

Asking Questions about Gender-Inclusive Health Care

MY PRONOUNS ARE



What is gender identity?

- According to the Human Rights Campaign, gender identity is the “innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.”
- Gender exists on a spectrum, and people may identify with many different gender identities.
- It is important to never assume someone’s gender identity regardless of the clothes they wear or how you perceive them.



Examples of Gender Identity

Note: while these are common definitions of some identities within the gender spectrum, people experience gender differently and may not conform to these specific definitions, regardless of the label they use



- **Agender:** sometimes known as gender-neutral, this term is usually used to describe someone who does not identify with a particular gender
- **Bigender:** people who may identify with male and female identities, or more
- **Cisgender:** describes someone whose gender identity aligns with the sex they were assigned at birth
- **Genderfluid:** describes someone whose gender identity/expression is not fixed
- **Gender Questioning:** describes someone who is still exploring how they identify and choose to express themselves
- **Non-binary:** describes someone who identifies somewhere on the gender spectrum, not specifically male or female
- **Pangender:** describes someone who identifies with all genders across the spectrum
- **Transgender:** describes someone who fully identifies with a gender which is not their assigned sex from birth



What is gender expression?

- According to the Human Rights Campaign, gender expression is the “external appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.”
- Gender expression may not always be aligned with societal expectations, so you can never assume how anyone identifies based on the way they express themselves.



What is gender-inclusive health care?



Gender-inclusive healthcare is ensuring that all people, regardless of gender identity or expression, have access to quality health care. The goal of gender-inclusive healthcare is to reduce bias and stigma from healthcare providers and healthcare settings to help ensure that all people have the ability to communicate openly and effectively with their providers to receive the care and support they deserve.



What is gender-affirming care?

- According to the World Health Organization, gender affirming care is any treatment by a healthcare provider that helps a person feel more aligned with their gender identity and expression, including medical, social, behavioral, and psychological interventions.

Examples:

- hormone therapy, genital reconstruction, breast reconstruction, facial plastic surgery, speech therapy, urologic treatment, primary care treatment, recognition of pronouns, legal name change, psychological services, and psychiatric services



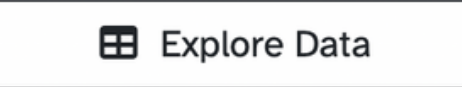
Current Datasets

- While current research on this topic is unfortunately limited, major strides have been made within the past 10 years with a lot more progress promised for the future.
- The current widely used dataset that collects information from the National US Trans Survey is processed through the the Inter-University Consortium for Political and Social Research (ICPSR).
 - You can find an example of how to search this dataset on the next slide.
- In the future, the National Institute of Health's *All of Us* research program will hopefully expand knowledge on the experiences of patients across the gender spectrum.

TransPop Dataset Overview



How to Use:

1. From the main page, click the “Explore Data” tab to see the all results of the survey 
2. The “Data Preview” tab will show you all answers per participant (as indicated by the “S.NO” column)
3. The numbers in the parentheses in each cell are associated with a value in the codebook
 - a. if you would like to view the codebook, you can click “Download Codebook” in the upper right corner
4. The screenshot seen here is just a small portion of data available for 6 participants; to see more on the dataset webpage, you can scroll up and down/side to side
5. To see how many people answered a specific question in the survey and what those answers were, use the frequencies tab (example on the next slide)

S.NO	SEX AT BIRTH SURVEY SEX	GENDER IDENTITY SURVEY GENDER	HOUSEHOLD INCOME HINC	HOUSEHOLD INCOME WITH IMPUTA ... HINC_I	PERSONAL INCOME PINC
1	(2) Male	(4) Trans woman (MTF)	(11) \$75,000 to \$99,999	(11) \$75,000 to \$99,999	(04) \$15,000 to \$19,999
2	(1) Female	(3) Trans man (FTM)	(07) \$30,000 to \$39,999	(07) \$30,000 to \$39,999	(07) \$30,000 to \$39,999
3	(1) Female	(3) Trans man (FTM)	(09) \$50,000 to \$59,999	(09) \$50,000 to \$59,999	(04) \$15,000 to \$19,999
4	(1) Female	(3) Trans man (FTM)	(11) \$75,000 to \$99,999	(11) \$75,000 to \$99,999	(01) \$1 to \$4,999
5	(1) Female	(1) Man	(08) \$40,000 to \$49,999	(08) \$40,000 to \$49,999	(08) \$40,000 to \$49,999
6	(1) Female	(1) Man	(04) \$15,000 to \$19,999	(04) \$15,000 to \$19,999	(04) \$15,000 to \$19,999


Example Research Question


Do people who identify as transgender believe their doctor's are sufficiently educated on transgender care?




How to Use (Frequencies Tab):

1. From the main data page, click the explore data tab: 

2. Use the "Data Preview" tab to explore the raw values from all survey participants. The "Frequencies" tab can help you run analyses to determine frequencies for specific variables for all participants: 

3. To search for variables from the survey, use the "+ Add Variable" button. You can search for specific terms, for example:  pronouns, doctors, mental health, etc.

4. To get the frequency table, click the "Run Table" button 

5. To find the raw value for responses to the question, use the "Count" column

How much does your doctor or healthcare provider know about transgender care?	Count	% Valid
(1) I don't have a transgender-related health care provider	92	42.2018
(2) They know almost everything about transgender care	55	25.2294
(3) They know most things about transgender care	31	14.2202
(4) They know some things about transgender care	19	8.7156
(5) They know almost nothing about transgender care	7	3.2110
(6) I am not sure how much they know about transgender care	14	6.4220

Benefits of gender-inclusive treatment

- Ensuring that people have access to gender-affirming care and gender-inclusive treatment can reduce rates of depression, anxiety, and suicide attempts, particularly among transgender youths and adults.
- Gender-inclusive care also reduces barriers to access by promoting cultural competency and education among doctors/providers, which can help address and prevent other illnesses in these patient populations.

