

Birmingham Public Health Division
September 2022

Public Health Evidence Reports

This is a summary of the health and wellbeing of the people in Birmingham and what can affect their health. This report is refreshed every other year.

Shows the inequalities at a high level across the city.

Uses data from across the Council and public sector.

Annual independent report of the Director of Public Health on a specific topic/focus area.

Public Health Evidence Reports

Structured needs assessments into a specific area/topic/community

Brings together published and grey literature, service data and qualitative data from community insight

Makes recommendations for action

Desk top analysis of published evidence and grey literature and population survey data.

Snapshot of inequalities.

Evolving methodology using evidence collation with active community collaboration to focus on creating evidence-based solutions.



Community Health Profiles aim to...



To find and review the physical health, mental health, lifestyle behavioural and wider determinants (social and economic factors) that exist in health in a specific community.



To collect and present this information using the 10 key priority areas identified in the Health and Wellbeing Strategy for Birmingham - Creating a Bolder Healthier City.

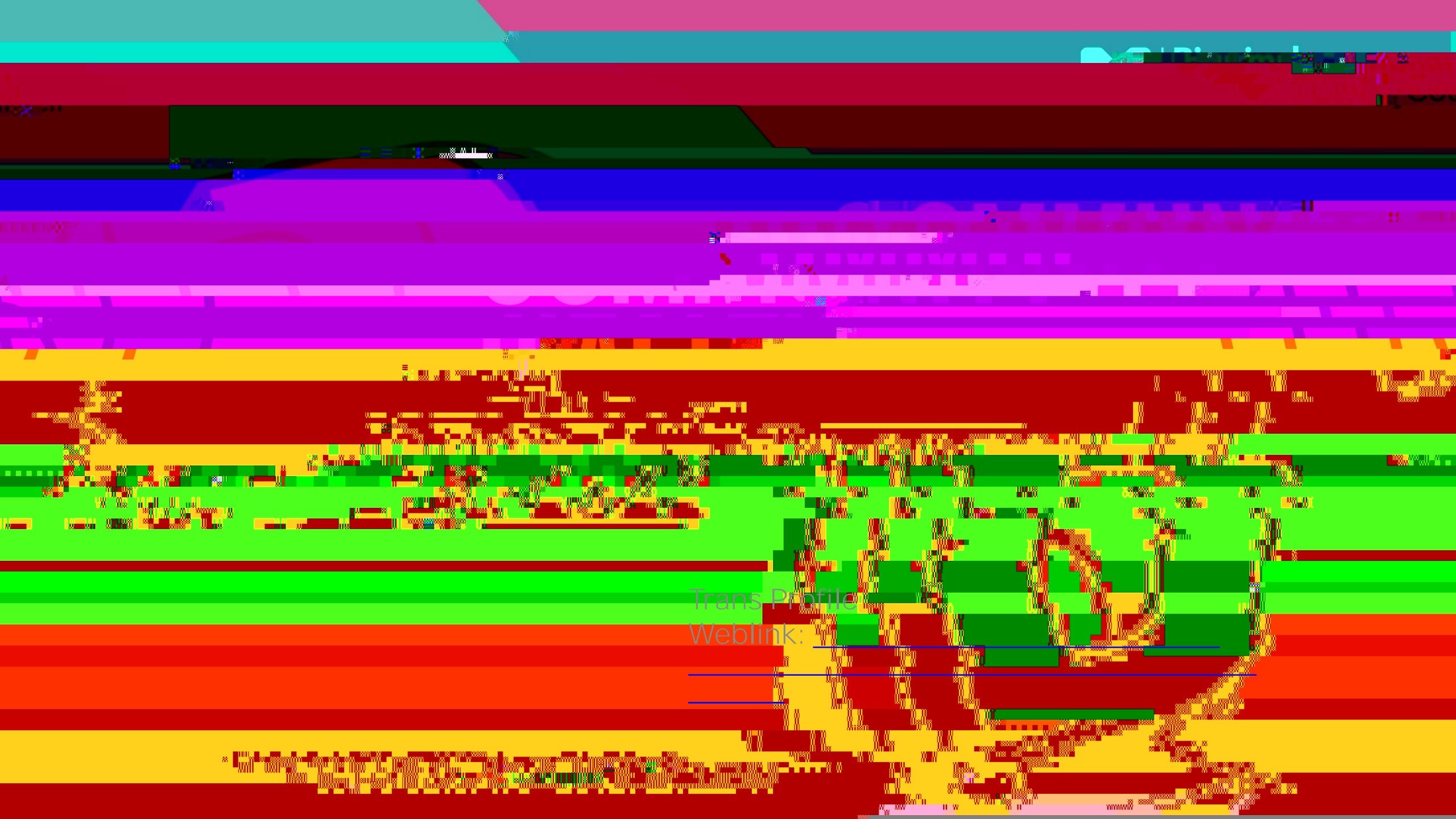
To engage with the local communities on the evidence found and highlight the opportunities

Methodology



Limitations of the Findings

Population data used is from the 2011 Census and is likely to have changed.



