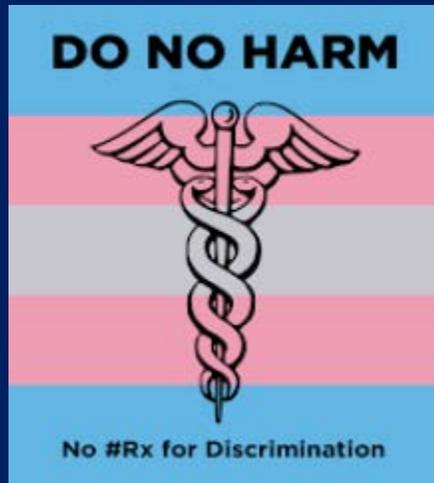


Sexual and Gender Minorities, Social Networks, and Health



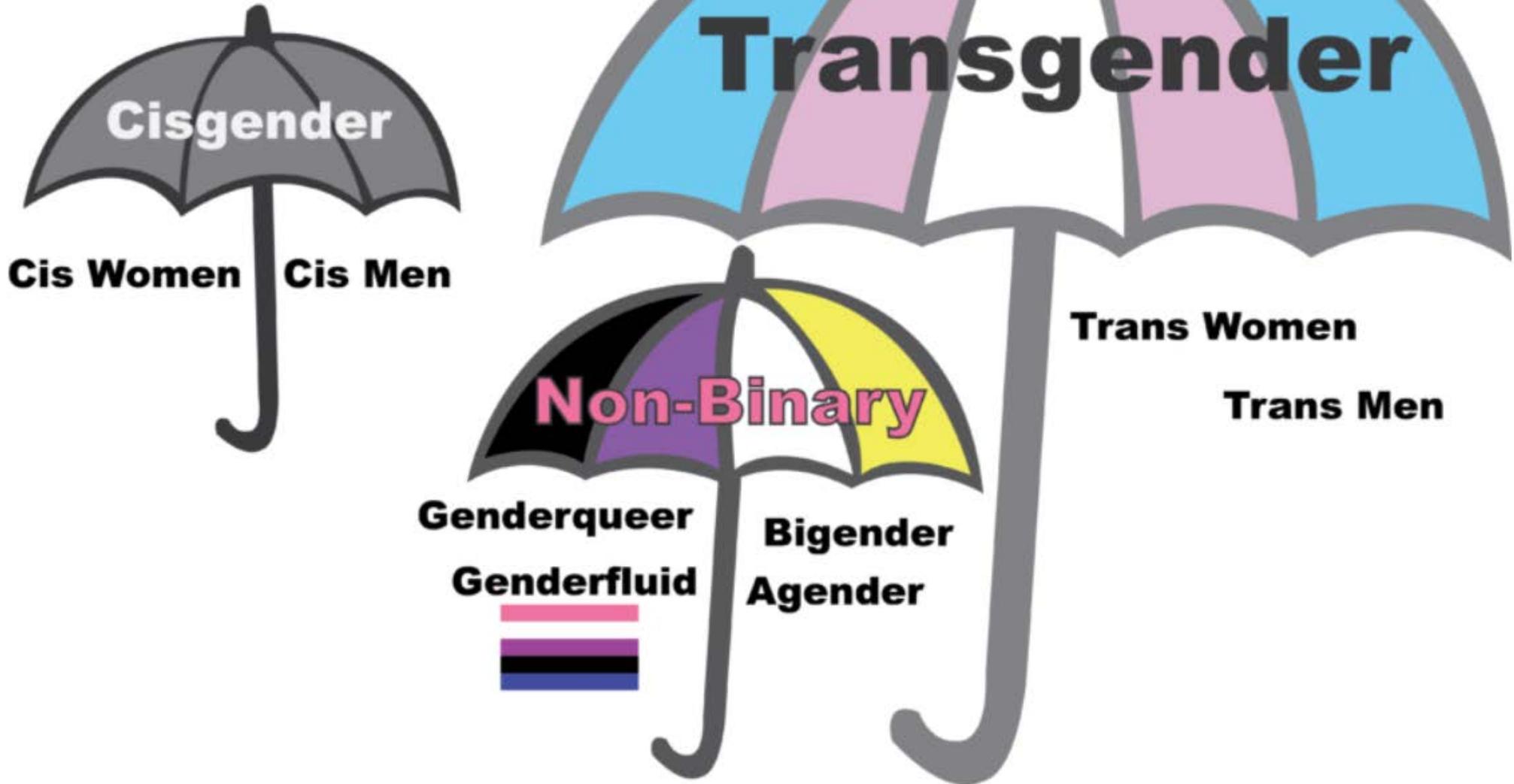
Cindi Matsumoto, MS, RN-BC

