROMOTION



We're here to support you!
Tell us your health and wellness needs so we can help!

Only 16-minutes and win a prize.
For NYC's LGBTQ+ Asian, South Asian, Southeast Asians and Pacific Islanders.

Anonymous and Confidential
This survey will help FPICHA develop programs at its new Center in Jackson Heights, Queens.





LGBTQ+中文調查! 請查為匿名形式, 請告知我們您的健康與福利需求, 以便我們為您提供支持。僅需16分鐘即可完成, 還有機會贏得獎品。



LGBTQ+中文調查! 調查為匿名形式, 請告知我們您的健康與福利需求, 以便我們為您提供支持。僅需16分鐘即可完成, 還有機會贏得獎品。



Thai & LGBTQ+! บอกเราถึงความต้องการด้านสุขภาพและสุขภาพของคุณในแบบที่เรารู้จักและคุ้นเคยได้ใช้เวลาเพียง 16 นาที และลุ้นรางวัล!



ଆମେରିକୀ ଏବଂ ଆସୀୟ (LGBTQ+)! ଏକାନ୍ତ ଅନିଚିତ ସାହାଯ୍ୟ ଆପଣଙ୍କ ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ସୁଖର ସାହାଯ୍ୟ ପ୍ରଦାନ କରିବା ପାଇଁ ଆମେ ଆପଣଙ୍କ ସାହାଯ୍ୟ କରୁଛୁ। କେବଳ 16-ମିନିଟ୍ ସମୟ ଏକଟି ପ୍ରଶ୍ନାବଳୀ ଭରିବ।



ਪੰਜਾਬੀ ਅਤੇ LGBTQ+! ਇੱਕ ਬੇਨਾਮ ਸਰਵੇਖਣ ਵਿੱਚ ਸਾਨੂੰ ਆਪਣੀ ਸਿਹਤ ਅਤੇ ਸੁਖ-ਸੁਖਤੀ ਦੀਆਂ ਲੋੜਾਂ ਬਾਰੇ ਦੱਸੋ ਤਾਂ ਜੋ ਅਸੀਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕੀਏ। ਸਿਰਫ਼ 16-ਮਿੰਟ ਅਤੇ ਇਨਾਮ ਜਿੱਤੋ।



क्या आप दक्षिण एशिया से हैं और LGBTQ+ हैं? एक बेनामी सर्वे में हमें अपनी सेहत और सुख-सुखतियों के बारे में सुनने का एक शान्त और सुरक्षित मौका मिलेगा। केवल 16 मिनट और आपको इनाम मिलेगा।



한국계 성소수자 여러분! 단 16분 만에 익명 설문조사를 통해 여러분의 건강 및 웰빙 요구사항을 작성하고 경품 당첨을 누리세요!



Người Việt & LGBTQ+! Hãy cho chúng tôi biết về sức khỏe và nhu cầu về sức khỏe của bạn trong một khảo sát ẩn danh để chúng tôi có thể hỗ trợ bạn. Chỉ mất 16 phút và giành được một giải thưởng



Pinay / Filipinx! Upang mauprotahan namin kayo, sabihin ang inyong mga pangangailangan sa kalusugan sa isang survey. Hindi ipaalam kung sino kayo. Labing anim (16) na minuto lamang at manalo ng premyo.



You can help us:


1. meet the health and wellness needs of New York's LGBTQ+ API community.
2. overcome barriers that frustrate access for these needs; and
3. identify new services to address these needs.

Only 16-minutes and you can win a prize:

- Free safer sex kit (All survey takers)
- \$25 Amazon Gift Card (10 participants from a random drawing)
- T-shirt "I love Rice" or "Pacific Rim" (25 participants)



HELP APICHA ADDRESS THE HEALTH AND WELLNESS NEEDS OF NYC'S LGBTQ+ ASIANS & SOUTH ASIANS!



TAKE OUR ANONYMOUS AND CONFIDENTIAL SURVEY! IT SHOULD ONLY TAKE 16-MINUTES & YOU'LL BE ENTERED TO WIN A PRIZE AUTOMATICALLY

LGBTQ+ ASIANS WANTED!

TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO APICHA COMMUNITY HEALTH CENTER CAN SUPPORT YOU!



THE SURVEY IS ONLY 16 MINUTES AND YOU'LL BE ENTERED TO WIN A PRIZE!

WANTED!

LGBTQ+ ASIANS, SOUTH ASIANS, SOUTHEAST ASIANS, AND PACIFIC ISLANDERS



COME FILL OUR SURVEY TO TELL US WHAT YOU NEED IN THE COMMUNITY. WE WOULD LOVE TO HEAR FROM YOU!

LGBTQ+ CHINESE! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE

LGBTQ+中文調查! 調查為匿名形式, 請告知我們您的健康與福利需求, 以便我們為您提供支持。僅需16分鐘即可完成, 還有機會贏得獎品。

LGBTQ+中文調查! 調查為匿名形式, 請告知我們您的健康與福利需求, 以便我們為您提供支持。僅需16分鐘即可完成, 還有機會贏得獎品。


bit.ly/Apicha-Survey-Chinese-Trad
bit.ly/Apicha-Survey-Chinese-Simp



LGBTQ+ PINAYS AND FILIPINX! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE.