Trans Profile

Weblink:

[_____](#)
[_____](#)
[_____](#)

Overview of Trans Community

People whose gender identity diverges from their assigned sex at birth form the transgender community.

Trans is used as an umbrella term for these communities as there are a range of diverse gender identities.

The medicalisation of gender identity began in the early 20th century with the development of hormone therapy and gender reassignment surgery.^[2]

There has been a significant rise in the number of people identifying as trans.

Trans communities have historically and cross-culturally been subject to stigmatisation, discrimination and criminalisation.

Trans community is protected in law by the Equality Act (2010) & Gender Recognition Act (2004).^[3,4]

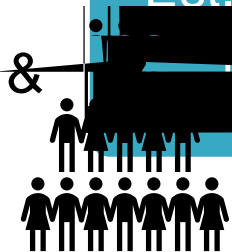
Est. 0.8% of UK population identify as transgender^[1]



Est. 536,648 trans people in the UK



Est. 9,124 trans people in Birmingham



Issues to Consider



Overview of Inequalities

Multiple barriers to accessing trans-specific healthcare

Higher prevalence of mental health problems

Higher rates of self-reported disabilities

Higher prevalence of Autism Spectrum Disorder (ASD)

More likely to be unemployed

Less likely to obtain level 4 qualifications

More likely to experience domestic violence

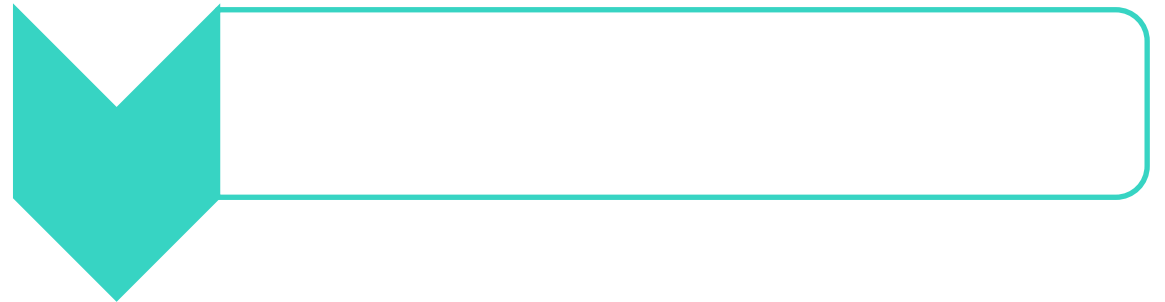
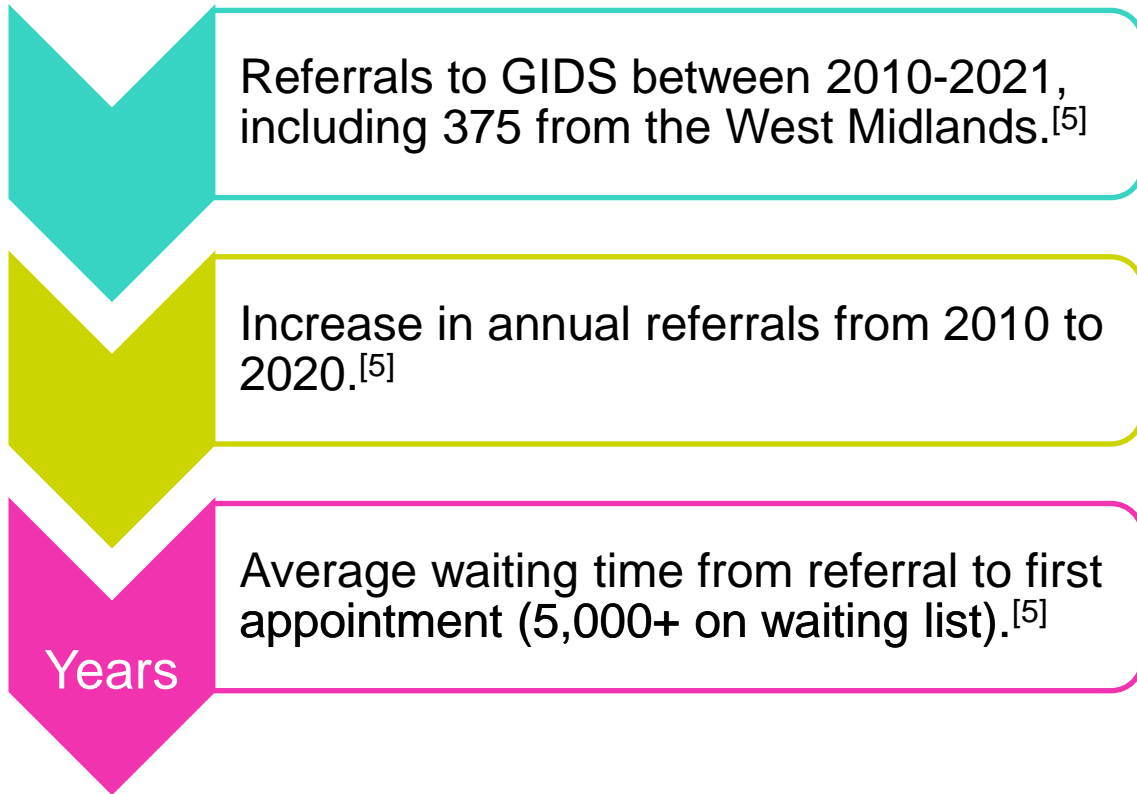
Lower rates of physical activity



