LESBIAN
GAY
BISEXUAL
TRANSGENDER
QUEER
+ PLUS

DAVIS COUNTY

2023 POPULATION HEALTH REPORT

Davis COUNTY HEALTH DEPARTMENT

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INTRODUCTION

EXECUTIVE SUMMARY

This report sheds light on the challenges and successes relating to the factors that influence the health of LGBTQ+ individuals in Davis County.

DATA

Information about sexual orientation and gender identity has recently been added to health surveys, including the U.S. Census and the Student Health and Risk Prevention (SHARP) Survey. This information indicates that there are about 600 households headed by same-sex partners, increasing numbers of LGBTQ-identifying youth (almost 1 in 10 in 2021), and the second highest proportion of same-sex couples raising children in the nation. **Sexual orientation and gender identity should be included in more health data collection.**

HEALTH

Barriers to healthcare have contributed to worse health outcomes for LGBTQ+ people, including higher risk for STDs, sexual abuse, mental health conditions, substance use, and suicide. **Knowledgeable culturally competent care (CCC) increases access to healthcare which improves health and well-being.**

POLICY

Decades of allyship efforts have resulted in legal protections for LGBTQ+ people in housing, employment, and marriage; however, protections don't yet exist in adoption, education, or health insurance. In addition to policy, **social support is necessary to increase acceptance and decrease violence and hate crimes against LGBTQ+ people.**

ALLYSHIP

Feeling accepted and connected is promotes health and well-being, including reducing risk of suicide. The allyship summary provides an introduction to becoming a friend, supporter, and champion of the LGBTQ+ community and individuals, including strategies for families, friends, and coworkers. **Everyone can be an ally and make Davis County a safe and healthy place to live for everyone.**

RESOURCES

More resources and opportunities come to Davis County every year. **The 2023 LGBTQ+ Resource Directory provides information and links to 50+ local, state, and national resources, including affirming mental health providers, crisis resources, community centers, education, and allyship opportunities.**

COMMUNITY SPOTLIGHT

The first annual Davis County Pride Fair was held at Layton Commons Park in March 2022.

COMMUNITY VOICE

"At least 1500 to 2000 people came in and out. Just to see that in Davis County and see that there was absolutely no haters. There was not one. We had so much fun. That just shows how awesome the community is."

PHOTO BY MIA ALLEN AT DAVIS COUNTY PRIDE, 2022

INTRODUCTION

PURPOSE

Health is a complex concept rooted in the conditions in which people are born, live, work, and age. These conditions are not equal across all people, and can be impacted by things like access to healthcare, economic opportunities, feelings of connection and belonging, as well as social norms, attitudes, and beliefs. The differences between these conditions are health disparities, the preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health. Health equity occurs when conditions allow all people a fair and just opportunity to live their healthiest life.

Historically marginalized populations experience health disparities. Lesbian, Gay, Bisexual, Transgender, and more (LGBTQ+) people have always been a part of Davis County, but they experience unique challenges which create health disparities that continue to affect their access to health. This report will share data, resources, and the experiences of LGBTQ+ people in Davis County in an effort to shed light on their strengths, challenges, and opportunities for health.

PHOTO BY MIA ALLEN AT DAVIS COUNTY PRIDE, 2022

DATA SUMMARY

KEY FACTS

This report will use many terms, acronyms, and abbreviations to describe people and data. The words people use to describe themselves are constantly changing and can be ambiguous and imprecise; people define the same words in different ways, use different words, or prefer not to use any descriptions at all.

The following definitions are provided in order to simplify and clarify the information contained in this report. It is not intended to be official definitions or to apply to all people. The Davis County Health Department (DCHD) made every effort to report the information contained in this document accurately and respectfully, and is committed to ongoing education, listening, and learning. These definitions are provided by the GLAAD Media Guide, and more are available in the Glossary at the end of this document.

BIOLOGICAL SEX	A person's sex is a combination of anatomical characteristics.
GENDER IDENTITY	A person's internal, deeply held sense of their gender. Gender identity is not visible to others.
GENDER EXPRESSION	How a person demonstrates their gender through the way they dress, speak, and act.
SEXUAL ORIENTATION	Describes a person's physical, romantic, and/or emotional attraction to other people.

LESBIAN
A woman whose physical, romantic, and/or emotional attraction is to other women. Some lesbians may prefer to identify as gay or as a gay woman.

TRANSGENDER
An umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth.

GAY
An adjective used to describe people whose physical, romantic, and/or emotional attractions are to people of the same sex.

QUEER
An adjective used by some people whose sexual orientation is not exclusively heterosexual. It is not accepted by all, even within the LGBT community.

BISEXUAL
A person who has the capacity to form physical, romantic, and/or emotional attraction to those of the same gender or to those of another gender.

PLUS
Represents those who are part of the community, but for whom LGBTQ does not reflect or capture their identity.

KEY FACTS (CONTINUED)

Data will be reported with the words or acronyms which most accurately describe the people measured in that specific data source. Each source collects and describes their data differently; for example, some will combine all LGBTQ+ people into one group, while others will include only sexual identities (i.e. LGB only) or split each identity into its own group (i.e. lesbians and bisexuals). It is important to pay close attention to who is being described by each piece of data and not over or under attribute conclusions to any group.

Data about sexual orientation and gender identity (SOGI) has not been routinely collected, which makes finding local or historical data difficult or impossible to find. By its nature, SOGI data is self-reported and cannot be objectively measured from the outside. People of minority sexual orientations and gender identities may feel unsafe identifying themselves to researchers, neighbors, and other community members. Thankfully, improvements continue to be made in data collection. Questions and identifiers regarding SOGI have been recently introduced to the United States Census and the Student Health and Risk Prevention (SHARP) Survey. This report will also highlight the stories and experiences of LGBTQ+ people and their allies from Davis County in text boxes like the one below.

COMMUNITY VOICE

In 2022, the Davis County Health Department conducted a focus group with members of the LGBTQ+ community and their allies. Their stories are shared in boxes like these throughout the report.

PHOTO BY MIA ALLEN AT DAVIS COUNTY PRIDE, 2022

DATA SUMMARY

POPULATION CHARACTERISTICS

The Williams Institute (2020) estimates that approximately 3.7% of Utah adults, or about 80,000 people, identify as lesbian, gay, bisexual, and/or transgender. By this estimate, about 9,000 LGBTQ adults live in Davis County. This ranks Utah at 37th in the United States for the percentage of the population who identifies as LGBTQ+.

The proportion of heterosexual to non-heterosexual students in Utah is the lowest in the nation (CDC, 2019). However, Figure 1 illustrates that the number of students who identify as something other than heterosexual (straight) increased in 2021 after the question was added in 2019 (SHARP). Estimating from the 2019 response of 2,100 transgender students in Utah, there are approximately 250 transgender youth in Davis County.

The average age of an LGBTQ+ person in Utah is 32.9 years, which is younger than the average age of all Utahns at 44.9 years. (Williams Institute, 2019). Younger people are more likely to identify as LGBTQ+. Figure 2 illustrates the distribution of Utah's total population throughout age groups compared to the distribution of the LGBTQ+ population. While the total population is spread in a bell shape throughout the age groups, the LGBTQ+ population is clustered toward the youngest age groups.

This indicates that Davis County is following the national trend of an increasing LGBTQ+ population over time. However, the overall low population might indicate that there are barriers discouraging LGBTQ+ people from self-identifying, or they may be leaving the area for places where the LGBTQ+ community is more visible.

FIG 1: **STUDENT SEXUAL ORIENTATION IN DAVIS COUNTY BY YEAR**

SOURCE: SHARP, 2019 & 2021

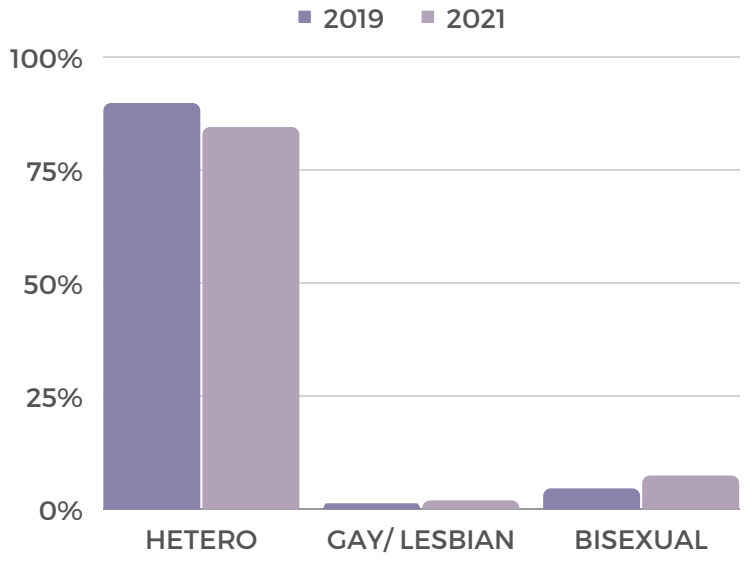
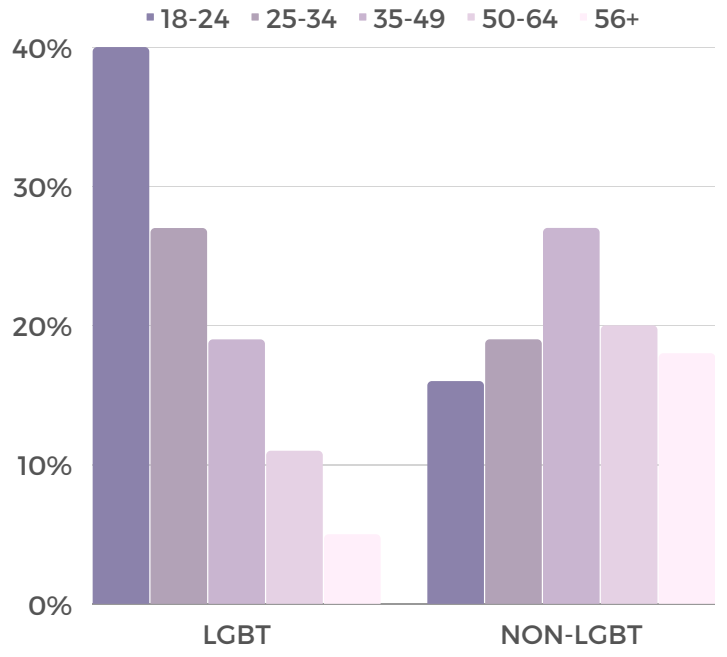


