



# LGBTQ FACT SHEET



A key role of North Coast Primary Health Network (NCPHN) is to identify health needs and service gaps and, based on this evidence, prioritise activity to address those needs. This fact sheet contains the most up-to-date health and service statistics and community perspectives.

## L

**Lesbian<sup>1</sup>**  
Women who mostly have romantic, sexual or intimate relationships with other women

## G

**Gay**  
Men who mostly have romantic, sexual or intimate relationships with other men

## B

**Bisexual**  
Someone who is sexually or romantically attracted to more than one gender

## T

**Transgender**  
An umbrella term that describes people whose gender is different to the gender that was assumed at birth. In the context of this fact sheet, people identifying as having a non-binary\* gender also come under this umbrella

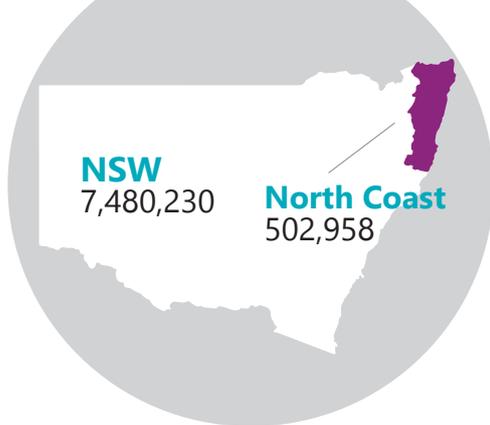
## Q

**Queer**  
An overarching and evolving term that is used in different ways and means different things to different people.

1. Attraction to people of many genders
2. Don't conform to cultural norms around gender and/or sexuality. General term referring to all non-heterosexual people

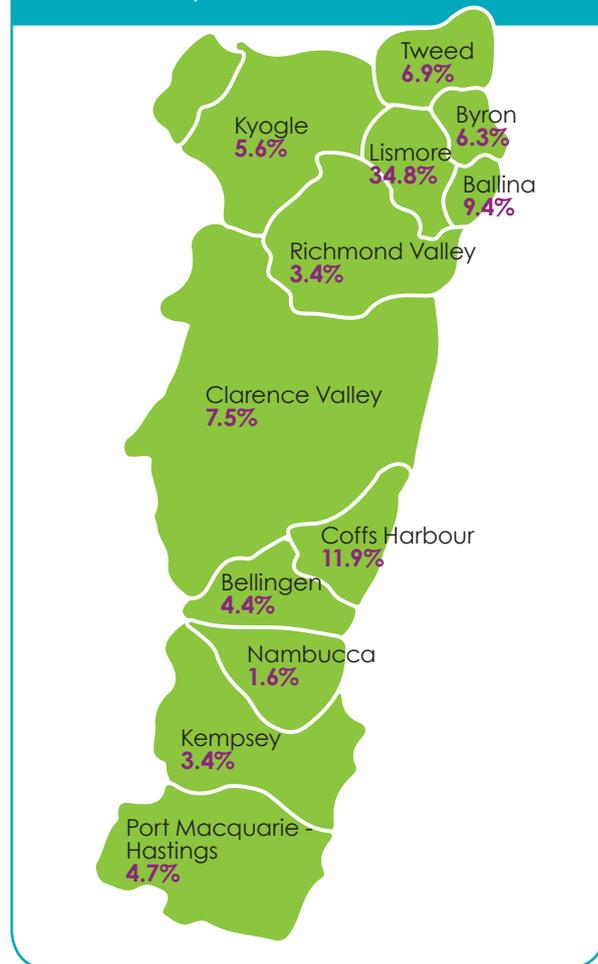
\*Non-binary gender: Gender that falls outside an exclusively male or female identity.

