



IAPHS Webinar: "Policy and Health Outcomes for Transgender and Gender-diverse Populations"

November 7, 2024

About Texas Health Institute



OUR COMMITMENT

We are driven by a commitment to **health equity** - ensuring everyone has the opportunities they need, free from barriers, to pursue their best health.

It centers everything we do and how we do it.

VISION

Healthy People,
Healthy Communities

MISSION

To advance the health of all

OUR PRIORITIES



Advancing
health systems
transformation



Strengthening
public health
infrastructure



Promoting
healthy
communities



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Our Strategies

We are **Texas-focused** and **nationally engaged**.
We optimize our role as *the* independent public health institute in the state by:



Leading Through Research and Evaluation

Provide and leverage objective, participatory, and applied research.



Translating Data and Insights Into Impact

Empower communities and stakeholders with trusted and actionable information and tools.



Fostering Collaborative Action

Facilitate dialogue, partnerships and actions for shared priorities



Providing Technical Assistance and Training

Ensure success and sustainability through learning and capacity building.

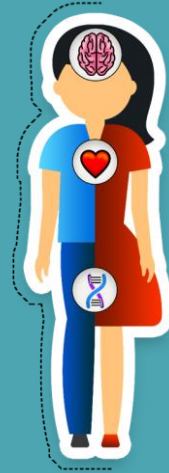


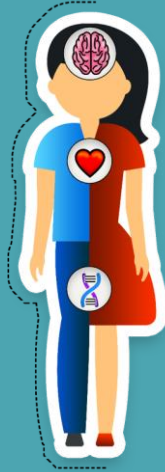
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Terms

- **Sexual Orientation** is one's romantic feelings or attraction for men, women or both.
- **Sex or Sex Assigned at Birth**, refers to the classification of a person as male or female based on genitalia or chromosomes.
- **Gender Identity** refers to a person's internal, deeply held sense of their gender. Some people identify as non-binary, gender diverse, gender expansive.
- **Gender Expression** is the external manifestation of gender, expressed through a person's name, pronouns, clothing, haircut, behavior, voice, and/or body characteristics.





Unique challenges

- Insurance exclusions
- Stigma
- Provider anxiety or disgust
- Patient fears
- “Experimental”
- “Mental illness”
- Front office staff anxiety, fear, or disgust
- Willing providers often must be guided by patients
- Resilience and community support positively impact the community

Age of Realization of Gender Identity Among Texas Transgender Individuals

"Feel" Gender Across Age Groups

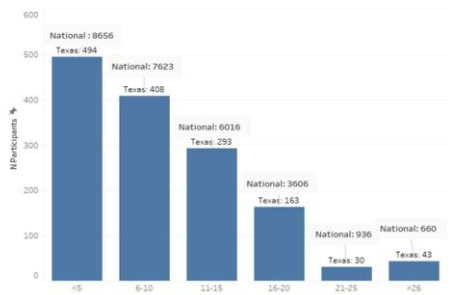


Figure 1: This figure shows the age that the participants began to feel that their gender was "different" from their assigned birth sex

"Think" Gender Across Age Groups

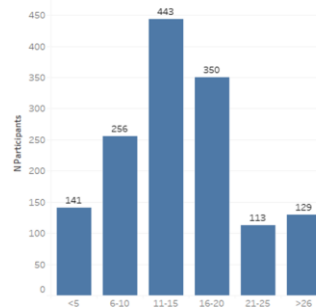


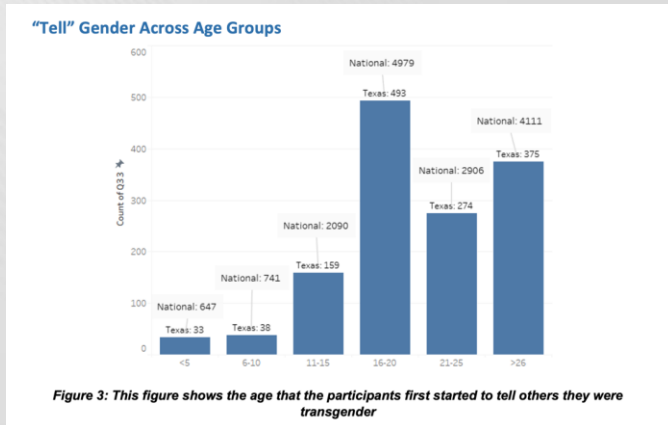
Figure 2: This figure shows the age that the participants started to think they were transgender



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Age of Realization of Gender Identity Among Texas Transgender Individuals *(cont.)*



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Transgender people — Texas¹

- Over 92,900 adult Texans and 29,800 youth between 13 and 17 identify as transgender and gender diverse/expansive²
- Roughly 64% of trans adults are from BIPOC communities
- 82% of respondents reported seriously thinking about suicide in their lifetimes
- 48% reported attempting suicide in past year
- 44% experience family violence
- 57% reported strained relationship with parents
- 62% reported an annual household income below \$25,000
- 66% report discrimination negatively affects job prospects
- 30% have experienced homelessness
- 70% have experienced verbal, physical, or sexual assault in a shelter



