

# VERMONT BEHAVIORAL RISK FACTOR SURVEY REPORT 2020

POPULATION IN FOCUS

LGBTQ+ Adults

## Introduction

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. In 2020, BRFSS surveys were completed among 6,540 adults, from across the state. These results are weighted to be representative of the entire adult population.

Adverse health outcomes and behaviors experienced by specific populations are driven by complex upstream factors, including social, economic, and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. This report focuses on the specific health disparities experienced by adults who self-reported their sexual orientation as lesbian, gay, bisexual, or otherwise non-heterosexual, and who self-reported their gender identity as transgender (LGBTQ+) compared to adults who identify as cisgender and heterosexual.

Overall, in 2020, **9% of Vermonters identified as LGBTQ+**. Throughout this report, all estimates represent percentages. Statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values.

Additional information about the BRFSS can be found on the [Vermont Department of Health BRFSS](https://www.healthvermont.gov/brfss) webpage.

## 2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

## Demographics

Sex	LGBTQ+	Non-LGBTQ+
Female	61	50
Male	39	50

Age	LGBTQ+	Non-LGBTQ+
18-24	33	11
25-44	33	28
45-64	21	35
65+	13	27

Race	LGBTQ+	Non-LGBTQ+
White, non-Hispanic	87	93
BIPOC	13	7

Disability	LGBTQ+	Non-LGBTQ+
Any Disability	30	22
No Disability	70	78

## 2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

## Demographics

Household Income	LGBTQ+	Non-LGBTQ+
Low <\$25K	29	19
Middle \$25-<\$50K	31	23
High \$50K-<\$75K	16	20
Highest \$75K+	24	38

Education	LGBTQ+	Non-LGBTQ+
High School or Less	35	38
Some College	37	27
College or more	28	35

Veteran Status	LGBTQ+	Non-LGBTQ+
Veteran	4	11
Non-Veteran	96	89

Marital Status	LGBTQ+	Non-LGBTQ+
Married	30	53
Unmarried	70	47

## 2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

## Health Status Indicators

Health Status	LGBTQ+	Non-LGBTQ+	Differences
Fair or Poor General Health	18	11	LGBTQ+ > Non-LGBTQ+
Poor Physical Health <sup>o</sup>	14	9	
Poor Mental Health <sup>o</sup>	30	13	LGBTQ+ > Non-LGBTQ+
Rarely/never get social and emotional support needed	10	7	

Healthcare Access	LGBTQ+	Non-LGBTQ+	Differences
Have medical health plan coverage, age 18-64	96	91	
Have one or more primary care providers	80	86	
Delay seeking care due to cost, past year	13	7	LGBTQ+ > Non-LGBTQ+

<sup>o</sup> Poor physical and mental health defined as 14+ days in the last 30 where physical health or mental health self-reported as not good.

## 2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

## Chronic Health Conditions

Chronic Health Condition	LGBTQ+	Non-LGBTQ+	Differences
Arthritis	20	27	
Cardiovascular Disease	7	8	
Chronic Obstructive Pulmonary Disease	4	6	
Depressive Disorder	47	21	LGBTQ+ > Non-LGBTQ+
Diabetes	9	8	
Hypertension~	27	24	

~ Age-adjusted to U.S. 2000 population

<https://www.healthvermont.gov/brfss>

## 2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

## Health Risk Behaviors and Factors

Health Risk Behaviors/Factors	LGBTQ+	Non-LGBTQ+	Differences
No leisure time physical activity <sup>~</sup> , past month	21	17	
HIV transmission risk behavior <sup>o</sup> , past year	20	5	LGBTQ+ > Non-LGBTQ+
Experienced traumatic brain injury, ever	48	38	LGBTQ+ > Non-LGBTQ+
Binge Drinking, past month	19	17	
Currently smoke cigarettes	19	14	
Housing Insecurity	19	8	LGBTQ+ > Non-LGBTQ+
Food Insecurity	10	4	LGBTQ+ > Non-LGBTQ+

<sup>~</sup> Age-adjusted to U.S. 2000 population

<sup>o</sup> HIV-risk behaviors include any of the following: intravenous drug use, treatment for a sexually transmitted or venereal disease, gave or received sex for drugs or money, and anal sex without a condom.

## 2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

## Preventative Behaviors and Factors

Preventative Behaviors	LGBTQ+	Non-LGBTQ+	Differences
Routine doctor's visit, past year	66	73	
Flu Immunization, 65+, past year	48	71	LGBTQ+ < Non-LGBTQ+
Visited dentist, past year~	61	69	
Any teeth extracted, age 45-64	42	45	

Cancer Screenings	LGBTQ+	Non-LGBTQ+	Differences
Breast Cancer Screening, Women Age 50-74~	78	74	
Cervical Cancer Screening, Women Age 21-65~	82	84	
Colorectal Cancer Screening, Adults Age 50-75~	75	77	
Lung Cancer Screening °*	**	27	

~ Age-adjusted to U.S. 2000 population

° In 2019, lung cancer screening was recommended for adults 55-80 with a 30-pack year history who currently smoke or stopped smoking within the last 15 years.

\* Last asked in 2019

\*\* Data suppressed due to small numbers



## 2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

## Preventative Behaviors and Factors

Other Health Screenings	LGBTQ+	Non-LGBTQ+	Differences
Were asked about alcohol use during last routine checkup	83	85	
Ever tested for HIV	55	36	LGBTQ+ > Non-LGBTQ+
Cholesterol checked, past five years~*	81	80	

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~ Age-adjusted to U.S. 2000 population

\* Last asked in 2019

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