## Current Total Population<sup>2</sup>



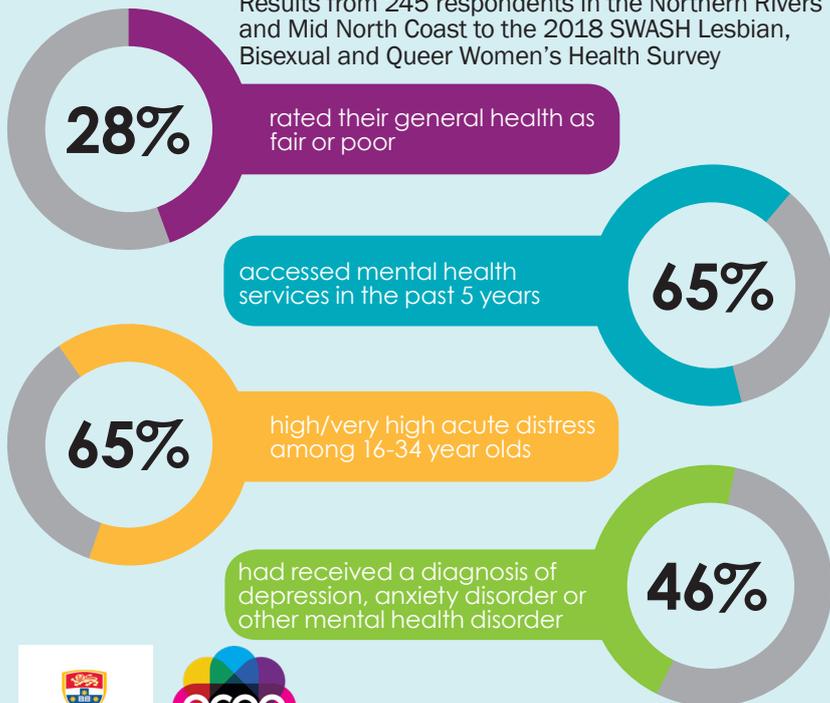
This fact sheet focuses on the North Coast of NSW, from Port Macquarie in the South to Tweed Heads in the North

## SpeakUp survey participants who identified as LGBTQ, by Local Government Area<sup>4</sup>



## SWASH survey participants<sup>3</sup>

Results from 245 respondents in the Northern Rivers and Mid North Coast to the 2018 SWASH Lesbian, Bisexual and Queer Women's Health Survey



## Disaster

Based on a community survey six months after the 2017 flood, LGBTQ respondents were more likely to have their homes flooded. They were also more likely to report post-traumatic stress, anxiety and suicidal ideation than non-LGBTQ respondents<sup>5</sup>



The risk of being flooded and displaced for longer than six months was **twice** that of non-LGBTQ respondents

**8%** of LGBTQ respondents were still displaced from their homes after 6 months

Mental health risk increased the longer a person was displaced



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People who identify as **LGBTI** can be at an increased risk of alcohol, tobacco and other drug problems<sup>8</sup>



These risks can be increased by:

- stigma and discrimination
- familial issues,
- marginalisation within their own community
- fear of identification or visibility
- lack of support

## HIV

The Northern NSW Local Health District (NNSWLHD) has the largest population of people living with HIV in rural NSW<sup>6</sup>



How healthcare providers working with gay, bisexual and queer men can assist the NSW HIV response:

Familiarise yourself with the NSW HIV Strategy 2016-2020<sup>7</sup>

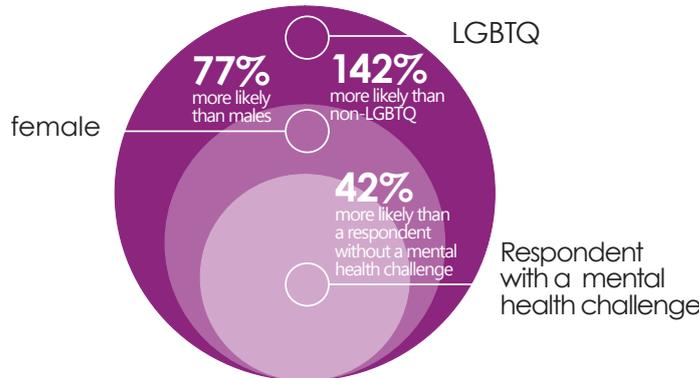
Promote regular STI and HIV testing

Develop your understanding of health needs of people living with HIV

Promote and prescribe relevant HIV prevention (PrEP) and HIV treatment medications

