Exploring the Intersection: Current Research on LGBTQIA+ Populations & Alzheimer's Disease & Related Dementias



Jace Flatt, PhD, MPH

Associate Professor

Pronouns: He/They

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OUR TIME TODAY



- Terminology
- Why Inclusion Matters
- Alzheimer's Disease & Related
 Dementia Research
- Collecting Sexual Orientation, Sex Assigned at Birth, and Gender Identity
- Current Research
- Q & A

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Sexual minority – individuals who selfidentify as asexual, bisexual, gay, lesbian, queer, as well as those who do not self-identify with these terms but whose sexual orientation varies from heterosexual

2016

Sexual & Gender Minorities Formally
Designated as a Health Disparity Population
for Research Purposes by NIMHD

https://www.nimhd.nih.gov/about/directors-corner/messages/message 10-06-16.html

Gender minority – individuals who selfidentify as **transgender & non-binary**, as well as those with a gender identity and/or expression that does not conform to social & cultural expectations based on the sex assigned to them at birth.

Cisgender - a term used to describe people whose gender identity aligns with the sex assigned to them at birth.

Sexual orientation & gender identity may evolve over the lifespan.

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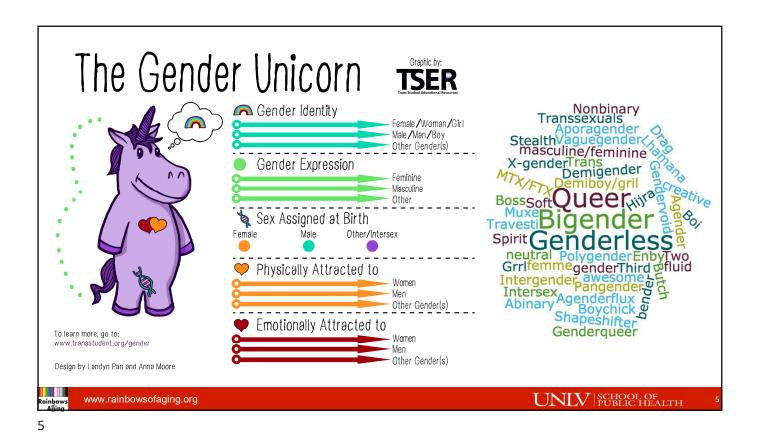
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understanding PRIDE Lesbian Intersex Ally Typically a non-queer An indi-vidual who A woman An out-An individwho is generally sexual person who primarily anatomy supports does not attracted to and advoattraction commutraditional nity; an markers individua of "fe-male" and LGBTQ+ community can be an and has ally for another groups. member that ident fies differgenuer binary. ently than UNIV SCHOOL OF PUBLIC HEALTH www.rainbowsofaging.org



WHY INCLUSION MATTERS!