FIG 2: **AGE OF POPULATION BY SEXUAL ORIENTATION IN UTAH**

SOURCE: WILLIAMS INSTITUTE, 2022



POPULATION CHARACTERISTICS (CONTINUED)

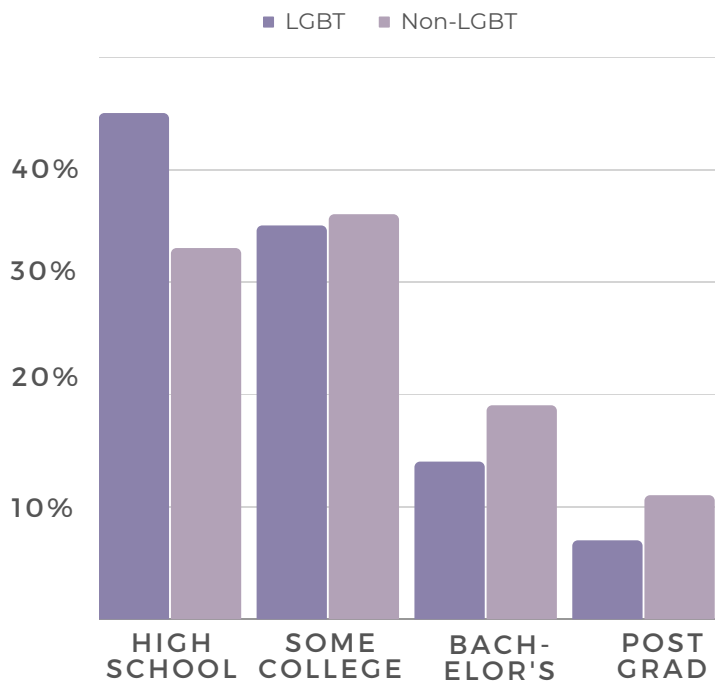
Socio-economic conditions affect people's access to health, but are not always equal. The inequalities are not caused by people's minority identities, but instead by the discrimination and barriers they often face. For example, LGBTQ+ homeowners in the United States are more likely to face mortgage denial and LGBTQ+ renters are 23% more likely to experience high rent rates or rejection of housing. Many of the challenges faced by LGBTQ+ people are compounded when they are people of color (Zillow, 2020).

Figure 3 illustrates that LGBT people in Utah have less formal education on average than non-LGBT people. Utah LGBT people are over twice as likely to be unemployed and to lack reliable access to safe and healthy food. About 20% of LGBT people have an income less than $24,000 compared to 15% of non-LGBT people (Williams Institute, 2022).

Households headed by two women are subject to twice the gender pay gap and earn less on average than their heterosexual counterparts. These differences result in fewer assets, lowered Social Security payments, and reduced ability to save for retirement (The National LGBTQ Task Force, 2014).

FIG 3: **HIGHEST EDUCATIONAL ATTAINMENT BY SEXUAL ORIENTATION IN UTAH**

SOURCE: WILLIAMS INSTITUTE, 2022



The United States Census reports that just under 600 households in Davis County are headed by same-sex couples. Approximately 71% of these couples are married, which is higher than the general rate of marriage in the state and nation. About 40% of Utah's same-sex couples are raising children, which ranks Utah second highest of all states (Williams Institute, 2019).

RESOURCE: BUSINESS

The Utah LGBTQ Chamber of Commerce is expanding its directory of affirming and LGBTQ-owned businesses, including in those in Davis County.

UTAH LGBTQ+ CHAMBER OF COMMERCE

POPULATION CHARACTERISTICS (CONTINUED)

Data collection about sexual orientation and gender identity (SOGI) faces several obstacles. First, it relies on voluntary self-identification that can be discouraged by fear of being exposed to family, neighbors, and colleagues. Second, there is not a standard method of collecting or reporting SOGI data. How categories are combined or separated varies by the data source. For example, the SHARP Survey reports separately on Gay or Lesbian, Bisexual, and Transgender data sets while the Behavioral Risk Factor Surveillance System (BRFSS) combines all gay, lesbian, and bisexual data together.

The table below is a summary of the most recent data available from several different sources. Because each source collects and reports its data differently, it is recommended to interpret the table with caution. Links are provided to the original data sources.

FIG 4: POPULATION ESTIMATE SUMMARY

		LESBIAN, GAY, OR BISEXUAL	TRANSGENDER	TOTAL LGBTQ+ POPULATION
DAVIS COUNTY	YOUTH GRADES 8-12	9.3% OR ~3,000** [1]	1.1% OR ~320** [1]	11,920
	ADULT AGE 18+	~3.5% OR >7,900*	~0.3% OR 700*	
UTAH	YOUTH AGES 13-17	10.1% OR <27,000** [1]	1.2% OR >3200** [1]	112,400
	ADULT AGE 18+	3.4% OR 75,000 [2]	0.3% OR 7,200 [2]	
UNITED STATES	YOUTH AGES 13-17	1,924,000 [3]	149,750 [3]	14,813,900
	ADULT AGE 18+	4.1% OR 11,343,000 [2]	0.6% OR 1,397,150 [2]	

SOURCES:

1. SHARP (2021)
2. Williams Institute (2020) (includes data from 2012-2017 and/or 2015-2017 BRFSS)
3. Williams Institute (2020) (includes data from 2017 YRBS)

*Davis County population estimates were calculated by applying state values

**Population estimates were calculated with 2020 IBIS population data and 2021 SHARP responses

HEALTH SUMMARY

ACCESS TO CARE

Clinical care can contribute to some communities experiencing better health than others. Access to and reception of affordable, quality, and timely healthcare helps prevent diseases and detect issues sooner, enabling individuals to live longer and healthier lives. Lack of access to healthcare leads to health disparities. For example, Cigna reports that:

- Gay and bisexual men are more likely to have HIV/AIDS
- Transgender women, Black/African American men, and Hispanic/Latino men have the highest risk for HIV infection
- Older LGBTQ+ adults are more likely to rate their health as poor and report more chronic conditions while having less social support
- Lesbian and bisexual women are more likely to be obese
- Lesbian and bisexual women have higher rates of breast cancer, and transgender men and women are at greater risk
- LGBTQ+ people have higher rates of HPV infection and related cervical or anal cancers

Finding affordable, accessible, and inclusive healthcare, community services, and more is especially challenging for LGBT people with disabilities. LGB people are notably more likely to experience a physical disability, even when controlling for health behaviors, mental health conditions, chronic health conditions, age, and sociodemographic characteristics (Disabled World, 2022).

It can be difficult to find healthcare providers who are trained and experienced in LGBTQ+ health issues. Many LGBTQ+ patients find they need to educate their providers about their needs and wishes. Difficulty finding appropriate care is a contributing factor to LGBTQ+ people being more likely to delay needed medical care, which can lead to increased and more complicated health issues (Healthline, 2019). LGBT people in Utah are less likely to have insurance (81%) compared to non-LGBT people (89%) (Williams Institute, 2022). In Davis County, LGB people are significantly more likely to not have access to needed healthcare due to cost (IBIS, 2017-2021).

COMMUNITY VOICE

"(Pediatricians) do not want to treat LGBT kids. They don't even want them to tell them they're gay. And if they do, (the pediatricians) tell them they're not. Their protocols are absolutely ridiculous. If, in fact, there is a need for additional help, they're not comfortable doing it, which is not legal for them to do but they will say that. Medically... we ran into a lot of issues."

ACCESS TO CARE (CONTINUED)

Gender affirming care refers to social, psychological, behavioral, and medical intervention that corresponds to a person's gender identity. Access to gender affirming care is important for the health and well-being of people who are transgender or non-binary (someone whose gender identity falls outside of the categories of "man" and "woman"). Better access has been linked to improved mental health, while worse access is linked to increased anxiety, depression, and suicidal ideation (Wald, 2022).

COMMUNITY VOICE

"I can tell you in Davis County we have a problem with the transgender community not being able to find basic healthcare, the very basics. They have fear. They even have experiences that have been violent, and they have to go all the way to Salt Lake to get their basic needs met. It would be nice to see transgender healthcare here in Davis County."

RESOURCE: HEALTHCARE BEST PRACTICES

- Visit The National Library of Medicine for culturally competent care resources
- The National LGBTQIA+ Health Education Center has a library of training videos about sensitively collecting information regarding sexual orientation and gender identity
- The Gay and Lesbian Medical Association's (GLMA) mission is to ensure equality in healthcare for LGBTQ+ individuals and healthcare professionals
- The University of California- San Francisco's model of care is a standard for gender affirming care across the country and provides tips on its website
- Visit Centers for Disease Control and Prevention's webpage for more resources

PHOTO BY MIA ALLEN AT DAVIS COUNTY PRIDE, 2022

HEALTH SUMMARY

SEXUAL HEALTH

The World Health Organization (WHO) describes sexual health as positive and respectful approaches to sexuality and sexual relationships, safe sexual experiences and behaviors, and freedom from coercion, discrimination, and violence. As a sexual minority, sexual health holds a unique place in LGBTQ+ peoples' lives; however, it is important not to reduce LGBTQ+ to just their sexual behavior.

YOUTH

In the United States, students who identify as lesbian, gay, or bisexual were less likely to have ever had sex, to be currently sexually active, or to have had four or more sexual partners (CDC, 2019). Because questions about sexual activity are not included in Utah's Student Health and Risk Prevention (SHARP) Survey, there is little data about the sexual behavior of Davis County's youth.

Inclusive sexual education helps prepare young people with the knowledge and skills they need for a lifetime of good sexual health, and is associated with the development of healthy relationships, prevention of child sexual abuse, improved social-emotional learning, increased media literacy, avoiding unintended pregnancies and sexually transmitted disease, and decreased dating and intimate partner violence (Planned Parenthood, 2022). While talking about sex with young people can feel awkward and uncomfortable, it is important for parents and other involved adults to be involved in their young people's sexual education.

