

# **Sexual and Gender Minority Youth in Hawai'i**

The Hawai'i Sexual and Gender Minority Workgroup





# 'A'ohe hana nui ke alu'ia

*(No task is too big when done together by all)*

**This report is dedicated to all sexual and gender minority populations in the State of Hawai'i.**

It acknowledges the resiliency and strength of transgender and gender non-conforming people in Hawai'i, who have a disproportionate burden of adverse events in their lives, yet continue to strive for a better tomorrow. It remembers and acknowledges all those from our sexual and gender minority communities who passed too soon and those who continue to pave the way for future generations.





**HAWAI'I SEXUAL &  
GENDER MINORITY  
HEALTH REPORT**



2017

LGB Youth  
LGB Adults



## Acknowledgements

The Hawai'i Sexual and Gender Minority Work Group is comprised of many individuals and community-based organizations that contributed to the report by providing content, feedback, reviews, and expertise on a variety of topics within the report.

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Suggested Citation: Holmes JR, Ching LK, Tomita KK, Chosy EJ, Pham T, Bowie AY, Young LA, Ryan J, Starr RR for the Hawaii Sexual and Gender Minority Workgroup. *Hawaii Sexual and Gender Minority Health Report*. Honolulu, HI: Hawaii State Department of Health, Chronic Disease Prevention and Health Promotion Division; 2017.



2018

Transgender  
Youth

# HAWAI'I SEXUAL AND GENDER MINORITY HEALTH REPORT 2018

**A FOCUS ON TRANSGENDER YOUTH**



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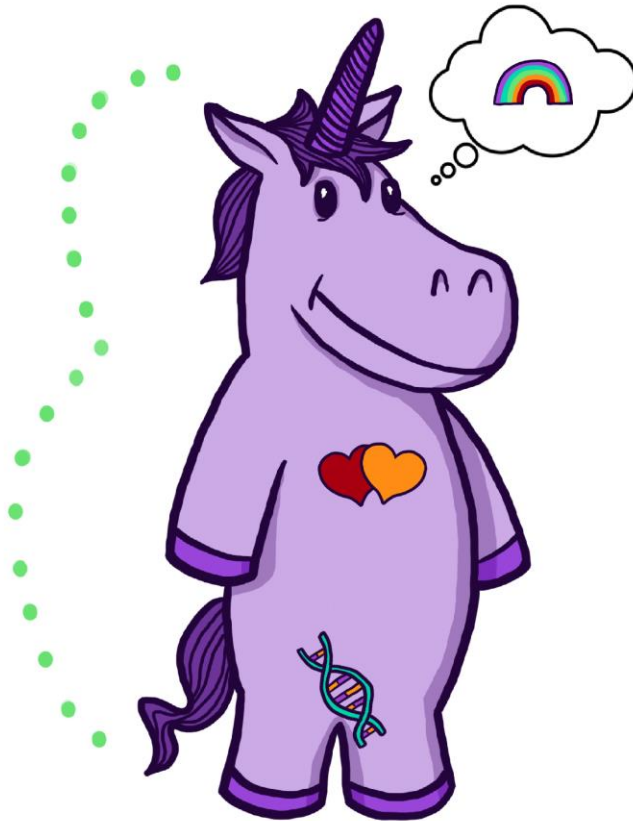


Suggested Citation: Ching LK, Holmes JR, Pham T, Tomita KK, Chosy J, Kapua C, and Starr RR for the Hawai'i Sexual and Gender Minority Work Group. 2018. Hawai'i Sexual and Gender Minority Health Report: A Focus on Transgender Youth. Honolulu: Hawaii State Department of Health, Chronic Disease Prevention and Health Promotion Division.



# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore



## Gender Identity

- Female / Woman / Girl
- Male / Man / Boy
- Other Gender(s)



## Gender Expression

- Feminine
- Masculine
- Other



## Sex Assigned at Birth

- Female
- Male
- Other / Intersex



## Physically Attracted to

- Women
- Men
- Other Gender(s)



## Emotionally Attracted to

- Women
- Men
- Other Gender(s)

# Sexual and Gender Minority Youth

Sexual and gender minority youth face ongoing stigma and discrimination into adulthood that contribute to sexual orientation and gender identity/expression specific disparities.

**Minority stress** is defined as the additional stressors that people experience due to a stigmatized minority status

Some of these include:

- Access to health services
- Mental health
- Physical health



# Youth Risk Behavior Survey (YRBS)

National and state-wide survey administered in odd years to public middle and high school students

Used to assess and monitor six health-risk behaviors

Transgender data collected since 2017

Healthcare  
Access

Injury,  
Violence &  
Bullying

Mental  
Health

Behavioral  
Risk Factors

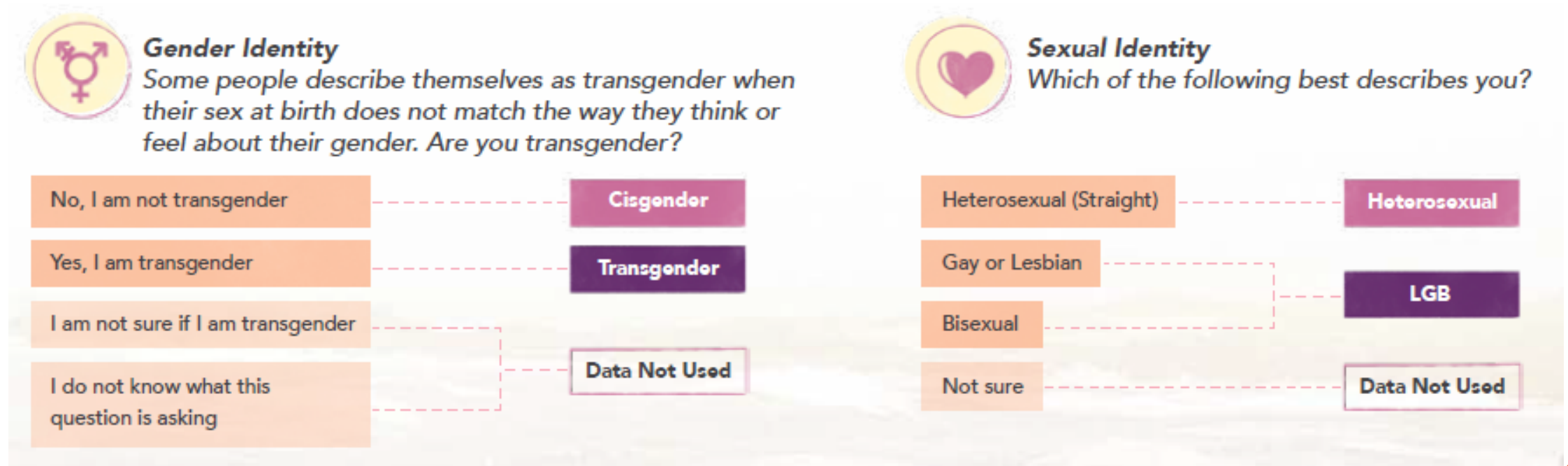
Academic  
Achievement  
& Protective  
Factors