Getting the Best start in Life

Access to Gender Identity and Development Services (GIDS)

Characteristics of Children and Young People with Gender Dysphoria in England



Medical Transitioning for Trans Adults

In England, there are Gender Identity Clinics (GICs) for adults.

In England, average wait time for initial appointment (22,871 on waitlist).^[8]

of trans people found GICs difficult to access.^[9]

of trans people in the West Midlands said their GP did not know how to refer.^[9]

of trans men and trans women sought/received medical intervention, compared with 31% of non-binary respondents.^[9]



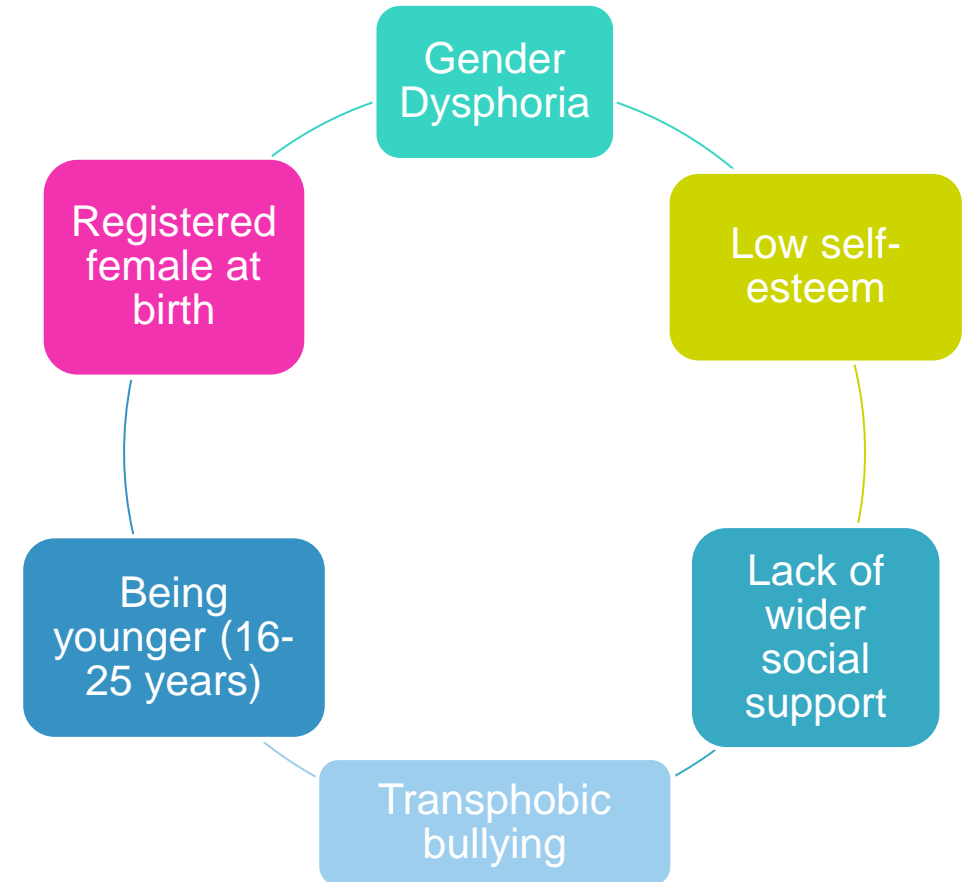
Mental Health

of trans and non-binary adults have experienced depression or anxiety in the last 12 months.^[23]

have attempted suicide in the last 12 months vs. 2% non-trans LGB adults and 7% of the general adult population.^[24]