LGBTQIA+ = Sexual and Gender Minorities (SGMs)

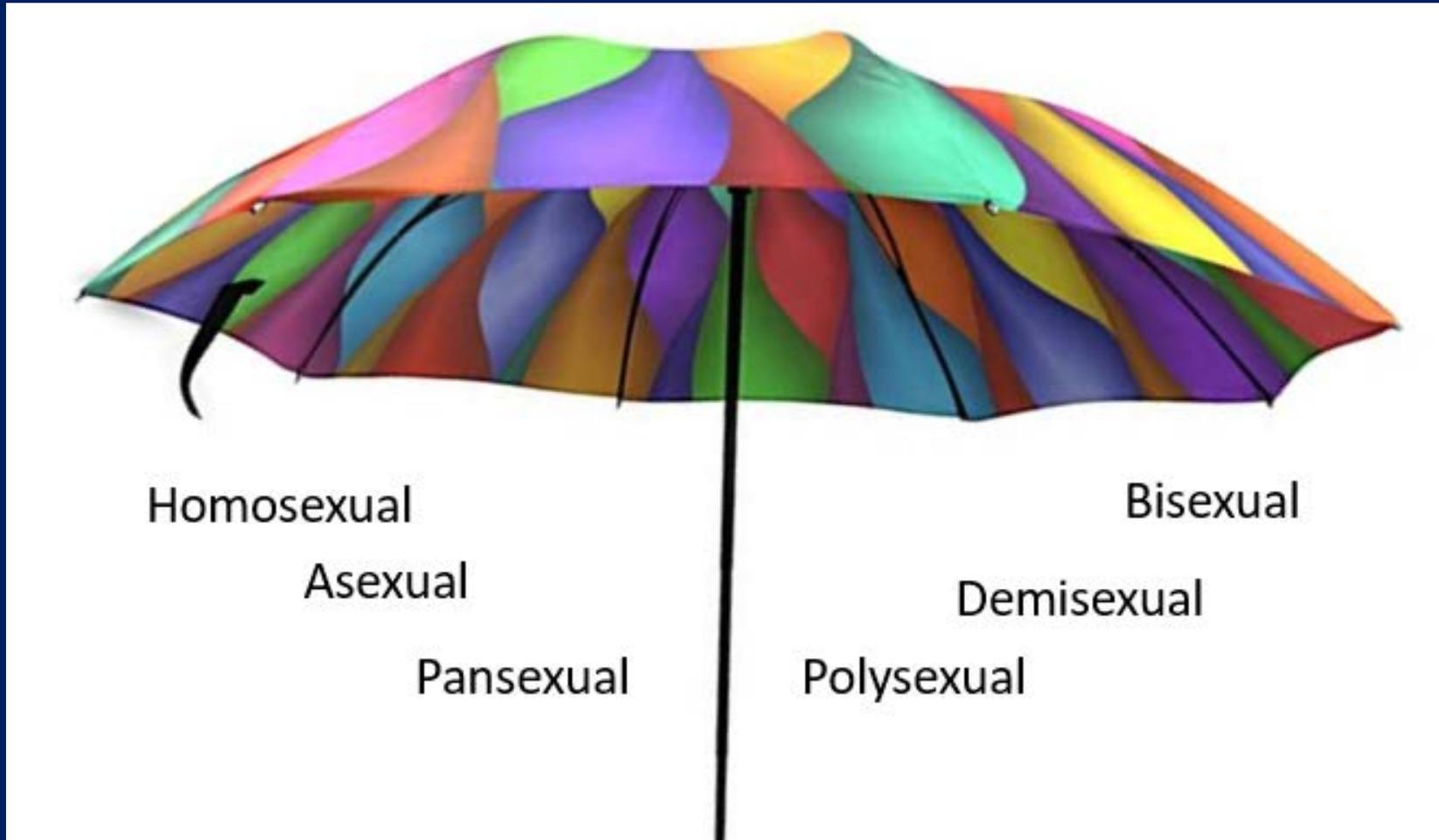
- Lesbian
- Gay
- Bisexual
- Transgender
- Queer
- Intersex
- Asexual
- +



