

RESEARCH THAT MATTERS

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# LGBTQ PEOPLE IN THE US

Select Findings from  
the Generations and  
TransPop Studies

June 2021

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## EXECUTIVE SUMMARY

During the last two decades, the United States has seen an increase in knowledge about the demographics of LGBTQ people. This consistent flow of data is due in large part to the increase in the collection of sexual orientation and gender identity (SOGI) data in population surveys, such as those coordinated by the Centers for Disease Control and Prevention. Yet, these datasets rarely include any information about topics that are uniquely relevant to LGBTQ people and other marginalized groups, such as identity development, relationships, sense of community, and discrimination. Numerous studies by scholars and advocacy organizations detail findings on many of these topics; however, they are limited by convenience (nonrandom) approaches to finding participants, as well as by small or regional sample sizes.

This report summarizes major descriptive findings on these LGBTQ-relevant topics, as well as basic demographics and health information from the first LGBTQ population-based national dataset, developed through the Generations and TransPop studies. The Generations study was a national probability sample of sexual minority (LGBQ) individuals who were not transgender (that is, they were cisgender), including nonbinary people who reported that their gender was the same as their sex assigned at birth. The TransPop study was a study of transgender adults, regardless of sexual orientation, defined as individuals who stated that their current gender identity (e.g., man, woman, transgender, or nonbinary) was different from the sex assigned to them at birth (male, female). Both studies recruited their samples at the same time (2016–2018), although recruitment for TransPop lasted longer. More information about both components of the project and the samples is included in the Methods section of this report.

We report the findings across three major SOGI groups, transgender people of all sexual identities, referred to as *transgender* people; non-transgender sexual minority women, referred to as lesbian, bisexual, or queer (LBQ cis women); and non-transgender sexual minority men, referred to as gay, bisexual, or queer (GBQ cis men). We highlight key areas of similarity and difference across these groups in the various outcomes. We also report data on the collective sample across these SOGI groups, referring to these groups collectively as LGBTQ people. This report provides an overview of the various areas covered in the related studies. Other reports and scientific journal articles provide insight on various topics and different populations (e.g., asexual people).<sup>1,2</sup>

## KEY FINDINGS

### Demographic Characteristics

- The groups were similar in terms of demographic characteristics, including age range, race and ethnicity, and education.
- Transgender people were more likely than LBQ cis women to have served in the military (10% vs. 4%). Of the GBQ cis men, 6% served in the military.

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<sup>1</sup> Rothblum, E., Krueger, E.A., Kittle, K.R., & Meyer, I.H. (2019). Asexual and non-asexual respondents from a U.S. population-based study of sexual minorities. *Archives of Sexual Behavior*. doi: 10.1007/s10508-019-01485-0 PMID: 31214906

<sup>2</sup> Lists of publications for the two studies are provided on the studies' websites: <http://www.generations-study.com/publications> and <http://www.transpop.org/publications>.

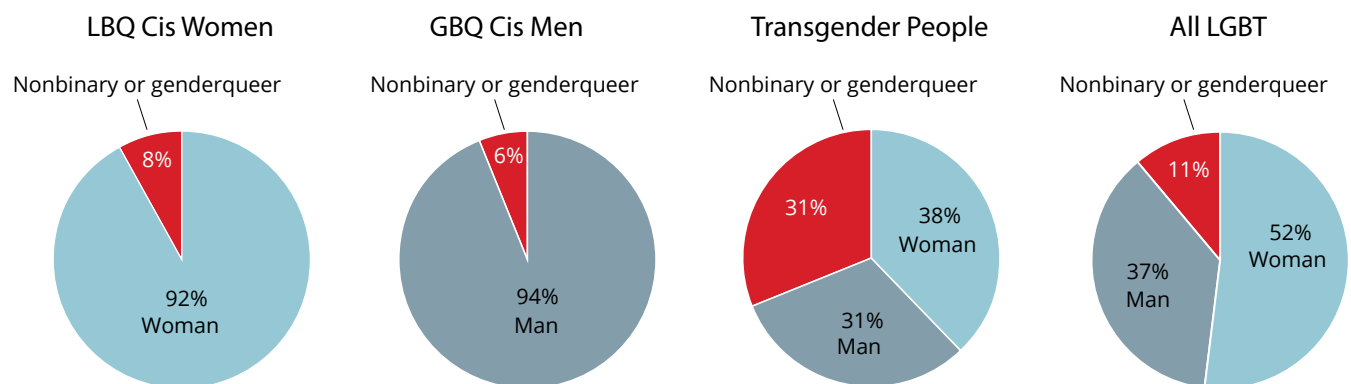
- Nearly three-quarters (73%) of LGBTQ people resided within 60 miles of an LGBT health clinic.

## Socioeconomic Status and Housing

- Eight percent of LGBTQ people were unemployed. This percentage is much higher than the national unemployment level, which was 4.1% at the end of 2017.<sup>3</sup>
- LBQ cis women (48%) and transgender people (48%) were more likely than GBQ cis men (32%) to be living in a low-income household. Low income was defined as lower than 200% of the U.S. poverty level, which in 2018 was an income of \$24,280 or less for one person. In the general U.S. population, 30.4% of people lived below this level in 2018.<sup>4</sup>
- More than 15% of all LGBTQ people had recently experienced housing instability, defined as moving residences three or more times in a two-year period.

## Sexual Identity and Relationships

- Among GBQ cis men, the most common sexual identity label was gay (71%), followed by bisexual (23%); among LBQ cis women, this was reversed, with most identifying as bisexual (51%), followed by lesbian (29%). Among transgender people, there was greater diversity of sexual identities; the most common were bisexual (19%), queer (18%), and straight (18%).
- The majority of LGBTQ people were partnered (61%).
- Among GBQ cis men and LBQ cis women who had a partner, the majority of GBQ cis men (79%) were in same-gender relationships, compared with 40% of LBQ cis women. Transgender people were most likely to be partnered with a cisgender woman (42%) or a transgender/nonbinary person (38%), with 20% partnered with a cisgender man.
- Around 20% of LGBTQ people were legally married.
- LBQ cis women (23%) and transgender people (19%) were more likely than GBQ cis men (8%) to have children, and to have children younger than 18 years old living with them (16% and 8%, respectively, compared with 2% for GBQ cis men).



<sup>3</sup> [https://www.bls.gov/opub/ted/2018/u-3-unemployment-rate-was-4-1-percent-in-december-2017-u-6-was-8-1-percent.htm?view\\_full](https://www.bls.gov/opub/ted/2018/u-3-unemployment-rate-was-4-1-percent-in-december-2017-u-6-was-8-1-percent.htm?view_full)

<sup>4</sup> Kaiser Family Foundation estimates based on the 2008-2019 American Community Survey, 1-Year Estimates. Accessed online 5/8/2021: <https://www.kff.org/state-category/demographics-and-the-economy/people-in-poverty/>

## Religious Affiliation

- Forty-five percent of LGBTQ adults reported being agnostic, atheist, or “nothing in particular,” and the rest (55%) identified with some religion.
- One-third (33%) of LGBTQ people had shifted from the Christian or other organized religious affiliation they had had during childhood to become atheist, agnostic, or nonreligious as adults.

## Stressful Life Events, Victimization, and Discrimination

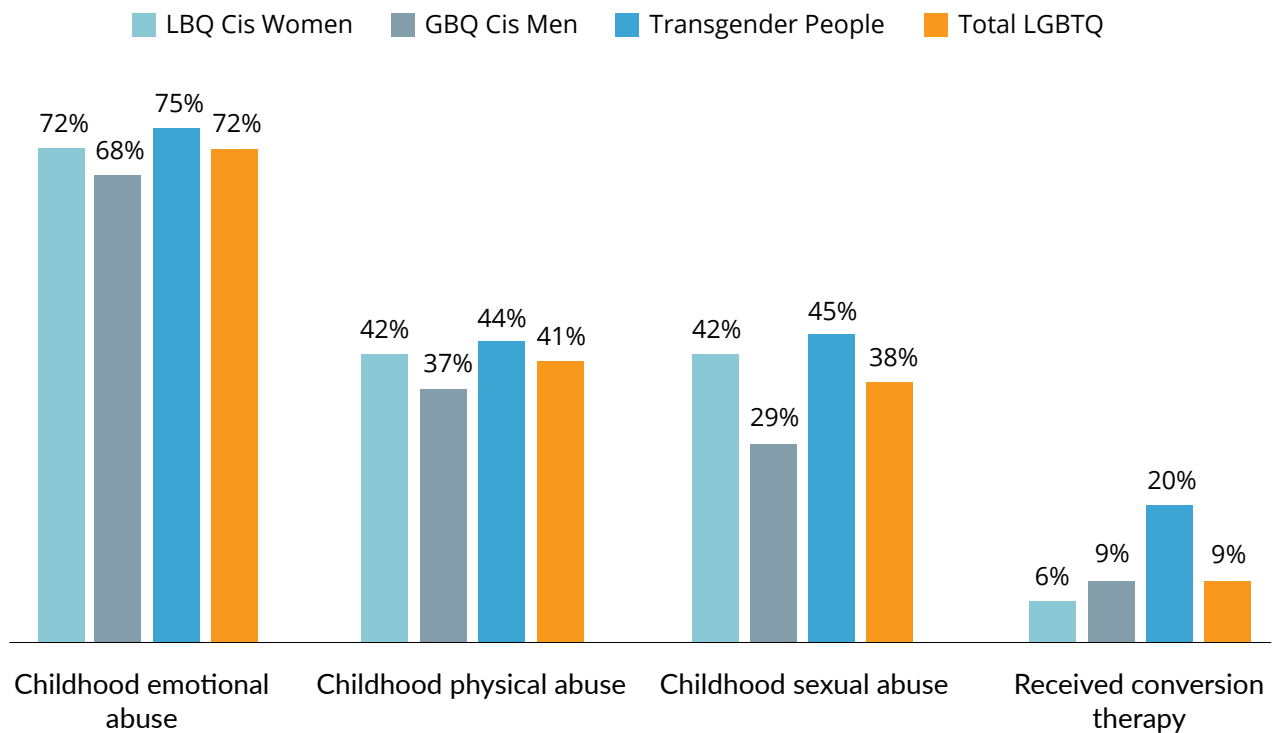
- Sixty-seven percent of LBQ cis women, 75% of GBQ cis men, and 70% of transgender people reported having been bullied “often or sometimes” before the age of 18.
- As adults, more than one-third of LGBTQ people had been hit, beaten, or physically or sexually assaulted; had been robbed or had had property stolen; or had had an object thrown at them.
- More than half of LGBTQ people had experienced threats of violence, and approximately 3 out of 4 had been verbally insulted or abused.

## Employment and Housing Life Events

- Forty-eight percent of transgender people, 39% of GBQ cis men, and 38% of LBQ cis women had been fired or been denied a job at least once as adults.
- Forty-three percent of transgender people, 29% of GBQ cis men, and 25% of LBQ cis women had been denied a promotion or had received a negative evaluation.
- More transgender people (17%) had experienced adverse housing life events due to a landlord or real estate agent than had LBQ cis women (8%) and GBQ cis men (7%).

## Stressful Experiences

- Many LGBTQ people reported experiencing some form of everyday discrimination, such as being disrespected or insulted. Fifty-six percent of transgender people, 48% of LBQ cis women, and 34% of GBQ cis men reported being treated with less respect than other people.
- Thirty-three percent of LGBTQ people reported having had trouble with a boss or coworker.
- Twenty-nine percent of LGBTQ people had experienced a major financial crisis.
- Many LGBTQ people reported feeling mentally and physically tired because of a job (61%), and more than half (52%) reported feeling that they are alone too much.
- In terms of serious adverse events during childhood, 45% of transgender people, 43% of LBQ cis women, and 29% of GBQ cis men had experienced sexual abuse in childhood.
- Among transgender adults, 20% had had exposure to sex and gender identity change efforts (also referred to as “conversion therapy”), compared with 9% of GBQ cis men and 6% of LBQ cis women.



## Identity Centrality and Connection With the LGBTQ Community

- Two out of 3 LGBTQ people indicated that their sexual or gender identity was central or key to how they described themselves.
- Sixty-five percent of LBQ cis women, 64% of GBQ cis men, and 58% of transgender people felt connected with the “LGBT community” or the “gender community” (as the question was phrased for LBQ and transgender respondents, respectively).

## Health Care Access and Outcomes

- More than one-third of transgender people (36%) had engaged in LGBT-targeted health services, and more than half (52%) had sought health information on LGBT-specific websites, as had 16% of GBQ cis men. Sexual minority women were least likely to have engaged with LGBT health services “often or sometimes” (8%).
- More (56%) LGBTQ people than those who have actually used LGBT health services said it was very or somewhat important for them to use such services in the future if these were available to them.
- Most LGBTQ people rated their general health as good, very good, or excellent; however, transgender people (26%) and LBQ cis women (24%) were more likely than GBQ cis men (14%) to rate their health as fair or poor.
- Thirty-nine percent of transgender people, 32% of LBQ cis women, and 18% of GBQ cis men reported having symptoms consistent with serious mental illness (e.g., depression, anxiety, or substance use disorders).
- All LGBTQ groups had a high prevalence of lifetime suicide ideation, attempted suicide,

and non-suicidal self-injury. The highest proportion of lifetime suicide attempts was among transgender people (42%), compared with the percentages among LBQ cis women (32%) and GBQ cis men (22%).

## Happiness and Life Satisfaction

- More than 50% of LGBTQ people said that their life was excellent and that they felt satisfied with life.
- Overall, LGBTQ people were optimistic about their future.

## SUMMARY

The Generations and TransPop studies yielded the first population-based national dataset focused on the general and unique issues experienced by LGBTQ people. We examined differences by key subgroups that had been found in previous research to differ greatly in terms of outcomes: transgender people of all sexual orientations, and non-transgender people who are sexual minorities. A population-based approach is important in the effort to reduce bias associated with nonrandom samples. For example, bias may be related to participating in the LGBTQ community, where many nonrandom samples recruit LGBTQ people. This methodology provides support for previous research on the economic and health issues experienced by LGBTQ people, as well as new evidence of the prevalence of sexual and gender identity concerns, negative life events, and victimization in the LGBTQ population.