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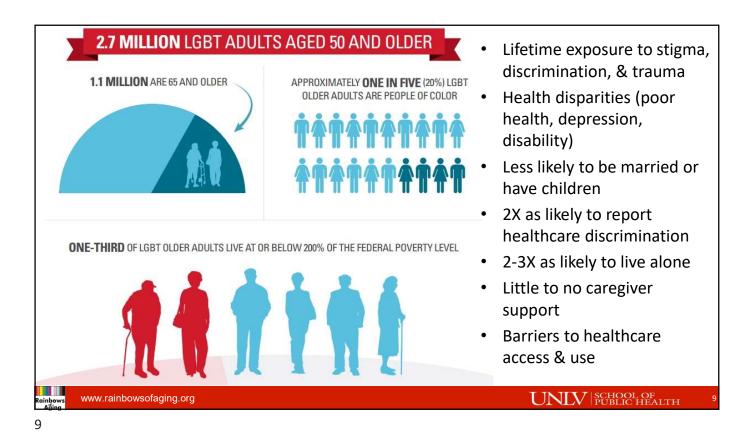
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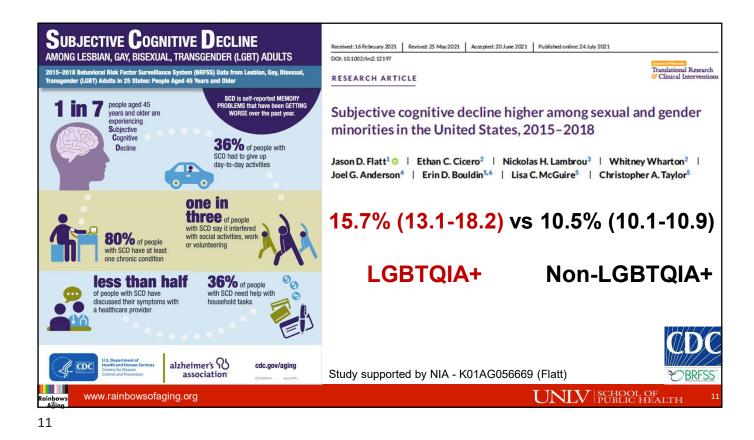
DSM: Historical & current 2015 "Don't Ask, Don't Tell" policy was signed into law. Forbidding openly gay people from serving in the military. To commemorate Stonewall, one of the Same-sex marriage legalized nation-wide after a 5-4 pathologizing of sexual decision by the United States orientations (1973) & gender first gay pride parades occurs in NYC. Supreme Court dysphoria/gender identity disorder (2013)1947 Sex Perversion Elimination Act, Lavender Scare, 1969 Stonewall Riots, HIV/AIDS 1969 1978 2011 2020 Stonewall Riots take The rainbow flag is "Don't Ask, Don't Tell" Supreme Court rules that epidemic, The Equality Act, place in NYC, sparking designed by Gilbert Baker policy is repealed. Gay 1964 Civil Rights Act protects the modern LGBTQ+ movement. to create a symbol of pride for the LGBTQ+ community. community allowed to openly serve in the military. LGBTO+ workers from Growing Anti-Transgender Legislation & Hate Crimes CORNERSTONES OF SUCCESSFUL AGING KEY CHALLENGES FOR LGBT OLDER ADULTS Lack protections for basic human rights (e.g., housing, employment, A LIFETIME OF DISCRIMINATION AND LACK OF LEGAL AND SOCIAL RECOGNITION **ECONOMIC SECURITY** healthcare) Intersecting & compounding effects of discrimination for SOCIAL CONNECTIONS A RELIANCE ON CHOSEN FAMILY intersecting marginalized identities (SGM status + racial/ethnic A LACK OF COMPETENT INCLUSIVE minority, serostatus, disability) HEALTH AND WELL-BEING UNIV SCHOOL OF PUBLIC HEALTH www.rainbowsofaging.org

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Subjective Cognitive Decline by LGBTQIA+ Identity, BRFSS 2015-2018

Variable	Weighted N	% (95% CI)
Heterosexual, cisgender, male	2,851,764	10.8 (10.2-11.5)
Heterosexual, cisgender, female	3,223,616	10.5 (10.0-11.0)
Lesbian, cisgender female	52,752	16.8 (10.4-23.1)
Gay, cisgender male	53,632	11.2 (7.6-14.9)
Bisexual, cisgender individual	104,670	17.6 (12.9-22.3)
Another sexual orientation, cisgender male & female	43,580	16.5 (7.8-25.3)
Transgender individuals (all sexual orientations)	40,363	17.3 (10.5-24.1)
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- More reported giving up day-to-day activities (47.9% vs. 38.2%)
- More reported needing help with household tasks (57.9% vs. 49.1%)
- More reported it interfered with being able to social activities, work, or volunteering (**57.9%** vs. 49.1%)
- > 50% did not talk to their health care provider about their symptoms



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Research Article

Transgender Adults From Minoritized Ethnoracial Groups in the U.S. Report Greater Subjective Cognitive Decline

Ethan C. Cicero, PhD, RN,1* Elle Lett, PhD, MA,23 Jason D. Flatt, PhD, MPH,40 G. Perusi Benson, BS,5 and Fayron Epps, PhD, RN, FAAN1.6

Flatt et al (2022)	Minoritized Ethnoracial Transgender	White Transgender	Minoritized Ethnoracial Cisgender	White Cisgender
17%	22%	15%	12%	9%

Ethnoracial included American Indian or Alaska native, Asian, Black, Hispanic/Latino, Multiracial, other race



Ethan Cicero, PhD, RN **Assistant Professor** Nell Hodgson Woodruff School of Nursing **Emory University**



Co-mentoring on NIA K23AG084851 & Alzheimer's Association (AARG-D-NTF)

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PLOS ONE

RESEARCH ARTICLE

A national study on the physical and mental health of intersex adults in the U.S.