COMMUNITY VOICE

"Sexual health for LGBT kids... they don't offer it in schools, and in the community, it's not being offered."

"I know several teenagers who are part of the community that their parents don't talk to them about sex. They don't know that they can get sexually transmitted diseases, even if it's same sex relationships. So that is missing in Davis County."

RESOURCE: SEX EDUCATION

Families Talking Together is a family-based program designed to support effective parent-adolescent communication and delay sexual debut. Making Proud Choices is a safer-sex approach to teen pregnancy and HIV/STD prevention designed to empower teens to change their behavior to reduce their risk of becoming infected with STDs and decrease their likelihood of being involved in unintended pregnancies. Call the Davis County Health Department at 801-525-5200 for information.

HEALTH SUMMARY

SEXUALLY TRANSMITTED INFECTIONS

Although Davis County typically has a lower rate of sexually transmitted infections (STI) than the nation, STIs make up more than half (64.8%) of all reported disease in Davis County. The most common STIs in Davis County are chlamydia (75.3%), gonorrhea (20.8%), syphilis (2.9%), and HIV (1.0%) (DCHD, 2021).

COMMUNITY VOICE

" I'm HIV positive... I got a message from the University of Utah and then the Davis County Health Department, just checking in making sure that someone had followed up, which I was impressed with. Like, 'Hey, we're concerned that you might not be getting the healthcare that you need.' So that was that was a plus. That was good."

ISSUE SPOTLIGHT: MPOX

Although not exclusively transmitted through sexual contact, the 2022 Mpox (previously called "monkeypox") outbreak mainly affected men who have sex with men (MSM). This spurred stigma around both the disease and receipt of the vaccination.

The Davis County Health Department began administering the vaccine in September with a series of confidential drive-through clinics. Along with in-office appointments, the DCHD administered over 400 Mpox vaccines to at-risk residents of Utah and Idaho in 2022. This helped mitigate the spread of Mpox in the community. Sixteen cases were confirmed in Davis County in 2022 (UDHHS, 2023).

PHOTO: DCHD MONKEYPOX CLINIC, 2022

RESOURCE: STI TESTING & TREATMENT

The Davis County Health Department offers low-cost STI testing, treatment, and education. For more information, visit online or call 801-525-5200.

Davis COUNTY HEALTH DEPARTMENT

SEXUALLY TRANSMITTED DISEASE (CONTINUED)

Being tested for sexually transmitted diseases is an important part of mitigating and controlling diseases. In Davis County, adults with same-sex sexual partners are more likely to have been tested for HIV than adults with only different-sex partners (IBIS, 2021).

BACTERIAL STDS

- HIV tests are recommended to be included in the standard preventive screening tests for all women and men aged 13-64 years old.
- All pregnant women should be screened at their first prenatal visit and retested in the third trimester for those who are high-risk.
- HIV can be tested for in either blood or oral fluid.

HIV/AIDS

- Many men and most women experience no symptoms after infection.
- All sexually active people should be tested at least once a year.
- Swabs or urine samples are used to test chlamydia and gonorrhea.
- A blood test is usually given to test for syphilis.

HERPES

- Herpes simplex virus (HSV) tests are recommended for those who have genital symptoms that could be related to herpes, those who have had a sexual partner with genital herpes, or those who request a complete STD exam.
- The test for herpes is a blood test that looks for antibodies to both types of HSV.

HPV

- Women 21-29 years old should be screened with cytology tests every 3 years for cervical cancer.
- Women 30-65 years old should be screened with cytology every 3 years or every 5 years with a combination of both cytology and HPV testing.
- There is no approved HPV test available for men.
- The HPV vaccination is recommended for all children age 11-12 years old, and anyone through age 26 if not already vaccinated.

HEPATITIS B

- Men and women who are at increased risk (have multiple sexual partners, past or current injection drug use, etc.) should be tested for hepatitis B after each potential exposure.
- A blood test is used to test for Hepatitis B.
- The hepatitis B vaccination is recommended for all unvaccinated children and adolescents. It should also be routinely offered to all unvaccinated people who get tested for STDs.

HEALTH SUMMARY

SEXUAL ABUSE & VIOLENCE

Experiencing sexual abuse can have a detrimental effect on health and behavior throughout life. Figure 5 illustrates that Utahns who have experienced sexual abuse report worse health indicators than those who have not.

FIG 5: HEALTH OUTCOMES BY EXPERIENCE WITH SEXUAL VIOLENCE IN UTAH	No Experience with Sexual Violence	Survivors of Sexual Violence
7+ poor mental health days in past month	14.9%	38.6%
7+ days of poor physical health in past month	13.2%	22.7%
Being an every day smoker	4.9%	9.4%
Binge drinking	11.6%	18.2%

SOURCE: UDHHS, 2018

Rape is the only violent crime that Utahns experience at a higher rate than the national average, which has been the case for over 25 years. Overall, Utah has a rate of rape that is 33% higher than the nation (UDHHS, 2021). On average, in 2020, a rape was reported every 6.75 hours in Utah (UDPS, 2020). Utahns who identify as lesbian, gay, or bisexual experience higher rates of sexual violence over their lifetimes. Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to have been forced to have sex than heterosexual students (CDC, 2009-2019). Intimate partner violence (IPV) is abuse or aggression that occurs in a romantic relationship. “Intimate partner” refers to both current and former spouses and dating partners. Utahn bisexual (10.3%) and gay or lesbian (7.3%) students were more likely to report being hit or injured on purpose by a dating partner in the past 12 months than heterosexual students (4.2%) (SHARP, 2021).

The Utah Department of Health and Human Services (DHHS) has identified underserved communities, including the LGBTQ+ community, as a priority population for the Utah Violence and Injury Prevention Program's sexual violence prevention work.

RESOURCE: SAFETY

Safe Harbor Crisis Center provides shelter, supportive services, and advocacy to survivors of domestic abuse and sexual assault, as well as education, awareness, and resources to our community.

801-444-9161

24/7 EMERGENCY CRISIS LINE

Safe Harbor
Offering hope. Ending the silence.

HEALTH SUMMARY

SUBSTANCE USE

Many health outcomes are linked directly to health behaviors, such as the use of substances like tobacco and alcohol. Overall, Davis County has some of the lowest tobacco and alcohol use rates in the county, ranking in the top 10% of all counties across the country for low adult smoking and binge drinking (County Health Rankings, 2022). However, Figures 6 and 7 illustrate that both LGB adults and youth in Davis County are more likely to use substances than non-LGB people. LGB youth in Utah are more likely to need alcohol or drug treatment than heterosexual students (SHARP, 2021).

FIG 6: CURRENT SUBSTANCE USE AMONG DAVIS COUNTY ADULTS BY SEXUAL ORIENTATION

SOURCE: IBIS-BRFSS, 2016-2020

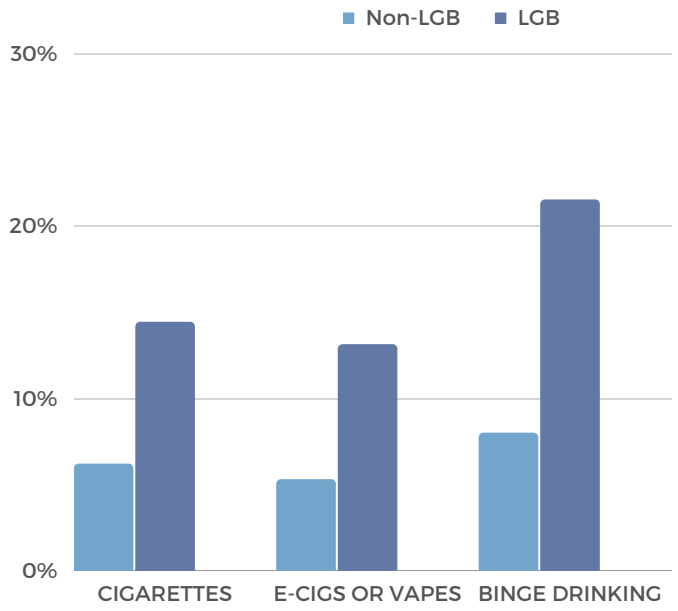
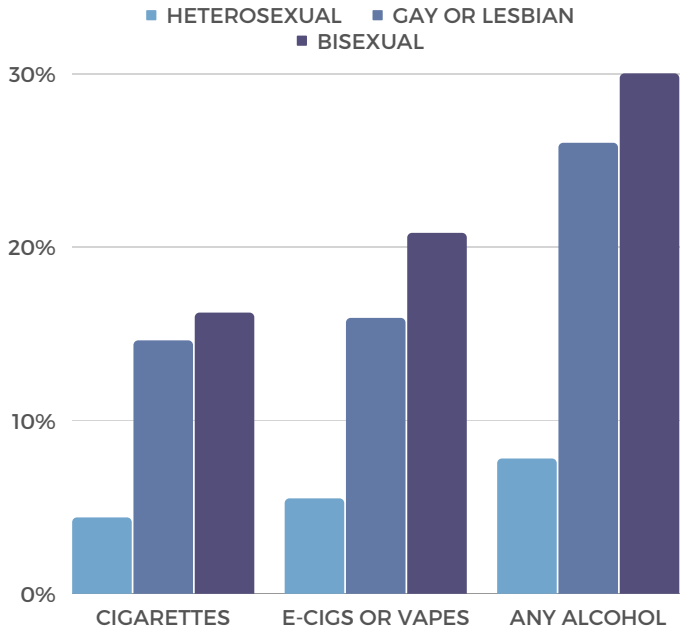


FIG 7: CURRENT SUBSTANCE USE AMONG DAVIS COUNTY YOUTH BY SEXUAL ORIENTATION

SOURCE: SHARP, 2021



RESOURCE: SUBSTANCE USE

Davis Behavioral Health provides substance use treatment programs in a variety of settings for men and women. Find out more at www.dbhutah.org.

