

# The healthcare utilization of LGBTQIA+ autistic adults

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## INTRODUCTION

There is limited information about the physical and mental health of LGBTQIA+ autistic adults.<sup>1</sup> We found many health outcome disparities for mental health, physical health, and tobacco, alcohol & drug use.

Question: Are there distinct patterns of healthcare utilization compared to autistic cisgender heterosexuals?

## METHODS

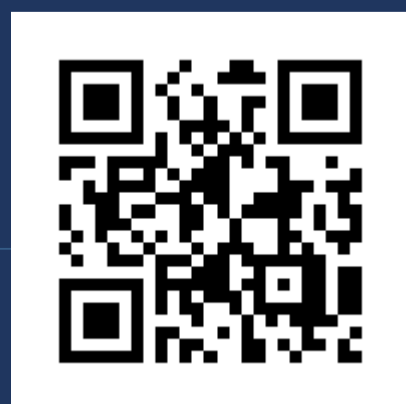
- Electronic medical record data for January 2015 to December 2019
- Kaiser Permanente North California, a large integrated healthcare system with 4.3 million members, representative of local demographics
- Of autistic people:
  - Cisgender heterosexual N = 3978
  - Sexual minority N = 122
  - Gender minority N = 90

## REFERENCES

1. Hall et al. (2020). Health disparities among sexual and gender minorities with autism spectrum disorder. *JADD*, 50(8): 3071-3077.

**What?: LGBTQIA+ autistic adults have health disparities and distinct patterns of healthcare utilization.**

**SO what?: Specialized supports for LGBTQIA+ autistic adults and healthcare provider training are needed.**



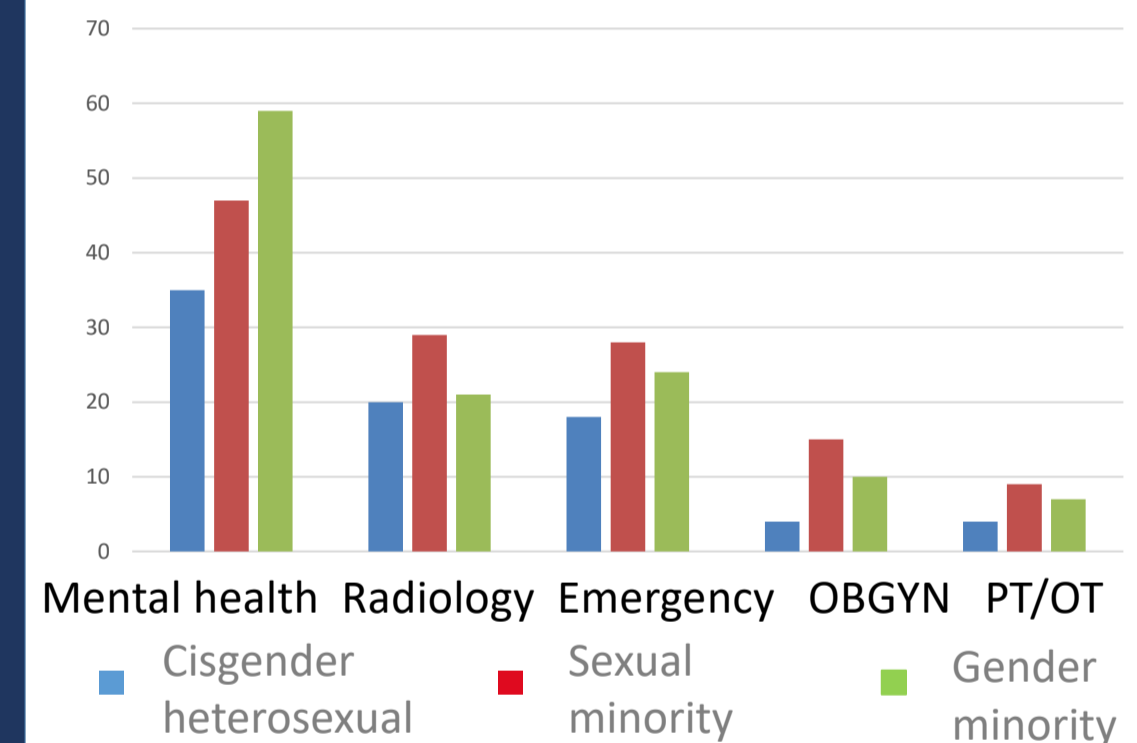
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## RESULTS

**LGBTQIA+ had higher rates of:**

- Anxiety
- Depression
- ADHD
- Bipolar disorder
- Eating disorder
- PTSD
- Autoimmune
- Gastrointestinal
- Endocrine
- Pain
- Fatigue
- Hypermobility

Figure 1. Healthcare utilization by group



## DISCUSSION

- LGBTQIA+ have distinct patterns of healthcare utilization compared to cisgender heterosexual autistic people
- Future research: were services adequate?
- Limitations: Young sample

## CONTACT

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