## Alcohol & Other Drug Services

This graph represents the SpeakUp survey respondents more likely to report **stigma and shame** as a challenge when trying to access Alcohol and Other Drug services<sup>4</sup>



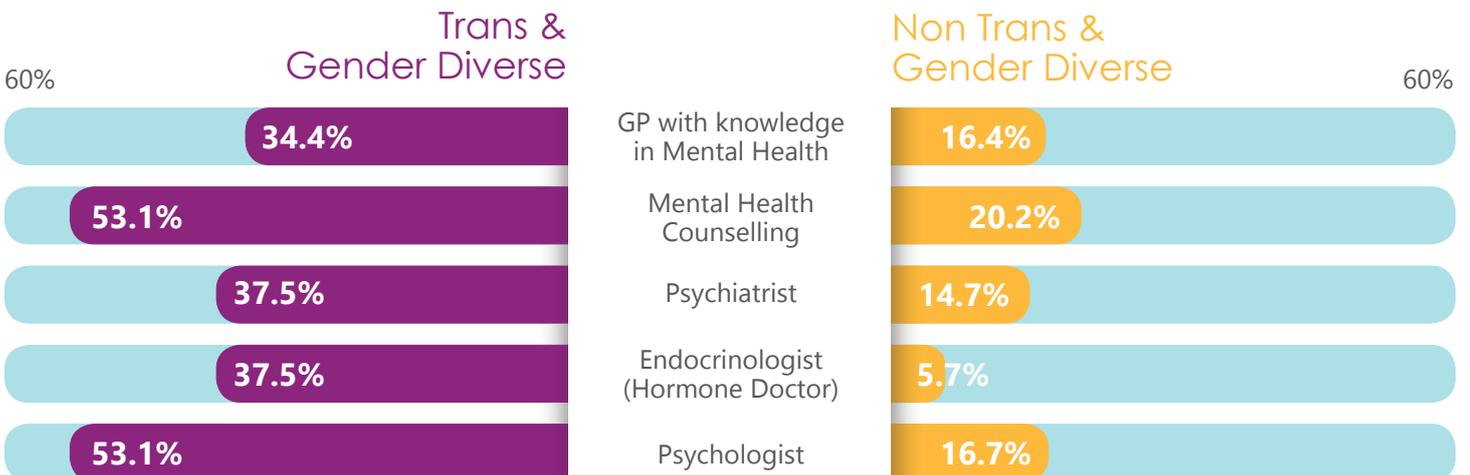
## LGBTI young people aged 16-27 years

are **5X** more likely to attempt suicide and nearly twice as likely to engage in self-injury, than their peers.<sup>9</sup>



## Access to health professionals

The health professionals SpeakUp survey respondents said are hard to see<sup>4</sup>



If you are thinking about suicide or experiencing a personal crisis, help is available. **No one needs to face their problems alone.**

To get help call Lifeline: **13 11 14**  
If life is in danger call **000** (Emergency Services)

**SpeakUp**, the 2018 local health needs assessment community survey was held in June 2018 and completed by 3,372 North Coast locals from Port Macquarie to Tweed Heads.

