



NEWS RELEASE

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Speak Out Survey identifies health issues for LGBTQI in Multnomah County *Survey findings will be presented April 1 at Q Center*

[Speak Out 2009](#), a survey conducted by Multnomah County Health Department, will educate health providers and policy makers on factors related to health and well-being across sexual orientation and gender identity. Public health is gathering information about rates of chronic and infectious diseases, as well as addiction and mental health issues, some of which affect Lesbian, Gay, Bisexual, Transgender, Queer, Genderqueer and Intersex (LGBTQI) community members more severely than the general population. The Speak Out Survey was designed to assess health status among LGBTQI people locally, and to explore community strengths and other positive factors that protect LGBTQI people from poor health.

Community members, service providers, and interested members of the public are invited to a presentation of survey findings:

Thursday, April 1, 2010

3:00 p.m. to 5:00 p.m.

Q Center

4115 N. Mississippi

Portland, Oregon 97217

The Speak Out 2009 survey gathered data from 843 adult respondents in the Portland metropolitan area who identified as LGBTQI. The survey data will be used to promote health equity for LGBTQI people and to develop a comprehensive agenda for wellness.

Key findings of the survey include:

- Speak Out respondents reported many risk factors for poor health; some of these are similar to the general population, while some appear to be elevated among LGBTQI people.
- People who experienced full support from their family related to sexual orientation and who had stronger community connections as adults reported better overall physical health.
- People who had fewer experiences of social isolation and teasing growing up also reported better overall physical health. Similarly, people who received more social support growing up reported less depression.
- Like most Americans, Speak Out respondents overall reported consumption of fewer fruits and vegetables and more alcohol and tobacco than recommended.
- Mental health issues (e.g., depression, anxiety, and post-traumatic stress) and experiences of violence (e.g., intimate partner violence, childhood sexual abuse) were prevalent, and rates appeared higher than the general population.
- There are different health risks within the community related to sexual orientation and gender identity. For example, transgender-identified individuals face significant disadvantages in accessing health care, reported higher rates of mental health issues, and reported more days of physical and mental disability than other Speak Out respondents.

Health Department Director Lillian Shirley states, "This new local LGBTQI health information will help address health inequity and gives us a roadmap for structural, community, and individual-level changes."

The survey is posted at <http://www.mchealth.org/hra/reports.shtml>

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