## INTRODUCTION

About 11.3 million LGBTQ people live in the United States.<sup>5</sup> During the last two decades, we have seen an increase in knowledge about the demographics of LGBTQ people in this country. The consistent flow of data is due, in large part, to the increase in collection of sexual orientation and gender identity (SOGI) data in population surveys, such as those coordinated by the Centers for Disease Control and Prevention. Despite the growing body of knowledge about LGBTQ people in the U.S. that comes from national and regional studies, little information has been available about the characteristics and experiences of the LGBTQ population. The lack of population-level data for LGBTQ people is especially noted in areas that are of unique interest to sexual and gender minorities, such as experiences with identity development, relationships, community, and discrimination. Numerous studies by scholars and advocacy organizations detail findings on many of these topics; however, they are limited by convenience (nonrandom) approaches to finding participants or by small or regional sample sizes.<sup>6,7</sup>

Here, we describe select characteristics of the LGBTQ<sup>8</sup> adult population in the United States by using the first nationally representative dataset to focus on LGBTQ people in an investigator-designed survey. This allowed the investigators to ask questions specifically geared to the LGBTQ population, in addition to general questions relevant to the whole population that are typically included in national and regional studies (such as those by the Centers for Disease Control and Prevention or other government agencies). We report on national estimates of demographics, relationships, religious affiliation, victimization and discrimination, exposure to stress, health care access, and health outcomes.

## PROJECT OVERVIEW

This report summarizes findings of a combined dataset from two related studies, Generations and TransPop. The Generations study was a national probability sample of sexual minority (LGBQ) individuals who were not transgender (that is, they were cisgender), including nonbinary people who reported that their gender was the same as the sex assigned to them at birth. The TransPop study was a study of transgender adults (regardless of sexual orientation), defined as individuals who stated that their current gender identity (e.g., man, woman, transgender, or nonbinary) was different from the sex assigned to them at birth (male, female). Both studies recruited their samples at the same time (2016–2018), although recruitment for TransPop lasted longer.

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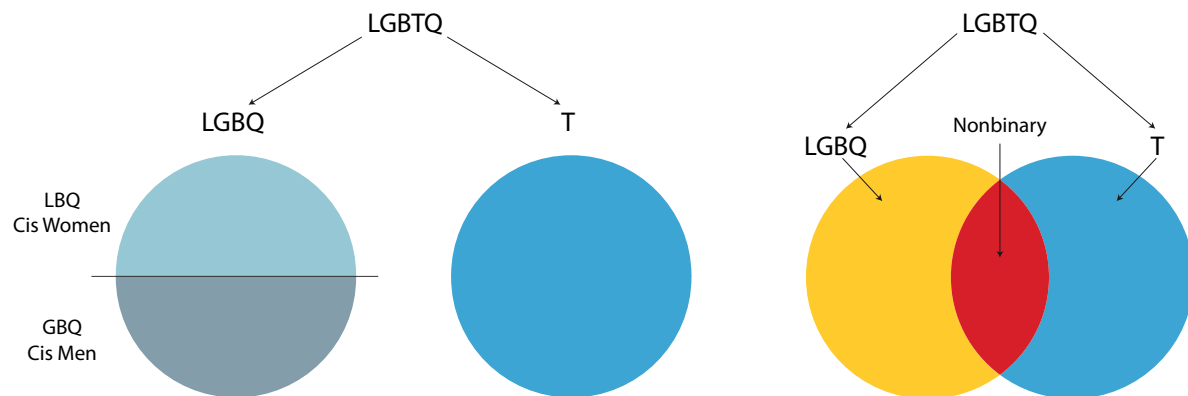
<sup>5</sup> Conron, K. J., & Goldberg, S. K. (2020). *Adult LGBT population in the United States*. Los Angeles, CA: The Williams Institute at UCLA School of Law. <https://williamsinstitute.law.ucla.edu/publications/adult-lgbt-pop-us/>

<sup>6</sup> Meyer, I. H., & Wilson, P. A. (2009). Sampling lesbian, gay, and bisexual populations. *Journal of Counseling Psychology*, 56(1), 23–31. <https://doi.org/10.1037/a0014587>

<sup>7</sup> Meyer, I. H., Marken, S., Russell, S. T., Frost, D. M., & Wilson, B. D. (2020). An innovative approach to the design of a national probability sample of sexual minority adults. *LGBT Health*, 7(2), 101–108.

<sup>8</sup> We refer to the LGBTQ population as inclusive of queer and other terms used by people who belong to the LGBTQ population. We also use the term LGBT to refer to the LGBT community or LGBT centers because these terms are typically used in that context. We also use LGBT when the source document used this term, but we recognize that these terms are often used synonymously.

Figure 1. Generations and TransPop studies



As with all studies, specific people were sought for inclusion. In particular, the Generations investigators selected specific age groups, and for both Generations and TransPop, prospective participants had to have a minimum education level of six years so that they could answer the self-administered questionnaires. Because we could not recruit a large enough sample of Asian and American Indian and Alaska Native participants to conduct specialized analyses for these groups in the Generations study, we included only people who identified as one of the largest three racial or ethnic groups in the United States—Black, Latinx, and White—or as biracial or multiracial with one of these three races/ethnicities included. Similarly, members of sexual minorities who were older than 60 were not included in the Generations sample. Because the number of transgender respondents in TransPop was limited, we do not present findings separately for transgender people.

How we asked questions about identity also determined who was included. For example, we asked about queer identity, but only among people who first said that the label lesbian, gay, bisexual, or transgender (LGBT) applied to them, so we likely missed queer people who answered no to that question (e.g., queer people who identify mostly as straight). In terms of gender identity, the tables included here outline findings from two separate studies. Accordingly, all transgender people—regardless of sexual orientation—are included in the *transgender* columns in the tables, but only people who did not identify as transgender are included in the *sexual minorities* columns. Because of this, as can be seen in Table 3, gender-nonbinary people are represented in all columns of data (that is, if they did not identify as transgender but were sexual minorities, they are included in the *sexual minorities* columns).

More information about both components of the project and the samples is provided in the Methods.

## CURRENT REPORT AIMS

In this report, we aim to provide needed information on the characteristics and experiences of LGBTQ adults in the United States, with an emphasis on the type of LGBTQ-specific topics not typically included in government-run large-scale surveys. The findings are presented separately by gender and sexual orientation (for non-transgender groups). In this report, we do not indicate statistical significance; instead, differences among the groups can be assessed by examining the percentages and confidence intervals described in the tables. We interpret overlap between two confidence intervals as a lack of evidence of a meaningful difference between the groups.

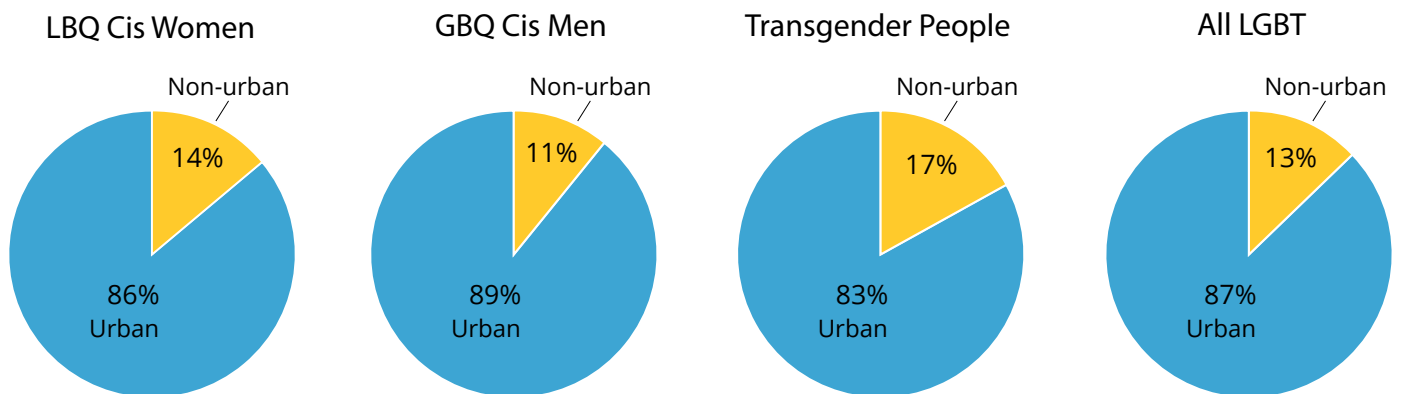


## DEMOGRAPHIC CHARACTERISTICS

The sample characteristics represent the population we sampled, with the specific targeted inclusion criteria as noted in our methodological note (e.g., a minimum of six grades of education to ensure respondents' ability to self-administer the survey, and specific age groups in the Generations study). Having a minimum education requirement pushes the sample as a whole toward higher education by not including those with very low or no formal education. Still, this sample captured more lower-education LGBTQ people than would a nonprobability sample recruited in the community. As previously indicated, due to sample size, we did not recruit Asian/Pacific Islanders and American Indian/Native Alaskan respondents if they did not have a biracial or multiracial identity that included one of the three groups in our sample.

Table 1 presents standard demographic characteristics. The results show that, overall, the groups were similar in terms of demographic characteristics. Although transgender people were more likely than LBQ cis women to have served in the military (10% vs. 4%, respectively), observing the confidence intervals suggests that they did not differ much from GBQ cis men (6%).

Figure 2. Urban/non-urban, live within 60 miles of LGBT center, military service



Unique to our study, we included a measure of residence distance from an LGBT health center. LGBT health centers provide a wide variety of services, ranging from support and addiction programs to more comprehensive medical services.<sup>9</sup> The data show that most LBQ people resided within 60 miles of an LGBT health service center, but this does not indicate how often they used services. Both the types of services offered and an individual's personal characteristics can determine utilization of LGBT health services.<sup>10,11</sup>

<sup>9</sup> Martos, A. J., Wilson, P. A., & Meyer, I. H. (2017). Lesbian, gay, bisexual, and transgender health services in the United States: Origins, evolution, and contemporary landscape. *PLOS One*, 12(7). <https://doi.org/10.1371/journal.pone.0180544>

<sup>10</sup> Martos, A. J., Wilson, P. A., Fingerhut, A., & Meyer, I. H. (2019). Utilization of LGB-specific clinics and providers across three cohorts of lesbian, gay, and bisexual people in the United States. *SSM Population Health*, 9, 100505. <https://doi.org/10.1016/j.ssmph.2019.100505>

<sup>11</sup> Martos, A. J., Wilson, P. A., Gordon, A. R., Lightfoot, M., & Meyer, I. H. (2018). Like finding a unicorn: Healthcare preferences among lesbian, gay, and bisexual people in the United States. *Social Science & Medicine*, 208, 126–133.

**Table 1. Demographic characteristics (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Education</b>				
High school or less	43.4 (38.9, 47.9)	41.2 (36.5, 46.1)	44.1 (36.1, 52.3)	42.7 (39.7, 45.8)
Some college	33.6 (29.9, 37.5)	29.4 (25.7, 33.4)	31.2 (24.6, 38.5)	31.9 (29.3, 34.5)
College	14.3 (12.3, 16.6)	18.5 (15.9, 21.3)	14.3 (10.3, 19.5)	15.8 (14.3, 17.5)
More than college	8.7 (7.3, 10.4)	10.9 (9.1, 13.1)	10.5 (7.2, 15.0)	9.6 (8.5, 10.9)
<b>Race and ethnicity<sup>a</sup></b>				
White	58.3 (54.0, 62.4)	61.4 (56.9, 65.7)	56.5 (48.4, 64.2)	N/A
Black	15.2 (12.4, 18.5)	10.9 (8.4, 14.0)	9.48 (5.7, 15.4)	N/A
Latino	9.6 (7.4, 12.3)	12.7 (9.9, 16.1)	15.7 (10.4, 23.2)	N/A
Bi- or multiracial	16.3 (13.5, 19.5)	13.4 (10.7, 16.7)	10.4 (6.2, 16.9)	N/A
Asian	N/A	N/A	4.5^ (2.0, 9.5)	N/A
Something else	0.7^ (0.3, 1.7)	1.6 (0.8, 3.2)	3.4^ (1.4, 7.9)	N/A
<b>Urbanicity</b>				
Nonurban	14.2 (11.3, 17.6)	10.6 (8.1, 13.6)	17.2 (12.3, 23.5)	13.2 (11.3, 15.4)
Urban	85.8 (82.4, 88.7)	89.4 (86.4, 91.9)	82.8 (76.5, 87.7)	86.8 (84.6, 88.7)
<b>Age<sup>b</sup></b>				
18–29	67.6 (64.0, 71.1)	52.9 (48.4, 57.3)	49.0 (41.2, 56.8)	60.4 (57.7, 63.1)
30–45	20.5 (17.5, 23.8)	21.5 (18.1, 25.2)	30.2 (23.5, 37.8)	22.5 (20.3, 24.9)
46–60	11.9 (10.1, 14.0)	25.6 (22.4, 29.1)	13.9 (9.5, 19.9)	17 (15.4, 18.9)
60+	N/A	N/A	6.9 (4.6, 10.3)	N/A
<b>Nativity</b>				
Born in the U.S.	96.6 (94.9, 97.7)	93.6 (91.2, 95.3)	93.7 (89.4, 96.4)	95.3 (94.1, 96.3)
Not born in the U.S.	3.4 (2.3, 5.1)	6.41 (4.7, 8.8)	6.25 (3.6, 10.6)	4.7 (3.7, 5.9)
<b>Region</b>				
Northeast	19.3 (16.2, 22.9)	18.5 (15.3, 22.1)	18.7 (13.3, 25.7)	18.9 (16.7, 21.2)
Midwest	21.1 (17.7, 24.9)	18.6 (15.3, 22.6)	19.9 (14.2, 27.1)	20.1 (17.8, 22.7)
South	35.0 (31, 39.2)	34.1 (29.9, 38.6)	30.0 (23.2, 37.9)	33.9 (31.2, 36.8)
West	24.6 (21.2, 28.4)	28.8 (24.9, 33.1)	31.4 (24.7, 38.9)	27.1 (24.6, 29.7)
Live within 60 miles of LGBT health clinic	71.5 (67.5, 75.2)	76.3 (72.1, 80.0)	71.1 (63.3, 77.8)	73.3 (70.5, 75.8)
Served in the military	3.7 (2.3, 5.8)	5.7 (4.0, 8.0)	9.6 (5.9, 15.2)	5.1 (4.0, 6.6)

<sup>a</sup> The Generations study sample was recruited from select age and race and ethnicity groups due to that study's requirements, whereas the TransPop study sample was recruited without restrictions on age and on race and ethnicity (see the Methods section). Thus, Generations excluded people who identified as Asian or as American Indian or Alaska Native only. It included people who identified as biracial or multiracial if at least one of these racial or ethnic groups was Black, Latinx, or White. For that reason, we cannot provide total LGBTQ population values for race and ethnicity.

