

State of Cardiovascular Health Research among SGM Populations: Gaps & Opportunities

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BACKGROUND

- **Cardiovascular disease (CVD) is the leading cause of death worldwide**
- **More than 70% of CVD risk is attributed to modifiable risk factors**
- **Sex, racial, ethnic, & SES disparities in CVD prevalence and treatment are well-documented, but there has been considerably less research on CVD risk in sexual and gender minority (SGM) populations**



BACKGROUND

REPORT BRIEF  MARCH 2011

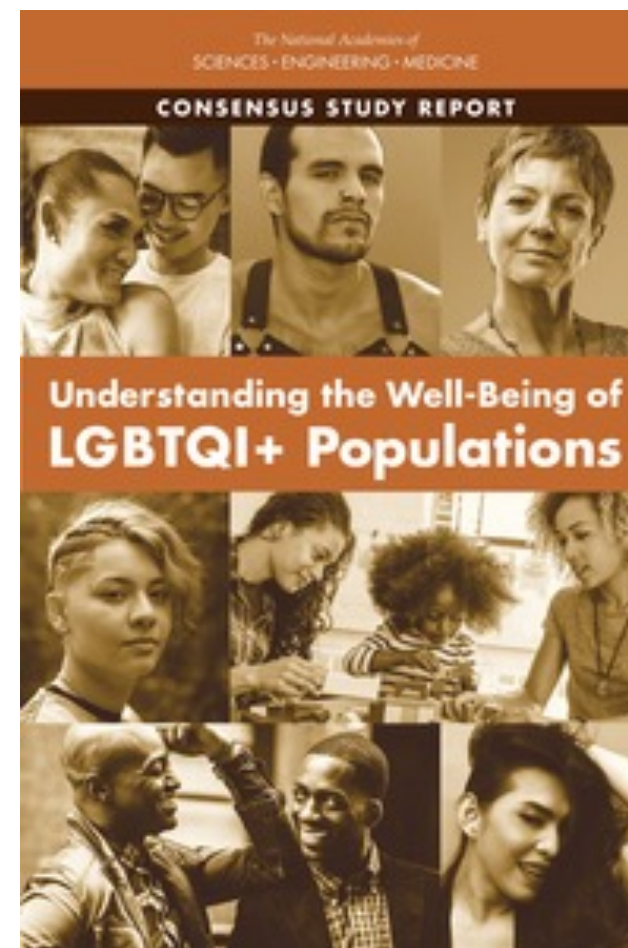
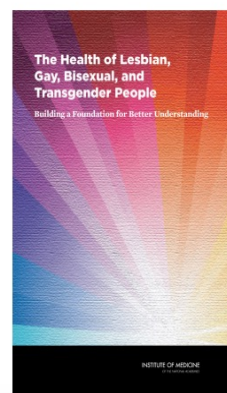
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The Health of Lesbian, Gay, Bisexual, and Transgender People

Building a Foundation for Better
Understanding



BACKGROUND

- **Social and structural determinants contribute to negative health outcomes among SGM individuals**
 - **Poor mental health**
 - **Substance use**
 - **HIV & other STIs**
- **Fewer studies have investigated social and structural determinants of cardiovascular health in SGM populations**

Circulation

AHA SCIENTIFIC STATEMENT

**Assessing and Addressing Cardiovascular Health
in LGBTQ Adults**

A Scientific Statement From the American Heart Association

Endorsed by the American Academy of Physician Assistants

The American Medical Association affirms the educational benefit of this document.