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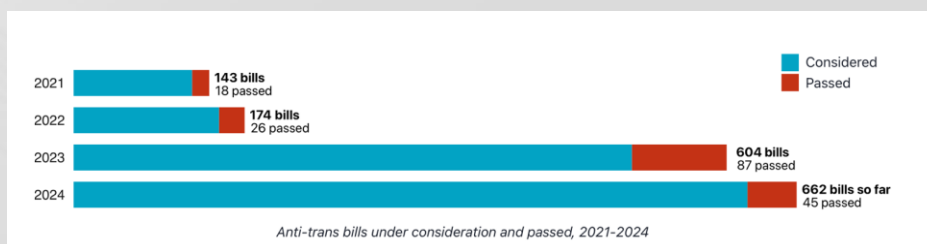


1. James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington, DC: National Center for Transgender Equality.

2. Herman JL , Flores AR , O’Neill KK. How many adults and youth identify as transgender in the United States? The Williams Institute. 2022. Available at: <https://williamsinstitute.law.ucla.edu/publications/trans-adults-united-states>.

Legislative Bills — anti-transgender

2024 is the fifth consecutive record-breaking year for total bills considered. This follows the unprecedented surge in 2023, which tripled the record set the year before.



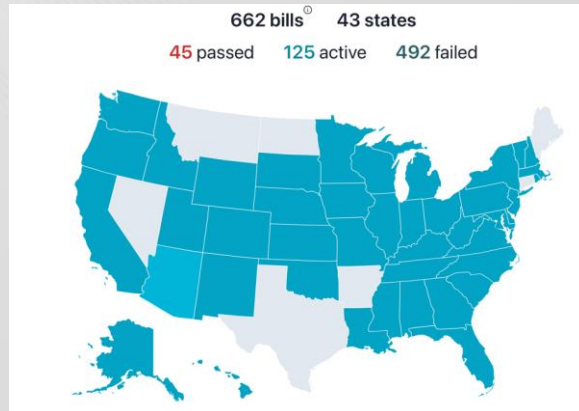
<https://translegislation.com>



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Bills tracked by state



<https://translegislation.com>



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Legislative bills (top to categories)

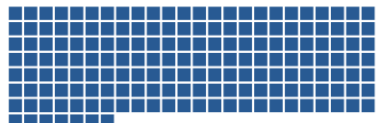
EDUCATION 198

These bills target educational settings. They aim to deny students name and pronoun autonomy, forcibly out trans students to their parents, and ban basic gender identity education, among other goals.



HEALTHCARE 182

The number of bills seeking to prohibit gender-affirming care — medical care supported by every major medical association — has surged in recent years. Many seek to outlaw care for minors and adults, and others would impact insurance coverage or access to services.



<https://translegislation.com>



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A public health view³

- The impact of antitransgender legislation on the mental health of transgender individuals cannot be overstated.^{4,5}
- Discrimination and stigma, and the banning of gender-affirming care, in particular, can lead to trauma and other severe mental health consequences, such as suicide attempts, severe psychological distress, and depression. These outcomes are six, eight, and nine times more prevalent, respectively.^{4,5}
- The denial of basic rights and freedoms only exacerbates these linkages, putting transgender communities at greater risk of mental health conditions.⁵
- There are currently no behavioral, social, or structural interventions tailored to transgender populations that have been demonstrated to prevent or reduce adverse mental health symptoms and outcomes.^{3,4}



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3. Arjee Javellana Restar Eric K. Layland Bee Davis Hale Thompson Carl Streed “The Public Health Crisis State of Transgender Health Care and Policy”, *American Journal of Public Health* 114, no. 2 (February 1, 2024): pp. 161-163.

<https://doi.org/10.2105/AJPH.2023.307523> PMID: 38335490

4. James S , Herman J , Rankin S , Keisling M , Mottet L , Anafi Ma . The report of the 2015 US transgender survey. 2016. The National Center for Transgender Equality. Available at: <https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>. Accessed November 14, 2023. Google Scholar

5. Scheim AI , Baker KE , Restar AJ , Sell RL. Health and health care among transgender adults in the United States. *Annu Rev Public Health*. 2022;43(1): 503–523. <https://doi.org/10.1146/annurev-publhealth-052620-100313> Crossref, Medline, Google Scholar

4. Price MA , Hollinsaid NL , McKetta S , Mellen EJ , Rakhilin M. Structural transphobia is associated with psychological distress and suicidality in a large national sample of transgender adults. *Soc Psychiatry Psychiatr Epidemiol*. 2023:1–10. <https://doi.org/10.1007/s00127-023-02482-4> Google Scholar

A public health view¹ (cont.)