Young trans people (aged 16-25) are at higher risk: had attempted suicide^[25] and they are more likely to have planned/attempted suicide vs. cisgender youth^[25]

Predictors of Poor Mental Health in Trans People



Health Status

limited data and intelligence on health status, however....

of trans people self-reported having a disability vs. 14% of cisgender LGB people and 19% of working age adults in the general population.^[9]

of trans people are estimated to have autism spectrum disorder vs. 5% cisgender people.^[34]

- Trans adults registered female at birth have a higher prevalence of ASD than those registered male.^[35,36] This goes against the sex trend of ASD in the general population and in trans young people with gender dysphoria.

In 2017, there were trans people with HIV. Estimated prevalence in the trans population in England is 0.46-4.78 per 1,000 (similar to cisgender population).^[37]

Access to Healthcare

of trans people
rated their GP positively.^[21,38]

of trans respondents
reported difficulty accessing
healthcare.^[9,23]

In Birmingham, said
their GP had little/no
knowledge of gender
dysphoria.^[38]

- Lack of understanding about trans specific health
- Unknowledgeable/unsupportive GP
- Trans-specific needs ignored
- Previous negative experience
- Fear of discrimination



- Being treated as a 'whole person'
- GP responding to individual needs
- Sensitivity to gendered language
- Involvement in decisions about care
- Being treated with respect and listened to