Amy Rosenwohl-Macko¹*, Suegee Tamar-Mattis¹,², Arlene B. Baratz²,³, Katharine B. Dalke⁴, Alesdair Ittelson², Kimberly Zieselman², Jason D. Flatto¹,⁵

- 2018 national health study of intersex adults aged 18 & older in the U.S.
- Questions from BRFSS & intersex-related health studies
- Community Based Participatory Research approaches
- N=198

Study supported by UCSF School of Nursing (Flatt)



41% Intersex adults aged 40+ (n=71) reported problems with memory & concentration

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Age is the greatest risk facto LGBT OLDER ADULTS timated 2.7million **AND DEMENTIA** LGBT people have greater health disparities, many of which are risk factors for dementia, including:

- Depression
 Obesity
 Alcohol and tobacco
 Lower rates of
 preventive screenings
 Cardiovascular disease
 HIV/AIDS

LGBT adults living with dementia face unique challenges in accessing support:

Alzheimer's is the most expensive can delay access disease in the nation of LGBT older people report being very concerned ab maving enough money to live on

alzheimer's ??

Supported by NIA - K01AG056669 (Flatt) Dementia Prevalence in 2007 Kaiser: Research Program for Genes, Environment & Health 8.9%

Sexual Minoral Yaleio Saramento Heterosexual

Dementia diagnosed at younger age

Sexual Minority: 81.4 years 82.7 years Heterosexual:

> 23% higher odds of dementia for

lesbian & bisexual women

heterosexual women

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Frontiers | Frontiers in Endocrinology

TYPE Original Research
PUBLISHED 13 March 2023
DOI 10.3389/fendo.2023.1102348



Disparities in health condition diagnoses among aging transgender and

Transgender Women 20.2%

20.2% cisgender medicare

Transgender Men 21.3%

21.3% beneficiaries, 2008-2017

Cisgender Men 12.3%

Jaclyn M. W. Hughto 1,2,3*, Hiren Varma 4,5, Gray Babbs 4,5,

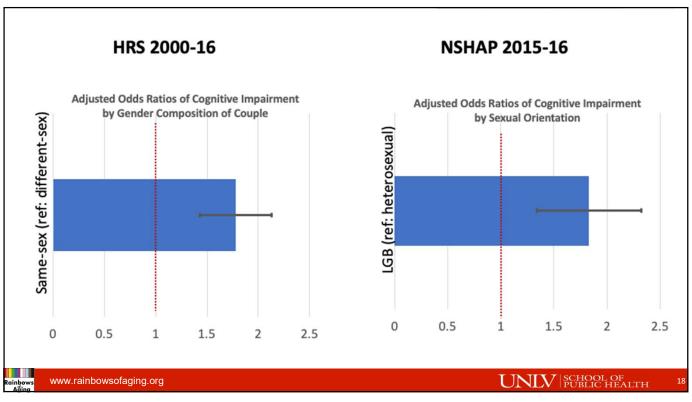
Cisgender Women 13.6% Kim Yee⁶, Ash Alpert^{4,5,7}, Landon Hughes^{8,9},

Jacqueline Ellison 10,11, Jae Downing and Theresa I. Shireman 4,5

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THE PRIDE STUDY

Subjective Cognitive Decline Associated with Discrimination in Medical Settings among Transgender and Nonbinary Older Adults

Nickolas H. Lambrou ¹, Carey E. Gleason ^{1,2,3}, Juno Obedin-Maliver ^{4,5,6}, Mitchell R. Lunn ^{4,6,7}, Annesa Flentje 8,9, Micah E. Lubensky 80 and Jason D. Flatt 10,11,*0

Nickolas Lambrou, PhD, MS Scientist

University of Wisconsin-Madison Department of Medicine

Center for Aging in **Diverse Communities**





Key Points:

- Measures from HRS were included in The Pride Study
- TNB Elders reporting higher rates of SCD compared to general population.
- TNB elders with SCD were more likely to report discrimination in medical settings.
- · Discriminatory practices are barriers in healthcare and medical settings

Study supported by NIA RCMAR - P30AG015272 (Flatt)



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JOURNAL ARTICLE ACCEPTED MANUSCRIPT

Perceived Discrimination in Healthcare for LGBTQIA+ People Living with Parkinson's Disease

Get access >

Ece Bayram, MD, PhD X, Alexandra J Weigand, Jason D Flatt, PhD, MPH

The Journals of Gerontology: Series B, gbad046, https://doi.org/10.1093/geronb /gbad046

Published: 10 March 2023 Article history v

- LGBTQIA+ people living with Parkinson's disease reported highest frequency of perceived discrimination in healthcare
- Discrimination higher for cisgender, heterosexual women and LGBTQIA+ people living with PD compared with cisgender, heterosexual men





Table 2. Discrimination in Medical Settings Scale.