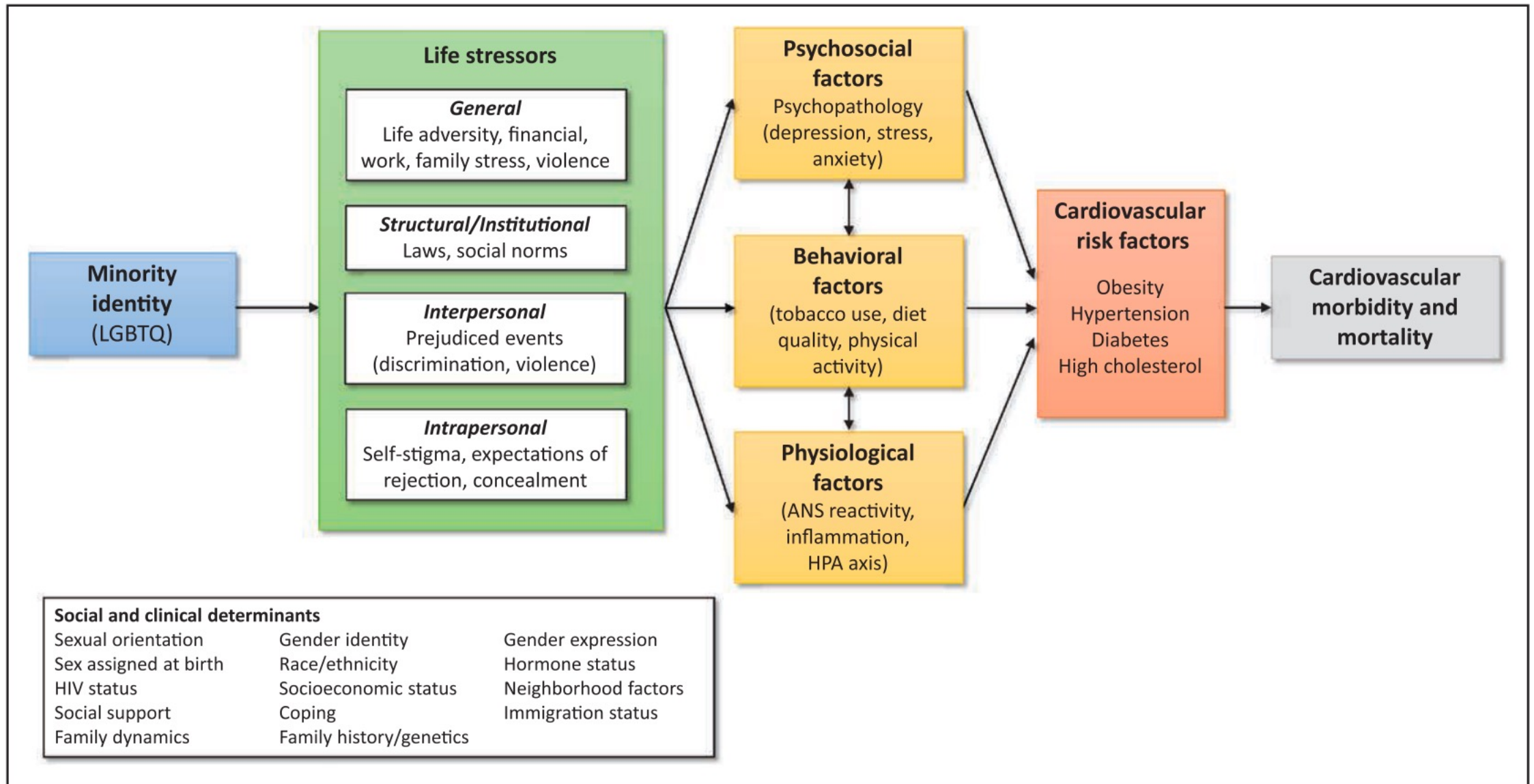


Figure. Conceptual model of cardiovascular health in lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) adults.

Circulation

AHA SCIENTIFIC STATEMENT

Assessing and Addressing Cardiovascular Health in People Who Are Transgender and Gender Diverse

A Scientific Statement From the American Heart Association

Endorsed by the American Academy of Physician Assistants

The American Medical Association affirms the educational benefit of this document.

MINORITY STRESSORS & CVD RISK

- **There is limited research on the impact of minority stressors on the cardiovascular health of SGM individuals**
- **Some studies have shown that minority stressors are associated with a higher prevalence of tobacco use among SGM adults**
- **Analyzing longitudinal data, Caceres & colleagues found that internalized homonegativity was associated with higher odds of developing hypertension among sexual minority women**



ADDITIONAL CONSIDERATIONS

- **Violence**
- **Poverty**
- **Gender-affirming hormone therapy**
- **HIV/AIDS**
- **Lack of access to culturally appropriate healthcare**
- **Fear of discrimination**

TOBACCO USE

- **Sexual minority adults are more likely to report current and lifetime tobacco use compared to heterosexual adults**
- **Conflicting results for transgender adults**
- **Data from U.S. Transgender Survey:**
 - **Greater exposure to discrimination → increased cigarette smoking and dual cigarette use**