Protect and Detect

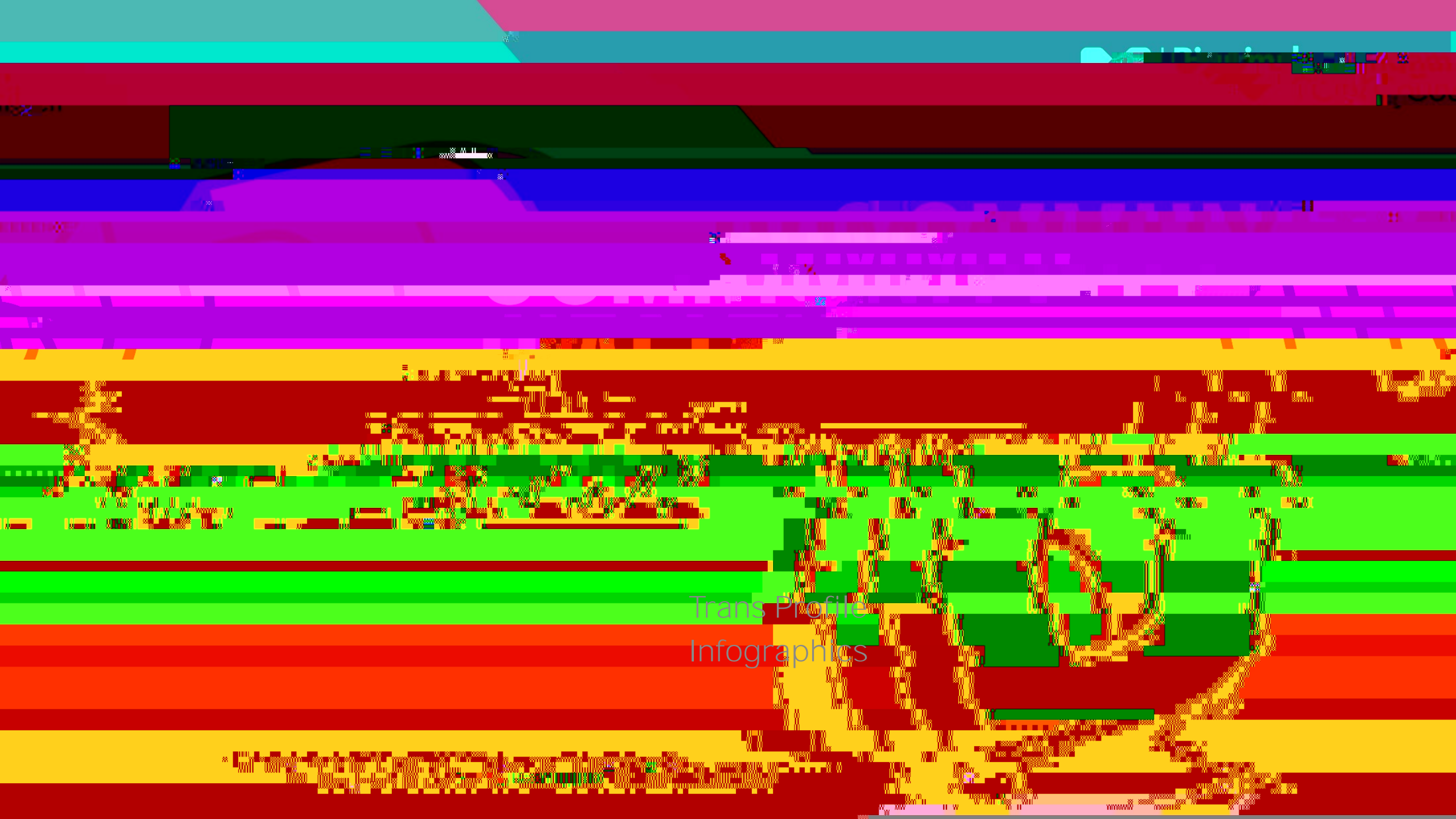


Behaviours and Lifestyle: Substance Misuse

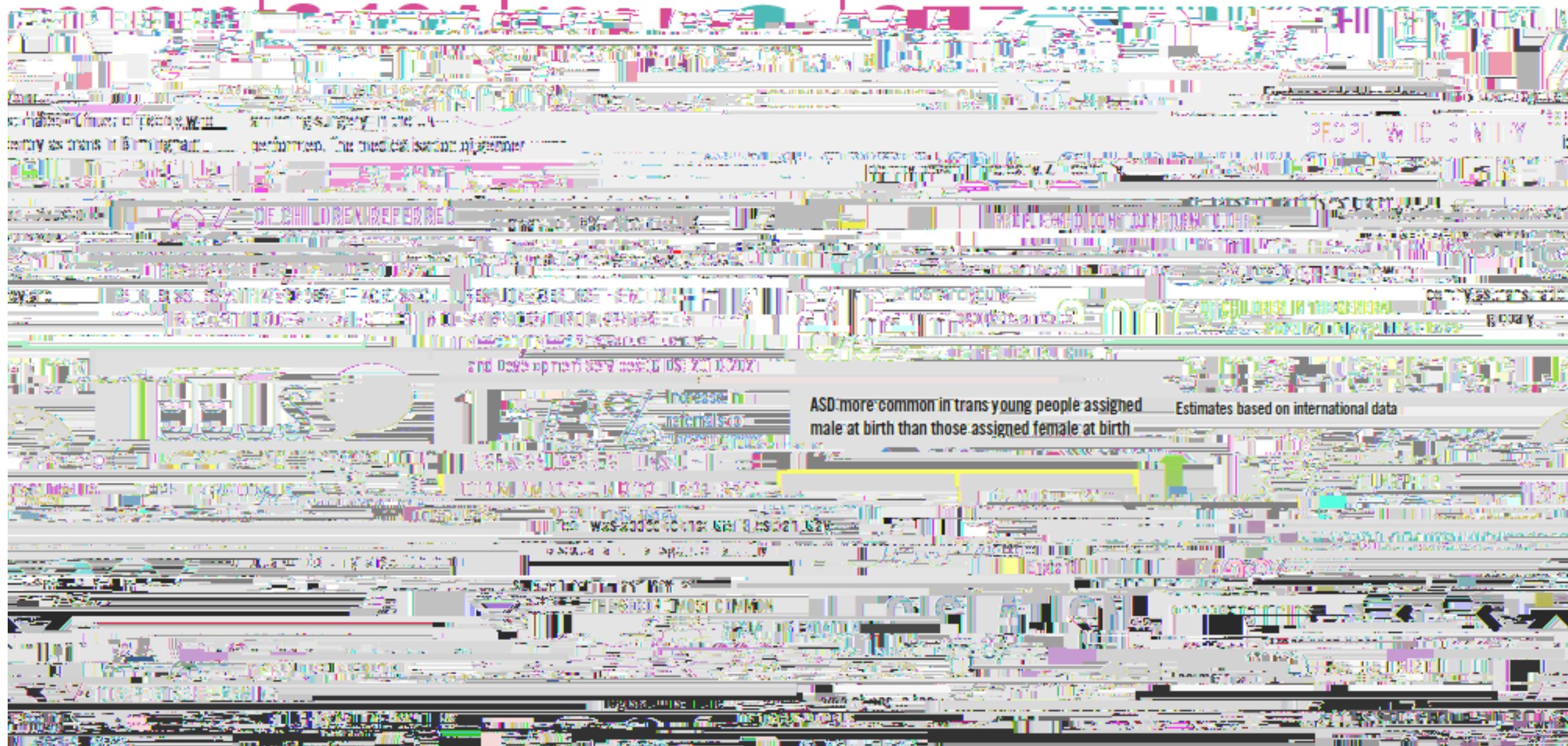
Trans Mental Health Study in 2012^[11]