PINAY / FILIPINA AT LGBTQ+! UPANG MAUPROTAHAN NAMIN KAYO, SABIHIN ANG INYONG MGA PANGANGAILANGAN SA KALUSUGAN SA ISANG SURVEY. HINDI IPAALAM KUNG SINO KAYO. LABING ANIM (16) NA MINUTO LAMANG AT MANALO NG PREMYO.

bit.ly/Apicha-Survey-Tagalog



LGBTQ+ KOREANS! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE.

한국계 성소수자 여러분! 단 16분 만에 익명 설문조사를 통해 여러분의 건강 및 웰빙 요구사항을 작성하고 경품 당첨을 누리세요!

bit.ly/Apicha-Survey-Korean




LGBTQ+ MUSLIMS! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE.

آپیکھا مسلمین! ہمیں اپنی صحت اور بہبود کی ضروریات کے بارے میں ہمیں ایک خفیہ اور محفوظ طریقے سے سنانے کا موقع ملے گا۔ صرف 16 منٹ اور آپ کو انعام ملے گا۔

ଆମେରିକୀ ଏବଂ ଆସୀୟ (LGBTQ+)! ଏକାନ୍ତ ଅନିଚିତ ସାହାଯ୍ୟ ଆପଣଙ୍କ ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ସୁଖ-ସୁଖତୀୟତା ସହିତ ଆପଣଙ୍କ ଆବଶ୍ୟକତାକୁ ସମର୍ଥନ କରିବା ପାଇଁ ଆମେ ଆପଣଙ୍କ ସାହାଯ୍ୟ କରୁଛୁ। କେବଳ 16-ମିନିଟ୍ ସମୟ ଏକଟି ପ୍ରଶ୍ନାବଳୀ ଭରିବ।

ਪੰਜਾਬੀ ਅਤੇ (LGBTQ+) ਇੱਕ ਬੇਨਾਮ ਸਰਵੇਖਣ ਵਿੱਚ ਸਾਨੂੰ ਆਪਣੀ ਸਿਹਤ ਅਤੇ ਸੁਖ-ਸੁਖਤੀ ਦੀਆਂ ਲੋੜਾਂ ਬਾਰੇ ਦੱਸੋ ਤਾਂ ਜੋ ਅਸੀਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕੀਏ। ਸਿਰਫ਼ 16-ਮਿੰਟ ਅਤੇ ਇਨਾਮ ਜਿੱਤੋ।

bit.ly/Apicha-Survey-Hindi
bit.ly/Apicha-Survey-Bengali
bit.ly/Apicha-Survey-Punjabi



LGBTQ+ VIETNAMESE! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE.

NGƯỜI VIỆT & LGBTQ+! HÃY CHO CHÚNG TÔI BIẾT VỀ SỨC KHỎE VÀ NHU CẦU VỀ SỨC KHỎE CỦA BẠN TRONG MỘT KHẢO SÁT ẨN DANH ĐỂ CHÚNG TÔI CÓ THỂ HỖ TRỢ BẠN. CHỈ MẤT 16 PHÚT VÀ GIÀNH ĐƯỢC MỘT GIẢI THƯỞNG

bit.ly/Apicha-Survey-Viet



LGBTQ+ THAI! TELL US YOUR HEALTH AND WELLNESS NEEDS IN AN ANONYMOUS SURVEY SO WE CAN SUPPORT YOU. ONLY 16-MINUTES AND WIN A PRIZE

THAI & LGBTQ+! บอกเราถึงความต้องการด้านสุขภาพและสุขภาพของคุณในแบบที่เรารู้จักและคุ้นเคยได้ใช้เวลาเพียง 16 นาที แล้วลุ้นรางวัล

bit.ly/Apicha-Survey-Thai

QUEER THAI

PRIDE





The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders

ACKNOWLEDGEMENTS

PARTNERS

Partners assisted in survey distribution, focus group recruitment, and arranged meetings.

Community-Based Organizations

API Rainbow Parents
Caribbean Equality Project
GAPIMNY Empowering Asian Communities (Gay Asian & Pacific Islander Men of New York)
Q-WAVE (Queer Women Asian Visible and Empowered)
SALGA-NYC (South Asian Lesbian & Gay Association)
Chinese Rainbow Network

Agency Partners

AARP - American Association of Retired Persons
Asian American Studies Program at Hunter College/ CUNY
Family Equality
Grindr For Equality
Griot Circle
National Queer Asian & Pacific Islander Alliance (NQAPIA)
Recon
RentMen.com
SAGE - Services and Advocacy for GLBT Elders
Sex Worker Project at Urban Justice Center (UJC)
Street Vendor Project at Urban Justice Center (UJC)
Red Canary Song

Apicha CHC LGBTQ API Planning Committee Members

Therese Rodriguez, Chief Executive Officer
Yumiko Sano, Chief Program and Data Operations Officer
Gertrudes "Ding" Pajaron, Chief of Business Strategies and Development Officer
Mihaela Mihai, Senior Director of Administration and Clinic Operations
Jun Matsuyoshi, Director of Mental Health Services
Melanie Dulfo, Director of Community Health Education
Venus Vacharakitja, Senior Director of Support Services
Devika Patel, Associate Director of Support Services - Operations
Timothy Au, Assistant Director of Support Services - Member Services
Sabeen Shalwani, Manager of Community Engagement and Communications

Principal Investigator and Author

Glenn D. Magpantay, Esq. from Magpantay & Associates: a nonprofit consulting & legal services firm.





Manhattan
400 Broadway
New York, NY 10013
(212) 334-6029

Queens
82-11 37th Avenue
Jackson Heights, NY 11372
(718) 567-5200

© Apicha Community Health Center (CHC) 2023