<sup>b</sup> The Generations study sample included people in three age cohorts from age 18 to 60, so it does not have statistics on people older than 60. The TransPop study sample covered all age groups, including those older than 60. The combined sample is capped at age 60 due to the Generations sample limitation.

<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

## SOCIOECONOMIC STATUS AND HOUSING

Table 2 presents data on socioeconomic status and housing. It shows that unemployment did not differ significantly among the groups, with an average of 8% unemployed, which was much higher than the national unemployment level of 4.1% at the end of 2017.<sup>12</sup> A low-income household was defined as a household with an income lower than 200% of the federal poverty level, which in 2018 was an income of \$24,280 or less for a family of one person or \$50,200 for a family of four.<sup>13</sup> Low income was highest among LBQ cis women (48%) and transgender people (48%); about one-third (32%) of GBQ cis men were under this benchmark, a figure similar to the nationwide estimate of 30%.<sup>14</sup> In the general U.S. population, 30.4% of people lived below this level in 2018.<sup>15</sup>

GBQ cis men were also more likely to own a home (32%) than LBQ cis women (21%) and transgender people (27%), although the estimate for transgender people was imprecise, and the confidence interval shows no difference relative to either GBQ cis men or LBQ cis women. However, homelessness was highest among transgender people (19%). That estimate, too, was quite imprecise and may not be significantly different from the figure for LBQ cis women (11%), but it is higher than that for GBQ cis men (8%). Housing instability, defined as moving residences three or more times in a two-year period, was high among all LGBTQ people, ranging from 13% among GBQ cis men to 20% among transgender people.

<sup>12</sup> [https://www.bls.gov/opub/ted/2018/u-3-unemployment-rate-was-4-1-percent-in-december-2017-u-6-was-8-1-percent.htm?view\\_full](https://www.bls.gov/opub/ted/2018/u-3-unemployment-rate-was-4-1-percent-in-december-2017-u-6-was-8-1-percent.htm?view_full)

<sup>13</sup> <https://familiesusa.org/resources/federal-poverty-guidelines/>

<sup>14</sup> Henry J. Kaiser Family Foundation. *State health facts: Distribution of the total population by federal poverty level (above and below 200% FPL)*. <https://www.kff.org/other/state-indicator/population-up-to-200-fpl/?currentTimeframe=1&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>

<sup>15</sup> Kaiser Family Foundation estimates based on the 2008–2019 American Community Survey, 1-Year Estimates. Accessed online 5/8/2021: <https://www.kff.org/state-category/demographics-and-the-economy/people-in-poverty/>

**Table 2. Socioeconomic status and housing (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

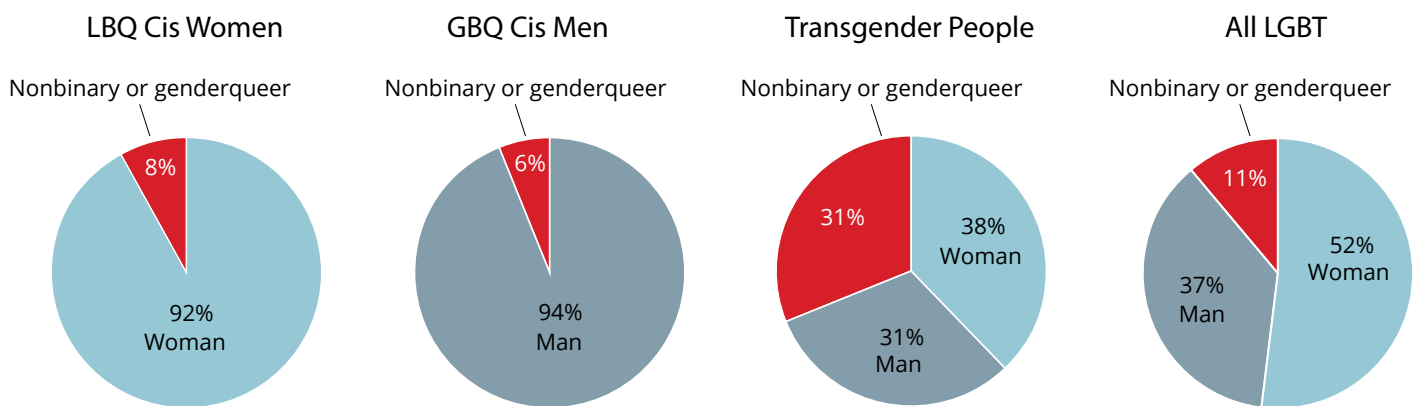
LOW-INCOME HOUSEHOLD	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
>= 200% of federal poverty level	48.3 (44.0, 52.6)	31.5 (27.2, 36.2)	47.7 (40.0, 55.6)	42.6 (39.6, 45.6)
<b>Employment</b>				
Employed full time (employer)	42.0 (37.8, 46.3)	57.0 (52.4, 61.6)	45.7 (34.7, 57.2)	48.1 (45.0, 51.2)
Employed full time (self)	3.0 (1.9, 4.4)	5.1 (3.6, 7.2)	4.5 <sup>^</sup> (1.4, 13.2)	3.9 (3.0, 5.0)
Employed part time, do not want full-time job	10.6 (8.0, 13.8)	6.4 (4.4, 9.1)	7.6 <sup>^</sup> (3.0, 17.7)	8.7 (7.0, 10.8)
Employed part time but want full-time job	15.5 (12.5, 19.1)	9.8 (7.4, 13.0)	19.2 (11.4, 30.3)	13.7 (11.7, 16.1)
Unemployed	9.1 (6.6, 12.5)	7.1 (4.8, 10.4)	5.6 <sup>^</sup> (2.1, 14.0)	8.1 (6.3, 10.3)
Not in workforce	19.8 (16.5, 23.6)	14.5 (11.5, 18.3)	17.4 (10.6, 27.0)	17.5 (15.2, 20.1)
<b>Home ownership</b>				
Own	21.4 (18.4, 24.7)	32.1 (28.3, 36.3)	26.6 (20.2, 34.2)	25.3 (23.0, 27.8)
Rent	44.1 (39.8, 48.4)	38.9 (34.5, 43.4)	41.7 (34.3, 49.5)	42.2 (39.3, 45.1)
Other arrangement	34.5 (30.4, 38.9)	29.0 (24.7, 33.7)	31.7 (24.6, 39.8)	32.5 (29.7, 35.5)
<b>Housing stability</b>				
Homeless, in a shelter or group home, or staying with others temporarily	10.5 (8.05, 13.7)	7.5 (5.4, 10.3)	18.5 (12.9, 25.7)	10.5 (8.8, 12.6)
<b>How often moved residence in past 2 years</b>				
1–2 times	39.8 (35.7, 44.1)	33.5 (29.2, 38.0)	27.9 (21.5, 35.3)	36.1 (33.3, 39.0)
3+ times	15.0 (12.1, 18.5)	12.9 (9.9, 16.5)	19.8 (14.1, 27.1)	15.2 (13.1, 17.5)

<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

## SEX ASSIGNED AT BIRTH AND SEXUAL AND GENDER IDENTITY

In terms of sex assigned at birth and sexual and gender identity, the two source samples differed in recruitment targets (sampling frames) in ways that determine these characteristics. The TransPop sample included transgender people of all sexual identities, and the Generations sample featured non-transgender sexual minorities. Consistently, the LBQ cis women were all assigned female sex at birth, and the GBQ cis men were all assigned male sex at birth. The transgender sample included slightly more people who were assigned female sex than male sex at birth. Many more transgender people (31%) than LBQ cis women (8%) or GBQ cis men (6%) identified as nonbinary.

Figure 3. Gender identity and sexual identity (from Table 3)



There were group differences in the sexual identity labels that people used. Among GBQ cis men, the most common label was gay (71%), followed by bisexual (23%); among LBQ cis women, this was reversed, with most identifying as bisexual (51%), followed by lesbian (29%). There was a greater diversity of identities among transgender people, with the most common being bisexual (19%), queer (18%), and straight (18%).

**Table 3. Sex assigned at birth and sexual and gender identity (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N= 274)	ALL LGBTQ (N = 1,747)
<b>Sex assigned at birth</b>				
Female	100	N/A	54.3 (46.4, 61.9)	59.5 (56.6, 62.3)
Male	N/A	100	45.7 (38.1, 53.6)	40.5 (37.7, 43.4)
<b>Gender identity</b>				
Woman	91.6 (88.8, 93.8)	--	37.8 (30.7, 45.5)	52.3 (49.3, 55.2)
Man	--	93.9 (90.9, 95.9)	30.9 (24.0, 38.7)	36.6 (33.3, 39.4)
Nonbinary or genderqueer	8.4 (6.2, 11.2)	6.1 (4.1, 9.07)	31.3 (24.4, 39.2)	11.1 (9.24, 13.2)
<b>Sexual identity</b>				
Straight or heterosexual	2.0 <sup>^</sup> (1.0, 4.1)	0.3 <sup>^</sup> (0.1, 1.1)	17.6 (12.6, 24.1)	3.4 (2.4, 4.8)
Lesbian	28.8 (25.2, 32.6)	N/A	8.4 (4.9, 13.9)	15.9 (13.9, 18.2)
Gay	1.3 (0.7, 2.5)	70.5 (66.1, 74.6)	8.5 (5.0, 14.1)	26.2 (23.8, 28.7)
Bisexual	51.2 (46.9, 55.4)	23.3 (19.5, 27.5)	18.9 (13.5, 25.9)	37.1 (34.2, 40.1)
Queer	7.9 (6.1, 10.3)	2.4 (1.5, 3.8)	18.1 (12.9, 24.6)	7.7 (6.3, 9.3)
Same-gender loving	1.21 (0.7, 2.2)	1.1 (0.5, 2.2)	4.0 (1.9, 8.2)	1.5 (1.0, 2.2)
Something else	0.6 <sup>^</sup> (0.2, 1.9)	0.4 <sup>^</sup> (0.1, 1.2)	7.1 (4.0, 12.5)	1.4 (0.8, 2.3)
Asexual spectrum	2.4 (1.3, 4.2)	0.6 <sup>^</sup> (0.1, 2.7)	5.4 (2.6, 11.0)	2.2 (1.4, 3.5)
Pansexual	4.6 (3.1, 6.6)	1.4 <sup>^</sup> (0.6, 3.2)	12.0 (7.2, 19.1)	4.7 (3.5, 6.2)

<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

## RELATIONSHIP AND MARRIAGE STATUS

To understand patterns of relationships and marriage, we separately analyzed results for LBQ cis women, GBQ cis men, and transgender people, as we had done in other tables; in addition, we separated the sample by the gender of the respondents' partners. For example, Table 4 shows that more LBQ cis women (66%) than GBQ cis men (55%) were partnered. Of the LBQ cis women who were partnered, the majority (57%) were partnered with a cisgender man, 40% were partnered with a cisgender woman, and 3% were partnered with a transgender/nonbinary person. This pattern was very different for GBQ cis men, of whom 79% were partnered with a cisgender man, 17% with a cisgender woman, and 4% with a transgender/nonbinary person. Almost the same proportion of transgender people (58%) were partnered. Of these, 42% were partnered with a cisgender woman, 38% were partnered with a transgender or nonbinary person, and 20% were partnered with a cisgender man. A high proportion of LGBTQ people in relationships were not legally married (see Table 4), and the overlapping confidence intervals suggest no significant differences among the groups (although the number of respondents in some of these analyses was small, leading to very imprecise numbers, as indicated by the large confidence intervals).



**Table 4. Relationship and marriage status (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)			GBQ CIS MEN (N = 706)		
Has a partner	65.5 (61.2, 69.4)			54.8 (50.2, 59.3)		
	AMONG PARTNERED LBQ CIS WOMEN			AMONG PARTNERED GBQ CIS MEN		
Partner's gender	Cisgender Woman	Cisgender Man	Transgender/ Nonbinary	Cisgender Woman	Cisgender Man	Transgender/ Nonbinary
	39.6 (34.7, 44.7)	57.4 (52.2, 62.4)	3.0 (1.8, 5.2)	16.5 (12.5, 21.5)	79.4 (74.1, 83.9)	4.1 (2.2, 7.3)
Married	25.0 (19.7, 31.2)	19.8 (15.2, 25.4)	23.3 <sup>^</sup> (9.4, 47.2)	17.7 (10.0, 29.4)	25.0 (20.1, 30.7)	11.0 <sup>^</sup> (2.5, 37.5)
Registered or civil union	3.5 (1.6, 7.5)	2.2 <sup>^</sup> (0.6, 7.1)	0 <sup>^</sup>	1.0 <sup>^</sup> (0.1, 6.9)	2.5 (1.3, 4.5)	3.2 <sup>^</sup> (0.4, 20.6)
Not legally married	71.5 (64.9, 77.3)	78.0 (72, 83.1)	76.7 (52.8, 90.6)	81.3 (69.5, 89.2)	72.5 (66.7, 77.6)	85.9 (60.4, 96.0)
Lives with partner	67.8 (59.7, 74.8)	54.3 (46.8, 61.6)	52.4 (26.3, 77.2)	45.3 (31.6, 59.7)	60.4 (53.3, 67.1)	47.8 <sup>^</sup> (21, 75.9)

<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

	TRANSGENDER PEOPLE (N = 274)		
Has a partner	57.8 (49.8, 65.3)		
	AMONG PARTNERED TRANSGENDER PEOPLE		
Partner's gender	Cisgender Woman	Cisgender Man	Transgender/Nonbinary
	41.7 (32.0, 52.1)	20.4 (13.5, 29.6)	37.9 (28, 48.9)
Married	32.0 (20.3, 46.4)	20.7 (9.7, 38.9)	13.0 <sup>^</sup> (5.6, 27.2)
Registered or civil union	4.2 <sup>^</sup> (0.8, 19.5)	0.7 <sup>^</sup> (1.0, 5.4)	6.2 <sup>^</sup> (1.3, 25.5)
Not legally married	63.8 (49.0, 76.4)	78.5 (60.4, 89.7)	80.7 (63.8, 90.9)
Lives with partner	72.0 (56.2, 83.8)	59.5 (37.5, 78.3)	50.0 (32.1, 67.9)

<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

	ALL LGBTQ (N = 1,747)		
Has a partner	60.7 (57.8, 63.6)		
	AMONG PARTNERED LGBTQ PEOPLE		
Partner's gender	Cisgender Woman	Cisgender Man	Transgender/ Nonbinary
	32.5 (29.1, 36.1)	59.1 (55.3, 62.8)	8.4 (6.4, 11.0)
Married	24.4 (20.0, 29.6)	21.7 (18.4, 25.5)	14.1 (7.8, 24.2)
Registered or civil union	3.3 (1.7, 6.5)	2.2 (1.1, 4.5)	4.6 <sup>^</sup> (1.1, 17.1)
Not legally married	72.2 (66.8, 77.1)	76.0 (72.0, 79.6)	81.3 (69.4, 89.3)
Lives with partner	64.9 (58.4, 70.9)	56.9 (51.8, 61.8)	49.6 (55.0, 62.6)

<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

## PARENTING

There have been many questions and much controversy about LGBT parenting, including conservative attacks on whether LGBT people can be good parents.<sup>16</sup> Research for at least two decades, including recent research from the TransPop study,<sup>17</sup> now has consistently shown that LGBT people are parents and that they raise healthy children.<sup>18</sup> Some noteworthy differences are that more LBQ cis women and transgender people (23% and 19%) than GBQ cis men (8%) had children, and more (16% and 8% vs. 2%, respectively) had children younger than 18 living with them. The larger confidence intervals for the transgender group suggest that this group is not significantly different from LBQ cis women.