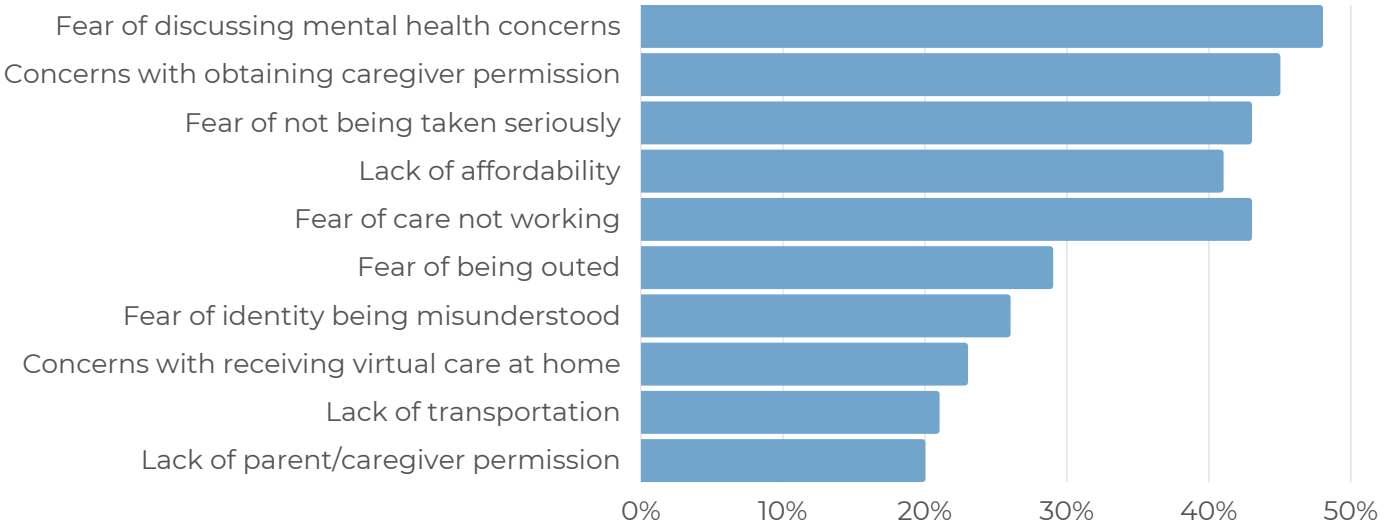
HEALTH SUMMARY

MENTAL HEALTH

Mental health is a critical element of overall health and well-being. It is important to examine how sexual orientation and gender identity (SOGI) interact with mental health without assigning it as a *cause* of mental health concerns. Historically, the mental health profession has viewed minority sexual orientations and gender identities as pathological. Homosexuality was removed from the Diagnostic and Statistical Manual of Mental Disorders (DSM) in 1973, but traces remain in the field of medicine, and many LGBTQ+ experience fear, trauma, and resulting poor health. Many barriers still exist for LGBTQ+ people seeking mental health treatment. Figure 8 illustrates the top ten most common reasons that LGBTQ+ youth don't seek the mental health treatment they want and need.

FIG 8: BARRIERS TO RECEIVING DESIRED MENTAL HEALTH TREATMENT AMONG LGBTQ+ YOUTH IN THE UNITED STATES

SOURCE: THE TREVOR PROJECT, 2022



PHOTOS BY MIA ALLEN AT DAVIS COUNTY PRIDE, 2022

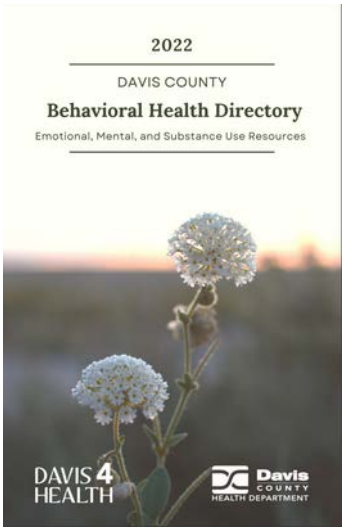
MENTAL HEALTH (CONTINUED)

On average, LGBTQ+ people have worse mental health than non-LGBTQ+ people. Adults in Davis County who identify as lesbian, gay, bisexual, something else, or did not know were more likely to report that their mental health was "not good" on seven or more out of the past 30 days (IBIS, 2018-2021). Figure 7 demonstrates that Davis County LGB youth are more likely to need mental health treatment and report higher levels of negative mental health indicators than their heterosexual peers (SHARP, 2021).

FIG 9: MENTAL HEALTH INDICATORS AMONG UTAH YOUTH BY SEXUAL ORIENTATION	DAVIS COUNTY	UTAH	HETERO-SEXUAL (UT)	GAY OR LESBIAN (UT)	BI-SEXUAL (UT)
I think it's ok for other people to seek help, but not for me to seek help	11.4%	14.4%	13.2%	27.4%	24.7%
Felt sad or hopeless for two weeks or more in a row during the past year	29.3%	32.5%	29.9%	68.5%	71.4%
Felt isolated from others	20.1%	21.7%	20.3%	50.5%	51.6%
High mental health treatment needs	22.1%	24.6%	21.4%	61.6%	62.3%

SOURCE: SHARP, 2021

RESOURCE: MENTAL HEALTHCARE



The 2022 Davis County Behavioral Health Directory provides information about emotional, mental, and substance use resources and providers in Davis County, including LGBTQ-friendly resources. Find it at www.Davis4Health.org.

SUICIDE

The impact of suicide is significant and reaches beyond only the individual affected. For every person who dies by suicide, 135 people are negatively impacted. For example, 91% of surveyed Utahns reported knowing someone who died by suicide, attempted suicide but did not die, or talked about thoughts of suicide (SPRC, 2020). Utah consistently ranks in the top ten highest rates of suicide in the country.

LGBTQ+ people experience a significantly elevated risk for suicide and suicidal behavior. LGB adults are two times more likely to attempt suicide than their heterosexual counterparts (SPRC, 2020). As illustrated in Figure 10, LGB students in Utah are more at risk for self-harm and report more suicidal thoughts and attempts than heterosexual students. Among LGBTQ+ youth across the United States, research has identified increased risk among bisexual youth, transgender and nonbinary youth, and LGBTQ+ youth of color (The Trevor Project, 2023).

FIG 10: **SUICIDE INDICATORS AMONG UTAH YOUTH BY SEXUAL ORIENTATION**	DAVIS COUNTY	UTAH	HETERO-SEXUAL (UT)	GAY OR LESBIAN (UT)	BI-SEXUAL (UT)
During the past 12 months, did you ever seriously consider attempting suicide?	16.5%	17.5%	14.4%	48.3%	51.1%
During the past 12 months, did you make a plan about how you would attempt suicide?	12.0%	13.3%	10.7%	38.4%	41.0%
During the past 12 months, did you actually attempt suicide?	5.9%	7.0%	4.8%	21.7%	22.3%
Purposeful self harm (without suicidal intention, e.g. cutting or burning) 1 or more times during the past 12 months	17.0%	17.9%	13.4%	47.5%	52.3%

SOURCE: SHARP, 2021

SUICIDE (CONTINUED)

The Utah Suicide Prevention Coalition LGBTQ+ Work Group has identified the risk and protective factors outlined in Figure 11 in their work to prevent suicide. Risk factors are characteristics associated with a higher likelihood of a negative outcome, while protective factors are characteristics associated with a lesser likelihood of a negative outcome, or something that reduces the impact of a risk factor. LGB students in Davis County are at a higher risk for family conflict, bullying, and feeling unsafe at school. They are also less safeguarded by protective factors such as feelings of attachment to their neighborhood, regular family meals, and interaction with prosocial peers (SHARP, 2021).

RISK AND PROTECTIVE FACTORS RELATED TO SUICIDE

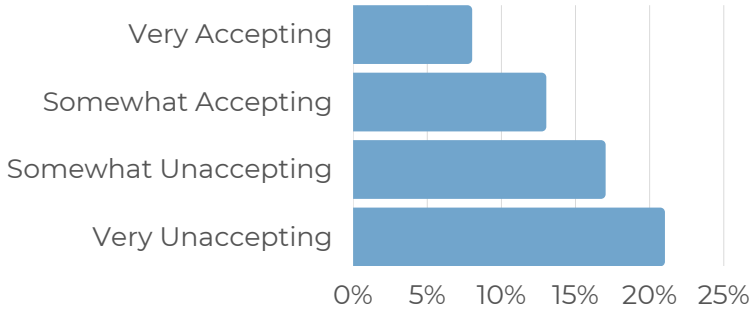
SOURCE: UTAH LGBTQ+ SUICIDE PREVENTION PLAN, 2020-2023

PROTECTIVE FACTORS	RISK FACTORS
Family Acceptance	Mental Health Problems
Connectedness	Alcohol or Drug Use/Abuse
Sense of Safety	Prejudice and Discrimination
Access to Competent Mental Health Care	Social Isolation

Feeling accepted is a powerful protective factor against suicide. In a national survey, The Trevor Project found that LGBTQ youth who received social support from friends and family were half as likely to report a past suicide attempt compared to youth who did not feel supported. Figure 11 illustrates that feeling accepted within the community is directly associated with suicide attempts (The Trevor Project, 2022).

FIG 11: SUICIDE ATTEMPT RATE BY COMMUNITY ACCEPTENCE

SOURCE: THE TREVOR PROJECT, 2022



It is important to recognize that sexual orientation or gender identity on their own do not cause suicide or suicidal behavior. LGBTQ are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk due to experiencing rejection, lack of social support and affirming spaces, discrimination, bullying, and physical harm (The Trevor Project, 2023).

SUICIDE (CONTINUED)

Prevention and recovery efforts can make a considerable impact on the effect of suicide. 90% of people who attempt suicide do not go on to die by suicide (SPRC, 2020). The prevention of suicide has been a Davis4Health community health improvement priority since 2014, led by the Davis Health Education and Law Enforcement Programs (DavisHELPS) coalition. Everyone can help make Davis County a safe and connected place to live. The Allyship Summary included in this report provides strategies, tips, and resources to get started.

RESOURCE: SUICIDE PREVENTION

Live on Utah is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health.

The Utah Suicide Prevention Coalition provides strategies, resources, and data for supporting LGBTQ+ Utahns. Find links to resources and watch a webinar about increasing safe and supportive environments for LGBTQ+ individuals here and read the 2022-2026 Utah Suicide Prevention State Plan.

