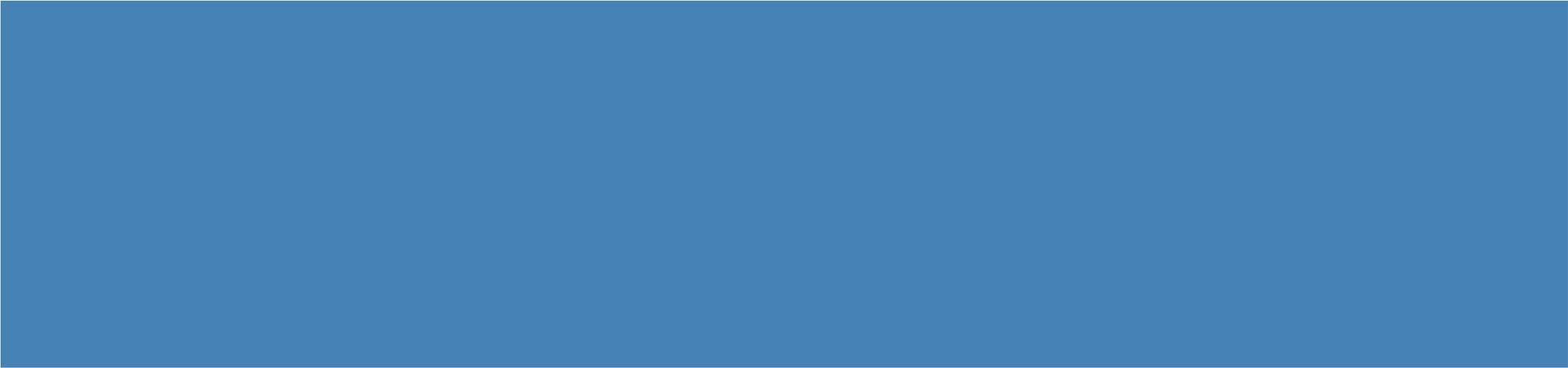




# VERMONT BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM SURVEY (BRFSS)

**Sexual Orientation and Gender Identity**



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## Introduction and Methodology

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey conducted annually among adults aged 18 and older. The Vermont BRFSS is completed by the Vermont Department of Health in collaboration with the Centers for Disease Control and Prevention (CDC). All U.S. states, Washington D.C., and most U.S. territories participate in the BRFSS. BRFSS surveys are completed among around 7,000 adults each year, from across the state. Completion of the BRFSS depends on a participant's ability to independently complete an over-the-phone survey with a personal cellphone or on a landline phone in a private residence. Adults who are incarcerated, living in group housing, without a personal phone, or who have hearing impairments or other physical, emotional, or cognitive disabilities that preclude their ability to independently complete such a survey may not be adequately represented in this data. Results are weighted to be representative of the entire adult population.

The Vermont Department of Health acknowledges that data presented in this report are driven by complex upstream factors, including social, economic, and environmental inequities. We are continually working to further incorporate information highlighting the social determinants of health and informed by the communities and partners we seek to serve. This report focuses on sexual orientation and gender identity (transgender status) to understand disparities in health-related factors, behaviors and outcomes experienced by Vermont adults. Respondents were asked to provide their sexual orientation and transgender status in a series of questions. Their responses for sexual orientation are categorized into the following groupings for final reporting: Gay or Lesbian, Bisexual, Heterosexual, or Another Sexual Orientation. Another Sexual Orientation is an additional identity which is not gay or lesbian, bisexual, or heterosexual, and may include persons who identify as pansexual, asexual, queer, questioning, moving between identities, or other additional identities. Responses to the question about transgender status are grouped into transgender and cisgender. Cisgender means that one's gender aligns with the gender they were assigned at birth based on their sex.

Note that although sexual orientation and gender identity (transgender status) are presented alongside each other in this report, sex, gender, sexual orientation and transgender status are all separate concepts. Often, these identities intersect in meaningful ways; persons of historically non-dominant sexual orientation groups, and gender expansive, gender fluid, non-binary and transgender persons share social, political, and historical commonalities. This report intends to highlight outcomes among subpopulations within this broader LGBTQIA+ community.