**Table 4a. Parenting (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
Have any children	23.2 (19.9, 26.8)	7.6 (5.7, 10.0)	18.8 (13.7, 25.2)	16.7 (14.7, 18.9)
Have children younger than 18 at home	15.7 (12.9, 18.9)	2.32 (1.3, 4.2)	8.0 (4.7, 13.3)	10.1 (8.4, 12.0)

<sup>16</sup> Patterson, C. J. (2009). Children of lesbian and gay parents: Psychology, law, and policy. *American Psychologist*, 64, 727–736. <https://doi.org/10.1037/0003-066X.64.8.727>

<sup>17</sup> Carone, N., Rothblum, E. D., Bos, H. M. W., Gartrell, N. K., & Herman, J. L. (2021). Demographics and health outcomes in a U.S. probability sample of transgender parents. *Journal of Family Psychology*, 35(1), 57–68. <https://doi.org/10.1037/fam0000776>

<sup>18</sup> Gartrell, N., & Boss, H. (2010). US National Longitudinal Lesbian Family Study: Psychological Adjustment of 17-Year-Old Adolescents. *Pediatrics*, 126 (1), 28–36. DOI: 10.1542/peds.2009-3153

## RELIGIOUS AFFILIATION AND RELIGIOUS SERVICE ATTENDANCE

A recent Williams Institute report found that about half of all LGBTQ people in the United States are religious.<sup>19</sup> Here, we report on religious affiliation and religious service attendance. The data presented here are unique for providing not only current religious affiliation, but also religious affiliation in childhood. Comparing the two data points shows that as adults, many sexual and gender minorities shifted the religious affiliation that they had had during childhood, presumably at their parents' or a guardian's house.<sup>20</sup> Further, we found that a large proportion of people who had had a childhood religion identified with the same religion as adults (49.5%, CI = 46.5, 52.4), but about one-third of those who had had a childhood religious affiliation changed to being agnostic, atheist, or "nothing in particular" as adults (33.5%, CI = 30.7, 36.3). In addition, 11.6% (CI = 9.7, 13.8) stayed as agnostic, atheist, or "nothing in particular" from childhood into adulthood, and a smaller minority changed from agnostic, atheist, or "nothing in particular" in childhood to any adulthood religion (5.4%, CI = 4.2, 7). These proportions did not differ among the groups.

Looking at the total numbers in Table 5, we can see that 45% of LGBTQ people reported being agnostic, atheist, or "nothing in particular," but that this number was more than 2.6 times the 17% of people who reported this in childhood. Consistently, in childhood, 44% of LGBTQ people were Protestant and 25% were Roman Catholic, but these numbers reduced to 17% and 7%, respectively, in adulthood. In terms of attending religious services, most LGBTQ people (70%) said that they "seldom" or "never" attended. These patterns did not differ much across the groups, but transgender people seem to be least likely to attend services.

**Table 5. Religious affiliation and religious service attendance (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Present Religion</b>				
Protestant	16.9 (14, 20.3)	19.1 (15.8, 22.9)	15.8 (10.7, 22.6)	17.2 (15.1, 19.5)
Roman Catholic	5.0 (3.5, 7.0)	11.4 (8.9, 14.5)	4.7 (2.2, 9.8)	7.1 (5.8, 8.7)
Mormon, Orthodox, Jewish, Muslim, Buddhist, Hindu, spiritual, or something else	33.0 (29.1, 37.2)	24.2 (20.5, 28.4)	35.9 (28.8, 43.8)	30.5 (27.8, 33.3)
Agnostic, atheist, or nothing in particular	45.1 (40.9, 49.5)	45.3 (40.8, 49.9)	43.6 (36.0, 51.5)	45.2 (42.2, 48.2)

<sup>19</sup> Conron, K. J., Goldberg, S. K., & O'Neill, K. (2020). *Religiosity among LGBT adults in the US*. Los Angeles, CA: The Williams Institute at UCLA School of Law. <https://williamsinstitute.law.ucla.edu/wp-content/uploads/LGBT-Religiosity-Oct-2020.pdf>

<sup>20</sup> Barnes, D., & Meyer, I. H. (2012). Religious affiliation, internalized homophobia, and mental health in lesbians, gay men, and bisexuals. *Journal of Orthopsychiatry*, 82(4), 505–515. <https://doi.org/10.1111/j.1939-0025.2012.01185>

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Childhood Religion</b>				
Protestant	42.0 (37.8, 46.3)	45.9 (41.4, 50.5)	49 (41.2, 56.8)	44.3 (41.4, 47.2)
Roman Catholic	22.7 (19.5, 26.3)	31.3 (27.3, 25.6)	17.4 (12.3, 24.1)	24.9 (22.5, 27.4)
Mormon, Orthodox, Jewish, Muslim, Buddhist, Hindu, spiritual, or something else	15.3 (12.3, 18.8)	10.8 (8.2, 14.2)	15.4 (10.4, 22.2)	13.8 (11.8, 16.1)
Agnostic, atheist, or nothing in particular	20.0 (16.6, 24.0)	12.0 (9.3, 15.4)	18.2 (12.9, 25.0)	17.1 (14.8, 19.6)
<b>Religious Service Attendance</b>				
More than once a week	1.7 (0.94, 3.1)	2.6 (1.4, 4.6)	3.8 (1.6, 8.5)	2.2 (1.5, 3.3)
Once a week	7.1 (5.2, 9.6)	5.7 (3.9, 8.3)	7.7 (4.3, 13.6)	6.6 (5.2, 8.2)
Once or twice a month	7.43 (5.5, 10.0)	6.7 (4.6, 9.5)	6.4 (3.3, 11.9)	7.0 (5.6, 8.8)
A few times a year	13.6 (10.9, 16.9)	15.0 (12.0, 18.7)	9.0 (5.5, 14.4)	13.4 (11.5, 15.5)
Seldom	28.4 (24.6, 32.4)	28.5 (24.6, 32.8)	18.7 (13.7, 25.1)	27.0 (24.5, 29.7)
Never	41.8 (37.6, 46.1)	41.5 (37.1, 46.0)	54.3 (46.5, 62.0)	43.7 (40.8, 46.7)

## VICTIMIZATION

We used two measures of victimization. First, in Table 6, we present data on bullying before age 18, typically in a school environment. We found very high rates of bullying among LGBTQ people during childhood. Combining the “often” and “sometimes” responses shows that 67% of LBQ cis women, 75% of GBQ cis men, and 70% of transgender people were bullied as children. This pattern of victimization continued into adulthood. Table 6 shows that as adults, one of every two or three LGBTQ people had been hit, beaten, or physically or sexually assaulted; had been robbed or had had property stolen; or had had an object thrown at them. One in two had experienced threats of violence, and three in four had been verbally insulted or abused. Together, these tables show that LGBTQ people are exposed to lifelong victimization and abuse, beginning in childhood and continuing in different forms into adulthood.

Figure 4. Victimization since age 18

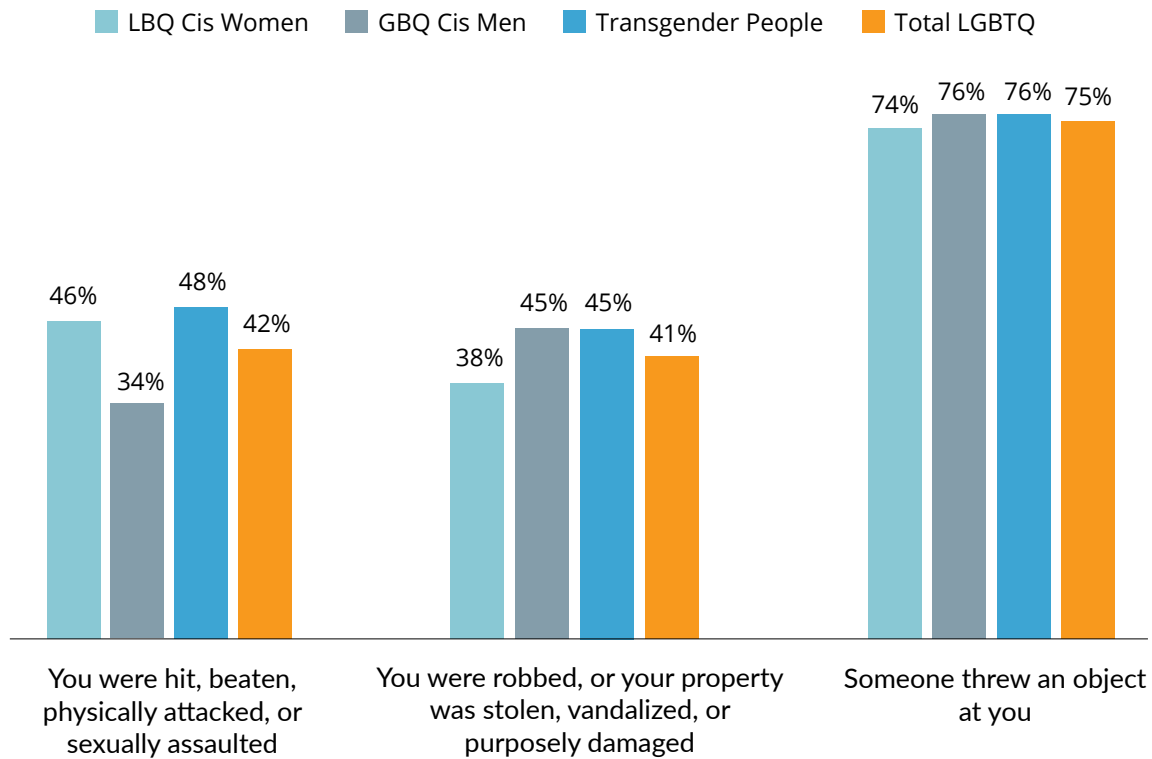


Table 6. Victimization (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Bullying before age 18</b>				
Often	39.0 (34.8, 43.4)	34.1 (29.9, 38.6)	46.3 (38.6, 54.2)	38.7 (35.8, 41.7)
Sometimes	27.5 (24.0, 31.4)	41.0 (36.6, 45.6)	24.0 (17.9, 31.4)	31.7 (29.1, 34.5)
Rarely	17.7 (14.7, 21.1)	14.8 (12.0, 18.2)	18.7 (13.2, 26.0)	16.8 (14.7, 19.1)
Never	15.7 (13.0, 18.9)	10.1 (7.6, 13.1)	11.0 (7.0, 16.7)	12.8 (11.0, 14.8)
<b>Victimization since age 18</b>				
You were hit, beaten, physically attacked, or sexually assaulted	45.8 (41.6, 50.1)	34.3 (30.2, 38.8)	47.6 (39.8, 55.5)	42.3 (39.4, 45.2)
You were robbed, or your property was stolen, vandalized, or purposely damaged	37.3 (33.3, 41.4)	45.4 (41.0, 50.0)	45.1 (37.4, 53.0)	41.3 (38.4, 44.2)
Someone tried to attack you, rob you, or damage your property, but they didn't succeed	18.8 (15.7, 22.4)	27.2 (23.3, 31.5)	28.5 (21.9, 36.0)	23.2 (20.8, 25.7)

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Victimization since age 18</b>				
Someone threatened you with violence	49.9 (45.6, 54.2)	52.4 (47.8, 56.9)	61.1 (53.2, 68.5)	52.6 (49.7, 55.6)
Someone verbally insulted or abused you	74.3 (70.4, 77.9)	75.8 (71.6, 79.6)	76.0 (68.3, 82.3)	75.2 (72.6, 77.7)
Someone threw an object at you	40.0 (35.9, 44.3)	38.5 (34.1, 43.1)	40.5 (33, 48.5)	39.8 (36.9, 42.7)

## ADVERSE EMPLOYMENT AND HOUSING LIFE EVENTS

In addition to victimization, many sexual and gender minority people are exposed to employment and housing life events that can be related to both non-prejudice (e.g., economic downturn) and prejudice (e.g., discrimination) causes. As Table 7 shows, 38% of LBQ cis women, 39% of GBQ cis men, and 48% of transgender people had been fired or denied a job at least once as adults. In addition, 25% of LBQ cis women, 29% of GBQ cis men, and 43% of transgender people had been denied a promotion or had received a negative evaluation. Although more transgender than non-transgender people reported both job events, the small number of respondents in the transgender group led to a wide confidence interval, making it hard to determine the statistical significance of this difference. But despite the small number of respondents, the number of transgender people who had been denied a promotion or had received a negative job evaluation was significantly higher than the numbers among GBQ cis men and LBQ cis women. The number of transgender people (17%) who had experienced adverse housing events due to actions by a landlord or realtor was also significantly higher than the numbers for LBQ cis women (8%) and GBQ cis men (7%).