You are treated with less courtesy than other people. You are treated with less respect than other people. You receive poorer service than others.

A doctor or nurse acts as if he or she thinks you are not

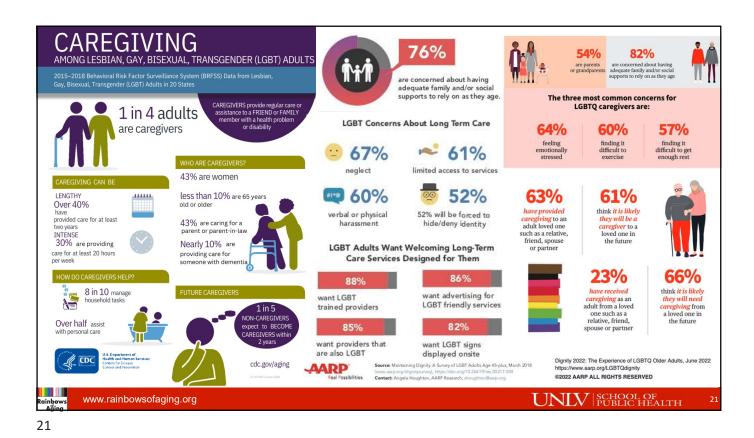
A doctor or nurse acts as if he or she is afraid of you. A doctor or nurse acts as if he or she is better than you. You feel like a doctor or nurse is not listening to what you were saying.





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Characteristics of Sexual and Gender Minority Caregivers of People With Dementia

Joel G. Anderson, PhD, CHTP, FGSA¹, Jason D. Flatt, PhD, MPH², Jennifer M. Jabson Tree, PhD, MPH³, Alden L. Gross, PhD, MHS⁴, and Karen M. Rose, PhD, RN, FGSA, FAAN⁵

- 1 in 3 living in a small town/rural area
- 63% providing care to SM person living with dementia
- 1 in 5 were providing care to a GM person living with dementia
- 1 in 3 found it difficult to afford the very basics

Journal of Aging and Health 2021, Vol. 0(0) 1–14
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DOI: 10.1177/08982643211014767
journals.sagepub.com/home/jah

SAGE



- Most cared for their spouse/partner
- Average of 2 years providing care
- More than half did not live with their care recipient
- Most did not use respite or transportation services

Study supported by NIA R03AG058528 (Anderson)

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JOURNAL OF AGING & SOCIAL POLICY https://doi.org/10.1080/08959420.2023.2226300





"Going Back in the Closet": Addressing Discrimination Against Sexual and Gender Minority Residents in Long-Term Services and Supports by Providing Culturally Responsive Care

B. R. Simon Rosser PhD, MPH [6]*, Tetyana Shippee PhDb, Morgan M. Wright MPHa, Cailynn Aumocka, Rajean Moone PhDc, Kristine M.C. Talley APRN, CNP,PhD,d, Phil Duran JDc, Carrie Henning-Smith PhD, MPH, MSWb, Sean Cahill PhDf, Jason D. Flatt PhD, MPHa, Jaime Slaughter-Acey PhDa, Samuel Greenwald MSb, Teresa McCarthy MD, MSb, and Michael W. Ross MD, PhDb

Aim 1: To identify policy related barriers and facilitators to providing SGM with AD/ADRD culturally responsive care in residential LTSS.

Aim 2: To design and develop a theoretically sound, nationally scalable, online, comprehensive, interactive, tailored curriculum for LTSS that provide care for SGM with AD/ADRD.

Aim 3: To evaluate the effects of an online versus in-person LTSS training program in the culturally responsive care of SGM with AD/ADRD.