The mission of the QPR Institute is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training.

The SafeUT app provides a way to connect to licensed counselors that are ready to listen to any sized crisis or concern. Support is immediate and confidential, and as easy as reaching for your phone and sending that first message.

RESOURCE: CRISIS SUPPORT

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. Help is available online, through call and text, and American Sign Language (through video relay service) and Spanish.

POLICY SUMMARY

LEGAL PROTECTIONS

LGBTQ+ people and their allies have been fighting for the recognition of legal rights for many years. Several areas of legal protection are highlighted below.

MARRIAGE EQUALITY

The 2013 ruling of *Kitchen v. Herbert* allowed same-sex couples to marry in Utah. This right was recognized nation-wide in 2015 with the ruling of *Obergefell v. Hodges* and cemented in 2022 with the bipartisan passage of the Respect for Marriage Act.

EMPLOYMENT & HOUSING

In 2015, Governor Herbert signed SB 296, protecting LGBTQ people from discrimination in housing and employment.

REPEAL OF "NO PROMO HOMO"

In 2017, Governor Herbert signed SB 196 to repeal Utah's "No Promo Homo" law, which prohibited teachers from discussing LGBTQ people and issues in public schools.

COMPREHENSIVE PROTECTION

In 2019, Utah's hate crime law (SB 103) was updated to list protected classes, including sexual orientation and gender identity. This is the first Utah law to specifically protect LGBTQ people.

BAN ON CONVERSION THERAPY

In 2020, conversion therapy, the harmful practice of attempting to change a person's sexual orientation or gender identity, was banned for minors in Utah.

SOURCE: EQUALITY UTAH

PHOTO: SALT LAKE TRIBUNE

1,200 COUPLES MARRIED IN THE FIRST WEEK OF MARRIAGE EQUALITY IN UTAH

SOURCE: EQUALITY UTAH

PHOTO: UTAHPOLICY.COM

PHOTO: SALT LAKE TRIBUNE

POLICY AREA SPOTLIGHTS

ISSUE SPOTLIGHT: SCHOOLS

LGBTQ+ students are at greater risk of discrimination, family rejection, homelessness, bullying/assault, reduced academic achievement, and absenteeism (USBE, 2022).

- **Anti-Bullying Policy**: Davis School District's Student Conduct and Discipline policy includes bullying and harassment both on and off campus; however, sexual orientation and gender identity are not specifically included.

- **Transgender Athletes**: During the 2022 session, a controversial restriction on the participation of transgender athletes in school sports teams matching their gender identity was introduced. The bill stalled in February but may be reintroduced during the 2023 session. Governor Cox responded to the bill's 2022 introduction with a letter stating, "I don't understand what they are going through or why they feel the way to do. When in doubt however, I always try to err on the side of kindness, mercy, and compassion. But I want them to live." (Cox, 2022).

Many schools sponsor Gay-Straight Alliance Clubs. Students and parents can contact their schools to find out more. Davis School District lists LGBTQ+ resources on its Community Resource webpage.

ISSUE SPOTLIGHT: FAMILY FORMATION

LGBTQ+ couples are more likely to need and use assisted family formation methods such as adoption, fertility treatments, and surrogacy. In 2020, Utah Code 78B-15-803 was amended to remove a stipulation that mothers be deemed medically unable to carry a pregnancy before utilizing surrogate services. The changes to the law also asserted that same-sex couples are treated equally before the law.

Two reproductive care clinics in Davis County (Rocky Mountain Women's Health Center at Davis Hospital and Reproductive Care Center in Clearfield) feature affirming messages online. Same-sex couples are eligible to foster and adopt children through the Children's Service Society of Utah and the Utah Department of Child and Family Services.

RESOURCE: LEGAL ASSISTANCE

- Utah legal firms Lokken & Putnam and Wharton O'Brien specialize in serving LGBTQ+ people and families.
- National groups like Lambda Legal and the American Civil Liberties Union advocate for LGBTQ+ rights.

POLICY SUMMARY

AREAS WITHOUT PROTECTIONS

A review of municipal law and policy by the Movement Advancement Project found that Utah scored an overall rating of "fair" with 13.75 out of 42.5 policy areas including specific protections for LGBTQ+ people. The following areas are not legally protected against discrimination directed at LGBTQ+ people in Utah:

- Adoption and fostering
- Family leave policies
- Education
- Public accommodation
- Health insurance coverage for gender affirming care

Utah Criminal Code 76-3-203.2 defines a hate crime as "any primary offense with the intent to intimidate or terrorize another person or with reason to believe that his action would intimidate or terrorize that person". Since 2017, 24 hate crimes have been reported in Davis County and in 2020, 28% of all hate crimes were motivated by bias against sexual orientation or gender identity (UDPS). Half of all LGBT in the United States report facing discrimination in housing or employment (SAGE, 2021). This demonstrates that legal protections need to be supported by cultural changes in order to fully protect LGBTQ+ people and families.

COMMUNITY VOICE

"There's an issue with a lot of transgender women that I know that don't feel safe taking the bus or going to work if it's a nighttime job and it's dark out. They don't feel comfortable going to the grocery store alone."

COMMUNITY SPOTLIGHT: BREE BARROWMAN

Syracuse Arts Academy science teacher Bree Barrowman was selected by students to be the speaker at their 2022 graduation ceremony. She provides a safe space at school and helps students "through tough times". She is likely the first transgender person to speak at a graduation ceremony in Utah (Salt Lake Tribune).

SOURCE: SALT LAKE TRIBUNE

ALLYSHIP SUMMARY

THE IMPORTANCE OF ACCEPTENCE

Feelings of acceptance from friends, family, and community are directly tied to health and well-being. Research from the Family Acceptance Project® (FAP) identified and studied more than 100 specific behaviors that parents and caregivers use to respond to their children's LGBTQ identity. Half of these behaviors are rejecting and half support or affirm their LGBTQ children. The table below includes some of these behaviors and illustrates how the health of LGBTQ+ people is tied to family and community acceptance.

BEHAVIORS THAT...	change, prevent, deny or minimize their child's LGBTQ identity	support their child
SUCH AS...	not letting their child learn about their LGBTQ identity or excluding them from family events and activities because of their identity	standing up for their child when others mistreat them because of their LGBTQ identity and requiring that other family members treat their child with respect – even when they believe that being gay or transgender is wrong
LEAD TO...	depression, suicide, illegal drug use and other serious health risks	self-esteem, overall health, stronger relationships and help to protect against suicidal behavior, depression and substance abuse.

SOURCE: THE FAMILY ACCEPTANCE PROJECT

RESOURCE: FAMILIES & FAITH

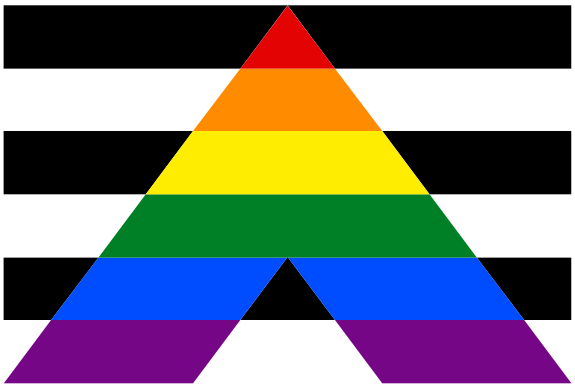
Peculiar is a Davis County-based organization with the mission to inspire, educate, and empower parents and families in faith-based communities to unconditionally love and embrace their LGBTQ+ children by hosting discussions, offering support, and telling stories. Find out more at www.thepeculiar.org.

The Family Acceptance Project are working together to increase family support for LGBTQ children, youth and young adults to decrease mental health risks and promote well-being. Find information and culture-based, evidence-based, and faith-based resources at www.lgbtqfamilyacceptance.org

FOUNDATIONS OF ALLYSHIP

An ally is someone who supports and advocates for LGBTQ+ people and community. Anyone can be an ally: teachers, parents, neighbors, church leaders, coaches, and more all have the opportunity to support and advocate for the LGBTQ+ community. Many allies are heterosexual (straight) and/or cisgender (someone who identifies with the gender identity assigned to them at birth). According to the Human Rights Campaign, an ally strives to:

- Be a friend
- Be a listener
- Be open-minded
- Have their own opinions
- Be willing to talk
- Recognize their personal boundaries
- Join others with a common purpose



THE ALLY FLAG

- Believe that all persons regardless of age, sex, race, religion, ethnicity, sexual orientation, gender identity, and gender expression should be treated with dignity and respect
- Confront their own prejudices
- Recognize their mistakes, but not use them as an excuse for inaction
- Be responsible for empowering their role in a community
- Recognize the legal powers and privileges that cisgender straight people have and which LGBTQ people are denied
- Commit themselves to personal growth despite the discomfort it may cause

The following are allyship strategies, or actions that you can take to show your allyship to the LGBTQ+ community.

- **Be visible** in your support. Use symbols like the ally flag and safe space stickers to communicate your allyship to those around you.
- **Speak out, but not over**. Speak openly about LGBTQ+ issues, but don't speak over LGBTQ+ voices. Let them speak for themselves.
- **Don't be afraid to ask.** No one is born with all the answers. Ask questions respectfully about terminology, issues, and topics that are new to you.
- **Take care** of people in your life who need support.

FOUNDATIONS OF ALLYSHIP (CONTINUED)

Allyship requires emotional work that can be uncomfortable, requiring continuous relationships based on trust, consistency, and accountability to this marginalized community. We all have biases ingrained in us, coming from our experiences, culture, media, and other sources. When we recognize what our biases are we can avoid letting them impact the way we treat people. Use the PAUSE framework to recognize, challenge, and confront your own biases (Ross, 2014).

- **P** **Pay attention** to what's happening beneath the judgment
- **A** **Acknowledge** your judgment
- **U** **Understand** other possible reactions
- **S** **Search** for the most constructive solution
- **E** **Execute** your actions consistently

RESOURCE: BECOMING AN ALLY

The goal of the Human Rights Campaign is to ensure that every LGBTQ+ person is free to live their life openly, with their equal rights ensured. In the spirit of that continual growth, they provide their Tools for Equality and Inclusion searchable resource directory.