**Table 7: Employment and housing life events (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N= 274)	TOTAL LGBTQ (N = 1,747)
<b>Employment life events since age 18</b>				
Were you fired from your job or denied a job?	37.5 (33.5, 41.7)	39.2 (34.8, 43.7)	47.5 (39.7, 55.3)	39.6 (36.8, 42.5)
Were you denied a promotion or received a negative evaluation?	25.3 (21.9, 29.1)	29.0 (25.2, 33.1)	42.8 (35.2, 50.7)	29.1 (26.6, 31.8)
<b>Housing life events since age 18</b>				
Were you prevented from moving into or buying a house or apartment by a landlord or realtor?	8.3 (6.4, 10.8)	7.0 (5.1, 9.5)	17.1 (11.9, 24.0)	9.1 (7.6, 10.9)



## STRESSFUL LIFE EVENTS EXPERIENCED OVER ONE YEAR

We also assessed stressful life events experienced during the year prior to the interview. Table 8 shows the prevalence of these experiences among the studied groups. In all measures listed in the table, transgender people seem to have had higher levels of exposure, but the overlapping confidence intervals suggest they did not differ significantly. As in other analyses, the lower number of transgender people may reduce the precision of our estimates, as evidenced by the broader confidence intervals recorded for the transgender group.

**Table 8: Stressful life events experienced over one year (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
Fired or laid off from a job	15.2 (12.2, 18.7)	14.3 (11.2, 18.2)	17.5 (12, 24.8)	15.4 (13.2, 17.8)
Unemployed and looking for a job for more than a month	35.4 (31.3, 39.8)	27.2 (23.1, 31.7)	36.1 (28.6, 44.3)	32.9 (30.0, 35.9)
Had trouble with a boss or coworker	33.9 (29.9, 38.1)	29.0 (24.9, 33.5)	39.1 (31.7, 47.1)	33.2 (30.4, 36.1)
Had serious problems with a neighbor, friend, or relative	32.6 (28.6, 36.9)	24.7 (20.8, 29)	40.8 (33.2, 48.9)	31.2 (28.4, 34.1)
Experienced a major financial crisis, declared bankruptcy, or more than once been unable to pay bills on time	32.4 (28.5, 36.6)	22.4 (18.9, 26.4)	34.8 (27.5, 42.8)	29.4 (26.7, 32.2)
Had serious trouble with the police or the law	4.9 (3.3, 7.4)	3.6 (2.2, 5.9)	6.7 (3.5, 12.5)	4.7 (3.5, 6.3)
Had something stolen (from inside or outside home)	17.0 (14, 20.6)	16.4 (13.2, 20.1)	21.3 (15.3, 29)	17.6 (15.4, 20.0)
Someone intentionally damaged or destroyed property	13.0 (10.3, 16.3)	11.7 (8.93, 15.2)	17.9 (12.5, 24.9)	13.2 (11.2, 15.4)

## EVERYDAY DISCRIMINATION

Everyday discrimination is a frequently used measure that assesses what stress researchers call more minor experiences, as distinguished from major events, like losing a job. The former types of experiences have also been called *microaggressions*, because they represent “brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative ... slights and insults.”<sup>21</sup> As the data show, LGBTQ people frequently experience such microaggressions by being treated with less courtesy and respect than other people. The most frequently encountered experience reported was “people acting [as though]

<sup>21</sup> Sue, D. W., Capodilupo, C. M., Torino, G. C., Bucceri, J. M., Holder, A. M. B., Nadal, K. L., & Esquilin, M. (2017). Racial microaggressions in everyday life: Implications for clinical practice. *American Psychologist* 64, 271–286.

they were better than you.” In terms of group differences, a clear trend shows that LBQ cis women and transgender people had these experiences more frequently than GBQ cis men.

Figure 5: Everyday discrimination

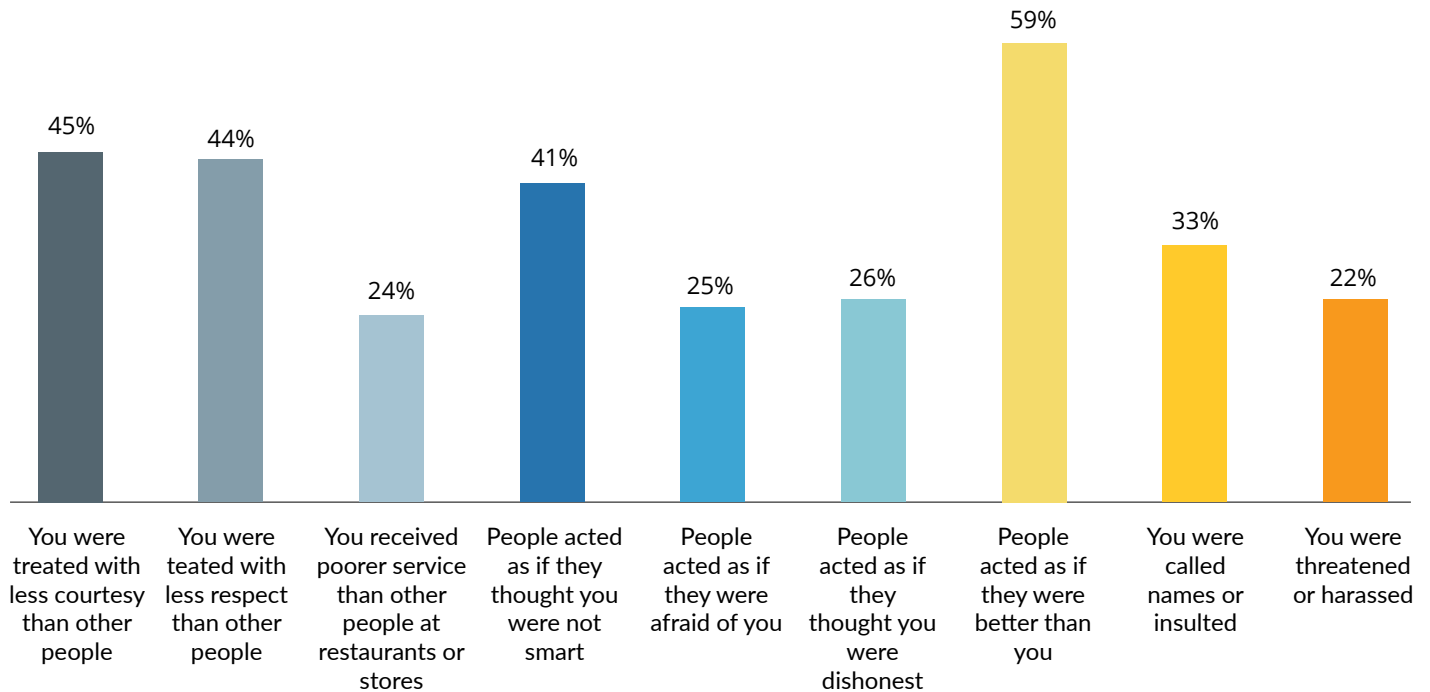


Table 9: Everyday discrimination (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Happened often or sometimes in day-to-day life over a year</b>				
You were treated with less courtesy than other people	48.0 (43.7, 52.3)	34.1 (29.8, 38.7)	55.4 (47.5, 63)	44.6 (41.7, 47.6)
You were treated with less respect than other people	47.7 (43.4, 52)	33.5 (29.2, 38.1)	56.2 (48.3, 63.8)	44.4 (41.5, 47.4)
You received poorer service than other people at restaurants or stores	25.3 (21.8, 29.3)	15.5 (12.5, 19.0)	34.9 (27.8, 42.8)	23.5 (21.1, 26.1)
People acted as if they thought you were not smart	47.6 (43.3, 51.9)	30.1 (25.8, 34.7)	44.2 (36.5, 52.2)	41.3 (38.4, 44.4)
People acted as if they were afraid of you	26.2 (22.5, 30.3)	21.4 (17.7, 25.6)	27.2 (20.9, 34.6)	24.7 (22.2, 27.4)
People acted as if they thought you were dishonest	29.0 (25.1, 33.3)	18.2 (14.7, 22.2)	31.5 (24.5, 39.4)	25.8 (23.2, 28.7)
People acted as if they were better than you	64.3 (60.2, 68.1)	48.6 (44, 53.1)	62.6 (54.9, 69.8)	58.9 (56.1, 61.7)

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Happened often or sometimes in day-to-day life over a year</b>				
You were called names or insulted	35.2 (31, 39.6)	27.9 (23.7, 32.5)	37.5 (30, 45.6)	33.1 (30.3, 36.1)
You were threatened or harassed	22.7 (19.2, 26.7)	16.8 (13.4, 20.8)	27.6 (21.1, 35.3)	21.5 (19.1, 24.2)

## CURRENT CHRONIC STRAINS

Measures of current chronic strains, or stress, focused on economic and job stress and relationship stress. In most of these measures, there was overlap among the proportions of people experiencing the strain in each group we studied. Sexual minority women and transgender people had more strain than GBQ cis men related to not having enough money to make ends meet and to relationships with their parents. Focusing on these differences can be misleading, however, because in each area, a significant proportion (often, a majority) of people experienced the chronic strain. It is striking to see how many people reported feeling mentally and physically tired because of their job (61%), and how many reported feeling that they are alone too much (52%).

**Table 10: Current chronic strains (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

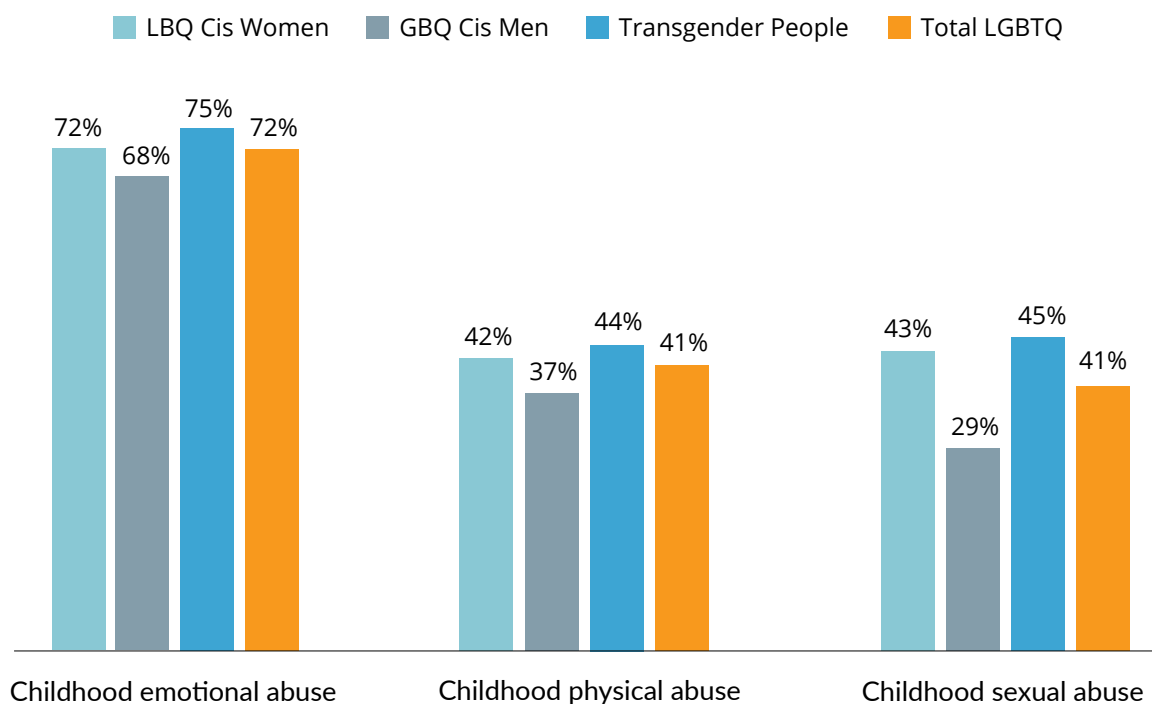
	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Chronic Strains</b>				
<i>Very or somewhat true:</i>				
You don't have enough money to make ends meet	63.5 (59.4, 67.4)	49.1 (44.6, 53.7)	63.9 (56.2, 70.9)	58.6 (55.7, 61.4)
Your job often leaves you feeling both mentally and physically tired	60.5 (56.2, 64.7)	62.1 (57.6, 66.5)	61.3 (53.4, 68.7)	61.4 (58.5, 64.3)
You are looking for a job and can't find the one you want	44.3 (40.0, 48.6)	38.5 (34.0, 43.1)	40.7 (33.1, 48.7)	41.9 (39.0, 44.9)
You are alone too much	50.4 (46.1, 54.7)	51.4 (46.9, 56)	58.4 (50.5, 65.9)	52.0 (49.0, 54.9)
You wonder whether you will ever find a partner or spouse	41.6 (37.4, 45.9)	49.8 (45.3, 54.4)	47.2 (39.4, 55.1)	45.3 (42.3, 48.2)
Your relationship with your parents is strained or conflicted	54.5 (50.2, 58.7)	37.4 (32.9, 42.0)	57.3 (49.5, 64.9)	49.5 (46.6, 52.5)

## ADVERSE CHILDHOOD EXPERIENCES

Adverse childhood experiences refer to the childhood experiences listed in Table 11. Such experiences are more prevalent among sexual minority populations than among heterosexuals,

and research is beginning to show the same for transgender individuals compared with cisgender individuals.<sup>22,23</sup> Because adverse childhood experiences are related to poor mental health outcomes in adulthood, this might partly explain the higher prevalence of mental health problems observed in sexual and gender minority populations.<sup>24</sup> Members of the three groups in our study reported similar levels of adverse experiences, with some differences. Specifically, although many (29%) GBQ cis men experienced sexual abuse in childhood, even more LBQ cis women (43%) and transgender people (45%) were sexually abused as children.

**Figure 6: Adverse childhood experiences**



<sup>22</sup> Andersen, J. P., & Blosnich, J. R. (2013). Disparities in adverse childhood experiences among sexual minority and heterosexual adults: Results from a multi-state probability-based sample. *PLOS One*, 8(1), e54691.

