



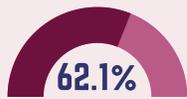
## An introduction to **LGBTQ2S+ Health in Rural Canada**

**There is very little research available regarding the health outcomes of LGBTQ2S+ people living in rural and remote areas in Canada. Here are some relevant facts from the literature about the demographics and risk factors pertinent to the health and wellbeing of this under-researched population.**



**of the gay and  
lesbian population**

live outside Canada's largest metropolitan areas ([Source](#))



**of the bisexual  
population**

**6%**

of transgender individuals currently live in an area classified as rural or small town ([Source](#))

Transgender individuals from a study conducted in Nova Scotia felt that rural settings were much less tolerant of transgender identities than urban settings, and they feared transphobia more often at rural health care locations. ([Source](#))



Gay and bisexual male youth in small towns and rural areas were more likely to have considered suicide and to have attempted suicide in the past year ([Source](#))



Transgender people in rural areas report longer wait times for gender affirming surgeries due to limited access to trans-friendly healthcare providers ([Source](#))



Rural gay and bisexual males were more likely to report sexual abuse ([Source](#))



Rural living environments are associated with greater social anxiety in trans and gender non-conforming individuals ([Source](#))



Gay men's wage gap was largest in rural Canada compared to urban Canada ([Source](#))

**14%**

of trans and non-binary youth in rural Canada did not get medical help when needed because the service is not available in their community ([Source](#))

"People with a wide variety of gender expressions and sexual orientations live amongst us everywhere, including small towns and remote communities. As health workers, we have a duty to be a safe space for them to seek care without fear, especially if they feel isolated."

~ Dr. Baijayanta Mukhopadhyay, MA, MD, CCFP, DTM&H



# Interested to learn more about

# LGBTQ2S+ Health?



## **Egale Canada** [www.egale.ca](http://www.egale.ca)

Egale is Canada's leading organization for activism and advocacy for 2SLGBTQI people and issues. A great place to start on this website would be to go to "Awareness" then click on "Resources," where they have tons of resources about proper terminology, how to practice allyship, inclusive and affirmative language, pronoun usage guide, and more!



## **Rainbow Health Ontario** [www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)

Rainbow Health Ontario (RHO) is a program from Sherbourne Health that promotes training, education, and research to improve LGBT2SQ health. Their website offers a variety of resources. Select "I am a Healthcare Provider" from the drop-down menu to see their training opportunities, clinical resources, and LGBT2SQ-friendly provider directory!

## **Two Spirits of the First Nations** [www.2spirits.com](http://www.2spirits.com)

This GTA-based organization provides prevention education and support for 2-Spirit, including First Nations, Metis and Inuit people living with or at risk for HIV and related co-infections, based on Indigenous philosophies of holistic health and wellness. Their website offers resources and research dating back to the 1990's.

## **Gender Creative Kids** [www.gendercreativekids.com](http://www.gendercreativekids.com)

Gender Creative Kids is a charity based in Tio'tia:ke (Montréal) that advocates for the inclusion of trans and non-binary youth in all spheres of life. In addition to their advocacy efforts, their website has an extensive set of resources aimed at educators, youth, parents, and allies.

## **Canadian Professional Association on Transgender Health** [www.cpath.ca](http://www.cpath.ca)

The Canadian Professional Association for Transgender Health (CPATH) is an interdisciplinary professional organization that seeks to eliminate barriers to the health, well-being and self-actualization of trans and gender diverse people. On their website, you can find resources to stay up-to-date on Canadian news via their newsletter, community of practice, conferences, and more.



## **Community-Based Research Centre** <https://cbrc.teachable.com/>

Community-Based Research Centre (CBRC) is a non-profit organization that advances health promotion for people of diverse sexualities and genders via research and intervention development. Check out their available online modules covering topics such as PrEP, surgical interventions, and prescribing gender-affirming hormones.



## **TransCare BC** [www.transcarebc.ca](http://www.transcarebc.ca)

**Toolkit (2018):** <https://drive.google.com/file/d/1pYWnKLM-VONrx3Gyvcx7Afzm8hdkGZN/view> - This document is aimed at primary care providers caring for transgender patients, with a focus on adults. It offers a practical overview of hormone therapy, surgical interventions, and psychosocial considerations.

**Glossary:** <http://www.phsa.ca/transcarebc/gender-basics-education/terms-concepts/glossary#top>

## **Skipping Stone** [www.skippingstone.ca](http://www.skippingstone.ca)

Skipping Stone is an Alberta-based organization that provides a wide range of services for trans and gender diverse individuals. Their programs include solo and group support, skill building such as DBT and voice classes, system navigation, and education/training. Check out their Resources section for primers on gender diversity, legal information, and many other options!



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