

# The Health of Lesbian, Gay, Bisexual, and Transgender People

## Building a Foundation for Better Understanding

Report Release – March 31, 2011

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# Committee's Charge from NIH

- Conduct a review of the state of the science on the health status of LGBT populations
- Identify research gaps and opportunities
- Outline a research agenda
- Discuss research methods
- Consider research training needs to foster the advancement of knowledge about LGBT health



# Committee Members

Robert Graham (Chair)

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# Committee Process

- 18 month study
- 3 public meetings (2 in Washington, DC and 1 in San Francisco)
- 2 closed meetings + 3 conference calls
- Extensive literature review
- 14 external reviewers

# Report Structure

A broad definition of health was adopted

Findings presented using a life course framework

Areas examined:

- Development of sexual orientation and gender identity
- Mental health status
- Physical health status
- Risk and protective factors
- Health services
- Contextual influences

# Findings: Research Issues

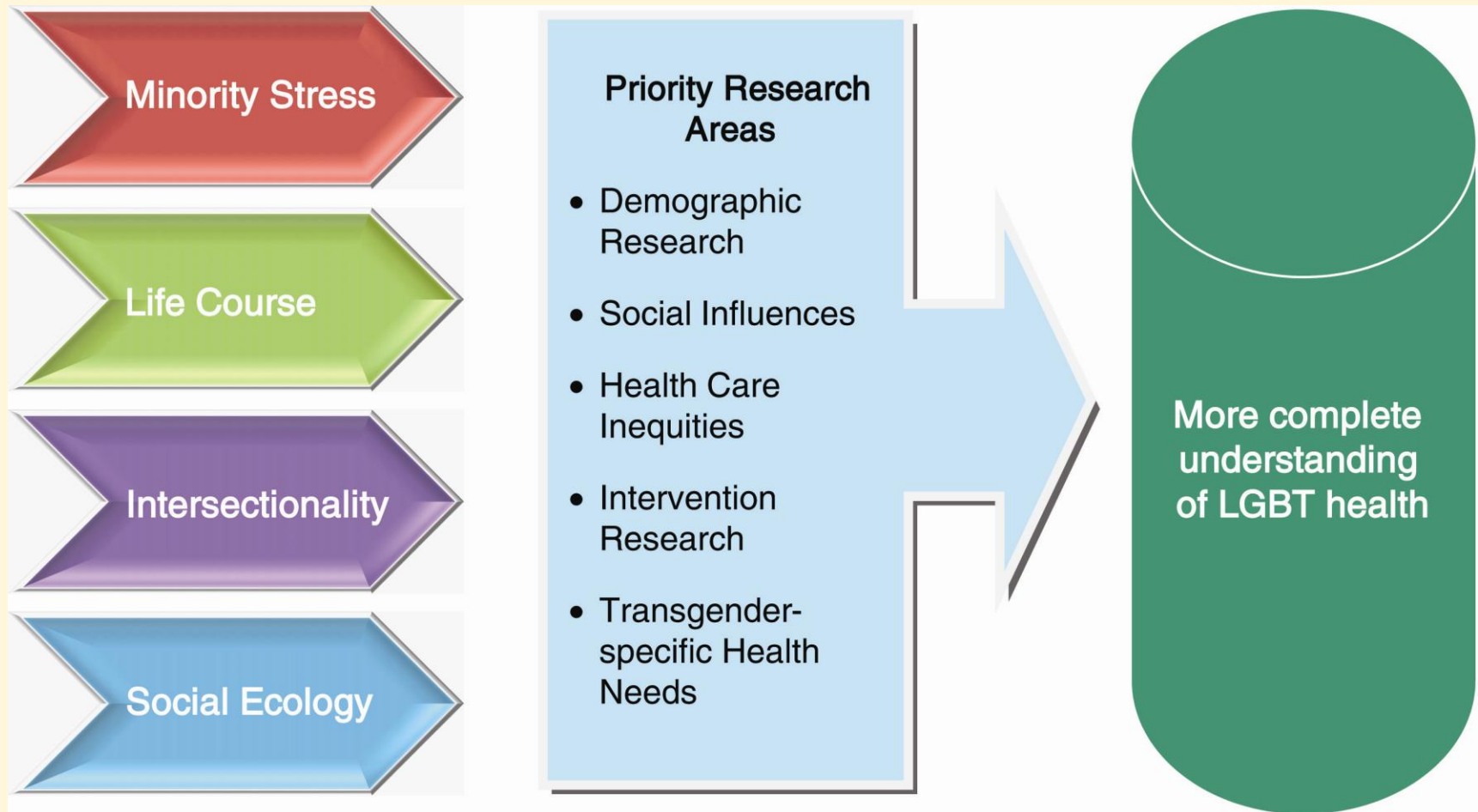
**Most areas related to LGBT health are lacking research altogether or require additional research**

- Research has been conducted unevenly, with more research on gay men and lesbians and less on bisexual and transgender individuals
- Most research has focused on adults, with less on adolescents and few studies on LGBT elders
- Research has not adequately examined subpopulations, particularly racial and ethnic groups





Research Agenda: A number of conceptual perspectives can be applied to priority areas of research in order to further the evidence base for LGBT health issues.



# Other Recommendations

## **Data Collection**

- Routinely collect data about sexual orientation and gender identity in federally-funded surveys administered by HHS and in other relevant federally-funded surveys
- Collect data on sexual orientation and gender identity in electronic health records



# Other Recommendations

## **Methodological Research**

- NIH should support the development and standardization of sexual orientation and gender identity measures
- NIH should support methodological research that relates to LGBT health

# Other Recommendations

## Research Training

- Create a comprehensive research training approach to strengthen LGBT health research at NIH

Intramural training

Extramural training

Targeting: researchers currently working with LGBT populations, researchers who may not be aware of LGBT health issues, and NIH staff

# Other Recommendations

## Research Participation

- Encourage NIH grant applicants to address sexual and gender minorities in their samples



# Conclusion

It is the committee's hope that this report will not only assist NIH in its goal of promoting the nation's health through research, but also advance the public's understanding about the health of lesbian, gay, bisexual, and transgender people.



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