<sup>23</sup> Schnarrs, P. W., Stone, A. L., Salcido, R., Jr., Baldwin, A., Georgiou, C., & Nemeroff, C. B. (2019). Differences in adverse childhood experiences (ACEs) and quality of physical and mental health between transgender and cisgender sexual minorities. *Journal of Psychiatric Research*, 119, 1–6.

<sup>24</sup> Blosnich, J. Henderson, E. R., Coulter, R. W. S., Goldbach, J. T., & Meyer, I. H. (2020). Sexual orientation change efforts, adverse childhood experiences, and suicide ideation and attempt among sexual minority adults, United States, 2016–2018. *American Journal of Public Health*, 110, 1024–1030. <https://doi.org/10.2105/AJPH.2020.305637>

**Table 11: Adverse Childhood Experiences (estimated population percentage and 95% confidence interval) in Generations and TransPop US Studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
<b>Adverse Experiences in Childhood Before Age 18</b>				
Emotional abuse	72.0 (68.1, 75.5)	68.2 (63.8, 72.3)	75.2 (68.1, 81.2)	71.5 (68.9, 74.1)
Physical abuse	42.2 (38, 46.5)	36.8 (32.6, 41.2)	44.2 (36.6, 52.2)	40.8 (37.9, 43.7)
Sexual abuse	42.6 (38.4, 46.8)	28.6 (24.8, 32.8)	44.5 (36.9, 52.5)	38.2 (35.4, 41.1)
Household intimate partner violence	36.9 (32.9, 41.2)	31.4 (27.4, 35.8)	31.7 (24.9, 39.5)	34.4 (31.6, 37.2)
Household substance abuse	48.6 (44.3, 52.8)	47.0 (42.5, 51.5)	45.9 (38.2, 53.8)	47.8 (44.9, 50.8)
Household mental illness	51.8 (47.5, 56)	39.0 (34.7, 43.5)	56.5 (48.7, 64)	48.5 (45.6, 51.5)
Parental separation or divorce	41.0 (36.8, 45.4)	36.0 (31.8, 40.5)	37.4 (30.2, 45.2)	39.0 (36.1, 41.9)
Incarceration of household member	19.9 (16.5, 23.7)	15.4 (12.3, 19.2)	21.1 (15, 28.7)	18.6 (16.3, 21.2)

## CONVERSION THERAPY OR SEXUAL ORIENTATION AND GENDER IDENTITY CHANGE EFFORTS

Sexual orientation and gender identity change efforts (SOGICE), also referred to as conversion therapy, are not a form of therapy that is accepted by any mental health organization.<sup>25</sup> There is no single form of such intervention; the term refers to an assortment of efforts performed by religious and nonreligious people or groups aimed at changing someone from being a sexual or gender minority to being heterosexual and cisgender. The Williams Institute reported that almost 700,000 LGBTQ adults were at some time subjected to SOGICE, and efforts to ban the practice continue across the United States.<sup>14</sup> In fact, SOGICE does not have an impact on a subject's SOGI but instead is associated with negative mental health effects in those subjected to it, including an increased risk of suicidal behavior.<sup>26</sup>

Table 12 shows that the prevalence of having experienced SOGICE is highest among transgender people, with 20% having been exposed, compared with 9% of GBQ cis men and 6% of LBQ cis women (the confidence intervals of GBQ cis men and LBQ cis women overlap, suggesting no significant difference). The table also shows that for most people who were exposed to SOGICE, the exposure

<sup>25</sup> Mallory, C., Brown, N. T., & Conron, K. H. (2019). *Conversion therapy and LGBT youth update*. Los Angeles, CA: The Williams Institute at UCLA School of Law. <https://williamsinstitute.law.ucla.edu/wp-content/uploads/Conversion-Therapy-Update-Jun-2019.pdf>

<sup>26</sup> Blosnich, J., Henderson, E. R., Coulter, R. W. S., Goldbach, J. T., & Meyer, I. H. (2020). Sexual orientation change efforts, adverse childhood experiences, and suicide ideation and attempt among sexual minority adults, United States, 2016–2018. *American Journal of Public Health*, 110, 1024–1030. <https://doi.org/10.2105/AJPH.2020.305637>

occurred before they were 18 years old, and that most sexual minority people had received SOGICE from a religious provider. The reverse pattern appears for transgender people: While one-quarter to one-third of GBQ cis men and LBQ cis women who experienced SOGICE received it from a health care provider, 90% of transgender people did so.

**Table 12: Conversion therapy or sex orientation and gender identity change efforts (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	TOTAL LGBTQ (N = 1,747)
Received SOGICE	5.6 (3.9, 8.1)	8.7 (6.5, 11.7)	19.5 (13.7, 26.9)	8.8 (7.2, 10.7)
<b>Proportions Among People Who Received SOGICE</b>				
Less than 18 years old	60.5 (41.4, 76.8)	60.9 (45.0, 74.8)	55.4 (35.4, 73.8)	58.8 (48.3, 68.6)
18 years old or older	39.5 (23.2, 58.6)	39.1 (25.2, 55.0)	44.6 (26.2, 64.6)	41.2 (31.4, 51.7)
Received conversion therapy from a health care provider	24.1 (12.0, 42.6)	37.7 (24.1, 53.7)	89.8 (49.6, 98.7)	36.5 (27.3, 46.8)
Received conversion therapy from a religious leader	86.8 (71.3, 94.5)	75.1 (59.9, 85.9)	16.9 <sup>^</sup> (4.1, 49.1)	57.3 (46.9, 67.1)
Received conversion therapy from both a health care provider and a religious leader	10.9 (3.4, 30.1)	12.8 (5.0, 29.0)	6.7 <sup>^</sup> (1.2, 29.5)	9.2 (4.7, 17.2)

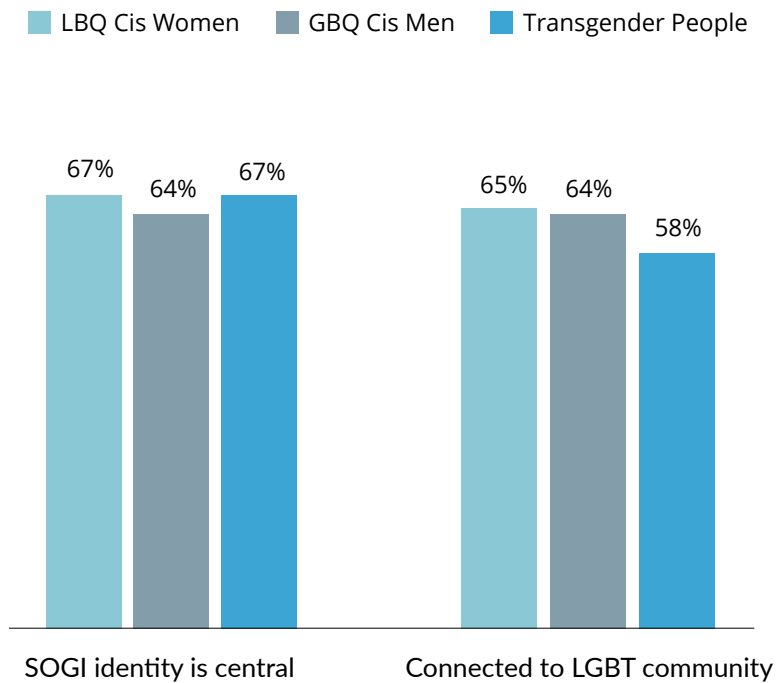
<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

## IDENTITY CENTRALITY AND CONNECTION WITH THE LGBTQ COMMUNITY

LGBTQ people differ in how much they identify as LGBT. Being a sexual or gender minority does not mean that a person identifies as LGBTQ or any such label. People identify in many different realms of life, including as a family member (parent, son, aunt), by profession or occupation (teacher, nurse), and so on. We inquired about the extent to which sexual and gender minority people see their sexual and gender minority identity as important or prominent among their other identities. We asked that question in different ways in the two underlying studies (Generations and TransPop), related to the purpose of each study, as described in Table 13. About two-thirds of sexual minorities said they viewed their sexual identity as a central part of their identity as a person; a similar proportion of trans people said they felt that “transgender” describes them well, despite their having other primary gender identities (such as man, woman, and nonbinary; see Table 3).



Figure 7: Identity centrality and connection with the LGBT community



Related to this is a sense of connection with the LGBT community, which we felt to be important because of the many resources of social support available to people who connect with this community. Also, political activism and affiliation have been an important part of the LGBT liberation movement. However, if people do not identify with the LGBT community—perhaps because they see affiliations with other communities as more important to them, or because they reject the LGBT community or even the term “LGBT”—it would be difficult to see shared goals and aspirations. Table 13 shows that most sexual and gender minorities said they feel connected with the LGBT community or a gender community (as the question was phrased for transgender respondents in TransPop).

**Table 13: Identity centrality and connection with the LGBTQ community (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	ALL LGBTQ (N = 1,747)
<p><b>Identity centrality<sup>a</sup></b> <i>Strongly agree, agree, or somewhat agree</i></p> <p>Generations: Agree that sexual orientation is a central part of their identity</p> <p>TransPop: Comfortable with the word <i>transgender</i> being used to describe them</p>	66.7 (62.5, 70.6)	64.4 (59.9, 68.6)	67.0 (59.4, 73.9)	N/A
<p><b>Community connectedness<sup>a</sup></b> <i>Strongly agree, agree, or somewhat agree</i></p> <p>Generations: “You feel you’re a part of the LGBT community.”</p> <p>TransPop: “I feel a part of a community of people who share my gender identity.”</p>	65.0 (60.8, 69.0)	64.2 (59.7, 68.5)	57.5 (49.7, 65.0)	N/A

<sup>a</sup> These items were asked differently for transgender respondents and sexual minority men and women.

## HEALTH CARE ACCESS

Access to health care is determined by different factors. Health insurance and affordability are, of course, important, but access to health care also means the person has trust in the medical provider and can find a source of care where they feel comfortable as well as respected as a sexual and gender minority. Table 14 shows that about 10% of sexual and gender minority people reported having no health insurance. Beyond this, though, the table shows that for most sexual and gender minority people, finding a clinic and care provider is a challenge whether or not they have health insurance. About one-third of sexual minorities and almost two-thirds of transgender people reported that they worry about being negatively judged in interactions with a health care provider.

Specialized health services for sexual and gender minority people are available at LGBT health centers

around the country, but they offer limited services.<sup>27</sup> Many sexual and gender minority people live too far from such services (see Table 1); even when the services are accessible, they may be better tailored to some populations and needs (e.g., gay or bisexual men seeking HIV-related services) than others, especially lesbian and bisexual women seeking resources other than mental health and addiction services.<sup>28,29</sup> The results show that, indeed, LBQ cis women were the least likely to engage with LGBT health services often or sometimes (8%), followed by GBQ cis men (21%). But more than one-third of transgender people (36%) engaged in LGBT-targeted health services, and more than half (52%) sought health information on LGBT-specific websites. Many more sexual and gender minority people than those who have used LGBT health services said it was very important for them to use such services in the future if these were available to them.

**Table 14: Health care access (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N= 274)	TOTAL LGBTQ (N = 1,747)
When seeking health care, I worry about being negatively judged because of my sexual orientation or gender identity. [Agree or strongly agree]	32.1 (28.2, 36.2)	36.5 (32.2, 41.0)	62.2 (54.3, 69.5)	38.3 (35.5, 41.2)
Have a place to usually go when sick or need advice about health	79.6 (75.8, 83.0)	83.3 (79.4, 86.6)	80.1 (72.0, 86.3)	80.9 (78.3, 83.2)
<b>Health Insurance</b>				
No health insurance <sup>a</sup>	12.1 (9.4, 15.4)	8.3 (6.0, 11.4)	8.0 (4.7, 13.1)	10.1 (8.4, 12.2)
Employer health insurance	19.9 (17.1, 23.1)	32.9 (29.1, 37)	28.0 (21.7, 35.3)	25.6 (23.3, 28)
Spouse health insurance	5.4 (4.0, 7.2)	3.8 (2.6, 5.5)	4.8 (2.4, 9.3)	4.7 (3.7, 5.8)
Parent health insurance	36.3 (32.2, 40.6)	31.7 (27.4, 36.4)	25.2 (18.6, 33.1)	33.4 (30.6, 36.4)
Affordable Care Act (“Obamacare”)	6.4 (4.6, 8.9)	5.7 (4.1, 8.0)	11.2 (6.9, 17.7)	6.9 (5.5, 8.6)
Health insurance company	1.7 (0.9, 3.2)	3.5 (2.2, 5.5)	3.7 (1.6, 8.5)	2.5 (1.8, 3.6)
Medicare or Medicaid	18.2 (15.0, 21.8)	15.5 (12.4, 19.3)	22.1 (16.4, 29.1)	17.0 (14.9, 19.4)
Military, veteran, Indian, or other type of health insurance	5.1 (3.5, 7.4)	4.5 (3.0, 6.9)	13.4 (8.8, 19.9)	6.8 (5.4, 8.4)

<sup>27</sup> Martos, A. J., Wilson, P. A., & Meyer, I. (2017). Lesbian, gay, bisexual, and transgender health services in the United States: Origins, evolution, and contemporary landscape. *PLOS One*, 12(7), e0180544. <https://doi.org/10.1371/journal.pone.0180544>

<sup>28</sup> Martos, A. J., Wilson, P., Fingerhut, A., & Meyer, I. H. (2019). Utilization of LGB-specific clinics and providers across three cohorts of lesbian, gay, and bisexual people in the United States. *SSM Population Health*, 9, 100505. <https://doi.org/10.1016/j.ssmph.2019.100505>

<sup>29</sup> Martos, A. J., Wilson, P. A., Gordon, A. R., Lightfoot, M., & Meyer, I. (2018). Like finding a unicorn: Healthcare preferences among lesbian, gay, and bisexual people in the United States. *Social Science & Medicine*, 208, 126–133. <https://doi.org/10.1016/j.socscimed.2018.05.020>

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N= 274)	TOTAL LGBTQ (N = 1,747)
<b>LGBT-Specific Health Care</b>				
Looked for information about certain health or medical issues on an LGBT-specific website during a year	8.0 (6.0, 10.6)	16.2 (13.1, 19.8)	51.5 (43.7, 59.3)	17.4 (15.3, 19.8)
In the past five years, how often have you been to an LGBT-specific clinic or provider for your health care?				
Often	1.8 (0.9, 3.3)	9.6 (7.3, 12.5)	13.4 (8.6, 20.1)	5.9 (4.7, 7.4)
Sometimes	6.5 (4.6, 9.1)	11.1 (8.6, 14.2)	22.8 (16.3, 30.9)	10.2 (8.5, 12.2)
Never	91.8 (89.0, 93.9)	79.4 (75.5, 82.7)	63.8 (55.1, 71.7)	83.9 (81.6, 85.9)
In the next year, if it were possible for you to do so, how important would it be for you to seek health care at an LGBT-specific clinic or provider?				
Very important	13.6 (10.9, 16.9)	21.0 (17.6, 24.9)	51.1 (42.3, 59.8)	21.0 (18.7, 23.6)
Somewhat important	37.5 (33.4, 41.8)	32.1 (27.9, 36.6)	31.4 (23.8, 40.1)	34.8 (32.0, 37.8)
Not important	48.9 (44.6, 53.2)	46.9 (42.4, 51.5)	17.5 (11.7, 25.5)	44.1 (41.2, 47.1)

<sup>a</sup> An individual could have multiple health insurance responses; values do not add to 100%.