The American Bar Association's Ally Toolkit helps to identify and mediate against implicitly held, and sometimes explicitly expressed, biases. The toolkit includes materials, program materials, scenarios and discussion guides, and webinars. These resources are aimed towards law firms and legal professions but can be applied in any context.

Basic Tips for Expanding Your Allyship from the LGBTQIA Resource Center at University of California, Davis provides resources such as a glossary, LGBTQIA ally tips, inclusive language, and educational workshops.

ALLYSHIP STRATEGIES

SPOTLIGHT: COMING OUT

Coming out, or disclosing one's personal sexual orientation and/or gender identity, is often a monumental event for an LGBTQ+ person that can be intensely emotional for all parties involved. It is important to respect when, how, and if people wish to come out. An ally's role is to provide a supportive, receptive environment. The following are strategies for when a friend or family member comes out to you (Family Equality):

Don't ignore it. Coming out takes courage. It's ok to have an emotional response, but save your reaction for an appropriate audience.

Don't say you knew all along. Everyone's journey is different, and this moment isn't about you. Respectfully ask questions and learn something new.

Don't tell them "it's just a phase". This can invalidate their feelings and shut down potential for further conversation.

Don't use religion to shame them. This can compound feelings of shame and conflict. Practice love instead.

Do tell them you love them, and thank them for telling you. Assure them that they are safe and loved, especially during this vulnerable moment. Tell them as often as you can.

Do ask what kind of support they need. Coming out happens in stages. Respect their privacy and follow their lead.

Do commit to being an ally. Learn about LGBTQ+ issues and organizations.

Do get support for yourself. It's OK to have questions and even fears. Remember that you can't lend support you don't have.

SPOTLIGHT: PRONOUNS

Pronouns are the words used in place of a person's name; for example, "she", "he", and "they". Pronouns are one way people express their gender identity. Remember that it takes practice. If you use the wrong pronoun, apologize and move on. For more, visit the Gay, Lesbian, & Straight Education Network (GLSEN) Pronouns Guide.

- **Share your pronouns** (if you're comfortable). Offering your pronouns as part of your written introduction helps create an atmosphere welcoming for others to share as well.
- **Don't force or pressure others to share.** There are many reasons why someone might not want to share their pronouns. If none are offered, avoid using pronouns by simply using their name.
- **Practice using gender-neutral language.** For example, use "siblings", "students", and "folks" in place of "brothers and sisters", "boys and girls", and "you guys".
- **Don't assume.** If in doubt, just ask.

ALLYSHIP STRATEGIES: YOUTH

LGBTQ youth who lived in an accepting community, had access to LGBTQ-affirming spaces, and/or felt high social support from family and friends reported significantly lower rates of attempting suicide in the past year. Unfortunately, a 2022 national survey found that nearly 2 in 5 LGBTQ youth reported living in a community that is somewhat or very unaccepting of LGBTQ people (The Trevor Project, 2022).

The list below highlights the five most common ways that LGBTQ youth report feeling supported by their parents and caregivers (The Trevor Project, 2022). These are actions that can be taken by any friends, family, neighbors, teachers, and other allies to help LGBTQ youth feel accepted and welcome.

MOST COMMON WAYS THAT LGBTQ YOUTH FEEL SUPPORTED BY THEIR PARENTS OR CAREGIVERS

SOURCE: THE TREVOR PROJECT, 2022

1	Be welcoming to their LGBTQ friends or partners
2	Talk with them respectfully about their LGBT identity
3	Use their name and pronouns correctly
4	Support their gender expression
5	Educate yourself about LGBTQ people and issues

"The fact that very simple things — like support from family and friends, seeing LGBTQ representation in media, and having your gender expression and pronouns respected — can have such a positive impact on the mental health of an LGBTQ young person is inspiring, and it should command more attention in conversations around suicide prevention and public debates around LGBTQ inclusion."

Amit Paley (he/him)
CEO & Executive Director, The Trevor Project

ALLYSHIP STRATEGIES: WORKPLACE

In a worldwide study, more than 40% of LGB and 90% of transgender people reported experiencing discrimination, harassment, or mistreatment in the workplace (LGBT2030). LGBTQ employees who feel that they need to hide their identity at their workplace feel greater levels of stress and anxiety, which can lead to poorer health and work performance. LGBT-supportive policies and workplace climates are linked to less discrimination against LGBT employees and more openness about being LGBT. As seen below, LGBTQ-friendly workplaces are good for both people and for business (The Williams Institute, 2013).

BENEFITS TO EMPLOYEES

- Reduced stress and anxiety
- Improved health outcomes
- More positive relationships with coworkers and supervisors
- Less discrimination against LGBT employees

BENEFITS TO BUSINESS

- $9 billion annual savings to the national economy through...
- Increased employee job satisfaction
- Greater job commitment
- Decreased work complaints

Safe zones and safe spaces are welcoming, supportive and safe environments for LGBTQ+ people. While there is no official designation or training required to become a safe zone, The Safe Zone Project provides free online awareness and ally training workshops for individuals and organizations. GSLEN provides the following strategies for fostering an LGBTQ-friendly environment:

- Post gender-neutral signs on single-stall bathrooms
- Include your pronouns in your email signature
- Create or join an LGBTQ+ interest group in your organization
- Incorporate LGBTQ-specific protections into company policies
- Avoid gendered language or imagery in company materials
- Encourage allyship training
- Commit to creating a safe zone

MAKE A COMMITMENT

SIGN AND SHARE YOUR COMMITMENT

or write your own allyship commitment , like the one below:

- I am committed to being an informed advocate for people who identify as part of the LGBTQ+ community.
- I am committed to educating myself on inequities and working to understand my own bias.
- I am committed to engaging in conversation with my family, friends, community, and colleagues about fair and just opportunities for all.
- I am committed to being aware of affirming resources in my work and personal environment so those resources can be more accessible to the LGBTQ+ community.
- I am committed to fostering, cultivating, and preserving a culture of diversity, inclusion, fairness, and equality.

2023 HEALTH REPORT

DAVIS COUNTY

LGBTQ+

LESBIAN GAY BISEXUAL TRANS QUEER & MORE

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2 Age of Population by Sexual Orientation in Utah (Williams Institute, 2022)

3 Highest Educational Attainment by Sexual Orientation in Utah (Williams Institute, 2022)

4 Population Estimate Summary Table (Williams Institute, 2020 and SHARP 2021)

5 Health Outcomes by Experience With Sexual Violence in Utah (UDHHS, 2018)

6 Current Substance Use Among Davis County Adults By Sexual Orientation (IBIS-BRFSS, 2016-2020)

7 Current Substance Use Among Davis County Youth By Sexual Orientation (SHARP, 2021)

8 Barriers to Receiving Desired Mental Health Treatment Among LGBTQ+ Youth in the United States (The Trevor Project, 2022)

9 Mental Health Indicators Among Utah Youth by Sexual Orientation (SHARP, 2021)

10 Suicide Indicators Among Utah Youth by Sexual Orientation (SHARP, 2021)

11 Risk and Protective Factors Against Suicide (Utah LGBTQ+ Suicide Prevention Plan, 2020-2023)

MAIN DATA SOURCES

DAVIS COUNTY HEALTH DEPARTMENT (DCHD)

promotes and protects the health and wellbeing of Davis County residents and their environment.

UTAH DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS)

will advocate for, support, and serve all individuals and communities in Utah. We will ensure all Utahns have fair and equitable opportunities to live safe and healthy lives.

STUDENT HEALTH AND RISK PREVENTION (SHARP) SURVEY

is administered every other year to Utah 9th, 8th, 10th, and 12th graders. Topics include:

- substance use
- antisocial behavior
- community and school climate and safety
- social and emotional health
- physical health and safety
- risk factor and protective factor profiles

YOUTH RISK BEHAVIOR SURVEY (YRBS)

is developed every other year by the Centers for Disease Control (CDC). Topics include:

- sexual behavior
- high-risk substance use
- experiencing violence
- mental health and suicide

THE WILLIAMS INSTITUTE AT UCLA LAW

conducts independent research on sexual orientation and gender identity law and public policy.

EQUALITY UTAH

leads efforts for LGBTQ civil rights at the state and local levels by:

- sponsoring LGBTQ legislation and opposing negative bills
- lobbying elected officials
- building coalitions, and
- empowering individuals and organizations alike to engage in the legislative process

APPENDIX

GLOSSARY

ALLY
People willing to act with, and for, others in pursuit of ending oppression and creating equality for LGBTQ+ people.

BISEXUAL
A person who has the capacity to form physical, romantic, and/or emotional attraction to those of the same gender or to those of another gender.

CISGENDER
A term used by some for people whose gender identity aligns with the one typically associated with the sex assigned to them.

GAY
An adjective used to describe people whose physical, romantic, and/or emotional attractions are to people of the same sex. Sometimes lesbian is the preferred term for women.

GENDER IDENTITY
A person's internal, deeply held sense of their gender. Gender identity is not visible to others, unlike gender expression.

GENDER NON-CONFORMING
A term used to describe some people whose gender expression is different from conventional expectations of masculinity and femininity. Not all gender non-conforming people identify as transgender.

LESBIAN
A woman whose physical, romantic, and/or emotional attraction is to other women. Some lesbians may prefer to identify as gay or as a gay woman.

LGBTQ+
Acronym for lesbian, gay, bisexual, transgender, and queer. The Q at the end of LGBT can also mean questioning. The "+" represents those who are part of the community, but for whom LGBTQ does not reflect or capture their identity. Variations: LGBT; LGBTQ; GLBT.

NON-BINARY AND/OR GENDERQUEER
Terms used by some people who experience their gender identity and/or gender expression as falling outside the categories of man and woman.

PRONOUNS
Pronouns are the words used in place of a person's name; for example, "she", "he", and "they". Pronouns are one way people express their gender identity.

QUEER
An adjective used by some people, particularly younger people, whose sexual orientation is not exclusively heterosexual. It may also be used by some to describe their gender identity (see non-binary and/or genderqueer above). Once considered a pejorative term, queer has been reclaimed by some LGBT people to describe themselves; however, it is not accepted by all, even within the LGBT community.