DIET

Current Atherosclerosis Reports

<https://doi.org/10.1007/s11883-022-00991-2>

NUTRITION (K. PETERSEN, SECTION EDITOR)



Diet, Food Insecurity, and CVD Risk in Sexual and Gender Minority Adults

Billy A. Caceres¹  · Melissa Bynon¹ · Danny Doan¹ · Nour Makarem² · Amanda C. McClain³ · Nicole VanKim⁴

REVIEW PAPER

Journal of
Sleep
Research



Sexual and gender minority sleep: A narrative review and suggestions for future research

Eliana S. Butler¹  | Eleanor McGlinchey^{1,2} | Robert-Paul Juster³

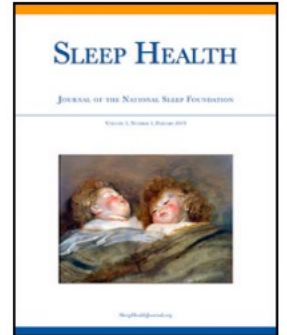


Contents lists available at [ScienceDirect](#)

Sleep Health

Journal of the National Sleep Foundation

journal homepage: sleephealthjournal.org



An intersectional approach to examine sleep duration in sexual minority adults in the United States: findings from the Behavioral Risk Factor Surveillance System

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SLEEP DURATION

- **Sexual minority women were more likely than heterosexual women to report very short sleep duration (< 4 hours)**
 - **Magnitude of this disparity was greater for Black lesbian and bisexual women**
- **Sleep disparities were more pronounced among gay and bisexual men when analyses were stratified by race and ethnicity**
 - **Black gay men**
 - **Bisexual men of color**



CARDIOVASCULAR DIAGNOSES

- **Research on CVD diagnoses among SGM adults has been hindered by limited available clinical data**
- **Analyses of EHR data show that transgender women on estrogen therapy have a higher incidence of ischemic stroke**

SEXUAL MINORITY POPULATIONS

- **Consistently higher prevalence of tobacco use**
- **Evidence on disparities in diet quality and physical activity is mixed**
- **Lesbian and bisexual women are at higher risk for heavy drinking, short sleep duration, obesity, and diabetes**
- **Bisexual men are at higher risk for obesity, diabetes, and hypertension**
- **Gay men may have more favorable cardiovascular health profiles**

SEXUAL MINORITY POPULATIONS

- **Cardiovascular health disparities are more pronounced among Black and bisexual individuals**
- **Growing evidence that these disparities emerge in adolescence**

GENDER MINORITY POPULATIONS

- **Most research has focused on the impact of gender-affirming hormone therapy on CVD risk in transgender adults with limited examination of social determinants**
- **Findings for obesity, hypertension, diabetes, and hyperlipidemia are largely conflicting**
- **Strength of evidence limited by methodological concerns**
- **Very few studies have examined CVD risk in other groups of gender minority individuals**

RESEARCH GAPS

- **Cross-sectional designs**
- **Lack of attention to intersectionality**
- **Limited testing of mechanisms**
- **Limited investigation of social and structural determinants of cardiovascular health**
- **Few evidence-based interventions to address chronic disease risk reduction in SGM people**
- **Focus primarily on adulthood**

RECOMMENDATIONS

- **Conduct longitudinal assessments to examine social and structural determinants of cardiovascular health in diverse samples of SGM people**
- **Design and test culturally tailored interventions for CVD risk reduction in SGM populations**
- **Partner with SGM communities to inform the design, conduct, and dissemination of cardiovascular health research**
- **Investigate the needs and experiences of SGM people living with CVD**

NIH FUNDING

Figure 4. FY 2020, HIV/AIDS Projects in the SGM Portfolio (N = 500)

