

Aging with Pride

National Health, Aging, and Sexuality/Gender Study

Fall 2017 Newsletter

Welcome

The recently-completed third wave of *Aging with Pride: National Health, Aging, and Sexuality/Gender Study* surveys is providing us with fresh insights into the health and well-being of LGBTQ older adults. The next round of surveys will be mailed in fall 2018. We are impressed by the overwhelming support we've received from participants, from our community partners, and from all of you who follow our work. Please connect with us at the social media links below to learn more.



My best wishes, *Karen*

Karen I. Fredriksen-Goldsen, PhD
PI, *Aging with Pride: National Health, Aging, and Sexuality/Gender Study*

Highlights from Our Recent Research

Good News

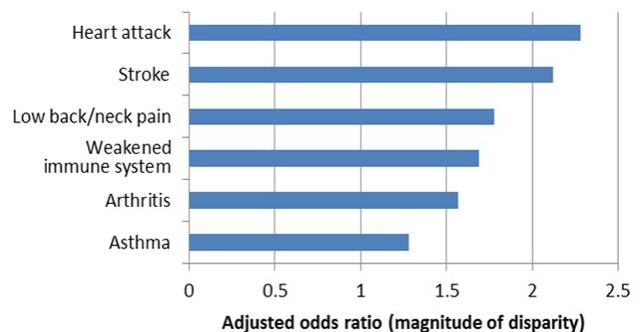
- Participants with increased social support and community engagement over time showed less mental distress and cognitive impairment than those who did not experience those increases.¹
- Lesbian, gay, and bisexual older adults access some types of preventive health care more than heterosexuals, including blood pressure screenings for women and flu shots for men.²

Challenges Faced

- Increases in marginalization and identity stigma over time are associated with cognitive impairment.³
- Sexual minority older adults are more likely than heterosexuals to experience disability, mental distress, low back or neck pain, and some other chronic conditions.²

1) Kim, H.-J. & Fredriksen-Goldsen, K.I. (2017). A longitudinal study of social connectedness among sexual minority older adults. IAGG 2017. 2) Fredriksen-Goldsen, K.I., Kim, H.-J., Shui, C., & Bryan, A.E.B. (2017). Chronic health indicators and key health indicators among lesbian, gay, and bisexual older US adults, 2013-2014. *Am J Public Health*, 107:1332-1338. 3) Fredriksen-Goldsen, K.I., Kim, H.-J., & Jung, H. (2017) Marginalization, resilience and health over time: Global forces in the future of LGBT aging research. IAGG 2017.

Disparities among sexual minority women compared to heterosexual women



Differences between lesbian/bisexual and heterosexual older women, adjusted for age, race/ethnicity, income, and education. A higher number indicates higher likelihood of having the condition for lesbian/bisexual women compared to heterosexual women.²

It's easy to connect with Aging with Pride online!



facebook.com/AgingWithPride



twitter.com/Age_Pride



age-pride.org/wordpress/blog

Update from a Community Partner: FORGE

FORGE is a 23-year-old national transgender anti-violence program that is also home to the Transgender Aging Network (TAN), which networks professionals and others who are interested in transgender aging issues, and ElderTG, a now 19-year-old email-based international peer support listserv. TAN also publishes materials on and for transgender elders (our online archive is at <http://forge-forward.org/publications-resources/aging-publications/>), trains professionals on how to work with transgender elders, and provides consultation and technical assistance to aging organizations seeking to be more inclusive.



It was in the latter capacity that FORGE Transgender Aging Network became part of the Aging with Pride effort in 2010: we have helped ensure that questions asked by Aging with Pride are worded in ways that would make sense to respondents with non-traditional gender identities or histories, and we have helped recruit transgender participants. Properly-designed research is a key way of encouraging positive changes, and we are thrilled to be part of this project.

The Global Future of LGBTQ Aging

In July, Aging with Pride hosted a workshop on global aging at the 2017 International Association of Gerontology and Geriatrics conference in San Francisco. The event attracted researchers and service providers from four continents to discuss the needs of LGBTQ older adults and future steps toward conducting more inclusive and meaningful research.

The workshop was led by the lead researcher of Aging with Pride, Karen Fredriksen-Goldsen. Research from China, India, United Kingdom, U.S. and Australia offered a variety of perspectives on LGBTQ aging in different cultures.

Presentations addressed topics such as bisexual and transgender inclusion in LGBTQ aging research, the relationship between research and practice, research as a social movement, and the design of LGBTQ-inclusive research methodology.

The workshop incorporated frequent discussion periods to encourage attendees to contribute their individual experiences and ideas to the larger conversation surrounding LGBTQ aging.

For pictures and quotes from the event, visit: storify.com/Age_Pride/iagg-global-ageing-preconference

Aging with Pride: National Health, Aging, and Sexuality/Gender Study is the first ever federally-funded and largest ongoing national project designed to deepen our understanding of how various life experiences are related to changes in health, aging, and well-being over time for LGBTQ adults 50 years and older. Our community collaborators are Center on Halsted, FORGE Transgender Aging Network, Gay & Lesbian Services Organization, Generations Aging with Pride, GLBT Generations, GRIOT Circle, LGBT Aging Project/The Fenway Institute, Los Angeles LGBT Center, Mary's House for Older Adults, Inc., Milwaukee LGBT Community Center, Montrose Center, Openhouse, SAGE, SAGE Atlanta/The Health Initiative, SAGE Metro St. Louis, Senior Services, Utah Pride Center, and ZAMI NOBLA.

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