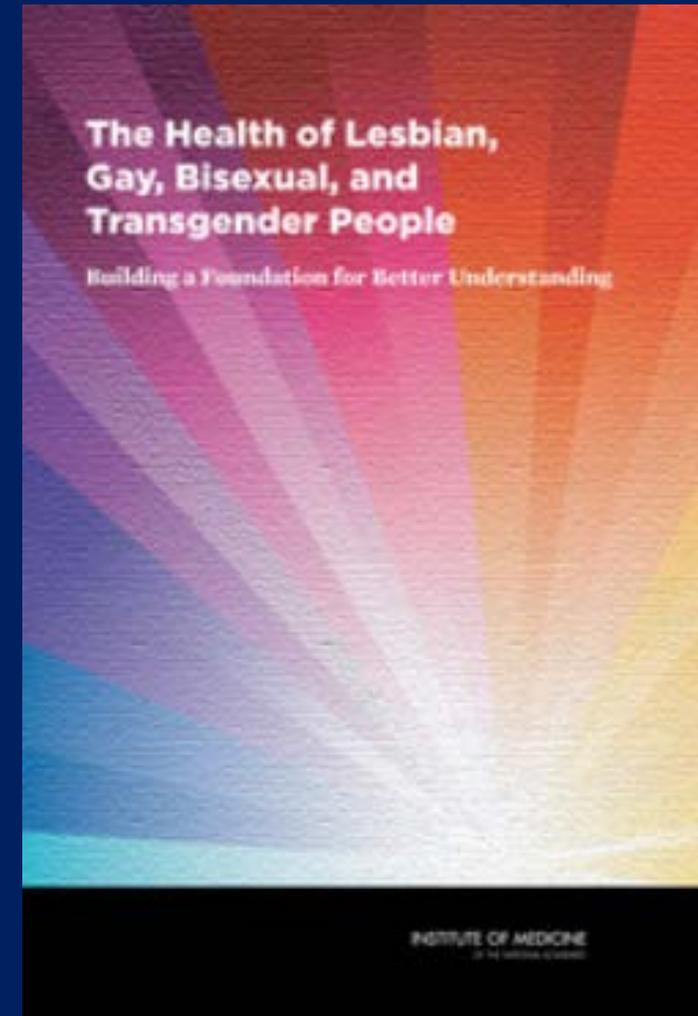
Gender Minorities



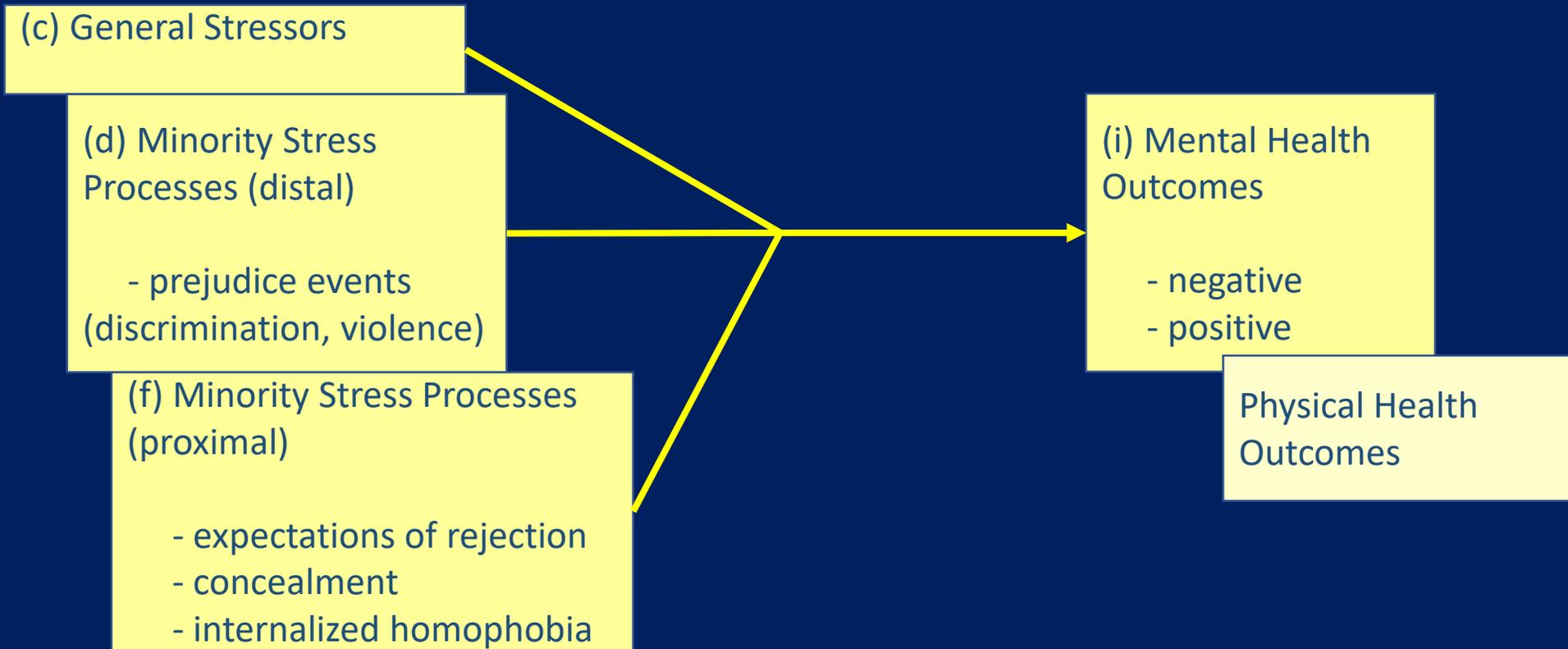
Sexual Minorities



National Efforts to Expand SGM Research



Minority Stress and Outcomes



Health for SGMs



- Depression

- 6x higher in older SGM people
 - 4.8% in non-SGMs
 - 31% in SGMs
- 48% in transgender women
- 51% in transgender men