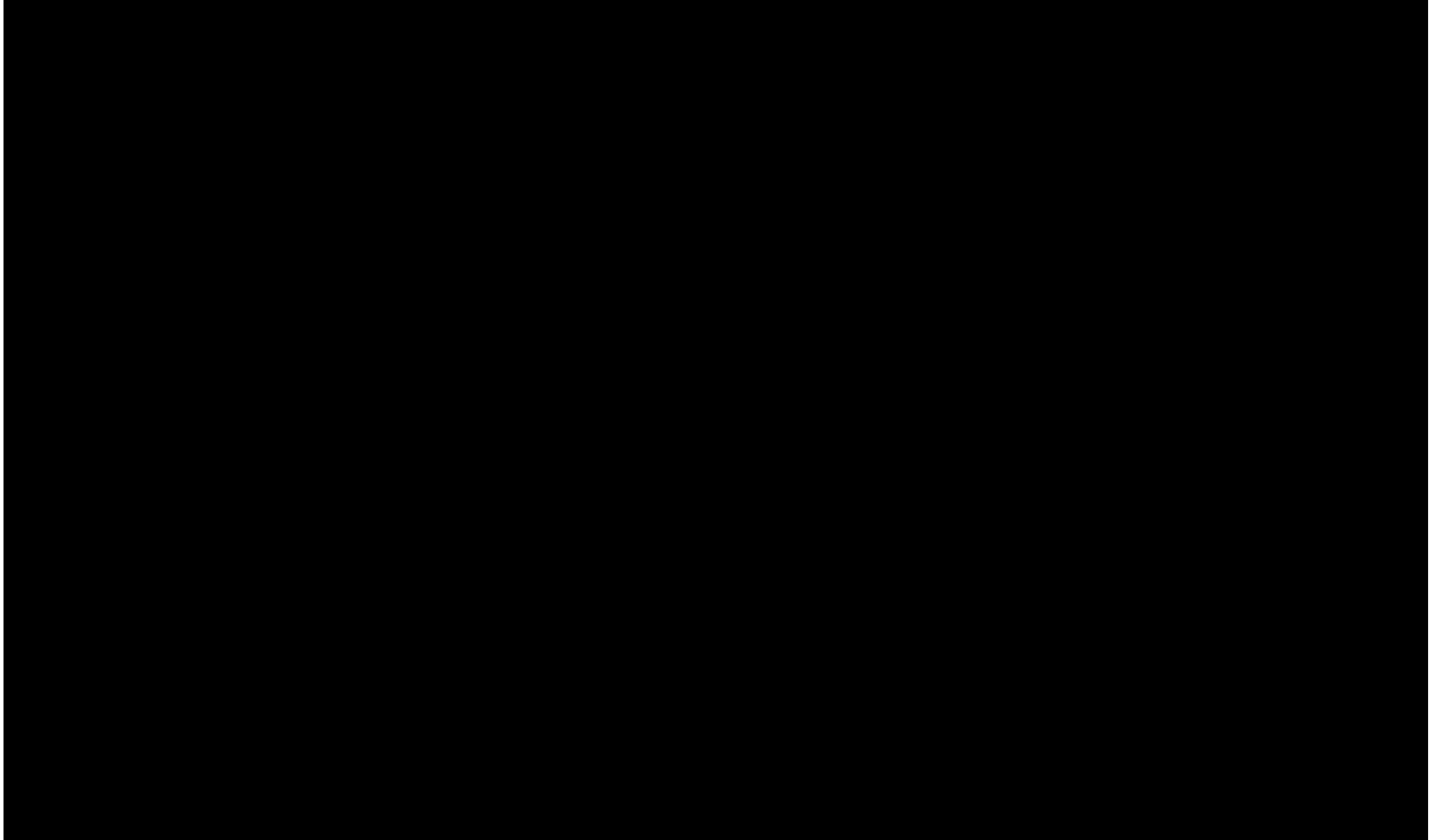






Trans Profile Infographics



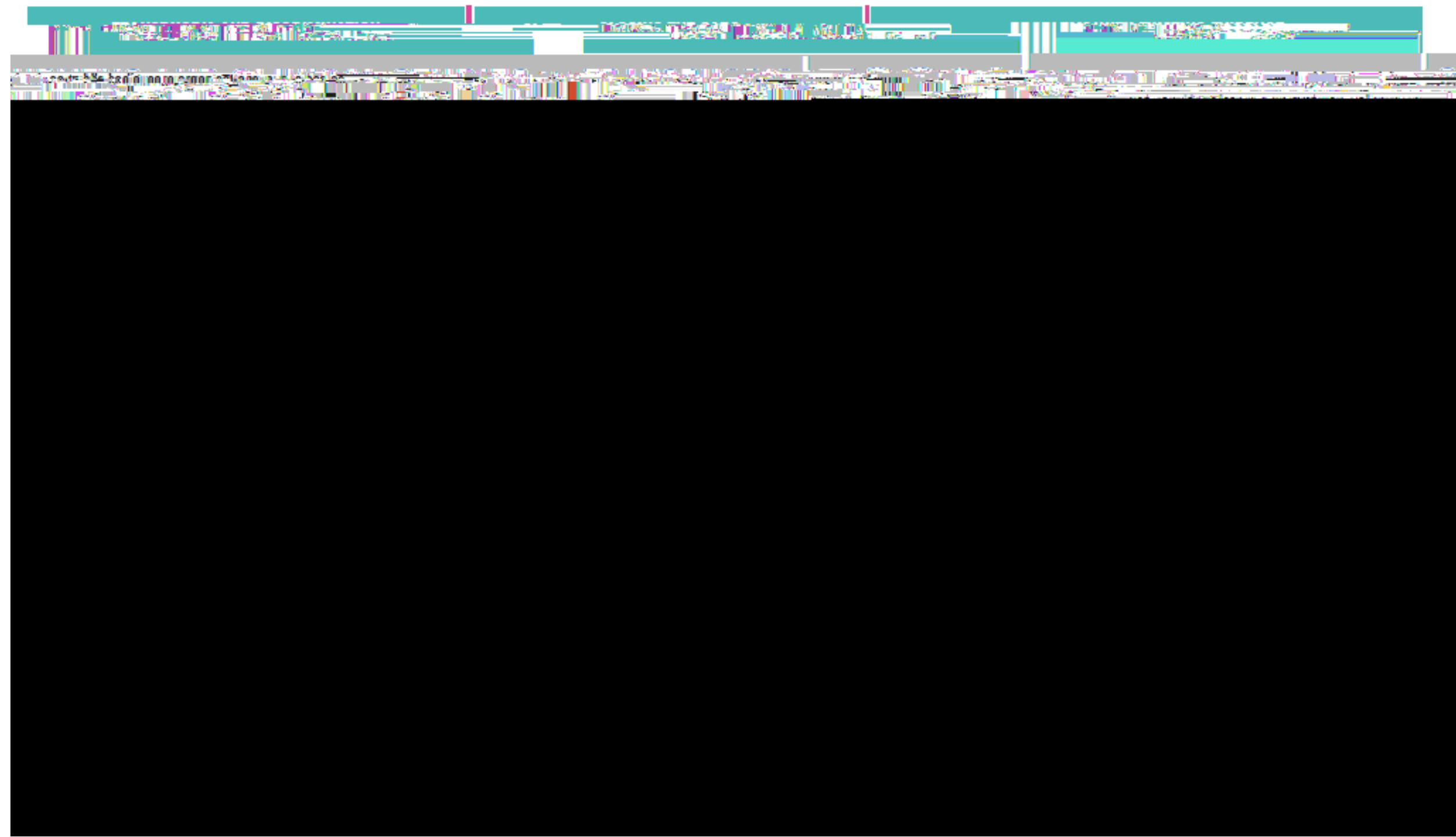


WORKING AND LEARNING WELL

PROTECT AND DETECT

BEHAVIOURAL AND LIFESTYLE FACTORS





Trans Terminology

: an umbrella term for people whose gender identity diverges from their registered sex at birth, including (but not limited to) transgender, non-binary, or genderqueer.

a term used to describe someone who is assigned female at birth but identifies and lives as a man. This can be shortened to trans man, or FTM, an abbreviation for female-to-male.

a term used to describe someone who is assigned male at birth but identifies and lives as a woman. This can be shortened to trans woman, or MTF, an abbreviation for male-to-female.