Throughout this report, all estimates reported represent percentages. To ensure statistical reliability and decrease instances of data suppression, estimates represent the average of 2 years of data combined. All comparisons are made to the overall statewide estimate, and statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently participants responded to an item. Sometimes, when comparing the responses of two or more groups, the overall percentage may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically. While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

For more information on the BRFSS and to see other reports, please visit the Vermont Department of Health BRFSS webpage at: <https://www.HealthVermont.gov/BRFSS>

Sexual Orientation	N	%
Gay or Lesbian	347	2
Bisexual	613	6
Another sexual identity	273	2
Heterosexual	13562	89

Gender Identity	N	%
Transgender	87	1
Not Transgender (Cisgender)	14932	99

\*Results represent 2 years of combined data, 2021-2022 N = Unweighted number of respondents; % = Weighted percent

	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> General health fair or poor	13	15	13	23 *	13	30 *	13
<sup>1</sup> Health insurance coverage (age 18-64)	94	95	93	90	94	85	94
<sup>1</sup> Have a personal health care provider	90	92	87	87	90	87	90
<sup>1</sup> Delayed healthcare due to cost	6	10	12 *	16 *	5	29 *	6

<sup>1</sup>= Data years 2021, 2022; 2=2020,2022; 3=2019,2022;

. = Too few responses to report; \* = Statistically different compared to VT overall;

Gay/Les= Gay or Lesbian; Bi=Bisexual; Another= An additional sexual orientation, not gay/lesbian, bisexual, or heterosexual; Hetero=Heterosexual; Trans=Transgender;  
Cis=Cisgender

	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> Physical health not good	11	9	11	13	11	.	11
<sup>1</sup> Mental health not good	16	20	34 *	38 *	14	55 *	16
<sup>1</sup> Have a disability	26	25	35 *	47 *	25	58 *	26

<sup>1</sup>= Data years 2021, 2022; <sup>2</sup>=2020,2022; <sup>3</sup>=2019,2022;

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## Chronic Disease and Conditions

	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> Arthritis	29	24	16 *	22	30	19	29
<sup>1</sup> Asthma	12	17	19 *	16	12	16	12
<sup>1</sup> Cardiovascular disease	8	10	3 *	.	9	.	8
<sup>1</sup> Chronic obstructive pulmonary disease	7	6	6	.	7	.	7
<sup>1</sup> Diabetes	8	9	7	.	9	.	8
<sup>1</sup> Hypertension	31	30	16 *	24	32	23	31
<sup>1</sup> Kidney disease	3	.	.	.	3	.	3
<sup>1</sup> Depressive disorder	25	34 *	49 *	44 *	23 *	51 *	25
<sup>2</sup> Subjective cognitive decline	9	10	14	.	8	.	9

<sup>1</sup>= Data years 2021, 2022; <sup>2</sup>=2020,2022; <sup>3</sup>=2019,2022;

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	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> Drank any alcohol, past month	61	66	63	55	61	47	61
<sup>1</sup> Binge drinking, past month	18	21	28 *	15	17	24	17
<sup>1</sup> Heavy drinking, past month	9	9	15 *	12	9	.	9

	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> Current cigarette smoking	14	11	15	19	14	.	14
<sup>1</sup> Attempted to quit smoking, past year	45	43	57	30	45	.	45
<sup>1</sup> Current e-cigarette use	6	.	14 *	.	5	.	6
<sup>1</sup> Cannabis use, past 30 days	23	29	42 *	36 *	21	38 *	23

<sup>1</sup>= Data years 2021, 2022; <sup>2</sup>=2020,2022; <sup>3</sup>=2019,2022;

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## Preventative Behaviors and Screenings

	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> Routine doctor visit	74	79	66 *	73	74	55 *	74
<sup>2</sup> Screened for breast cancer, (women age 50-74)	75	73	79	74	75	.	76
<sup>1</sup> Ever tested for HIV	38	57 *	56 *	49	36	44	38

	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>2</sup> Visited a dentist, past year	68	73	61	51 *	69	49 *	68
<sup>2</sup> Any teeth extracted (age 45-64)	43	42	28 *	62	44	.	43

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	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> Flu shot, past year (age 65+)	74	84	85	78	74	87	74
<sup>1</sup> Pneumonia shot, ever (age 65+)	71	68	54	78	72	79	71
<sup>3</sup> Tetanus shot, past ten years	80	86	84	76	80	84	80

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	VT	Gay/Les	Bi	Another	Hetero	Trans	Cis
<sup>1</sup> No leisure time physical activity	19	19	20	23	18	21	19
<sup>2</sup> Sleep less than 7 hours/night	61	60	57	60	61	58	61
<sup>2</sup> Not able to pay mortgage, rent or utility bills, past year	8	9	15 *	15 *	7	.	8
<sup>2</sup> Rarely or never receive social/emotional support needed	8	.	7	13	8	.	8
<sup>1</sup> Seriously considered suicide, past year	6	.	15 *	27 *	5	31 *	5
<sup>2</sup> At elevated risk for HIV transmission	6	15 *	17 *	23 *	4 *	.	6

<sup>1</sup>= Data years 2021, 2022; <sup>2</sup>=2020,2022; <sup>3</sup>=2019,2022;

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