SEX
Classification of a person as male or female. A person's sex is a combination of bodily characteristics including chromosomes, hormones, internal and external reproductive organs, and secondary sex characteristics.

SEXUAL ORIENTATION
Describes a person's physical, romantic, and/or emotional attraction to another person.

TRANSGENDER
An umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth.

AFFIRMING AND INCLUSIVE CARE
Healthcare and healthcare workers that understand how people's identities, experiences, and relationships with the world around them might affect their health.

SOURCE: GLAAD MEDIA REFERENCE GUIDE

DAVIS COUNTY LGBTQ+

LESBIAN GAY BISEXUAL TRANS QUEER & MORE

2023 POPULATION HEALTH REPORT

LGBTQ+ people have always been a part of the Davis County community.

Everyone can be allies to make Davis County safe and healthy for everyone.

about **600 same-sex households** in Davis County

an estimated **11,500 LGBTQ+ people** live in Davis County

growing population, especially among youth

Utah has the **2nd highest** rate of same-sex parents in the country

1,500+ people attended Davis County's **first Pride Fair** in 2022

DATA

Data about sexual orientation and gender identity (SOGI) is limited, especially at the county level.

SOGI questions are now included in the U.S. Census, Student Health Risk Protection (SHARP) Survey, and more.

HEALTH

Barriers to healthcare have contributed to health outcomes like higher risk for STDs, sexual abuse, mental health conditions, substance use, and suicide.

Knowledgeable and culturally competent care (CCC) increases access to healthcare which in turn improves health and well-being.

POLICY

Legal protections exist in housing, marriage, and employment and yet over 1/2 of LGBT people report experiencing discrimination in employment or housing in their lifetimes.

Cultural change accompanying by policy protections makes communities safer and stronger.

ALLYSHIP

Feeling accepted and connected promotes health and well-being, including reducing risk of suicide. Everyone can be an ally.

ASK QUESTIONS

BE VISIBLE

SPEAK OUT

TAKE CARE

LGBTQ+ RESOURCE DIRECTORY

provides information and links to 50+ local, state, and national resources.
Find the directory in the 2023 LGBTQ+ Population Health Report.

READ THE FULL REPORT

by scanning this code or by visiting **daviscounty.gov/health/reports-and-assessments**

Davis COUNTY HEALTH DEPARTMENT

LGBTQ+

DAVIS COUNTY

2023 RESOURCE DIRECTORY

Davis COUNTY HEALTH DEPARTMENT

RESOURCE SUMMARY

DIRECTORY

CRISIS & SUPPORT LINES

OPERATE 24/7 UNLESS OTHERWISE NOTED

LGBT NATIONAL HELP CENTER
lgbthotline.org
888-843-4564
Hours: Mon-Fri 2pm-10pm,
Sat 10am-3pm MST

NATIONAL SUICIDE & CRISIS LIFELINE
Call or text 9-8-8

NATIONAL YOUTH TALKLINE
800-246-7743
Hours: Mon-Fri 2pm-10pm,
Sat 10am-3pm MST

SAGE NATIONAL LGBTQ+ ELDER HOTLINE
sageusa.org
877-360-LGBT (5428)

TRANS LIFELINE
translifeline.org
877-565-8860
Hours: 8am-2am MST
Languages: English and Spanish

TREVOR PROJECT - SUPPORT FOR LGBTQ YOUNG PEOPLE
thetrevorproject.org
1-866-488-7386
Text 'START' to 678-678
Online chat available.

LOCAL CRISIS RESOURCES

SAFE HARBOR LIFELINE AND PREVENTION CENTER
safeharborhope.org
info@safeharborhope.org
Crisis Line: 801-444-9161
Business Line: 801-444-3191
223 Larson Ln.
Layton, UT 84041

Provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness, and resources to the community at no cost. Shelter is open 24/7, just call the crisis line and someone will be ready to help.

TEEN RESOURCE CENTERS FOR STUDENTS IN CRISIS
dclc.davis.k12.ut.us/center-information/staff
jwhitworth@dsdmail.net
801-402-8385
Open at Clearfield, Northridge, Layton, Mountain High, and the Renaissance Academy
Age Group: High School Aged Students
Hours: 7:30am-3:00pm on days school is in session

Offer Davis School District students a safe place to shower, do laundry, study, and access resources. Please contact Jenica Whitworth (phone number and email above) for more information.

RESOURCE SUMMARY

DIRECTORY

STATE CRISIS RESOURCES

VOLUNTEERS OF AMERICA
YOUTH RESOURCE CENTER
voaut.org/yrc
801-364-0744
888 S. 400 W.
Salt Lake City, UT 84101
Age Group: 15-22 Yrs Old
Hours: Daily 8:30am-7:30pm
Emergency Shelter: Daily 7:30pm-8:30am

Drop-in resource center and emergency shelter for all youth at-risk or experiencing homelessness. Provides essential basic need items, hot meals, pantry food, showers, laundry, life-skills groups, housing and employment case management, dental and medical care assistance, with access to mental health services on-site.

YOUTH FUTURES UTAH
youthfuturesutah.org
801-528-1214
Text: 385-405-9460
2760 Adams Avenue
Ogden, UT 84403
Age Group: Youth 12-18 Yrs
Hours: Daily 6am-8pm
Shelter: Open 24/7

Offers drop-in services and an overnight shelter for runaway, homeless, unaccompanied, and at-risk youth. Drop-in services include food, clothing, hygiene items, laundry facilities, computer stations, and case management.

HEALTHCARE RESOURCES

DAVIS COUNTY HEALTH DEPARTMENT
daviscountyutah.gov/health
801-525-5000
22 S. State Street
Clearfield, UT 84015

Offers low-cost STD testing and suicide prevention.

INTERMOUNTAIN HEALTHCARE
TAKE PRIDE IN YOUR HEALTH
intermountainhealthcare.org/pride

Website offers a list of LGBTQ+ affirming providers in many different specialties and many other healthcare resources for the LGBTQ+ community.

PLANNED PARENTHOOD
plannedparenthood.org

Offers telehealth or in-person services including primary care, STD testing & treatment, HIV services, transgender hormone therapy, and more.

MENTAL HEALTH PROVIDERS

ASPIRE COUNSELING NETWORK
aspirecounselingnetwork.com
801-525-4645
Age groups, hours, cost, and payment type vary depending on the provider.
Languages: English, Spanish, and German

Offers a wide range of mental health counseling services including individual (adults, adolescents & children), family therapy, play therapy, and marriage/couple therapy, as well as support groups and classes. The clinicians specialize in depression, anxiety, LGBTQ+ issues, addiction recovery, ADHD, substance abuse, women's issues, grief/loss, abuse recovery, and more. Please visit the website for more information.

CARBAJAL COUNSELING & CONSULTING
carbajalcounseling.com
801-989-3488
375 N. Main St., Suite 102
Kaysville, UT, 84037
Age Groups: Children to Adults
Hours: Mon-Thurs 8am-9pm, Fri-Sat 8am-6pm
Languages: English, Spanish, and German

Provides individual, family, couples, anxiety, depression, and EMDR therapy.

DAVIS BEHAVIORAL HEALTH
dbhutah.org
801-773-7060
934 S. Main St., Suite 6
Layton, UT 84041
Age Groups: Children to Seniors
Languages: English, Spanish, and translators are available
Payment Type: Cash/self-payment (sliding scale available), Medicaid, private insurance

Offers behavioral health services for psychotic disorders, mood disorders, anxiety disorders, personality disorders, trauma/abuse, substance use, and behavior concerns. Comprehensive treatment and Medication-Assisted Treatment (MAT) offered.

ELEVATIONS RESIDENTIAL TREATMENT CENTER
elevationsrtc.com
801-773-0200
2650 W. 2700 S.
Syracuse, UT 84075
Age Group: Adolescents 13-18 Yrs

Program includes college preparatory academics, therapeutic recreation activities, and individual, family and group psychotherapy as well as on-site medical and psychiatric services available to all students. Offers guidance, support, and relief to students struggling with issues such as trauma, depression, anxiety, mood disorders, behavioral problems, and substance use.

DIRECTORY

ELLIE MENTAL HEALTH

elliementalhealth.com/locations/bountiful-ut/
801-462-0222
563 W. 500 S., Suite 22
Bountiful, UT 84010
Telehealth Options Available
Hours: Mon-Fri 9am-5pm (can be flexible)
Payment Type: Credit card/self-payment, accepts most insurance

Offers therapy for all ages, individuals, couples and families. Providers are specialized in various modalities and cover a wide range of mental health concerns to include ADHD, body image, addiction recovery, OCD, anxiety, PTSD, stress, abuse, trauma, loss, depression, women's issues, and many others.

ENCIRCLE THERAPY

encircletherapy.org
Telehealth Options Available
Age Group: 12 Yrs and Older

Affordable, affirming, and first-rate therapy: a service every LGBTQ+ person deserves. Therapists have experience in navigating the complex intersections of sexuality, gender, and religious beliefs. Please visit the website to schedule a free consultation and for more information on locations.

EN ROUTE COUNSELING

Sunset Equestrian Center
801-856-4564
820 Mare Cir.
Kaysville, UT 84037
Age Group: 6 Yrs and Older

General mental health practice offering in-office, virtual, and equine therapy.

FAMILY COUNSELING SERVICE OF NORTHERN UTAH

fcshealingnow.org
801-399-1600
3518 Washington Blvd.
Ogden, UT 84403
Telehealth Options Available
Age Group: Children to Seniors
Hours: Mon-Thurs 8am-8pm, Fri 8am-4pm
Languages: English and Spanish
Payment Type: Cash/self-payment (sliding scale available), private insurance, foundation money

Offers affordable counseling and mental health services to individuals and families, especially those in crisis who have nowhere else to turn for help. Services address a variety of issues, including those related to depression, anxiety, suicide, grief, substance and domestic abuse, and anger management.

RESOURCE SUMMARY

DIRECTORY

FELLER BEHAVIORAL HEALTH

fellerbehavioralhealth.com
801-683-9340
270 S. Main St., Suite 104
Bountiful, UT 84010
Hours: Mon-Thurs 8am-8pm
Languages: English and Spanish

Serves individuals, couples, and families. Providers are specialized in assessment, diagnosis, and treatment of all common and most major mental health disorders.