# Indicator Definitions & Years

2017 Report: Combined 2011, 2013, and 2015 **high school** datasets

2018 Report: Only included the 2017 **high school** dataset



# Magnitudes of Disparity

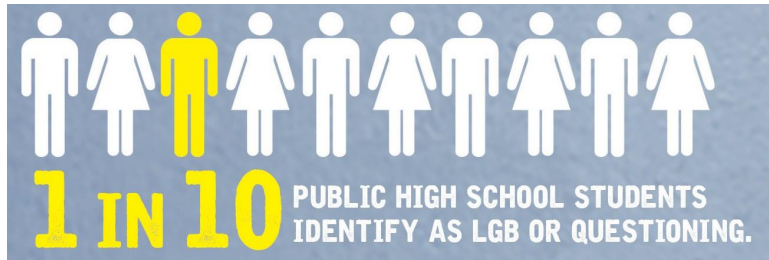
- Two reports intended to convey disparity between **LGB and heterosexual students** & **transgender and cisgender** students.
- Direct comparisons of LGB and transgender students are inappropriate



- Therefore, we compared the magnitude of disparities using 2017 data for both comparisons (LGB/heterosexual and Transgender/Cisgender) – *select findings highlighted*

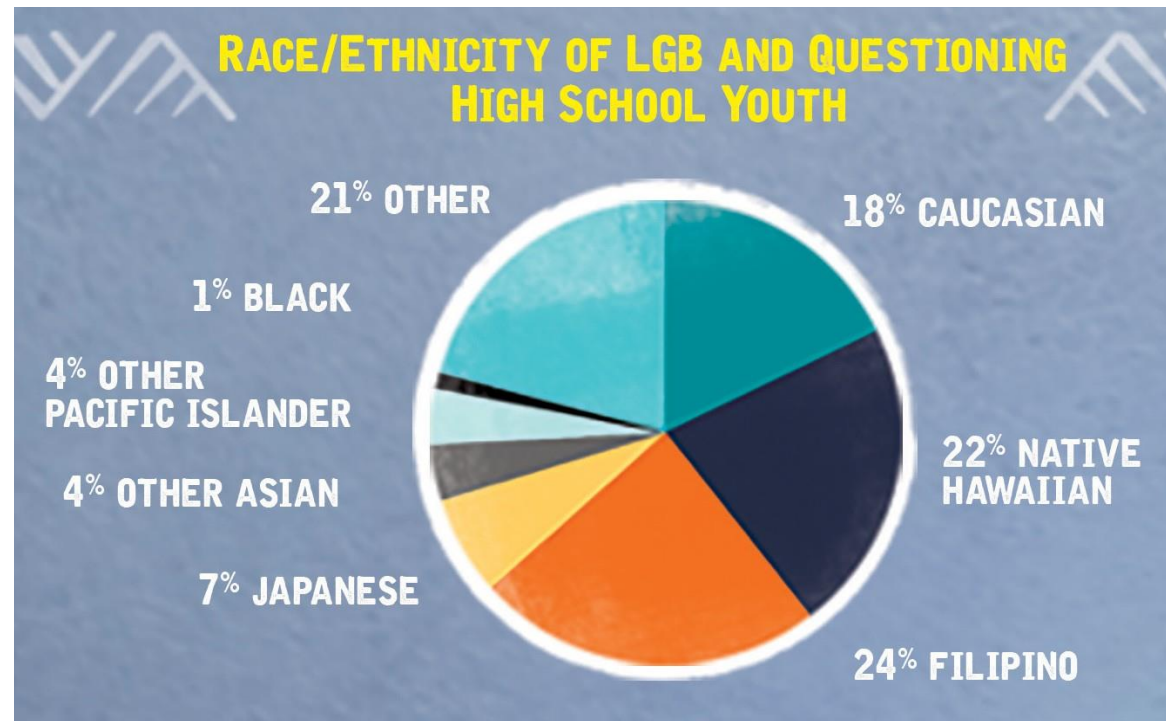


# LGBQ Youth in Hawaii



=

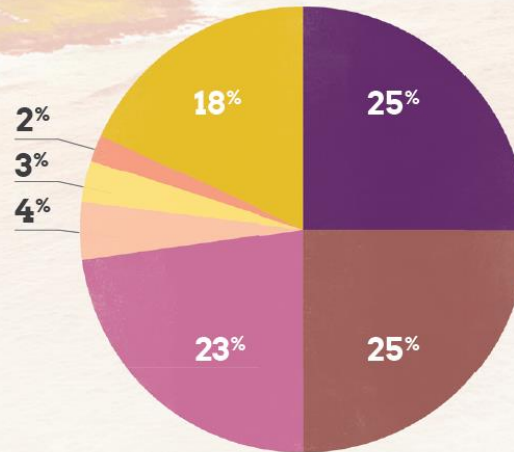
**4,700 HIGH SCHOOL YOUTH**



# Transgender Youth in Hawaii



Only **51%** of transgender youth usually sleep at their parent or guardian's home compared to **94%** of cisgender youth.



**Race/Ethnicity Distribution (%)**

- Native Hawaiian
- Filipino
- Caucasian
- Other Pacific Islander
- Japanese
- Other Asian
- Other



**57%**

of transgender youth identify as LGB



**16%**

of LGB identify as transgender

**1,260 high school youth identify as transgender**

These are more students than the entire high school population of Molokai and Lanai high schools COMBINED.



Many health disparities between

**transgender**

&

**cisgender**

youth



**Transgender** youth are  
**8 times** more likely  
than **cisgender** youth...

...are larger than those between

**LGB**

&

**heterosexual**

youth



**LGB** youth are **2 times**  
more likely than  
**heterosexual** youth...

**...TO HAVE UNSTABLE HOUSING \***

\*A student was defined to have unstable housing if the student reported (1) usually sleeping in the home of a friend, family member, or other person as a result of having to leave their parent or guardian's home or because their parent or guardian could not afford housing; or, (2) sleeping in a shelter, motel/hotel, emergency housing, car, park, campground, or somewhere else; or, (3) having no usual place to sleep.



# Healthcare Access

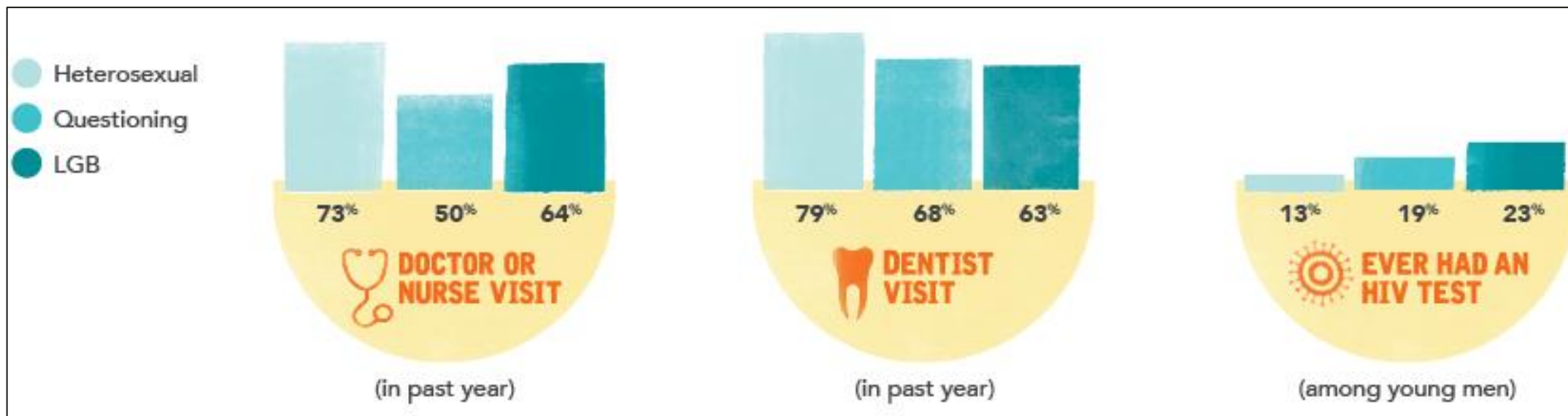


When seeking health services, SM & TG/GNC youth are:

- Denied care
- Treated harshly, harassed, or refused to be touched by providers
- Subject to excessive questioning or examination
- Denied access to hormonal therapy
- Referred to harmful healthcare practices such as conversion therapy
- Less likely to receive routine health services like dental care
- Less likely to receive testing for STDs

In a policy statement the American Academy of Pediatrics (AAP) affirmed the positive role healthcare providers can play in serving as a supportive role model to SM & TG/GNC youth

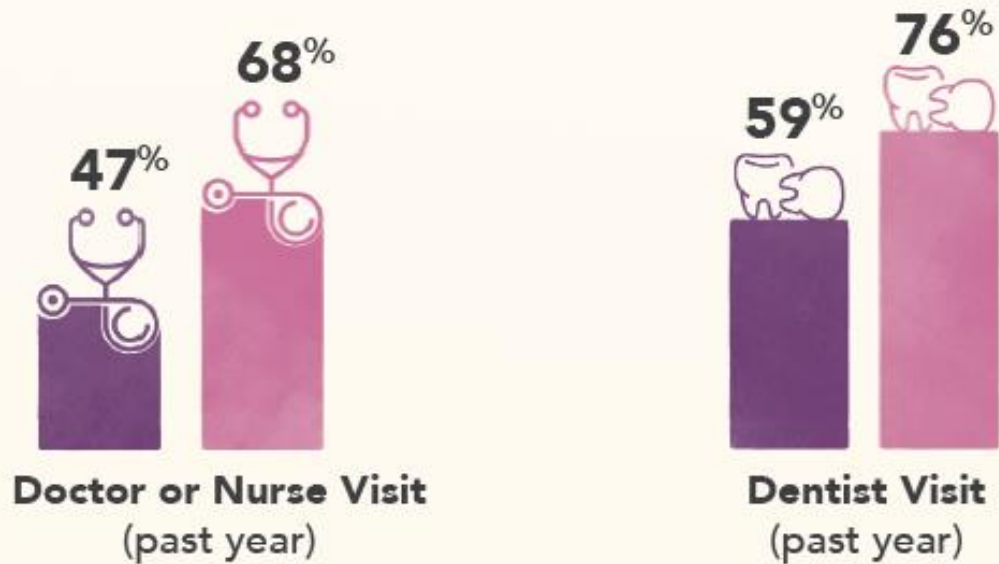




## LGBQ YOUTH



● Transgender ● Cisgender



**Less than half of transgender youth**

saw a doctor or nurse for a checkup or physical exam in the past year (compared to two thirds of cisgender youth)

TRANSGENDER YOUTH

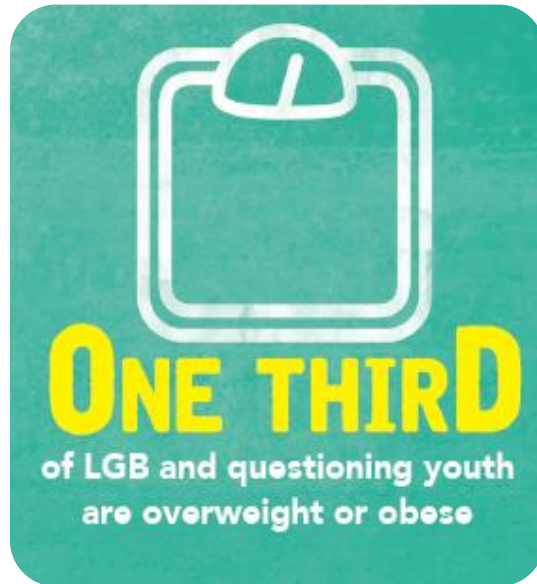
# General Health



SM and/or TG/GNC youth are:

- Less likely to report consumption of fruits and vegetables
- Less likely to participate on at least one sports team
- Less likely to engage in daily physical activity, or meet recommended aerobic and muscle strengthening guidelines
- More likely to spend three or more hours per day playing video games or engaging in non-academic computer time
- More likely to have an eating disorder
- Have higher rates of obesity





## LGBQ YOUTH





**1 in 5**  
transgender youth  
are overweight or obese

Cisgender youth are  
**6 times**  
more likely to get enough sleep  
compared to transgender youth

Transgender youth are  
**3 times more likely**  
to go hungry because there isn't  
enough food in the home compared  
to cisgender youth

TRANSGENDER YOUTH



Many health disparities between

**transgender**  
&  
**cisgender**  
youth

...are larger than those between

**LGB**  
&  
**heterosexual**  
youth



**Cisgender** youth are  
**six times** more likely  
than **transgender** youth...



**Heterosexual** youth are  
**two times** more likely  
than **LGB** youth...

**...TO MEET NATIONAL GUIDELINES  
FOR PHYSICAL ACTIVITY**



# Injury, Violence & Bullying



SM and/or TG/GNC youth are at greater risk of:

- Experiencing bullying (teasing, harassment, physical and sexual assault, and cyber bullying)
- Experiencing dating violence, including physical abuse by dating partners and sexual coercion
- Perpetrate dating violence

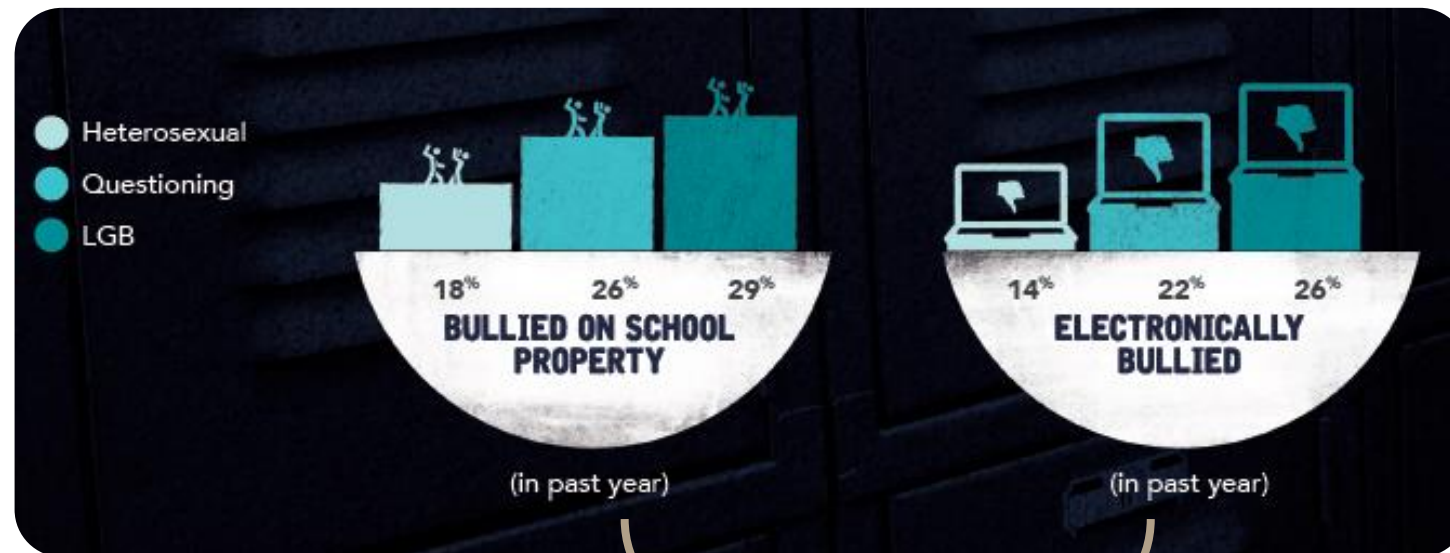


8 states prohibit the inclusion of sexual and gender minority content in sexual education

4 states and the District of Columbia expressly require sexual education to be inclusive of sexual and gender minorities



# LGBQ YOUTH



43% of LGB youth



LGB AND QUESTIONING YOUTH ARE NEARLY  
**3X MORE LIKELY**  
TO SKIP SCHOOL BECAUSE THEY  
FEEL UNSAFE COMPARED TO  
HETEROSEXUAL YOUTH.



# TRANSGENDER YOUTH

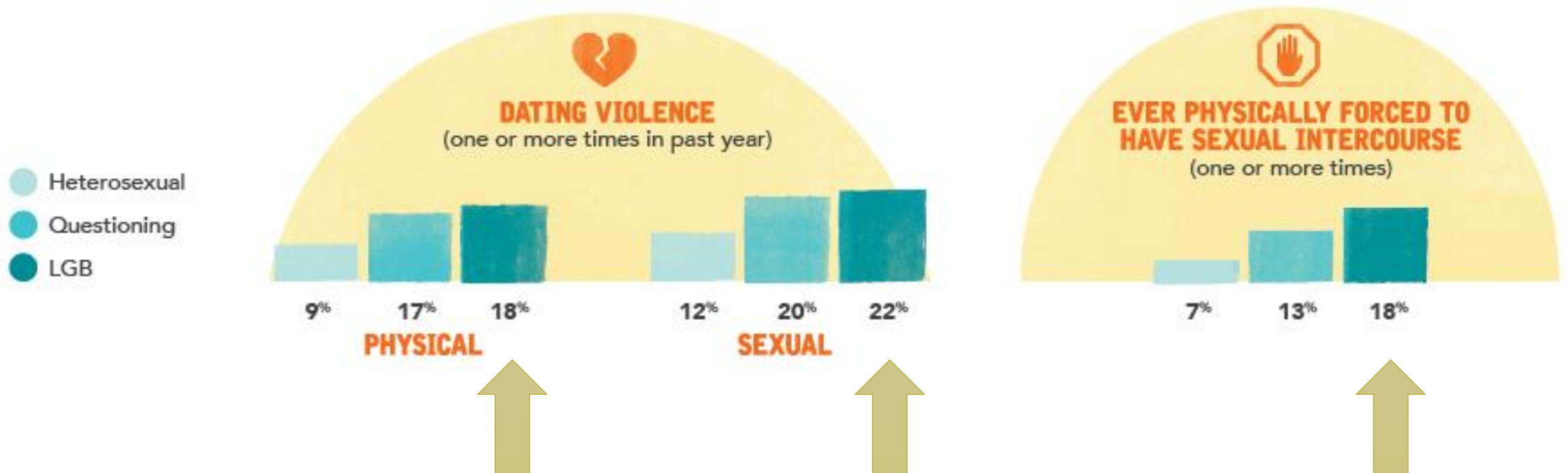


**40%**

of transgender youth have been bullied (either at school or electronically)



# LGBQ YOUTH



2-3 times higher



# TRANSGENDER YOUTH



1 in 4  
transgender  
youth  
experienced  
sexual  
dating  
violence

1 in 4  
of transgender  
youth skipped  
school  
because they  
felt unsafe



1 in 4

transgender youth were forced  
into having sexual intercourse



Many health disparities between

**transgender**

&

**cisgender**

youth

...are larger than those between

**LGB**

&

**heterosexual**

youth

Transgender youth are **4x**



more likely than  
**cisgender** youth...

LGB youth are **2x**



more likely than  
**heterosexual** youth...

**...TO HAVE BEEN PHYSICALLY FORCED  
TO HAVE SEXUAL INTERCOURSE**

Transgender youth are



**4 TIMES**

more likely compared  
to **cisgender** youth...

LGB youth are



**2 TIMES**

more likely compared  
to **heterosexual** youth...

**...TO SKIP SCHOOL BECAUSE OF FEELING UNSAFE**



# Mental Health



SM and/or TG/GNC youth often cope with:

- challenges of social stigma and discrimination
- lack of acceptance, neglect or abuse from their families
- bullying from peers due to their sexual orientation or gender identity/expression
- 2 to 3 times higher risk for depression, anxiety disorders, suicidal ideation, suicide attempts, and self-harm

St. Paul Minnesota's "Out  
for Equity" program  
addresses homophobia  
in schools and at home



# LGBQ YOUTH





TRANSGENDER YOUTH

Many health disparities between

**transgender**

&

**cisgender**

youth

...are larger than those between

**LGB**

&

**heterosexual**

youth

**Transgender**

youth are

**7 TIMES**

more likely than  
**cisgender** youth...



**LGB**

youth are

**4 TIMES**

more likely than  
**heterosexual** youth...



**...TO ATTEMPT SUICIDE**

# Behavioral Risk Factors



- SM & TG/GNC youth may use substances to cope with bullying and harassment, family conflict and rejection, minority stress, childhood abuse, gender stereotypes, and peer influence. Important interventions to reduce substance use include:
- Social supports in schools
- Community access to preventive health programs specific to SM & TG/GNC youth
- Strategies to reduce family hostility toward SM & TG/GNC youth
- Providing access to one or more adults who are accepting of the youth's sexual or gender identity who they feel comfortable talking with

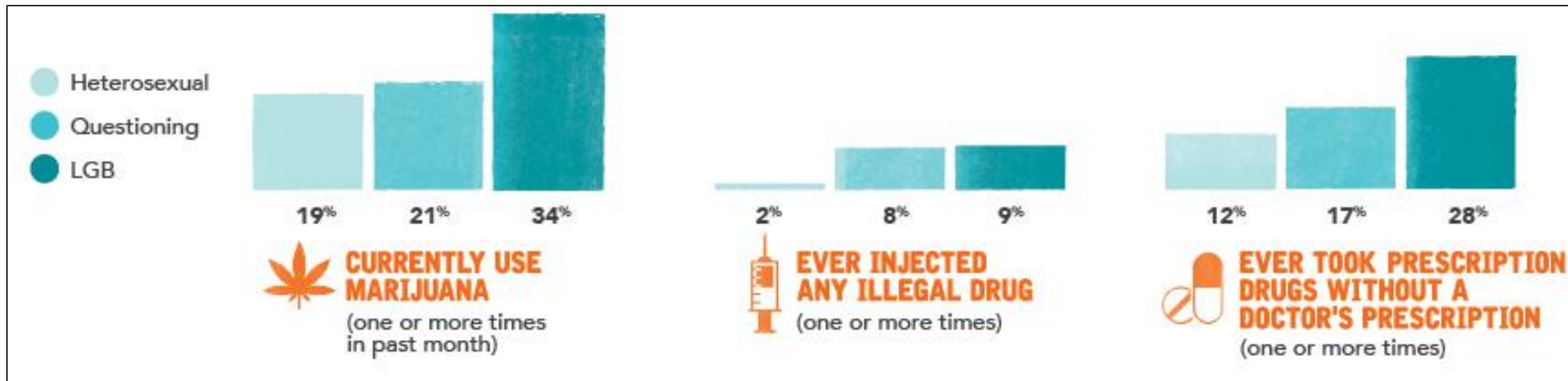




**43% LGB VS 26% OF HETEROSEXUAL** YOUTH ARE AT  
INCREASED RISK FOR ALCOHOL AND DRUG DEPENDENCY.

LGBQ YOUTH



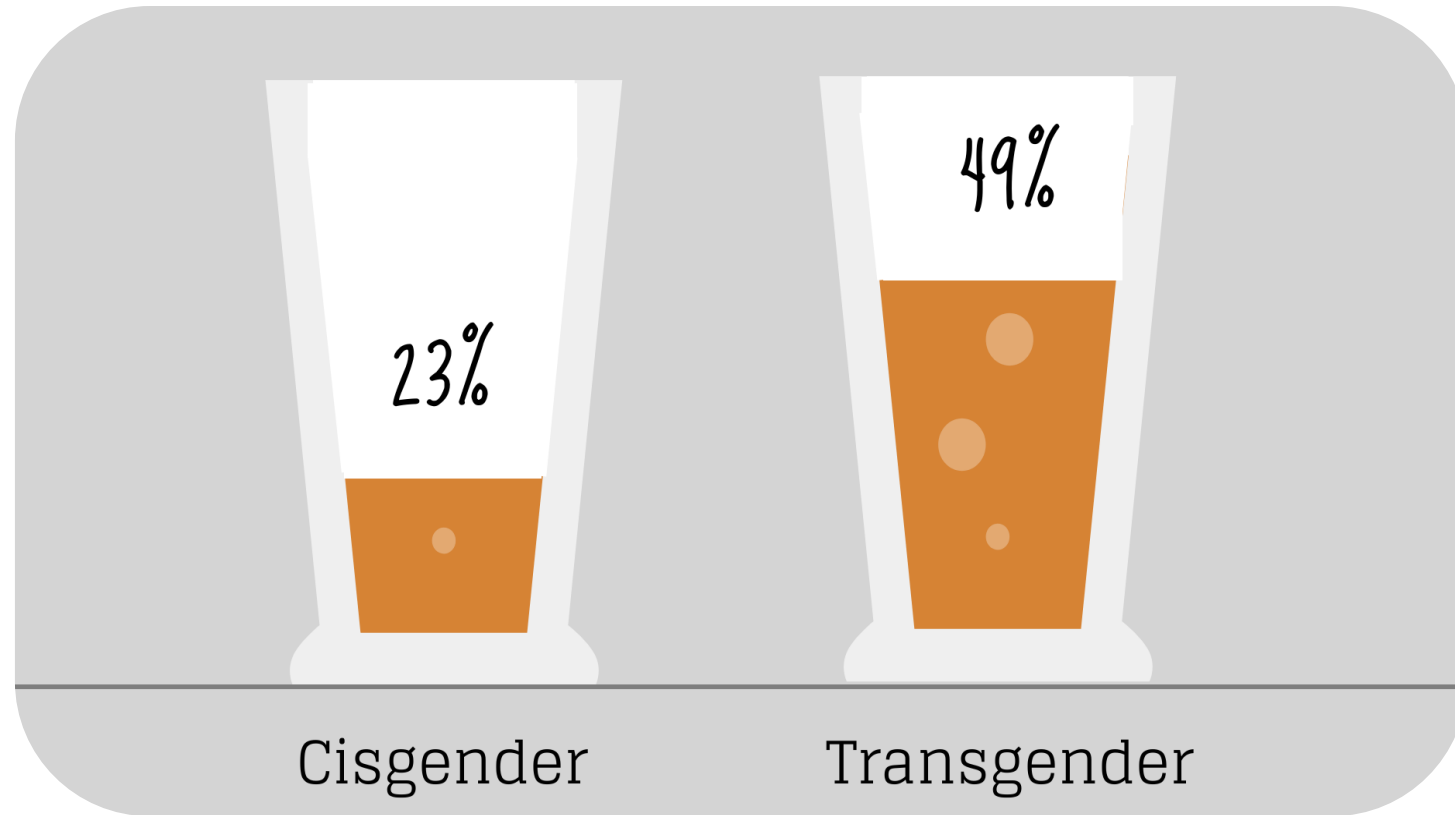


**1 in 3**

**1 in 10**

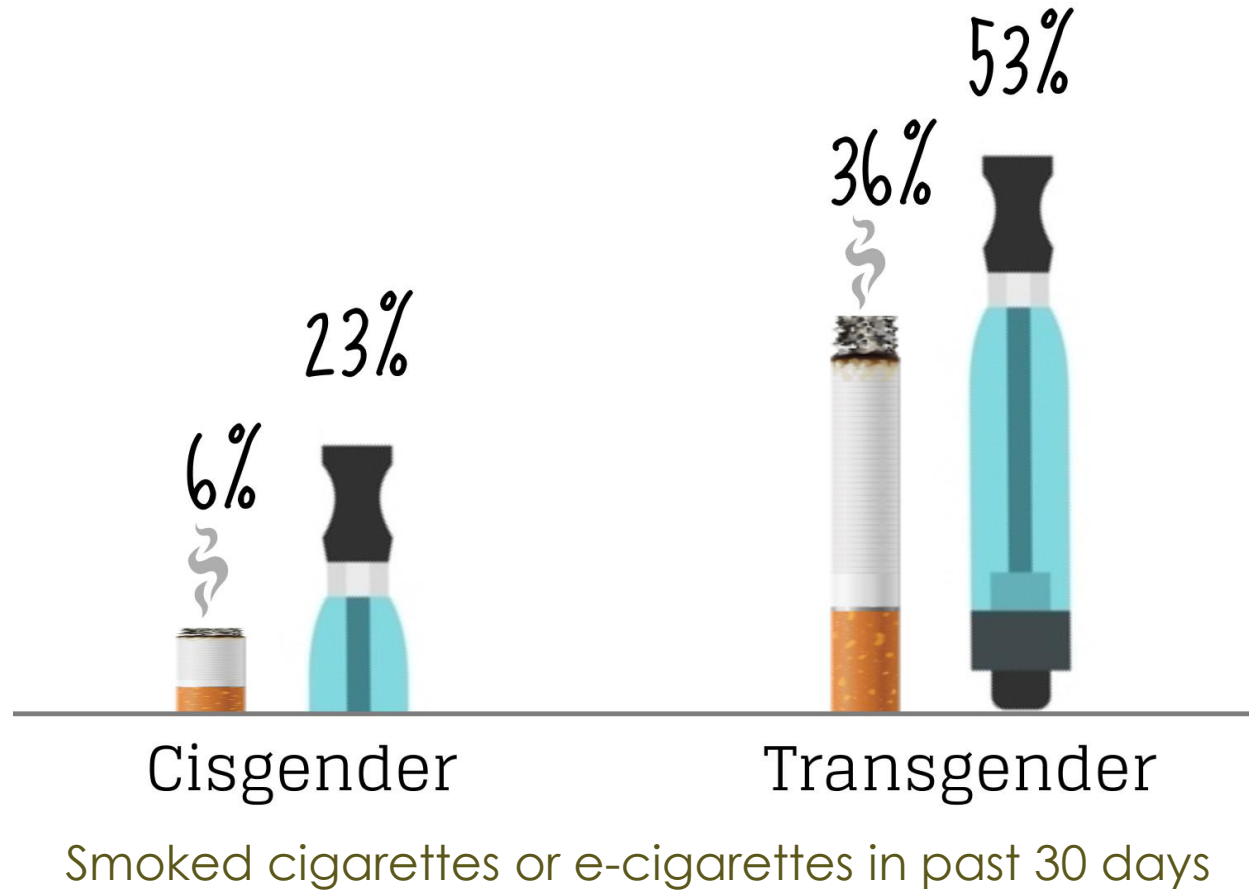
**1 in 4**

LGBQ YOUTH



Alcohol (1 or more drinks) in past 30 days

**TRANSGENDER YOUTH**



**TRANSGENDER YOUTH**





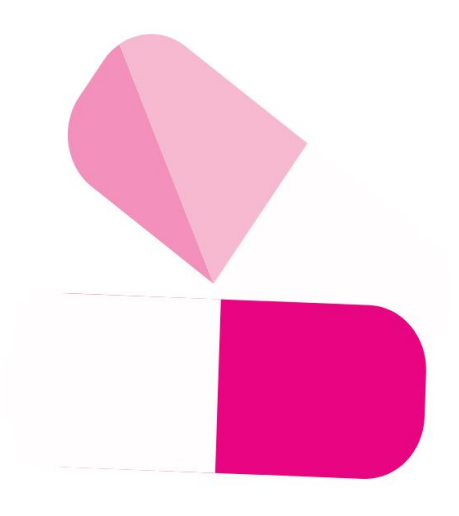
2 in 5  
currently use  
(in past 30 days)

***marijuana***



1 in 4  
ever injected

***illicit drugs***



1 in 2  
ever used  
(without a prescription)

***prescription drugs***

**TRANSGENDER YOUTH**

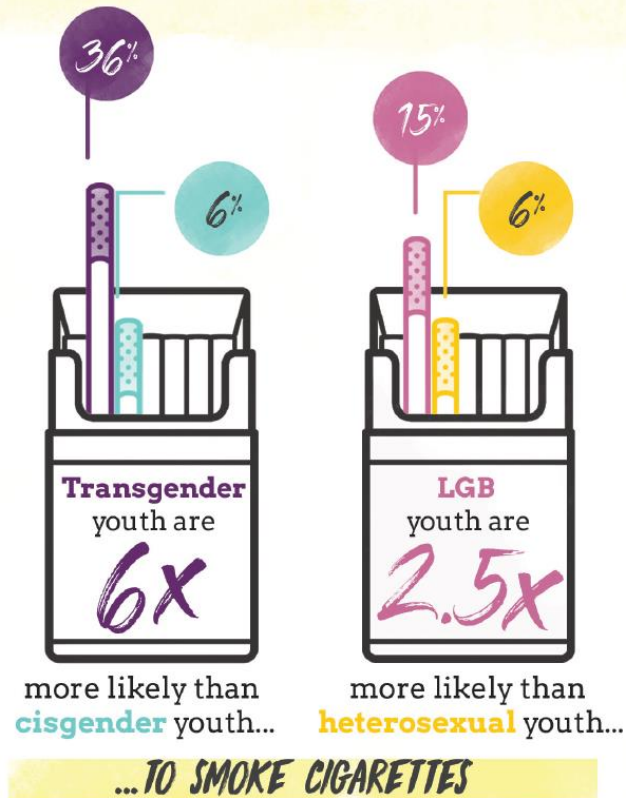


Many health disparities between

**transgender**  
&  
**cisgender**  
youth

...are larger than those between

**LGB**  
&  
**heterosexual**  
youth



...TO HAVE EVER INJECTED ILLEGAL DRUGS





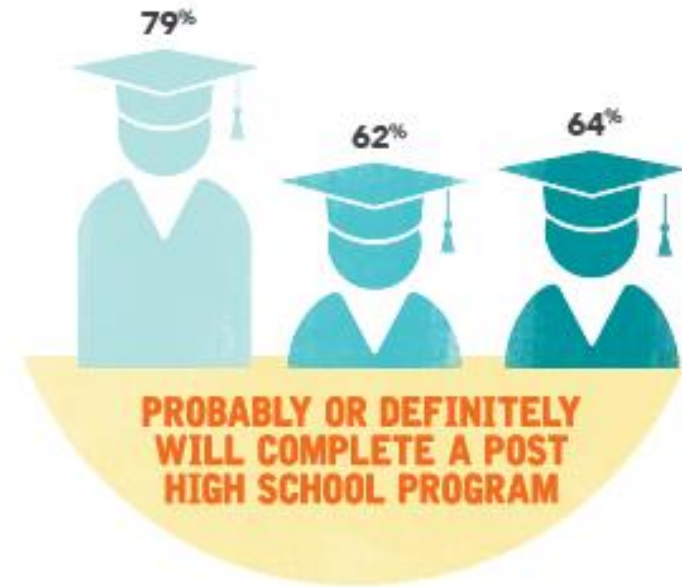
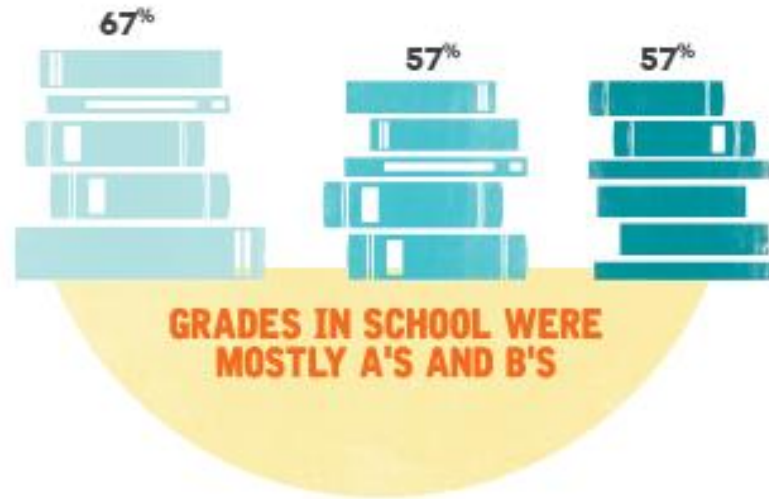
# Academic Achievement

- There is a close relationship between health and academic achievement.
- Attaining higher levels of education is associated with greater income, lower rates of obesity and chronic diseases, and longer life expectancy
- Experiencing negative school climates and victimization are related to lower academic performance and self-esteem
- SM & TG/GNC students who experience a hostile climate at school may miss school to avoid unpleasant and negative experiences

SM & TG/GNC students who feel more supported in school have higher grade point averages and are more likely to intend to pursue post-high school education

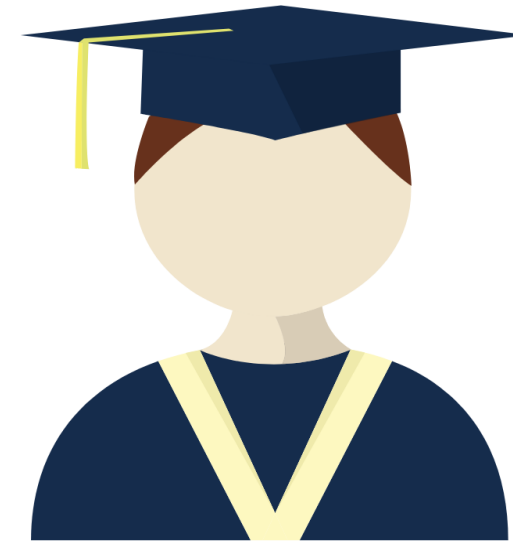
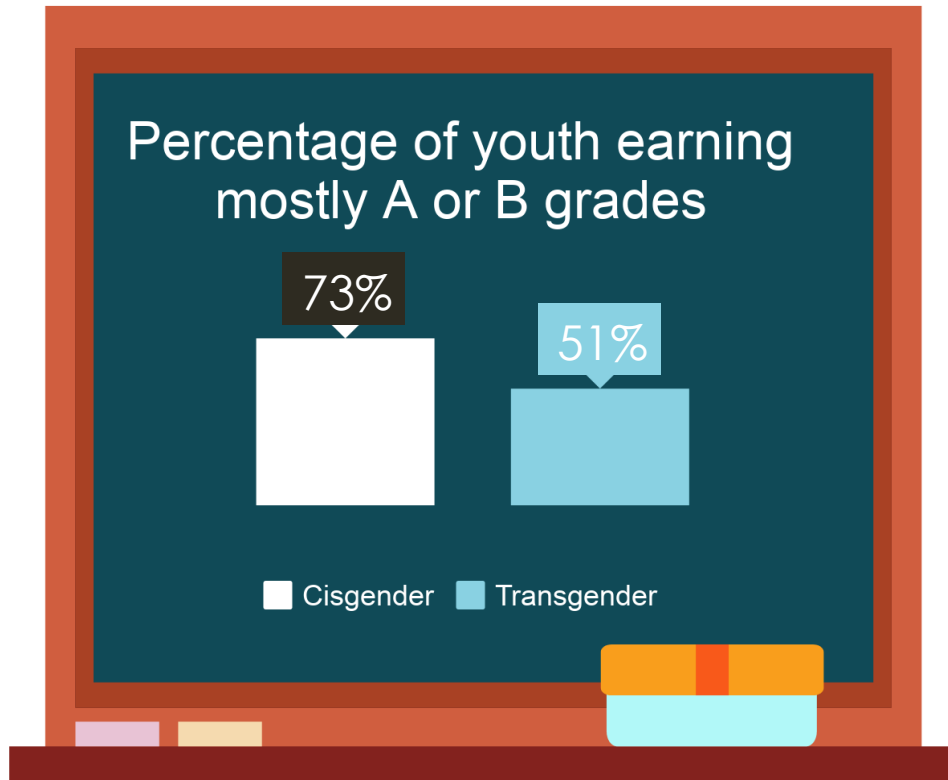


- Heterosexual
- Questioning
- LGB



## LGBQ YOUTH





33% of transgender youth feel they will probably or definitely complete a post high school program

TRANSGENDER YOUTH



Many health disparities between

**transgender**

&

**cisgender**

youth

...are larger than those between

**LGB**

&

**heterosexual**

youth



**Cisgender** youth are **2 times** more likely than **transgender** youth to feel...



**Heterosexual** youth and **LGB** youth **equally** feel...

**...THAT THEY WILL COMPLETE A POST HIGH SCHOOL PROGRAM**





**PROTECTIVE  
FACTORS**

# Protective Factors

Factors that help SG and/or TG/GNC youth build resiliency and overcome adversity include:

- family support and acceptance
- presence of Gay-Straight Alliances (GSA) in school
- policies that protect youth from bullying and harassment
- the presence of caring adults, including in the school environment
- positive peer influences
- strong self-esteem
- involvement in school activities
- positive social transition (e.g. utilizing clothing, a name, pronouns, and overall gender expression that is consistent with an individual's gender identity)\*



- Heterosexual
- Questioning
- LGB



78%

61%

65%

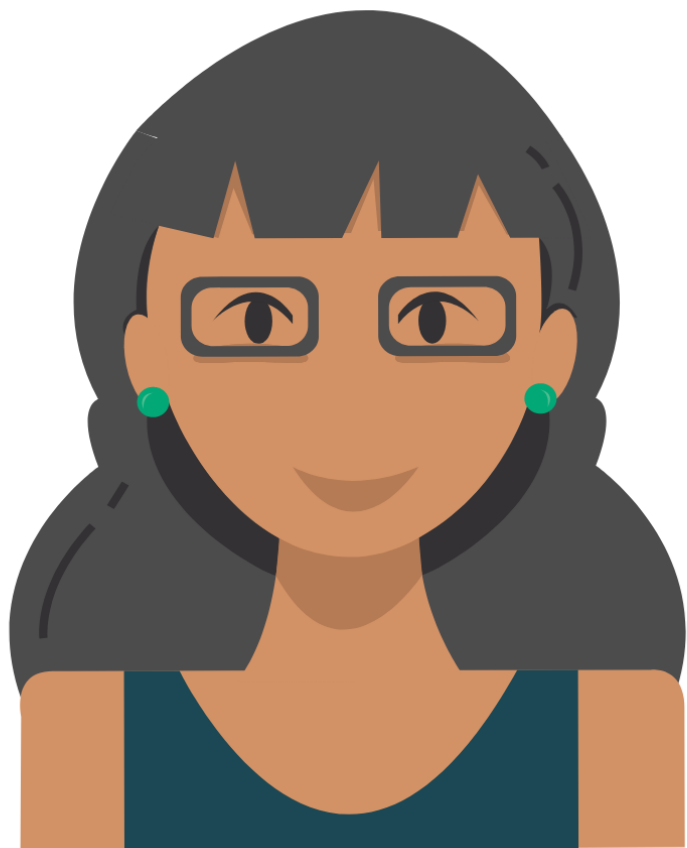
**HAVE AN ADULT OUTSIDE OF  
SCHOOL TO TALK TO**



**DO NOT HAVE AN ADULT FIGURE  
OR TEACHER IN SCHOOL THEY  
CAN TALK TO ABOUT THINGS  
IMPORTANT TO THEM**

LGBQ YOUTH





LESS THAN  
**HALF**  
of transgender  
youth have an  
adult outside of  
school or a  
teacher in  
school to talk to

TRANSGENDER YOUTH



# Stories of Resiliency



# Future Directions

- Limited data exists at national and state levels → systematize data collection
- Conduct analyses of adult transgender data when feasible
- Conduct additional sub-analyses of existing data to elucidate disparities experienced by LGBT
- Conduct qualitative research to include Native Hawaiian cultural contexts/stories



# Some Partners and Resources

- [Kumukahi Health + Wellness](#) (Hawai'i)
- [Malama Pono Health Services](#) (Kaua'i)
- [Maui AIDS Foundation](#) (Maui)
- [Transcend Clinic at Malama I Ke Ola](#) (Maui)
- [Kua Ana Project at Hawai'i Health and Harm Reduction Center](#) (O'ahu) – Including Na Pua Ilima and Ka Aha Mahu
- [Hawai'i LGBT Legacy Foundation](#) (O'ahu)
- [Hawai'i DOH Sexual and Gender Minority Workgroup](#) (statewide)
- Papa Ola Lokahi (statewide) - [No Ka Māhūi: Kanaka LGBTQIA+ & Māhū Toolkit](#)





# Mahalo!

Reports and other local resources:

<https://health.hawaii.gov/harmreduction/sexual-gender-minority/sexual-and-gender-minorities-sgm-in-hawaii/>



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