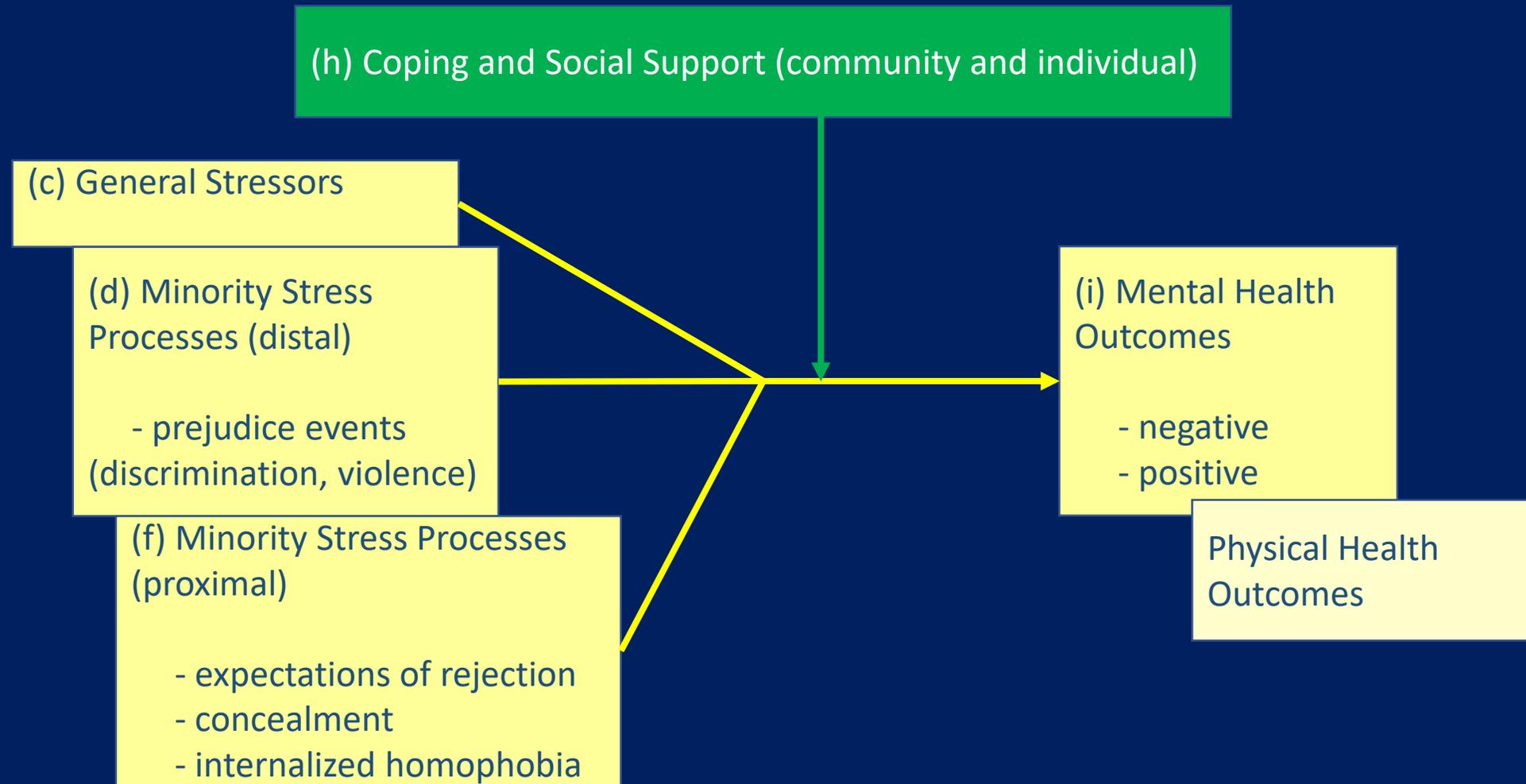
- Overall Health

- Worse in Lesbians
- Worse in Bisexual women

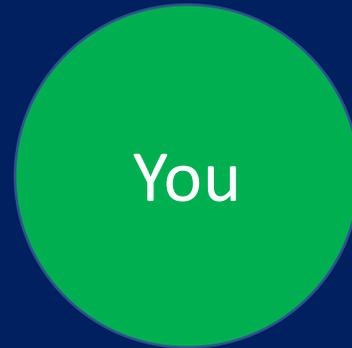
- Higher Risky Health Behaviors

- Smoking
- Obesity
- Unprotected sex

Minority Stress and Outcomes



Egocentric Social Network Methodology



Name Generators



Name Interpreting Questions

CSL

GGW

KAW

NPM

OTP

KK

Relationship

Gender, race/ethnicity (demographic information)

How do you keep in touch?