**319**



Survey participants identified as LGBTQ\*

ALL PARTICIPANTS 3,372

**37.7%**

said they wouldn't be able to get \$2,000 for something important within a WEEK. Heterosexual: 27.8%

**5.3%**

identified as ABORIGINAL or TORRES STRAIT ISLANDER

**33.2%**

had PRIVATE HEALTH INSURANCE

**23.2%**

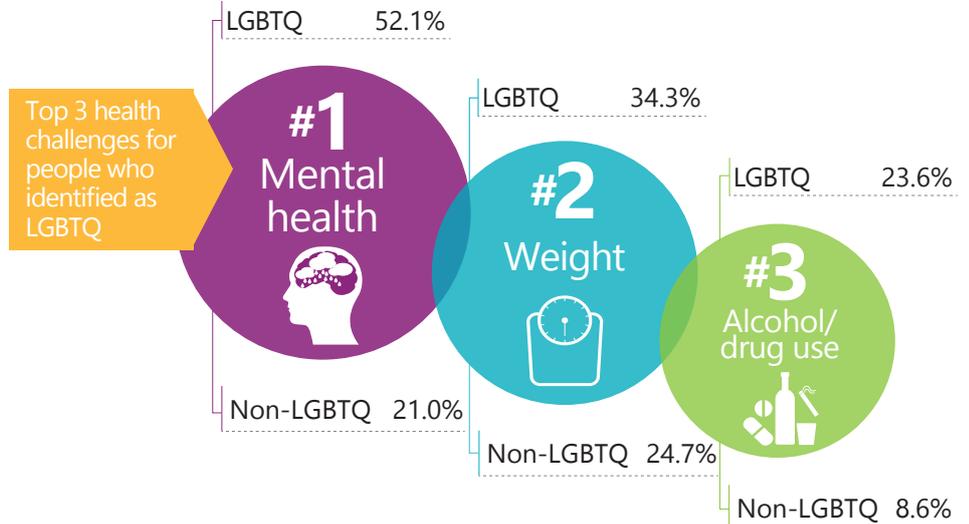
WORKED 35 or more HOURS a week

**15.1%**

needed help with SELF CARE activities

\* respondents identified as Lesbian, Gay, Bisexual, Queer, Transgender, Non-Binary or with a different gender or sexual identity

Participants were asked which health challenges they face...



Participants were asked what they think are the three most serious health concerns in their community...

**LGBTQ**

1	Mental health issues	61.7%
2	Drug and alcohol misuse	54.1%
3	Ageing issues	33.3%

**Non-LGBTQ**

1	Ageing issues	48.7%
2	Drug and alcohol misuse	47.0%
3	Mental health issues	46.0%

Survey respondents told us which additional services are needed to meet health challenges in their community...



% of LGBTQ respondents who reported that access is difficult

3 health services most commonly reported as hard to access

3 most commonly reported barriers to access services

### Specialists

**50.1%**

46.4%  
Non-LGBTQ



Psychiatrist  
Cardiologist  
Neurologist

**Cost** (67.7%)

**Long wait** (54.4%)

**Lack of services** (53.2%)

### Allied health

**30.4%**

25.9%  
Non-LGBTQ



Dentist  
Psychologist  
Physiotherapist

**Cost** (78.7%)

**No Medicare cover** (57.2%)

**Lack of services** (34.5%)

### Mental health services

**53.1%**

55.3%  
Non-LGBTQ



Counselling  
Doctor with knowledge in mental health  
NSW Community Health

**Cost** (57.2%)

**Lack of services** (49.6%)

**Poor experience in past** (35.3%)

### Alcohol & other drug services

**69.3%**

55.6%  
Non-LGBTQ



Counselling  
Rehab  
Detox

**Cost** (58.2%)

**Lack of services** (57.2%)

**Stigma/shame** (51.8%)

### Age specific services

**51.6%**

50.4%  
Non-LGBTQ



Care packages/funding  
In-home domestic support  
General wellness support

**Cost** (64.1%)

**Difficult to organise** (60.7%)

**Lack of services** (51.0%)

### General Practice (Doctor)

**32.0%**

27.9%  
Non-LGBTQ



**28.9%**  
of LGBTQ respondents didn't have a regular GP in the past 12 months

**Can't get appointment** (57.3%)

**Cost** (40.2%)

**Long wait** (31.0%)

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