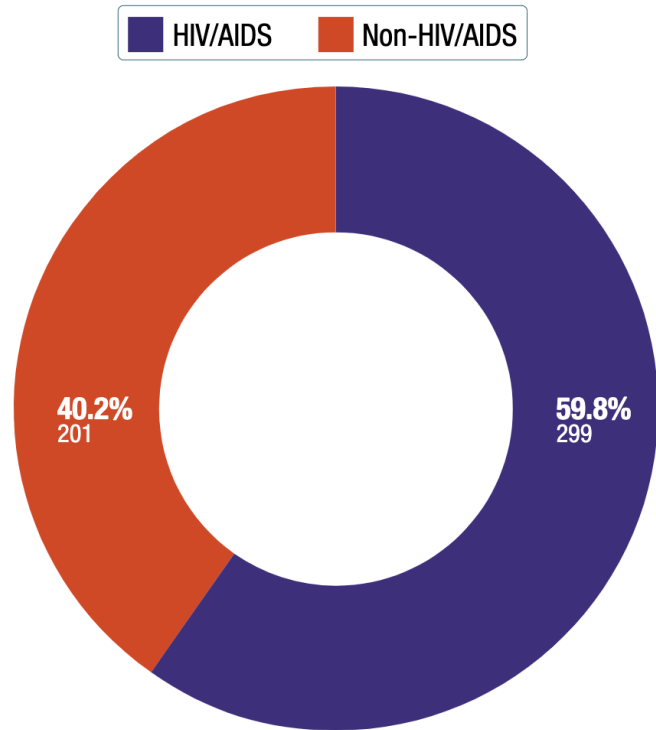
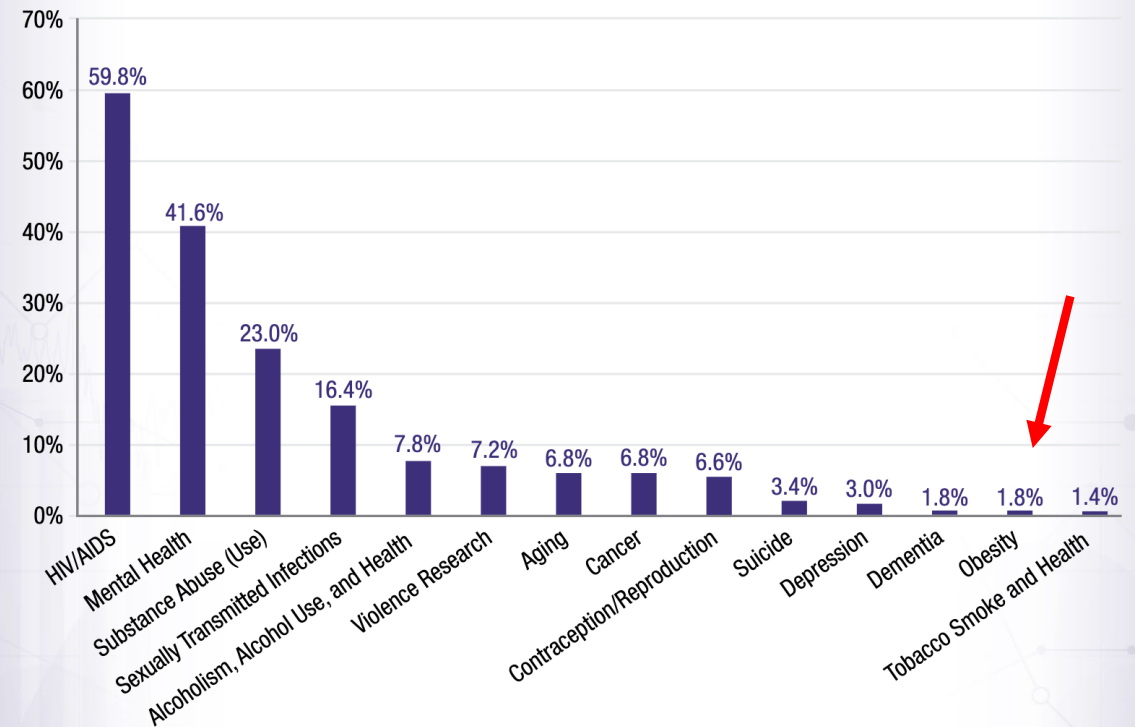


Figure 6. FY 2020, Proportion of SGM Projects, by Research, Condition, and Disease Category (N = 500)



CONCLUSIONS

- **Considerable progress has been made in SGM cardiovascular health research, but significant gaps remain related to social determinants and intervention research**
- **There is a need for additional research that assesses and addresses root causes of the cardiovascular health disparities observed among SGM individuals**





Thank you!

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