: an umbrella term for people who do not identify exclusively as a man or a woman. Hundreds of terms including genderqueer, agender, nongender

: the “distress” that is caused by a discrepancy between a person’s gender identity and that person’s registered sex at birth

: refers to trans people who have undergone medical intervention

: to adopt the social, physical and/or legal characteristics of the gender one identifies (rather than their registered sex at birth). Typically refers to physical transition using medical intervention

: People whose gender identity matches their sex assigned at birth – people who are not trans

References (2)

14. Bouman WP, et al. (2016) Sociodemographic variables, clinical features, and the role of preassessment cross-sex hormones in older trans people.
15. Boas J, et al. (2021) Trans+ Voices. Gender Identity Healthcare in The South West.
16. Wright T, et al. (2021) Accessing and utilising gender-affirming healthcare in England and Wales: Trans and non-binary people's accounts of navigating gender identity clinics.
17. Jones BA, et al. (2018) The levels and predictors of physical activity engagement within the treatment-seeking transgender population: A matched control study.
18. Ellis SJ, et al. (2014) Gender, stage of transition and situational avoidance: A UK study of trans people's experiences.
19. Witcomb GL, et al. (2018) Levels of depression in transgender people and its predictors: Results of a large, matched control study with transgender people accessing clinical services.
20. Harrison N, et al. (2020) Understanding the lived experiences of transitioning adults with gender dysphoria in the United Kingdom: An interpretative phenomenological analysis.
21. Browne K, et al. (2015) Trans Community Research Final Project Report.
22. Bachmann C, et al. (2018) LGBT in Britain. Trans Report. Stonewall and YouGov.
23. Bachmann C, et al. (2018) LGBT in Britain. Health Report. Stonewall and YouGov.
24. McManus S, et al. (2016) Mental health and wellbeing in England: the adult psychiatric morbidity survey 2014.



References (4)

38. Birmingham LGBT. (2011) Out & about. Mapping LGBT lives in Birmingham.
39. Valentine V. (2016). Non-binary people's experiences in the UK. Scottish Transgender Alliance.
40. Willis P, et al. (2020) Reluctant educators and self advocates: Older trans adults' experiences of health care services and practitioners in seeking gender affirming services.
41. Ellis SJ, et al. (2015) Trans people's experiences of mental health and gender identity services: A UK study.
42. Manchester City Council. (2016) Research Study into the Trans Population of Manchester.
43. Parameshwaran V, et al. (2017) Is the lack of specific lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ) health care education in medical school a cause for concern? Evidence from a survey of knowledge and practice among UK medical students.
44. Arthur S, et al. (2021) Medical students' awareness of health issues, attitudes, and confidence about caring for lesbian, gay, bisexual and transgender patients: A cross-sectional survey
45. Kirlew MI, et al. (2020) Exploring health and social care professionals' initial perceptions of caring for trans patients.
46. Hafford-

References (5)

50. Berner AM, et al. (2021) Attitudes of transgender men and non-binary people to cervical screening: A cross-sectional mixed-methods study in the UK.
51. Connolly D, et al. (2020). Barriers and facilitators to cervical cancer screening among transgender men and non-binary people with a cervix: A systematic narrative review.
52. Action on Smoking and Health (ASH) (2020). Smoking: LGBT people
53. NHS Digital. (2015) Statistics on Smoking, England – 2015.
54. Health Survey for England 2016 (2017) <https://www.hse.gov.uk/statistics/physicalactivity/tables>
55. Caudwell J. (2021) Queering indoor swimming in the UK: Transgender and non-binary wellbeing.
56. National Union

References (6)

61. Barras A, et al. (2021) Timelines and transitions: Understanding transgender and non-binary people's participation in everyday sport and physical exercise through a temporal lens.
62. Neary A, et al. (2021) Beyond inclusion: Trans and gender diverse young people's experiences of PE and school sport.
63. Morton J. (2008) Transgender Experiences in Scotland. Key research findings of the Scottish Transgender Alliance survey of transgender people living in Scotland.
64. Bachmann C, et al. (2018) LGBT in Britain. Home and Communities Report. Stonewall and YouGov.
65. Bachmann C, et al. (2017) LGBT in Britain. Hate Crime and Discrimination. Stonewall and YouGov.
66. Ellis SJ, et al. (2014) Gender, stage of transition and situational avoidance: A UK study of trans people's experiences.
67. Total Jobs (2021). "Trans employee experiences survey: Understanding the trans community in the workplace (2021)".
68. Whittle S, et al. (2007) Engendered penalties: Transgender and transsexual people's experiences of inequality and discrimination.
69. Allen G, et al. (2021). Hate Crime Statistics.