## HEALTH OUTCOMES

Table 15 shows the prevalence of self-reported health measures that are typically used by national surveys in the United States. The “general health” question is a good proxy for a person’s overall health condition (including both mental and somatic health). Here, too, we found that GBQ cis men fared somewhat better than the other groups; 14% of them said their health was poor or fair, compared with about one-quarter of both LBQ cis women (24%) and transgender people (26%). The rest of the table shows the proportion of people who reported having been told by a health care professional that they have one of a variety of health conditions. The most prevalent disorders were sleep disorders (22% of the total sample), asthma (18%), high blood pressure (16%), high cholesterol (15%), arthritis (11%), and diabetes or prediabetes (10%). High blood pressure, high cholesterol, HIV/AIDS, and sexually transmitted diseases appeared to be more prevalent among GBQ cis men; asthma was more prevalent among LBQ cis women; and thyroid disease was more prevalent among transgender people. In terms of disability, about 8% of the total LGBTQ group required some health-related equipment.

Figure 8: Poor or fair general health

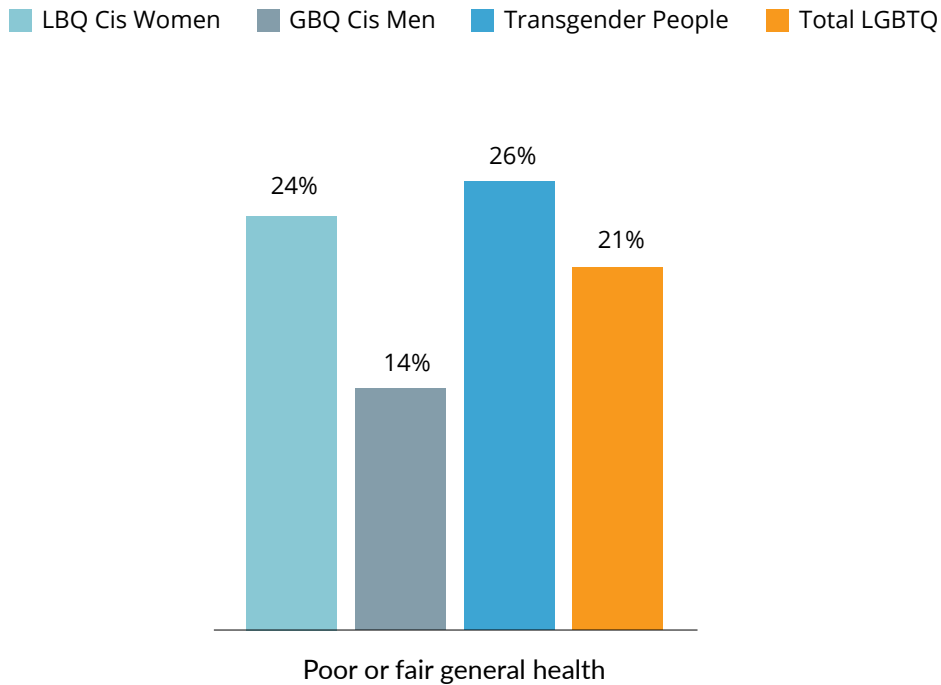


Table 15: Health outcomes (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N= 274)	ALL LGBTQ (N = 1,747)
<b>General health</b>				
Fair or poor health	24.0 (20.4, 28.0)	13.9 (10.9, 17.5)	25.9 (19.6, 33.4)	20.8 (18.4, 23.4)
<b>Health condition</b>				
High blood pressure	13.1 (10.6, 16.0)	22.3 (19, 25.9)	15.3 (10.7, 21.3)	16.3 (14.5, 18.4)
High cholesterol	12.2 (9.8, 15.1)	20.4 (17.3, 23.9)	16.7 (12.0, 22.7)	15.4 (13.5, 17.4)
Heart condition or disease, angina, heart attack, stroke, or blood clots	5.4 (3.8, 7.5)	6.8 (5.1, 9.1)	8.1 (5.0, 12.8)	6.0 (4.8, 7.4)
Emphysema or COPD	1.2 (0.6, 2.6)	1.75 (1.0, 3.1)	2.9 (1.3, 6.5)	1.5 (1.0, 2.4)
Asthma	21.9 (18.6, 25.7)	13.4 (10.4, 17.0)	14.9 (10.3, 21.1)	18.0 (15.8, 20.4)
Ulcer	4.9 (3.4, 6.9)	3.8 (2.6, 5.5)	9.0 (5.4, 14.8)	5.1 (4.0, 6.5)
Cancer or malignancy	2.4 (1.6, 3.5)	3.9 (2.7, 5.6)	3.6 (1.8, 7.2)	3.0 (2.3, 3.9)
Diabetes, prediabetes, or glucose issues	10.2 (8.0, 12.8)	9.7 (7.7, 12.2)	13.0 (8.8, 18.8)	10.2 (8.7, 12)
Arthritis	10.6 (8.5, 13.2)	8.7 (6.8, 11.2)	17.0 (12.0, 23.5)	10.6 (9.1, 12.4)
Osteoporosis	1.8 (1.1, 2.9)	1.3 (0.6, 2.5)	4.7 (2.4, 9.0)	1.77 (1.2, 2.61)

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N= 274)	ALL LGBTQ (N = 1,747)
<b>Health condition</b>				
Thyroid	9.5 (7.4, 12.1)	2.5 (1.6, 4)	11.3 (7.5, 16.7)	7.3 (6.0, 8.9)
Liver	1.6 (0.8, 3.3)	2.5 (1.6, 4.0)	4.0 (1.9, 8.2)	2.2 (1.53, 3.2)
Crohn's disease	1.1 (0.5, 2.1)	1.0 <sup>^</sup> (0.4, 2.3)	2.4 <sup>^</sup> (0.9, 6.3)	1.2 (0.8, 2.0)
Kidney disease	0.4 <sup>^</sup> (0.2, 0.8)	1.6 (0.8, 2.9)	2.1 <sup>^</sup> (0.7, 6.3)	0.9 (0.5, 1.6)
HIV/AIDS	0.0 <sup>^</sup> (0)	8.8 (6.7, 11.3)	4.3 (2.0, 8.9)	3.6 (2.8, 4.7)
Sexually transmitted infection	6.7 (5.0, 8.8)	15.6 (12.7, 19.0)	7.1 (4.1, 11.9)	9.8 (8.4, 11.5)
Sleep disorder	24.3 (20.8, 28.2)	18.3 (15.1, 22.0)	23.5 (17.7, 30.5)	22.1 (19.8, 24.7)
<b>Disability</b>				
Debilitating health issue	44.6 (40.4, 48.9)	26.7 (22.8, 30.9)	52.9 (45.1, 60.6)	39.9 (37, 42.8)
Health-related equipment	8.3 (6.4, 10.7)	6.9 (5.0, 9.4)	10.6 (7.1, 15.6)	7.9 (6.5, 9.5)

<sup>^</sup> Some estimates are based on too few respondents to be precise enough for us to rely on the population estimate. We provide these but mark them so that they will be interpreted with caution.

## PSYCHOLOGICAL DISTRESS AND SUICIDAL BEHAVIOR

We measured psychological distress over the 30-day period prior to the interview using the Kessler-6 psychological distress scale. Although the scale asks about symptoms indicating mental health problems but does not diagnose specific mental illnesses (such as depression), investigators found that certain levels of high scores are often associated with moderate or serious mental illness. We used these cutoff scores to categorize the sample into “serious mental illness” and “moderate distress or serious mental illness” groups (the latter includes the former).<sup>30</sup> We found high levels of distress in the LGBTQ population—something that has been reported by many studies of mental health among sexual and gender minorities, and that has been associated with high exposure to stressors such as those described in this report. Almost 4 in 10 transgender people, 3 in 10 LBQ cis women, and 2 in 10 GBQ cis men reported symptoms consistent with serious mental illness (e.g., depression, anxiety, or substance use disorders).

We also asked about suicidal ideation, suicide attempt, and nonsuicidal self-injury during the respondent’s lifetime. As is typically reported in studies of sexual and gender minorities, we found a very high prevalence of all of these outcomes, with transgender people reporting even higher rates of suicide attempts (42%) than LBQ cis women (32%) and GBQ cis men (22%).

<sup>30</sup> Furukawa, T. A., Kessler, R. C., Slade, T., & Andrews, G. (2003). The performance of the K6 and K10 screening scales for psychological distress in the Australian National Survey of Mental Health and Well-Being. *Psychological Medicine*, 33, 357–362.



Figure 9: Suicidal ideation, suicide attempt, and nonsuicidal self-injury

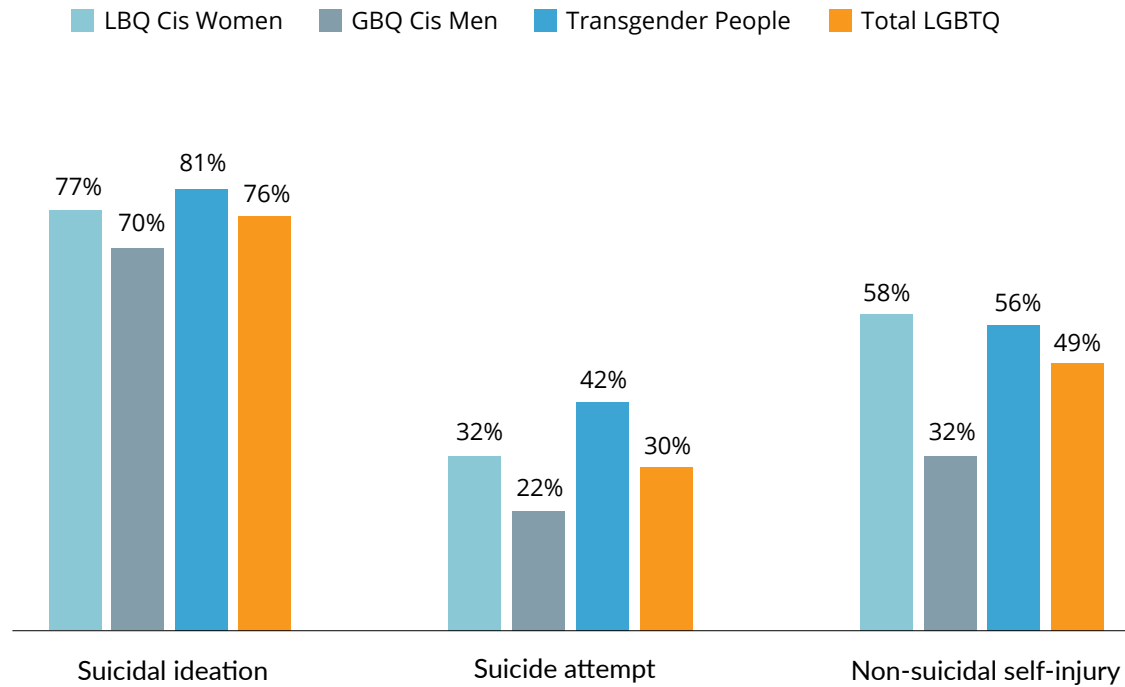


Table 16: Psychological distress and suicidal behavior (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)

	LBQ CIS WOMEN (N = 812)	GBQ CIS MEN (N = 706)	TRANSGENDER PEOPLE (N = 274)	ALL LGBTQ (N = 1,747)
<b>Psychological distress (Kessler-6)</b>				
Serious mental illness	31.6 (27.6, 35.9)	17.7 (14.4, 21.6)	38.9 (31.4, 46.9)	28.2 (25.5, 31.1)
Moderate distress or serious mental illness	78.6 (75.2, 81.5)	66.4 (62.2, 70.4)	80.4 (74.0, 85.6)	75.1 (72.6, 77.3)
<b>Suicidal behavior (once or more over the lifetime)</b>				
Suicidal ideation	76.7 (73.0, 80.0)	70.4 (66.1, 74.3)	81.3 (74.2, 86.8)	75.6 (73.1, 78.0)
Suicide attempt	31.6 (27.7, 35.8)	21.5 (18.0, 25.4)	42.0 (34.5, 50.0)	29.9 (27.2, 32.7)
Nonsuicidal self-injury	57.7 (53.5, 61.9)	31.5 (27.3, 36.1)	56.0 (48.1, 63.6)	49.1 (46.1, 52.0)

## HAPPINESS AND LIFE SATISFACTION

We also assessed happiness and life satisfaction. As researchers of “positive psychology” have indicated, negative and positive aspects of mental health are not opposites, but are instead different constructs that need to be investigated separately.<sup>31</sup> Our findings show a similar prevalence of

<sup>31</sup> Vaughan, M. D., & Rodriguez, E. M. (2014). LGBT strengths: Incorporating positive psychology into theory, research, training, and practice. *Psychology of Sexual Orientation and Gender Diversity* 1(4), 325–334. <https://doi.org/10.1037/sgd0000053>

happiness and life satisfaction across the groups, with about half of the people in each group saying they are satisfied with life. The Cantril scale is interesting because it asks people not only about their current feeling about their life (ranked worst to best), but also about their projection of what their life may be like five years from now. We found a small disparity between the two ratings that suggests that people in all groups were optimistic about their future.