How close do you feel to that person?

UC Berkeley Social Network Study



- Goal: observe changes in egocentric social networks in response to life changes
- 2 cohorts:
 - Younger cohort (21- to 30-year-olds)
 - Older cohort (50- to 70-year-olds)
- Included a variable on sexual orientation
 - Heterosexual or straight, Homosexual or gay, or Something else

Purpose



The purpose of this study is to understand egocentric social networks and their relationship to health in sexual minorities (SMs).

- Decrease in scope from SGMs to SMs

Aim 1



- **Aim 1:** characterize and compare the egocentric social networks of SMs and of non-SMs in a younger and an older cohort.

Social Network Characteristics: Younger SMs versus non-SMs

	Younger SMs	Younger non-SMs
• Kin (relatives)	31%	34% (p=0.01)
• Same race/ethnicity	60%	64% (p=0.03)
• Feels especially close	39%	43% (p=0.04)



Social Network Characteristics: Older SMs versus non-SMs



	Older SMs	Older non-SMs
• Kin (relatives)	28%	40% (p<0.01)
• Non-kin friends	55%	46% (p<0.01)
• Same race/ethnicity	69%	76% (p<0.01)
• Feels especially close	41%	48% (p=0.04)



Aim 2



- **Aim 2:** Examine if social network characteristics are associated with depression and poor health in an older cohort.

Depression & Social Network Characteristics

- Social network characteristics associated with a **decrease** in depression
 - Relatives providing socializing support
 - SMs have fewer relatives providing socializing support than non-SMs
 - Non-relative friends providing socializing support
- Network members of the same race/ethnicity
 - SM have fewer network members of the same race/ethnicity than non-SMs

Overall Health & Social Network Characteristics

- Social network characteristic associated with **better** overall health
 - Feeling especially close
 - SMs feel less close with their networks than non-SMs
 - Frequent contact electronically



Stay Connected to the Elderly During Social Distancing

For elder family members in long-term care facilities, social distancing because of the new coronavirus (COVID-19) outbreak can be lonely. Here's how you can stay in touch.

March 18, 2020



Coronavirus: How can we stay in virtual touch with older relatives



Implications



- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO)
- Extends knowledge of social networks of a marginalized population
- Reinforces the need to disaggregate study populations by sexual orientation (and not assume heterosexual)
 - And disaggregate by gender identity (and not assume cisgender and binary)

Wellness with Pride

Dissertation and Qualifying Exam Committee



Dr Kathy Kim
Dissertation Chair



Dr Chris Drake
Dissertation (& QE) Member



Dr Ian Holloway
Dissertation (& QE) Member



Dr Sheryl Catz
QE Chair

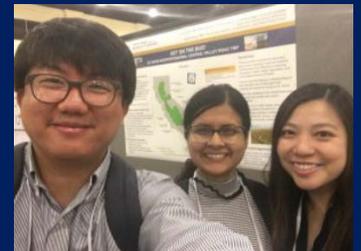


Dr Elena Siegel
QE Member



GORDON AND BETTY MOORE FOUNDATION

It Takes
A Village



Dedication

To everyone who does not fit into the binary/heterosexual box –

When you feel alone or lonely trust that your people are out there.
Reach out. Find them. You are not alone.

- Surround yourself with people who validate and affirm your identity and your truth

– Janet Mock, It Gets Better Project



Gender Minorities and Sexual Minorities

The Gender Unicorn

Graphic by: **TSER**
Trans Student Educational Resources

Gender Identity

- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression

- Feminine
- Masculine
- Other

Sex Assigned at Birth

- Female
- Male
- Other/Intersex

Physically Attracted to

- Women
- Men
- Other Gender(s)

Emotionally Attracted to

- Women
- Men
- Other Gender(s)

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore