

Addressing Social, Economic, and Health Disparities of LGBT Older Adults & Best Practices in Data Collection

Key Findings

Karen Fredriksen-Goldsen, PhD, Hyun-Jun Kim, PhD, Jayn Goldsen, BS, Chengshi Shiu, PhD, Charles A. Emler, PhD

Aging with Pride

National Health, Aging,
Sexuality and Gender Study

LGBT Older Adults:

A Growing Population^{1,2}

- Estimated 2.7 million adults ages 50 and older self-identify as lesbian, gay, bisexual, or transgender in the U.S. including 1.1 million ages 65 and older
- By 2060 the number of LGBT older adults will exceed 5 million
- Estimates more than double when considering same-sex behavior and romantic relationships
- 2,450 LGBT adults, ages 50 to 100, are participating in *Aging with Pride: National Health, Aging, Sexuality and Gender Study* the first ever national, longitudinal health, aging and well-being study

Resilience in the

Face of Adversity^{1,2,3}

- Deep satisfaction with their lives
- Most engage in exercise and physical activities
- Involvement in spiritual and religious activities
- Foster close kin, families of support
- Pride and engagement in communities

Key Disparities among LGBT Older Adults^{1,2,3}

- Elevated risk of social isolation compared to heterosexuals
- Income not commensurate with education
- More lifetime discrimination and victimization
- Higher rates of physical limitations, weakened immune system, mental distress
- Lesbian and bisexual women: Higher rates of disability, cardiovascular disease, overweight, poor general health
- Gay and bisexual men: Twice as likely to live alone; higher risk of cancer, HIV
- Transgender older adults: Higher rates of discrimination, victimization, mental distress, poor health, less support
- Bisexual older adults: Higher stigma, less likely to disclose identity, lower income, less support
- Older adults of color, and those with lower income and education: Elevated risk of health disparities
- Limited access to aging, health, support services

As a trans person, I am afraid of services so I avoid or refuse preventive care. I do not know what I will do if I am unable to care for myself.

62-year-old trans bisexual woman participant

Social Isolation of LGBT Older Adults¹