NIA 5R01AG075734 MPI Rosser/Shippee



B.R. Simon Rosser, PhD, MPH Professor Division of Epidemiology & Cmty Health University of Minnesota School of Public Health



Tetyana Shippee, PhD
Professor
Division of Health Policy & Mgmt
University of Minnesota
School of Public Health

https://www.sph.umn.edu/news/study-to-examine-lgbtq-policies-and-training-in-long-term-care-communities/

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EBAR COM
LGBTQ senior day program launches
Since moving back to San Francisco in the mid-1990s after relocating to...

Jarmin Yeh, PhD, MSW, MPH
Associate Professor
University of California
San Francisco
School of Nursing
Institute for Health & Aging

Openhouse
Openhouse
On Lok
where seniors embrace life

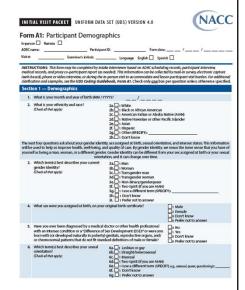
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Collecting SOGI – Sexual Orientation & Gender Identity

- NASEM report (2022) provided foundation for recommendations
- National Alzheimer's Coordinating Center -**UDS 4.0**

https://nap.nationalacademies.org/catalog/26424/measuring-sexgender-identity-and-sexual-orientation

Flatt, J. D., & Cicero, E. C. (2023). Advancing equity in Alzheimer's disease and mental health research for LGBTQIA+ older adults. Nature Mental Health, 1(6), 385-387.



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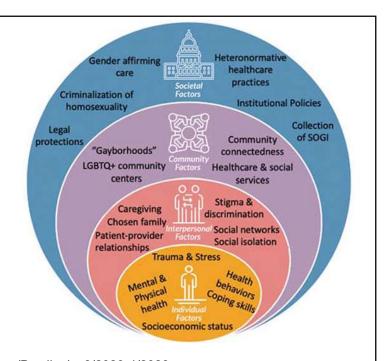




Aim 1: Identify & explore domains of ADRD caregiving for SGM ADRD caregivers

Aim 2: Develop & refine new measures of ADRD caregiving for SGM ADRD caregivers

Aim 3: Test the new and existing measures with SGM and non-SGM ADRD caregivers

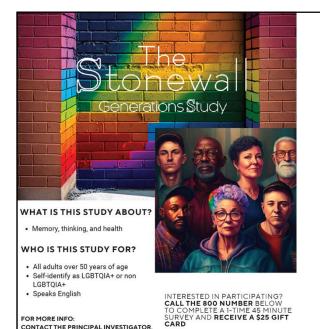


Supported by NIH/NIA R01AG083177 (Flatt/Anderson/Dowling) - 8/2023-4/2028

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1-833-966-6974

Aim 1: Recruit a diverse sample of LGBTQIA+ (n=250) and non-LGBTQIA+ (n=250) older adults

Aim 2: Compare differences in cognitive function among LGBTQIA+ and non- LGBTQIA+ older adults

Aim 3: Identify risk and protective factors associated with cognitive impairment in LGBTQIA+ adults



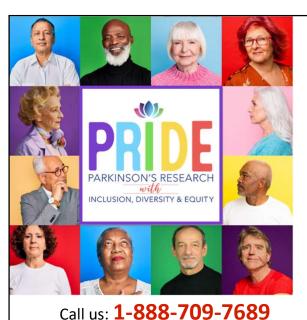
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CANNON

SURVEY CENTER

DIVISION OF EDUCATIONAL OUTREACH

Goals of PRIDE:

- 1. Recruiting (n=250) Caregivers & LGBTQIA+ persons living with Parkinson's disease
- 2. Exploring competencies of healthcare professionals
- 3. \$10-\$25 for completing surveys



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- Open to all Veterans aged 50 and older
- Study involves participating in one-time
 60-minute survey.
- Participation is voluntary and all information will be kept private.
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Acknowledgements & Disclosures

- Collaborators: Joel G. Anderson, PhD, CHTP, FGSA; Ethan Cicero, PhD; Maritza Dowling, PhD; Krystal R. Kittle, PhD; Nickolas H. Lambrou, PhD; Whitney Wharton, PhD;
- Dr. Flatt is supported by the National Institutes of Health (R01AG083177; K01AG056669; R24AG066599), Alzheimer's Association, and Michael J Fox Foundation for Parkinson's Research
- The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health
- No conflicts of interest to report



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Thank you!



Questions?

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