HIGHLAND SPRINGS

highlandspringsclinic.org
801-536-6545
1785 E. 1450 S., Suite 300
Clearfield, UT 84015
Telehealth Options Available
Hours: Mon-Fri 8am-5pm, extended hours available by appointment.
Languages: English, Spanish

Offers outpatient counseling. Specialties include addiction and trauma treatment.

LUMINOUS COUNSELING

luminouscounselingut.com
385-448-1697
1290 S. 500 W., Suite 19
Woods Cross, UT 84010
Telehealth Options Available
Hours: Mon-Fri 10am-8pm, Sat 11am-6pm

Offers counseling to treat a number of areas, including addiction, anger, body image, codependency, eating disorders, mood disorders, stress, panic disorders, substance abuse, addictions, traumatic brain injury, and in assisting individuals who are victims of abuse.

MOON COUNSELING

mooncounseling1@gmail.com
385-310-7724
121 W. 200 S.
Farmington, UT 84025
Telehealth Options Available
Age Groups: Adolescents to Adults
Hours: Mon-Fri 11am-7pm
Payment Type: Cash, credit card, Venmo, limited insurances accepted

Offers help to the LGBTQ+ population, especially with gender and transgender issues. Experienced with WPATH guidelines and regulations.

NEUROBEHAVIORAL CENTER FOR GROWTH - BOUNTIFUL AND LAYTON

neurobcg.com
admin@neurobcg.com
801-683-1062
415 S. Medical Dr., Suite D101
Bountiful, UT 84010
327 W. Gordon Ave., Suite 2
Layton, UT 84041
Age Groups: Children to Adults
Payment Type: Cash/self-payment, Medicaid, Medicare, private insurance

Their vision is to empower each individual to reach their full potential. Whether they're supporting a mom who's raising a child with autism, guiding a family through trauma recovery, helping a teen manage anxiety, or bringing hope to an adult with clinical depression, they love working with layered, complex, and inspiring people every single day.

RESOURCE SUMMARY

DIRECTORY

PHOENIX REBELLION THERAPY
phoenixrebelliontherapy.com
385-231-8387
347 N. 300 W. Suite 201
Kaysville, UT 84037
Telehealth Options Available
Age Group: 12 Yrs and Older
Hours: Mon-Fri 9am-6pm
Payment Type: Accepts many major insurance plans

Offers services to all people (children, teens, families, LGBTQIA+, first responders, military and veterans, family of military) in any life situation. Visit the website for more information on providers and treatment methods.

SOUTH DAVIS
PSYCHOLOGICAL SERVICES
southdavispsych.com
801-934-3373
520 N. Marketplace Dr., Suite 200
Centerville, UT 84014
Age Groups: Children to Adults
Hours: Mon-Fri 8am-5pm
Languages: English and Spanish

Offers individual counseling, family therapy, couples counseling, and EMDR to help people overcome trauma, PTSD, depression, anxiety, marriage or relationship problems, and problems with emotion regulation. Visit the website to learn more about providers and accepted insurance plans.

TURNING POINT CENTERS
turningpointcenters.com
888-576-3711
521 N. Sportsplex Dr.
Kaysville, Utah 84037
Age Group: Adults
Payment Type: Preferred, in-network provider with most insurance companies

Offers treatment for both mental health and substance use disorders, including online and in-person intensive outpatient programs, residential treatment, and Medication-Assisted Treatment (MAT).

VIEWPOINT CENTER
viewpointcenter.com
801-825-5222
2732 W. 2700 S.
Syracuse, UT 84015
Age Groups: Youth 12-17 Yrs
Languages: English and Spanish

Offers comprehensive behavioral and psychological assessments and intensive therapy to teenagers who would benefit from a highly structured therapeutic setting. In addition to a broad therapeutic regimen that includes individual, group, and family therapy, teens are provided individual tutoring to ensure educational success.

DIRECTORY

WASATCH FAMILY THERAPY
wasatchfamilytherapy.com
801-944-4555
1371 N. 1075 W., Suite 5
Farmington, UT 84025
Telehealth Options Available
Age Group: Children to Seniors
Hours: Mon-Fri 9am-6pm
Payment Type: Cash/self-payment, church organization

Offers compassionate, confidential, and professional therapy services for individuals, couples, and families to improve their relationships and mental health.

WICONI COUNSEING CENTER
wiconicc.com
contact@wiconicc.com
801-541-7049
872 Heritage Park Blvd., Suite 110
Layton, UT 84041
Telehealth Options Available
Age Groups: Youth to Seniors
Hours: Mon-Fri, Sat and evenings available upon request
Payment Type: Cash/self-payment, private insurance, or church organizations

Offers therapy services for couples, trauma, suicide ideation, abuse, ADHD, anxiety and depression. See full fee schedule and accepted insurance plans on the website.

COMMUNITY RESOURCES

BOUNTIFUL COMMUNITY CHURCH
uccbccchurch.org
801-295-9439
150 N. 400 E.
Bountiful, UT 84010

An open and affirming Christian community that celebrates diversity and welcomes persons of all races, ethnicities, cultures, abilities, and sexual identities.

DAVIS COUNTY PRIDE
daviscountypride.com
daviscountypride@gmail.com

ENCIRCLE
encircletogether.org
801-613-7305
331 S. 600 E.
Salt Lake City, UT 84102

Non-profit organization with the mission to bring the family and community together to enable LGBTQ+ youth to thrive. Offers a safe space to hang out, daily programs, friendship circles, and affordable therapy.

EPISCOPAL CHURCH OF THE RESURRECTION
ecor.org
801-295-1360
1131 S. Main Street
Centerville, UT 84014

Welcoming and affirming.

DIRECTORY

HILL AIR FORCE BASE
PRIDE COMMUNITY
facebook.com/hillpridecommunity

Offers LGBTQ+ outreach and ally connection.

UNIVERSITY OF UTAH
LGBT RESOURCE CENTER
lgbt.utah.edu
801-587-7973

Offers support to U of U students in navigating university systems, exploring their identities, finding community, and developing as leaders.

UTAH PRIDE CENTER
utahpridecenter.org
801-539-8800
1380 S. Main St.
Salt Lake City, UT 84115
Adult & Senior Program email:
brittanymartinez@utahpridecenter.org
Youth & Family Programs email:
cloebutler@utahpridecenter.org

The Utah Pride Center offers a safe, empowering space for Utah's diverse LGBTQ+ community through programs, activities, and support groups for youth, adults, seniors, and families. Please call or email for more information.

WEBER STATE UNIVERSITY LGBT
RESOURCE CENTER
weber.edu/lgbtresourcecenter
Shepherd Union Suite 323, Dept. 2117
3910 W. Campus Drive
Ogden, UT 84408

Offers university and community resources to WSU students. Facilitates an LGBTQIA Support Group and a Transgender Support Group.

DIRECTORY

ADVOCACY & EDUCATION

AFFIRMATION: LGBTQ MORMONS, FAMILIES & FRIENDS
affirmation.org

Creates worldwide communities of safety, love, and hope and promotes understanding, acceptance, and self-determination of individuals of diverse sexual orientations, gender identities, and expressions. Offers online resources & stories, local groups, events, and an international conference.

THE ASSOCIATION OF LGBTQ+ PSYCHIATRISTS (AGLP)
aglp.org
215-222-2800

A community of psychiatrists that educate and advocate on Lesbian, Gay, Bisexual, and Transgender mental health issues. Offers an online referral service to those seeking LGBTQ+ friendly counseling, support, and psychiatric treatment.

EQUALITY UTAH FOUNDATION
equalityutah.org
801-355-3479

Educates Utahns about issues in the LGBTQ community. Trains LGBTQ Utahns and allies to respond and work proactively for LGBTQ equality.

FAMILY ACCEPTANCE PROJECT
lgbtqfamilyacceptance.org

Works to decrease mental health risks and promote wellbeing among LGBTQ youth by educating and increasing support from parents and families. Offers lists of resources sorted by location, crisis & support, culture-based, evidence-based, and faith-based.

GAY, LESBIAN, & STRAIGHT EDUCATION NETWORK (GLSEN)
glsen.org
info@glsen.org
212-727-0135

Their mission is to ensure that every member of every school community is valued and respected regardless of sexual orientation, gender identity, or gender expression. GLSEN offers programs, resources, and research to promote safe, supportive, and LGBTQ-inclusive K-12 education.

GLAAD
glaad.org

As the world's largest LGBTQ media advocacy organization, GLAAD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance.

DIRECTORY

MAMA DRAGONS
mamadragons.org

Offers safe online spaces where mothers, new to the journey of parenting an LGBTQ kid, can find support and education, connect with other mothers traveling similar paths, ask questions, and find answers as they learn the ins and outs of parenting their LGBTQ child.

THE PECULIAR ORGANIZATION
facebook.com/thepeculiarorg
info@thepeculiar.org

Works to inspire, educate, and empower parents and families from faith-based communities to unconditionally love and embrace their LGBTQ+ children.

PROJECT RAINBOW
projectrainbowutah.org

Raises funds to support organizations, projects, and events that further increase LGBTQ+ support and visibility through Utah. Members sign up, make a donation, and participate in flag campaigns throughout the year.

UTAH LGBTQ+ CHAMBER OF COMMERCE
utahlgbtqchamber.org
801-441-0517

Open to corporations of all sizes, sole proprietors, and independent agents regardless of sexual orientation, gender identity, or gender expression. Provides a great place to meet other professionals, make business contacts, promote business and work for the enhancement of Utah's LGBTQ+ community.

LGBTQ+

DAVIS COUNTY

2023 POPULATION HEALTH REPORT

REPORT DETAILS

Compiled in 2022 by the Davis County Health Department

Find it online at daviscountyutah.gov/health/reports-and-assessments

Questions about this report can be directed to
healthstrategies@daviscountyutah.gov

THANK YOU

To the LGBTQ+ community of Davis County &
The Davis County Health Department LGBTQ+ Workgroup

- Hillary Christensen
- Austin Andrews
- Cody Meyer
- Travis Olsen
- Kristen Peer
- Isa Perry
- Sarah Ross

Davis COUNTY HEALTH DEPARTMENT