- The physical and physiological health consequences of antitransgender legislation are equally devastating. For instance, the denial of gender-affirming care can trigger and lead to myriad adverse physical and physiological health outcomes and consequences, such as hormone imbalances, increased cancer risk, and increased risk of HIV and other sexually transmitted infections.³
- Some states have reported a chilling effect amid the enforcement of antitransgender policies, leaving providers and mental health professionals concerned that their practices might be penalized and that their patients' health and safety might be jeopardized.⁵
- As political motivations drive an antitransgender policy landscape, public sentiment follows, emboldening hate groups...who wish to eradicate transgender people.¹



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A public health view – what’s needed

- Strategic responses require us first to repair and heal relationships of historical distrust between transgender communities and scientific and medical communities. Forming meaningful collaborations and partnerships between transgender communities, stakeholders, and researchers entails establishing equitable team structures.³

Invest in community-engaged and community-led research, programs, and policy initiatives (e.g., the Trans Legislation Tracker, Center for Applied Trans Studies) to ensure responses are community-driven and that they address pressing health and legal needs directly benefiting transgender communities.^{6,7}



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3. Arjee Javellana Restar Eric K. Layland Bee Davis Hale Thompson Carl Streed “The Public Health Crisis State of Transgender Health Care and Policy”, *American Journal of Public Health* 114, no. 2 (February 1, 2024): pp. 161-163.

6. Trans Legislation Tracker. What anti-trans bills passed in 2023? 2023. Available at: <https://translegislation.com/bills/2023/passed>. Accessed October 2, 2023. Google Scholar

7. Thompson HM , Wang TM , Talan AJ , Baker KE , Restar AJ. First they came for us all: responding to anti-transgender structural violence with collective, community-engaged, and intersectional health equity research and advocacy. *Health Educ Behav.* 2023; epub ahead of print September 25, 2023. <https://doi.org/10.1177/10901981231201146> Google Scholar

A public health view – what’s needed *(cont.)*

- Increased investments in rigorous research methodologies are necessary to strengthen evidence, address research and policy gaps, and combat misinformation...These methodological and structural strategies can advance our responses and promote practices that are not only equitable but also just, on a larger scale.³
- Respect for privacy, bodily autonomy, and the preservation of human rights for transgender people must be core ethical components of current and future health policies, and communities of medical, public health, and policy professionals must proactively oppose legislation that undermines public health responses. These actions are necessary components to achieving health equity for all.³



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3. Arjee Javellana Restar Eric K. Layland Bee Davis Hale Thompson Carl Streed “The Public Health Crisis State of Transgender Health Care and Policy”, *American Journal of Public Health* 114, no. 2 (February 1, 2024): pp. 161-163.

The 2024 General Election

- According to data from AdImpact, Republicans spent nearly \$215 million on network TV ads that paint trans people as a national threat. This figure does not include cable or streaming ads. There are 1.6 million trans people over the age of 13 in the U.S.

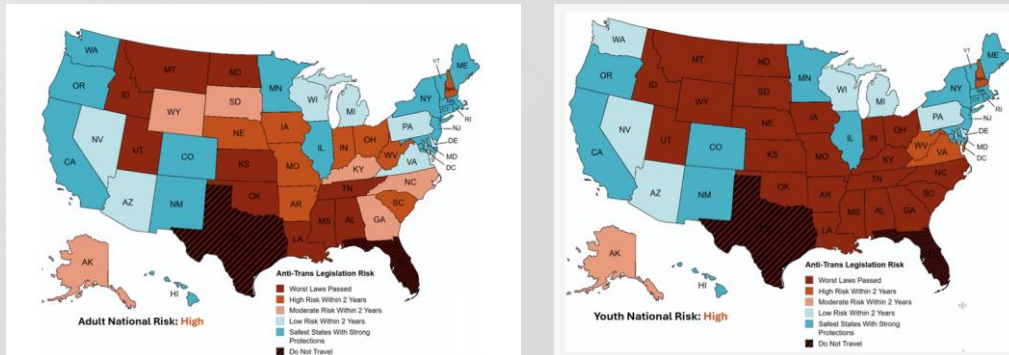


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3. McNei Zanel, “Republicans Spent Nearly \$215M on TV Ads Attacking Trans Rights This Election”, TRUTHOUT, Published November 5, 2024
<https://truthout.org/articles/republicans-spent-nearly-215m-on-tv-ads-attacking-trans-rights-this-election/>

The Adult and Youth Trans Legislative Risk Assessment Maps⁸



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8. Reed, Erin, "Final Pre-Election 2024 Anti-Trans Risk Assessment Map: the risk has increased nationwide for transgender youth and adults as a result of the 2024 election." Erin In The Morning, Independent Journalist, an award-winning LGBTQ+ newsletter (Won the GLAAD 2024 award and the NLGJA Jean Cordova Award last year). <https://www.erininthemorning.com/p/final-pre-election-2024-anti-trans>

First out transgender person elected to Congress – Sarah McBride



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<https://www.nbcnews.com/nbc-out/out-politics-and-policy/sarah-mcbride-first-transgender-congress-delaware-rcna177878>



Questions?

John Oeffinger
joeffinger@texashealthinstitute.org

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