**Table 17: Happiness and life satisfaction (estimated population percentage and 95% confidence interval) in Generations and TransPop US studies (2016–2018)**

	LBQ CIS WOMEN (N= 812)	GBQ CIS MEN (N= 706)	TRANSGENDER PEOPLE (N= 274)	TOTAL LGBTQ (N = 1,747)
<b>Happiness</b>				
Very happy	13.0 (10.6, 16.0)	14.7 (12.0, 17.9)	11.9 (7.7, 17.9)	13.3 (11.5, 15.3)
Pretty happy	61.2 (56.9, 65.3)	66.3 (61.9, 70.4)	56.6 (48.5, 64.3)	62.4 (59.4, 65.2)
Not too happy	25.8 (22.1, 29.9)	19.0 (15.6, 22.9)	31.5 (24.5, 39.5)	24.3 (21.8, 27.1)
<b>Life satisfaction</b>				
The conditions of my life are excellent ( <i>agree</i> )	48.9 (44.7, 53.2)	59.4 (54.9, 63.8)	47.9 (40.2, 55.8)	52.1 (49.1, 55.1)
Satisfied with life ( <i>agree</i> )	52.1 (47.8, 56.4)	59.4 (54.8, 63.8)	48.5 (40.7, 56.3)	53.8 (50.8, 56.8)
<b>Cantril scale</b>				
From zero being worst to 10 being best, how is your life now?  <i>values are mean (standard error)</i>	6.0 (0.1)	6.4 (0.1)	5.9 (0.2)	6.1 (0.1)
How will your life be five years from now?  <i>values are mean (standard error)</i>	7.9 (0.1)	7.8 (0.1)	7.5 (0.2)	7.8 (0.0)

## CONCLUSION

The Generations and TransPop studies yielded the first population-based national dataset focused on the general and unique issues experienced by LGBTQ people. A population-based approach is important in the effort to reduce bias associated with nonrandom samples that cannot be removed with sample weighting alone. This methodology provides support for previous research on the economic and health issues experienced by LGBTQ people, as well as new evidence of the prevalence of sexual and gender identity concerns, negative life events, and victimization in the LGBTQ population.

## METHODS

This report summarizes findings from two related surveys. The Generations study is a national probability sample of sexual minority (LGBQ) individuals in select groups defined for the purpose of the original research questions posed by the investigators. For example, Generations restricted recruitment to age groups of 18–25, 34–41, and 52–59, based on hypotheses regarding the historical periods during which these people came of age. More about the study is available on our website ([www.generationsstudy.com](http://www.generationsstudy.com)) and in the many publications listed on the site. The TransPop study is a study of transgender individuals, defined as individuals who stated that their current gender identity (e.g., man, woman, transgender) was different from the sex they were assigned at birth (male, female). Both studies recruited their samples at the same time, although recruitment for TransPop lasted longer. The *Transpop* website describes more about the study and also has extensive methodological notes ([www.transpop.org](http://www.transpop.org)). The following section provides a basic description of both studies, with more information available on the study websites.

### GENERATIONS

Generations study participants were recruited by Gallup, Inc., a survey research consulting company (<http://www.gallup.com/>), using the Gallup Daily Tracking Survey for initial contact. Participants were screened and enrolled in the study between March 28, 2016, and March 30, 2017. Respondents in an enhancement oversample that recruited Black and Latino participants were screened and enrolled between April 1, 2017, and March 30, 2018. All research participants provided oral consent to be screened, due to minimal risk.

The Daily Tracking Survey is a daily (350 days per year) telephone interview of a national probability sample of 1,000 adults ages 18 and older, inquiring about topics that included the respondents' politics, economics, and general well-being. Gallup respondents include English- and Spanish-speaking individuals from all 50 U.S. states and the District of Columbia.

Gallup uses a dual-frame sampling procedure, which includes random-digit dialing to reach both landline and cellphone users, as well as an additional random selection method for choosing respondents with landlines. Gallup stratifies the random list to ensure that the unweighted samples are proportionate by U.S. census region and time zone. Gallup weights the data daily to compensate for disproportionalities in nonresponse and selection probabilities.

The Generations study used a two-phase recruitment procedure. In the first phase, utilizing a question asked of all Gallup respondents, all sexual minority individuals were identified. This question to assess SOGI, asked by the phone interviewer, was: "I have one final question we are asking only for statistical purposes. Do you, personally, identify as lesbian, gay, bisexual, or transgender?"

In the second phase, respondents who were thus identified as LGBT were assessed for sexual identity, gender identity, and other eligibility criteria. If eligible, they were invited to participate in the Generations study and were sent a survey questionnaire by mail or email link.

## Procedure

Respondents were eligible if they identified as sexual minority (and not transgender) in response to a question that asked if they were lesbian, gay, bisexual, queer, or same-gender loving, and if they were also in the age and race and ethnicity groups targeted for the three cohorts under investigation in Generations: ages 18–25, 34–41, or 52–59; Black, Latino, White, or biracial/multiracial and including one of the prior three categories; had completed at least a sixth grade education; and spoke English well enough to conduct the phone interview in English. (Respondents who were transgender, regardless of their sexual orientation, were screened for participation in the TransPop study; respondents who were gender nonbinary but did not identify as transgender were included in the Generations study.)

Respondents who were eligible for participation in the Generations study were invited to participate. If they agreed, they were emailed or mailed a survey questionnaire to complete by self-administration (via a web link or printed questionnaire, respectively). Respondents received a \$25 gift certificate (an Amazon gift card by email or cash by mail).

Participants responded to the survey by self-administering the study questionnaire either online, via a link provided in an email, or on paper, via a mailed questionnaire returned in a prestamped, preaddressed envelope.

Participants read an information sheet prior to beginning the survey, and their consent was assumed if they completed the questions and submitted the survey to the researchers. No signed consent forms were collected, because it was determined that a signed, collected consent form would pose an unnecessary risk to a respondent's confidentiality.

The study protocol was reviewed by the Gallup Institutional Review Board (IRB), the UCLA IRB, and the IRBs of collaborating institutions through reliance on the UCLA IRB. Collaborating institutions have included Columbia University; University of Texas at Austin; University of California, Santa Cruz; University of California, San Francisco; University of Arizona; University College London; and University of Surrey.

Following the baseline interview, respondents were asked to complete two follow-up surveys using the same modality (mail or web), and they received the same compensation of \$25 per interview, one year apart, at Year 2 and Year 3.

## TRANSPop

TransPop study participants were recruited and screened by Gallup, Inc., a survey research consulting company (<http://www.gallup.com/>), using two methodologies. The first was a probability sample of U.S. adults who were recruited using random-digit dialing to reach both cellphone and landline users. Following industry trends, Gallup later shifted to address-based sampling. Address-based procedures included a mailed survey followed by a mailed reminder. In addition to the mailed survey, respondents received a web link so that they could self-administer the screener questionnaire either on paper or online. Recruitment occurred during two periods: between April 2016 and August 2016, and between June 2017 and December 2018. There were minimal changes between the two recruitment periods, and data from both periods were consolidated into one dataset.

Based on the recruitment period, Gallup asked two styles of screening questions to identify gender minorities. After testing the questions after period 1, the questions were slightly revised for period 2, with the second version more efficient in reducing “decline to answer” and “don’t know” answers (7% in version 1 vs. 0.1% in version 2).<sup>32</sup>

Period 1 (April 2016–August 2016) respondents were first screened using a question from the Gallup U.S. Poll: “Do you, personally, identify as lesbian, gay, bisexual, or transgender?” Respondents who answered “yes” were then screened for eligibility. Transgender classification was based on a two-step question that first asked for the respondent’s sex assigned at birth (“What sex were you assigned at birth, on your original birth certificate?” with response options of “female” and “male”). The survey then asked about the respondent’s gender identity with the question “Which of the following terms best describes your current gender identity?” The response options were “woman,” “man,” “trans woman (male-to-female),” “trans man (female-to-male),” and “nonbinary or genderqueer.” Responses from both questions were combined to classify people. Respondents were classified as transgender if their sex assigned at birth differed from their gender identity and if they identified as transgender regardless of sex assigned at birth. That is, people who reported male sex at birth and identified their gender as “woman” and those who reported female sex at birth and identified their gender as “man” were classified as transgender. In addition, people who identified as “transgender” in the second-step question, regardless of sex at birth, were also classified as transgender.

Period 2 (June 2017–December 2018) respondents were screened using the same scheme but using a revised two-step question. Respondents were asked a slightly different version of the question regarding their sex assigned at birth (“On your original birth certificate, was your sex assigned as female or male?”) and gender identity (“Do you currently describe yourself as a man, a woman, or transgender?”). Transgender respondents were further asked if they were a “trans woman (male-to-female),” “trans man (female-to-male),” or “nonbinary or genderqueer.” Responses to the two-step question were combined to define the study population for period 2. Those who reported male sex assigned at birth and identified their gender as “woman,” those who reported female sex assigned at birth and identified their gender as “man,” and those who identified as “transgender” were defined as transgender.

Respondents were also screened for other eligibility requirements—adult older than 18, minimum education level of six years, and able to conduct the interview in English (5% of Gallup respondents responded to the interview in Spanish, but they were not interviewed for eligibility for TransPop).

## Procedure

Respondents who met the eligibility criteria were invited to participate in the TransPop and *Cisgender* studies. If they agreed, they were emailed or mailed a TransPop or *Cisgender* survey questionnaire to complete by self-administration. Respondents self-administered the study questionnaire either online, via a link provided in an email, or on paper, via a mailed questionnaire returned in a

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<sup>32</sup> Meyer, I. H., Krueger, E.A., Marken, S., Reisner, S., Bockting, W., & Herman, J. (2017). *Comparing two versions of a 2-step assessment for identifying transgender respondents in a national sample of U.S. adults*. Paper presented at the 2017 meeting of the American Association of Public Opinion Research, New Orleans, LA.

prestamped, preaddressed envelope. Along with the invitation to participate, potential respondents received a \$25 gift certificate (an Amazon gift card with the emailed invitation, or cash with the mailed questionnaire).

Participants read an information sheet prior to beginning the survey, and their consent was assumed if they completed the questions and submitted the survey to the researchers. No signed consent forms were collected, because it was determined that a signed, collected consent form would pose an unnecessary risk to a respondent's confidentiality. Identifying data were kept confidential at Gallup, separated from any other data, and were not made available to the investigators at any time.

The study protocol was reviewed and approved by the Gallup IRB, the UCLA IRB, and the IRBs of collaborating institutions through reliance on the UCLA IRB. Collaborating institutions have included Columbia University; University of Texas at Austin; University of California, Santa Cruz; University of California, San Francisco; University of Arizona; Surrey University; and University College London.

## HOW TO CHARACTERIZE THE SAMPLE

We have used the term “non-transgender sexual minorities” to describe the Generations sample. Because all respondents were eligible if they first identified as “lesbian, gay, bisexual, or transgender,” “non-transgender LGB” is also correct. “Sexual minorities” is more fitting, because respondents reported diverse sexual identities (e.g., queer, same-gender-loving, pansexual, asexual) in the subsequent screen and the Generations survey questionnaire.

In terms of gender identity, Generations participants were non-transgender, meaning inclusive of cisgender and nonbinary individuals who did not identify as transgender. Transgender people, including transgender-identified nonbinary people, were recruited into the TransPop study.

The TransPop sample includes all people whose gender identity is different from the sex assigned to them at birth. This includes people who identify as transgender, man, woman, or transgender nonbinary, regardless of their sexual identity.

We separated nonbinary people who are not transgender in order to be consistent with one of the largest government surveys providing health information about transgender people, the Behavioral Risk Factor Surveillance System, which includes nonbinary people only if they identified as transgender.<sup>33,34,35</sup>

The sample is representative of the target population in the United States, but like all probability

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<sup>33</sup> Conron, K. J., Scott, G., Stowell, G. S., & Landers, S. J. (2012). Transgender health in Massachusetts: Results from a household probability sample of adults. *American Journal of Public Health, 102*(1), 118–122. <https://doi.org/10.2105/AJPH.2011.300315>

<sup>34</sup> Meyer, I. H., Brown, T. N., Herman, J. L., Reisner, S. L., & Bockting, W. O. (2017). Demographic characteristics and health status of transgender adults in select US regions: Behavioral Risk Factor Surveillance System, 2014. *American Journal of Public Health, 107*(4), 582–589. <https://doi.org/10.2105/AJPH.2016.303648>

<sup>35</sup> Downing, J. M., & Przedworski, J. M. (2018). Health of transgender adults in the U.S., 2014–2016. *American Journal of Preventive Medicine, 55*(3), 336–344. <https://doi.org/10.1016/j.amepre.2018.04.045>

samples, it is not necessarily representative of all people in the United States. For example, our target population and sampling frame excluded people with no phone (cell or landline), people in specific age groups, people with lower educational attainment, people who speak only Spanish, and people who identify as Asian and American Indian or Alaska Native (but Asian and American Indian or Alaska Native people who were multiracial with White, Black, or Latinx identities were included).



## FUNDING

The Generations study was funded by a grant from the Eunice Kennedy Shriver National Institute of Child Health and Human Development (No. 1R01HD078526) and through supplemental grants from the National Institutes of Health Office of Behavioral and Social Sciences Research and Office of Research on Women's Health. The Generations investigators are Ilan H. Meyer, PhD (PI); David M. Frost, PhD; Phillip L. Hammack, PhD; Marguerita Lightfoot, PhD; Stephen T. Russell, PhD; and Bianca D.M. Wilson, PhD (all co-investigators and listed alphabetically).

The TransPop study was funded by a grant from the Eunice Kennedy Shriver National Institute of Child Health and Human Development (No. R01HD090468). The TransPop investigators are Ilan H. Meyer, PhD (PI); Walter O. Bockting, PhD; Jody L. Herman, PhD; and Sari L. Reisner, ScD (all co-investigators and listed alphabetically).

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## ACKNOWLEDGMENTS

We thank the contribution of Erin Nguyen (2020 Research Intern, Williams Institute) in assisting with data analyses for this report. We greatly appreciate the reviewer's comments on a draft of the final report provided by Walter O. Bockting, Jody L. Herman, David M. Frost, and Stephen, T. Russell.

## SUGGESTED CITATION

Meyer, I.H., Wilson, B.D.M., & O'Neill, K. (2021). *LGBTQ People in the US: Select Findings from the Generations and TransPop Studies*. Los Angeles: The Williams Institute.

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